


Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Adult Wellness Center</b> Monday through Friday 7AM through 7PM Saturdays 8AM-12PM Phone: 479-631-3333 Website: www.rogersar.gov</p>		<p>Classes with an * require registration. Please note that calendars are subject to change after initial printing. Consult the latest updated calendar at the AWC desk or call for specific questions about events. This calendar was last updated 2/11/2018 1:33 PM</p>		<p><b>1</b> 9:00-11:00 Line Dancing 9:00 Open Paper Crafting <b>10:30 Pinochle Lessons*</b> 12:00 Duplicate Bridge 12:30 Pinochle <b>5:00-6:30 FreeStyle &amp; Swing Dance</b></p>
<p><b>4</b> 9:00-11:00 Line Dancing <b>10:00 Mah Jongg Lessons*</b> 10:00 Yarn Wranglers 12:00 Open Mah Jongg 12:30 Pinochle <b>1:00 Simple Lap Quilt Class*</b> 1:00 Open Dominos <b>5:30 Ballroom Dance*</b></p>	<p><b>5</b> 8:15 Zumba* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 10:00-12:00 Tech Tutoring* 10:30 Acrylics Workshop* 11:00 Five Things to Know Before You Are Admitted to the Hospital* 12:00 Bridge/1:00 Pickin Circle 1:00-3:00 First Thoughts Writing 1:00 Pastel Class-Tuesday*</p>	<p><b>6</b> 9:30 Open Dominos <b>10:00 Diamond Painting</b> <b>10:00 Pastel-Wednesday*</b> 1:00 Bridge Club <b>1:00 Parkinson's Support Group</b> <b>2:00-4:00 Pottery Studio*</b> 5:00-7:00 Line Dancing</p>	<p><b>7</b> <b>8:15 Zumba*</b> <b>10:00-11:30 Microsoft Word*</b> 10:00 Open Woodcarving 12:00 Open Mah Jongg <b>1:00 Lifewriting</b> 1:00 Open Hand &amp; Foot 1:00 Pickin' Circle</p>	<p><b>8</b> 9:00-11:00 Line Dancing 9:00 Open Paper Crafting <b>10:30 Pinochle Lessons*</b> 12:00 Duplicate Bridge 12:30 Pinochle <b>4:00 Acrylics Inspiration Class*</b> <b>5:00-6:30 FreeStyle &amp; Swing Dance</b></p>
<p><b>11</b> 9:00-11:00 Line Dancing <b>10:00 Community Spotlight: NCBA Job Training*</b> <b>10:00 Mah Jongg Lessons*</b> 10:00 Yarn Wranglers 12:00 Open Mah Jongg 12:30 Pinochle <b>1:00 Creative Card Making*</b> 1:00 Open Dominos <b>5:30 Ballroom Dance*</b></p>	<p><b>12</b> 8:15 Zumba* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 10:00-12:00 Tech Tutoring* 10:30 Acrylics Workshop* 11:00 Five Sneaky Causes of Weight Gain* 11:30 Photo Club 12:00 Bridge/1:00 Pickin Circle <b>1:00 Pastel-Tuesday*</b></p>	<p><b>13</b> 9:00-11:00 Medicare Q &amp; A 9:30 Open Dominos <b>10:00 Diamond Painting</b> <b>10:00 Pastel-Wednesday*</b> <b>12:00 Northwest Lunch &amp; Learn*</b> 1:00 Bridge Club <b>2:00-4:00 Pottery Studio*</b> <b>4:30 Pottery Toad House Class*</b> 5:00-7:00 Line Dancing</p>	<p><b>14</b> 8:15 Zumba* <b>9:00-11:00 Coffee with the Elder Law Attorney</b> <b>10:00 Garden Volunteer Meeting</b> <b>10:00-11:30 Microsoft Word*</b> 10:00 Open Woodcarving 12:00 Open Mah Jongg <b>1:00 Lifewriting</b> 1:00 Open Hand &amp; Foot 1:00 Pickin' Circle</p>	<p><b>15</b> 9:00-11:00 Line Dancing 9:00 Open Paper Crafting <b>10:30 Pinochle Lessons*</b> 12:00 Duplicate Bridge 12:30 Pinochle <b>1:00 St. Patty's Day Bingo</b> <b>4:00 Acrylics Inspiration Class*</b> <b>5:00-6:30 FreeStyle &amp; Swing Dance</b></p>
<p><b>18</b> 9:00-11:00 Line Dancing <b>10:00 Mah Jongg Lessons*</b> 10:00 Yarn Wranglers 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Open Dominos <b>3:30 Farm to Table Gardeners*</b> <b>5:30 Ballroom Dance*</b></p>	<p><b>19</b> 8:15 Zumba* 9:00-1:00 AARP Driver Safety* 9:00 Bridge Lessons* 10:00 Aging Into Medicare* 10:00-12:00 Tech Tutoring* 10:00 Guitar Lessons* 10:30 Acrylics Workshop* 12:00 Bridge/1:00 Pickin Circle 1:00-3:00 First Thoughts Writing 1:00 Pastel-Tuesday <b>1:00 Stroke Support Group</b></p>	<p><b>20</b> 9:30 Open Dominos <b>10:00 Diamond Painting</b> <b>10:00 Pastel-Wednesday*</b> <b>10:00 Tap Dancing*</b> <b>11:30 Red Hats Spring Party</b> <b>1:00 Air Power Lung Society</b> 1:00 Bridge Club <b>2:00-4:00 Pottery Studio*</b> <b>4:30 Pottery Toad House Class*</b> 5:00-7:00 Line Dancing</p>	<p><b>21</b> 8:15 Zumba* <b>10:00 Caregiver Support Group</b> <b>10:00-11:30 Microsoft Word*</b> 10:00 Open Woodcarving 12:00 Open Mah Jongg <b>1:00 BUNCO</b> <b>1:00 Lifewriting</b> 1:00 Open Hand &amp; Foot 1:00 Pickin' Circle</p>	<p><b>22</b> 9:00-11:00 Line Dancing 9:00 Open Paper Crafting <b>10:30 Pinochle Lessons*</b> 12:00 Duplicate Bridge 12:30 Pinochle <b>4:00 Acrylics Inspiration Class*</b> <b>5:00-6:30 FreeStyle &amp; Swing Dance</b></p>
<p><b>25</b> 9:00-11:00 Line Dancing <b>10:00-2:00 Blood Drive</b> <b>10:00 Mah Jongg Lessons*</b> 10:00 Yarn Wranglers 12:00 Open Mah Jongg 12:30 Pinochle <b>1:00 Basket Weaving*</b> 1:00 Open Dominos <b>5:30 Ballroom Dance*</b></p>	<p><b>26</b> 8:15 Zumba* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 10:00-12:00 Tech Tutoring* 11:00 What's My House Worth*? 10:30 Acrylics Workshop* 12:00 Bridge <b>1:00 Pastel-Tuesday*</b> 1:00 Pickin' Circle</p>	<p><b>27</b> 9:00-11:00 Medicare Q &amp; A 9:30 Open Dominos <b>10:00 Caring for Loved Ones with Alzheimer's Disease*</b> <b>10:00 Diamond Painting</b> <b>10:00 Pastel-Wednesday*</b> <b>10:00 Tap Dancing*</b> 1:00 Bridge Club <b>2:00-4:00 Pottery Studio*</b> 5:00-7:00 Line Dancing</p>	<p><b>28</b> 8:15 Zumba* <b>10:00 Member Meeting</b> <b>10:00-11:30 Microsoft Word*</b> <b>11:00 LIFT*</b> 10:00 Open Woodcarving 12:00 Open Mah Jongg <b>1:00 Lifewriting</b> 1:00 Open Hand &amp; Foot 1:00 Pickin' Circle</p>	<p><b>29</b> 9:00-11:00 Line Dancing 9:00 Open Paper Crafting <b>10:30 Pinochle Lessons*</b> 12:00 Duplicate Bridge 12:30 Pinochle <b>4:00 Acrylics Inspiration Class*</b> <b>5:00-6:30 FreeStyle &amp; Swing Dance</b></p>

**ADULT WELLNESS CENTER MARCH CLASS & ACTIVITY SCHEDULE**

**AARP Driver Safety March 19th 9am-1pm Game Rm A** Learn safe driving tips and save money on your car insurance. Class is \$15 for AARP members and \$20 for others. Register by March 15th.

**Acrylics Inspiration Class F 4:00-5:30pm Starts March 8th Art Rm** For students who have already completed one of Sandra Woodruff's basic acrylic workshops. Students should bring their own piece to work with & Sandra will provide individual guidance & instruction. Class fee \$20 plus supplies. Register by March 6th.

**Acrylics Workshop T 10:30am-12pm Art Rm** Sandra Woodruff teaches the basics of acrylics through demonstration, then assists students. Class fee \$20 plus supplies. Register by March 1st.

**Aging into Medicare March 19th 10am Game Rm A** This is an informational session provided by Mercy that will be very beneficial to people planning on getting on Medicare soon. Refreshments will be served. Register by March 15th.

**Air Power Lung Society March 20th 1pm Game Rm A** If you have an illness that affects your lungs and breathing, please join us. Facilitated by Melinda Johns of Mercy.

**Ballroom Dance M 5:30-6:30pm Dining Rm** This month we will be learning the Rhumba. Instructed by Jerry Kendrick of Dance & Swing. Class is \$25. Please register by March 1st.

**Basket Weaving March 25th 1pm Art Rm** Debbie Hurd will teach you to make an awesome basket! Class is \$5 plus supplies. Please register by April 18th.

**Blood Drive March 25th 10am-2pm Game Rm A**

**Bridge T 12-4pm Game Rm B** Duplicate Bridge

**Bridge Club W 1pm Game Rm B**

**Bridge Lessons T 9-11am Game Rm B**

Have you been wanting to take up bridge? Or maybe dust off your skills after a break? Jeff Starr can teach you! Class is \$25 for four sessions. Register at the front desk by March 1st.

**BUNCO March 21st 1pm Game Rm A** \$2 to play! All welcome!

**Caregiver Support Group March 21st 10am Multipurpose Rm** Facilitated by the Alzheimer's Association. New faces welcome!

**Caring for Loved Ones with Alzheimer's Disease March 27th 10am Game Rm A** The Broyles Foundation, along with Delta Dental will be here to discuss the importance of good oral care for those with Alzheimer's Disease and answer other questions related to caregiving. Register by March 26th.

**Coffee with the Elder Law Attorney March 14th 9-11am** Stop by and get your personal questions answered from Elder Law Attorney, Todd Whatley.

**Community Spotlight: NCBA Job Training March 11th 10am Game Rm A** Come and learn about a job training and placement program for seniors in NW Arkansas. Register by March 8th.

**Creative Card Making March 11th 1pm Art Rm** Learn to make pretty, unique cards from Instructor, Genice Banning. Class is \$5 plus \$15 to instructor for supplies. Register by March 8th.

**Diamond Painting W 10am-12pm Multipurpose Rm** Bring your Diamond Painting project and craft with us!

**Duplicate Bridge F 12-4pm Game Rm A**

**Farm to Table Gardeners March 18th 3:30pm Board Rm** If you are interested in growing vegetables in our AWC garden and even perhaps learning to preserve them, please join us. We are looking for folks who have never gardened & who would like to learn, or folks who don't have a space to garden anymore. Register by March 15th.

**First Thoughts Writing Group March 5th & 19th 1-3pm Board Rm** This group is for all levels of writers. It's meant to encourage writers of any style or ability. Facilitated by Sandra Woodruff.

**Five Sneaky Causes of Weight Gain March 12th 11am Game Rm A** Are you eating well and staying active, but noticing that the scale keeps creeping up? Find out about five potential pitfalls that may be causing you to gain from Misty Burkes with Humana. Register by March 11th.

**Five Things to Know Before You Are Admitted to the Hospital March 5th 11am Game Rm A** Learn some tips to help you reduce stress if you find yourself being admitted to the hospital. Presented by Paul Livingston with American National. Register by March 4th.

**FreeStyle & Swing Dance F 5:00-6:30pm Dining Rm** Come unwind from the week! Shake a leg, freestyle, dance and swing for a couple of hours! Awesome music provided by Pat Bell!

**Garden Volunteer Meeting March 14th 10am Multipurpose Rm**

**Guitar Lessons T 10am-12pm Dining Rm** Any level welcome. \$45 class fee for 4 sessions.

**Lifewriting TH 1pm-3pm Board Rm**

**LIFT for Widows & Widowers March 28th 11am Dining Rm** For those who have lost a spouse. We'll have a delicious lunch and a fun activity afterward! Sponsored by Dignity Memorial. Register by March 25th.

**Line Dancing M F 9am-11am & W 5-7pm Dining Rm** No registration is required. For all time sessions, the first hour is for beginners and the second hour is intermediate level.

**Mah Jongg Lessons M 10am-12pm Multipurpose Rm** Learn to play this Chinese tile game. Class fee \$10. Register by March 1st.

**Medicare Q & A March 13th & 27th 9am-11am Lobby** Stop by and get your basic Medicare questions answered with Humana.

**Member Meeting March 28th 10am Board Rm** If you have any questions or suggestions for the AWC, please come and share them.

**Microsoft Word TH 10-11:30am Multipurpose Rm** Learn the basics of Microsoft Word with Becky Booher. Students must know computer basics. Please bring your own laptop or let us know if you need to use an AWC laptop. Class fee \$25. Register by March 5th.

**Open Dominos M 1pm-3:30pm Demo Kitchen**

**Open Dominos W 9:30am-12pm Demo Kitchen**

**Open Hand & Foot TH 1pm-4pm Demo Kitchen**

**Open Mah Jongg M 12pm-4pm Multipurpose Rm**

**Open Mah Jongg TH 12:00pm-4pm Multipurpose Rm**

**Open Paper Crafting F 9am-2pm Art Rm**

**Open Woodcarving TH 10am-12pm Art Rm**

**Northwest Lunch & Learn March 13th 12pm Dining Rm** Northwest Stroke Educators will be with us to provide an interesting program. Please register by March 8th.

**Parkinson's Support Group March 6th 1pm Game Rm A**

**Pastel Class T 1pm or W 10am Art Rm** Learn pastel with Barbara Iglehart. Choose from the Tuesday or Wednesday class. Supplies provided during class. \$30 fee for four sessions. Register by March 1st.

**Photo Club March 12th 11:30am Multipurpose Rm** Join other AWC members who enjoy photography!

**Pickin' Circle T & TH 1pm Dining Rm** All levels are welcome!

**Pinochle M & F 12:30pm-3:30pm Game Rm B**

**Pinochle Lessons F 10:30pm-2:30pm Board Rm** Instructed by Margot Tarcikowski. Please register by Feb 27th.

**Pottery Studio W 2-4pm Art Rm** For advanced, independent students. \$25 monthly pkg. includes 12.5 pounds of clay, use of equipment during studio time & 6 pieces fired per month.

**Pottery Toad House Class March 13th&20th 4:30pm Art Rm** Make your own unique Toad House out of pottery with Joseph Meyer. And one to share if you'd like! Class is \$25 and all supplies are included. Please register by March 11th.

**Red Hats First Day of Spring Party March 20th 11:30am Garden** "First day of Spring" walk through the AWC Garden, and then we'll have our lunch inside. Bring a sack lunch. Dessert provided and afterwards we will do some fun things with flowers.

**Simple Lap Quilt Class March 4th 1pm Art Rm** Sew your own lap quilt using an easy technique taught by Marguerite Steiner. Class is \$10 and supplies are included. Register by March 1st.

**St. Patty's Day Bingo March 15th 1pm Dining Rm** Wear your green and join us for an afternoon of Bingo, great socializing and refreshments. Your Bingo card is \$5 and you have the chance to win a gift card to a local business.

**Stroke Support Group March 19th 1pm Multipurpose Rm** Facilitated by Primrose Retirement, U of A and UAMS.

**Tap Dancing W 10am-11am Starts March 20th Game Rm A** Have you been wanting to try something new this year? Why not Tap Dancing? Six-week class starts March 20th and will be taught by Beth Hickman. \$35 fee. Register by March 18th.

**Tech Tutoring T 10am-12pm Board Rm** Bring your laptop, I-Pad, or I-Phone and get personal tutoring from Becky Booher. \$15 for 30 minutes. Make appointment at front desk.

**What's My House Worth March 26th 11am Game Rm A** If a move is in your future, you might be interested to learn your house value in today's market. Realtor Steve Monaco can show you how to see how your house stacks up. Register by March 25th.

**Yarn Wranglers M 10am-12pm Art Rm**

**Zumba T&TH 8:15am Dining Rm** Led by Lilia Gamez, Zumba uses Latin music and dance for a fun, effective workout. Monthly class fee is \$25. Free for Silver & Fit members!

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<b>1</b> 9:00-11:00 Line Dancing <b>10:00 Mah Jongg Lessons*</b> 10:00 Yarn Wranglers 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Open Dominos <b>5:30 Ballroom Dance*</b>	<b>2 8:15 Zumba*</b> <b>10:00 Guitar Lessons*</b> <b>11:00 Dementia Q&amp;A*</b> 12:00 Duplicate Bridge <b>1:00-3:00 First Thoughts Writing</b> <b>1:00 Pastel-Tuesday*</b> 1:00 Pickin' Circle	<b>3 9:30 Open Dominos</b> <b>10:00 Diamond Painting</b> <b>10:00 Gardening Tips*</b> <b>10:00 Pastel-Wednesday*</b> <b>10:00 Tap Dancing*</b> 1:00 Bridge Club <b>1:00 Parkinson's Support Group</b> <b>2:00-4:00 Pottery Studio*</b> 5:00-7:00 Line Dancing	<b>4 8:15 Zumba*</b> <b>10:00-12:00 Tech Tutoring*</b>  <b>All other activities in the Educational Wing are cancelled as we prepare for the Wellness Fair!</b>	<b>5</b> <b>9:00am-1:00pm</b> <b>AWC 5th</b> <b>ANNUAL</b> <b>WELLNESS</b> <b>FAIR</b>
<b>8 9:00-11:00 Line Dancing</b> <b>10:00 Mah Jongg Lessons*</b> 10:00 Yarn Wranglers 12:00 Open Mah Jongg 12:30 Pinochle <b>1:00 Creative Card Making*</b> 1:00 Open Dominos <b>5:30 Ballroom Dance*</b>	<b>9 8:15 Zumba*</b> <b>10:00 Guitar Lessons*</b> <b>10:00-11:30 Getting Your Digital Photos Organized*</b> <b>10:30 Watercolor Workshop*</b> <b>11:00 Battling the Aging Brain*</b> <b>11:30 Photo Club</b> 12:00 Duplicate Bridge <b>1:00 Pastel-Tuesday*</b> 1:00 Pickin' Circle	<b>10 9:00-11:00 Medicare Q &amp; A</b> 9:30 Open Dominos <b>10:00 Diamond Painting</b> <b>10:00 Pastel-Wednesday*</b> <b>10:00 Tap Dancing*</b> <b>12:00 Northwest Lunch &amp; Learn*</b> 1:00 Bridge Club <b>2:00-4:00 Pottery Studio*</b> 5:00-7:00 Line Dancing	<b>11 8:15 Zumba*</b> <b>9:00-11:00 Coffee with the Elder Law Attorney</b> <b>10:00 Garden Volunteer Meeting</b> 10:00 Open Woodcarving <b>10:00-12:00 Tech Tutoring*</b> 12:00 Open Mah Jongg <b>1:00 Lifewriting</b> 1:00 Open Hand & Foot 1:00 Pickin' Circle	<b>12 9:00-11:00 Line Dancing</b> 9:00 Open Paper Crafting <b>10:30 Pinochle Lessons*</b> 12:00 Duplicate Bridge 12:30 Pinochle <b>4:00 Watercolor Inspiration Class*</b> <b>5:00-6:30 FreeStyle &amp; Swing Dance</b>
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**AARP Driver Safety April 16th 9am-1pm Game Rm A** Learn safe driving tips and save money on your car insurance. Class is \$15 for AARP members and \$20 for others. Register by April 12th.

**Air Power Lung Society April 17th 1pm Game Rm A** If you have an illness that affects your lungs and breathing, please join us. Facilitated by Melinda Johns of Mercy.

**AWC 5th Annual Wellness Fair April 5th 9am-1pm** Our entire Educational Wing of the AWC will be filled with local businesses and agencies who provide services centered on health & wellness! Get useful information, and have a chance win prizes!

**Ballroom Dance M 5:30-6:30pm Dining Rm** This month we will be learning the Rhumba. Instructed by Jerry Kendrick of Dance & Swing. Class is \$25. Please register by March 29th.

**Basket Weaving April 22nd 1pm Art Rm** Debbie Hurd will teach you to make an awesome basket! Class is \$5 plus supplies. Please register by April 18th.

**Battling the Aging Brain April 9th 11am Game Rm A** The brain is one of the most complex organs in the human body. Learn how the brain works and ways to keep it healthy as you get older from Misty Burkes of Humana. Register by April 8th.

**Bridge Club W 1pm Game Rm B**

**BUNCO April 18th 1pm Game Rm A** \$2 to play! Everyone welcome!

**Caregiver Support Group April 18th 10am Board Rm** Facilitated by the Alzheimer's Association. All are welcome!

**Coffee with the Elder Law Attorney April 11th 9-11am Game Rm A** Stop by and get your personal questions answered from Elder Law Attorney, Todd Whatley.

**Community Spotlight: Ozark Mission Project April 23rd 11am Game Rm A** Learn about the important projects this group provides for members of our senior community. Register by April 22nd.

**Creative Card Making April 8th 1pm Art Rm** Learn to make pretty, unique cards from Instructor, Genice Banning. Class is \$5 plus \$15 to instructor for supplies. Register by April 5th.

**Dementia Q&A April 2nd 11am Board Rm** Dementia, including Alzheimer's Disease, brings with it a big learning curve. Come and get your questions answered by expert Brandi Schneider of the Schmieding Center. Register by April 1st.

**Depression vs. Dementia April 30th 10am Game Rm A** Learn the similarities & differences between these two diseases & how they are measured from Grad Student, Victoria Curtis. Register by April 29th.

**Diamond Painting W 10am-12pm Multipurpose Rm**

**Duplicate Bridge T 12-4pm Game Rm B**

**Duplicate Bridge F 12-4pm Game Rm A**

**First Thoughts Writing Group April 2nd, 16, & 30th 1-3pm Board Rm** This group is for all levels of writers. It's meant to encourage writers of any style or ability. Facilitated by Sandra Woodruff.

**FreeStyle & Swing Dance F 5:00-6:30pm Dining Rm** Come unwind from the week! Shake a leg, freestyle, dance and swing for a couple of hours! Awesome music provided by Pat Bell!

**Gardening Tips April 3rd 10am Game Rm A** Benton County Master Gardeners will kick off our spring season with some great tips. Register by April 2nd.

**Garden Volunteer Meeting April 11th 10am Board Rm**

**Getting Your Digital Photos Organized T 10-11:30am**

**Starts April 9th Multipurpose Rm** This class is for people who already know how to use a computer. Students should bring all materials needed for photo transfers: USB storage, usernames and passwords in order to access programs like email, Facebook, or Shutterfly, and a wireless mouse if they generally use one. Class is \$25 for four sessions. Please register by April 5th.

**Guitar Lessons T 10am-12pm Dining Rm** This class is for any level of player. \$45 class fee for four sessions. Register by April 1st.

**Guitar Recital April 30th 10am-12pm Lounge** Come and enjoy the music from our talented guitar students!

**Lifewriting TH 1pm-3pm Board Rm**

**Line Dancing M F 9am-11am & W 5-7pm Dining Rm** No registration is required. For all time sessions, the first hour is for beginners and the second hour is intermediate level.

**Mah Jongg Lessons M 10am-12pm Multipurpose Rm** Learn to play this popular Chinese tile game. Class fee \$10. Register by March 29th.

**Medicare Q & A April 10th & 24th 9am-11am Lobby** Stop by and get your basic Medicare questions answered from Humana.

**Member Meeting April 25th 10am Board Rm** If you have any questions or suggestions for the AWC, please come and share them.

**Memory Screening April 24th 8am-12pm Board Rm** Come and get your memory tested by Brandi Schneider from the Schmieding Center. Save your spot at the front desk.

**Northwest Lunch & Learn April 10th 12pm Dining Rm** Enjoy an interesting program & delicious lunch! Register by April 5th.

**Open Dominos M 1pm-3:30pm Demo Kitchen**

**Open Dominos W 9:30am-12pm Demo Kitchen**

**Open Hand & Foot TH 1pm-4pm Demo Kitchen**

**Open Mah Jongg M 12pm-4pm Multipurpose Rm**

**Open Mah Jongg TH 12:00pm-4pm Multipurpose Rm**

**Open Paper Crafting F 9am-2pm Art Rm**

**Open Woodcarving TH 10am-12pm Art Rm**

**Parkinson's Support Group April 3rd 1pm Game Rm A** Support Group for Parkinson's patients and their families.

**Pastel Class T 1pm or W 10am Art Rm** Learn pastel with Barbara Iglehart. Choose from the Tuesday or Wednesday class. Supplies provided during class. \$30 fee for four sessions. Register by March 29th.

**Photo Club April 9th 11:30am Multipurpose Rm** Join other AWC members who enjoy photography! Share your own photos and learn tips to make you an even better photographer!

**Pickin' Circle T & TH 1pm Dining Rm** All levels are welcome!

**Pinochle M & F 12:30pm-3:30pm Game Rm B**

**Pinochle Lessons F 10:30pm-2:30pm Board Rm** Instructed by Margot Tarcikowski. Please register by April 10th.

**Pottery Studio W 2-4pm Art Rm** This is for independent students. \$25 monthly package includes 12.5 pounds of clay, use of equipment during studio time & 6 pieces fired per month.

**Red Hats Las Palmas Lunch April 17th 11:30am** We are going to have lunch at Las Palmas in Rogers. Meet us there at 11:30am or you can meet in the AWC Lobby at 11am to car pool there. After lunch we'll walk across the street to the new Rogers Historical Museum. There will be lots of interesting things to see. Wear your red hat and bling!

**Springo Bingo April 26th 1pm Dining Rm** Join us for an afternoon of Bingo, great socializing and refreshments. Your Bingo card is \$5 and you have the chance to win a gift card to a local business.

**Springtime Runner Sewing Class April 15th 1pm Art Rm** Sew a pretty quilt runner for your table using spring fabrics. Taught by Marguerite Steiner. Class is \$10 and supplies are included. Register by April 12th.

**Stroke Support Group April 16th 1pm Multipurpose Rm** Monthly support group for those who have had a stroke. Facilitated by Primrose Retirement, U of A and UAMS. New members always welcome.

**Tap Dancing** This class started in March.

**Tech Tutoring TH 10am-12pm Board Rm** Bring your laptop, I-Pad, or I-Phone and get personal tutoring from Becky Booher. \$15 for 30 minutes. Make your appointment at front desk.

**Volunteer Recognition Banquet April 25th 12pm Dining Rm** We are honoring our 2018 Volunteers at this annual banquet.

**Watercolor Inspiration Class F 4:00-5:30pm Starts April 12th**

**Art Rm** For students who have already completed one of Sandra Woodruff's basic watercolor workshops. Students should bring their own piece to work with & Sandra will provide individual guidance & instruction. \$20 plus supplies. Last class is May 3rd. Register by April 10th.

**Watercolor Workshop T 10:30am-12pm Starts April 9th**

**Art Rm** Sandra Woodruff teaches the basics of watercolor through demonstration and then assists students as they paint. Class is \$20 plus supplies. Register by April 5th.

**What To Do in a Medical Crisis April 17th 10am Game Rm A** Chief Tom Jenkins from the Rogers Fire Department will be with us to discuss the correct procedures in a medical emergency and how to get help quickly. He will also be able to answer questions. Please register by April 16th.

**Yarn Wranglers M 10am-12pm Art Rm** Come and bring your own yarn project and work with us!

**Zumba T&TH 8:15am Dining Rm** Led by Lilia Gamez, Zumba uses Latin music and dance for a fun, effective workout. Monthly class fee is \$25. Free for Silver & Fit members!