

MAY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Adult Wellness Center Monday through Friday 7AM through 7PM Saturdays 8AM-12PM Phone: 479-631-3333 Website: www.rogersar.gov Calendar revised 4/18/2019 8:47</p>	<p>Modern Swing Dance Class Starts May 11th Saturday Mornings 10:00-11:00am</p>  <p>\$25 for Four Sessions Register by May 8th</p>	<p>1 9:30 Open Dominos 10:00 Diamond Painting 10:00 May Day Garden Party 1:00 Bridge Club 1:00 Parkinson's Support Group 2:00-4:00 Pottery Studio* 5:00-7:00 Line Dancing</p>	<p>2 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>3 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>6 9:00-11:00 Line Dancing 10:00 Dental Care for Loved Ones with Alzheimer's Disease* 10:00 Mah Jongg Lessons* 10:00 Yarn Wranglers 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Open Dominos 5:30 Ballroom Dance*</p>	<p>7 8:15 Zumba* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 10:30 Pen & Ink Workshop* 11:00 Good Foods for Your Gut* 12:00 Duplicate Bridge 1:00-3:00 First Thoughts Writing 1:00 Pastel Class-Tuesday* 1:00 Pickin' Circle</p>	<p>8 9:00-11:00 Medicare Q&A 9:30 Open Dominos 10:00 Diamond Painting 10:00 Pastel-Wednesday* 10:00 Tap Dancing* 12:00 Northwest Lunch & Learn* 1:00 Bridge Club 2:00-4:00 Pottery Studio* 5:00-7:00 Line Dancing</p>	<p>9 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 Open Hand & Foot 1:00 Pickin' Circle</p>	<p>10 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Living Gluten-Free & Dairy Free* 10:30 Pinochle Lessons* 12:00 Bridge/12:30 Pinochle 1:00-3:00 Spring Fling Contra Dance* 4:00 Art Inspiration Class* 5:00-6:30 FreeStyle Swing Dance</p>
<p>13 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:00 Yarn Wranglers 11:00 Ask the Expert: Turning 65 & Getting Medicare* 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Creative Card Making* 1:00 Open Dominos 5:30 Ballroom Dance*</p>	<p>14 8:15 Zumba* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 10:30 Pen & Ink Workshop* 11:00 CBD: The Basics* 11:30 Photo Club 12:00 Duplicate Bridge 1:00 Pastel-Tuesday* 1:00 Pickin' Circle</p>	<p>15 Rummage Sale opens 12PM! 9:30 Open Dominos 10:00 Diamond Painting 10:00 Exercising for Longevity* 10:00 Pastel-Wednesday* 10:00 Tap Dancing* 11:00 Red Hats BUNCO Lunch 1:00 Air Power Lung Society/Bridge 2:00-4:00 Pottery Studio* 5:00-7:00 Line Dancing</p>	<p>16 Rummage Sale 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>17 Rummage Sale 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:30 Pinochle Lessons* 12:00 Duplicate Bridge 12:30 Pinochle 4:00 Art Inspiration Class* 5:00-6:30 FreeStyle & Swing Dance</p>
<p>20 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 Abstract Fluid Art Class* 1:00 Open Dominos 5:30 Ballroom Dance*</p>	<p>21 8:15 Zumba* 9:00-1:00 AARP Driver Safety* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 10:30 Pen & Ink Workshop* 11:00 Common Gardening Mistakes* 12:00 Bridge/1:00 Pickin' Circle 1:00-3:00 First Thoughts Writing 1:00 Pastel-Tuesday* 1:00 Stroke Support Group</p>	<p>22 9:00-1:00 CarFit Safety Checks* 9:00-11:00 Medicare Q&A 9:30 Open Dominos 10:00 Diamond Painting 10:00 Pastel-Wednesday* 10:00 Recycle Yourself* 10:00 Tap Dancing* 1:00 Bridge Club 2:00-4:00 Pottery Studio* 5:00-7:00 Line Dancing</p>	<p>23 8:15 Zumba* 10:00 Open Woodcarving 11:00 LIFT for Widows & Widowers* 12:00 Open Mah Jongg 1:00 Basket Weaving* 1:00 Lifewriting 1:00 Open Hand & Foot 1:00 Pickin' Circle</p>	<p>24 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:30 Pinochle Lessons* 12:00 Duplicate Bridge 12:30 Pinochle 1:00 AWC BINGO Party 4:00 Art Inspiration Class* 5:00-6:30 FreeStyle & Swing Dance</p>
<p>27 AWC Closed</p> 	<p>28 8:15 Zumba* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 10:30 Pen & Ink Workshop* 11:00 Chicken Soup for the Soul: Author Barbara Brockway* 12:00 Duplicate Bridge 1:00 Pastel-Tuesday* 1:00 Pickin' Circle 2:00 Book Club</p>	<p>29 9:00-11:00 Blood Pressure Screening 9:30 Open Dominos 10:00 Annuities-The Good, The Bad, The TRUTH* 10:00 Diamond Painting 10:00 Pastel-Wednesday* 10:00 Tap Dancing* 1:00 Bridge/2:00-4:00 Pottery Studio* 5:00-7:00 Line Dancing</p>	<p>30 8:15 Zumba* 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>31 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:30 Pinochle Lessons* 12:00 Duplicate Bridge 12:30 Pinochle 1:00 Simple Cooking for You: Main Dish Delights* 4:00 Art Inspiration Class* 5:00-6:30 FreeStyle Swing Dance</p>

ADULT WELLNESS CENTER MAY CLASS & ACTIVITY SCHEDULE

AARP Driver Safety May 21st 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 May 17th.

Abstract Fluid Art Class May 20th 1pm Art Rm Come and learn this new art form using acrylic paint and canvas with Becky Booher. Class is \$5 plus \$15 to instructor for supplies. Register by May 15th.

Air Power Lung Society May 15th 1pm Game Rm A For anyone with an illness that affects your lungs and breathing.

Annuities - The Good, the Bad, the TRUTH May 29th 10am Game Rm A What are the different types of annuities and how does each kind work? What are the costs, advantages & disadvantages of each kind. Presented by Thrasher & Chambers. Register by May 28th.

Art Inspiration Class Starts May 10th F 4:00-5:30pm Art Rm Students will bring their own art piece & media in their choice of Watercolor, Acrylics, Colored Pencil, or Pen & Ink. Sandra Woodruff will provide instruction. \$20 for 4 sessions. Register by May 8th.

Ask the Expert: Turning 65 & Getting Medicare May 13th 11am Game Rm A If you'll be getting Medicare anytime soon, this is your chance for a primer on how it works from Carol Crumpacker of One Source Financial. Register by May 10th.

AWC Bingo Party May 24th 1pm Dining Rm

Ballroom Dance M 5:30-6:30pm Dining Rm Nightclub Two-Step instructed by Jerry Kendrick. Class is \$25. Due to Memorial Day, 4th session will be scheduled as a make-up class. Register by May 3rd.

Basket Weaving May 23rd 1pm Art Rm Debbie Hurd will instruct weaving your own basket. Class is \$5 plus supply cost to instructor. See display and details at front desk and register by May 17th.

Blood Pressure Screening May 29th 9-11am Board Rm Come and get your blood pressure taken by Hospice of North Arkansas.

Book Club May 28th 2pm New members always welcome!

Bridge Club W 1pm Game Rm B

Bridge Lessons T 9-11am Game Rm B Instructed by Jeff Star. \$25 for four sessions. Register by May 3rd.

BUNCO May 16th 1pm Game Rm A \$2 to play! All welcome!

Caregiver Support Group May 16th 10am Multipurpose Rm

CarFit Safety Checks May 22nd By Appointment 9am-1pm CarFit is an inspection program that inspects how well your vehicle "fits" you for maximum safety. Make your appointment by May 17th.

CBD: The Basics May 14th 11am Game Rm A CBD is becoming very popular as a treatment for pain and other health issues. Learn the basics from Dr. Brian Bakke. Register by May 13th.

Chicken Soup for the Soul: Author Barbara Brockway May 28th 11am Game Rm A Barbara Brockway will be here for a short reading of her essay, *Money Well Spent*, which is being featured in a Chicken Soup for the Soul book. It was written about her mom, AWC Member, Agnes Franks. Register by May 24th.

Coffee with the Elder Law Attorney May 9th 9-11am Game Rm B Question & answer session with Elder Law Attorney, Todd Whatley.

Common Gardening Mistakes May 21st 11am Board Rm Master Gardener, Jim Gately, will present a program on common garden mistakes to avoid in your yard this year. Register by May 20th.

Creative Card Making May 13th 1pm Art Rm Instructed by Genice Banning. Class is \$5 plus \$15 for supplies. Register by May 10th.

Dental Care for Loved Ones with Alzheimer's Disease May 6th 10am Game Rm A The Broyles Foundation, along with Delta Dental, will be here to discuss the importance of good oral care for those with Alzheimer's Disease and answer other questions related to caregiving. Register by May 3rd.

Diamond Painting W 10am-12pm Board Rm

Duplicate Bridge T 12-4pm Game Rm B

Duplicate Bridge F 12-4pm Game Rm A

Exercising for Longevity May 15th 10am Game Rm A Physical Therapists from Rogers Health & Rehab will be with us. They will discuss good stretches & other components of a long term exercise regimen and preventing injury. Register by May 14th.

First Thoughts Writing Group May 7th & 21st 1-3pm Board Rm

FreeStyle & Swing Dance F 5:00-6:30pm Dining Rm Shake a leg, freestyle, dance and swing! Music provided by Pat Bell!

Garden Volunteer Meeting May 9th 10am Multipurpose Rm

Good Foods for Your Gut May 7th 11am Game Rm A Humana will discuss foods that can help keep your digestion system running smoothly and those you should avoid. Register by May 6th.

Guitar Lessons T 10am-12pm Dining Rm Any level welcome. \$45 class fee for 4 sessions.

Lifewriting Th 1pm-3pm Board Rm

LIFT for Widows & Widowers May 23rd 11am Dining Rm For those who have lost a spouse. Lunch & class on **Cooking for One** afterward! Sponsored by Dignity Memorial. Register by May 20th.

Line Dancing M F 9am-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.

Living Gluten-Free & Dairy-Free May 10th 10am Board Rm If you would like to explore gluten-free and dairy-free living, please join us. Linda Fish will discuss helpful ideas and her experiences, as well as answer your questions. Register by May 9th.

Mah Jongg Lessons M 10am-12pm Multipurpose Rm Learn to play this Chinese tile game. Class fee \$10. Register by May 3rd.

May Day Garden Party May 1st 10am Join us to celebrate May Day with a party in our beautiful AWC Garden. Refreshments generously provided by Humana.

Medicare Q & A May 8th & 22nd 9am-11am Lobby Stop by and get your basic Medicare questions answered from Humana.

Member Meeting May 30th 10am Board Rm

Modern Swing Dance Class Sat 10-11am Dining Rm Starts May 11th Dancing activates your brain, gives your heart & lungs an aerobic workout, strengthens muscles, & helps your balance. Taught by Pat Bell. \$25 for four sessions. Register by May 8th.

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

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

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-12pm Art Rm

Open Woodcarving TH 10am-12pm Art Rm

Northwest Lunch & Learn May 8th 12pm Dining Rm Join us for an educational program from a Northwest physician, along with a delicious lunch. Register by May 3rd.

Parkinson's Support Group May 1st 1pm Game Rm A

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.

Pen & Ink Workshop T 10:30am-12pm Art Rm Sandra Woodruff teaches the basics of pen & ink through demonstration, & assists students. \$20 plus supplies. Register by May 3rd.

Photo Club May 14th 11:30am Multipurpose Rm

Pickin' Circle T & TH 1pm Dining Rm All levels are welcome!

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

Pinochle Lessons F 10:30pm Board Rm Register by May 1st.

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

Recycle Yourself May 22nd 10am Game Rm A Find out about alternatives to a regular burial and more environmentally friendly ideas from Vickie Kelley with the Natural State Burial Association.

Red Hats BUNCO Lunch May 15th 11am Meet in the AWC Lobby and we'll carpool to Diane Davidson's home in Rogers for lunch and BUNCO. Wear your red hat and bling!

Rummage Sale Starts May 15th 12pm Board Room If you would like to donate gently used items, please bring them to the center by May 13th.

Simple Cooking For You: Main Dish Delights May 31st 1pm Dining Rm Brenda Depew from Adult Day NWA will demonstrate delicious main dishes that are simple & satisfying. Taste samples & recipes will be available. \$5 fee. Register by May 24th.

Spring Fling Contra Dance May 10th 1-3pm Dining Rm Contra dancing is a style of dancing with a caller & dancers may be in circles, lines, or squares. It is ALWAYS fun! Register by May 9th.




Stroke Support Group May 21st 1pm Multipurpose Rm Facilitated by Primrose Retirement, U of A and UAMS.

Tap Dancing W 10am-11am Starts May 8th Dining Rm Tap dancing is great for your body and brain and it's never too late to learn! Six-week class starts May 8th and is taught by Beth Hickman. \$35 fee. Register by May 6th.

Yarn Wranglers M 10am-12pm Art Rm

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 and free for Silver & Fit members!

JUNE 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Modern Swing Dance Class Saturday Mornings 10:00-11:00am</p>  <p>\$25 for Four Sessions Register by June 5th</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 4/18/2019 8:46 AM</i></p>	<p>June 6th at 12pm</p> 	<p>Adult Wellness Center Monday through Friday 7AM through 7PM Saturdays 8AM-12PM Phone: 479-631-3333 Website: www.rogersar.gov</p>
<p>3 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:00-11:30 Vocal Workshop* 10:00 Yarn Wranglers 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Open Dominos 1:00 Sew a Red, White & Blue Table Runner* 5:30 Ballroom Dance*</p>	<p>4 8:15 Zumba* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 10:30 Colored Pencil Workshop* 11:00 Food & You: What's Aging Got to Do With It* 12:00 Duplicate Bridge 1:00-3:00 First Thoughts Writing 1:00 Pastel-Tuesday* 1:00 Pickin' Circle</p>	<p>5 9:30 Open Dominos 10:00 Diamond Painting 10:00 Gardening with Annuals* 10:00 Pastel-Wednesday* 10:00 Tap Dancing* 1:00 Bridge Club 1:00 Parkinson's Support Group 2:00-4:00 Pottery Studio*</p>	<p>6 8:15 Zumba* 10:00 Open Woodcarving 12:00 AWC Annual Picnic 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot 1:00 Pickin' Circle</p>	<p>7 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:30 Pinochle Lessons* 12:00 Duplicate Bridge 12:30 Pinochle 4:00 Art Inspiration Class* 5:00-6:30 FreeStyle & Swing Dance</p>
<p>10 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:00 Oil Painting Workshop* 10:00-11:30 Vocal Workshop* 10:00 Yarn Wranglers 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Open Dominos 5:30 Ballroom Dance*</p>	<p>11 8:15 Zumba* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 10:30 Colored Pencil Workshop* 11:00 Ask the Expert: Pet Care* 11:30 Photo Club 12:00 Duplicate Bridge 1:00 Pastel Tuesday* 1:00 Pickin' Circle</p>	<p>12 9:00-11:00 Medicare Q & A 9:30 Open Dominos 10:00 Diamond Painting 10:00 Pastel-Wednesday* 10:00 Tap Dancing* 12:00 Northwest Lunch & Learn* 1:00 Bridge Club 2:00-4:00 Pottery Studio* 5:00 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 Open Hand & Foot 1:00 Pickin' Circle</p>	<p>14 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:30 Pinochle Lessons* 12:00 Duplicate Bridge 12:30 Pinochle 4:00 Art Inspiration Class* 5:00-6:30 FreeStyle & Swing Dance</p>
<p>17 9:00-11:00 Line Dancing 10:00-2:00 Blood Drive 10:00 Mah Jongg Lessons* 10:00-11:30 Vocal Workshop* 10:00 Yarn Wranglers 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Creative Card Making* 1:00 Open Dominos 5:30 Ballroom Dance*</p>	<p>18 8:15 Zumba* 9:00-1:00 AARP Driver Safety* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 10:00 Medicare: Getting Started* 10:30 Colored Pencil Workshop* 12:00 Bridge/1:00 Pickin' Circle 1:00-3:00 First Thoughts Writing 1:00 Pastel-Tuesday* 1:00 Stroke Support Group</p>	<p>19 8:00-12:00 Memory Screening* 9:30 Open Dominos 10:00 Diamond Painting 10:00 Long Term Care Insurance: What It Is & How It Works* 10:00 Pastel-Wednesday* 11:30 Red Hats Cookies & Tea 1:00 Air Power Lung Society 1:00 Bridge Club 2:00-4:00 Pottery Studio*</p>	<p>20 8:15 Zumba* 10:00 Caregiver Support Group 10:00 Open Woodcarving 11:00 Community Spotlight: Adult Day NWA* 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 10:30 Pinochle Lessons* 12:00 Duplicate Bridge 12:30 Pinochle 1:00 AWC Bingo Party 4:00 Art Inspiration Class* 5:00-6:30 FreeStyle & Swing Dance</p>
<p>24 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:00-11:30 Vocal Workshop* 10:00 Yarn Wranglers 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Basket Weaving* 1:00 Open Dominos 5:30 Ballroom Dance*</p>	<p>25 8:15 Zumba* 9:00 Bridge Lessons* 9:00-11:00 Qigong & Tai Chi Workshop* 10:00 Guitar Lessons* 10:30 Colored Pencil Workshop* 12:00 Duplicate Bridge 1:00 Pastel-Tuesday* 1:00 Pickin' Circle 2:00 Book Club</p>	<p>26 9:00-11:00 Medicare Q & A 9:30 Open Dominos 10:00 Diamond Painting 10:00 Pastel-Wednesday* 10:00 Repurposing You* 1:00 Bridge Club 2:00-4:00 Pottery Studio* 5:00 Line Dancing</p>	<p>27 8:15 Zumba* 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>28 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:30 Pinochle Lessons* 12:00 Duplicate Bridge 12:30 Pinochle 1:00 Simple Cooking For You: Fun Salads* 4:00 Art Inspiration Class* 5:00-6:30 FreeStyle & Swing Dance</p>

ADULT WELLNESS CENTER JUNE CLASS & ACTIVITY SCHEDULE

AARP Driver Safety June 18th 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 June 14th.

Air Power Lung Society June 19th 1pm Game Rm A If you have an illness that affects your lungs and breathing, please join us. Facilitated by Melinda Johns of Mercy.

AWC Annual Picnic June 6th 12pm AWC Garden Simmons Bank will be here to grill some hot dogs and Primrose will provide the sides and watermelon! Join us for lunch and help us kick off summer!

AWC Bingo Party June 21st 1pm Dining Rm Join us for a fun afternoon of Bingo with a chance to win local gift cards. Price is \$5.

Art Inspiration Class F 4:00-5:30pm Art Rm Students will bring their own art piece & media in their choice of Watercolor, Acrylics, Colored Pencil, or Pen & Ink. Sandra Woodruff will provide individual instruction. Class Fee \$20 for 4 sessions. Please register by June 5th.

Ask the Expert: Pet Care June 11th 11am Game Room A Dr. Sandie Wood of Kindness in Motion Mobile Animal Hospital will be with us to present information on caring for pets and to answer your questions about cat and dog care. Register by June 10th.

Ballroom Dance M 5:30-6:30pm Dining Rm This month we will be learning the Nightclub Two-Step. Instructed by Jerry Kendrick of Dance & Swing. Class is \$25. Please register by May 31st.

Basket Weaving June 24th 1pm Art Rm Debbie Hurd will instruct weaving your own basket. Class is \$5 plus supply cost to instructor. See display and details at front desk and register by June 19th.

Blood Drive June 17th 10am-2pm Game Rm A Support others by giving blood with Community Blood Center of the Ozarks!

Book Club June 25th 2pm New members always welcome!

Bridge Club W 1pm Game Rm B

Bridge Lessons T 9-11am Game Rm B Instructed by Jeff Star. \$25 for four sessions. Register by May 31st.

BUNCO June 20th 1pm Game Rm A \$2 to play! Everyone welcome!

Caregiver Support Group June 20th 10am Board Rm Facilitated by the Alzheimer's Association. All are welcome!

Coffee with the Elder Law Attorney June 13th 9-11am Game Rm A Question & answer session with Elder Law Attorney, Todd Whatley.

Colored Pencil Workshop T 10:30am-12pm Art Rm Sandra Woodruff teaches the basics of colored pencil through demonstration and then assists students as they create. Class is \$20 plus supplies. Register by May 31st.

Community Spotlight: Adult Day NWA June 20th 11am Game Rm A Come and learn about the only Adult Day Program in our area, which will be opening in the Frisco Mall. Register by June 19th.

Creative Card Making June 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 June 14th.

Diamond Painting W 10am-12pm Multipurpose Rm Bring your Diamond Painting project and craft with us!

Duplicate Bridge T 12-4pm Game Rm B

Duplicate Bridge F 12-4pm Game Rm A

First Thoughts Writing Group June 4th & 18th 1-3pm Board Rm

Food and You: What's Aging Got to Do with It June 4th 11am Game Rm A Learn tips for adapting your diet as your metabolism, taste buds, and digestion changes with aging. Presented by Misty Burkes with Humana. Register by June 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!

Garden Volunteer Meeting June 13th 10am Board Rm

Gardening with Annuals June 5th 10am Game Rm A Learn tips for using annuals in your garden from the Master Gardeners. Register by June 4th.

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

Lifewriting Th 1pm-3pm Board Rm

Line Dancing M F 9am-11am and June 12th & 26th W 5-7pm Dining Rm No registration required. For all time sessions, the first hour is for beginners and the second hour is intermediate level.

Long-Term Care Insurance: What It Is & How It Works June 19th 10am Game Rm A Many people worry about needing care in the future and how they will get it. Rebecca Goeken, Strong Family Financial, will explain the ins & outs of how LTC Insurance works, in a fun & interesting format! Register By June 18th.

Mah Jongg Lessons M 10am-12pm Multipurpose Rm Class fee \$10. Register by May 31st.

Medicare-Getting Started June 18th 10am-12pm Multipurpose Rm In this session Mercy representatives will help you navigate the many, often confusing, choices that Medicare has to offer. Register by June 14th.

Medicare Q & A June 12th & 26th 9am-11am Lobby Stop by and get your basic Medicare questions answered from Humana.

Member Meeting June 27th 10am Board Rm If you have any questions or suggestions for the AWC, please come and share them.

Memory Screening June 19th 8am-12pm Multipurpose Rm Make your appointment by June 18th at the front desk and get your memory checked by Brandi Schneider of the Schmieding Center.

Modern Swing Dance Class Sat 10-11am Dining Rm Dancing is good for your health! It activates your brain, gives your heart & lungs an aerobic workout, strengthens muscles, and helps your balance. Learn some freestyle swing dance moves with Pat Bell. Class is \$25 for four sessions. Please register by June 5th.

Northwest Lunch & Learn June 12th 12pm Dining Rm Enjoy an educational program from a Northwest physician, along with a delicious lunch. Register by June 7th.

Oil Painting Workshop June 10th 10am Art Rm Learn to oil paint with instructor, Marie Sitton. Each student will complete a small oil painting during class. All supplies included. Class is \$10. Please register by June 6th.

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

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

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-12pm Art Rm

Open Woodcarving TH 10am-12pm Art Rm

Parkinson's Support Group June 5th 1pm Game Rm A Support Group for Parkinson's patients and their families.

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. Register by May 31st.

Photo Club June 11th 11:30am Multipurpose Rm

Pickin' Circle T & TH 1pm Dining Rm All levels are welcome!

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

Pinochle Lessons F 10:30pm Board Rm Instructed by Margot Tarcikowski. Please register by June 6th.

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

Qigong & Tai Chi Workshop June 25th 9-11am Game Room A Join us with our guest, Master Bing, a Taoist monk from China. He will be giving a workshop on Qigong and Tai Chi and their benefits to aging bodies. Workshop is \$10. Register by June 21st.

Red Hats Cookies & Tea June 19th 11:30am Dining Rm Everyone (even if you're not a Red Hatter) is invited to join us as a speaker from Walton Arts Center will present a program. Cookies, sweet tea and coffee will follow. Register by June 17th.

Repurposing You June 26th 10am Game Rm A We all have days when we go through the motions & feel like we come up empty. Counselor, Joshua Duncan, will discuss ways to repurpose your life and get the most out of each day! Register by June 25th.

Sew a Red, White & Blue Table Runner June 3rd 1pm Art Rm Make a patriotic decorative table runner with Marguerite Steiner. \$10 Class fee. Please register by May 29th.

Simple Cooking For You: Fun Salads June 28th 1pm Dining Rm Brenda Depew from Adult Day NWA will demonstrate fun ideas with salads that are sure to satisfy this summer. Taste samples & recipes will be available. \$5 fee. Register by June 21st.

Stroke Support Group June 18th 1pm Multipurpose Rm Facilitated by Primrose Retirement, U of A and UAMS.

Tap Dancing W 10am This class started in May.

Vocal Workshop M 10-11:30am Game Rm B Whether you are a serious singer or a shower singer only, this is a group class for you to embark on the adventure of discovering your natural voice. Instructed by Kristi Peterson. Fee \$45. Register by May 30th.

Yarn Wranglers M 10am-12pm Art Rm

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!