
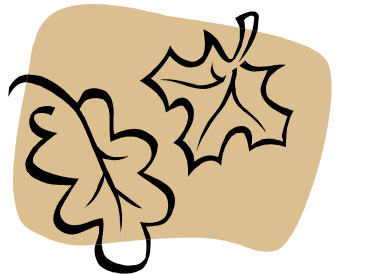


September 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Adult Wellness Center Open Monday through Friday 7:00AM to 7:00PM Saturdays 8AM to 12noon Phone: 479-631-3333 Fax: 479-986-6803 Website: www.rogersarkansas.com/wellnesscenter</p>	<p>1 9:00 Open Scrapbooking 9:30 Basic Computer Class 9:30 Mini Bridge Lessons 10:00 Hearts Card Group 12:00 Duplicate Bridge 1:00 Intermediate Computer Class 1:00 Writing Group 2:00 Antique Appraising</p>	<p>2 9:00 Beginning Bridge 9:30 Open Dominos 10:00 Pottery Class 11:00 LUNCH- MOWR 1:00 Parkinson's Support Group 1:00 Bridge Club 1:00 Tea on the Patio 2:00 Holistic Approach to Health 5:00 Line Dancing</p>	<p>3 10:00 Open Woodcarving Club 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 1:00 Watercolor Painting Class</p>	<p>4 9-11 Line Dancing 9:00 Scrapbooking Club 12:00 Duplicate Bridge 12:30 Afternoon Tea Dance 1:00 Open Painting 1:00 Bingo 1:30 Pinochle Lessons 3:00 Pinochle</p>
<p>7 Closed for Labor Day</p>	<p>8 9:00 Open Needleworking 9:30 Basic Computer Class 10:00 Hearts Card Group 1:00 Intermediate Computer Class 12:00 Duplicate Bridge 2:00 Hootenanny</p>	<p>9 9:00 Beginning Bridge 10:00 Pottery Class 10:00 Better Breathers 11:00 Lunch & Learn: Stryker 1:00 Free Makeover 1:00 Tea on the Patio 2:00 Holistic Approach to Health 2:00 Portraits in Oil</p>	<p>10 10:00 Open Woodcarving Club 11:00 Garden Volunteer Meeting 12:00 Simmons Bank Cookout 12:30 Open Mah Jongg 1:00 Advanced Lifewriting 1:00 Watercolor Painting Class 1:00 Open Hand & Foot</p>	<p>11 9-11 Line Dancing 9:00 Scrapbooking Club 12:00 Duplicate Bridge 1:00 Open Painting 1:00 Bingo 1:30 Pinochle Lessons 3:00 Pinochle</p>
<p>14 9-11 Line Dancing 9:00 Beginning Bridge 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 1:00 Beginning Ballroom Dance 5:30 New Member Q & A</p>	<p>15 8-10 Health Assessments 9:00 Open Scrapbooking 9:30 Basic Computer Class 9:30 Mini Bridge Lessons 10:30 Salsa/Guacamole Contest 12-5 AARP Driver Safety Class 1:00 Intermediate Computer Class 1:00 Writing Group</p>	<p>16 9:00 Beginning Bridge 10:00 Pottery Class 10:00 Veteran's Social 11:00 Sing-A-Long 11:00 LUNCH- MOWR 1:00 Bridge Club 1:00 Tea on the Patio 2:00 Holistic Approach to Health</p>	<p>17 8-10 Health Assessments 10:00 Open Woodcarving Club 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 1:00 Bunco 1:00 Watercolor Painting Class</p>	<p>18 9-11 Line Dancing 9:00 Scrapbooking Club 12:00 Duplicate Bridge 1:00 Open Painting 1:00 Bingo 1:30 Pinochle Lessons 3:00 Pinochle</p>
<p>21 9-11 Line Dancing 9:00 Beginning Bridge 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 1:00 Beginning Ballroom Dance</p>	<p>22 8-10 Health Assessments 8:30 Fly Fishing 101 9:00 Open Needleworking 9:30 Basic Computer Class 10:00 Hearts Card Group 12:00 Duplicate Bridge 1:00 Intermediate Computer Class</p>	<p>23 9:00 Beginning Bridge 9:30 Open Dominos 10:00 Pottery Class 1:00 Bridge Club 1:00 Tea on the Patio 2:00 Holistic Approach to Health 2:00 Portraits in Oil 5:00 Line Dancing</p>	<p>24 8-10 Health Assessments 10:00 Open Woodcarving Club 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 1:00 Watercolor Painting Class</p>	<p>25 9-11 Line Dancing 9:00 Scrapbooking Club 12:00 Duplicate Bridge 1:00 Open Painting 1:30 Pinochle Lessons 3:00 Pinochle 5:00 Anniversary Party</p>
<p>28 9-11 Line Dancing 9:00 Beginning Bridge 10:00 Mah Jongg Lessons 10-2 Blood Drive 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 1:00 Beginning Ballroom Dance</p>	<p>29 8:30 Fly Fishing 101 9:00 New Member Q & A 10:00 Hearts Card Group 12:00 Pay It Forward Club 12:00 Duplicate Bridge 1:00 Writing Group 2:00 Book Club Meeting</p>	<p>30 9:00 Beginning Bridge 9:30 Open Dominos 1:00 Bridge Club 1:00 Tea on the Patio 1:00 Brain Teasers 2:00 Holistic Approach to Health 2:00 Portraits in Oil 5:00 Line Dancing</p>		

ADULT WELLNESS CENTER SEPTEMBER CLASS & ACTIVITY SCHEDULE

AARP Driver Safety Class Sept. 15th 12-5PM GameRoom A Registration is required. A \$12 fee payable to AARP is required to take the class. For non-AARP members, the class fee is \$14.

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

Afternoon Tea Dance & Potluck Sept. 4th 12:30-2:30PM in the Dining Room Admission to the dance is \$1 plus bring your favorite snack or dish to share, includes free dance lesson.

Antique Appraising Sept. 1st at 2:00PM Game Room A Find out what your treasures are worth. One free appraisal per person. All types of antiques will be assessed except art pieces.

Anniversary Party Fundraiser Sept. 25 5-7PM Game Rooms A&B. It's a Hoedown, with a live music, BBQ dinner, & more. \$15.00 each - all proceeds go towards scholarships.

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.

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

Better Breathers Sept. 9th 10AM Game Room B Learn how to exercise your lungs and learn tips to live better with pulmonary diseases. Led by a certified respiratory therapist.

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

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

Blood Drive Sept. 28th 10-2 Game Room A

Book Club Meeting Sept. 29th 2-3:30PM Library Club meets for discussion and to pick next month's book.

Brain Teasers Sept. 30th 1:00-2:00PM Game Room A Facilitated by Fred Bradley. Exercise your mind with fun games.

Bunco Sept. 17th at 1PM Game Room A Everyone is welcome. Cost is \$2 a person. Have a chance to win great prizes.

Bridge Club W 1-4PM Game Room B

Duplicate Bridge F 12-4PM Game Room A

Duplicate Bridge T 12-4PM Game Room B

Fly Fishing 101 Sept. 22 & 29, 8:30-11:30AM Learn basic casts, flies, knots, and more. \$15 fee, supplies included, must pre-register. Facilitated by Sallyann Brown.

Free Makeover Sept. 9th at 1PM in Game Room A This Mary Kay makeover is free but registration is required.

Garden Volunteer Mtg Sept. 10th 11AM Board Room

Health Assessments Sept. 15th, 17th, 22nd, 24th 8-10 AM Personal screenings and consultation for cholesterol, BMI, % body fat, triglycerides, waist to hip ratio. \$30. Get results while you wait. Sign-up for times at the front desk.

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

Holistic Approach to Health W 2:00PM Multipurpose Room This is part 1 of a 2 part series on how to make choices to improve the quality of your life and health led by Lilian Burn. Registration is required. Class is \$15.

Hootenanny Sept. 8th 2-3PM Game Room A Join Dr. Jim Elkins & his guitar and sing your favorite old tunes.

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

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

Lunch & Learn: Shoulder Pain Sept. 9 11AM Hear about shoulder and elbow replacement options from Dr. Wes Cox. Sponsored by Stryker Orthopaedic. Registration required.

Lunch-MOWR Sept. 2nd 11-12 Dining Room Ham, sweet potatoes, green beans, with crazy cake for dessert. Meals available for \$4. First come, first served.

Lunch- MOWR Sept. 16th 11-12 Dining Room Black eyed peas with ham, cornbread, carrots, and cookies for dessert. Meals available for \$4. First come, first served.

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

Mini Bridge Lessons Sept. 1st & 15th 9:30-11:30AM Multipurpose Room Must have taken prior lessons with Susanne Krutsinger. Practice & build your skills with others & receive a free mini lesson.

New Member Q&A Sept. 14th at 5:30PM and Sept. 29th at 9:00AM in Game Room A

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

Parkinson's Support Group Sept. 2nd 1-2PM in Game Room A Learn helpful tips for living with PD.

Pay It Forward Club Sept. 29 12:00 PM Board Room Information about starting our own club

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 of Pinochle. Class is free but registration is required.

Portraits in Oil W 2PM Arts & Crafts Room Learn this technique w/ Marge Wyrick. Class is \$35 for 8wks. A supply list is available when you register for the class.

Pottery Class W 10-11:30AM Arts & Crafts Room Basics of pottery making. Class and materials fee is \$45.

Salsa/Guacamole Contest Sept. 15th 10:30AM Bring your favorite Salsa or Guacamole to be judged & share your recipe with others. Salsa making demonstration & samples.

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

Simmons Bank Cookout Sept. 10th 12Noon Enjoy a free cookout hosted by Simmons First Bank.

Sing-A-Long Sept. 16th 11AM Dining Room



Tea on the Patio W 1PM Free iced tea and cookies.

Veteran's Social Sept. 16th at 10:00AM Game Room B Come join other Veterans to visit and share stories.

Watercolor Painting Th 1-3PM Arts & Crafts Room \$20 fee plus materials, pick up supply list at registration.

Writing Group Sept. 1st, 15th, & 29th 1-2:30PM Multipurpose Room Join other writers for writing and sharing.

October 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Adult Wellness Center Open Monday through Friday 7:00AM to 7:00PM Saturdays 8AM to 12noon Phone: 479-631-3333 Fax: 479-986-6803 Website: www.rogersarkansas.com/wellnesscenter</p>			<p>1 10:00 Open Woodcarving Club 10:00 Introduction to Lifewriting 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 1:00 Woodcarving Class</p>	<p>2 9-11 Line Dancing 9:00 Scrapbooking Club 12:00 Duplicate Bridge 12:30 Afternoon Tea Dance 1:00 Open Painting 1:00 Bingo 1:30 Pinochle Lessons 3:00 Pinochle</p>
<p>5 9-11 Line Dancing 9:00 Beginning Bridge 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 1:00 Beginning Ballroom Dance</p>	<p>6 9:00 Open Scrapbooking 9:30 Intermediate Computer Class 10:00 Hearts Card Group 12:00 Duplicate Bridge 1:00 Basic Computer Class 1:00 Oil & Acrylic Painting 1:00 Writing Group 2:00 Antique Appraising</p>	<p>7 9:00 Beginning Bridge 9:30 Open Dominoes 10:00 Pottery Class 11:00 Sing A Long 11:00 LUNCH- MOWR 1:00 Parkinson's Support Group 2:00 How People Heal 2:00 Portraits in Oil</p>	<p>8 10:00 Open Woodcarving Club 10:00 Introduction to Lifewriting 11:00 Garden Volunteer Meeting 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 1:00 Woodcarving Class</p>	<p>9 9-11 Line Dancing 9:00 Scrapbooking Club 12:00 Duplicate Bridge 1:00 Open Painting 1:00 Bingo 1:30 Pinochle Lessons 3:00 Pinochle</p>
<p>12 9-11 Line Dancing 9:00 Beginning Bridge 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 1:00 Beginning Ballroom Dance</p>	<p>13 9:00 Open Needle Working 9:30 Intermediate Computer Class 10:00 Hearts Card Group 12:00 Duplicate Bridge 1:00 Oil & Acrylic Painting 1:00 Basic Computer Class 1:00 Nutrition for a Healthy Heart 2:00 Hootenanny</p>	<p>14 9:00 Beginning Bridge 10:00 Pottery Class 10:00 Better Breathers 1:00 Free Makeover 1:00 Bridge Club 2:00 Red Hat Society Meeting 2:00 How People Heal 2:00 Portraits in Oil</p>	<p>15 9:00 Bulb Planting Demo 10:00 Open Woodcarving Club 10:00 Introduction to Lifewriting 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 1:00 Bunco 1:00 Woodcarving Class</p>	<p>16 9:00 Walking Clinic 9:00 Line Dancing & Scrapbooking 12:00 Duplicate Bridge 12:30 Afternoon Tea Dance 1:00 Open Painting 1:00 Bingo 1:30 Pinochle Lessons 3:00 Pinochle</p>
<p>19 9-11 Line Dancing 9:00 Beginning Bridge 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 1:00 Beginning Ballroom Dance</p>	<p>20 9:00 Open Scrapbooking 9:30 Intermediate Computer Class 10:00 Hearts Card Group 12-5 AARP Driving Safety Class 12:00 Duplicate Bridge 1:00 Oil & Acrylic Painting 1:00 Writing Group 1:00 Basic Computer Class</p>	<p>21 9:00 Beginning Bridge 9:30 Open Dominoes 10:00 Pottery Class 10:00 Changes in Medicare 2010 10:00 Veteran's Social 11:00 LUNCH-MOWR 2:00 How People Heal 2:00 Portraits in Oil</p>	<p>22 10:00 Open Woodcarving Club 10:00 Introduction to Lifewriting 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 1:00 Woodcarving Class</p>	<p>23 9-11 Line Dancing 9:00 Scrapbooking Club 12:00 Duplicate Bridge 1:00 Open Painting 1:00 Bingo 1:30 Pinochle Lessons 3:00 Pinochle</p>
<p>26 9-11 Line Dancing 9:00 Beginning Bridge 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 1:00 Beginning Ballroom Dance</p>	<p>27 9:00 Open Needle Working 9:00 New Member Q & A 9:30 Intermediate Computer Class 10:00 Hearts Card Group 12:00 Duplicate Bridge 1:00 Oil & Acrylic Painting 1:00 Basic Computer Class 2:00 Book Club Meeting</p>	<p>28 9:00 Beginning Bridge 10:00 Pottery Class 11:00 Lunch & Learn: Green-House Assisted Living Concept 1:00 Bridge Club 1:00 Brain Teasers 2:00 How People Heal 2:00 Portraits in Oil</p>	<p>29 10:00 Open Woodcarving Club 10:00 Introduction to Lifewriting 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 1:00 Woodcarving Class</p>	<p>30 9-11 Line Dancing 9:00 Scrapbooking Club 12:00 Duplicate Bridge 1:00 Open Painting 1:00 Halloween Party 1:30 Pinochle Lessons 3:00 Pinochle</p>

ADULT WELLNESS CENTER OCTOBER CLASS & ACTIVITY SCHEDULE

AARP Driver Safety Class Oct. 20th 12-5PM Game Room A Get a discount on insurance. Registration required. A \$12 fee payable to AARP is required, for non-AARP members it is \$14

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 Oct. 2nd & Oct 16th 12:30PM Dining Room Admission to the dance is \$1 plus bring your favorite snack or dish to share for the Potluck. Includes free lesson.

Antique Appraising Oct. 6th at 2:00PM Game Room A Find out what your treasures are worth. John Rhea a local antique dealer will provide one free appraisal per person each session. All types of antiques will be assessed except art pieces.

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

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

Beginning Bridge Class MW 9-11AM Multipurpose Room Continuation of 8 weeks class. No new registrations.

Better Breathers Oct. 14h 10:00AM Game Room B Learn how to exercise your lungs & learn tips to live better with pulmonary diseases w/ Michelle Salisbury, respiratory therapist.

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

Book Club Meeting Oct. 27th 2:00-3:30PM Library Club meets for discussion and to pick next month's book.

Brain Teasers Oct. 28th 1-2PM Multipurpose Room Facilitated by Fred Bradley. Exercise your mind with fun games. Held the last Wednesday of every month. Come join the fun!

Bridge Club W 1-4 Game Room B

Bulb Planting Demonstration Oct. 15 9AM led by Master Gardener Eleanor Kabala.

Bunco Oct. 15th 1PM Game Room A Everyone is welcome. Cost is \$2 a person. Have a chance to win great prizes.

Changes in Medicare for 2010 Oct. 21st 10AM Game Room A Presented by Carolyn Whitsell of Mike Russell and Assoc. Educate yourself on the Medicare changes for the next year.

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

Free Makeover Oct. 14th at 1PM in Game Room A This Mary Kay Class is free but registration is required.

Garden Volunteer Mtg Oct. 8th 11AM Game Room A

Halloween Dance & Costume Party Oct. 30th 1PM Game Room A & B Wear your favorite costume or come as you are to our 3rd annual Halloween Party. Live Band, Lots of Treats, Costume Contest, and more.

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

Hootenanny Oct. 13th 2:00-3:00PM Dining Room Join Dr. Jim Elkins & his guitar and sing your favorite old tunes.

How People Heal W 2:00PM Multipurpose Room This is part 2 of a 2 part series on how to make choices to improve the quality of your life and health led by Lilian Burn. Registration is required. Class is \$15.

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.

Introduction to Lifewriting TH 10AM Multipurpose Room Approaches to personal memoir & life review are explored w/ Instructor June Jefferson. For Beginners or for seasoned writers. Class is \$30. Registration is required.

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

Lunch & Learn: Green House Assisted Living Concept Oct. 28th 11AM Dining Room presented by Legacy Village. A free catered lunch will be provided. Registration required.

Lunch-MOWR Oct. 7th 11-12 Dining Room Lemon Chicken, mashed potatoes, beets, and pudding for dessert. Meal is \$4. First come, first served.

Lunch-MOWR Oct. 21st 11-12Noon Dining Room Ham, sweet potato, green beans served with cake for dessert. Meal is \$4. First come, first served.

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

New Member Q&A Oct. 12th at 5:30PM or Oct. 27th at 9:00AM Game Room A New members are welcome to bring their questions and to get more information.

Nutrition for a Healthy Heart Oct. 13 1PM Game Room A Nutrition tips, education and discussion on improving and maintaining a healthy heart. SilverSneakers sponsored event.

Oil & Acrylic Painting Class T 1-4PM Arts & Crafts Room Instructed by Anita Carroll. Learn basics of painting w/ Oil or Acrylics. \$25 plus the cost of materials.

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

Parkinson's Support Group Oct. 7th 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 & F 3-6PM Game Room B

Pinochle Lessons F 1:30-2:30PM Board Room Learn the basics of Pinochle. Class is free but registration is required.

Portraits in Oil W 2PM Arts & Crafts Room. Continuation of September Class. No new registrations.

Pottery Class W 10-11:30AM Arts & Crafts Room Basics of pottery making. Class and materials fee is \$45.

Red Hat Society Meeting Oct. 14th at 2PM Game Room B Election for the new queen will be held at this meeting.

Scrapbooking Club F 9-12Noon Arts & Crafts Room

Sing A Long Oct. 7th 11AM Dining Room

Veteran's Social Oct. 21st at 10AM Game Room B Come join other Veterans to visit and share stories.

Woodcarving Class TH 1-3 PM Arts & Crafts Room Learn woodcarving & whittling techniques. Class is \$20. Registration required. Bring knife w/ 1 1/2 inch sharp blade.

Writing Group Oct 6th & 20th 1-2:30PM Multi-Purpose Room Join other writers for writing and sharing ideas.

Walking Clinic Oct. 16th 9AM GYM Get started on a walking program: shoes, fears, posture, & progression.