






Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Time Change November 3rd</p>	<p>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 10/17/2019 3:36 PM</p>	<div style="border: 2px solid black; padding: 5px;"> <p>Adult Wellness Center Monday through Friday 7AM through 7PM Saturdays 8AM-12PM Phone: 479-631-3333 Website: www.rogersar.gov</p> </div>		<p>1 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Qigong* (last October class) 12:00 Duplicate Bridge 12:30 Pinochle 5:00-6:30 TGIF: Dancing & Fun</p>
<p>4 9:00-11:00 Line Dancing 10:00 Yarn Wranglers 10:30 Open Euchre 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Open Dominos 1:00 Sew a Kitchen Boa* 3:00 Pinochle Lessons* 5:30 Ballroom Dance*</p>	<p>5 8:15 Zumba* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 10:00-12:00 Tech Tutoring* 11:00 Community Spotlight: Retired Senior Volunteer Program* 12:00 Duplicate Bridge 1:00 Pastel-Tuesday* 1:00 Pickin' Circle</p>	<p>6 1pm Diamond Painting Show 9am-1pm Car Fit Safety Checks* 9:30 Open Dominos 10:00 Diamond Painting 10:00 Pastel-Wednesday* 1:00 Bridge Club 1:00 Parkinson's Support Group 2:00-4:00 Pottery Studio* 5:00 Line Dancing</p>	<p>7 Diamond Painting Show 8:15 Zumba* 10:00 Open Woodcarving 11:00 Enjoy Life Gluten Free 12:00 Open Mah Jongg 1:00 Creative Card Making* 1:00 Lifewriting 1:00 Open Hand & Foot 1:00 Pickin' Circle</p>	<p>8 Diamond Painting Show 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Qigong* 12:00 Duplicate Bridge 12:30 Pinochle 1:30 Veterans Day Celebration* 5:00-6:30 TGIF: Dancing & Fun</p>
<p>11 AWC Closed</p> 	<p>12 8:15 Zumba* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 10:00-12:00 Tech Tutoring* 11:30 Photo Club 12:00 Duplicate Bridge 1:00 Pastel-Tuesday* 1:00 Pickin' Circle</p>	<p>13 Fair Winners Display 9:00-11:00 Medicare Q & A 9:30 Open Dominos 10:00 Diamond Painting 10:00 Pastel-Wednesday* 12:00 Northwest Lunch & Learn* 1:00 Bridge Club 2:00-4:00 Pottery Studio* 5:00 Line Dancing</p>	<p>14 Fair Winners Display 8:15 Zumba* 10:00 Garden Volunteer Meeting 10:00 Open Woodcarving 11:00 Dealing with Holiday Stress: Family Issues & Loneliness* 12:00 Open Mah Jongg 1:00 Lifewriting/1:00 Hand & Foot 1:00 Pickin' Circle</p>	<p>15 Fair Winners Display 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Qigong* 12:00 Duplicate Bridge 12:30 Pinochle 1:00 AWC Bingo Party 5:00-6:30 TGIF: Dancing & Fun</p>
<p>18 9:00-11:00 Line Dancing 10:00 Yarn Wranglers/10:30 Euchre 11:00 Ten Things You May Not Know About Therapy* 12:00 Open Mah Jongg 12:30 Pinochle/1:00 Open Dominos 1:00 Water Marbling Scarf Class* 3:00 Pinochle Lessons* 5:30 Ballroom Dance*</p>	<p>19 1pm Kris Kringle Craft Sale 8:15 Zumba* 9:00 Bridge Lessons* 9:00-1:00 AARP Driver Safety* 10:00 Guitar Lessons* 10:00-12:00 Tech Tutoring* 11:00 The Skinny on Fat* 12:00 Duplicate Bridge 1:00 Pastel*/1:00 Pickin' Circle 1:00 Stroke Support Group</p>	<p>20 Kris Kringle Craft Sale 9:00-11:00 Medicare Q&A 9:30 Open Dominos 10:00 Diamond Painting 10:00 Pastel-Wednesday* 11:00 Red Hat Thanksgiving Lunch 1:00 Bridge Club 2:00 Pottery Studio* 5:00 Line Dancing</p>	<p>21 Kris Kringle Craft Sale 8:15 Zumba* 10:00 Caregiver Support Group 10:00 Member Meeting 10:00 Open Woodcarving 11:00 LIFT Widows & Widowers* 12:00 Mah Jongg/1:00 BUNCO 1:00 Lifewriting/1:00 Hand & Foot 1:00 Pickin' Circle</p>	<p>22 Kris Kringle Craft Sale 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Qigong* 12:00 Duplicate Bridge 12:30 Pinochle 4:00 Card Making with Sandra* 5:00-6:30 TGIF: Dancing & Fun</p>
<p>25 9:00-11:00 Line Dancing 10:00 Yarn Wranglers 10:30 Open Euchre 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Oil Painting Workshop* 1:00 Open Dominos 3:00 Pinochle Lessons* 5:30 Ballroom Dance*</p>	<p>26 8:15 Zumba* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 10:00-12:00 Tech Tutoring* 11:00 Building a Healthy Diet* 12:00 Duplicate Bridge 1:00 Pickin' Circle 2:00 Book Club</p>	<p>27 7:00 Thanksgiving Pie & Goodie Sale 9:30 Open Dominos 10:00 Diamond Painting 2:00-4:00 Pottery Studio* No Bridge Club or Line Dancing today</p>	<p>28 AWC Closed</p> 	<p>29 AWC Closed</p> 

ADULT WELLNESS CENTER NOVEMBER CLASS & ACTIVITY SCHEDULE

AARP Driver Safety Nov 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 Nov 15th.

AWC Bingo Party Nov 15th 1pm Dining Rm Only \$5 to play!

Ballroom Dance M 5:30-6:30pm Dining Rm Our review of the dances we have learned this year with Instructor, Jerry Kendrick. \$25 class fee. Last class will be Dec 2nd. Register by Nov 1st.

Book Club Nov 26th 2pm Board Rm

Bridge Club W 1pm Game Rm B No Bridge Club Nov 27th.

Bridge Lessons T 9-11am Game Rm B Whether you are a beginner or just need to brush up, Jeff Starr can improve your bridge skills. Class fee \$25 for four lessons. Register by Nov 1st.

Building a Healthy Diet Nov 26th 11am Game Rm A Have you ever wondered about whether you're getting all the vitamins and nutrients you need? Shelby from Cook's Natural Foods will present information on getting nutrients from your foods as well as the differences in vitamins. Register by Nov 25th.

BUNCO Nov 21st 1pm Game Rm A Only \$2 to play!

Card Making with Sandra Nov 22nd 4pm Art Rm Sandra Woodruff will instruct making four cards using embellishments, including her watercolors. \$5 to AWC and \$5 to Sandra for card kits. Register by Nov 15th.

Caregiver Support Group Nov 21st 10am Board Rm Facilitated by the Alzheimer's Association. All are welcome!

CarFit Safety Checks Nov 6th By Appointment 9am-1pm CarFit is a quick, free inspection program that determines how well your vehicle "fits" you for safety. Inspectors can help you make seat, mirror and other adjustments to make sure you are as safe as possible when you drive. Make appointment by Nov 4th.

Community Spotlight: Retired Senior Volunteer Program Nov 5th 11am Game Room A Learn about the services that RSVP provides in our community to seniors and others.

Creative Card Making Nov 7th 1pm Art Rm Learn to make unique lovely cards from Instructor, Genice Banning. Class is \$5 plus \$15 to instructor for supplies. Register by Nov 5th.

Dealing with Holiday Stress: Family Issues & Loneliness Nov 14th 11am Game Rm A Holidays can bring about extra family stress and also feelings of loneliness. Learn to deal with the harder parts of the holidays from Elisabeth Bostian-Neal, LCSW of Springwoods. Register by Nov 13th.

Diamond Painting W 10am-12pm Multipurpose Rm Diamond Painting is a craft which involves making pictures with beads.

Diamond Painting Show Opens Nov 6th 1pm Board Rm Come and see the handiwork of the latest craft that has become popular at the AWC, Diamond Painting. Show will last through Nov 9th.

Duplicate Bridge T 12-4pm Game Rm B

Duplicate Bridge F 12-4pm Game Rm A

Enjoy Life Gluten Free Nov 7th 11am Board Rm If you have a gluten free or dairy free diet, join us to discuss recipes or ideas.

Fair Winners Display Nov 13th to Nov 16th Lobby We want to show off the talent of our AWC members. If you had a winning entry in the 2019 Benton County Fair and would like it to be part of our display, please bring it to Brandy by Nov 8th.

Garden Volunteer Meeting Nov 14th 10am Multipurpose Rm

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

Kris Kringle Craft Sale Nov 19th at 1pm to Nov 23rd Board Rm We have a ton of great craft supplies to sell along with our regular Christmas sale this year. If you have any new or gently used, nice Christmas decorations you'd like to donate for the sale, please bring them to the AWC by Nov 15th.

Lifewriting Th 1pm-3pm Board Rm Monthly memoir writing group.

LIFT for Widows & Widowers Nov 21st 11am Dining Rm For those who have lost a spouse. A delicious holiday lunch will be served and we'll play Bingo afterward. Register by Nov 18th.

Line Dancing Every M & F 9am-11am & W 5-7pm Dining Rm No registration is required. First hour is for beginners and the second hour is intermediate level. No line dancing Nov 27th.

Medicare Q & A Nov 13th & 20th 9am-11am Lobby Stop by and get your basic Medicare questions answered from Humana.

Member Meeting Nov 21st 10am Game Rm B If you have any questions or suggestions for the AWC, please come and share them.

Northwest Lunch & Learn Nov 13th 12pm Dining Rm Enjoy an interesting program & delicious lunch! Register by Nov 8th.

Oil Painting Workshop Nov 25th 1pm Art Rm Learn to oil paint with instructor, Marie Sitton. Each student will complete a small oil painting during class. All supplies included. Class fee is \$5 plus \$10 to the instructor. Please register by Nov 21st.

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

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

Open Euchre M 10:30-12:00 Game Room B

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 Nov 6th 1pm Game Rm A For those with Parkinson's Disease and their family members.

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. No class Thanksgiving week. We will finish class in Dec.

Photo Club Nov 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 M 3pm Board Rm Instructed by Margot Tarcikowski. Please register by Oct 31st.

Pottery Studio W 2:00-4:00pm 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.

Qigong Class Starts Nov 8th F 10-11:30am Game Rm B This class will include the Wudang 5 Animal Postures and is instructed by Jason Salgado. \$20 for four sessions. Register by Nov 6th. Last class for this session is Dec 6th.

Red Hat Thanksgiving Lunch Nov 20th 11am We're having lunch and free pie at Village Inn! Meet in the AWC Lobby at 11am to carpool or meet us at the restaurant at 11:30am. Don't forget your red hats and bling!

Sew a Kitchen Boa Nov 4th 1pm Art Rm Learn to make this useful kitchen tool, which will leave you never hunting for your dish towel again! Supplies included. \$5 fee to the AWC and \$5 to Instructor Marguerite Steiner. Register by Nov 1st.

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

Tech Tutoring T 10am-12pm Multipurpose Room Becky Booher provides personal tutoring for your cell phone, laptop, or I-Pad. Sessions are 30 minutes for \$15. Schedule your appointment at the front desk.

Ten Things You May Not Know About Therapy Nov 18th 11am Game Room A Mercy's Director of Orthopedics & Therapy, Joe Manthe, will discuss how therapies can be used to improve your quality of daily life. Register by Nov 15th.

TGIF Dancing & Fun F 5:00-6:30pm Dining Rm Shake off the week with some dancing, relaxing and socializing.

Thanksgiving Pie & Goodie Sale Nov 27th 7am Lobby Get your thanksgiving pies & goodies at our bake sale OR share your baking skills with us for this annual AWC fundraiser. If you'd like to bake, please let Brandy know by Nov 22nd.



The Skinny on Fat Nov 19th 11am Dining Rm Find out which fats you should avoid and which you should keep in your diet from Misty Burkes of Humana. Register by Nov 18th.

Veterans Day Celebration Nov 8th 1:30pm Dining Rm Join us as we celebrate our Veterans and thank them for their service. Light refreshments will be served.

Water Marbling Scarf Class Nov 18th 1pm Art Rm Learn this unique art technique of silk scarf dipping in paint and water to create a beautiful design from Art & Soul Studios. Each student will leave with their own scarf creation. Class is \$25 to the instructor plus \$5 to the AWC. Register by Nov 14th.

Yarn Wranglers M 10am-12pm Board Room

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>2 7:30 AWC Bus Trip* 9:00-11:00 Line Dancing 10:00 Yarn Wranglers 10:30 Open Euchre 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Holiday Mixed Media Class* 1:00 Open Dominos 3:00 Pinochle Lessons*</p>	<p>3 8:15 Zumba* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 11:00 Getting You and Your Car Ready for Winter* 12:00 Duplicate Bridge 1:00 Pickin' Circle</p>	<p>4 9:30 Open Dominos 10:00 Diamond Painting 1:00 Bridge Club 1:00 Christmas Variety Show 1:00 Parkinson's Support Group 2:00-4:00 Pottery Studio* 5:00 Line Dancing</p>	<p>5 8:15 Zumba* 10:00 Open Woodcarving 11:00 Enjoy Life Gluten Free 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot 1:00 Pickin' Circle</p>	<p>6 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Qigong* (Last November class) 12:00 Duplicate Bridge 12:30 Pinochle 1:00 Christmas Cooking Class: Appetizers & Cookies* 5:00-6:30 TGIF Dancing & Fun</p>
<p>9 9:00-11:00 Line Dancing 10:00 Yarn Wranglers 10:30 Open Euchre 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Creative Card Making* 1:00 Open Dominos 3:00 Pinochle Lessons*</p>	<p>10 8:15 Zumba* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 11:00 Community Spotlight: Meals on Wheels* 11:30 Photo Club 12:00 Duplicate Bridge 1:00 Pickin' Circle</p>	<p>11 9:00-11:00 Medicare Q & A 9:30 Open Dominos 10:00 Diamond Painting 12:00 Christmas Potluck & Sing-Along 12:00 Red Hats Christmas Lunch 1:00 Bridge Club 2:00-4:00 Pottery Studio* 5:00 Line Dancing</p>	<p>12 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 Basket Weaving* 1:00 Lifewriting 1:00 Open Hand & Foot 1:00 Pickin' Circle</p>	<p>13 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Qigong* 12:00 Duplicate Bridge 12:30 Pinochle 5:00-6:30 TGIF Dancing & Fun</p>
<p>16 9:00-11:00 Line Dancing 10:00 Yarn Wranglers 10:30 Open Euchre 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Open Dominos 3:00 Pinochle Lessons* Christmas Lights and Cocoa*</p> 	<p>17 8:15 Zumba* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 12:00 Duplicate Bridge 1:00 Saints Alive Christmas Concert 1:00 Pickin' Circle 1:00 Stroke Support Group</p>	<p>18 9:00-11:00 Medicare Q & A 9:30 Open Dominos 10:00 Diamond Painting 1:00 Bridge Club 1:00 Christmas Kid's Orchestra 2:00-4:00 Pottery Studio* 5:00 Line Dancing</p>	<p>19 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>20 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Qigong* 12:00 Duplicate Bridge 12:30 Pinochle 1:00 AWC Bingo Party 5:00-6:30 TGIF Dancing & Fun</p>
<p>23 9:00-11:00 Line Dancing 10:00 Yarn Wranglers 10:30 Open Euchre 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Open Dominos 3:00 Pinochle Lessons*</p>	<p>24 AWC Closed</p> 	<p>25 Merry Christmas!</p> 	<p>26 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>27 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Qigong* 12:00 Duplicate Bridge 12:30 Pinochle 5:00-6:30 TGIF Dancing & Fun</p>
<p>30 9:00-11:00 Line Dancing 10:00 Yarn Wranglers 10:30 Open Euchre 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Open Dominos 3:00 Pinochle Lessons*</p>	<p>31 8:15 Zumba* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 12:00 Duplicate Bridge 1:00 Pickin' Circle</p>	<p>AWC Closed January 1st</p> 	<p><i>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 10/17/2019 3:36 PM</i></p>	<p>Adult Wellness Center Monday through Friday 7AM through 7PM Saturdays 8AM-12PM Phone: 479-631-3333 Website: www.rogersar.gov</p>

ADULT WELLNESS CENTER DECEMBER CLASS & ACTIVITY SCHEDULE

AWC Bingo Party Dec 20th 1pm Dining Rm

Come out of the cold and join us for a fun afternoon of Bingo. Only \$5 to play and prizes are \$10 gift cards to local businesses. Refreshments will be served.

AWC Bus Trip Dec 2nd 7:30am AWC Parking Lot

We are traveling to Pawhuska to see Pioneer Woman's Mercantile & Ranch and then to Rhema Bible College for Christmas lights. For details about the trip, stop by the front desk.

Basket Weaving Dec 12th 1pm Art Rm

Make a beautiful Christmas card basket with Instructor, Debbie Hurd. Class is \$5 to AWC and \$25 to the instructor for the supply kit. Please register by Dec 10th. Sample basket will be available for viewing in the lobby in November.

Bridge Club W 1pm Game Rm B

Bridge Lessons T 9-11am Game Rm B Whether you are a beginner or just need to brush up, Jeff Starr can improve your bridge skills. Class fee \$25 for four lessons. Register by Nov 27th.

BUNCO Dec 19th 1pm Game Rm A

Bunco is a dice game that is fast moving and fun! Only \$2 to play with a chance to win a \$5 Wal-Mart gift card. New faces welcome!

Caregiver Support Group Dec 19th 10am Board Rm

This is a monthly group for caregivers of those with dementia, but all caregivers are welcome. Facilitated by the local Alzheimer's Association.

Christmas Cooking Class: Appetizers & Cookies Dec 6th 1pm Dining Rm

Pamela Christmas shares her talents as both a chef and designer in her first class at the AWC. Join her as she demonstrates making delicious holiday appetizers and cookies. Sample her yummy treats and then take the recipe home to try yourself. \$5 AWC class fee plus \$15 to the instructor. Register by December 2nd.

Christmas Kid's Orchestra Dec 18th 1pm Game Rm A

If you like stringed instrumental music, you'll be sure to enjoy Christmas tunes from a talented local family orchestra.

Christmas Lights and Cocoa Dec 16th Evening Time TBA

Enjoy an evening of looking at local Christmas Lights with us! Before your ride, enjoy delicious cocoa, refreshments and live music in the Lobby. Sponsored by First Light Home Care. More details will be available as time gets closer, with information on how to sign up for your ride. Stay tuned!

Christmas Potluck and Sing-Along Dec 11th 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 4th 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 as well!

Coffee with the Elder Law Attorney Dec 12th 9-11am Board Room

Get your Elder Law questions answered from Attorney, Todd Whatley.

Community Spotlight: Meals on Wheels Dec 10th 11am Game Rm A

Meals on Wheels will share how they serve the community to help spread the word to people who might need their services. Participants will get to sample their food. Please register by Dec 4th.

Creative Card Making Dec 9th 1pm Art Rm Learn to make unique lovely cards from Instructor, Genice Banning. Class is \$5 plus \$15 to instructor for supplies. Register by Dec 5th.

Diamond Painting W 10am-12pm Multipurpose Rm

Diamond Painting is a craft of making beautiful pictures with small beads on a canvas. Join us and work on your own project.

Duplicate Bridge T 12-4pm Game Rm B

Duplicate Bridge F 12-4pm Game Rm A

Enjoy Life Gluten Free Dec 5th 11am Board Rm

If you have a gluten free or dairy free diet, please join us to discuss recipes or ideas.

Garden Volunteer Meeting Dec 12th 10am Board Rm

We're mostly in planning mode during the winter, but if you're interested in helping out in the garden, we'd love to visit with you!

Getting You and Your Car Ready for Winter Dec 3rd 11am Game Rm A

Joe Gratzl will discuss winterizing your car as well as safe driving tips for winter weather. Register by Dec 2nd.

Guitar Lessons T 10am-12pm Dining Rm This class is for any level of player. \$45 class fee for four sessions. Register by Nov 27th.

Holiday Mixed Media Class Dec 2nd 1pm Art Rm

Learn to create your own mixed media creation with a holiday touch from Art & Soul Studio. Each student will leave with their own piece of art. Class is \$20 to the instructor plus \$5 to the AWC. Register by Nov 27th.

Lifewriting Th 1pm-3pm Board Rm

This is a memoir writing group that meets monthly. Facilitated by June Jefferson & Dan Baxter. If you're interested in joining, please stop by & talk with Brandy in the office.

Line Dancing M & F 9am-11am & W 5-7pm Dining Rm

No registration is required. First hour is for beginners and the second hour is intermediate level.

Medicare Q & A Dec 11th & 18th 9am-11am Lobby

Stop by and get your basic Medicare questions answered from Humana.

Open Dominos M 1pm-3:30pm Demo Kitchen
Open Dominos W 9:30am-12pm Demo Kitchen
Open Euchre M 10:30-12pm Game Rm B
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 Dec 4th 1pm Game Rm A

For those with Parkinson's Disease and their family members or caregivers. New faces are always welcome.

Photo Club Dec 10th 11:30am Multipurpose Rm

Join other AWC members who enjoy photography!

Pickin' Circle T & TH 1pm Dining Rm If you enjoy playing, we'd love to have you join us. All levels and listeners welcome!

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

Pinochle Lessons M 3pm Board Rm

Instructed by Margot Tarcikowski. Please register by Nov 27th.

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.

Qigong Class Starts Dec 13th F 10-11:30am Game Rm B

This class will include the Wudang 5 Animal Postures and is instructed by Jason Salgado. \$20 for four sessions. Register by Dec 11th. Last class for this session is Jan 3rd.

Red Hats Christmas Lunch Dec 11th 12pm Dining Rm

We will have our own special tables reserved at the AWC Christmas Potluck & Sing-Along. Please bring a side dish to share. Wear your red hat and bling. Spread your Christmas spirit with us!

Saints Alive Christmas Concert Dec 17th 1pm Game Rm A

The Saints Alive Choir from the First Baptist Church will be with us to share their annual Christmas Concert. Everyone welcome!

Stroke Support Group Dec 17th 1pm Multipurpose Rm

Facilitated by Primrose Retirement, U of A and UAMS. This is a monthly group for those who have had a stroke.

TGIF Dancing & Fun F 5:00-6:30pm Dining Rm

Shake off the week with some dancing, relaxing and socializing. New faces always welcome!

Yarn Wranglers M 10am-12pm Board Room

If you enjoy crafting with yarn, bring your project and join 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!