

August 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>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>Important Sign Ups Now August 1 Golden State Foods Tour Sept. 19 Several Stairs to Climb \$5.00 Plus Lunch Maximum 20 Mardi Gras Trip March 3-5 \$295.00 Double \$440.00 Single This is for Room, Motorcoach and Breakfast other meals on your own</p>	<p>1 REGISTRATION TODAY!!! 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>Vermont Final Payment Due!!! Orange Beach Final Payment Due!!!</p>	<p>2 SilverSneakers Circuit 8:15am (AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am(AAC) Dominos 10:20am(Computer Lab)</p>	<p>3 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>4 Open Pool & Indoor Track</p>
<p>5 Indoor Track & Open Pool</p>	<p>6 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>7 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)</p>	<p>8 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>9 SilverSneakers Circuit 8:15am (AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am(AAC) Dominos 10:20am(Computer Lab)</p>	<p>10 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>11 Open Pool & Indoor Track</p>
<p>12 Indoor Track & Open Pool</p>	<p>13 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>14 SilverSneakers Circuit 8:15am(AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am (AAC) Unity Wellness Education 10:00am-11:00am Please stay and listen to important information and speaker will answer Questions you might have. Tai Chi 10: 15am(AAC) Dominos 10:20am(Computer Lab)</p>	<p>15 Billiards 8:30 a.m. (Game Room) Water Aerobics 9:00 a.m.(Pool) Information meeting about starting a book club 10:00am. Representative from the Library will be here. SilverSneakers Classic 1pm (AAC) SS Chair YOGA 2 p.m. (AAC) Fitness Fusion 4:30pm(AAC)</p>	<p>16 SilverSneakers Circuit 8:15am (AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am(AAC) Dominos 10:20am(Computer Lab)</p>	<p>17 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!</p>	<p>18 Open Pool & Indoor Track</p>
<p>19 Indoor Track & Open Pool</p>	<p>20 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>21 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)</p>	<p>22 Hyundai Tour 8:00am \$5.00 plus lunch Please Register Maximum 20 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>23 SilverSneakers Circuit 8:15am (AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am(AAC) Dominos 10:20am(Computer Lab)</p>	<p>24 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>25 Open Pool & Indoor Track</p>
<p>26 Indoor Track & Open Pool</p>	<p>27 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>28 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)</p>	<p>29 Billiards 8:30 a.m. (Game Room) Water Aerobics 9:00 a.m.(Pool) Lunch Bunch Hwy 80 Barn Restaurant 11:00am meet there or 10:15am if riding. Please Register! SilverSneakers Classic 1pm (AAC) SS Chair YOGA 2 p.m. (AAC) Fitness Fusion 4:30pm(AAC)</p>	<p>30 SilverSneakers Circuit 8:15am (AAC) Water Aerobics 9:00 a.m.(Pool) SilverSneakers Classic 9:15am(AAC) Dominos 10:20am(Computer Lab)</p>	<p>31 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>	

