

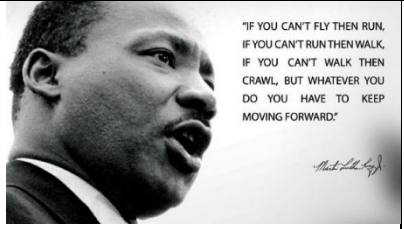


January 2019

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>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>	<p>1 New Year's Day  AAC CLOSED</p>	<p>2 REGISTRATION DAY Billiards 8:30am (Game Room) Water Aerobics 9:00 a.m.(Pool) Healthy Backs 10:45am (Group) SilverSneakers Classic 1pm (AAC) SS Chair YOGA 2 p.m. (AAC) Fitness Fusion 4:30pm (AAC)</p>	<p>3 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>4 Upper Body Blast 8:30am (AAC) Billiards 8:30 a.m. (Gamer Room) Water Aerobics 9:00am (Pool) Yin Yoga 9:15am (AAC) Zumba Gold 9:15 a.m. (Group)</p>	<p>5 Open Pool & Indoor Track</p>
<p>6 Indoor Track & Open Pool</p>	<p>7 Billiards 8:30am (Game Room) Water Aerobics 9:00 a.m.(Pool) Healthy Backs 10:45am (AAC) SilverSneakers Circuit 1pm (AAC) SS Chair YOGA 2pm (AAC)</p>	<p>8 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>9 Billiards 8:30am (Game Room) Water Aerobics 9:00 a.m.(Pool) Movie and Brown Bag Lunch(bring your own) we will provide snacks 10:00am Please Register(AAC) Healthy Backs 10:45am (Group) SilverSneakers Classic 1pm (AAC) SS Chair YOGA 2 p.m. (AAC) Fitness Fusion 4:30pm (AAC)</p>	<p>10 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>11 Upper Body Blast 8:30am (AAC) Billiards 8:30 a.m. (Gamer Room) Water Aerobics 9:00am (Pool) Yin Yoga 9:15am (AAC) Zumba Gold 9:15 a.m. (Group)</p>	<p>12 Open Pool & Indoor Track</p>
<p>13 Indoor Track & Open Pool</p>	<p>14 Billiards 8:30am (Game Room) Water Aerobics 9:00 a.m.(Pool) Healthy Backs 10:45am (AAC) Painting 10:00am \$10.00 Please Register SilverSneakers Circuit 1pm (AAC) SS Chair YOGA 2pm (AAC)</p>	<p>15 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>16 Billiards 8:30 a.m. (Game Room) Water Aerobics 9:00 a.m.(Pool) Healthy Backs 10:45am (AAC) SilverSneakers Classic 1pm (AAC) SS Chair YOGA 2 p.m. (AAC) Fitness Fusion 4:30pm (AAC) Relay for Life Kickoff 5:15pm EAMC Education Center Come to find out more or contact me and join a team</p>	<p>17 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>18 Upper Body Blast 8:30am (AAC) Billiards 8:30 a.m. (Gamer Room) Water Aerobics 9:00a.m Pool Yin Yoga 9:15am (AAC) Zumba Gold 9:15 a.m. (Group) 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!</p>	<p>19 Open Pool & Indoor Track</p>
<p>20 Indoor Track & Open Pool</p>	<p>21 Martin Luther King Day  AAC CLOSED</p>	<p>22 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>23 Billiards 8:30 a.m. (Game Room) Water Aerobics 9:00 a.m.(Pool) Infantry Museum \$3.00 plus Lunch 10:00am Please Register Healthy Backs 10:45am (AAC) SilverSneakers Classic 1pm (AAC) SS Chair YOGA 2 p.m. (AAC) Fitness Fusion 4:30pm (AAC)</p>	<p>24 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>25 Upper Body Blast 8:30am (AAC) Billiards 8:30 a.m. (Gamer Room) Water Aerobics 9:00am (Pool) Yin Yoga 9:15am (AAC) Zumba Gold 9:15 a.m. (Group)</p>	<p>26 Open Pool & Indoor Track</p>
<p>27 Indoor Track & Open Pool</p>	<p>28 Billiards 8:30am (Game Room) Water Aerobics 9:00 a.m.(Pool) Healthy Backs 10:45am (AAC) Caregiver Support 12:30pm (Computer Lab) SilverSneakers Circuit 1pm (AAC) SS Chair YOGA 2pm (AAC)</p>	<p>29 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>30 Billiards 8:30 a.m. (Game Room) Water Aerobics 9:00 a.m.(Pool) Healthy Backs 10:45am (AAC) Lunch Bunch Olive Garden 10:30am riding 11:00am meet there Please Register SilverSneakers Classic 1pm (AAC) SS Chair YOGA 2 p.m. (AAC) Fitness Fusion 4:30pm (AAC)</p>	<p>31 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) Trip meeting 10:30am come bring ideas for day trips, overnight trips, and long-distance trips Balance and Stretch 11:30am (Group)</p>	 <p>"IF YOU CAN'T FLY THEN RUN, IF YOU CAN'T RUN THEN WALK, IF YOU CAN'T WALK THEN CRAWL, BUT WHATEVER YOU DO YOU HAVE TO KEEP MOVING FORWARD." — Martin Luther King, Jr.</p>	 <p>"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." — Martin Luther King, Jr. Strength to Love</p>