





April 2018

Charter Foundation Adult Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Happy Easter!  Indoor Track & Open Pool	2 REGISTRATION TODAY!!! Billiards 8:30 a.m. (Game Room) Water Aerobics 9:00am(Pool) SilverSneakers Circuit 1 pm (AAC) SS Chair YOGA 2 p.m. (AAC)	3 SilverSneakers Circuit 8:15am(AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am (AAC) Tai Chi 10:15am(AAC)	4 Billiards 8:30 a.m. (Game Room) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 1pm(AAC) SS Chair YOGA 2 p.m. (AAC) Fitness Fusion 4:30pm(AAC)	5 SilverSneakers Circuit 8:15am (AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15 (AAC) Healthy Backs 10:15am(AAC) Dominos 10:20am(Computer Lab)	6 Fitness Fusion 8:15am (AAC) Billiards 8:30 a.m. (Gamer Room) Water Aerobics 9:00a.m.(Pool) Yin Yoga 9:15am(AAC)	7 Open Pool & Indoor Track
8 Indoor Track & Open Pool	9 Billiards 8:30 a.m. (Game Room) Water Aerobics 9:00am (Pool) Healthy Backs 11:30am(AAC) SilverSneakers Circuit 1 pm AAC SS Chair YOGA 2 p.m. (AAC)	10 SilverSneakers Circuit 8:15am(AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am (AAC) Tai Chi 10:15am(AAC)	11 Oxbow Meadows Environmental Center Tour 8:15am \$10.00 plus Lunch Billiards 8:30 a.m. (Game Room) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 1pm (AAC) SS Chair YOGA 2 p.m. (AAC) Fitness Fusion 4:30pm(AAC)	12 SilverSneakers Circuit 8:15am (AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am(AAC) Healthy Backs 10:15am(AAC) Dominos 10:20am(Computer Lab) Dance all proceeds to Relay For Life 6:00pm-9:00pm \$10.00 single \$15.00 couple cash or check only made out to American Cancer Society	13 Fitness Fusion 8:15am (AAC) Billiards 8:30 a.m. (Gamer Room) Water Aerobics 9:00a.m.(Pool) Yin Yoga 9:15am(AAC)	14 Open Pool & Indoor Track
15 Indoor Track & Open Pool	16 Billiards 8:30 a.m. (Game Room) Water Aerobics 9:00am (Pool) Painting 10:00am \$10.00 Please Register Cash or Check to American Cancer Society Healthy Backs 11:30am(AAC) SilverSneakers Circuit 1 pm AAC SS Chair YOGA 2 p.m. (AAC)	17 SilverSneakers Circuit 8:15am(AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am (AAC) Tai Chi 10: 15am(AAC) Alaska Documents Meeting 10:15am Those Registered	18 Billiards 8:30 a.m. (Game Room) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 1pm (AAC) SS Chair YOGA 2 p.m. (AAC) Fitness Fusion 4:30pm(AAC)	19 SilverSneakers Circuit 8:15am (AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am(AAC) Healthy Backs 10:15am(AAC) Dominos 10:20am(Computer Lab)	20 Fitness Fusion 8:15am (AAC) Billiards 8:30 a.m. (Gamer Room) Water Aerobics 9:00a.m.(Pool) Yin Yoga 9:15am(AAC) Bowling 9:30 a.m. (Auburn Bowl) \$3.00 per game pay there Please Register	21 Open Pool & Indoor Track
22 Indoor Track & Open Pool	23 Billiards 8:30 a.m. (Game Room) Water Aerobics 9:00am (Pool) PlexHOPE team meeting 10:00am in Computer Lab Healthy Backs 11:30am(AAC) SilverSneakers Circuit 1 pm AAC SS Chair YOGA 2 p.m. (AAC)	24 SilverSneakers Circuit 8:15am(AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am (AAC) Tai Chi 10:15am(AAC)	25 Billiards 8:30 a.m. (Game Room) Water Aerobics 9:00 a.m.(Pool) Lunch Bunch Irish Bred Pub 11:00am or 10:30am if riding Please Register! SilverSneakers Classic 1pm (AAC) SS Chair YOGA 2 p.m. (AAC) Fitness Fusion 4:30pm(AAC)	26 SilverSneakers Circuit 8:15am (AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am(AAC) Healthy Backs 10:15am(AAC) Dominos 10:20am(Computer Lab)	27 Arbor Day Fitness Fusion 8:15am (AAC) Billiards 8:30 a.m. (Gamer Room) Water Aerobics 9:00a.m.(Pool) Yin Yoga 9:15am(AAC) RELAY FOR LIFE DOWNTOWN OPELIKA 6:00pm-Midnight Come out and Visit or come Walk with us	28 Open Pool & Indoor Track
29 Indoor Track & Open Pool	30 Billiards 8:30 a.m. (Game Room) Water Aerobics 9:00am (Pool) Healthy Backs 11:30am(AAC) Caregiver Support 12:30pm (Computer Lab) SilverSneakers Circuit 1 pm (AAC) SS Chair YOGA 2 p.m. (AAC)	Orange Beach Trip Time to sign up to reserve rooms \$100.00 Deposit September 4,5,6 Beach Front Room with Balcony \$450.00 single plus meals \$250.00 double plus meals Only 18 spots available Please Register Now	Todd will be here to DJ a dance on Thursday April 12 6:00pm-9:00pm Bring your song requests Dance all proceeds to Relay For Life \$10.00 single \$15.00 couple cash or check only made out to American Cancer Society		Lisa did not want us to post any classes that are in group fitness room. 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.	Valeri White, Director, 705-2493 or VWhite@opelika-al.gov Mary Kuhn, Asst. Director, 705-2492 or MKuhn@opelika-al.gov New AAC Hours 7:30am-4:30pm

