

May 2016

Charter Foundation Adult Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Indoor Track & Open Pool 2-4 p.m.</p>	<p>2 REGISTRATION DAY!!</p> <p>Billiards 9:00 a.m. (Game Room)</p> <p>Open Swim 10:00am-12:00pm</p> <p>Tai Chi 10:15am(AAC)</p> <p>Barbell (Group) 10:15am</p> <p>Low Impact (Group)) 11:00am</p> <p>Healthy Backs (Group) 11:30am</p> <p>SilverSneakers Circuit 1 pm AAC</p> <p>Seated YOGA 2 p.m. (AAC)</p> <p>Open Swim 7:00pm-8:00pm</p>	<p>3</p> <p>Open Swim 8:00am-10:00am</p> <p>SilverSneakers Circuit 8:15 a.m. (AAC)</p> <p>SilverSneakers Classic 9:15am (AAC)</p> <p>Dominoes 10:15 a.m.</p> <p>Zumba Gold 10:30am (Group)</p>	<p>4 Water Aerobics 9:00 a.m.(Pool)</p> <p>Billiards 9:00 a.m. (Game Room)</p> <p>Noon Tunes and Lunch meet at Niffers at 11:00am Please let us Know</p> <p>Open Swim 10:00am-12:00pm</p> <p>Barbell (Group) 10:15am</p> <p>Low Impact (Group)) 11:00am</p> <p>Healthy Backs (Group) 11:30am</p> <p>SilverSneakers Classic 1pm(AAC)</p> <p>Seated YOGA 2 p.m. (AAC)</p>	<p>5</p> <p>SilverSneakers Circuit 8:15am (AAC)</p> <p>SilverSneakers Classic 9:15amAAC</p> <p>Open Swim 10:00am-12:00pm</p> <p>Dominoes 10:15 a.m.</p> <p>Tai Chi 10:30am(Group)</p> <p>Open Swim 7:00pm-8:00pm</p>	<p>6</p> <p>Silver Sneakers 8:00am (AAC)</p> <p>Billiards 9:00 a.m. (Gamer Room)</p> <p>Open Swim 10:00am-12:00pm</p> <p>Low Impact (Group) 10:15am</p> <p>Healthy Backs (Group) 10:45am</p> <p>Barbell (Group) 11:15am</p> <p>Friday Flick—1p.m "Concussion" (AAC)</p> <p>Bring your favorite drink...popcorn provided</p>	<p>7</p> <p>Open Pool or Indoor Track 8-10 am</p>
<p>8 Happy Mother's Day!!!</p> <p>Indoor Track & Open Pool 2-4 p.m.</p>	<p>9 Billiards 9:00 a.m. (Game Room)</p> <p>Open Swim 10:00am-12:00pm</p> <p>Tai Chi 10:15am(AAC)</p> <p>Barbell (Group) 10:15am</p> <p>Low Impact (Group)) 11:00am</p> <p>Healthy Backs (Group) 11:30am</p> <p>SilverSneakers Circuit 1 pm AAC</p> <p>Seated YOGA 2 p.m. (AAC)</p> <p>Open Swim 7:00pm-8:00pm</p>	<p>10</p> <p>Open Swim 8:00am-10:00am</p> <p>SilverSneakers Circuit 8:15 a.m. (AAC)</p> <p>Carver Singers to perform 9:00am(AAC)</p> <p>SilverSneakers Classic 9:15am (AAC)</p> <p>Dominoes 10:15 a.m.</p> <p>Zumba Gold 10:30am (Group)</p>	<p>11 Water Aerobics 9:00 a.m.(Pool)</p> <p>Billiards 9:00 a.m. (Game Room)</p> <p>Wetumpka Trip 9:00am \$5.00 plus Lunch Please Register</p> <p>Open Swim 10:00am-12:00pm</p> <p>Barbell (Group) 10:15am</p> <p>Low Impact (Group)) 11:00am</p> <p>Healthy Backs (Group) 11:30am</p> <p>SilverSneakers Classic 1pm(AAC)</p> <p>Seated YOGA 2 p.m. (AAC)</p>	<p>12</p> <p>SilverSneakers Circuit 8:15am (AAC)</p> <p>SilverSneakers Classic 9:15amAAC</p> <p>Open Swim 10:00am-12:00pm</p> <p>Dominoes 10:15 a.m.</p> <p>Tai Chi 10:30am(Group)</p> <p>Open Swim 7:00pm-8:00pm</p>	<p>13 Silver Sneakers 8:00am (AAC)</p> <p>Billiards 9:00 a.m. (Gamer Room)</p> <p>Open Swim 10:00am-12:00pm</p> <p>Low Impact (Group) 10:15am</p> <p>Healthy Backs (Group) 10:45am</p> <p>Barbell (Group) 11:15am</p> <p>Friday Flick—1p.m "Spectre" (AAC)</p> <p>Bring your favorite drink...popcorn provided</p>	<p>14</p> <p>Open Pool or Indoor Track 8-10 am</p>
<p>15</p> <p>Indoor Track & Open Pool 2-4 p.m.</p>	<p>16 Billiards 9:00 a.m. (Game Room)</p> <p>Open Swim 10:00am-12:00pm</p> <p>Tai Chi 10:15am(AAC)</p> <p>Barbell (Group) 10:15am</p> <p>Low Impact (Group)) 11:00am</p> <p>Healthy Backs (Group) 11:30am</p> <p>SilverSneakers Circuit 1 pm AAC</p> <p>Seated YOGA 2 p.m. (AAC)</p> <p>Open Swim 7:00pm-8:00pm</p>	<p>17</p> <p>Open Swim 8:00am-10:00am</p> <p>SilverSneakers Circuit 8:15 a.m. (AAC)</p> <p>SilverSneakers Classic 9:15am (AAC)</p> <p>Painting 10:00am \$10.00 Please Register</p> <p>Dominoes 10:15 a.m.</p> <p>Zumba Gold 10:30am (Group)</p>	<p>18</p> <p>Water Aerobics 9:00 a.m.(Pool)</p> <p>Billiards 9:00 a.m. (Game Room)</p> <p>Open Swim 10:00am-12:00pm</p> <p>Barbell (Group) 10:15am</p> <p>Noon Tunes and Lunch meet at Breezeway at 11:00am Please let us Know</p> <p>Low Impact (Group)) 11:00am</p> <p>Healthy Backs (Group) 11:30am</p> <p>SilverSneakers Classic 1pm(AAC)</p> <p>Seated YOGA 2 p.m. (AAC)</p>	<p>19</p> <p>SilverSneakers Circuit 8:15am (AAC)</p> <p>SilverSneakers Classic 9:15amAAC</p> <p>Open Swim 10:00am-12:00pm</p> <p>Dominoes 10:15 a.m.</p> <p>Tai Chi 10:30am(Group)</p> <p>Open Swim 7:00pm-8:00pm</p>	<p>20 Silver Sneakers 8:00am (AAC)</p> <p>Billiards 9:00 a.m. (Gamer Room)</p> <p>Bowling 9:30 a.m. (Auburn Bowl) \$3.00 per game(9:00am if riding) Please Register</p> <p>Open Swim 10:00am-12:00pm</p> <p>Low Impact (Group) 10:15am</p> <p>Healthy Backs (Group) 10:45am</p> <p>Barbell (Group) 11:15am</p> <p>Friday Flick—1p.m "Little Boy" (AAC)</p> <p>Bring your favorite drink...popcorn provided</p>	<p>21 Armed Forces Day!</p> <p>Open Pool or Indoor Track 8-10 am</p>
<p>22</p> <p>Indoor Track & Open Pool 2-4 p.m.</p>	<p>23 Billiards 9:00 a.m. (Game Room)</p> <p>Open Swim 10:00am-12:00pm</p> <p>Tai Chi 10:15am(AAC)</p> <p>Barbell (Group) 10:15am</p> <p>Low Impact (Group)) 11:00am</p> <p>Healthy Backs (Group) 11:30am</p> <p>Caregiver's Support Group 12:30 pm (AAC) Open to Public</p> <p>SilverSneakers Circuit 1 pm AAC</p> <p>Seated YOGA 2 p.m. (AAC)</p> <p>Open Swim 7:00pm-8:00pm</p>	<p>24</p> <p>Open Swim 8:00am-10:00am</p> <p>SilverSneakers Circuit 8:15 a.m. (AAC)</p> <p>SilverSneakers Classic 9:15am (AAC)</p> <p>Dominoes 10:15 a.m.</p> <p>Zumba Gold 10:30am (Group)</p>	<p>25 Water Aerobics 9:00 a.m.(Pool)</p> <p>Billiards 9:00 a.m. (Game Room)</p> <p>Lunch Bunch 10:00am Good Ol' Country Buffet 9:30am if riding Please Register</p> <p>Open Swim 10:00am-12:00pm</p> <p>Barbell (Group) 10:15am</p> <p>Low Impact (Group)) 11:00am</p> <p>Healthy Backs (Group) 11:30am</p> <p>SilverSneakers Classic 1pm(AAC)</p> <p>Seated YOGA 2 p.m. (AAC)</p>	<p>26</p> <p>Silver Sneakers Circuit 8:15am (AAC)</p> <p>SilverSneakers Classic 9:15amAAC</p> <p>Open Swim 10:00am-12:00pm</p> <p>Dominoes 10:15 a.m.</p> <p>Tai Chi 10:30am(Group)</p> <p>Open Swim 7:00pm-8:00pm</p>	<p>27 Silver Sneakers 8:00am (AAC)</p> <p>Billiards 9:00 a.m. (Gamer Room)</p> <p>Open Swim 10:00am-12:00pm</p> <p>Low Impact (Group) 10:15am</p> <p>Healthy Backs (Group) 10:45am</p> <p>Barbell (Group) 11:15am</p> <p>Friday Flick—1p.m "Max" (AAC)</p> <p>Bring your favorite drink...popcorn provided</p>	<p>28</p> <p>Open Pool or Indoor Track 8-10 am</p>
<p>29</p> <p>Indoor Track & Open Pool 2-4 p.m.</p>	<p>Memorial Day!!!</p> <p>AAC CLOSED</p>	<p>31 Open Swim 8:00am-10:00am</p> <p>SilverSneakers Circuit 8:15 a.m. (AAC)</p> <p>SilverSneakers Classic 9:15am (AAC)</p> <p>Firefighters Birthdays 10:00am bring a treat for them and if you like go with us to deliver them</p> <p>Dominoes 10:15 a.m.</p> <p>Zumba Gold 10:30am (Group)</p>	<p>Happy Mother's Day</p>	<p>For the Freedoms that we enjoy... Our thanks go to the young men and women serving in all branches of the military. We Salute You!</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>Valeri White, Director, 705-2493 or VWhite@opelika-al.gov</p> <p>Mary Kuhn, Asst. Director, 705-2492 or MKuhn@opelika-al.gov</p>

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