

MARCH 2020

Also check out our Fitness and Pool class schedules at the front desk!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9:00-11:00 Line Dancing 9:00-11:00 Tech Tutoring* 10:00 Mah Jong Lessons* 10:00 Yarn Wranglers/10:30 Euchre 11:30 Essentrics Classical Stretch* 12:00 Mah Jongg/12:30 Pinochle 1:00 Creative Card Making* 1:00 Open Mexican Train Dominos 3:00 Pinochle Lessons* 5:30 Ballroom Dance*</p>	<p>3 8:15 Zumba* 10:00 Guitar Lessons* 11:00 How to Prepare for Taxes Before, During & After Retirement* 12:00 Duplicate Bridge 1:00 Pastel-Tuesday* 1:00 Pickin' Circle</p>	<p>4 9:00 Coffee With a Cop* 9:30 Open Dominos 10:00 Diamond Painting 10:00 Pastel-Wednesday* 1:00 Bridge Club 1:00 Parkinson's Support Group 2:00-4:00 Pottery Studio* 5:00-7:00 Line Dancing</p>	<p>5 8:15 Zumba* 10:00 Open Woodcarving 11:00 Enjoy Life Gluten Free* 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot 1:00 Pickin' Circle</p>	<p>6 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Qigong Class* 12:00 Duplicate Bridge 12:30 Pinochle 4:00 Painting Landscapes Four Ways* 5:00-6:30 TGIF: Dancing & Fun</p>
<p>9 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:00 Windows 10 Class* 10:00 Yarn Wranglers/10:30 Euchre 11:30 Essentrics Classical Stretch* 12:00 Mah Jongg/12:30 Pinochle 1:00 Oil Painting Workshop* 1:00 Open Mexican Train Dominos 3:00 Pinochle Lessons* 3:15 Gardening A-Z* 5:30 Ballroom Dance*</p>	<p>10 8:15 Zumba* 9:00-11:00 Blood Pressure & Fall Risk Assessments 9:00 Bridge Lessons* 10:00 Guitar Lessons* 11:30 Photo Club 12:00 Duplicate Bridge 1:00 Pastel-Tuesday* 1:00 Pickin' Circle</p>	<p>11 9:00-11:00 Medicare Q & A 9:30 Open Dominos 10:00 Diamond Painting 10:00 Pastel-Wednesday* 11:00 Air Power Lung Society 12:00 Northwest Lunch & Learn: Joint Pain & Robotic Surgery* 1:00 Bridge Club 2:00-4:00 Pottery Studio* 5:00-7:00 Line Dancing</p>	<p>12 8:15 Zumba* 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>13 9:00-11:00 Blood Pressure & Fall Risk Assessments 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Qigong Class* 12:00 Duplicate Bridge 12:30 Pinochle 4:00 Painting Landscapes Four Ways* 5:00-6:30 TGIF: Dancing & Fun</p>
<p>16 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:00 Windows 10 Class* 10:00 Yarn Wranglers/10:30 Euchre 11:30 Essentrics Classical Stretch* 12:00 Mah Jongg/12:30 Pinochle 1:00 Open Mexican Train Dominos 3:00 Pinochle Lessons* 3:15 Gardening A-Z* 5:30 Ballroom Dance*</p>	<p>17 8:15 Zumba* 9:00-1:00 AARP Driver Safety* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 10:00 Medicare: Getting Started* 12:00 Duplicate Bridge 12:00 St. Patty's Day Soup Cook-off 1:00 Pastel-Tuesday*/Pickin' Circle 1:00 Stroke Support Group</p>	<p>18 9:30 Open Dominos 10:00 Diamond Painting 10:00 Pastel-Wednesday* 11:00 Wellness Wisdom Workshop: Emotions* 11:30 Red Hats Lunch Out* 1:00 Bridge Club 2:00-4:00 Pottery Studio* 5:00-7:00 Line Dancing</p>	<p>19 8:15 Zumba* 10:00 Caregiver Support Group 10:00 Open Woodcarving 11:00 Let's Talk: Developing Habits That Serve You* 12:00 Open Mah Jongg 1:00 BUNCO 1:00 Lifewriting 1:00 Open Hand & Foot 1:00 Pickin' Circle</p>	<p>20 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Qigong Class* 12:00 Duplicate Bridge 12:30 Pinochle 1:00 AWC Bingo Party 4:00 Painting Landscapes Four Ways* 5:00-6:30 TGIF: Dancing & Fun</p>
<p>23 9:00-11:00 Line Dancing 9:00-11:00 Tech Tutoring* 10:00-2:00 Blood Drive* 10:00 Mah Jongg Lessons* 10:00 Yarn Wranglers/10:30 Euchre 11:30 Essentrics Classical Stretch* 12:00 Mah Jongg/12:30 Pinochle 1:00 Open Mexican Train Dominos 3:00 Pinochle Lessons* 3:15 Gardening*/5:30 Ballroom*</p>	<p>24 8:15 Zumba* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 11:00 Resources for Lower Incomes* 12:00 Duplicate Bridge 1:00 Pastel-Tuesday* 1:00 Pickin' Circle</p>	<p>25 9:00-11:00 Medicare Q & A 9:30 Open Dominos 10:00 Diamond Painting 10:00 Pastel-Wednesday* 11:00 The 2020 Census* 1:00 Bridge Club 1:00 Make Your Own Water Bottle Cozy* 2:00-4:00 Pottery Studio* 5:00-7:00 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 Pickin' Circle</p>	<p>27 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Qigong Class* 12:00 Duplicate Bridge 12:30 Pinochle 4:00 Painting Landscapes Four Ways* 5:00-6:30 TGIF: Dancing & Fun</p>
<p>30 9:00-11:00 Line Dancing 9:00-11:00 Tech Tutoring* 10:00 Mah Jongg Lessons* 10:00 Yarn Wranglers/10:30 Euchre 11:30 Essentrics Classical Stretch* 12:00 Mah Jongg/12:30 Pinochle 1:00 Open Mexican Train Dominos 1:00 Spring Sewing Project* 3:00 Pinochle Lessons* 3:15 Gardening*/5:30 Ballroom*</p>	<p>31 8:15 Zumba* 9:00 Bridge Lessons* 10:00 Guitar Concert 11:00 The 10 Warning Signs of Alzheimer's* 12:00 Duplicate Bridge 1:00 Pickin' Circle 2:00 Book Club</p>	<p>Free ZUMBA Workshops are coming up Saturday, March 7th!</p> <p><i>8:30am Zumba Gold & 9:30am Zumba Gold Toning</i></p>	<p>New 6-Week Saturday ZUMBA Classes start March 14th!</p> <p>Zumba Gold at 8:30am Zumba Gold Toning at 9:30am</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 MARCH CLASS & ACTIVITY SCHEDULE

AARP Driver Safety Mar. 17th 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 Mar. 13th.

Air Power Lung Society Mar. 11th 11am Game Rm A

AWC Bingo Party Mar. 20th 1pm Dining Rm Only \$5 to play!

Ballroom Dance M 5:30pm Dining Room In March & April, Jerry Kendrick will teach students to do the Rhumba. No partner is required. Class is \$25 per month. Please register by Feb 28th.

Blood Drive Mar. 23rd 10am-2pm Game Rm A

Blood Pressure & Fall Risk Assessments Mar. 10th & 13th 9am-11am Board Room From the U of A Nursing program.

Book Club Mar. 31st 2pm Board Rm New faces welcome!

Bridge Club W 1pm Game Rm B

Bridge Lessons T 9-11am Starts Mar. 10th Game Rm B Have you been wanting to take up bridge? Jeff Starr can teach you! Monthly fee \$25. Register at the front desk by Mar. 6th.

BUNCO Mar. 19th 1pm Game Rm A Only \$2 to play!

Caregiver Support Group Mar. 19th 10am Board Rm Facilitated by the Alzheimer's Association. All are welcome!

Coffee with a Cop Mar. 4th 9am Game Room A Chief Minor of the Rogers Police Department will discuss Rogers crime statistics and answer questions. Register by Mar. 3rd.

Creative Card Making Mar. 2nd 1pm Art Rm Learn to make beautiful card projects with Genice Banning. Class is \$5 plus \$15 to the instructor for supplies. Register by Feb. 28th.

Diamond Painting W 10am-12pm Multipurpose Rm

Duplicate Bridge T 12-4pm Game Rm B

Duplicate Bridge F 12-4pm Game Rm A

Enjoy Life Gluten Free Mar. 5th 11am Board Rm If you have a gluten-free or dairy-free diet, please join us! Register by Mar. 4th.

Essentrics Classical Stretch M 11:30AM Dining Rm Cindee Johnson leads this class which tones, shapes, strengthens and relieves stress. \$20 monthly fee. Register at the front desk.

Garden Volunteer Meeting Mar. 12th 10am Board Rm

Gardening A to Z Starts March 9th M 3:15pm Board Rm Be a part of our AWC Vegetable Gardeners led by Master Gardener, Jim Gately. Class is \$10 per month through the summer. Space limited. Register by March 6th.

Guitar Concert Mar 31st 10am-12pm AWC Lounge

Guitar Lessons T 10am-12pm Dining Rm For any level of player. \$45 class fee for four sessions. Register by Mar. 2nd.

How to Prepare for Taxes Before, During and After Retirement Mar. 3rd 11am Game Rm A Learn about the SECURE Act, which directly affects retirement plans for many people from Judy Coker and Alan Bender. Register by Mar. 2nd.

Let's Talk: Developing Habits That Serve You Mar. 19th 11am Game Rm A Learn tips for replacing bad habits with ones that help you live more fully from Dorothy Ashmore, LCSW of Springwoods Behavioral Health. Register by Mar. 18th.

Lifewriting Th 1pm-3pm Board Rm This memoir writing group meets monthly. Call June for more information at 479-790-2588.

Lift for Widows & Widowers Mar. 26th 11am Dining Rm For those who have lost a spouse. Register by Mar. 23rd.

Line Dancing Every M & F 9am-11am & W 5-7pm Dining Rm First hour is for beginners and the second hour is intermediate level.

Mah Jongg Lessons M 10:00am Multipurpose Rm Learn to play this Chinese tile game. \$10 class fee. Register by Feb. 28th.

Make Your Own Water Bottle Cozy Mar. 25th 1pm-3pm Art Rm If you know a basic crochet stitch, you can transform your plastic grocery bags into a cute cozy for your water bottles. Class is \$10 and instructed by Ruth Everhart. Register by Mar. 23rd.

Medicare: Getting Started Mar. 17th 10am-12pm Multipurpose Rm Learn the nuts and bolts of Medicare in this informational seminar from Mercy. Register by Mar. 16th.

Medicare Q & A Mar. 11th & 25th 9am-11am Lobby Stop by and get your basic Medicare questions answered from Humana.

Member Meeting Mar. 26th 10am Multipurpose Rm

Northwest Lunch & Learn: Joint Pain & Robotic Surgery Mar. 11th 12pm Dining Rm Dr. Stephen Hudson will discuss joints & advances in robotic assisted surgery. Register by Mar. 6th.

Oil Painting Workshop Mar. 9th 1pm Art Rm Each student will complete a small oil painting during class with Marie Sitton. Supplies included. Class fee is \$5 plus \$10 to instructor. Register by Mar. 5th.

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

Open Euchre M 10:30am-12pm Game Rm B

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

Open Paper Crafting F 9am-12pm Art Rm

Open Woodcarving TH 10am-12pm Art Rm

Painting Landscapes Four Ways F 4-5:30pm Art Rm Paint a landscape using a different medium each week, Pen& Ink Acrylic, Oil Pastel or Watercolor with Sandra Woodruff. Class is \$20 for four sessions plus supplies. Register by March 4th.

Parkinson's Support Group Mar. 4th 1pm Game Rm A

Pastel Class T 1pm or W 10am Art Rm Learn pastel with Barbara Iglehart. Supplies provided during class. \$30 fee for four sessions.

Photo Club Mar. 10th 11:30am Multipurpose Rm

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

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

Pinochle Lessons M 3pm Board Rm Register by Feb. 28th.

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.

Qigong Class F 10-11:30am Game Rm B Qigong is a gentle exercise composed of movements that stretch the body & increase balance. Instructed by Jason Salgado. \$20 monthly fee.

Red Hats Lunch Out Mar. 18th The Red Hats are meeting for lunch at Beef O'Brady's in Bentonville at 11:30am. If you would like to carpool, please meet in the AWC lobby at 10:50am.

Resources for Lower Incomes Mar. 24th 11:00AM Game Rm A Misty Burkes and Jamie Lyng of Humana will present information about area resources that may be available to those on a fixed income. Register by Mar. 23rd.

Spring Sewing Project Mar. 30th 1pm Marguerite Steiner will teach a fun sewing project. Project will be on display in the lobby. Class is \$10, supplies included. Register by Mar. 26th.

St. Patty's Day Soup Cook-off Mar. 17th 12pm Dining Rm Cook up a big batch of your favorite soup and compete! Tasters needed too! Cooks register at the desk by Mar. 13th.

Stroke Support Group Mar. 17th 1pm Multipurpose Rm For anyone who has had a stroke. Facilitated by Kandy Salter, UofA/UAMS Professor and Primrose Retirement.

Tech Tutoring Mar. 2nd, 23rd, 30th 9-11am by appointment Becky Booher provides personal tutoring by appointment for your cell phone, laptop or I-Pad. \$15 per 30-minute session.

TGIF Dancing & Fun F 5:00-6:30pm Dining Rm Thank Goodness It's Friday! TGIF = Dancing! Come dance, listen to good music, or just hang out & celebrate Friday with us!

The 10 Warning Signs of Alzheimer's Mar. 31st 11am Game Rm A The Alzheimer's Association will give information on the warning signs of the disease and share information on how to seek help. Register by Mar. 30th.

The 2020 Census Mar. 25th 11am Game Rm A Learn about what to expect from the 2020 Census and how you can participate. Register by Mar 24th.

Wellness Wisdom Workshop: Emotions Mar. 18th 11am Jade Goodyear, AWC Fitness & Media Coordinator, will give tips to help you maintain a positive outlook, build resilience and feel happy. Register by Mar. 17th.


Windows 10 Class Mar. 9th & 16th 10am-11am Board Rm Learn about the Windows 10 operating system in this 2-session class from Becky Booher. \$15 fee. Register by Mar. 5th.

Yarn Wranglers M 10am-12pm Art Rm

ZUMBA Workshops Saturday, Mar. 7th Dining Rm FREE! Dawn Anderson will lead Zumba Gold from 8:30-9:15am and Zumba Gold Toning from 9:30-10:15am. This is a preview of our new Saturday classes that will start Mar. 14th.

Zumba Gold Toning Class Starts Mar. 14th 9:30am Dining Rm Led by Dawn Anderson, this class uses Zumba Shaker Weights and concentrates on muscle strengthening. Class is \$30 for six sessions. Free for Silver & Fit members!

Zumba Gold T&TH 8:15am and New Saturday Class starts Mar. 14th Dining Rm Zumba uses Latin music and dance for a fun, effective workout. T/TH class is \$25 monthly led by Lilia Gamez. Saturday 6-week class is \$30 and is led by Dawn Anderson. All Zumba classes are free for Silver & Fit members!

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</p>		<p>1 9:30 Open Dominos 10:00 Diamond Painting 11:00 For Your Health with Blue Cross Blue Shield, Osteoporosis* 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*</p> <p><i>All other activities in the Educational Wing are cancelled as we prepare for the Wellness Fair!</i></p>	<p>3 AWC 6th ANNUAL WELLNESS FAIR 9:00AM-1:00PM <i>No regular groups or classes will be held, but please come to the Wellness Fair!</i></p>
<p>6 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:00 Windows 10 Class* 10:00 Yarn Wranglers/10:30 Euchre 11:30 Essentrics Classical Stretch* 12:00 Mah Jongg/12:30 Pinochle 1:00 Oil Painting Workshop* 1:00 Open Mexican Train Dominos 3:00 Pinochle Lessons* 3:15 Gardening A to Z* 5:30 Ballroom Dance*</p>	<p>7 8:15 Zumba* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 11:00 Community Spotlight: Ozark Mission Project* 12:00 Duplicate Bridge 1:00 Pastel-Tuesday* 1:00 Pickin' Circle 5:30 CBD Oil Q&A Session*</p>	<p>8 9:00-11:00 Medicare Q & A 9:00-12:00 2020 Census Sign-Up 9:30 Open Dominos 10:00 Diamond Painting 10:00 Pastel-Wednesday* 11:00 Air Power Lung Society 12:00 Northwest Lunch & Learn: Treatments for Atrial Fibrillation* 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 11:00 Enjoy Life Gluten Free* 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 Qigong Class* (first April class) 12:00 Duplicate Bridge 12:30 Pinochle 4:00 Watercolor Class* 5:00-6:30 TGIF: Dancing & Fun</p>
<p>13 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:00 Windows 10 Class* 10:00 Yarn Wranglers/10:30 Euchre 11:30 Essentrics Classical Stretch* 12:00 Mah Jongg/12:30 Pinochle 1:00 Open Mexican Train Dominos 3:00 Pinochle Lessons* 3:15 Gardening A to Z* 5:30 Ballroom Dance*</p>	<p>14 8:15 Zumba* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 11:00 Good Weeds/Bad Weeds* 11:30 Photo Club* 12:00 Duplicate Bridge 1:00 Pastel-Tuesday* 1:00 Pickin' Circle</p>	<p>15 9:30 Open Dominos 10:00 Diamond Painting 10:00 Pastel-Wednesday* 11:00 Wellness Wisdom Workshop: Purpose* 11:30 Red Hats Crafts & Games 1:00 Bridge Club 2:00-4:00 Pottery Studio* 5:00-7:00 Line Dancing</p>	<p>16 8:15 Zumba* 10:00 Caregiver Support Group 10:00 Open Woodcarving 11:00 Let's Talk: Spring Cleaning Inside & Out* 12:00 Open Mah Jongg 1:00 BUNCO 1:00 Lifewriting 1:00 Open Hand & Foot 1:00 Pickin' Circle</p>	<p>17 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Qigong Class* 12:00 Duplicate Bridge 12:30 Pinochle 1:00 AWC Bingo Party* 4:00 Watercolor Class* 5:00-6:30 TGIF: Dancing & Fun</p>
<p>20 9:00-11:00 Line Dancing 9:00-11:00 Tech Tutoring* 10:00 Mah Jongg Lessons* 10:00 Yarn Wranglers/10:30 Euchre 11:30 Essentrics Classical Stretch* 12:00 Mah Jongg/12:30 Pinochle 1:00 Open Mexican Train Dominos 1:00 Creative Card Making* 3:00 Pinochle Lessons* 3:15 Gardening*/5:30 Ballroom*</p>	<p>21 8:15 Zumba* 9:00-1:00 AARP Driver Safety* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 12:00 Duplicate Bridge 1:00 Pastel-Tuesday* 1:00 Pickin' Circle 1:00 Stroke Support Group</p>	<p>22 9:00-11:00 Medicare Q & A 9:30 Open Dominos 10:00 Diamond Painting 10:00 Pastel-Wednesday* 12:00 Volunteer Recognition Banquet* 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 Eat This, Not That: Test Your Nutrition IQ* 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot 1:00 Pickin' Circle</p>	<p>24 8:00-12:00 Memory Screening* 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Qigong Class* 12:00 Duplicate Bridge 12:30 Pinochle 4:00 Watercolor Class* 5:00-6:30 TGIF: Dancing & Fun</p>
<p>27 9:00-11:00 Line Dancing 9:00-11:00 Tech Tutoring* 10:00 Mah Jongg Lessons* 10:00 Yarn Wranglers/10:30 Euchre 11:30 Essentrics Classical Stretch* 12:00 Mah Jongg/12:30 Pinochle 1:00 Open Mexican Train Dominos 1:00 Spring Sewing Project* 3:00 Pinochle Lessons* 3:15 Gardening*/5:30 Ballroom*</p>	<p>28 8:15 Zumba* 9:00 Bridge Lessons* 10:00 Exercising With Diabetes* 10:00 Guitar Lessons* 12:00 Duplicate Bridge 1:00 Pastel-Tuesday* 1:00 Pickin' Circle 2:00 Book Club*</p>	<p>29 9:30 Open Dominos 10:00 Diamond Painting 10:00 Pastel-Wednesday* 11:00 Mercy Orthopedic Hand Issues and Solutions* 1:00 Bridge Club 2:00-4:00 Pottery Studio* 5:00-7:00 Line Dancing</p>	<p>30 8:15 Zumba* 9:00-1:00 Fly Casting Class* 10:00 Member Meeting 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Basket Weaving* 1:00 Lifewriting 1:00 Open Hand & Foot 1:00 Pickin' Circle</p>	<p>Spring Fling May Day Party May 1st 10:00am-11:30am <i>Enjoy refreshments in our beautiful AWC Garden!</i></p>

ADULT WELLNESS CENTER APRIL CLASS & ACTIVITY SCHEDULE

2020 Census Sign-Up Apr. 8th 9am-12pm AWC Library Get individual assistance with registering for the census online. See front desk for more details about the 2020 census process.

AARP Driver Safety Apr. 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 Apr. 17th.

Air Power Lung Society Apr. 8th 11am Game Rm A Facilitated by Melinda Johns of Mercy.

AWC 6th Annual Wellness Fair Apr. 3rd 9:30am-1:30pm It's our biggest event of the year! Stop by and get useful wellness information, giveaways, and the chance to win door prizes!

AWC Bingo Party Apr. 17th 1pm Dining Rm Only \$5 to play!

Ballroom Dance M 5:30pm Dining Room In March & April, Jerry Kendrick will teach students to do the Rhumba. No partner is required. Class is \$25 per month. Please register by April 3rd.

Basket Weaving Apr. 30th 1pm Art Rm A sample basket from Debbie Hurd will be on display in the lobby. Register by Apr. 28th.

Book Club Apr. 28th Board Rm New faces welcome!

Bridge Club W 1pm Game Rm B

Bridge Lessons T 9-11am Game Rm B
Have you been wanting to take up bridge? Jeff Starr can teach you! Class is \$25 for four sessions. Register Apr. 3rd.

BUNCO Apr. 16th 1pm Game Rm A Only \$2 to play!

Caregiver Support Group Apr. 16th 10am Board Rm Facilitated by the Alzheimer's Association. All are welcome!

CBD Oil Q&A Session Apr. 7th 5:30pm Game Rm A Zili's CBD will discuss how the FDA has started regulating the industry and answer questions about CBD products. Register by Apr. 6th.

Coffee with the Elder Law Attorney Apr. 9th 9-11am Game Rm A Get your questions answered from Attorney, Todd Whatley.

Community Spotlight: Ozark Mission Project Apr. 7th 11am Game Rm A Learn more about this amazing volunteer group which helps with minor home repairs for seniors.

Creative Card Making Apr. 20th 1pm Art Rm Learn to make beautiful card projects with Genice Banning. Register by Apr. 16th.

Diamond Painting W 10am-12pm Multipurpose Rm

Duplicate Bridge T 12-4pm Game Rm B

Duplicate Bridge F 12-4pm Game Rm A

Enjoy Life Gluten Free Apr. 9th 11am Game Rm A If you have a gluten-free or dairy-free diet, please join us! Register by Apr. 8th.

Eat This Not That: Test Your Nutrition IQ Apr. 23rd 11am Game Rm A Up your nutrition game with tips from Misty Burkes of Humana. Register by Apr. 22nd.

Essentrics Classical Stretch M 11:30AM Dining Rm Cindee Johnson leads this class which tones, shapes, strengthens and relieves stress. \$20 monthly fee. Register by Mar. 31st.

Exercising with Diabetes Apr. 28th 10am Game Rm A Collin Anderson, Mercy Community Health & Wellness, will discuss exercising when you have diabetes. Register by Apr. 27th.

Fly Casting Class Apr 30th 9am-1pm AWC Lawn
Instructor, Sallyann Brown, will teach the art of fly casting. Class fee is \$20. Please register by Apr.28th.

For Your Health with Blue Cross Blue Shield, Osteoporosis Apr. 1st 11am Game Rm A Learn more about Osteoporosis and tips for living with it. Please register by Mar. 31st.

Gardening A to Z M 3:15pm Board Rm This is a vegetable gardening Class that started in March. Check at the front desk for openings.

Garden Volunteer Meeting Apr. 9th 10am Board Rm

Good Weeds/Bad Weeds Apr. 14th 11am Game Rm A Learn how discern between which weeds to eradicate and which to keep from the Benton County Master Gardeners. Please register by Apr. 13th.

Guitar Lessons T 10am-12pm Dining Rm This class is for any level of player. \$45 class fee for four sessions. Register by Apr. 6th.

Let's Talk: Spring Cleaning Inside and Out Apr. 16th 11am Game Rm A Learn how clearing up the outer clutter can make you feel lighter and happier on the inside from Dorothy Ashmore, LCSW Springwoods Behavioral Health. Register by Apr 15th.

Lifewriting Th 1pm-3pm Board Rm This memoir writing group meets monthly. Call June for more information at 479-790-2588.

Line Dancing Every M & F 9am-11am & W 5-7pm Dining Rm First hour is for beginners and the second hour is intermediate level.

Mah Jongg Lessons M 10am Multipurpose Rm Learn to play this Chinese tile game. \$10 class fee. Register by Feb. 28th.

Medicare Q & A April 8th & 22nd 9am-11am Lobby

Member Meeting Apr. 30th 10am Multipurpose Rm

Memory Screening Apr. 24th 8am-12pm Board Room Make your appointment for this quick 20-minute assessment to test your memory. Provided by Brandi Schneider of the Schmieding Center.

Mercy Orthopedic Hand Issues and Solutions April 29th 11am Game Rm A Mercy's Dr. Andreas Chen, will discuss common issues with the hand and possible solutions. Register by April 27th.

Northwest Lunch & Learn: Treatments for Atrial Fibrillation Apr. 8th 12pm Dining Rm Cardiologist Maria Baldasare will talk about treatments with A-Fib. Register by Apr. 6th.

Oil Painting Workshop Apr. 6th 1pm Art Rm Each student will complete a small oil painting during class with Marie Sitton. Class fee is \$5 plus \$10 to the instructor. Please register by April 2nd.

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

Open Euchre M 10:30am-12pm Game Rm B

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

Open Paper Crafting F 9am-12pm Art Rm

Open Woodcarving TH 10am-12pm Art Rm

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

Pastel Class T 1pm or W 10am Art Rm Instructed by Barbara Iglehart. Supplies provided during class.\$30 fee for 4 sessions.

Photo Club April 14th 11:30am Multipurpose Rm

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

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

Pinochle Lessons M 3pm Board Rm
Instructed by Margot Tarcikowski. Please register by April 3rd.

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.

Qigong Class F 10-11:30am (Held April 10th to May 1st) Game Rm B Qigong is a gentle exercise composed of movements that stretch the body & increase balance. Instructed by Jason Salgado.\$20 monthly fee. Register by Apr. 9th.

Red Hats Craft & Games Apr. 15th 11:30am Dining Rm
Just for fun we'll eat only desserts for lunch. Bring your favorite dessert to share. Wear your bling and a SMILE!

Spring Fling May Day Party May 1st 10:00-11:30am Garden
Celebrate the coming of summer with some refreshments in our beautiful AWC Garden. Sponsored by First Light Home Care. Register by Apr. 30th.

Spring Sewing Project Apr. 27th 1pm Marguerite Steiner will teach a fun sewing project. See sample in the lobby after Apr. 13th. Class is \$10, supplies are included. Register by Apr. 23rd.

Stroke Support Group Mar 17th 1pm Multipurpose Rm
For anyone who has had a stroke. Facilitated by Kandy Salter, UofA/UAMS Professor and Primrose Retirement.

Tech Tutoring April 20th & 27th 9-11am by appointment
Becky Booher provides personal tutoring by appointment for your cell phone, laptop or I-Pad. \$15 per 30-minute session.

TGIF Dancing & Fun F 5:00-6:30pm Dining Rm
Thank Goodness It's Friday! TGIF = Dancing! Come dance, listen to good music, or just hang out & celebrate Friday with us!

Volunteer Recognition Banquet April 22nd 12pm Dining Rm
We are honoring our 2019 Volunteers at this annual banquet.

Watercolor Class F 4-5:30pm starts April 10th Art Rm
Sandra Woodruff instructs painting using watercolors. All levels welcome. Class is \$20 for 4 sessions. Register by April 8th.

Wellness Wisdom Workshop: Purpose April 15th 11am
Jade Goodyear, AWC Fitness & Media Coordinator will give tips to help you reflect, live with meaning and feel fulfilled. Register by April 14th.

Windows 10 Class April 6th & 13th 10am-11am Board Rm
Learn about the Windows 10 operating system in this 2-session class from Becky Booher. \$15 fee. Register by April 2nd.

Yarn Wranglers M 10am-12pm Art Rm
If you enjoy crafting with yarn, bring your project and join us!

Zumba Gold 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! **We will also start a new Saturday ZUMBA session in May!**