

November 2023

Charter Foundation Adult Activity Center

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|--|------------------------|
| <p>Valeri White Senior Program Coordinator 705-2493 VWhite@opelika-al.gov</p> <p>AAC Hours: 7:30am-4:30pm</p> | <p>Payment is due at time of registration. There are limits on numbers of travelers due to transportation and venue restrictions. Items in yellow require pre-registration.</p> |  | <p>1 Registration Day!! Billiards 8:30am Water Aerobics 9:00 a.m.(Pool) Yoga 9:20am (Group) CAST Senior Theater 10 a.m. (AAC) Pilates 10:25 (Group) Dance Party 11:30am (AAC) SilverSneakers Classic 1pm (AAC) SS Chair Yoga 2:15 p.m. (AAC) Fitness Fusion 4:30pm (AAC)</p> | <p>2 Silver Sneakers Circuit 8:15 AAC Silver Sneakers Classic 9:20am AAC Zumba Gold 9:20am (Group) Card Game 10:00am (AAC) Dominoes 10:00am (Computer Lab) Qigong 10:25am (Group Room) Balance & Stretch 11:30am (Group)</p> | <p>3 Billiards 8:30 a.m. Upper Body Blast 8:30am (AAC) Water Aerobics 9:00am (Pool) Silver Sneakers Circuit 9:20am (AAC) Zumba Gold 9:20 a.m. (Group) Yin Yoga 10:25am (Group)</p> | <p>4 Indoor Track</p> |
| <p>5 Indoor Track</p> | <p>6 Billiards 8:30am Card Game Noon (AAC) Gentle Yoga 9:20am (Group) AU Half Time Practice 10:45 a.m. Cards Noon Mahjong 1 p.m. Silver Sneakers Circuit 1pm (AAC) SS Chair Yoga 2:15pm (AAC)</p> | <p>7 Silver Sneakers Circuit 8:15 (AAC) Silver Sneakers Classic 9:20am (AAC) Zumba Gold 9:20am (Group) Dominoes 10:00am (Computer Lab) Walk to End Alzheimer's 10:30 a.m. Tai Chi 10:25am (Group) Balance & Stretch 11:30am (Group)</p> | <p>8 Billiards 8:30am Water Aerobics 9:00 a.m.(Pool) Yoga 9:20am (Group) CAST Senior Theater 10 a.m. (AAC) Pilates 10:25 (Group) Dance Party 11:30am (AAC) SilverSneakers Classic 1pm (AAC) SS Chair Yoga 2:15 p.m. (AAC) Fitness Fusion 4:30pm (AAC)</p> | <p>9 Silver Sneakers Circuit 8:15 (AAC) Silver Sneakers Classic 9:20am (AAC) Zumba Gold 9:20am (Group) Card Game 10:00am (AAC) Dominoes 10:00am (Computer Lab) Qigong 10:25am (Group Room) Coping with the Holidays After Loss Noon Balance & Stretch 11:30am (Group)</p>  | <p>10 AAC Closed in Observance of Veteran's Day</p> | <p>11 Indoor Track</p> |
| <p>12 Indoor Track</p> | <p>13 Billiards 8:30am Water Aerobics 9:00 a.m.(Pool) Card Game Noon (AAC) Gentle Yoga 9:20am (Group) Paint Pals 10am (Classroom) \$10 AU Half Time Practice 10:45 a.m. Cards Noon Mahjong 1 p.m. Silver Sneakers Circuit 1pm (AAC) SS Chair Yoga 2:15pm (AAC)</p> | <p>14 Silver Sneakers Circuit 8:15 (AAC) Silver Sneakers Classic 9:20am (AAC) Zumba Gold 9:20am (Group) Infantry Museum-Outdoor Exhibit 9:15 a.m. \$12 + Lunch Dominoes 10:00am (Computer Lab) Tai Chi 10:25am (Group) Balance & Stretch 11:30am (Group)</p> | <p>15 Billiards 8:30am Water Aerobics 9:00 a.m.(Pool) Yoga 9:20am (Group) CAST Senior Theater 10 a.m. (AAC) Pilates 10:25 (Group) Dance Party 11:30am (AAC) SilverSneakers Classic 1pm (AAC) SS Chair Yoga 2:15 p.m. (AAC) Fitness Fusion 4:30pm (AAC)</p> | <p>16 Silver Sneakers Circuit 8:15 (AAC) Silver Sneakers Classic 9:20am (AAC) Zumba Gold 9:20am (Group) Tuskegee Airman Museum 9:15 a.m. \$5+ Lunch Card Game 10:00am (AAC) Dominoes 10:00am (Computer Lab) Qigong 10:25am (Group Room) Balance & Stretch 11:30am (Group)</p> | <p>17 Billiards 8:30 a.m. Upper Body Blast 8:30am (AAC) Water Aerobics 9:00am (Pool) Bowling 9:00am Auburn Lanes meet there \$6 + lunch includes rental shoes and ball. Silver Sneakers Circuit 9:20am (AAC) Yin Yoga 10:25am (Group)</p> | <p>18 Indoor Track</p> |
| <p>19 Indoor Track</p> | <p>20 Billiards 8:30am Card Game Noon (AAC) Gentle Yoga 9:20am (Group) AU Half Time Practice 10:45 a.m. Cards Noon Mahjong 1 p.m. Silver Sneakers Circuit 1pm (AAC) SS Chair Yoga 2:15pm (AAC)</p> | <p>21 Silver Sneakers Circuit 8:15 (AAC) Silver Sneakers Classic 9:20am (AAC) Zumba Gold 9:20am (Group) Bulloch House 9:30 a.m. \$5+ Lunch Dominoes 10:00am (Computer Lab) Tai Chi 10:25am (Group) Balance & Stretch 11:30am (Group)</p> | <p>22 Billiards 8:30am Water Aerobics 9:00 a.m.(Pool) Yoga 9:20am (Group) CAST Senior Theater 10 a.m. (AAC) Pilates 10:25 (Group) Dance Party 11:30am (AAC)</p>  | <p>23 Happy Thanksgiving</p> | <p>24 AAC Closed Billiards 8:30 a.m. Upper Body Blast 8:30am (AAC) Water Aerobics 9:00am (Pool) Silver Sneakers Circuit 9:20am (AAC) Zumba Gold 9:20 a.m. (Group)</p> | <p>25 Indoor Track</p> |
| <p>26 Indoor Track</p> | <p>27 Billiards 8:30 am Water Aerobics 9:00 a.m.(Pool) Card Game Noon (AAC) Gentle Yoga 9:20am (Group) Cards Noon Mahjong 1 p.m. Silver Sneakers Circuit 1pm (AAC) SS Chair Yoga 2:15pm (AAC) St Augustine</p> | <p>28 Silver Sneakers Circuit 8:15 (AAC) Silver Sneakers Classic 9:20am (AAC) Zumba Gold 9:20am (Group) Dominoes 10:00am (Computer Lab) Tai Chi 10:25am (Group) Balance & Stretch 11:30am (Group) St Augustine</p> | <p>29 Billiards 8:30am Water Aerobics 9:00 a.m.(Pool) Yoga 9:20am (Group) CAST Senior Theater 10 a.m. (AAC) Pilates 10:25 (Group) Dance Party 11:30am (AAC) SilverSneakers Classic 1pm (AAC) SS Chair Yoga 2:15 p.m. (AAC) Fitness Fusion 4:30 p.m. (AAC) St. Augustine</p> | <p>30 Silver Sneakers Circuit 8:15 AAC Silver Sneakers Classic 9:20am (AAC) Zumba Gold 9:20am (Group) Card Game 10:00am (AAC) Dominoes 10:00am (Computer Lab) Qigong 10:25am (Group Room) Balance & Stretch 11:30am (Group) St. Augustine</p>  | <p>--</p> | |