

Opelika Recycled TeenAgers

For Members of the AAC or SportsPlex

October 2018

Charter Foundation Adult Activity Center

2019 Bus Trips

Biloxi/New Orleans

Feb. 18-22

\$560.00 double

\$730.00 single

Few Slots Left

**Savannah/Jekyll
Island/Parris Island**

Sept. 9-12

\$575.00 double

\$800.00 single

\$100.00 non-refundable
deposit

2nd Bus now filled

Waiting List



**Coping with the
Holidays After
A Loss Luncheon
Thursday
November 8th
In Classrooms
Please Register
now we will need
a count to order
lunches**



**Sportsplex Senior
55+ Resource and
Health Fair
Tues. Oct. 2
8:00am-1:00pm
Screenings and Flu
shots but please
bring insurance
cards
Also door prizes
and giveaways
Open to the Public**

Travel Troop Reservations Required—beginning October 1



Painting Class

Mon. Oct. 8

10:00 am

\$10.00

Includes Canvas,
Paint and Brushes

Please Register



**Legacy Museum and
National Memorial for
Peace and Justice**

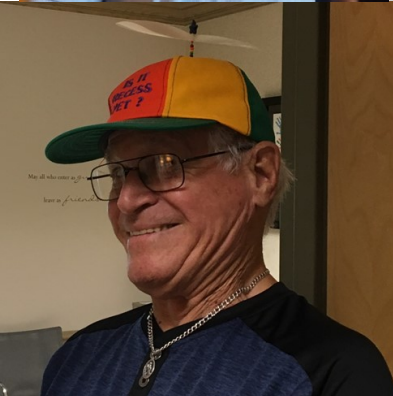
Wed. Oct. 10

8:00am

Those Already
Registered
Bring Lunch Money



**New Hampshire and
Vermont Trip
October 12-19
Those Already
Registered**



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!



Please remember all Fitness and Pool Classes can change at anytime

So please be sure to check the fitness calendar and the pool calendar at the front desk.



Dominoes and Games

Tuesdays and Thursdays

10:20am

Computer Lab

Any ideas for new games come by then

New Class

Healthy Backs this month

On Mondays and

Wed. 9:15am In AAC

New Group

Singles Ready to Mingle

if interested in this idea Please let AAC office know

Bowling

Bowling join us at Auburn Bowl on Friday, October 26 9:30 a.m., if riding 9:00am \$3.00 per game per person

Please Register



Education



Book Club will meet

Monday Oct. 8

At 2:00pm

To discuss book read and to return it.

Caregiver Support Group



If you are caring for a parent, sibling, or spouse and need some extra support, please consider joining us Monday Oct. 29

12:30pm

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



Computer Classes

Please call or come by office to make an appointment.

KJ will be here to help you!

Trips

Normandy and Iceland Presentations

Monday October 1

10:00am

By Collette In AAC

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. Wed. October 31 Old Time Buffet

11:00am meet there 10:15am if riding

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.

