



JULY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 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 Open Dominos 5:30 Ballroom Dancing*</p>	<p>3 8:15 Zumba* 10:00 Guitar Lessons* 12:00 Duplicate Bridge 1:00 Pickin' Circle</p>	<p>4 AWC Closed</p> 	<p>5 8:15 Zumba* 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot 1:00 Sew Together 3:00 Hand Stitchers</p>	<p>6 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:30 Pinochle Lessons* 12:00 Duplicate Bridge 12:30 Pinochle 4:00 Watercolor Class* 4:30-6:30 FreeStyle & Swing Dance</p>
<p>9 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:00 Yarn Wranglers 12:00 Open Mah Jongg 1:00 Creative Card Making* 12:30 Pinochle/1:00 Dominos 4:00 Watercolor Pencil* 5:30 Ballroom Dancing*</p>	<p>10 8:15 Zumba* 10:00 Guitar Lessons* 10:00 Labyrinth Walking* 11:30 Photo Club 12:00 Duplicate Bridge 1:00-3:00 Tech Tutoring* 1:00 Pastel Class-Tuesday* 1:00 Pickin' Circle</p>	<p>11 <i>Pet Photo Display Starts</i> 9:00-11:00 Medicare Q & A 9:30 Open Dominos 10:00 Pastel Class-Wednesday* 1:00 Parkinson's Support Group 1:00 Bridge Club 2:00 Pottery Studio* 5:00 Line Dancing</p>	<p>12 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 Sew Together/3:00 Hand Stitchers</p>	<p>13 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:30 Pinochle Lessons* 12:00 Duplicate Bridge 12:30 Pinochle 4:00 Watercolor Class* 4:30-6:30 FreeStyle & Swing Dance</p>
<p>16 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 Completely Framed* 1:00 Open Dominos 4:00 Watercolor Pencil* 5:30 Ballroom Dancing*</p>	<p>17 8:15 Zumba* 9:00-1:00 AARP Driver Safety* 10:00 Guitar Lessons* 12:00 Duplicate Bridge 1:00 Pastel Class-Tuesday* 1:00-3:00 Tech Tutoring* 1:00 Pickin' Circle</p>	<p>18 <i>Book Sale Starts Today at 1pm</i> 9:30 Open Dominos 10:00 Pastel Class-Wednesday* 11:00 Red Hats Lunch & Museum Visit 1:00 Bridge Club 2:00 Pottery Studio*</p>	<p>19 <i>Book Sale</i> 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 Sew Together 3:00 Hand Stitchers</p>	<p>20 <i>Book Sale</i> 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:30 Pinochle Lessons* 12:00 Duplicate Bridge 12:30 Pinochle 4:00 Watercolor Class* 4:30-6:30 FreeStyle & Swing Dance</p>
<p>23 <i>Texas Display Starts</i> 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:00 Yarn Wranglers 12:00 Open Mah Jongg 12:30 Basket Weaving* 12:30 Pinochle 1:00 Open Dominos 4:00 Watercolor Pencil* 5:30 Ballroom Dancing*</p>	<p>24 8:15 Zumba* 10:00 Guitar Lessons* 12:00 Duplicate Bridge 1:00 Pastel Class-Tuesday* 1:00-3:00 Tech Tutoring* 1:00 Pickin' Circle</p>	<p>25 9:00-11:00 Medicare Q & A 9:30 Open Dominos 10:00 Pastel Class-Wednesday* 11:00 Ozark Culinary History with Author, Erin Rowe* 1:00 Bridge Club 2:00 Pottery Studio* 5:00 Line Dancing</p>	<p>26 8:15 Zumba* 10:00 Member Meeting 10:00 Open Woodcarving 11:00 LIFT for Widows & Widowers* 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot 1:00 Sew Together 3:00 Hand Stitchers</p>	<p>27 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:30 Pinochle Lessons* 12:00 Duplicate Bridge 12:30 Pinochle 1:00 State Roundup: Texas* 4:00 Watercolor Class* 4:30-6:30 FreeStyle & Swing Dance</p>
<p>30 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 Open Dominos 1:00 Sewing Christmas in July* 4:00 Watercolor Pencil* 5:30 Ballroom Dancing*</p>	<p>31 8:15 Zumba* 10:00 Free Guitar Lesson 11:00 Investment University* 12:00 Duplicate Bridge 1:00 Pastel Class-Tuesday* 1:00 Pickin' Circle 1:00-3:00 Tech Tutoring* 2:00 Book Club</p>	<p>Saturday Morning FreeStyle & Swing Dancing 9:00-11:00am Dining Rm</p>	 <p>Saturdays at 8:15 am Free for Silver & Fit Members</p>	<p>Adult Wellness Center Monday through Friday 7AM through 7PM Saturdays 8AM-12PM Phone: 479-631-3333 Website: www.rogersar.gov</p>

ADULT WELLNESS CENTER JULY CLASS & ACTIVITY SCHEDULE

AARP Driver Safety July 17th 9am-1pm Game Room A
 Learn safe driving tips and save money on your car insurance! Class is \$15 for AARP members and \$20 for others. Register by July 13th.

Ballroom Dancing M 5:30-6:30pm Dining Rm This month we will be learning the Tango! Instructed by Jerry Kendrick, Dance & Swing. Class fee \$25. Register by June 29th.

Basket Weaving July 23rd 12:30pm-4pm Art Room
 Debbie Hurd will instruct you to make your own beautiful basket. Class is \$5 plus \$25 to instructor for supplies. Register by July 19th.

Book Club July 31st 2pm-3:30pm Board Rm

Book Sale starts at 1pm July 18th and goes until July 21st Board Rm Come and pick up a good read at the AWC Book Sale. All proceeds benefit the AWC. If you have new or gently used books or DVD's to donate for the sale, please bring them by July 16th.

Bridge Club W 1pm Game Rm B

BUNCO July 19th 1pm Game Rm A
 Have a fun afternoon playing BUNCO with us! Only \$2 to play.

Caregiver Support Group July 19th 10am Multipurpose Rm
 If you are a family caregiver, then this group is for you! Facilitated by the Alzheimer's Association. New faces always welcome!

Coffee with the Elder Law Attorney July 12th 9-11am Game Rm A
 Get your personal estate or long-term care questions answered by attorneys from the Elder Law Practice of Elrod & Whatley.

Completely Framed July 16th 1pm Art Rm
 Complete your painting start to finish in 2 hours with instructor, Marie Sitton. You will leave with your completely framed creation. Class is \$5 plus \$5 to instructor for supplies. Register by July 13th.

Creative Card Making July 9th 1pm Art Rm
 Learn to make pretty, unique cards from Instructor, Genice Banning! Class is \$5 plus \$15 to instructor for supplies. Register by July 6th.

Duplicate Bridge T 12-4pm Game Room B

Duplicate Bridge F 12-4pm Game Rm A

Free Guitar Lesson July 31st 10am-12pm Dining Rm
 If you've always wanted to try guitar lessons, this is your chance to see what they're like. For free! Bring your guitar and join us!

FreeStyle & Swing Dance F 4:30-6:30pm S 9:00-11:00am Dining Rm Come unwind from the week! Shake a leg, freestyle, dance and swing! Awesome music provided by Pat Bell!

Garden Volunteer Meeting July 12th 10am Board Rm

Guitar Lessons T 10am-12pm Dining Rm
 For beginners or for those with some experience! \$45 class fee for four sessions. Register by July 2nd.

Hand Stitchers TH 3pm-5pm Art Rm
 Bring your own project or come learn a new technique. Embroidery, crewel, needlepoint, felt work, cross-stitch, crochet or any other handwork you like to do.

Investment University July 31st 11am Game Rm A
 Learn about your investment risk verses your investment return in the current market. Presented by Mark Chambers and Amie Fielder of Thrasher & Chambers. Register by July 30th.

Labyrinth Walking July 10th 10am Dining Rm
 Our AWC Labyrinth has newly planted grass and is beautiful this year. Learn about the benefits of Labyrinth walking from Lynn Croster. Please register by July 9th.

Lifewriting TH 1pm-3pm Multipurpose Rm
 Join others who are writing the stories of their lives and developing memoir.

LIFT for Widows & Widowers TH July 26th 11am Dining Rm
 For those who have lost a spouse, this group meets for a delicious lunch and fun activity together. Sponsored by Dignity Memorial Register by June 23rd.

Line Dancing M F 9am-11am & W July 11th & 25th 5-7pm Dining Rm No registration is required. For all time sessions, the first hour is for beginners and the second hour is for intermediate level.

Mah Jongg Lessons M 10am-12pm Multipurpose Rm
 Learn to play this popular Chinese tile game. Class fee \$10 for four sessions on Mondays. Please register by June 29th.

Medicare Q & A July 11th & 25th 9am-11am Board Rm
 Get your basic Medicare questions answered by representatives from Humana.

Member Meeting July 26th 10am Board Rm
 If you have questions about the AWC or suggestions for us, please attend the monthly member meeting.

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 12pm-4pm Multipurpose Rm

Open Paper Crafting F 9am-12pm Art Rm

Open Woodcarving TH 10am-12pm Art Rm

Ozark Culinary History with Author, Erin Rowe July 25th 11am Game Rm A Local author Erin Rowe will discuss the local history behind Ozark cuisine. You won't want to miss this interesting discussion! Register by July 23rd.

Parkinson's Support Group July 11th 1pm Dining Rm
 This support group is for anyone with Parkinson's Disease and their family and caregivers. New faces always welcome!

Pastel Class T at 1pm starts July 10th or W 10am starts July 11th Art Rm Learn pastel with Barbara Iglehart. Choose from the Tuesday or Wednesday class. Supplies provided during class. Fee \$30 for four sessions. Register by July 9th.

Pet Photo Display starts July 11th AWC Lobby
 Bring in a photo of your pet (or pets) by July 10th and we'll show them off in our display to celebrate All-American Pet Day!

Photo Club July 10th 11:30am-1:30pm Multipurpose Rm
 Join other AWC members who enjoy photography! Share your own photos and learn tips to make you an even better photographer!

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

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

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

Pinochle Lessons F 10:30-11:30am Board Rm
 Free lessons by Margot Tarcikowski. Please register by July 5th.

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

Red Hats Lunch & Museum Visit July 18th 11am
 Meet in AWC lobby at 11am to car pool to Hapa's Hawaiian Grill in Rogers. After lunch we will visit to the new Rogers Historical Museum. And we'll discuss important details for our future events, so please make your best effort to attend. Be sure to wear your red hat!

Sew Together TH 1-3pm Art Rm
 Bring your projects to the art room and work on them with others who sew. It's even more fun together!

Sewing Christmas in July 1pm-3pm July 30th Art Rm
 It's never too early to start thinking about Christmas! Sew a holiday craft project with Marguerite Steiner. Fee \$10. Register by July 26th.

State Roundup: Texas July 27th 1pm Dining Rm
 Join us for an afternoon of connecting with other Texas folks and celebrate the Lone Star State. Refreshments will be served. Register by July 26th.

Tech Tutoring Tuesdays starting July 10th 1:00-3:00pm
 Sign up for a private 1/2 hour tutor session with Becky Booher. Becky can help with your own private questions for your laptop, I-Pad, or cell phone that you bring with you. Sign up at the front desk a.s.a.p. to reserve your appointment. Price is \$15 per session.

Texas Display starts July 23rd AWC Lobby
 This month our State Roundup state is Texas. If you have any Texas memorabilia that you would like to loan for our display, please bring it to Brandy by July 20th.


Watercolor Class F 4pm Art Rm
 Sandra Woodruff will instruct one of her most popular classes here at the AWC, Watercolor. All levels welcome. Class is \$20 for four sessions, plus supplies. Register at front desk and pick up supply list by July 3rd.

Watercolor Pencil M 4pm-Starts July 9th Art Rm
 Sandra Woodruff will teach you to create paintings using watercolor pencils. Class is \$20 for four sessions, plus supplies. Register at front desk and pick up supply list by July 6th.

Yarn Wranglers M 10am-12pm Art Rm
 Come and bring your own yarn project and work with us!

Zumba T&TH 8:15am Saturdays at 8:15am Dining Rm & Wellness Studio Led by Lilia Gamez, Zumba uses Latin music and dance for a fun, effective workout. Monthly class fee is \$25 for T/TH and \$15 for Saturdays. Classes are free for Silver & Fit members!

AUGUST 2018

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Saturdays at 8:15 am Free for Silver & Fit Members</p>	<p>Saturday Morning FreeStyle & Swing Dancing 9:00-11:00am Dining Rm</p>	<p>1 9:30 Open Dominos 10:00 Pastel Class-Wednesday (last session of July class) 11:00 Change Your Taste Buds, Change Your Food Habits* 1:00 Bridge Club 1:00 Parkinson's Support Group 2:00 Pottery Studio* (last session of July studio)</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 Sew Together 3:00 Hand Stitchers</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 1:00 Root Beer Floats in the Garden* 4:30-6:30 FreeStyle & Swing Dance</p>
<p>6 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 Open Dominos 4:00 Watercolor Class* 5:30 Ballroom Dance*</p>	<p>7 8:15 Zumba* 10:00 Guitar Lessons* 11:00 Headaches Decoded* 12:00 Duplicate Bridge 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 Pastel Class-Wednesday* 11:00 Change Your Taste Buds, Change Your Food Habits* 1:00 Bridge Club 2:00 Pottery Studio* 5:00 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 Hand & Foot 1:00 Sew Together 3:00 Hand Stitchers</p>	<p>10 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:30 Pinochle Lessons* 12:00 Duplicate Bridge 12:30 Pinochle 4:00 Watercolor Pencil* 4:30-6:30 FreeStyle & Swing Dance</p>
<p>13 9:00-11:00 Line Dancing 10:00-2:00 Blood Drive 10:00 Mah Jongg Lessons* 10:00 Yarn Wranglers 12:00 Open Mah Jongg 12:30 Basket Weaving* 12:30 Pinochle 1:00 Open Dominos 4:00 Watercolor Class* 5:30 Ballroom Dance*</p>	<p>14 8:15 Zumba* 10:00 Guitar Lessons* 11:00 Taking Care of Your Hips* 11:30 Photo Club 12:00 Duplicate Bridge 1:00 Pastel Class-Tuesday* 1:00 Pickin' Circle</p>	<p>15 9:30 Open Dominos 10:00 Pastel Class-Wednesday* 11:00 Change Your Taste Buds, Change Your Food Habits* 11:00 Stroke: Minutes Matter* 11:30 Red Hats Cowgirl Day* 1:00 Bridge Club 2:00 Pottery Studio*</p>	<p>16 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 Sew Together 3:00 Hand Stitchers</p>	<p>17 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:30 Pinochle Lessons* 12:00 Duplicate Bridge 1:00 Back to School Bingo 12:30 Pinochle 4:00 Watercolor Pencil* 4:30-6:30 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 Creative Card Making* 1:00 Open Dominos 4:00 Watercolor Class* 5:30 Ballroom Dance*</p>	<p>21 8:15 Zumba* 9:00-1:00 AARP Driver Safety 10:00 Guitar Lessons* 12:00 Duplicate Bridge 1:00 Pastel Class-Tuesday* 1:00 Pickin' Circle</p>	<p>22 9:00-11:00 Medicare Q & A 9:30 Open Dominos 9:00-11:00 Aging into Medicare* 10:00 Pastel Class-Wednesday* 11:00 Change Your Taste Buds, Change Your Food Habits* 1:00 Bridge Club 2:00 Pottery Studio* 5:00 Line Dancing</p>	<p>23 8:15 Zumba* 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot 1:00 Sew Together 3:00 Hand Stitchers</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 4:00 Watercolor Pencil* 4:30-6:30 FreeStyle & Swing Dance</p>
<p>27 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 Open Dominos 4:00 Watercolor Class* 5:30 Ballroom Dance*</p>	<p>28 8:15 Zumba* 10:00 Guitar Lessons* 12:00 Duplicate Bridge 1:00 Pastel Class-Tuesday* 1:00 Pickin' Circle 2:00 Book Club</p>	<p>29 9:30 Open Dominos 10:00 Pastel Class-Wednesday* 10:00 Your Bucket List* 11:00 Change Your Taste Buds, Change Your Food Habits* 12:00 Summer Salad Potluck 1:00 Bridge Club 2:00 Pottery Studio*</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 Sew Together 3:00 Hand Stitchers</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 4:00 Watercolor Pencil* 4:30-6:30 FreeStyle & Swing Dance</p>

ADULT WELLNESS CENTER AUGUST CLASS & ACTIVITY SCHEDULE

AARP Driver Safety Aug 21st 9am-1pm Game Room A

Learn safe driving tips and save money on your car insurance! Class is \$15 for AARP members and \$20 for others. Register by Aug 17th.

Aging into Medicare August 22nd 9am-11am Game Rm A

This is an informational session that will be very beneficial to people planning on getting on Medicare soon. Refreshments will be served. Register by August 20th.

Back to School Bingo Aug 17th 1pm Dining Rm

Join us for an afternoon of Bingo, refreshments, and fun! \$5 to play and a chance to win gift certificates!

Ballroom Dancing M 5:30-6:30pm Dining Rm This month we will be learning the Tango! Instructed by Jerry Kendrick, Dance & Swing. Class fee \$25. Register by Aug 3rd.

Basket Weaving Aug 13th 12:30pm-4pm Art Room

Debbie Hurd will instruct you to make your own beautiful basket. Class is \$5 plus \$25 to instructor for supplies. Register by Aug 9th.

Blood Drive Aug 13th 10am-2pm Game Rm A

Help your community and donate blood with Community Blood Center of the Ozarks. Free summer t-shirt with blood donation!

Book Club Aug 28th 2pm-3:30pm Board Rm**Bridge Club W 1pm Game Rm B****BUNCO Aug 16th 1pm Game Rm A**

\$2 to play! Everyone welcome!

Caregiver Support Group Aug 16th 10am Board Rm

If you are a family caregiver, then this group is for you! Facilitated by the Alzheimer's Association. New faces always welcome!

Change Your Taste Buds, Change Your Food Habits**Wednesdays in August 11am to 12:30pm Multipurpose Rm**

Spend 5 sessions learning and experimenting with food habits that harm you and food habits that benefit you. There will be a field trip to the supermarket for one class and a potluck for "graduation". Lillian Bern, Holistic Therapist will inform, entertain, and help you become a healthier & lighter you. Class is \$35. Please register by July 30th.

Coffee with the Elder Law Attorney Aug 9th 9-11am Game Rm A

Get your personal estate or long-term care questions answered by attorneys from the Elder Law Practice of Elrod & Whatley.

Creative Card Making Aug 20th 1pm Art Rm

Learn to make pretty, unique cards from Instructor Genice Banning! Class is \$5 plus \$15 to instructor for supplies. Register by Aug 17th.

Duplicate Bridge T 12-4pm Game Rm B**Duplicate Bridge F 12-4pm Game Rm A****FreeStyle & Swing Dance F 4:30-6:30pm S 9-11am 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 Aug 9th 10am Board Rm

Many hands make light work! We are always looking for extra hands to help in our beautiful AWC garden!

Guitar Lessons T 10am-12pm Dining Rm This class is for beginners or players with some experience. \$45 class fee for four sessions. Please register by Aug 6th.

Hand Stitchers TH 3pm-5pm Art Rm

Bring your own project or come learn a new technique. Embroidery, crewel, needlepoint, felt work, cross-stitch, crochet or any other handwork you like to do.

Headaches Decoded Aug 7th 11am Game Rm A

Headaches are a common problem, but many people don't know much about why they happen and how to prevent them. Find out about the different types of headaches and triggers that might cause them from Misty Burkes at Humana. Register by Aug 6th.

Lifewriting TH 1pm-3pm Multipurpose Rm

Join others who are writing the stories of their lives.

Line Dancing M F 9am-11am & W Aug 8th & 22nd 5-7pm

Dining Rm No registration is required. For all time sessions, the first hour is for beginners and the second hour is for intermediate level.

Mah Jongg Lessons M 10am-12pm Multipurpose Rm

Learn to play this popular Chinese tile game. Class fee \$10. Register by Aug 3rd.

Medicare Q & A Aug 8th & 22nd 9am-11am Board Rm

Get your basic Medicare questions answered by representatives from Humana.

Member Meeting Aug 30th 10am Board Rm

If you have questions about the AWC or suggestions for us, please attend the monthly member meeting.

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 Aug 1st 1pm Dining Rm**

Support Group for Parkinson's patients and their families.

Pastel Class T at 1pm or W 10am starts Aug 8th Art Rm

Learn pastel with Barbara Iglehart. Choose from the Tuesday or Wednesday class. Supplies provided during class. Fee \$30 for four sessions. Register by Aug 6th.

Photo Club Aug 14th 11:30am Multipurpose Rm

Join other AWC members who enjoy photography! Share your own photos and learn tips to make you an even better photographer!

Pickin' Circle T 1pm Dining Rm Bring your instrument and come pick with us! All levels are welcome!

Pinochle M 12:30-3:30pm Game Rm B**Pinochle F 12:30-3:30pm Game Rm B****Pinochle Lessons F 10:30-11:30am Board Rm**

Instructed by Margot Tarcikowski. Please register by Aug 2nd.

Pottery Studio W 2-4pm Art Rm

This is for advanced, independent students only. \$25 monthly package includes 12.5 pounds of clay, use of equipment during studio time, and six pieces fired per month.

Red Hats Cowgirl Day Aug 15th 11:30am Game Rm A

We will be having a Wild West lunch including chili, cornbread, veggies with dip, and peach cobbler. Dress in Western wear and don't forget your red hat!

Root Beer Floats in the Garden Aug 3rd 1pm AWC Garden

Relax and have a sweet treat in the beautiful AWC Garden. Please register by Aug 1st.

Sew Together TH 1-3pm Art Rm

Bring your projects to the art room and work on them with others who sew. It's even more fun together!

Stroke: Minutes Matter Aug 15th 11am Game Rm A

Mercy RN and Stroke Program Coordinator, Mary Tabor, will give information on stroke risk factors, symptoms, and the best steps to take in the event of a stroke. Please register by Aug 14th.

Summer Salad Potluck August 29th 12pm Dining Room

Let's beat the heat of summer and enjoy a meal together! Bring your favorite salad and join us for a cool lunch together.

Taking Care of Your Hips Aug 14th 11am Game Rm A

Learn about taking care of your hips, preventing injuries, and healing from injuries. Presented by Zach White & Hannah Bohl of SERC Physical Therapy. Register by Aug 13th.

Watercolor Class M 4pm Art Rm

Sandra Woodruff will instruct one of her most popular classes here at the AWC, Watercolor. All levels welcome. Class is \$20 for four sessions, plus supplies. Register at front desk and pick up supply list by Aug 3rd.

Watercolor Pencil F 4pm-Starts Aug 10th Art Rm

Sandra Woodruff will teach you to create paintings using watercolor pencils. Class is \$20 for four sessions, plus supplies. Register at front desk and pick up supply list by Aug 8th.

Yarn Wranglers M 10am-12pm Art Rm

Come and bring your own yarn project and work with us!

Your Bucket List Aug 29th 10am Game Rm A

Do you have dreams or aspirations that you haven't been able to realize yet? It's time to fulfill them! If not now, when?!?! In this session we'll focus on 3 goals and develop plans to accomplish them on a timeline with gusto! Presented by Steve Monaco.

Zumba T&TH 8:15am Saturdays at 8:15am Dining Rm &

Wellness Studio Led by Lilia Gamez, Zumba uses Latin music and dance for a fun, effective workout. Monthly class fee is \$25 for T/TH and \$15 for Saturdays. Free for Silver & Fit members!