



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 9:00-11:00 Line Dancing 10:00 Oil Painting Workshop* 10:00 Yarn Wranglers 12:30 Open Mah Jongg 1:00 Open Mexican Train Dominos</p>	<p>2 10:00 Euchre Lessons 10:30 Open Euchre 11:15 Parkinson Class 12:30 Duplicate Bridge 1:00 Pickin' Circle</p>	<p>3 9:30 Open Dominos 10:00 Diamond Painting 1:00 Bridge Club 1:00 Parkinson Support Group 5:00-7:00 Line Dancing</p>	<p>4 10:00 Open Woodcarving 11:00 Be Your Own Health Advocate: Navigating the Healthcare System* 11:15 Parkinson Class 12:30 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot 1:00 Pickin' Circle 5:30 Ballroom Dancing*</p>	<p>5 9:00-11:00 Line Dancing 9:00-2:00 Open Paper Crafting 10:30 Snow Cones in the Garden* 12:30 Duplicate Bridge 12:30 Open Pinochle 3:00 Pinochle Lessons*</p>
<p>8 National Twins Day <i>Bring in a picture of you and your twin for our display!</i> 9:00-11:00 Line Dancing 10:00 Yarn Wranglers 12:30 Open Mah Jongg 1:00 Macrame Wall Hanging Class* 1:00 Open Mexican Train Dominos</p>	<p>9 9:30-11:30 Bridge Lessons* 10:00 Euchre Lessons 10:00 Pastel Painting* 10:30 Open Euchre 11:00 Nineties Coffee Hour 11:15 Parkinson Class 12:30 Duplicate Bridge 1:00 Pickin' Circle 1:30 Photo Club</p>	<p>10 9:30 Open Dominos 10:00 Diamond Painting 11:00 Lunch & Learn: Interventional Pain Management for Your Spine* 1:00 Bridge Club 5:00-7:00 Line Dancing</p>	<p>11 10:00 Open Woodcarving 11:15 Parkinson Class 12:30 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot 1:00 Pickin' Circle 5:30 Ballroom Dancing*</p>	<p>12 9:00-11:00 Line Dancing 9:00-2:00 Open Paper Crafting 12:30 Duplicate Bridge 12:30 Open Pinochle 3:00 Pinochle Lessons*</p>
<p>15 9:00-11:00 Line Dancing 10:00 Yarn Wranglers 12:30 Open Mah Jongg 1:00 Creative Card Making* 1:00 Open Mexican Train Dominos</p>	<p>16 9:30-11:30 Bridge Lessons* 10:00 Euchre Lessons 10:00 Pastel Painting* 10:30 Open Euchre 11:15 Parkinson Class 12:30 Duplicate Bridge 1:00 Pickin' Circle 1:00 Stroke Support Group</p>	<p>17 9:00 Garden Volunteer Meeting 9:30 Open Dominos 11:00 Taking Good Care of Your Tootsies* 10:00 Diamond Painting 1:00 Bridge Club 1:00 Caregiver Support Group 5:00-7:00 Line Dancing</p>	<p>18 9:00 Coffee with the Elder Law Attorney 10:00 Open Woodcarving 11:15 Parkinson Class 11:30 Red Hats Potluck 12:30 Open Mah Jongg 1:00 Lifewriting/Pickin' Circle 1:00 Hand & Foot 5:30 Ballroom Dancing*</p>	<p>19 7:00-7:00 Scrapapalooza! All Day Paper Crafting 9:00-11:00 Line Dancing 9:00-2:00 Open Paper Crafting 12:30 Duplicate Bridge 12:30 Open Pinochle 3:00 Pinochle Lessons*</p> 
<p>22 9:00-2:00 Blood Drive 9:00-11:00 Line Dancing 10:00 Yarn Wranglers 12:30 Open Mah Jongg 1:00 Beginner Quilling Class* 1:00 Open Mexican Train Dominos</p>	<p>23 9:30-11:30 Bridge Lessons* 10:00 Euchre Lessons 10:00 Pastel Painting* 10:30 Open Euchre 11:15 Parkinson Class 12:30 Duplicate Bridge 1:00 Pickin' Circle</p>	<p>24 25 9:30 Open Dominos 10:00 Diamond Painting 11:00 Brain Health & Wellness* 1:00 Bridge Club 1:00 Sew a Merry & Bright Ornament Table Runner* 5:00-7:00 Line Dancing</p>	<p>25 10:00 Open Woodcarving 11:15 Parkinson Class 12:30 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot 1:00 Pickin' Circle 5:30 Ballroom Dancing*</p>	<p>26 9:00-11:00 Line Dancing 9:00-2:00 Open Paper Crafting 12:30 Duplicate Bridge 12:30 Open Pinochle 3:00 Pinochle Lessons*</p>
<p>29 9:00-11:00 Line Dancing 10:00 Yarn Wranglers 12:30 Open Mah Jongg 1:00 Sewing Circle* 1:00 Open Mexican Train Dominos</p>	<p>30 9:30-11:30 Bridge Lessons* 10:00-4:00 Basket Weaving* 10:00 Euchre Lessons 10:00 Pastel Painting* 10:30 Open Euchre 11:15 Parkinson Class 12:30 Duplicate Bridge 1:00 Pickin' Circle 2:00 AWC Book Club 5:00 Fun with Karaoke</p>	<p>31 9:30 Open Dominos 10:00 Diamond Painting 1:00 Bridge Club 5:00-7:00 Line Dancing</p> 	<p>AWC Hours <i>Monday thru Friday</i> 7:00AM-7:00PM <i>Saturday</i> 8:00AM-12:00PM</p>	<p>Adult Wellness Center 2001 W Persimmon Rogers, AR 72756 Phone: 479-631-3333 Website: www.rogersar.gov</p>

ADULT WELLNESS CENTER AUGUST CLASS & ACTIVITY SCHEDULE

AWC Book Club Aug 30th 2pm Multipurpose Rm
This month we're reading *In a Sunburned Country* by Bill Bryson.

Ballroom Dancing TH 5:30pm Dining Rm
This month we will continue to learn a combination of Swing, Two Step and Foxtrot with Instructor, Jerry Kendrick. Class is \$25 per person for the month.

Basket Weaving Aug 30th 10am-4pm Dining Rm
Debbie Hurd will instruct making a large Crisscross Market Basket. Class is \$5 to the AWC plus \$48 to instructor for supplies. Register by Aug 26th.

Be Your Own Health Advocate: Navigating the Healthcare System Aug 4th 11am Game Rm B
Navigating healthcare can be challenging as we age. A proactive approach can help you get your needs met. Learn more from Judy Anglen, Licensed Professional Counselor. A light lunch will be provided by Springwoods Behavioral Health. Register by August 2nd.

Beginner Quilling Class Aug 22nd 1pm Art Rm
Quilling is the craft of rolling strips of paper and gluing them to create an intricate piece of art. Class is \$5 plus \$20 to Instructor, Sandra Vinson, for your kit. Register by Aug 19th.

Blood Drive Aug 22nd 9am-2pm Game Rm A
Donate blood for our local supply with Community Blood Center of the Ozarks. Free t-shirt for donors. Appointments are strongly encouraged to manage donor flow. To schedule your appointment call 417-227-5006 or sign up online at cbco.org

Brain Health & Wellness Aug 24th 11am Game Rm A
By 2025, the number of people age 65 and older with Alzheimer's is projected to reach 7.1 million. Come learn what lifestyle changes you can make to reduce your risk for cognitive decline and to help improve your brain functioning. Presented by Brandi Schneider of the Schmieding Center. Register by Aug 23rd.

Bridge Club W 1pm Game Rm B
If you are interested in playing Bridge at this time, please let Brandy know so that the group leader can contact you.

Bridge Lessons (starts Tuesday Aug 9th) T 9:30am-11:30am Game Rm B Learn to play Bridge with Instructor, Jeff Starr. Class is \$25 for the month. Please register by Aug 8th.

Caregiver Support Group Aug 17th 1pm Multipurpose Rm
Facilitated by the Alzheimer's Association and the Schmieding Center. New caregivers always welcome.

Coffee with the Elder Law Attorney Aug 18th 9am Multipurpose Rm Elder Law Attorney, Todd Whatley, will answer your legal questions in this Q&A session.

Creative Card Making Aug 15th 1pm Art Rm
Make beautiful card projects with Instructor, Genice Banning. Register by Aug 18th. Class is \$5 to the AWC and \$15 paid directly to the instructor for supplies.

Diamond Painting W 10am-12pm Dining Rm
Bring your current Diamond Painting project and join us!

Duplicate Bridge T 12:30pm-4pm Game Rm B
Duplicate Bridge F 12:30pm-4pm Game Rm A
If you are interested in playing Bridge at this time, please let Brandy know so that the group leader can contact you.

Euchre Lessons T 10am AWC Lounge Get a free quick Euchre lesson on Tuesdays and then feel free to stay and play at 10:30am. No registration needed.

Fun with Karaoke Aug 30th 5pm Dining Rm
If you enjoy singing, please join us for some fun Karaoke with Karen Dunn and share your talent with us!

Garden Volunteer Meeting Aug 17th 9am Multipurpose Rm
New garden volunteers always welcome & needed!

Lifewriting TH 1pm-3pm Multipurpose Rm
This memoir writing group meets weekly and is a great place to improve your writing skills. Call June for more information at 479-790-2588.

Line Dancing M & F 9am-11am/W 5pm-7pm Dining Rm
First hour beginner level. Second hour intermediate level.

Lunch & Learn: Interventional Pain Management for your Spine Aug 10th 11am Dining Rm We had so many people interested in our May Lunch & Learn regarding advances in back pain, that we're bringing it back for anyone who missed it. Our presenting physicians this time are Dr. Nicholas Camp & Dr. Loren Guzman from Camp Interventional Pain Associates. Space is limited. Please register by Aug 5th.

Macrame Wall Hanging Class Aug 8th 1pm Art Rm
Learn the art of macramé with Cheri Wood. Class is \$5 plus \$35 to the instructor for the supply kit. Register by Aug 4th.

Nineties Coffee Hour Aug 9th 11am AWC Lounge
There are several AWC members who are living it up in their nineties and this is a chance for them to get together and chat. New ninety-somethings always welcome!

Oil Painting Workshop Aug 1st 10am Art Room
Create an oil painting 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. Register by July 29th.

The following games are open and all members are welcome to participate. No registration needed.
Open Dominos W 9:30am-12pm Demo Kitchen
Open Euchre T 10:30-12:30 AWC Lounge
Open Hand & Foot TH 1pm-4pm Demo Kitchen
Open Mah Jongg M & TH 12:30pm-4:30pm Game Rm A
Open Mexican Train Dominos M 1pm-3:30pm Demo Kitchen
Open Paper Crafting F 9am-2pm Art Rm
Open Pinochle F 12:30pm-3pm Game Rm B
Open Woodcarving TH 10am-12pm Art Rm

Parkinson Class T & TH 11:15am-12pm Demo Kitchen
Designed for those with movement disorders such as Parkinson's Disease, this free class taught by volunteers, consists of stretching, strengthening, balance, breathing and vocalization. Caregivers are welcome to participate and assist. Class is not intended to replace therapy and is not medically supervised.

Parkinson Support Group Aug 3rd 1pm Game Rm A
This group is for anyone who has Parkinson's Disease, as well as their caregiver, and is a great way to connect with others and find support. Facilitated by Michele Love.

Pastel Painting (starts Tuesday Aug 9th) T 10am Art Rm
Learn the art of Pastel with Barbara Iglehart. Class is \$30. Supply list available at the front desk. Register by Aug 8th

Photo Club Aug 9th 1:30am-3:30pm Multipurpose Rm
This is a great group to meet if you enjoy photography. See others' work and share your own.

Pickin' Circle T & TH 1pm Dining Rm
Whatever stringed instrument you play, feel free to join our music circle. All levels welcome & listeners welcome too.

Pinochle Lessons F 3pm Game Rm B
Learn to play pinochle with instruction from Margot Tarcikowski. Monthly class fee \$5.

Red Hats Potluck Aug 18th 11:30am Dining Rm
Bring a dish to share for our potluck lunch. We'll be discussing our regional Christmas party scheduled for Dec 3rd.

Scrapapalooza Aug 19th 7am-7pm Art Rm
If you're interested in scrapbooking, card making, junk journaling or any other paper craft please stop in and have fun with us. No supplies? No problem! We have some to share!

Sew a Merry & Bright Ornament Table Runner Aug 24th 1pm Art Rm Sew a holiday table runner with Marguerite Steiner. Supply list available at the front desk. \$5 class fee. Basic sewing machine skills needed. Register by Aug 19th.

Sewing Circle Aug 29th 1-4pm Art Rm Bring your own sewing project and enjoy sewing with others. If you'd like to use a machine, please register at the front desk.

Snow Cones in the Garden Aug 5th 10:30am AWC Garden
Enjoy a cool treat in the AWC Garden and see it in it's summer glory! Treats & fun provided by Good Shepherd In-Home and Transportation.

Stroke Support Group Aug 16th 1pm Multipurpose Rm
Facilitated by U of A/UAMS Professor, Kandy Salter.

Taking Good Care of Your Tootsies Aug 17th 11am Game Rm A
It's National I Love My Feet Day! Dr. Weldon Murry from Family Foot Health Center will discuss general foot care and special foot care for those with Diabetes. Please register by Aug 16th.

Yarn Wranglers M 10am-12pm Game Rm A
Bring your knitting or crocheting project and join us! New faces always welcome!