







NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Time Change November 4th!</p> 	<p>Adult Wellness Center Monday through Friday 7AM through 7PM Saturdays 8AM-12PM Phone: 479-631-3333 Website: www.rogersar.gov</p>		<p>1 8:15 Zumba* 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot 1:00 Pickin' Circle</p>	<p>2 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:30 Pinochle Lessons* 12:00 Duplicate Bridge 12:30 Pinochle 5:00-6:30 FreeStyle & Swing Dance</p>
<p>5 9:00 Getting to Know Windows10* 9:00-11:00 Line Dancing 11:00 Approaching Medicare with Confidence* 10:00 Yarn Wranglers 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Fabric Christmas Tree Class* 1:00 Open Dominos 5:30 Ballroom Dance*</p>	<p>6 8:15 Zumba* 9:00 Basic Microsoft Word* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 11:30 Mercy Lunch & Learn: Leaving Your Legacy* 12:00 Duplicate Bridge 1:00 Pastel Class-Tuesday* 1:00 Pickin' Circle</p>	<p>7 9:00-11:00 Tech Tutoring* 9:30 Open Dominos 10:00 Recycling Smart* 10:00 Pastel Class-Wednesday* 1:00 Bridge Club 1:00 Parkinson's Support Group 2:00 Pottery Studio* 4:30 Pottery for Beginners* 5:00-7:00 Line Dancing</p>	<p>8 8:15 Zumba* 9:00-11:00 Coffee with the Elder Law Attorney 10:00 Garden Volunteer Meeting 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 One Nation Under God: Salute to the Armed Forces 1:00 Open Hand & Foot/Pickin' Circle</p>	<p>9 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:30 Pinochle Lessons* 12:00 Duplicate Bridge 12:30 Pinochle 5:00-6:30 FreeStyle & Swing Dance</p>
<p>12 AWC CLOSED</p> 	<p>13 <i>Oklahoma Display Starts</i> 8:15 Zumba* 9:00 Basic Microsoft Word* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 11:00 The Upside of Downsizing* 11:30 Photo Club 12:00 Duplicate Bridge 1:00 Pastel Class-Tuesday* 1:00 Pickin' Circle</p>	<p>14 9:00-11:00 Medicare Q & A 9:00-11:00 Tech Tutoring* 9:30 Open Dominos 10:00 Pastel Class-Wednesday* 11:00 Red Hats Thanksgiving Lunch 12:00 Northwest Lunch & Learn* 1:00 Bridge Club 2:00 Pottery Studio* 4:30 Pottery for Beginners* 5:00-7:00 Line Dancing</p>	<p>15 8:15 Zumba* 10:00 Caregiver Support Group 10:00 Open Woodcarving 11:00 Dealing with Caregiver Holiday Stress* 12:00 Open Mah Jongg 1:00 BUNCO 1:00 Lifewriting 1:00 Open Hand & Foot/Pickin' Circle</p>	<p>16 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:30 Pinochle Lessons* 12:00 Duplicate Bridge 12:30 Pinochle 1:00 State Roundup: Oklahoma* 5:00-6:30 FreeStyle & Swing Dance</p>
<p>19 9:00 Getting to Know Windows10* 9:00-11:00 Line Dancing 10:00 Yarn Wranglers 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Open Dominos 5:30 Ballroom Dance*</p>	<p>20 8:15 Zumba* 9:00-1:00 AARP Driver Safety*B 9:00 Basic Microsoft Word* 9:00 Bridge Lessons* 9:30-5:30 Medicare One-on-One* 10:00 Guitar Lessons* 12:00 Duplicate Bridge 1:00 Pickin' Circle 1:00 Stroke Support Group</p>	<p>21 7:15 Fall Bake Sale Starts!</p>  <p>9:30 Open Dominos 1:00 Bridge Club 2:00 Pottery Studio* 4:30 Pottery for Beginners*</p>	<p>22 AWC CLOSED</p> 	<p>23 AWC CLOSED</p> 
<p>26 9:00 Getting to Know Windows10* 9:00-11:00 Line Dancing 10:00 Yarn Wranglers 12:00 Open Mah Jongg 12:30 Pinochle/1:00 Open Dominos 1:00 Creative Card Making* 5:30 Ballroom Dance*</p>	<p>27 8:15 Zumba* 9:00 Basic Microsoft Word* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 11:00 Knees in November* 12:00 Duplicate Bridge 1:00 Pastel Class-Tuesday* 1:00 Pickin' Circle 2:00 Book Club</p>	<p>28 Christmas Shoppe Opens 1pm 9:00-11:00 Medicare Q & A 9:00-11:00 Tech Tutoring* 9:30 Open Dominos 10:00 Ask the Expert: Dementia* 10:00 Pastel Class-Wednesday* 1:00 Bridge Club 2:00 Pottery Studio* 4:30 Pottery for Beginners* 5:00-7:00 Line Dancing</p>	<p>29 8:15 Zumba* 9:30-5:30 Medicare One-on-One* 10:00 Member Meeting 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot 1:00 Pickin' Circle</p>	<p>30 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:30 Pinochle Lessons* 12:00 Duplicate Bridge 12:30 Pinochle 1:00 Fall Bingo 5:00-6:30 FreeStyle & Swing Dance</p>

ADULT WELLNESS CENTER NOVEMBER CLASS & ACTIVITY SCHEDULE

AARP Driver Safety Nov 20th 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 Nov 16th.

Approaching Medicare with Confidence Nov 5th 11am Game Rm A Will you be getting Medicare in the next year? Come and learn about your coming benefits & how they work together from Carol Crumpacker of One Source Financial. Register by Nov 2nd.

Ask the Expert: Dementia Nov 28th 10am Game Rm A
Brandi Schneider from the Schmieding Center will be here to talk about your specific questions in dealing with dementia. She has many years of knowledge working in the field, and this is a great time to get your personal questions answered. Register by Nov 27th.

Ballroom Dance M 5:30-6:30pm Dining Rm
This month we will review the dances we have learned this year. Since the AWC is closed Nov 12th, our last class will be Dec 3rd. Instructed by Jerry Kendrick of Dance & Swing. Register by Nov. 2nd.

Basic Microsoft Word T 9:00-10:30am Multipurpose Rm
Learn the basics of word including using toolbars, setting margins, making tables and more with Becky Booher. Class is \$30 for four sessions. Register by Nov 2nd.

Book Club Nov 27th 2pm Board Rm

Bridge Club W 1pm Game Rm B

Bridge Lessons T 9-11am Game Rm B
Learn to play Bridge with Jeff Star. Class is \$25 for four sessions. Please register by Nov 2nd.

BUNCO Nov 15th 1pm Game Rm A \$2 to play! Everyone welcome!

Caregiver Support Group Nov 15th 10am Board Rm
Facilitated by the Alzheimer's Association.
New faces always welcome!

Christmas Shoppe Opens Nov 28th 1pm Board Rm
Get in the Christmas spirit by picking up a few items from our annual Christmas sale! We also would love to have your gently used or vintage Christmas items for the sale. Please bring them to the center by the morning of Nov 27th.

Coffee with the Elder Law Attorney Nov 8th 9-11am
Get your personal estate or long-term care questions answered by attorneys from The Elder Law Practice of Elrod & Whatley.

Creative Card Making Nov 26th 1pm Art Rm
Learn to make pretty, unique cards from Instructor, Genice Banning! Class is \$5 plus \$15 to instructor for supplies. Register by Nov 21st.

Dealing with Caregiver Holiday Stress Nov 15th 11am Game Rm A Being a caregiver brings it's own challenges, particularly during the holidays. Linda Vigil of Village on the Park will share some insight to help meet those challenges. Register by Nov 14th.

Duplicate Bridge T 12-4pm Game Rm B

Duplicate Bridge F 12-4pm Game Rm A

Fabric Christmas Tree Class Nov 5th 1-4pm Art Rm
Sew and stuff an adorable fabric Christmas Tree with Marguerite Steiner. Class is \$10. Register by Nov 1st.

Fall Bake Sale Nov 21st Starts at 7:15am AWC Lobby
Pick up your Thanksgiving goodies at our annual Bake Sale. If you would like to bake for the sale, please let the front desk know.

Fall Bingo Nov 30th 1pm Dining Rm
Join us for an afternoon of Bingo, refreshments, and fun! \$5 to play and a chance to win gift certificates.

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 Nov 8th 10am Board Rm
Many hands make light work! We are always looking for extra hands to help in our beautiful AWC garden.

Getting to Know Windows10 M 9:00-10:30am Multipurpose Rm
Become more familiar with Windows10 with instruction from Becky Booher. Class is \$30 for 4 sessions. Last session will be Dec 3rd. Register by Nov 1st.

Guitar Lessons T 10am-12pm Dining Rm
This class is for beginners or players with some experience. \$45 class fee for four sessions. Register by Nov 5th.

Knees in November Nov 27th 11am Game Rm A
SERC Physical Therapy will be here to discuss knee problems, solutions, and exercises to prevent knee pain. Register by Nov 26th.

Lifewriting Th 1-3pm Board Rm
Join others who are writing the stories of their lives.

Line Dancing M F 9-11am & 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. No Line Dancing on Wednesday, Nov 21st.

Medicare One-On-One Nov 20th and 29th Between 9:30am & 5:30pm Reserve an hour to get your own personal Medicare questions answered by Carol Crumpacker of One Source Financial. Make your appointment at the front desk.

Medicare Q & A Nov 14th & 28th 9-11am Board Rm
Representatives from Humana will be at the AWC to answer any basic Medicare questions with you one-on-one.

Member Meeting Nov 29th 10am Board Rm

Mercy Lunch & Learn: Leaving Your Legacy...Building Meaning Out of Time, Money & Relationships Nov 6th 11:30am-1:00pm Dining Rm Provided by the Mercy Health Foundation, Dr. Nick Ogle will present this program for leaving a legacy at the end of your life. Lunch will be provided. Please register by Nov 2nd.

Northwest Lunch & Learn Nov 14th 12pm Dining Rm
Northwest's Dr. Kylie Rhodes will discuss "What is a Medicare Wellness Visit?". Please register by Nov 9th.

One Nation Under God: Salute to the Armed Forces Nov 8th 1pm Game Rm A In honor of Veteran's Day, the Saint's Alive Choir from the First Baptist Church of Rogers will perform a patriotic concert here at the AWC.

Open Dominos M 1:00pm-3:30pm Demo Kitchen
Open Dominos W 9:30am-12pm Demo Kitchen
Open Hand & Foot TH 1-4pm Demo Kitchen
Open Mah Jongg M 12-4pm Multipurpose Rm
Open Mah Jongg TH 12-4pm Multipurpose Rm
Open Paper Crafting F 9am-2pm Art Rm
Open Woodcarving TH 10am-12pm Art Rm
Parkinson's Support Group Nov 7th 1pm Dining Rm
Monthly Support Group for Parkinson's patients & caregivers.
Pastel Class These classes started at the end of October.
Photo Club Nov 13th 11:30am Multipurpose Rm
Pickin' Circle T & Th 1-3pm Dining Rm All levels are welcome!
Pinochle M 12:30-3:30pm Game Rm B
Pinochle F 12:30-3:30pm Game Rm B
Pinochle Lessons F 10:30-11:30am Multipurpose Rm
Instructed by Margot Tarcikowski. Please register by Nov 1st.
Pottery for Beginners W 4:30-6:30pm Art Rm
Learn to sculpt and glaze your own piece of pottery. Class fee \$50 for 4 sessions. Please register by Nov 5th.
Pottery Studio W 2-4pm Art Rm
This is for advanced, independent students only. \$25 monthly package includes 12.5 pounds of clay, use of equipment during studio time, and six pieces fired per month.
Recycling Smart Nov 7th 10am Game Rm A
Why are some plastics recyclable and others are not? And what do all those codes on the bottom of the container actually mean? Learn this and much more about recycling from Jerrold Haley, Director of the Recycling Center of Rogers. Register by Nov 6th.
Red Hats Thanksgiving Lunch Nov 14th 11am Lobby
Join us for Thanksgiving Lunch! We'll meet in AWC lobby at 11am to carpool to the Cracker Barrel, 2307 SE Walton in Bentonville. If you'd rather meet us there, we'll be at Cracker Barrel by 11:30. Be sure to wear your red hat!
State Roundup: Oklahoma Nov 16th 1pm Board Rm
Meet other Oklahomans and celebrate the Sooner State. If you have any Oklahoma memorabilia you would like to display in our Oklahoma display, please bring it to Brandy by Nov 8th.
Stroke Support Group Nov 20th 1pm Multipurpose Rm
Monthly support group for those who have had a stroke.
Tech Tutoring W 9am-11am Multipurpose Room Private half-hour tutor session with Becky Booher. Bring your laptop, I-Pad, or phone with you. \$15 fee. Sign up at front desk.
The Upside of Downsizing Nov 13th 11am Game Room A
Getting rid of things can be hard, but there is a positive side of letting things go. Learn more from Alison Van Hecke, former Social Worker & current Realtor with Midtown Associates.
Yarn Wranglers M 10am-12pm Art Room
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!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:00 Yarn Wranglers 12:00 Open Mah Jongg 12:30 Basket Weaving: Christmas Basket 2018* 12:30 Pinochle 1:00 Open Dominos</p>	<p>4 Last Day Christmas Shoppe 8:15 Zumba* 10:00 Guitar Lessons* 11:00 End of Year Financial Checklist* 12:00 Duplicate Bridge 1:00 Pickin' Circle</p>	<p>5 9:30 Open Dominos 11:00-1:00 Pastel Class Secret Santa Luncheon at Crystal Bridges 1:00 Bridge Club 1:00 Christmas Variety Show 1:00 Parkinson's Support Group 2:00 Pottery Studio* 4:30 Pottery for Beginners* 5:00-7:00 Line Dancing</p>	<p>6 8:15 Zumba* 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Lifewriting 1:00-3:00 Sew Your Own T-Shirt Bag* 1:00 Open Hand & Foot 1:00 Pickin' Circle</p> 	<p>7 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 12:00 Duplicate Bridge 12:30 Pinochle</p>
<p>10 <i>Old-Time Christmas Photo Display starts</i> 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:00 Yarn Wranglers 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Open Dominos</p>	<p>11 8:15 Zumba* 10:00 Guitar Lessons* 11:00 The Talk of a Lifetime* 11:30 Photo Club 12:00 Duplicate Bridge 1:00 Pickin' Circle</p>	<p>12 9:00-11:00 Medicare Q & A 9:30 Open Dominos 11:10 Red Hats Christmas Party 12:00 Christmas Potluck & Sing-Along 1:00 Bridge Club 2:00 Pottery Studio* 4:30 Pottery for Beginners* 5:00-7:00 Line Dancing</p>	<p>13 8:15 Zumba* 9:00-11:00 Coffee with the Elder Law Attorney 10:00 Garden Volunteer Meeting 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Sew a Christmas Gift Bag* 1:00 Open Hand & Foot/Pickin' Circle</p>	<p>14 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 12:00 Duplicate Bridge 12:30 Pinochle 1:00 Holiday Bingo 5:00-6:30 FreeStyle & Swing Dance</p>
<p>17 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:00 Yarn Wranglers 12:00 Open Mah Jongg 1:00 Creative Card Making* 12:30 Pinochle 1:00 Open Dominos</p>	<p>18 7:15 Holiday Bake Sale 8:15 Zumba* 10:00 Guitar Lessons* 12:00 Duplicate Bridge 1:00 Pickin' Circle 1:00 Stroke Support Group</p>	<p>19 9:30 Open Dominos 1:00 Bridge Club 2:00 Pottery Studio* 4:30 Pottery for Beginners* 5:00-7:00 Line Dancing Christmas Lights & Cocoa</p> 	<p>20 8:15 Zumba* 10:00 Caregiver Support Group 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 BUNCO 1:00 Lifewriting 1:00 Open Hand & Foot 1:00 Pickin' Circle</p>	<p>21 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 12:00 Duplicate Bridge 12:30 Pinochle 5:00-6:30 FreeStyle & Swing Dance</p>
<p>24 AWC CLOSED</p> 	<p>25 AWC CLOSED</p> 	<p>26 9:30 Open Dominos 1:00 Bridge Club 2:00 Pottery Studio* 4:30 Pottery for Beginners*</p>	<p>27 8:15 Zumba* 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Pickin' Circle</p>	<p>28 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 12:00 Duplicate Bridge 12:30 Pinochle 5:00-6:30 FreeStyle & Swing Dance</p>
<p>31 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:00 Yarn Wranglers 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Open Dominos 4:00-6:30 New Year's Eve Dance Party</p>	<p>JANUARY 1st AWC CLOSED</p> 		<p>Adult Wellness Center Monday through Friday 7AM through 7PM Saturdays 8AM-12PM Phone: 479-631-3333 Website: www.rogersar.gov</p>	<p>AWC Holiday Bus Trip Saturday, December 15th <i>We will be going to Branson to see Sampson, tour Christmas Lights and have lunch at Lambert's! Tickets are \$115</i></p>

ADULT WELLNESS CENTER DECEMBER CLASS & ACTIVITY SCHEDULE

Basket Weaving: Christmas 2018 Dec 3rd 12:30pm Art Rm
 Debbie Hurd will instruct making this year's Christmas basket. Class is \$5 plus \$25 for supplies to instructor. Register by Nov 29th.
Bridge Club W 1pm Game Rm B
BUNCO Dec 20th 1pm Game Rm A
 \$2 to play! Everyone welcome!

Caregiver Support Group Dec 20th 10am Board Rm
 If you are a family caregiver, then this group is for you! Facilitated by the Alzheimer's Association. New faces always welcome!
Christmas Lights and Cocoa Dec 19th Evening Time TBA
 Enjoy an evening of looking at local Christmas Lights with us! We had such a good event last year, we are expanding it this year! More details will be available as time gets closer with information on how to sign up for your ride.

Christmas Potluck and Sing-Along Dec 12th 12pm Dining Rm
 Enjoy a holiday meal with your friends at the AWC. We will provide the meat. Please bring a side dish or dessert to share. After our meal, we will enjoy a Christmas Sing-Along led by Kristi Peterson!

Christmas Variety Show Dec 5th 1pm Game Rm A
 Kick off the holiday season with a fun afternoon watching the talent of our AWC Members! Last year was a hoot and this year is sure to be spectacular!

Coffee with the Elder Law Attorney Dec 13th 9-11am
 Get your personal estate or long-term care questions answered by attorneys from The Elder Law Practice of Elrod & Whatley.

Creative Card Making Dec 17th 1pm Art Rm
 Learn to make pretty, unique cards from Instructor, Genice Banning! Class is \$5 plus \$15 to instructor for supplies. Register by Dec 14th.

Duplicate Bridge T 12-4pm Game Rm B
Duplicate Bridge F 12-4pm Game Rm A
End of Year Financial Checklist Dec 4th 11am Game Rm A
 This is a great time of year for making sure your financial situation is up-to-date. Thrasher Financial will be here to talk about financial distributions, beneficiaries, and other items to check before the new year rolls around. Register by Dec 3rd.

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! No FreeStyle & Swing on December 7th.
Garden Volunteer Meeting Dec 13th 10am Board Rm
 Many hands make light work! We are always looking for extra hands to help in our beautiful AWC garden!

Guitar Lessons T 10am-12pm Dining Rm This class is for beginners or players with some experience. \$45 class fee for four sessions. Due to the holiday schedule, we will be doing a make-up session for the fourth session. We will decided on a date for that closer to time. Please register by Nov 30th.

Holiday Bake Sale Dec 18th Starts at 7:15am Lobby
 This is a good opportunity whether you bake or not! If you don't, mark this date to pick up holiday goodies for yourself or friends. If you do, show off your talent and donate your yummy treats to the bake sale. If you would like to bake something, please let the front desk know.

Holiday Bingo Dec 14th 1pm Dining Rm
 Join us for an afternoon of Bingo, refreshments, and fun! \$5 to play and a chance to win gift certificates.

Lifewriting Th 1-3pm Multipurpose Rm
 Join others who are writing the stories of their lives. Please note that we won't meet on December 27th.
Line Dancing M F 9-11am & 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. No Line Dancing on Wednesday, Dec 26th.

Mah Jongg Lessons M 10am-12pm Multipurpose Rm
 Learn to play this popular Chinese tile game. Class fee \$10. Register by Nov 30th.

Medicare Q & A Dec 12th 9-11am Board Rm
 Representatives from Humana will be at the AWC to answer any basic Medicare questions with you one-on-one.
New Year's Eve Dance Party Dec 31st 4:00-6:30pm Dining Rm
 Join us for an early New Year's Eve celebration with a dance party! End 2018 with a fun evening of dancing! Awesome music provided by Pat Bell.

Old-Time Christmas Photo Display Starts Dec 10th Lobby
 If you have any photos from many years ago that you would like displayed, please bring them by the office by Dec 7th. We will make a copy and you can keep the original. We'd love to see a special Christmas picture of you from long ago!

Open Dominos M 1-3:30pm Demo Kitchen
Open Dominos W 9:30am-12:00pm Demo Kitchen
Open Hand & Foot TH 1-4pm Demo Kitchen
Open Mah Jongg M 12-4pm Multipurpose Rm
Open Mah Jongg TH 12-4pm Multipurpose Rm
Open Paper Crafting F 9am-2pm Art Rm
Open Woodcarving TH 10am-12pm Art Rm

Parkinson's Support Group Dec 5th 1pm Dining Rm
 Support Group for Parkinson's patients and their families.
Pastel Class Secret Santa Luncheon at Crystal Bridges Dec 5th 11am-1pm If you have been a part of the Pastel Classes at the AWC this year, please join us for holiday time together at Crystal Bridges. Register at the front desk by Dec 3rd.

Photo Club Dec 11th 11:30am Multipurpose Rm
 See others' photos, share your own and learn tips to make you an even better photographer!
Pickin' Circle T & Th 1pm Dining Rm All levels are welcome!
Pinochle M 12:30-3:30pm Game Rm B
Pinochle F 12:30-3:30pm Game Rm B
Pottery for Beginners W 4:30-6:30pm Art Rm
 Learn to sculpt and glaze your own piece of pottery. Class fee \$50 for 4 sessions. Please register by Dec 3rd.

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

Red Hats Christmas Party Dec 12th 11:10am Lobby
 Join us for our own Christmas Dinner at Springdale Country Club (corner of S. Thompson & Lakeview). Meet in AWC Lobby at 11:10am to car pool. If you plan to meet us out there, be at the Country Club at 12:00 noon. Bring a wrapped Christmas gift that costs \$10 or less. Wear your red hat with all your bling!

Sew a Christmas Gift Bag Dec 13th 1pm Art Rm
 Make a cute material gift bag with Marguerite Steiner. Bring your scissors. Class is \$10. Register by Dec 11th.
Sew Your Own T-Shirt Bag Dec 6th 1pm Art Rm
 Do you have any cute or sentimental T-shirts that you would like to keep and repurpose? Come and learn how with Marguerite Steiner. Bring your T-shirt & scissors. Class is \$5. Register by Dec 4th.

Stroke Support Group December 18th 1pm Multipurpose Rm
 We are excited to be able to offer this new support group at the AWC. Facilitated by Sabrina Lawrence from Primrose.

The Talk of a Lifetime Dec 11th 11am Game Rm A
 It's not easy to talk about what you want at the end of your life, but it's important for you, your family, & friends. And there may be things about your life you want them to know & remember! Lisa Bacon from Stockdale Moody will give some tips for making it easier. She makes the subject fun and not a downer! Join us! Register by Dec 10th.

Yarn Wranglers M 10am-12pm Art Room
 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!