

July 2018

Charter Foundation Adult Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 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) Dominos 10:20am(Computer Lab)	4  AAC CLOSED	5 SilverSneakers Circuit 8:15am (AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am(AAC) Dominos 10:20am(Computer Lab)	6 Upper Body Blast 8:30am (AAC) NEW!!! 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) Painting 10:00am \$10.00 Please Register 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) Dominos 10:20am(Computer Lab)	11 Billiards 8:30 a.m. (Game Room) Sweetcreek Farm Market for Peaches and Veggies 8:30am \$5.00 plus Lunch Please Register 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) Changing World of Retirement Planning 10:15am(AAC) Dominos 10:20am(Computer Lab)	13 Upper Body Blast 8:30am (AAC) Billiards 8:30 a.m. (Gamer Room) Water Aerobics 9:00a.m.(Pool) Yin Yoga 9:15am(AAC) South Dakota Trip	14 Open Pool & Indoor Track South Dakota Trip
15 Indoor Track & Open Pool South Dakota Trip	16 Billiards 8:30 a.m. (Game Room) Water Aerobics 9:00am (Pool) SilverSneakers Circuit 1 pm AAC SS Chair YOGA 2 p.m. (AAC) South Dakota Trip	17 SilverSneakers Circuit 8:15am(AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am (AAC) Tai Chi 10: 15am(AAC) Dominos 10:20am(Computer Lab) South Dakota Trip	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) South Dakota Trip	19 SilverSneakers Circuit 8:15am (AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am(AAC) Dominos 10:20am(Computer Lab) South Dakota Trip	20 Upper Body Blast 8:30am (AAC) Billiards 8:30 a.m. (Gamer Room) Water Aerobics 9:00a.m.(Pool) Yin Yoga 9:15am(AAC)	21 Open Pool & Indoor Track
22 Indoor Track & Open Pool	23 Billiards 8:30 a.m. (Game Room) Water Aerobics 9:00am (Pool) SilverSneakers Circuit 1 pm AAC SS Chair YOGA 2 p.m. (AAC)	24 AARP Driving Course 8am Classroom C Please Register \$14.00, AARP member \$12.00 bring lunch SilverSneakers Circuit 8:15am(AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am (AAC) Tai Chi 10:15am(AAC) Dominos 10:20am(Computer Lab)	25 Billiards 8:30 a.m. (Game Room) Water Aerobics 9:00 a.m.(Pool) Lunch Bunch Wild Wing Cafe 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) Dominos 10:20am(Computer Lab)	27 Upper Body Blast 8:30am (AAC) Billiards 8:30 a.m. (Gamer Room) Water Aerobics 9:00a.m.(Pool) Yin Yoga 9:15am(AAC) Bowling 9:30 a.m. meet there 9:00am if need a ride (Auburn Bowl) \$3.00 per game pay Valeri or Mary there Please Register!	28 Open Pool & Indoor Track
29 Indoor Track & Open Pool	30 Billiards 8:30 a.m. (Game Room) Water Aerobics 9:00am (Pool) Caregiver Support 12:30pm (Computer Lab) SilverSneakers Circuit 1 pm AAC SS Chair YOGA 2 p.m. (AAC)	31 SilverSneakers Circuit 8:15am(AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am (AAC) Tai Chi 10:15am(AAC) Dominos 10:20am(Computer Lab)	Time to sign up for Biloxi & New Orleans Trip Feb. 18-22,2019 \$100.00 non-refundable deposit \$560.00 Double, \$730.00 Single also Savannah, Jekyll Island, Parris Island Sept. 9-12,2019 \$100.00 non-refundable deposit \$575.00 double, \$800.00 single	The Legacy Museum and National Memorial for Peace and Justice trip will be October 10 If you would like to go it will be \$10.00 due now to get tickets with entrance time and to hold you a slot.	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

