

# July 2016

## Charter Foundation Adult Activity Center



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>White Valeri, Director,</b> 705-2493 or VWhite@opelika-al.gov <b>Mary Kuhn, Asst.</b> Director, 705-2492 or MKuhn@opelika-al.gov</p>	<p>All Fitness in Group Room Please check Fitness calendar at front desk for time of the class Not responsible for changes. If you are coming to swim please check pool calendar at front desk to make sure there is not a pool party or swim meet</p>	<p><b>Sign Up For August Trips Now!!</b> <b>Aug. 3 Learn how to Paddleboard and Kayak \$25.00 2 hour lesson includes equipment</b> <b>Aug. 24&amp;25 Amish Trip and Rattlesnake Saloon and special side trips \$30.00 plus hotel plus meals</b></p>	 <p>As we celebrate our nation's freedom, we honor the courageous men and women dedicated to preserving it.</p> <p><i>Happy Independence Day</i></p>		<p><b>1 REGISTRATION DAY!!</b> <b>Silver Sneakers 8:00am (AAC)</b> <b>Billiards 9:00 a.m. (Gamer Room)</b> Open Swim 10:00am-12:00pm <b>Low Impact (Group) 10:15am</b> Healthy Backs (Group) 10:45am <b>Barbell (Group) 11:15am</b> <b>Friday Flick—1p.m "Ride Along 2" (AAC)</b> Bring your favorite drink...popcorn provided <b>City of Opelika Fireworks 7pm</b></p>	2  Open Pool or Indoor Track 8-10 am
3  Indoor Track & Open Pool 2-4 p.m.	4 <b>Happy 4th!!!</b>  <b>AAC Closed</b>	5 Open Swim 8:00am-10:00am <b>SilverSneakers Circuit 8:15 a.m. AAC</b> SilverSneakers Classic 9:15am (AAC) <b>Tai Chi 10: 00am(AAC)</b> Dominoes 10:15 a.m. <b>Zumba Gold 10:30am (Group)</b>	6 Water Aerobics 9:00 a.m.(Pool) <b>Billiards 9:00 a.m. (Game Room)</b> <b>Bingo 10:00am(AAC)</b> <b>Open Swim 10:00am-12:00pm</b> Barbell (Group) 10:15am <b>Low Impact (Group) ) 11:00am</b> Healthy Backs (Group) 11:30am <b>SilverSneakers Classic 1pm(AAC)</b> Seated YOGA 2 p.m. (AAC)	7 <b>SilverSneakers Circuit 8:15am (AAC)</b> <b>SilverSneakers Classic 9:15amAAC</b> Open Swim 10:00am-12:00pm <b>Dominoes 10:15 a.m.</b> Tai Chi 10:30am(Group) <b>Open Swim 7:00pm-8:00pm</b>	8 <b>Silver Sneakers 8:00am (AAC)</b> <b>Billiards 9:00 a.m. (Gamer Room)</b> Open Swim 10:00am-12:00pm <b>Low Impact (Group) 10:15am</b> Healthy Backs (Group) 10:45am <b>Barbell (Group) 11:15am</b> <b>Friday Flick—1p.m "The Perfect Guy" (AAC)</b> Bring your favorite drink...popcorn provided	9  Open Pool or Indoor Track 8-10 am
10  Indoor Track & Open Pool 2-4 p.m.	11 <b>Billiards 9:00 a.m. (Game Room)</b> Open Swim 10:00am-12:00pm Barbell (Group) 10:15am <b>Low Impact (Group) ) 11:00am</b> Healthy Backs (Group) 11:30am <b>SilverSneakers Circuit 1 pm AAC</b> Seated YOGA 2 p.m. (AAC) <b>Open Swim 7:00pm-8:00pm</b>	12 Open Swim 8:00am-10:00am <b>SilverSneakers Circuit 8:15 a.m. (AAC)</b> SilverSneakers Classic 9:15am (AAC) <b>Tai Chi 10: 00am(AAC)</b> Dominoes 10:15 a.m. <b>Zumba Gold 10:30am (Group)</b>	13 Water Aerobics 9:00 a.m.(Pool) <b>Billiards 9:00 a.m. (Game Room)</b> <b>Open Swim 10:00am-12:00pm</b> Barbell (Group) 10:15am <b>Low Impact (Group) ) 11:00am</b> Healthy Backs (Group) 11:30am <b>SilverSneakers Classic 1pm(AAC)</b> Seated YOGA 2 p.m. (AAC)	14 <b>SilverSneakers Circuit 8:15am (AAC)</b> <b>SilverSneakers Classic 9:15amAAC</b> Open Swim 10:00am-12:00pm <b>Dominoes 10:15 a.m.</b> Tai Chi 10:30am(Group) <b>Open Swim 7:00pm-8:00pm</b> <b>Final Payment Cape Cod</b>	15 <b>Silver Sneakers 8:00am (AAC)</b> <b>Billiards 9:00 a.m. (Gamer Room)</b> <b>Bowling 9:30 a.m. (Auburn Bowl) \$3.00 per game(9:00am if riding) Please Register</b> Open Swim 10:00am-12:00pm <b>Low Impact (Group) 10:15am</b> Healthy Backs (Group) 10:45am <b>Barbell (Group) 11:15am</b> <b>Friday Flick—1p.m "Creed" (AAC)</b> Bring your favorite drink...popcorn provided	16  Open Pool or Indoor Track 8-10 am
17  Indoor Track & Open Pool 2-4 p.m.	18 <b>Billiards 9:00 a.m. (Game Room)</b> Open Swim 10:00am-12:00pm Barbell (Group) 10:15am <b>Low Impact (Group) ) 11:00am</b> Healthy Backs (Group) 11:30am <b>SilverSneakers Circuit 1 pm AAC</b> Seated YOGA 2 p.m. (AAC) <b>Open Swim 7:00pm-8:00pm</b>	19 Open Swim 8:00am-10:00am <b>SilverSneakers Circuit 8:15 a.m. (AAC)</b> SilverSneakers Classic 9:15am (AAC) <b>Tai Chi 10: 00am(AAC)</b> <b>Painting 10:00am \$10.00</b> Dominoes 10:15 a.m. <b>Zumba Gold 10:30am (Group)</b>	20 Water Aerobics 9:00 a.m.(Pool) <b>Billiards 9:00 a.m. (Game Room)</b> <b>Peach Trip \$5.00 includes ice cream</b> <b>Open Swim 10:00am-12:00pm</b> Barbell (Group) 10:15am <b>Low Impact (Group) ) 11:00am</b> Healthy Backs (Group) 11:30am <b>SilverSneakers Classic 1pm(AAC)</b> Seated YOGA 2 p.m. (AAC)	21 <b>Silver Sneakers Circuit 8:15am (AAC)</b> <b>SilverSneakers Classic 9:15amAAC</b> Open Swim 10:00am-12:00pm <b>Dominoes 10:15 a.m.</b> Tai Chi 10:30am(Group) <b>Open Swim 7:00pm-8:00pm</b>	22 <b>Silver Sneakers 8:00am (AAC)</b> <b>Billiards 9:00 a.m. (Gamer Room)</b> Open Swim 10:00am-12:00pm <b>Low Impact (Group) 10:15am</b> Healthy Backs (Group) 10:45am <b>Barbell (Group) 11:15am</b> <b>Friday Flick—1p.m "Star Wars the Force Awakens" (AAC)</b> Bring your favorite drink...popcorn provided	23  Open Pool or Indoor Track 8-10 am
24  Indoor Track & Open Pool 2-4 p.m.	25 <b>Billiards 9:00 a.m. (Game Room)</b> Open Swim 10:00am-12:00pm Barbell (Group) 10:15am <b>Hawaii Presentation 10:30am</b> <b>Low Impact (Group) ) 11:00am</b> Healthy Backs (Group) 11:30am <b>Caregiver's Support Group 12:30 pm (AAC) Open to Public</b> <b>SilverSneakers Circuit 1 pm AAC</b> Seated YOGA 2 p.m. (AAC) <b>Open Swim 7:00pm-8:00pm</b>	26 Open Swim 8:00am-10:00am <b>SilverSneakers Circuit 8:15 a.m. (AAC)</b> SilverSneakers Classic 9:15am (AAC) <b>Tai Chi 10: 00am(AAC)</b> Dominoes 10:15 a.m. <b>Zumba Gold 10:30am (Group)</b>	27 Water Aerobics 9:00 a.m.(Pool) <b>Billiards 9:00 a.m. (Game Room)</b> <b>Lunch Bunch 11:00am Little Italy or Old Moe's BBQ 10:30am if riding</b> <b>Please Register</b> <b>Open Swim 10:00am-12:00pm</b> Barbell (Group) 10:15am <b>Low Impact (Group) ) 11:00am</b> Healthy Backs (Group) 11:30am <b>SilverSneakers Classic 1pm(AAC)</b> Seated YOGA 2 p.m. (AAC)	28 <b>Silver Sneakers Circuit 8:15am (AAC)</b> <b>SilverSneakers Classic 9:15amAAC</b> Open Swim 10:00am-12:00pm <b>Dominoes 10:15 a.m.</b> Tai Chi 10:30am(Group) <b>Open Swim 7:00pm-8:00pm</b>	29 <b>Silver Sneakers 8:00am (AAC)</b> <b>Billiards 9:00 a.m. (Gamer Room)</b> Open Swim 10:00am-12:00pm <b>Low Impact (Group) 10:15am</b> Healthy Backs (Group) 10:45am <b>Barbell (Group) 11:15am</b> <b>Friday Flick—1p.m "The Hunger Games Mockingjay Part 2" (AAC)</b> Bring your favorite drink...popcorn provided	30  Open Pool or Indoor Track 8-10 am
31  Indoor Track & Open Pool 2-4 p.m.						

