


Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Adult Wellness Center</b>                      Phone: 479-631-3333                      Website:                      www.rogersar.gov                      Temporary Hours                      Monday through Friday                      8 AM through 6 PM</p>		<p><b>AWC Library will re-open Tuesday, July 6th!</b></p> 	<p><b>1 8:00 SilverSneakers Yoga*</b>  <b>5:00 YogaCore*</b></p> <p><i>Please tell us if there is something you'd like to see on our calendars!</i></p>	<p><b>2</b></p> 
<p><b>5 AWC CLOSED</b></p> 	<p><b>6</b>  <b>8:00 SilverSneakers Yoga*</b>  <b>10:00 PEPPi*</b>                      12:30 Duplicate Bridge                      1:00 Pickin' Circle  <b>5:00 YogaCore*</b></p>	<p><b>7</b>                      9:30 Open Dominos                      10:00 Diamond Painting                      1:00 Bridge Club  <b>5:15 Zumba Gold*</b></p>	<p><b>8</b>  <b>8:00 SilverSneakers Yoga*</b>                      10:00 Open Woodcarving                      12:00 Open Mah Jongg                      1:00 Lifewriting                      1:00 Open Hand &amp; Foot                      1:00 Pickin' Circle  <b>5:00 YogaCore*</b></p>	<p><b>9</b>                      9:00-11:00 Line Dancing                      9:00 Open Paper Crafting                      12:00 Duplicate Bridge                      12:30 Pinochle</p>
<p><b>12</b>                      9:00-11:00 Line Dancing                      10:00 Yarn Wranglers                      12:00 Open Mah Jongg                      1:00 Open Mexican Train Dominos  <b>5:15 Zumba Gold*</b></p>	<p><b>13</b>  <b>8:00 SilverSneakers Yoga*</b>  <b>10:00 PEPPi*</b>                      12:30 Duplicate Bridge                      1:00 Pickin' Circle  <b>5:00 YogaCore*</b></p>	<p><b>14</b>                      9:30 Open Dominos                      10:00 Diamond Painting                      1:00 Bridge Club  <b>5:15 Zumba Gold*</b></p>	<p><b>15</b>  <b>8:00 SilverSneakers Yoga*</b>  <b>10:00 PEPPi*</b>                      10:00 Open Woodcarving                      12:00 Open Mah Jongg                      1:00 Lifewriting                      1:00 Open Hand &amp; Foot                      1:00 Pickin' Circle  <b>5:00 YogaCore*</b></p>	<p><b>16</b>                      9:00-11:00 Line Dancing                      9:00 Open Paper Crafting                      12:00 Duplicate Bridge                      12:30 Pinochle</p>
<p><b>19</b>                      9:00-11:00 Line Dancing                      10:00 Yarn Wranglers                      12:00 Open Mah Jongg                      1:00 Open Mexican Train Dominos  <b>5:15 Zumba Gold*</b></p>	<p><b>20</b>  <b>8:00 SilverSneakers Yoga*</b>  <b>10:00 PEPPi*</b>                      12:30 Duplicate Bridge                      1:00 Pickin' Circle  <b>5:00 YogaCore*</b></p>	<p><b>21</b>  <b>9:00 Garden Volunteer Meeting</b>                      9:30 Open Dominos                      10:00 Diamond Painting                      1:00 Bridge Club  <b>5:15 Zumba Gold*</b></p>	<p><b>22</b>  <b>8:00 SilverSneakers Yoga*</b>  <b>10:00 PEPPi*</b>                      10:00 Open Woodcarving                      12:00 Open Mah Jongg                      1:00 Lifewriting                      1:00 Open Hand &amp; Foot                      1:00 Pickin' Circle  <b>5:00 YogaCore*</b></p>	<p><b>23</b>                      9:00-11:00 Line Dancing                      9:00 Open Paper Crafting                      12:00 Duplicate Bridge                      12:30 Pinochle</p>
<p><b>26</b>                      9:00-11:00 Line Dancing                      10:00 Yarn Wranglers                      12:00 Open Mah Jongg                      1:00 Open Mexican Train Dominos  <b>5:15 Zumba Gold*</b></p>	<p><b>27</b>  <b>8:00 SilverSneakers Yoga*</b>  <b>10:00 PEPPi*</b>                      12:30 Duplicate Bridge                      1:00 Pickin' Circle  <b>2:00 AWC Book Club</b>  <b>5:00 YogaCore*</b></p>	<p><b>28</b>                      9:30 Open Dominos                      10:00 Diamond Painting                      1:00 Bridge Club  <b>5:15 Zumba Gold*</b></p>	<p><b>29</b>  <b>8:00 SilverSneakers Yoga*</b>  <b>10:00 PEPPi*</b>                      10:00 Open Woodcarving                      12:00 Open Mah Jongg                      1:00 Lifewriting                      1:00 Open Hand &amp; Foot                      1:00 Pickin' Circle  <b>5:00 YogaCore*</b></p>	<p><b>30</b>                      9:00-11:00 Line Dancing                      9:00 Open Paper Crafting                      12:00 Duplicate Bridge                      12:30 Pinochle</p>

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

**AWC Book Club July 27th 2pm Game Rm A**

Read with us! This month's book is Where the Crawdads Sing by Delia Owens. Please join us for a lively discussion and find out next month's title!

**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.

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

Diamond Painting is a craft of gluing beads onto canvas to create beautiful works of art.

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**Duplicate Bridge T 12:30-4pm 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.

**Duplicate Bridge F 12:00-4pm 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.

**Garden Volunteer Meeting July 21st 9am Game Rm A**

The AWC Garden is a beautiful retreat for all of our members. We need more garden volunteers to help keep it looking it's best. If you're interested in lending a hand, please join us at the Garden Volunteer Meeting.

**Lifewriting TH 1pm-3pm Game Room A**

This memoir writing group meets monthly 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 Dining Rm**

Line Dancing is a great workout for your body and brain. First hour is for beginners and the second hour is intermediate level.

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

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

**Open Mah Jongg M 12pm-4pm Game Rm B**

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

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

**Open Paper Crafting F 9am-12pm Art Rm**

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

**PEPPI T/TH 10:00am Game Rm B Starts July 6th**

A very popular class that introduces you to exercises designed to restore mobility, strength and balance. If you have not exercised for a while and want to re-tune your body, this is where you want to start. \$20/month.

**Pickin' Circle T/TH 1pm Dining Rm**

Whatever stringed instrument you play, please join us for a music circle. All levels are welcome!

**Pinochle F 12:30pm-3:00pm Game Rm B**

If you are interested in playing Pinochle at this time, please let Brandy know so that the group leader can contact you.

**SilverSneakers Yoga T & TH 8:00am Game Rm B**

Participants complete seated and standing yoga postures. This class is suitable for beginners to advanced participants, and it provides breathing exercises and relaxation without the strain on your joints. Free for Silver Sneakers members or \$20/month.

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

Whether you enjoy crochet, knitting, or loom knitting - this is a great group for crafting together.

**YogaCore T/TH 5:00-5:45pm Game Rm B**

A more challenging mix of yoga exercises and pilates type core-strengthening. Beginners are still welcome, but not appropriate if you are recovering from an injury or surgery.

**Zumba® Gold M/W 5:15pm Game Rm A**

Zumba® Gold utilizes dance and movement to improve muscle strength, endurance, and the cardiovascular system. This fun, effective workout is set to Latin dance music. Free for Silver & Fit members or \$25/month.