





January 2010

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| <p>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 Closed for New Year's Day</p>  |
| <p>4 9-11 Line Dancing 9:00 Bridge 1 Lessons 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 1:00 Ballroom Dancing Lessons</p> | <p>5 9:00 Reshape Yourself 9:30 Basic Computer Class 10:00 Card Making 12:00 Duplicate Bridge 1:00 Intermediate Computer Class 1:00 Writing Group</p> | <p>6 9:00 Bridge I Lessons 9:30 Open Dominos 11:00 LUNCH- MOWR 1:00 Parkinson's Support Group 1:00 Bridge Club 1:00 Advanced Watercolor 5:00 Line Dancing</p> | <p>7 10:00 Mah Jongg Lessons 10:00 Open Woodcarving Club 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 1:00 What to know before you do your 2009 taxes by H&R Block 2:30 Pen & Ink Techniques</p> | <p>8 9-11 Line Dancing 9:00 Scrapbooking Club 12:30 Duplicate Bridge 1:00 Open Painting 1:00 Bingo 1:30 Pinochle Lessons 3:00 Pinochle</p> |
| <p>11 9-11 Line Dancing 9:00 Bridge I Lessons 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 8 Easy Things to Save Your Life Presented by Dr. Bredfeldt 1:00 Open Dominos 1:00 Ballroom Dancing Lessons</p> | <p>12 9:00 Reshape Yourself 9:30 Basic Computer Class 10:00 Card Making 10:00 Free Fitness Screenings 12:00 Duplicate Bridge 1:00 Intermediate Computer Class 2:00 Hootenanny</p> | <p>13 9:00 Bridge I Lessons 9:30 Open Dominos 1:00 Red Hats Society Meeting 1:00 Free Makeover 1:00 Bridge Club 1:00 Advanced Watercolor 5:00 Line Dancing</p> | <p>14 10:00 Coaches Orientation 10:00 Mah Jongg Lessons 10:00 Open Woodcarving Club 11:00 Garden Volunteer Meeting 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 1:00 Winter Help For Seniors 2:30 Pen & Ink Techniques</p> | <p>15 9-11 Line Dancing 9:00 Scrapbooking Club 12:30 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 Bridge I Lessons 10-2 Blood Drive 10:00 Mah Jongg Lessons 10:00 Lighthouse Meeting 12:30 Pinochle 1:00 Open Dominos 1:00 Ballroom Dancing Lessons</p> | <p>19 9:00 Reshape Yourself 9:30 Basic Computer Class 10:00 Card Making 12:00 Duplicate Bridge 12-5 AARP Driver Safety Class 1:00 Intermediate Computer Class 1:00 World Religions Class 1:00 Writing Group</p> | <p>20 9:00 Bridge I Lessons 9:30 Open Dominos 10:00 Veteran's Social 11:00 Lunch- BCSC 1:00 AWC Volunteer Training 1:00 Bridge Club 5:00 Line Dancing</p> | <p>21 10:00 Open Woodcarving Club 10:00 Mah Jongg Lessons 11:00 Lose Weight Healthfully Presented by Dr. Von Grep 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 1:00 Bunco 2:30 Pen & Ink Techniques</p> | <p>22 9-11 Line Dancing 9:00 Scrapbooking Club 12:30 Duplicate Bridge 1:00 Open Painting 1:00 Bingo 1:30 Pinochle Lessons 3:00 Pinochle</p> |
| <p>25 9-11 Line Dancing 9:00 Bridge I Lessons 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 1:00 Ballroom Dancing Lessons</p> | <p>26 9:00 New Member Q & A 9:00 Reshape Yourself 9:30 Basic Computer Class 10:00 Card Making 12:00 Duplicate Bridge 1:00 Intermediate Computer Class 1:00 World Religions Class 2:00 Book Club Meeting</p> | <p>27 9:00 Bridge I Lessons 9:30 Open Dominos 12:00 Lunch & Learn: Management of Back Pain Presented by Dr. Routsong & Medtronic 1:00 Brain Teasers 1:00 Bridge Club 5:00 Line Dancing</p> | <p>28 10:00 Open Woodcarving Club 10:00 Mah Jongg Lessons 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 2:30 Pen & Ink Techniques</p> | <p>29 9-11 Line Dancing 9:00 Scrapbooking Club 12:30 Duplicate Bridge 1:00 Open Painting 1:00 Bingo 1:30 Volumetrics Cooking Class 1:30 Pinochle Lessons 3:00 Pinochle</p> |

ADULT WELLNESS CENTER JANUARY CLASS & ACTIVITY SCHEDULE

AARP Driver Safety Class Jan 19th 12-5PM Game Room A
Get a discount on insurance. Registration is required. A \$12 fee payable to AARP is required. For non-AARP members it 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.

Advanced Watercolor Jan 6th & 13th 1-5PM Arts & Crafts Room
Instructed by Sandra Woodruff. Must have watercolor painting experience prior to taking this course. Class is \$20 plus the cost of materials. A supply list is available when you register

Afternoon Tea Dance & Potluck Jan 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.

AWC Volunteer Training Jan 20th at 1PM Game Room A
All current volunteers and those interested are asked to attend

Bridge I Lessons MW 9-11AM Multipurpose Room
Learn 21st century bidding & play. For beginners or those with experience. Class is \$50 for 16 lessons. Registration required.

Ballroom Dancing Lessons M 1PM Dining Room
Learn the basics to Ballroom Dancing w/ Instructor Judy Potter-Griffin. Class is \$15. Registration is required. Must have a partner.

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

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

Blood Drive Jan 18th 10AM-2PM Game Room A

Book Club Meeting T Jan 26th 2:00-3:30PM Library Club
meets for discussion and to pick next month's book.

Brain Teasers Jan 27th 1:00-2:00PM Game Room A
Exercise your mind with fun games. Come join the fun!

Bridge Club W 1-4PM Game Room B

Bunco Jan 21st 1PM Game Room A
Everyone is welcome. Cost is \$2. Have a chance to win great prizes & gift certificates.

Card Making T 10AM Arts & Crafts Room
Instructed by Betty Luper. Learn how to make homemade cards. Class is \$20. Registration is required. Materials will be available from the instructor for an additional fee- \$10 to make 6 cards.

Coaches Orientation Jan 14th 10AM Game Room A
Be a part of a study with UAMS and improve your health. Find out more information & sign up if you like at this meeting.

Duplicate Bridge F 12:30-4PM Game Room A
Duplicate Bridge T 12-4PM Game Room B

Free Fitness Screenings Jan 12th 10AM-12Noon Game Room A
Get your blood pressure, flexibility, body fat, & BMI tested. Find out what your target heart rate is and your baseline caloric intake to maximize your exercise results.

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

Garden Volunteer Meeting Jan 14th 11AM Board Room

Hootenanny Jan. 12th 2:00-3:00PM Game Room A
Join Dr. Jim Elkins & his guitar and sing your favorite old tunes.

Eight Easy Things to Save Your Life Jan. 11th 1:00PM Game Room A
Presented by Dr. Bredfeldt. Learn some great lifestyle tips for extending your lifespan.

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

LightHouse Meeting Jan 18th 10AM Board Room

Line Dancing MF 9-11 W 5PM Dining Room
No registration required. 9-10 Beginner Level, 10-11 Advanced.

Lunch- BCSC Jan 20th 11AM Dining Room
Strawberry Sensation Salad w/ Yogurt & Melba toast will be served by the Benton County Senior Center. Meals are available for \$3 for those over 60 (under 60- \$5). First come, First served.

Lunch-MOWR Jan 6th 11-12 Dining Room
Lasagna, salad, and apple crisp will be served by Meals on Wheels of Rogers. Meals available for \$4. First come, first served.

Lunch & Learn: Management of Back Pain Jan 27th 12PM Dining Room
Presented by Dr. Routsong, Neurosurgeon. Sponsored by Medtronic. Registration is required.

Lose Weight Healthfully Jan 21st 11AM Game Room A
Presented by Dr. Von Grempe of Mercy Health System.

Mah Jongg Lessons M or TH 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 Feb 26th 9AM Front Desk
Members are welcome to bring their questions & get more info.

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
Beginners and those with experience are welcome.

Parkinson's Support Group Jan 6th 1-2PM in Game Room A
Missy Walker of Mercy Health will facilitate.

Pen & Ink Techniques TH 2:30-5PM Arts & Crafts Room
Instructed by Sandra Woodruff. Class is \$20 plus the cost of materials. A supply list is available with registration.

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.

Red Hat Society Meeting Jan 13th 1:00 Demo-Kitchen
Join the group for a Bunco Party.

Reshape Yourself T 9AM Game Room A
Learn research-based information on achieving & maintaining a healthy body w/ Robyn Bourlon with U of A Cooperative Extension. Classes meet for 8 weeks and focus on healthy eating & physical activity. Cost is \$10 & registration is required.

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

Veteran's Social Jan 20th at 10:00AM Game Room B
Join other veterans to visit & enjoy a short program.

Winter Help for Seniors Jan 14th 1PM Game Room A
Learn how seniors can get help with winterizing their homes and how some may get help with energy costs. Presented by Peg Palmer with the Office of Human Concern.


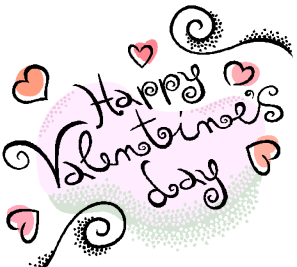
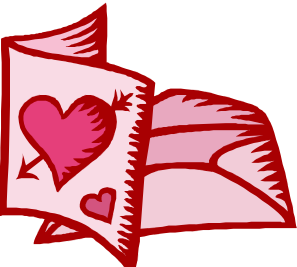

What you need to know before you do your 2009 Taxes Jan 7th 1:00PM
presented by Judy Coker of H&R Block.

World Religions Class T 1-2:30PM Jan 19th & 26th, Feb 2nd, 9th, 16th, 23rd. Multipurpose Room
Learn about the major World Religions with time for discussion each session. Class is instructed by John Middleton and is \$40 for 6 sessions. Registration is required.

Writing Group Jan 5th & Jan 19th 1-2:30PM Multipurpose Room
Facilitated by Sandra Woodruff. Join other writers for active writing & sharing your work.

Volumetrics Cooking Class Jan 29th at 1:30PM
Sponsored and presented by Jenny Craig. Learn how to lose weight by eating more. Class is free, registration is required.

February 2010

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|---|---|---|--|--|
| 1 9-11 Line Dancing 9:00 Bridge I Class 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 1:00 Ballroom Dancing Lessons | 2 9:00 Reshape Yourself 9:30 Intermediate Computer Class 12:00 Duplicate Bridge 1:00 Basic Computer Class 1:00 Writing Group 1:00 Portraits in Oil 1:00 World Religions Class | 3 9:30 Open Dominos 9:00 Bridge I Class 11:00 LUNCH- MOWR 1:00 Parkinson's Support Group 1:00 Bridge Club 2:30 Papercrafting 5:00 Line Dancing | 4 10:00 COACHES 10:00 Open Woodcarving Club 10:00 Mah Jongg Lessons 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 2:30 Colored Pencil Techniques | 5 9-11 Line Dancing 9:00 Scrapbooking Club 12:30 Duplicate Bridge 12:30 Afternoon Tea Dance 1:00 Portraits in Oil 1:00 Bingo 1:30 Pinochle Lessons 3:00 Pinochle |
| 8 9-11 Line Dancing 9:00 Basic Jewelry Making 9:00 Bridge I Class 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 1:00 Ballroom Dancing Lessons | 9 9:00 Reshape Yourself 9:30 Intermediate Computer Class 12:00 Duplicate Bridge 1:00 Basic Computer Class 1:00 Portraits in Oil 1:00 World Religions Class 1:00 Soups with Kaye 2:00 Hootenanny | 10 9:30 Open Dominos 9:00 Bridge I Class 1:00 Free Makeover 12:30 Red Hat Society Meeting 1:00 Bridge Club 2:30 Papercrafting 5:00 Line Dancing | 11 10:00 COACHES 10:00 Open Woodcarving Club 10:00 Mah Jongg Lessons 11:00 Garden Volunteer Meeting 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 2:30 Colored Pencil Techniques | 12 9-11 Line Dancing 9:00 Scrapbooking Club 12:30 Duplicate Bridge 1:00 Portraits in Oil 1:00 Valentine's Dance 1:30 Pinochle Lessons 3:00 Pinochle |
| 15 9-11 Line Dancing 9:00 Bridge I Class 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 1:00 Ballroom Dancing Lessons | 16 9:00 Reshape Yourself 9:30 Intermediate Computer Class 12:00 Duplicate Bridge 1:00 Basic Computer Class 1:00 Writing Group 1:00 Portraits in Oil 1:00 World Religions Class | 17 9:30 Open Dominos 9:00 Bridge I Class 10:00 Veteran's Social 11:00 Heart Health: Super Fruits Presented by Dr. Bourland 11:00 Lunch- BCSC 1:00 Bridge Club 2:30 Papercrafting 5:00 Line Dancing | 18 10:00 COACHES 10:00 Open Woodcarving Club 10:00 Mah Jongg Lessons 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 1:00 Bunco 2:30 Colored Pencil Techniques | 19 9-11 Line Dancing 9:00 Scrapbooking Club 12:30 Duplicate Bridge 12:30 Afternoon Tea Dance 1:00 Portraits in Oil 1:00 Bingo 1:30 Pinochle Lessons 3:00 Pinochle |
| 22 9-11 Line Dancing 9:00 Advanced Jewelry Making 9:00 Bridge I Class 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 1:00 Ballroom Dancing Lessons | 23 9:00 New Member Q & A 9:00 Reshape Yourself 9:30 Intermediate Computer Class 12:00 Duplicate Bridge 1:00 Basic Computer Class 1:00 Portraits in Oil 1:00 World Religions Class 2:00 Book Club Meeting | 24 9:30 Open Dominos 9:00 Bridge I Class 1:00 Bridge Club 1:00 Brain Teasers 2:30 Papercrafting 5:00 Line Dancing | 25 10:00 COACHES 9-3 Vascular Screenings 10:00 Open Woodcarving Club 10:00 Mah Jongg Lessons 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 2:30 Colored Pencil Techniques | 26 9-11 Line Dancing 9:00 Scrapbooking Club 10:00 Heart Healthy Cooking 12:30 Duplicate Bridge 1:00 Portraits in Oil 1:00 Bingo 1:30 Pinochle Lessons 3:00 Pinochle |
|  |  |  |  | <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> |

ADULT WELLNESS CENTER FEBRUARY CLASS & ACTIVITY SCHEDULE

Advanced Jewelry Making Feb 22nd 9-12Noon Arts & Crafts Room Class is \$5 plus \$5 materials cost pd to the instructor Pat Lane. 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 Feb 5th & Feb 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 be taught.**

Ballroom Dancing Lessons M 1-2 Dining Room Basics to ballroom dancing. This class is for individuals who do not have a dancing partner. Class is \$15 registration is required.

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

Basic Jewelry Making Feb 8th 9-12Noon Arts & Crafts Room Class is \$5 plus a \$5 materials cost pd to instructor Pat Lane. A supply list is available when you register for the class.

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

Book Club Meeting Feb 23rd 2:00-3:30PM Library Club meets for discussion and to pick next month's book.

Brain Teasers Feb 24th 1:00-2:00PM Game Room A Exercise your mind with fun games. Come join the fun!

Bridge Club W 1-4 Game Room B

Bridge I Lessons MW 9-11AM Multipurpose Room Instructed by Suzanne Krutsinger. No new registrations.

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

COACHES TH 10AM Game Room A Be a part of a study w/ UAMS and improve your health. Participation includes a 12 week class commitment starting in Feb. Registration is required

Colored Pencil Techniques TH 2:30-5PM Arts & Crafts Room Instructed by Sandra Woodruff. Class is \$20 plus the cost of materials. A supply list is available with registration.

Duplicate Bridge F 12:30-4PM Game Room A Every Friday.
Duplicate Bridge T 12-4PM Game Room B Every Tuesday.

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

Garden Volunteer Meeting Feb 11th 11AM Board Room

Heart Healthy Cooking Feb 26th 10AM Demo-Kitchen Learn how to make TASTY heart healthy recipes with Laura Hill, a nutritionist with Mercy Health System. This class and samples are free, but registration is required.

Heart Health: Super Fruits Feb 17th 11AM Game Room A Learn lifestyle & medical tips to improve your heart health. Presented by Cardiovascular Surgeon, Dr. Mary Bourland with Mercy Health System.

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

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

Line Dancing MF 9-11 W 5PM Dining Room No registration required. 9-10 Beginner Level, 10-11 Advanced.

Lunch-MOWRs Feb 3rd 11AM Dining Room Beef Stroganoff, green beans, salad, & cherry cobbler served by Meals on Wheels Rogers. Meal is \$4. First come, first served.

Lunch- BCSC Feb 17th 11AM Dining Room Lemon Herb Chicken Breast w/ rosemary potatoes & green beans, fruit mix & a cookie will be served by the Benton County Senior Center. Meals are available for \$3 for those over 60 (under 60 pay \$5). First come, First served.

Mah Jongg Lessons M or TH 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 Feb 23rd 9AM Front Desk Members are welcome to bring their questions & get more info.

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 Woodcarving Club TH 10-12 Arts & Crafts Beginners and those with experience are welcome.

Papercrafting W 2:30-4PM Arts & Crafts Room Learn how to make an accordion photo album. Scrapbook techniques will be applied as well as paper construction. Class is \$20 plus \$10 for materials. Registration is required.

Parkinson's Support Group Feb 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.

Portraits in Oil T & F 1-3PM Arts & Crafts Room Learn some easy techniques for painting realistic portraits in oil. Class is \$40 plus the cost of materials. A supply list will be available when you register for the class.

Red Hat Society Meeting Feb 10th 12:30PM Demo-Kitchen Join the Red Hats for a High Tea. Please call Queen Terry at 986-9180 to register for the event.

Reshape Yourself T 9AM Game Room A 2nd part of 8 week U of A Cooperative Extension Class instructed by Robyn Bourlon. No new registrations at this time.

Scrapbooking Club F 9-12Noon Arts & Crafts Room Learn various techniques from fellow scrapbookers.

Soups with Kaye Feb 9th 1:00PM Demo-Kitchen Learn how to make and sample delectable soups with a professional caterer- Kaye Burns. Recipes demonstrated will be tomato basil, chicken tortilla, fresh mushroom, and more! Class is \$5 and registration is required.

Valentine's Dance Feb 12th 1:00PM Game Rooms A & B Bring your sweetie & dance to music by the 2nd Wind Band.

Vascular Screenings Feb 25th 9AM-3PM Therapy Rooms Make an appt with Mercy Health at the AWC for a full Vascular screening of the carotid artery, the aorta, and the ankle brachial. Cost of the screening is \$100 payable to Mercy at the time of the screening. Must wear loose clothing and no turtle necks. Pre-registration required at the front desk.

Veteran's Social Feb 17th at 10AM Game Room B Come join other Veterans to visit and have coffee.

World Religions Class T 1-2:30PM Multipurpose Room Class is instructed by John Middleton. No new registrations.

Writing Group Feb 2nd & Feb 16th 1-2:30PM Multipurpose Room Facilitated by Sandra Woodruff. Join other writers for active writing, sharing your work, & ideas.