

**Hello Everyone!**

AAC strives to have programs, outings and trips for all to enjoy. We hope our services and events provide fitness, health, relaxation, fellowship and enjoyment for all patrons.

**THOUGHT FOR THE DAY**

Wouldn't life be wonderful if we remembered the important things. I hope that you will remember to .....

Laugh a little ---- sing a little ~ As you go your way!  
Work a little ---- play a little ~ Do this every day!  
Give a little ---- take a little ~ Never mind a frown  
Make your smile a welcomed thing ~ All around town!  
Laugh a little ---- love a little ~ Skies are always blue!  
Every cloud has a silver lining.  
Finding that silver lining ..... is up to you!

**NEWSLETTER PRAYER**

Dear Lord, help us to stand strong. Let the difficulties, pain, and frustration that we face along with the suffering and sacrifices of others be transformed in your presence for the benefits of others. That we may remain positive so others can see You living thru us and want to learn more about Your word. May our works be pleasing in your sight. In your Son's name we pray. Amen.

**IMPORTANT ANNOUNCEMENTS:**

We are very thankful that so many of you think of us when making donations. Please, **bring all donated items to the office. Often times we're not sure if items found are something that has been accidentally left by someone, for someone, or a donation.** Your assistance will go a long way in helping keep us organized.

**CHRISTMAS DONATIONS:**

We are currently accepting donations for our Senior Christmas Boxes. Donations include: can goods, boxed goods, gift cards, Clorox wipes, baby wipes or hygiene items. You may also make a contribution and we will purchase the items for them. Deadline for donations is December 7<sup>th</sup>. If you have any questions, please call 222-6891.

**The Senior Friends Covered Dish Supper** – We would like to invite you to our monthly fellowship meals on Mon., Oct. 3<sup>rd</sup>, Nov. 7<sup>th</sup> and Dec. 5<sup>th</sup> at 6 p.m. Call 222-0924 for info.

**DON'T FORGET - Set Your Clocks back one hour on Saturday, November 5<sup>th</sup> before you go to bed.**

**The Activity Center closings for the Holidays:** Veterans Day – Friday, Nov. 11<sup>th</sup>, Thanksgiving - Nov. 24<sup>th</sup> & 25<sup>th</sup>, Christmas/New Year's Dec. 23<sup>rd</sup> – January 2, 2017.

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**Please park in the grass area, facing Walker Avenue, that is designated for travelers.**

**NOTICE** – There will be no refunds for trips, unless we cancel the trip or it is otherwise noted. Some emergency situations concerning immediate family may be approved. If you need clarification on what immediate family covers, please see Sonja.

**THE HARRIOTT II BLUES CRUISE** Lets go down to the River and enjoy a relaxing cruise on Montgomery's

elegant 19<sup>th</sup> Century riverboat, the Harriot II. Come enjoy a two hour, Blues Cruise on Sunday, **November 6<sup>th</sup>**. We will board at **5:30** and cruise from 6-8 p.m. Cost of this trip is \$42.00 and **does not** include dinner, but we will stop and eat along the way. We must have 10 people for this trip to make. Travel Club members will receive a \$2.00 discount. The minimum limit for cruising is 35 paying customers. If there are not at least 35 tickets sold, then the boat *may not* cruise. In which case you will be given a full refund. **Must be paid in full by October 25<sup>th</sup>**.

**Pacific Northwest Coastal Cruise** - Plan for this wonderful cruise coming in the fall of 2017. Several ports will be included! Please inquire for additional info at 222-6891. Flyers will be coming soon. Come join us!

**On Going Activities**

**MONDAY**

Rook (Multi-Purpose Room)	8:30 a.m. - 11:00 a.m.
Big Brain Academy	9:00 a.m. - 10:00 a.m.
Dominoes (Multi-Purpose Room)	9:00 a.m. - 11:00 a.m.
Phase 10 (Multi-Purpose Room)	12:00 p.m. - 2:00 p.m.
Dominoes	1:00 p.m. - 5:00 p.m.
Us Yoshukai Karate	5:30 p.m. - 7:30 p.m.

**TUESDAY**

Cards (any kind you want to play)	8:00 a.m. - 11:00 a.m.
50+Exercise	9:00 a.m. - 9:30 a.m.
Dominoes (Multi-Purpose Room)	9:00 a.m. - 11:00 a.m.
Piano, Guitar & Bass	9:00 a.m. - 12:00 p.m.
Quilters	9:00 a.m. - 2:00 p.m.
Bowling (Boland Lanes)	10:00 a.m. - 12:00 p.m.
Canasta (Tops Room)	12:00 p.m. - 4:00 p.m.
Dominoes	1:00 p.m. - 5:00 p.m.
Toning Beds	2:30 p.m. - 3:30 p.m.
Tops	5:00 p.m. - 6:00 p.m.
Domino City Square Dancing	7:00 p.m. - 9:00 p.m.

**WEDNESDAY**

Toning Beds	7:30 a.m. - 8:30 a.m.
Quilters	8:00 a.m. - 12:00 p.m.
50+ Exercise	9:00 a.m. - 9:30 a.m.
Dominoes (Multi-Purpose Room)	9:00 a.m. - 11:00 a.m.
Ceramics	9:00 a.m. - 11:00 a.m.
Rook (Break Room)	9:00 a.m. - 11:00 a.m.
Piano, Guitar, & Bass Lessons	9:00 a.m. - 3:00 p.m.
Canasta	12:00 noon - 3:00 p.m.
Sew & So Circle	1:00 p.m. - 4:00 p.m.
Dominoes	1:00 p.m. - 5:00 p.m.
U.S. Yoshukai Karate	5:30 p.m. - 7:30 p.m.

**THURSDAY**

Rook (Break Room)	8:30 a.m. - 10:30 a.m.
Big Brain Academy	9:00 a.m. - 10:00 a.m.
Dominoes (Multi-Purpose Room)	9:00 a.m. - 11:00 a.m.
Quilters	9:00 a.m. - 12:00 p.m.
Bridge (every other Thursday)	9:00 a.m. - 12:00 p.m.
Oil Painting Class (1 <sup>st</sup> & 3 <sup>rd</sup> Thursday)	9:00 a.m. - 3:00 p.m.
Rummikub (Library)	10:00 a.m. - 12:00 p.m.
Thurs. Dance (Oct 20 <sup>th</sup> , Nov. 17 <sup>th</sup> , Dec 15 <sup>th</sup> )	10:00 a.m. - 2:30 p.m.
Dominoes	1:00 p.m. - 5:00 p.m.
Toning Beds	2:30 p.m. - 3:30 p.m.
Line Dancing	6:00 p.m. - 8:00 p.m.

**FRIDAY**

Toning Beds	7:30 a.m. - 8:30 a.m.
Rook (Multi-Purpose Room)	8:30 a.m. - 11:00 a.m.
50+ Exercise	9:00 a.m. - 9:30 a.m.
Dominoes (Multi-Purpose Room)	9:00 a.m. - 11:00 a.m.
Canasta (Tops Room)	12:00 p.m. - 4:00 p.m.
Dominoes	1:00 p.m. - 5:00 p.m.
Friday Night Dance	7:00 p.m. - 9:00 p.m.



# OCTOBER



**STATE MASTERS GAMES BOWLING TOURNAMENT** in Trussville AL, on **Wed. Oct. 12<sup>th</sup> & Oct. 13<sup>th</sup>**. We have our 3 District Winners going for the Gold. Juanita Jenkins will be competing in the 75-79 age group, Bonnie Dove will be competing in 80-84 age group, and Jewell Mitchell will be competing in the 85-89 age group. Thank you ladies for representing the Andalusia Adult Activity Center at the Masters Games. If you are interested in joining the league, please call 222-6891 for more information.

**OCTOBER 11<sup>TH</sup>** – Unique Divas will have lunch at Ofelia’s restaurant located at 401 River Falls St., **Tuesday October 11<sup>th</sup> at 11:30.**

**THE TRAVEL CLUB MEETING** will be **Wed., Oct. 12<sup>th</sup>, 1:30 - 2:30 p.m.** We will discuss upcoming trips for 2016 & 2017.

**THURSDAY DINNER DANCE OCTOBER 20<sup>th</sup>** Please show your team spirit by wearing the colors of your favorite football team (high school/college). Bring a covered dish and join us.

**LINE DANCE CLASSES** – Please call Charlotte Johnson if you have any questions at 334-343-6866.

**CERAMICS CLASS** - Join us on **Wed. from 9 – 11 a.m.**

**THE SEW & SO CIRCLE** - Come join us on **Wednesdays, 1-4 p.m.** to sew, knit and have a great time. In October & November, we will be making wheelchair caddies for our homebound seniors. **Donations of 1” sew-on velcro (beige or black) are needed.**

**OIL PAINTING CLASS** - with Kathy Grantham on the **1<sup>st</sup> & 3<sup>rd</sup> Thurs.** of the month from **9 a.m. - 3 p.m.** The cost will be \$11.00 per student. For more information, call Kathy at 334-897-3293.

# November

**UNIQUE DIVAS** – Come join us for a shopping trip **Tues., Nov. 15<sup>th</sup> to Pensacola, FL.**

**CELEBRATING 40 YEARS** Thursday, November 17<sup>th</sup> we will be celebrating 40 years in operation. We have provided many services and programs over the years as interest have warranted. After speaking with our patrons, we learned that Mrs. Ruby Petty has been with the center since the start of the program. We are here to make a difference in the lives of those who have helped build our Great Nation. We thank you for sharing your experiences which enriches our lives and strengthens our community. We will be celebrating this event in conjunction with our Thanksgiving lunch. Thank you for 40 wonderful years, may God bless us with many more. Hope to see you there!

**THANKSGIVING LUNCH & DANCE** will be held **Thurs., Nov. 17<sup>th</sup>**. Please join us and invite a friend, for a wonderful day of Thanksgiving and fellowship. We will honor our Mayor, City and County Officials at this luncheon. Please come and show your appreciation for all they do. The music starts at 10:30 a.m. & lunch is served at noon. Bring a covered dish & join us.



# December



**SEW & SO CIRCLE** Christmas party **Dec. 7<sup>th</sup>, 1-3 p.m.** Bring finger foods & your favorite recipes to share. Hope to see you there! Be ready to eat and have a good time.

## CHRISTMAS AT “ROCK RANCH” IN GEORGIA ---

**Saturday, Dec.10<sup>th</sup>. This trip will be open to Children as well as adults!** This will be a Christmas that will be out of this world!!!! On this festive Christmas trip, we will start by making our way by **tour bus to the “Coke Space Science Museum”** in Columbus, Georgia. The Coca Cola Space Science Center houses a Challenger Learning Center (for simulated space missions), the Omnisphere Theatre, a 110-seat planetarium, and an observatory in addition to the exhibit gallery that is full of NASA Shuttle artifacts, cool science displays and fun simulators. In addition to the other activities, there will be a flight Simulator where you will experience a flight into space to either the Moon or Mars. This will be an additional charge of \$25.00 if you would like to try this once in a lifetime experience. (A child must be in the 5<sup>th</sup> grade or older to participate.) We will have lunch and then explore the many exhibits and projects at the museum. We will then make our way to the most memorable place in Georgia for Christmas - **“Rock Ranch”**. They have wagon & train rides through a mile of Christmas lights. The ride will feature falling snow, a snowflake tunnel, and a dancing lights show. We will be able to purchase food and eat in a warm & festive barn. Hot chocolate, coffee & desserts can be purchased while you shop for unique country gifts. Huge outdoor fireplaces are there and wonderful Christmas music will be playing. This trip will be **FUN, FUN, FUN. Price: \$120.00**, if you wish to experience the simulator (**\$25**) --- cost of trip will be **\$145.00** ----- **½ payment (\$60.00) or (\$72.50) due by Oct. 31<sup>st</sup>**. Once paid, this payment will be non-refundable unless we do not have enough people to make the trip. Call 222-6891 to register. Travel Club members must have paid their dues by June 30, 2016, to get **10% off** this trip.

**UNIQUE DIVAS** – Thursday, **Dec. 15<sup>th</sup>** the Divas will gather for the Christmas luncheon at the center.

**A CHRISTMAS LUNCHEON AND DANCE** will be held, **Thurs., Dec. 15<sup>th</sup>, 10:30 a.m. - 2:30 p.m.** Dress in your Holiday attire and join us for a festive Christmas Celebration. Bring your favorite covered dish & be ready to party.

**DECEMBER 23<sup>rd</sup>** — There is no Friday night dance on December 23<sup>rd</sup>.

**DECEMBER 25<sup>th</sup>** — Merry Christmas to You and Yours from Angela, Barbara, Betty, Dawn, Debbie, Donna, Hazel, Missy, Myra, Paul, Sonja and Tim.

**December 30<sup>th</sup>** ---- Come & join “Road Duster” for a night of music and dancing! Cost is \$5.00 per person.

## **MYRA'S CORNER**

**The Activity Center closings for the Holidays:** Veterans Day – Friday, Nov. 11<sup>th</sup>, Thanksgiving - Nov. 24<sup>th</sup> & 25<sup>th</sup>, Christmas/New Year’s Dec. 23<sup>rd</sup> – December 30, 2016. The Nutrition part of the center **will be open** on January 2, 2017.

**DID YOU KNOW?** Sunshine can reduce risk of: Type 2 diabetes, breast, colon and rectal cancer, bone fractures and osteoporosis, Macular Degeneration (Cataracts), High Blood Pressure (Hypertension), Stroke, Insomnia it has also been proven to fight obesity by improving metabolism, boost the immune system, improve mood and lessen stress.

**LOVE GARDEN** - Understanding how important the sunshine is we want to start a Love Garden at the Adult Activity/Nutrition Center. If you or someone you know is interested in honoring a loved one, living or deceased, please ask for a Love Garden donation form that will be available October 1<sup>st</sup>, 2016. This garden will be an ongoing project and will need continual attention and love. It is our hope that our patrons will come have their morning coffee while enjoying nature. The squirrels and birds will be such a relaxing part of the garden we can hardly wait to make this project a reality.