



May 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"> Adult Wellness Center Open Monday through Friday 7:00AM through 7:00PM Saturdays 8am-12noon Phone: 479-631-3333 Fax: 479-986-6803 Website: rogersarkansas.com/wellnesscenter </p>				<p> 1 9-11 Line Dancing 9:00 Scrapbooking Club 12:00 Duplicate Bridge 12:30 Afternoon Tea Dance 1:00 Open Painting 1:00 Bingo 1:30 Pinochle Lessons 3:00 Pinochle </p>
<p> 4 9-11 Line Dancing 9:00 Beginning Bridge Class 10:00 Mah Jongg Lessons 10-2 Blood Drive 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 3:30 Watercolor Painting </p>	<p> 5 9:30 Basic Computer Class 10:00 Hearts Card Group 11:00 Healthy Skin presented by NWACC Nursing Students 12:00 Duplicate Bridge 1:00 Intermediate Computer Class 2:00 Antique Appraising 3:30 Introduction to Drawing </p>	<p> 6 9:00 Beginning Bridge Class 9:30 Open Dominos 10:00 Pottery Class 11:00 Sing-A-Long 11:00 LUNCH- MOWR 1:00 Parkinson's Support Group 1:00 Bridge Club 1:30 Health & Wellbeing Class </p>	<p> 7 10:00 Open Woodcarving Club 10:00 Labyrinth Talk & Walk 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 1:00 Craypas Art Class </p>	<p> 8 9-11 Line Dancing 9:00 Scrapbooking Club 12:00 Duplicate Bridge 1:00 Open Painting 1:00 Bingo 1:00 Writing Group 1:30 Pinochle Lessons 3:00 Pinochle </p>
<p> 11 9-11 Line Dancing 9:00 Beginning Bridge Class 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 3:30 Watercolor Painting 5:30 New Member Q & A </p>	<p> 12 9:30 Basic Computer Class 10:00 Hearts Card Group 11:00 Preventative Health by Dr. Schroeder of Mercy Health 12:00 Duplicate Bridge 1:00 Intermediate Computer Class 2:00 Hootenanny 3:30 Introduction to Drawing </p>	<p> 13 9:00 Beginning Bridge Class 10:00 Pottery Class 10:00 Better Breathers 12 Lunch & Learn: Orthopaedic Options sponsored by Stryker 12:00 Red Hat Society Meeting 1:00 Free Makeover 1:30 Health & Wellbeing Class </p>	<p> 14 10:00 Open Woodcarving Club 11:00 Garden Volunteer Meeting 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 1:00 Bird Watching Class 1:00 Craypas Art Class </p>	<p> 15 9-11 Line Dancing 9:00 Scrapbooking Club 12:00 Duplicate Bridge 12:30 Afternoon Tea Dance 1:00 Open Painting 1:00 Bingo 1:30 Pinochle Lessons 3:00 Pinochle </p>
<p> 18 9-11 Line Dancing 9:00 Beginning Bridge Class 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 3:30 Watercolor Painting </p>	<p> 19 9:00 Vegetable & Herb Planting Class with Perennials Etc... 9:30 Basic Computer Class 10:00 Hearts Card Group 12:00 Duplicate Bridge 12-5 AARP Driver Safety Class 1:00 Intermediate Computer Class 3:30 Introduction to Drawing </p>	<p> 20 9:00 Beginning Bridge Class 9:30 Open Dominos 10:00 Pottery Class 10:00 Veteran's Social 11:00 LUNCH- MOWR 1:00 Bridge Club 1:30 Health & Wellbeing Class </p>	<p> 21 10:00 Open Woodcarving Club 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 1:00 Bunco 1:00 Craypas Art Class </p>	<p> 22 9-11 Line Dancing 9:00 Scrapbooking Club 12:00 Duplicate Bridge 1:00 Open Painting 1:00 Bingo 1:00 Writing Group 1:30 Pinochle Lessons 3:00 Pinochle </p>
<p> 25 Closed for Memorial Day </p> <div style="text-align: center;">  </div>	<p> 26 9:00 New Member Q & A 9:30 Basic Computer Class 10:00 Hearts Card Group 12:00 Duplicate Bridge 1:00 Intermediate Computer Class 2:00 Book Club Meeting 3:30 Introduction to Drawing </p>	<p> 27 9:00 Beginning Bridge Class 9:30 Open Dominos 10:00 Pottery Class 11:00 Potluck Picnic 1:00 Brain Teasers 1:00 Bridge Club 1:30 Health & Wellbeing Class </p>	<p> 28 10:00 Open Woodcarving Club 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 1:00 Craypas Art Class </p>	<p> 29 9-11 Line Dancing 9:00 Scrapbooking Club 12:00 Duplicate Bridge 1:00 Open Painting 1:00 Bingo 1:30 Pinochle Lessons 3:00 Pinochle </p>

ADULT WELLNESS CENTER MAY CLASS & ACTIVITY SCHEDULE

AARP Driver Safety Class May 19th 12-5PM Game Room A
Get a discount on your car insurance. Registration is required. A \$12 fee payable to AARP is required to take the class. For non-AARP members, the class fee is \$14.

Advanced Lifewriting TH 1-3:30PM Multipurpose Room
Improve your writing w/ instructor June Jefferson. Intro Lifewriting is a prerequisite. Registration is required. Class is \$20.

Afternoon Tea Dance & Potluck May 1st & May 15th 12:30-2:30PM in the Dining Room Admission to the dance is \$1 plus bring your favorite snack or dish to share for the Potluck. **12:30-1:00 PM A Free Dancing Lesson will be taught.**

Antique Appraising May 5th at 2:00PM Game Room A
Find out what your treasures are worth. One free appraisal per person. All types of antiques will be assessed except art pieces.

Basic Computer Class T 9:30-11AM Board Room Learn the basic computer operations, internet, and email with John Middleton. Class fee is \$25 and registration is required.

Beginning Bridge Class MW 9-11AM Multipurpose Room
Learn the basics to playing Bridge w/ Suzanne Krutsinger. Class fee is \$45 for 16 lessons over 8 weeks. Registration required.

Better Breathers May 13th 10AM Game Room B Learn how to exercise your lungs and learn tips to live better with pulmonary diseases. Led by a certified respiratory therapist.

BINGO 1-2:30PM F Game Room B Win prizes & have fun!

Bird Watching Class May 14th 1:00 Gazebo Deanna Fletcher will give information and handouts for backyard bird watching.

Blood Drive May 4th 10AM-2PM Game Room A

Book Club Meeting May 26th 2-3:30PM Library Club meets for discussion and to pick next month's book.

Brain Teasers May 27th 1:00-2:00PM Game Room A Facilitated by Fred Bradley. Exercise your mind with fun games.

Bunco May 21st at 1PM Game Room A Everyone is welcome. Cost is \$2 a person. Have a chance to win great prizes.

Bridge Club W 1-4PM Multi-Purpose Room

Craypas TH 1-3PM Arts & Crafts Room Learn how to use craypas (or oil sticks) with Diana Lorenz. Class is \$25 plus the cost of materials. A supply list is available with registration.

Duplicate Bridge F 12-4PM Game Room A

Duplicate Bridge T 12-4PM Game Room B

Free Makeover May 13th at 1PM in Game Room A This Mary Kay makeover is free but registration is required.

Garden Volunteer Mtg May 14th 11AM Board Room

Hearts Card Group T 10AM-12Noon Dining Room
Everyone is welcome to come to play hearts.

Health & Wellbeing Class W 1:30PM Multipurpose Room Learn how to make choices to improve the quality of your life and health. Led by Lilian Burn. Registration is required. Class is \$30 for 8 sessions in May and June.

Healthy Skin May 5th 11AM Game Room A Learn tips for maintaining your skin with NWACC Nursing Students

Hootenanny May 12th 2-3PM Game Room A Join Dr. Jim Elkins & his guitar and sing your favorite old tunes.

Intermediate Computer Class T 1-2:30PM Board Room
Instructed by John Middleton. Build on your current computer knowledge. Class is \$25 and registration is required.

Introduction to Drawing T 3:30PM Arts & Crafts Room
Learn the basics to drawing with pen and various types of pencils w/ Lee Johnson. Class is \$25. Registration required.

Labyrinth Talk & Walk May 7th 10AM AWC Garden
Learn about the Labyrinth & try it out with Lynn Crotser.

Line Dancing MF 9-11 Dining Room No registration.
9-10 AM Beginner Line Dancing Learn the basic steps & beginner level dances. **10-11 AM Advanced Line Dancing** will progress to more difficult steps & dances.

Lunch & Learn: Orthopaedic Options May 13th Dining Room Presented by Judd Simingson sponsored by Stryker Orthopaedics. Enjoy a catered lunch, registration is required

Lunch-MOWR May 6th 11-12 Dining Room Teriyaki Chicken with rice, cucumbers and onions with bread pudding for dessert will be served by Meals on Wheels Rogers. Meals available for \$4. First come, first served.

Lunch- MOWR May 20th 11-12 Dining Room Apple Beef Brisket with red potatoes and cabbage with cake for dessert. Meals available for \$4. First come, first served.

Mah Jongg Lessons M 10-12 Game Room A Instructed by Samantha Scott. Learn how to play this popular Chinese tile game. Registration is required. Class fee is \$10.

New Member Q&A May 11th at 5:30PM and May 26th at 9:00AM in Game Room A New members are welcome to bring their questions and to get more information

Open Dominos M 1-3:30PM Demo Kitchen Room
Open Dominos W 9:30AM-12:00PM Demo Kitchen
Open Hand & Foot TH 1-4PM Demo Kitchen Room
Open Mah Jongg M 1-4PM Game Room A
Open Mah Jongg TH 12:30-4PM Demo Kitchen Room
Open Painting F 1-4PM Arts & Crafts Room
Open Woodcarving Club TH 10-12 Arts & Crafts

Parkinson's Support Group May 6th 1-2PM in Game Room A Missy Walker & Amy Fairbanks of Mercy Health will facilitate. Learn helpful tips for living with PD.

Pinochle M 12:30-3:30PM Game Room B
Pinochle F 3-6PM Game Room B Everyone is welcome.

Pinochle Lessons F 1:30-2:30PM Board Room Learn the basics to playing Pinochle. Class is free but registration is required. Instructed by Margot Tarcikowski.

Potluck Picnic May 27th 11AM Gazebo Bring your favorite dish to share & enjoy the start of summer with members.

Pottery Class I W 10-11:30AM Arts & Crafts Room Instructed by Jim Young. Basics of pottery making. Class and materials fee is \$45, Registration is required.

Preventative Health May 12th 11AM Game Room A
Presented by Dr. Schroeder of Mercy Health System.

Red Hat Society Meeting May 13th 12:00 Demo-Kitchen

Scrapbooking Club F 9AM-12PM Arts & Crafts Room

Sing-A-Long May 6th 11AM Dining Room


Vegetable & Herb Planting May 19th 9AM Garden
Learn how to start & plant your own vegetables and herbs with Perennials Etc. Class is \$10 & registration is required.

Veteran's Social May 20th at 10:00AM Game Room B
Learn about the next National Purple Hearts Convention.

Watercolor Painting M 3:30-5:30 Arts & Crafts Room
Learn watercolor techniques w/ Sandra Woodruff. A supply list is available when you register, class is \$10 plus materials

Writing Group May 8th & May 22nd 1-2:30PM Multi-Purpose Room Facilitated by Sandra Woodruff. Join other writers for active writing & sharing your work.

June 2009

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1 9-11 Line Dancing 9:00 Beginning Bridge Class 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Beginning Ballroom Dance 1:00 Open Dominos 1:00 Open Mah Jongg	2 9:00 Open Scrapbooking 9:30 Intermediate Computer Class 10:00 Hearts Card Group 11:00 Courageous Journey 12:00 Duplicate Bridge 1:00 Basic Computer Class 2:00 Antique Appraising	3 9:00 Beginning Bridge Class 9:30 Open Dominos 11:00 Sing A Long 11:00 LUNCH- MOWR 1:00 Parkinson's Support Group 1:00 Bridge Club 1:30 Health & Wellbeing Class	4 10:00 Open Woodcarving Club 11:00 No Stroke by Dr. Hartz of the Schmieding Center 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 2:00 Gourd Design	5 9-11 Line Dancing 9:00 Scrapbooking Club 12:00 Duplicate Bridge 12:30 Afternoon Tea Dance 1:00 Open Painting 1:00 Bingo 1:30 Pinochle Lessons 3:00 Pinochle
8 9-11 Line Dancing 9:00 Beginning Bridge Class 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Beginning Ballroom Dance 1:00 Open Dominos 1:00 Open Mah Jongg 5:30 New Member Q & A	9 9:00 Open Needle Working 9:30 Intermediate Computer Class 10:00 Hearts Card Group 12:00 Duplicate Bridge 12:00 Abstract Acrylic Painting 1:00 Basic Computer Class 2:00 Hootenanny	10 9:00 Beginning Bridge Class 9:30 Open Dominos 10:00 Better Breathers 11 Lunch & Learn: Peripheral Artery Disease sponsored by EV3 1:00 Free Makeover 1:00 Bridge Club 1:30 Health & Wellbeing Class	11 10:00 Open Woodcarving Club 11:00 Garden Volunteer Meeting 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 1:00 Hypertufa Class 2:00 Gourd Design	12 9-11 Line Dancing 9:00 Scrapbooking Club 12:00 Duplicate Bridge 1:00 Open Painting 1:00 Bingo 1:00 Writing Group 1:30 Pinochle Lessons 3:00 Pinochle
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22 9-11 Line Dancing 9:00 Beginning Bridge Class 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Beginning Ballroom Dance 1:00 Open Dominos 1:00 Open Mah Jongg	23 9:00 Open Needle Working 9:30 Intermediate Computer Class 10:00 Hearts Card Group 12:00 Duplicate Bridge 12:00 Abstract Acrylic Painting 1:00 Basic Computer Class	24 9:00 Beginning Bridge Class 9:00 Container Garden Class 9:30 Open Dominos 1:00 Bridge Club 1:00 Brain Teasers 1:30 Health & Wellbeing Class	25 10:00 Open Woodcarving Club 11:00 Varicose Veins presented by Mercy RNP Kim Bruyere 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 2:00 Gourd Design	26 9-11 Line Dancing 9:00 Scrapbooking Club 12:00 Duplicate Bridge 1:00 Open Painting 1:00 Bingo 1:00 Writing Group 1:30 Pinochle Lessons 3:00 Pinochle
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ADULT WELLNESS CENTER JUNE CLASS & ACTIVITY SCHEDULE

AARP Driver Safety Class June 16th 12-5PM Game Room A Get a discount on insurance. Registration required. A \$12 fee payable to AARP is required, for non-AARP members it is \$14

Abstract Acrylic Painting T 12-2PM Arts & Crafts Room Loosen up with Abstract Painting & learn some new techniques for acrylics w/ instructor Karrie Evenson. Class is \$25 plus the cost of materials. A supply list is available when you register.

Advanced Lifewriting TH 1-3:30PM Multipurpose Room Improve your writing w/ instructor June Jefferson. Intro Lifewriting is a prerequisite. Registration is required. Class is \$20.

Afternoon Tea Dance June 5th & June 19th 12:30PM Dining Room Admission to the dance is \$1 plus bring your favorite snack or dish to share for the Potluck. **12:30-1:00 PM A Free Dancing Lesson will taught by Instructor Judy Potter.**

Antique Appraising June 2nd at 2:00PM Game Room A Find out what your treasures are worth. John Rhea a local antique dealer will provide one free appraisal per person each session. All types of antiques will be assessed except art pieces.

Basic Computer T 1-2:30PM Board Room Learn basic computer operations, the internet, and email with John Middleton. Registration is required. The class fee is \$25.

Beginning Ballroom Dance M 1-2PM Dining Room Learn different dances with instructor Judy Potter. Class is for singles or for couples. The class is \$15 & registration is required.

Beginning Bridge Class MW 9-11AM Multipurpose Room Continuation of 8 week class. No new registrations at this time.

Better Breathers June 10th 10:00AM Game Room B Learn how to exercise your lungs & learn tips to live better with pulmonary diseases w/ Michelle Salsbury, respiratory therapist.

BINGO 1-2:30PM F Game Room B Win prizes & have fun!

Book Club Meeting June 30th 2:00-3:30PM Library Club meets for discussion and to pick next month's book.

Brain Teasers June 24th 1-2PM Game Room A Facilitated by Fred Bradley. Exercise your mind with fun games. Held the last Wednesday of every month. Come join the fun!

Bridge Club W 1-4 Multi-Purpose Room

Bunco June 18th 1PM Game Room A Everyone is welcome. Cost is \$2 a person. Have a chance to win great prizes.

Container Gardening Class June 24th 9:00AM Garden Learn how to make beautiful flower arrangements and make a garden out of containers with a Lowes Nursery Specialist and Master Gardener Lori Fuller. Registration is required. Sign up at the front desk for this class and for more information.

Courageous Journey June 2nd 11AM Game Room A Local author Barbara Youree presents the real life story of Sudanese refugees & their journey to America. This book is the June book of month for the AWC Book Club.

Duplicate Bridge F 12-4PM Game Room A
Duplicate Bridge T 12-4PM Game Room B

Free Makeover June 10th at 1PM in Game Room A This Mary Kay Class is free but registration is required.

Garden Volunteer Mtg June 11th 11AM Game Room A

Gourd Design TH 2-4PM Arts & Crafts Room Learn how to carve and paint gourds with Melissa Barclay. Class is \$20 plus the cost of supplies. Registration is required.

Hearts Card Group T 10AM-12Noon Dining Room Everyone is welcome to play hearts. No experience necessary.

Health & Wellbeing Class W 1:30PM Multipurpose Room Continuation of 8 week class. No new registrations.

Hootenanny June 9th 2:00-3:00PM Game Room A Join Dr. Jim Elkins & his guitar and sing your favorite old tunes.

Hypertufa Class June 11th 1-4 PM Gazebo Learn how to make a lightweight old English trough style pot. Make these decorative pots in different shapes and custom designs with Becky Tufts. Class is free but materials are not included. A supply list will be provided when you register for the class.

Intermediate Computers T 9:30-11:00AM Board Room Instructed by John Middleton. Build on your current computer knowledge. Registration is required & the class is \$25.

Line Dancing MF 9-11 Dining Room 9-10AM
Beginner Line Dancing Learn the basic steps & beginner level dances. **10-11AM Advanced Line Dancing** will progress to more difficult steps & dances.

Lunch & Learn: Peripheral Artery Disease June 10th 11AM Dining Room presented by Dr. Amr El Shafei of Northwest Medical Heart & Vascular Clinic. A free catered lunch will be provided by EV3. Registration is required.

Lunch-MOWR June 3rd 11-12 Dining Room Ham, yams & green beans with cheesecake for dessert provided by the Meals on Wheels Rogers. Meal is \$4. First come, first served.

Lunch-MOWR June 17th 11-12Noon Dining Room Chicken Tetrizzini with garlic bread and green beans served with cake. Meal is \$4. Available first come, first served.

Mah Jongg Lessons M 10-12Noon Game Room A Instructed by Samantha Scott. Learn how to play this popular Chinese Tile game. Registration is required. Class fee is \$10.

New Member Q&A June 8th at 5:30PM or June 30th at 9:00AM Game Room A New members are welcome to bring their questions and to get more information.

No Stroke June 4th at 11AM Game Room A Learn how to prevent a stroke with Dr. Hartz of the Schmieding Center.

Open Dominos M 1-3:30PM Demo Kitchen Room
Open Dominos W 9:30AM-12:00PM Demo Kitchen
Open Hand & Foot TH 1-4PM Demo Kitchen Room
Open Mah Jongg M 1-4PM Game Room A
Open Mah Jongg TH 12:30-4PM Demo Kitchen Room
Open Needleworking 2nd & 4th T 9-12 Arts & Crafts
Open Painting F 1-4PM Arts & Crafts Room
Open Scrapbooking 1st & 3rd T 9-12 Arts & Crafts
Open Woodcarving Club TH 10-12 Arts & Crafts

Parkinson's Support Group June 3rd 1-2PM in Game Room A Facilitated by Missy Walker w/ Mercy Health System. Learn helpful tips for living with Parkinson's Disease.

Pinochle M 12:30- 3:30PM Game Room B
Pinochle F 3-6PM Game Room B

Pinochle Lessons F 1:30-2:30PM Board Room Learn the basics to playing Pinochle. Class is free but registration is required. Instructed by Margot Tarcikowski.

Scrapbooking Club F 9-12Noon Arts & Crafts Room

Sing A Long June 3rd 11AM Dining Room

Varicose Veins June 25th at 11AM Game Room A Learn about causes and treatment for varicose veins with Mercy Health System Registered Nurse Practitioner Kim Bruyere.

Veteran's Social June 17th at 10AM Game Room B Come join other Veterans to visit and share stories.

Writing Group June 12th & June 26th 1-2:30PM Multipurpose Room Facilitated by Sandra Woodruff. Join other writers for active writing, sharing your work, & ideas.