



FEBRUARY 2012

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| <p style="text-align: center;"> Adult Wellness Center Open Monday through Friday 7:00AM through 7:00PM Saturdays 8:00AM—12:00PM Phone: 479-631-3333 Fax: 479-986-6803 Website: rogersarkansas.com/wellnesscenter </p> |  | <p>1</p> <p>9:00 2/1 Bridge Lessons 9:30 Beginner Pottery 9:30 Open Dominos 12:00 Advanced Pottery 1:00 Bridge Club 1:00 Parkinson Support Group 1:00 Quilting Club 5:00 Line Dance Exercise</p> | <p>2 8:15 or 4:30 or 5:30 Zumba 9:30 Belly Dancing Class 10:00 Open Woodcarving 11:00 Groundhog Day Cookie Exchange 12:00 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Writing Your Life: What's Love Got to Do With It?</p> | <p>3</p> <p>9-11 Line Dance Exercise 9:00 Open Scrapbooking 12:00 Duplicate Bridge 1:00 Bingo 1:00 Open Painting 1:30 Pinochle Lessons 3:00 Pinochle</p> |
| <p>6 9-11 Line Dance Exercise 9:00 2/1 Bridge Lessons 10:00 Mah Jongg Lessons 10:00 Watercolor Class 12:30 Pinochle 1:00 History of Christianity 1:00 Open Chess 1:00 Open Dominos & Open Mah Jongg 5:00 Ballroom Dancing</p> | <p>7 8:15 or 4:30 or 5:30 Zumba 9:00 Beginner Spanish 9:00 Card Making Workshop 9:30 Transferring Digital Pictures 10:00 Advanced Spanish 12:00 Duplicate Bridge 1:00 Basic Computer 1:00 Be Well Live Well/1:00 Writing Group 1:00 Recycled Tote Class 3:00 Intermediate Computer</p> | <p>8</p> <p>9:00 2/1 Bridge Lessons 9:30 Open Dominos 9:30 Beginner Pottery 12:00 Advanced Pottery 1:00 Bridge Club 1:00 Red Hats Valentine Party 5:00 Line Dance Exercise</p> | <p>9 8:15 or 4:30 or 5:30 Zumba 9:30 Belly Dancing Class 10:00 Healthy Eaters 10:00 Open Woodcarving 12:00 Lunch & Learn by Mercy: Dr. Larry Weathers 12:00 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Writing Your Life: What's Love Got to Do With It?</p> | <p>10</p> <p>9-11 Line Dance Exercise 9:00 Open Scrapbooking 12:00 Duplicate Bridge 1:00 Open Painting 1:00 Valentine Dance 1:30 Pinochle Lessons 3:00 Pinochle</p> |
| <p>13 9-11 Line Dance Exercise 9:00 2/1 Bridge Lessons 10:00 Lighthouse Meeting 10:00 Mah Jongg Lessons 10:00 Watercolor Class 12:30 Pinochle 1:00 History of Christianity 1:00 Open Chess 1:00 Open Dominos & Open Mah Jongg 5:00 Ballroom Dancing</p> | <p>14 8:15 or 4:30 or 5:30 Zumba 9:00 Beginner Spanish 9:30 Transferring Digital Pictures 10:00 Advanced Spanish 12:00 AARP Driver Safety Class 12:00 Duplicate Bridge 1:00 Basic Computer 1:00 Be Well Live Well 1:00 Recycled Tote Class 3:00 Intermediate Computer</p> | <p>15 9:00 2/1 Bridge Lessons 9:30 Beginner Pottery 9:30 Open Dominos 10:00 Veterans Social 11:00 Lunch & Learn by Stryker: Dr. Michael Maline 12:00 Advanced Pottery 1:00 Bridge Club 1:00 Quilting Club 5:00 Line Dance Exercise</p> | <p>16 8:15 or 4:30 or 5:30 Zumba 9:30 Belly Dancing Class 10:00 Open Woodcarving 11:00 Dealing with Seasonal Affective Disorder 12:00 Open Mah Jongg 1:00 Bunco 1:00 Open Hand & Foot 1:00 Writing Your Life: What's Love Got to Do With It?</p> | <p>17 9-11 Line Dance Exercise 9:00 Open Scrapbooking 12:00 Duplicate Bridge 1:00 Bingo 1:00 Heart Healthy Cooking Demo 1:00 Open Painting 1:30 Pinochle Lessons 3:00 Pinochle</p> |
| <p>20 9-11 Line Dance Exercise 9:00 2/1 Bridge Lessons 10:00 Mah Jongg Lessons 10:00 Watercolor Class 12:30 Pinochle 1:00 History of Christianity 1:00 Love Your Pet Vet Talk 1:00 Open Chess 1:00 Open Dominos & Open Mah Jongg</p> | <p>21 8:15 or 4:30 or 5:30 Zumba 9:00 Beginner Spanish 9:30 Transferring Digital Pictures 10:00 Advanced Spanish 12:00 Duplicate Bridge 1:00 Basic Computer 1:00 Writing Group 3:00 Intermediate Computer</p> | <p>22 9:00 2/1 Bridge Lessons 9:30 Beginner Pottery 9:30 Open Dominos 12:00 Advanced Pottery 1:00 Bridge Club 1:00 Rocket Fuel Nutrition 5:00 Line Dance Exercise</p> | <p>23 8:15 or 4:30 or 5:30 Zumba 9:30 Belly Dancing Class 10:00 Members Meeting 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Writing Your Life: What's Love Got to Do With It?</p> | <p>24</p> <p>9-11 Line Dance Exercise 9:00 Open Scrapbooking 12:00 Duplicate Bridge 1:00 Bingo 1:00 Open Painting 1:30 Pinochle Lessons 3:00 Pinochle</p> |
| <p>27 9-11 Line Dance Exercise 9:00 2/1 Bridge Lessons 10:00 Health & Fitness Screenings 10:00 Mah Jongg Lessons 10:00 Watercolor Class 12:30 Pinochle 1:00 History of Christianity 1:00 Open Dominos & Open Mah Jongg 1:00 Open Chess / 5:00 Ballroom Dancing</p> | <p>28 8:15 or 4:30 or 5:30 Zumba 9:00 Beginner Spanish 9:30 Transferring Digital Pictures 10:00 Advanced Spanish 12:00 Duplicate Bridge 1:00 Basic Computer 2:00 Book Club 3:00 Intermediate Computer</p> | <p>29</p> <p>9:00-3:00 Happy Leap Day Birthday Party 9:30 Open Dominos 1:00 Bridge Club 5:00 Line Dance Exercise</p> |  | <p style="text-align: center;">Saturday Events: 8:15 am Zumba Class</p>  |

ADULT WELLNESS CENTER FEBRUARY CLASS & ACTIVITY SCHEDULE

2/1 Bridge Lessons M&W 9am-11am Multipurpose Room

Suzanne Krutsinger will teach the 2/1 bidding system in this 8-week course. Students must already know how to play bridge. \$30 class fee. Registration required.

AARP Driver Safety Class Feb 14th 12-5pm Game Room A

Get a discount on insurance. A \$12 fee payable to AARP and registration is required. For non-AARP members it is a \$14 fee.

Advanced Pottery W 12pm-1:30pm Arts & Crafts Room

4-wk class instructed by Ann James. Beginner Pottery is a pre-requisite. Class & materials \$50. Registration required.

Advanced Spanish T 10am-11am Game Room A

Continue to learn Spanish language skills with teacher Claudia Cerna. Beginner Spanish is a pre-requisite. Registration required. Class fee \$25.00.

Ballroom Dancing M 5pm-6pm Dining Room

Dance lessons, including the Cha-Cha, from Jerry Kendrick of Dance & Swing. No partner needed. Registration required. Class fee \$25.

Basic Computer T 1pm-2:30pm Boardroom

Learn the fundamentals of computer operations using laptops with Jon Testut. Class fee \$25. Registration required.

Beginner Pottery W 9:30am-11am Arts & Crafts Room

Learn the basics of pottery in this 4-wk class instructed by Ann James. Class & materials \$50. Registration required.

Beginner Spanish T 9am-10am Game Room A

Learn to speak beginner Spanish with teacher Claudia Cerna. Registration required. Class fee \$25.

Be Well Live Well Feb 7th & 14th 1pm Multipurpose Rm

The last two sessions of a 6-week disease management course provided by the Area Agency on Aging.

Belly Dancing Class TH 9:30am Dining Room

Learn basics to belly dancing with instructor Carina Le. Class fee \$20. Registration required.

BINGO F 1-2:30pm Game Room B

Win prizes & have fun!

Book Club Meeting T Feb 28th 2-3:30PM Poolside Room

Club meets for discussion and to choose next month's book.

Bridge Club W 1pm Game Room B

Bunco Feb 16th 1pm Arts & Crafts Room Everyone is welcome. Cost is \$2. Have a chance to win gift certificates.

Card Making Workshop T Feb 7th 9am Arts & Crafts

Enjoy making cards with LaBrenda Miller. Class fee is \$5. Supply fee is \$15 payable to instructor. Registration required

Dealing with Seasonal Affective Disorder Feb 16th 11am

Game Room A Northwest Psychiatrist Dr. Rachel Fiori discusses how to deal with this seasonal health issue.

Duplicate Bridge T 12-4pm Game Room B

Duplicate Bridge F 12-4pm Game Room A

Groundhog Day Cookie Exchange Feb 2nd 11am

Game Room A Bring a batch of your favorite cookies, along with the recipe to share. We'll provide the cocoa.

Happy Leap Day Birthday Party Feb 29th 9am-3pm

Were you born on Leap Day and only have a "real" birthday every 4 years? If so, come by the office and we'll celebrate with you. Register for a special door prize.

Health & Fitness Screenings Feb 27th 10am-12pm

Game Room A Get your personal fitness screening from Ashley Health and Rehab. Screenings will be offered through June, so that you can monitor your progress.

Healthy Eaters Feb 9th 10am Game Room A

Learn about the benefits of dark chocolate from Northwest Health Dietician Amanda Rockett. Registration required.

Heart Healthy Cooking Demo Feb 17th 1pm Demo Kit.

Join Mercy Dietician Robyn Bourlon as she discusses heart healthy recipes. Samples are free. Registration required.

History of Christianity M 1pm Dining Room

Learn historical facts about Christianity with John Middleton. Class fee \$25. Registration required.

Intermediate Computers T 3pm Boardroom

Build on your current computer skills. Instructed by Jon Testut. Class fee is \$25. Registration required.

Lighthouse Meeting Feb 13th 10am Boardroom

Meet with others who have a special interest in lighthouses.

Line Dancing M F 9-11am & W 5pm Dining Room

No registration is required. 9-10 Beginner, 10-11 Advanced.

Love Your Pet Vet Talk Feb 20th 1pm Dining Room

It's "Love Your Pet Day"! Dr. Jacob Shivley from New Hope Animal Hospital will be here with tips to help you keep your pets physically and mentally healthy.

Lunch & Learn by Mercy Feb 9th 12pm Dining Room

Cardiologist, Dr. Larry Weathers, discusses heart health. Registration required.

Lunch & Learn by Stryker Feb 15th 11am Dining Room

Dr. Michael Maline from the Agility Center discusses the latest advancements in orthopedics. Registration required.

Mah Jongg Lessons M 10am-12pm Game Room A

Learn how to play this Chinese tile game with instructor Samantha Scott. Registration required. Class fee \$10.

Members Meeting Feb 23rd 10am Game Room A

Share your ideas and suggestions for the AWC.

Open Chess M 1pm-4pm Arts & Crafts Room

Whether you are learning the game or are a seasoned player, this is a great time get in a game of chess.

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

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

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

Open Mah Jongg M 1pm-4pm Game Room A

Open Mah Jongg TH 12:00pm-4pm Dining Room

Open Painting F 1pm-4pm Arts & Crafts Room

Open Scrapbooking F 9am-12pm Arts & Crafts

Open Woodcarving TH 10am-12pm Arts & Crafts

Parkinson Support Group Feb 1st 1pm Game Room A

Led by Missy Walker from Mercy Health System.

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

Pinochle F 3pm-6pm Game Room B

Everyone welcome.

Pinochle Lessons Fridays 1:30pm-2:30pm Boardroom

Learn the basics to playing Pinochle. Class is free.

Quilting Club Feb 1st & 15th 1pm Multipurpose Room

Come quilt with others and learn tips from other quilters.

Recycled Tote Class Feb 7th & 14th 1pm Arts & Crafts

Ruth Everhart teaches how to make an attractive tote bag using plastic shopping sacks. Class is \$10. Supply list available. Registration required.

Red Hats Valentine Party Feb 8th 1pm Dining Room

We will be making Valentine cards for veterans in the VA Hospital. Card supplies furnished. Bring a snack to share.

Rocket Fuel Nutrition: How to Have Endless Energy

Feb 22nd 1pm Game Room A

Chiropractor Dr. Scott Van Wilpe shares how your food choices can help you perform your best.

Transferring Digital Pictures to the Computer T 9:30am

Boardroom Learn to get digital pictures from camera to computer with instructor Janet Hayward. Students must have basic computer knowledge. Class fee \$25.

Registration required.

Valentine Dance Feb 10th at 1pm Game Room A

Come be our Valentine and enjoy live music by Second Wind.

Veteran's Social Feb 15th at 10am Game Room B

Come join other veterans to visit and share stories.

Watercolor Class M 10am-12pm Arts & Crafts Room

Learn watercolor techniques with Sandra Woodruff. Class is \$20 plus the cost of materials. Supply list available.

Writing Your Life: What's Love Got to Do with It?

TH 1pm Multipurpose Rm How do we use emotional & sensory memories when writing autobiographies? Join other memoir writers developing their life stories. New enrollees please call June Jefferson 790-2588.


Writing Group Feb 7th & 21st 1pm Poolside Room

Join others for active writing, sharing work and ideas.

Zumba T&TH 8:15AM or 4:30PM or 5:30PM. Also

Saturdays at 8:15am. Dining Room Zumba combines Latin and International music with a fun & effective work-out system. Class fee is \$25 for T/TH and \$15 for Saturday class. Each time session has a separate registration.

JANUARY 2012

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| <p align="center">Adult Wellness Center Open Monday through Friday 7:00AM through 7:00PM Saturdays 8:00AM-12:00PM Phone: 479-631-3333 Fax: 479-986-6803 Website: rogersarkansas.com/wellnesscenter</p> | <p>3 8:15, 4:30 & 5:30 Zumba 12:00 Duplicate Bridge 1:00 Writing Group</p> <p align="center">..... The Wellness Center will be closed on January 2nd for New Year's Day </p> | <p>4 9:00 Duplicate Bridge Lessons 9:30 Beginner Pottery 9:30 Open Dominos 12:00 Advanced Pottery 1:00 Bridge Club 1:00 Parkinson Support Group 1:00 Quilting Club 5:00 Line Dance Exercise</p> | <p>5 8:15, 4:30 & 5:30 Zumba 9:30 Belly Dancing Class 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Drawing Still Life 1:00 Open Hand & Foot 1:00 What You Should Know Before Doing Your 2011 Taxes 1:00 Writing Your Life</p> | <p>6 9-11 Line Dance Exercise 9:00 Open Scrapbooking 12:00 Duplicate Bridge 1:00 Bingo 1:00 Open Painting 1:30 Pinochle Lessons 3:00 Pinochle</p> |
| <p>9 9-11 Line Dance Exercise 9:00 Duplicate Bridge Lessons 10:00 Mah Jongg Lessons 10:00 Watercolor Class 12:30 Pinochle 1:00 Cognitive Science Class 1:00 Open Chess 1:00 Open Dominos & Open Mah Jongg 5:00 Ballroom Dancing</p> | <p>10 8:15, 4:30 & 5:30 Zumba 9:00 Beginner Spanish 9:00 Card Making Workshop 9:30 Intro To Microsoft Word 10:00 Advanced Spanish 12:00 Duplicate Bridge 1:00 Basic Computer 1:00 Be Well Live Well 3:00 Intermediate Computer</p> | <p>11 9:00 Duplicate Bridge Lessons 9:30 Beginner Pottery 9:30 Open Dominos 12:00 Advanced Pottery 1:00 Bridge Club 1:00 Red Hats Museum Trip 1:00 The Big Why in Weight Loss & Exercise 5:00 Line Dance Exercise</p> | <p>12 8:15, 4:30 & 5:30 Zumba 9:30 Belly Dancing Class 10:00 Healthy Eaters 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Drawing Still Life 1:00 Open Hand & Foot 1:00 Writing Your Life</p> | <p>13 9-11 Line Dance Exercise 9:00 Open Scrapbooking 12:00 Duplicate Bridge 1:00 Bingo 1:00 Open Painting 1:30 Pinochle Lessons 3:00 Pinochle</p> |
| <p>16 9-11 Line Dance Exercise 9:00 Duplicate Bridge Lessons 10:00 Mah Jongg Lessons 10:00 Watercolor Class 10:00-2:00 Blood Drive 12:30 Pinochle 1:00 Cognitive Science Class 1:00 Open Chess 1:00 Open Dominos & Open Mah Jongg 5:00 Ballroom Dancing</p> | <p>17 8:15, 4:30 & 5:30 Zumba 9:00 Beginner Spanish 9:30 Intro To Microsoft Word 10:00 Advanced Spanish 12:00-5:00 AARP Driver Safety Class 12:00 Duplicate Bridge 1:00 Basic Computer 1:00 Be Well Live Well 1:00 Writing Group 3:00 Intermediate Computer</p> | <p>18 8:00 Breakfast with the Doctor: Dr. Michael Maline 9:30 Beginner Pottery 9:30 Open Dominos 10:00 Veterans Social 12:00 Advanced Pottery 1:00 Bridge Club 1:00 Quilting Club 5:00 Line Dance Exercise</p> | <p>19 8:00-5:00 Book Sale 8:15, 4:30 & 5:30 Zumba 9:30 Belly Dancing Class 10:00 Open Woodcarving 11:00 Healthy Weigh of Life 12:00 Open Mah Jongg 1:00 Bunco 1:00 Drawing Still Life 1:00 Open Hand & Foot 1:00 Writing Your Life</p> | <p>20 8:00-5:00 Book Sale 9-11 Line Dance Exercise 9:00 Open Scrapbooking 12:00 Duplicate Bridge 1:00 Bingo 1:00 Open Painting 1:30 Pinochle Lessons 3:00 Pinochle</p> |
| <p>23 9-11 Line Dancing Exercise 10:00 Mah Jongg Lessons 10:00 Watercolor Class 12:30 Pinochle 1:00 Cognitive Science Class 1:00 Open Chess 1:00 Open Dominos 1:00 Open Mah Jongg 5:00 Ballroom Dancing</p> | <p>24 8:15, 4:30 & 5:30 Zumba 9:00 Beginner Spanish 9:30 Intro To Microsoft Word 10:00 Advanced Spanish 12:00 Duplicate Bridge 1:00 Basic Computer 1:00 Be Well Live Well 3:00 Intermediate Computer</p> | <p>25 9:30 Beginner Pottery 9:30 Open Dominos 10:00 Natural Ways to Prepare for Cold & Flu Season 12:00 Advanced Pottery 1:00 Bridge Club 5:00 Line Dance Exercise</p> | <p>26 8:15, 4:30 & 5:30 Zumba 9:30 Belly Dancing Class 10:00 State of the AWC 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Drawing Still Life 1:00 Ease Into Exercise 1:00 Open Hand & Foot 1:00 Writing Your Life</p> | <p>27 9-11 Line Dance Exercise 9:00 Open Scrapbooking 12:00 Duplicate Bridge 1:00 Bingo 1:00 Open Painting 1:30 Pinochle Lessons 3:00 Pinochle</p> |
| <p>30 9-11 Line Dancing Exercise 10:00 Health & Fitness Screenings 10:00 Mah Jongg Lessons 10:00 Watercolor Class 12:30 Pinochle 1:00 Cognitive Science Class 1:00 Open Chess 1:00 Open Dominos & Open Mah Jongg 5:00 Ballroom Dancing</p> | <p>31 8:15, 4:30 & 5:30 Zumba 9:00 Beginner Spanish 9:30 Intro to Microsoft Word 10:00 Advanced Spanish 12:00 Duplicate Bridge 1:00 Basic Computer 1:00 Be Well Live Well 1:00 Writing Group 2:00 Book Club 3:00 Intermediate Computer</p> |  |  | <p align="center"><u>Saturday Events:</u></p> <p align="center">8:15 Zumba every Saturday</p> <hr/> <p align="center">January 21st Book Sale 8:00-12:00</p> |

ADULT WELLNESS CENTER JANUARY CLASS & ACTIVITY SCHEDULE

AARP Driver Safety Class Jan 17th 12-5pm Game Room A

Get a discount on insurance. A \$12 fee payable to AARP and registration is required. For non-AARP members it is a \$14 fee.

Advanced Pottery W 12pm-1:30pm Arts & Crafts Room

Instructed by Ann James. Beginner Pottery is a pre-requisite. Class & materials \$50. Registration required.

Advanced Spanish T 10am-11am Game Room A

Continue to learn Spanish language skills with Claudia Cerna. 4-wk class starts Jan 10th. Beginner Spanish is a pre-requisite. Registration required. Class fee \$25.

Ballroom Dancing M 5-6pm Dining Room

Dance lessons, including the waltz, with Jerry Kendrick of Dance & Swing. No partner needed. Registration required. Class fee \$25.

Basic Computer T 1pm Boardroom Learn the fundamentals of computer operations using laptops with Jon Testut. This 4-wk class starts Jan 10th. Registration required. Class fee \$25.

Beginner Pottery W 9:30am-11am Arts & Crafts Room

Learn the basics of pottery with Ann James. Class & materials \$50. Registration required.

Beginner Spanish T 9am-10am Game Room A

Learn to speak beginner Spanish with teacher Claudia Cerna. 4-wk class starts Jan. 10th. Registration required. Class fee \$25.

Be Well Live Well T 1pm-3:30pm Multipurpose Room

This 6-week disease management course starting Jan 10th is provided by the Area Agency on Aging. Learn how to live well with your chronic condition. Class is free. Registration required.

Belly Dancing Class TH 9:30am Dining Room

Learn belly dancing with instructor Carina Le. Class fee \$20. Registration required.

BINGO F 1-2:30pm Game Room B Win prizes, have fun!

Blood Drive Jan. 16th 10pm-2pm Game Room A

Book Club Meeting T 31st 2-3:30PM Poolside Room Meet for discussion and to choose next month's book.

Book Sale Jan 19th & 20th 8am-5pm and Jan 21st

8am-12pm Boardroom Come and browse through a large selection of used books, magazines, DVD's, cassette tapes, and CD's. Proceeds from the sale will benefit our AWC Library.

Breakfast with the Doctor Jan 18th 8am Dining Room

Dr. Michael Maline from the Agility Center will discuss joint health. Breakfast provided by Northwest Health Systems. Registration required.

Bridge Club-W 1pm Game Room B

Bunco Jan. 19th 1pm Game Room A Everyone is welcome. Cost is \$2. Have a chance to win gift certificates.

Card Making Workshop T Jan 10th 9am Arts & Crafts

Enjoy making 3 different styles of cards with LaBrenda Miller. Class fee is \$5. Supply fee is \$15 payable to instructor. Registration required.

Cognitive Science:Why we think the way we think?

M 1pm Dining Room Led by John Middleton, this class discusses what causes us to form values, opinions, and perspectives. Class fee \$25. Registration required.

Drawing Still Life TH 1pm Arts & Crafts Room

Paul Padzuikas teaches the basics of drawing still life using various mediums. Some drawing experience preferred. Class \$25 plus cost of materials. Supply list available.

Duplicate Bridge T 12-4pm Game Room B

Duplicate Bridge F 12-4pm Game Room A

Duplicate Bridge Lessons 9am-11am Multipurpose Rm

Suzanne Krutsinger will teach the basics of Duplicate Bridge. Class meets Jan. 4th, 9th, 11th, & 16th. Class fee \$25. Registration required.

Ease Into Exercise Jan 26th 1:00pm Game Room A

Northwest Health Trainer, Steve Conley, will discuss easing into exercise & making it a lifestyle change that sticks!

Health & Fitness Screenings Jan 30th 10am-12pm

Game Room A Get your personal fitness screening from Ashley Health & Rehab. Screening will be offered monthly through June so that you can monitor your progress.

Healthy Eaters Jan 12th 10am Demo Kitchen

Learn how to give your favorite foods a healthy makeover from Northwest Health Dietician Ashley Meek. Samples are free. Registration required.

Healthy Weigh of Life Jan 19th 11am Game Room A

Northwest Health System Clinical Dietician Christine DeVore will discuss lifestyle changes for healthy eating. BMI test will be available.

Intermediate Computers T 3pm Boardroom Build on your current computer skills with Jon Testut. This 4-wk class starts Jan 10th. Class fee \$25. Registration required.

Introduction to Microsoft Word T 9:30am Boardroom

Learn the basics of this word processing program with instructor Janet Hayward. This 4-wk class starts Jan 10th. Students should have basic computer knowledge. Class fee \$25. Registration required.

Line Dancing M F 9-11am & W 5pm Dining Room

No registration is required. 9-10 Beginner, 10-11 Advanced
Mah Jongg Lessons M 10am-12pm Game Room A Learn how to play this Chinese tile game with instructor Samantha Scott. Registration required. Class fee \$10.

Natural Ways to Prepare for the Cold & Flu Season

Jan 25th 10am Game Room A Join Naturopathic Dr. Brian Benedict as he discusses natural ways to prepare for the cold and flu season.

Open Chess M 1pm to 4pm Arts & Crafts Room

Whether you are learning the game or are a seasoned player, this is a great time to get in a game of chess.

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

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

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

Open Mah Jongg M 1pm-4pm Game Room A

Open Mah Jongg TH 12pm-4pm Dining Room

Open Painting F 1pm-4pm Arts & Crafts Room

Open Scrapbooking F 9am-12pm Arts & Crafts Room

Open Woodcarving TH 10am-12pm Arts & Crafts Rm

Parkinson Support Group Jan 4th 1pm Game Room A

Led by Missy Walker of Mercy Health System.

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

Pinochle F 3pm-6pm Game Room B

Pinochle Lessons F 1:30pm-2:30pm Boardroom

Learn the basics to playing Pinochle. Class is free but registration is required. Instructed by Margot Tarcikowski.

Red Hats Museum Trip January 11th 1pm Dining Room

We will be going to see Crystal Bridges. Meet at AWC and bring a snack to share. We will carpool to the museum together. Group guided tour admission is \$5.

Quilting Club Jan 4th & 18th 1pm Multipurpose Room

Come quilt with others and learn tips from other quilters.

State of the AWC Jan 26th 10am Game Room A

Director Lesli Ossenfort will present the current state of the AWC and discuss upcoming plans for 2012.

The Big Why in Weight Loss & Exercise: Preventing the Major Diseases of the 21st Century Jan 11th 1pm

Game Room A Chiropractor Dr. Scott Van Wilpe shares how weight loss & exercise can help you avoid disease.

Veteran's Social Jan 18th at 10am Game Room B

Come join other veterans to visit and share stories.

Watercolor Class M 10am-12pm Arts & Crafts Room

Learn watercolor techniques with Sandra Woodruff. Class is \$20 plus the cost of materials. A supply list is available.

What You Should Know Before Doing Your 2011 Taxes Jan 5th 1 PM Game Room A

Presented by Judy Coker of H&R Block.

Writing Group Jan 3rd, 17th, & 31st 1pm Poolside Rm

Join others for active writing, sharing work, and ideas.

Writing Your Life: Looking Forward Looking Back TH 1pm Multipurpose Room

Dedicate this year to preserving your life's stories. Join other memoir writers. New enrollees please call June Jefferson 790-2588.

Zumba T&TH 8:15am or 4:30pm or 5:30pm. Also

Saturdays at 8:15am. Dining Room Zumba combines Latin and International music with a fun & effective workout system. Class fee is \$25 for T/TH and \$15 for Saturday class. Each time session has a separate registration.