







May 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 New 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 REGISTRATION TODAY!!! SilverSneakers Circuit 8:15am(AAC) Water Aerobics 9:00 a.m.(Pool) Questions and Concerns about Medications 9:00am & 10:00am SilverSneakers Classic 9:15am (AAC) Tai Chi 10:15am(AAC)</p>	<p>2 Billiards 8:30 a.m. (Game Room) Bellevue Mansion Tour 8:00am \$6.00 plus lunch at A Taste of Lemon Please Register only 22 slots Water Aerobics 9:00 a.m.(Pool) 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 9:15 (AAC) alacare Hospice Volunteer Program 10:00am Healthy Backs 10:15am(AAC) Dominos 10:20am(Computer Lab)</p>	<p>4 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</p>	<p>5 Open Pool & Indoor Track</p>
<p>6 Indoor Track & Open Pool</p>	<p>7 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)</p>	<p>8 SilverSneakers Circuit 8:15am(AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am (AAC) Tai Chi 10:15am(AAC)</p> <p style="text-align: center;">ALASKA TRIP</p>	<p>9 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)</p> <p style="text-align: center;">ALASKA TRIP</p>	<p>10 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)</p> <p style="text-align: center;">ALASKA TRIP</p>	<p>11 Fitness Fusion 8:15am (AAC) Billiards 8:30 a.m. (Gamer Room) Water Aerobics 9:00a.m.(Pool) Yin Yoga 9:15am(AAC)</p> <p style="text-align: center;">ALASKA TRIP</p>	<p>12 Open Pool & Indoor Track</p> <p style="text-align: center;">ALASKA TRIP</p>
<p>13 Happy Mother's Day  Indoor Track & Open Pool ALASKA TRIP</p>	<p>14 Billiards 8:30 a.m. (Game Room) Water Aerobics 9:00am (Pool) SilverSneakers Circuit 1 pm AAC SS Chair YOGA 2 p.m. (AAC)</p> <p style="text-align: center;">ALASKA TRIP</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)</p> <p style="text-align: center;">ALASKA TRIP</p>	<p>16 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)</p> <p style="text-align: center;">ALASKA TRIP</p>	<p>17 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)</p> <p style="text-align: center;">ALASKA TRIP</p>	<p>18 Fitness Fusion 8:15am (AAC) Billiards 8:30 a.m. (Gamer Room) Water Aerobics 9:00a.m.(Pool) Yin Yoga 9:15am(AAC)</p> <p style="text-align: center;">ALASKA TRIP</p>	<p>19 Armed Forces Day  Open Pool & Indoor Track ALASKA TRIP</p>
<p>20 Indoor Track & Open Pool ALASKA TRIP</p>	<p>21 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)</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)</p>	<p>23 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)</p>	<p>24 SilverSneakers Circuit 8:15am (AAC) Grandparent Program 9:00am Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am(AAC) Healthy Backs 10:15am(AAC) Dominos 10:20am(Computer Lab)</p>	<p>25 Fitness Fusion 8:15am (AAC) Billiards 8:30 a.m. (Gamer Room) Water Aerobics 9:00a.m.(Pool) Yin Yoga 9:15am(AAC)</p>	<p>26 Open Pool & Indoor Track</p>
<p>27 Indoor Track & Open Pool</p>	<p>28 Memorial Day  <p style="text-align: center;">AAC CLOSED</p> </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)</p>	<p>30 Billiards 8:30 a.m. (Game Room) Water Aerobics 9:00 a.m.(Pool) Lunch Bunch Breezeway 11:00am or 10:30am if riding will go to Noon Tunes after we eat. 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) Healthy Backs 10:15am(AAC) Dominos 10:20am(Computer Lab)</p> 	<p>This month we will also be registering to go to Montgomery On a Wednesday in June To the Legacy Museum and National Memorial for Peace and Justice by The Equal Justice Initiative. Need to purchase tickets now. \$10.00 combination ticket plus lunch Please Register only 22 slots.</p>	