



AWC Active Aging

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Happy Holidays Adult Wellness Center!

We wish you a wonderful holiday season filled with good memories & good health! We hope that you can enjoy this season with your family, friends, and all of us at the AWC! We invite you to celebrate with us and take part in a few things we have planned. This year we will have a Holiday Cookie Recipe Swap and Christmas Décor Pop-up Sale. Thanks to all of you who contribute to the sale! We also want to thank all of you who donate to the center as part of your end of year giving! **All donations given to the Adult Wellness Center are considered tax-deductible gifts.** We provide a letter to use for your tax records as a receipt for your donation. All of the funds raised go into supporting the needs of the center, enhancing our services, or into our scholarship fund. Thank you for your generosity & for your support, we greatly appreciate it!

Please remember to say farewell to our Becky! After 10 years at the AWC, we will all greatly miss her. Please join us and wish her well! **Happy Holidays!**



Lesli Ossenfort, Director

SCAN HERE for more info

FREE T-shirt!
(while supplies last)

All donors are entered in a weekly drawing for a chance to win \$1000 in plane fare, train fare, or gas! Visit www.cbco.org/drive

BLOOD DRIVE

Adult Wellness Center
Bloodmobile in Parking Lot
2001 W. Persimmon Street, Rogers
Monday, December 13, 2021
10:00 AM - 2:00 PM

Masks are required for donors and staff. If you don't have a mask, one will be provided. Appointments are strongly encouraged to manage donor flow. To schedule your appointment call 417-227-5006 or go to www.cbco.org/donate-blood

Safety Considerations for our Members:

Your health and safety is our priority. Although we cannot make the AWC a risk free environment for COVID-19, we have incorporated many safety measures to make the facility as safe as we can for our members. We know many of you have preexisting health conditions that you will have to consider and determine your own risk to be in a mask free exercise environment. Some of our members will be vaccinated and others will not be vaccinated. To aid you in your decision to comeback, we want to educate you on the measures we have put into place. Throughout the facility we have installed air ionizers that clean the air as it goes thru our HVAC systems. We have electrostatic sprayers to sanitize surfaces. We also have UV light sanitizers that can be used to deep clean overnight. We have hand sanitizing stations throughout the building and equipment wipes for our members to keep themselves safe. All of these new cleaning products and procedures are certified to kill COVID-19 germs. We also offer have an exercise room with equipment spaced 12 ft apart to exercise more safely without a mask.

We realize everyone must assess their own health & vulnerabilities before knowing if coming back is the best choice. We hope to see you back at the center when you feel the risk level is right for you.

AWC Holiday Closings

Christmas

**Observed Thursday, Dec. 23rd,
Friday, Dec. 24th, & Sat., Dec. 25th**

New Year's

Observed Friday, Dec. 31st

***We will be open Saturday, New Year's Day 8am-12pm**

Have a safe and happy holiday season from the AWC staff!

Becky Reed, one of our front desk customer service representatives has graduated and is leaving the AWC for her new career!



Becky Reed

Please join us on **Friday, Dec. 10th**

& wish her well in her future endeavors. **We will have reception times at 7AM, 10AM, and 2PM.**

The AWC
**Christmas
Décor
Pop-Up Sale**
will open in the Lobby on
December 1st!

Find or bring gently used holiday bargains at the AWC!



AWC Weather Policy

The AWC will close due to weather only if the City of Rogers Administration Office is closed.

If the Rogers School District calls off classes, the AWC will cancel all classes and activities for that day as well.

However, we only actually close if the City offices close.

Announcements regarding weather closings will be made on TV (KNWA & 40/29) and on the City website. You can also call the center, and a message will indicate if we are closed or have modified hours.

When Will My Class or Activity Be Back at the AWC?

We have added a number of fitness classes, pool classes, and regular weekly groups back to our AWC calendars.

We are working our way back to a full class schedule again, but adding activities back is a process. We appreciate your patience and understanding.

With the current pandemic situation, our participation is not at a level that it previously was before. Some people aren't comfortable being back in classes just yet.

Please know that we are constantly monitoring class interest/wait lists so that we can add high-interest classes back to the schedule as soon as we can.

Our class interest/wait lists are on the bulletin board located behind the frontdesk. Please add your name to any class that you would like to see at the AWC.

Spread the word to your friends to sign up for their interests as well! Let us know if you have any other ideas for classes!

To check on the status of a class/activity please visit the management in the AWC administrative office for more info.



Holiday Cookie Recipe Swap December 1st through 8th

Dig out your favorite cookie recipe and bring it to the Wellness Center. All recipes will be compiled into a booklet and yours will be included!

Everyone who participates can pick up their recipe swap booklet on Dec. 15th and still have plenty of time to bake some new favorites before the holiday season is over!

Want a FREE AWC Membership or Classes?

You may be eligible to have your AWC membership paid for if you are **Medicare Eligible** and have a qualifying **insurance supplement!**

These programs are beneficial for the AWC!

Please check at the front desk if you think you might qualify!



Check out our new Classes!

Class and building schedules are available on our website:

<https://rogersar.gov/131/Adult--Wellness-Center>

And sent via Constant Contact emails to our members.