

# Opelika Recycled TeenAgers



For Members of the AAC or SportsPlex

February 2016

## Charter Foundation Adult Activity Center

Love your Heart

Triathlon

Feb. 1– 29

Must

Complete at least

6 silver sneaker

Classes and

At least 12 miles walking and at least 15 miles biking

Prizes awarded



**Trips for 2016**  
**New Orleans**  
**Few slots left**  
**\$100.00 deposit due now**  
**Flyer in office**  
**Cape Cod**  
**Waiting list started**  
**Flyer in office**

**Magical Rhine and Moselle Rivers Tour 2017**  
**Registration Has Begun**  
**If Interested**  
**Price includes Everything (airfare, room, all meals, and tours) except**  
**Some optional side trips if want**

## Travel Troop Reservations Required—beginning February 1



George Washington Carver Museum and Commodores Museum

Wednesday

February 3

9:00am

\$10.00

Please Register

Dexter Avenue King Memorial Baptist Church

And

Dr. Martin Luther King Home

Wednesday Feb. 17

8:45am

\$10.00

Please Register



**Painting Class**

**Tues Feb 23 10:30am**

**\$10.00 Includes Canvas,**

**Paint and brushes**  
**Please Register**

1001 Andrews Rd.  
 Opelika, AL 36801

Facility Phone Number  
 (334) 705-5560

Charter Foundation Adult  
 Activity Center  
 (334) 705-2492

# Fun Stuff in the AAC!



**Help us celebrate our firefighter's Birthdays**

**Last Tuesday of every month**

**Can bring food by our office or go with us to drop off food by 10:00am**



**Computer classes Every Tuesday and Thursday**

**8:00am-10:30am**

**Except**

**No Classes Feb. 9**



**Valentine Dance**

**Time to get your tickets so we can get food ordered**

**DJ Ozz will be playing**

**Thurs. Feb 18**

**6:00pm-8:30pm**

**\$15.00 single**

**\$25.00 couple**



## Bowling

For those of you who want to try out your bowling skills, please join us at Auburn Bowl on Friday, February 19 9:30 a.m., if ride 9:00am \$3.00 per game **Register**

## Education



**Southern Home Care Program on Heart Disease**  
**Tues. Feb 16**  
**10:15am**  
**AAC**

## Caregiver Support Group



If you are caring for a parent, sibling, or spouse and need some extra support, please consider joining us Monday, February 29 12:30 pm (Computer Lab) It is a safe and confidential environment for you to learn to deal with every day stressors and to gain knowledge of services in our area that might be able to help.



## Other

**Important!!!**

We have had several people just show up at different things we have planned without registering. We try to do our best and plan everything in advance so things will be ready for us, or we will have enough items for those registered. This also includes Lunch Bunch. If you do not sign up ahead of time, you will no longer be able to go or participate. We want everything to be fair for everyone. So please make sure you are on our list and register.

**Reminder: All AACMembers must sign in at the AAC before going to scheduled pool time or track time. In AAC any activity Please sign in.**

## Movies



**Friday Flicks!!!** Bring your favorite drink, and we will provide the popcorn. All movies begin at 1 p.m.

**Feb 5 "War Room"**

**Feb 12 "Ricki and the Flash"**

**Feb 19 "The Man from Uncle"**

**Feb 26 "Mission Impossible Rogue Nation"**

## Lunch Bunch



This is a great time for food and fellowship. Get to know the people you hang out with at the SportsPlex. We will meet at

different restaurants in our area and enjoy a meal together. Each person is responsible for their own meal.

**Please make reservations.**

**Wednesday February 24**

**Heart of the South**

**Pay when you get there**

**11am meet there 10:30am if riding**