

# October 2018

## Charter Foundation Adult Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Valeri White, Director, 705-2493 or VWhite@opelika-al.gov Mary Kuhn, Asst. Director, 705-2492 or MKuhn@opelika-al.gov AAC Hours 7:30am-4:30pm</p>	<p>1 <b>REGISTRATION DAY</b> Billiards 8:30am (Game Room) Water Aerobics 9:00am (Pool) Healthy Backs 9:15am (AAC) NEW Normandy Presentation and Iceland Presentation 10:00am (AAC) SilverSneakers Circuit 1pm (AAC) SS Chair YOGA 2pm (AAC)</p>	<p>2 <b>Health Fair 8am-1pm (Gym)</b> SilverSneakers Circuit 8:15am (AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am (AAC) Tai Chi 10:15a.m (AAC) Zumba Gold 10:20am (Group) Dominos 10:20am (Computer Lab) Balance and Stretch 11:30am (Group)</p>	<p>3 Billiards 8:30am (Game Room) Water Aerobics 9:00 a.m.(Pool) Healthy Backs 9:15am (Group)NEW SilverSneakers Classic 1pm (AAC) SS Chair YOGA 2 p.m. (AAC) Fitness Fusion 4:30pm (AAC)</p>	<p>4 SilverSneakers Circuit 8:15am (AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am (AAC) Zumba Gold 9:20am (Group) Dominos 10:20am (Computer Lab) Balance and Stretch 11:30am (Group)</p>	<p>5 Upper Body Blast 8:30am (AAC) Billiards 8:30 a.m. (Gamer Room) Water Aerobics 9:00a.m Pool Yin Yoga 9:15am (AAC)</p>	<p>6 Open Pool &amp; Indoor Track</p>
<p>7 Indoor Track &amp; Open Pool</p>	<p>8 <b>COLUMBUS DAY!</b> Billiards 8:30am (Game Room) Water Aerobics 9:00am (Pool) Healthy Backs 9:15am (AAC) NEW Painting 10:00am \$10.00 Please Register SilverSneakers Circuit 1pm (AAC) SS Chair YOGA 2pm (AAC) Book Club Discussion and Books need to be turned back in 2 p.m.</p>	<p>9 SilverSneakers Circuit 8:15am (AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am (AAC) Tai Chi 10:15a.m (AAC) Zumba Gold 10:20am (Group) Dominos 10:20am (Computer Lab) Balance and Stretch 11:30am (Group)</p>	<p>10 Billiards 8:30am (Game Room) Water Aerobics 9:00 a.m.(Pool) Healthy Backs 9:15am (Group)NEW Legacy Museum Those Already Registered 8:45am please bring Lunch Money SilverSneakers Classic 1pm (AAC) SS Chair YOGA 2 p.m. (AAC) Fitness Fusion 4:30pm (AAC)</p>	<p>11 SilverSneakers Circuit 8:15am (AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am (AAC) Zumba Gold 9:20am (Group) Dominos 10:20am (Computer Lab) Balance and Stretch 11:30am (Group)</p>	<p>12 Upper Body Blast 8:30am (AAC) Billiards 8:30 a.m. (Gamer Room) Water Aerobics 9:00am (Pool) Yin Yoga 9:15am (AAC)</p> <p><b>VERMONT TRIP Those Registered</b></p>	<p>13 Open Pool &amp; Indoor Track</p> <p><b>VERMONT TRIP Those Registered</b></p>
<p>14 Indoor Track &amp; Open Pool</p> <p><b>VERMONT TRIP Those Registered</b></p>	<p>15 Billiards 8:30am (Game Room) Water Aerobics 9:00am (Pool) Healthy Backs 9:15am (AAC) NEW! SilverSneakers Circuit 1pm (AAC) SS Chair YOGA 2pm (AAC)</p> <p><b>VERMONT TRIP Those Registered</b></p>	<p>16 SilverSneakers Circuit 8:15am (AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am (AAC) Tai Chi 10: 15am (AAC) Zumba Gold 10:20am (Group) Dominos 10:20am (Computer Lab) Balance and Stretch 11:30am (Group) <b>VERMONT TRIP Those Registered</b></p>	<p>17 Billiards 8:30 a.m. (Game Room) Water Aerobics 9:00 a.m.(Pool) Healthy Backs 9:15am (AAC) NEW! SilverSneakers Classic 1pm (AAC) SS Chair YOGA 2 p.m. (AAC) Fitness Fusion 4:30pm (AAC)</p> <p><b>VERMONT TRIP Those Registered</b></p>	<p>18 SilverSneakers Circuit 8:15am (AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am (AAC) Zumba Gold 9:20am (Group) Dominos 10:20am (Computer Lab) Balance and Stretch 11:30am (Group)</p> <p><b>VERMONT TRIP Those Registered</b></p>	<p>19 Upper Body Blast 8:30am (AAC) Billiards 8:30 a.m. (Gamer Room) Water Aerobics 9:00a.m Pool Yin Yoga 9:15am (AAC)</p> <p><b>VERMONT TRIP Those Registered</b></p>	<p>20 Open Pool &amp; Indoor Track</p>
<p>21 Indoor Track &amp; Open Pool</p>	<p>22 Billiards 8:30am (Game Room) Water Aerobics 9:00am (Pool) Healthy Backs 9:15am (AAC) NEW SilverSneakers Circuit 1pm (AAC) SS Chair YOGA 2pm (AAC)</p>	<p>23 SilverSneakers Circuit 8:15am (AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am (AAC) Tai Chi 10:15am (AAC) Zumba Gold 10:20am (Group) Dominos 10:20am (Computer Lab) Balance and Stretch 11:30am (Group)</p>	<p>24 Billiards 8:30 a.m. (Game Room) Water Aerobics 9:00 a.m.(Pool) Healthy Backs 9:15am (AAC) NEW! SilverSneakers Classic 1pm (AAC) SS Chair YOGA 2 p.m. (AAC) Fitness Fusion 4:30pm (AAC)</p>	<p>25 SilverSneakers Circuit 8:15am (AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am (AAC) Zumba Gold 9:20am (Group) Dominos 10:20am (Computer Lab) Balance and Stretch 11:30am (Group)</p>	<p>26 Upper Body Blast 8:30am (AAC) Billiards 8:30 a.m. (Gamer Room) Water Aerobics 9:00a.m. (Pool) Yin Yoga 9:15am (AAC)</p> <p><b>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!</b></p>	<p>27 Open Pool &amp; Indoor Track</p>
<p>28 Indoor Track &amp; Open Pool</p>	<p>29 Billiards 8:30am (Game Room) Water Aerobics 9:00am (Pool) Healthy Backs 9:15am (AAC) NEW Caregiver Support 12:30pm (Computer Lab) SilverSneakers Circuit 1pm (AAC) SS Chair YOGA 2pm (AAC)</p>	<p>30 SilverSneakers Circuit 8:15am (AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am (AAC) Tai Chi 10:15am (AAC) Zumba Gold 10:20am (Group) Dominos 10:20am (Computer Lab) Balance and Stretch 11:30am (Group)</p>	<p>31 <b>HAPPY HALLOWEEN!</b> Billiards 8:30 a.m. (Game Room) Water Aerobics 9:00 a.m.(Pool) Healthy Backs 9:15am (AAC) NEW! Lunch Bunch Old Time Buffet 11:00am meet there or 10:30am if riding. Please Register! SilverSneakers Classic 1pm (AAC) SS Chair YOGA 2 p.m. (AAC) Fitness Fusion 4:30pm (AAC)</p>	 <p><i>Hope for the Holidays</i></p> <p><b>COPING WITH THE HOLIDAYS AFTER A LOSS LUNCHEON</b> Thursday November 8<sup>th</sup> Please sign up now Need a count for Lunch</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>

