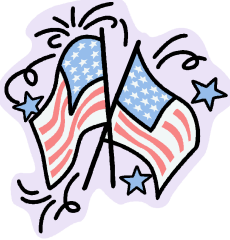




# July 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Adult Wellness Center</b>            Open Monday through Friday            7:00AM through 7:00PM            Saturdays 8am-12noon            Phone: 479-631-3333            Fax: 479-986-6803            Website:  <a href="http://rogersarkansas.com/wellnesscenter">rogersarkansas.com/wellnesscenter</a></p>			<p><b>1</b>            10:00 Open Woodcarving Club            10:00 Mah Jongg Lessons            12:30 Open Mah Jongg            1:00 Open Hand &amp; Foot  <b>3:00 Oriental Style Watercolor</b></p>	<p><b>2</b> 9-11 Line Dancing            9:00 Scrapbooking Club            12:00 Duplicate Bridge  <b>1:00 Afternoon Tea Dance</b>            1:00 Open Painting            1:00 Bingo            1:30 Pinochle Lessons            3:00 Pinochle</p>
<p><b>5 Closed for the Independence Day Holiday</b></p> 	<p><b>6</b>            9:30 Mini Bridge Lessons            12:00 Duplicate Bridge            1:00 Tea &amp; Games in the Garden            1:00 Writing Group  <b>1:00 Rocket Fuel Nutrition: How to have Endless Energy presented by Dr Scott Van Wilpe</b></p>	<p><b>7</b>            9:30 Open Dominos  <b>9-11 Medicare Fraud Help Desk</b>            10:00 Pottery Class  <b>1:00 Parkinson's Support Group</b>            1:00 Bridge Club            5:00 Line Dancing</p>	<p><b>8</b>            10:00 Open Woodcarving Club            10:00 Mah Jongg Lessons  <b>11:00 Garden Volunteer Meeting</b>            12:30 Open Mah Jongg            1:00 Open Hand &amp; Foot  <b>3:00 Oriental Style Watercolor</b></p>	<p><b>9</b>            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><b>12</b>            9-11 Line Dancing            10:00 Mah Jongg Lessons  <b>11:00 Future Plans for the Rogers Historical Museum</b>            12:30 Pinochle            1:00 Open Dominos            1:00 Open Mah Jongg</p>	<p><b>13</b>            12:00 Duplicate Bridge            1:00 Tea &amp; Games in the Garden  <b>10:00 AWC Volunteer Meeting and Discussion Forum</b>  <b>1:00 Prescription Assistance</b></p>	<p><b>14</b> 9:30 Open Dominos  <b>9-11 Score information desk</b>            10:00 Pottery Class  <b>11:00 Methods of Muscle Response Testing with Dr. Shipman</b>            1:00 Free Makeover            1:00 Bridge Club            5:00 Line Dancing</p>	<p><b>15</b>            10:00 Open Woodcarving Club            10:00 Mah Jongg Lessons            12:30 Open Mah Jongg            1:00 Open Hand &amp; Foot  <b>1:00 Bunco</b>  <b>3:00 Oriental Style Watercolor</b></p>	<p><b>16</b>            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><b>19</b>            9-11 Line Dancing  <b>10:00 Lighthouse Meeting</b>  <b>10-2 Blood Drive</b>            10:00 Mah Jongg Lessons            12:30 Pinochle            1:00 Open Dominos            1:00 Open Mah Jongg</p>	<p><b>20</b>            9:30 Mini Bridge Lessons            12:00 Duplicate Bridge  <b>11:00 What is Acupuncture? Presented by Dr. Pamela Bayers</b>  <b>12-5 AARP Driver Safety Class</b>            1:00 Tea &amp; Games in the Garden            1:00 Writing Group</p>	<p><b>21</b>            9:30 Open Dominos            10:00 Pottery Class  <b>11:00 Biofeedback &amp; Regaining Your Health with J. D. Rogers</b>  <b>11:00 LUNCH- BCSAC</b>            1:00 Bridge Club            5:00 Line Dancing</p>	<p><b>22</b>            10:00 Open Woodcarving Club            10:00 Mah Jongg Lessons            12:30 Open Mah Jongg            1:00 Open Hand &amp; Foot  <b>3:00 Oriental Style Watercolor</b></p>	<p><b>23</b>            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><b>26</b>            9-11 Line Dancing            10:00 Mah Jongg Lessons            12:30 Pinochle            1:00 Open Dominos            1:00 Open Mah Jongg</p>	<p><b>27</b>            9:00 New Member Q &amp; A            12:00 Duplicate Bridge            1:00 Tea &amp; Games in the Garden  <b>1:00 The Big Why in Weight Loss &amp; Exercise Presented by Dr. Scott Van Wilpe</b>  <b>2:00 Book Club Meeting</b></p>	<p><b>28</b> 9:30 Open Dominos            10:00 Pottery Class  <b>12:00 Lunch &amp; Learn: Tax Free Investing sponsored by Edward D. Jones</b>            12:30 Pay it forward quilters mtg            1:00 Bridge Club            5:00 Line Dancing</p>	<p><b>29</b>            10:00 Open Woodcarving Club            10:00 Mah Jongg Lessons  <b>10:00 COACHES</b>            12:30 Open Mah Jongg            1:00 Open Hand &amp; Foot  <b>3:00 Oriental Style Watercolor</b></p>	<p><b>30</b> 9-11 Line Dancing            9:00 Scrapbooking Club            12:00 Duplicate Bridge  <b>12:00 Potluck Picnic</b>            1:00 Open Painting            1:00 Bingo            1:30 Pinochle Lessons            3:00 Pinochle</p>

## ADULT WELLNESS CENTER JULY CLASS & ACTIVITY SCHEDULE

**AARP Driver Safety Class July 20th 12-5PM Game Room A**  
Get a discount on your car insurance. A \$12 class fee payable to AARP & registration is required (non-AARP members pay \$14)

**Afternoon Tea Dance & Potluck July 2nd 1:00-2:30PM in the Dining Room** Admission to the dance is \$1 plus bring your favorite snack to share for the Potluck. **1:00 PM A Free Dancing Lesson will be taught by instructor Judy Potter Griffin.**

**AWC Volunteer Meeting and Volunteer Forum July 13th at 10AM Game Room A** Current AWC volunteers & those interested in starting to volunteer are welcome to attend this meeting to hear our ideas for changing the format and we want you to bring your ideas to share too!

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

**Blood Drive July 19th 10-2 Game Room A** Get a free cholesterol screening and a FREE t-shirt for donating!

**Book Club Meeting July 27th 2-3:30PM Library** Meet to discuss this month's book & decide on the next month's book.

**Bunco July 15th 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 or Demo-Kitchen**

**Biofeedback & Regaining Your Health July 21st 11AM in Game Room A** Presented by J. D. Rogers. Learn how to identify what areas of your body/ health need addressing with biofeedback techniques.

**COACHES Meeting July 29th 10:00AM Game Room A** Must have attended the U of A Class/Training to attend.

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

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

**Future Plans for the Rogers Historical Museum July 12th 11AM Game Room A** Find out the plans and give feedback.

**Garden Volunteer Mtg July 8th 11AM Board Room**

**Light House Meeting July 19th 10AM Board Room**

**Line Dancing MF 9-11 & W 5:00PM Dining Room** No registration. *9-10 AM Beginner Line Dancing* Learn the basic steps & beginner level dances. *10-11 AM Advanced Line Dancing* will progress to more difficult steps & dances.

**Lunch & Learn: Tax Free Investing –It's not what you make but what you keep July 28th at 12:00Noon Dining Room** Presented by Todd Stone & sponsored by Edward D Jones. Learn how you can make the most out of your investments. Event is free but registration is required.

**Lunch–BCSAC July 21st 11-12 Dining Room** Caribbean Jerk pork loin with coconut rice, field peas, tropical fruit salad, and Macadamia Nut Cookies for dessert. Provided by the Benton County Senior Activity Center for \$5 per meal.

**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 is \$10.

**Medicare Fraud Help Desk July 7th 9-11AM** Volunteers will be able to help answer your questions, help examine questionable health care bills, and will help you take action if you have inaccurate billing.

**Methods of Muscle Response Testing July 14th 11AM Game Room A** Presented by Dr. Shipman Identify stressed muscle groups with Response Testing

**Mini Bridge Lessons July 6th & 20th 9:30-11:30AM Multi-Purpose Room** Mini Lessons provided by ACBL certified instructor Suzanne Krustinger. Practice playing with others and improve your skills. These free lessons/practice sessions are for those that have completed the bridge lessons held at the AWC. No registration required.

**Oriental Style Watercolor TH 3:00-5:00PM Arts & Crafts Room** Learn this watercolor painting technique w/ Sandra Woodruff. Class is \$20 plus the cost of materials. A supply list is available when you register for the class.

**New Member Q&A July 27th at 9:00AM Front Desk** New members are welcome to bring their questions and to get more information about the center.

**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**

**Parkinson's Support Group July 7th 1-2PM in Game Room A** Missy Walker & Amy Fairbanks of Mercy Health will facilitate. Learn helpful tips for living with PD.

**Pay it Forward Quilters Meeting July 28th 12:30PM Board Room** Learn about new community projects.

**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.

**Pottery Class W 10-11:30AM Arts & Crafts Room** Instructed by Jim Young. Basics of pottery making. Class and materials fee is \$45, Registration is required.

**Potluck Picnic July 30th 12noon Gazebo** Bring your favorite picnic dish or dessert to share with other members.

**Prescription Assistance July 13th 1:00PM Game Room A** Learn about the assistance that is available to help you pay for your medicines. Find out how you can get your prescriptions free from the company directly.

**Rocket Fuel Nutrition: How to have Endless Energy July 6th 1:00PM Game Room A** Presented by Dr. Scott Van Wilpe. Learn about the power nutrition has over your energy level. Learn some tips on what food to include in your diet for more healthful energy.

**SCORE information Desk July 14th 9-11AM** If you are a retired business person interested in helping new entrepreneurs- sign up to help or find out more information.

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

**Tea & Games in the Garden T 1PM Gazebo** Enjoy a cold glass of ice tea in the Garden and try some of our lawn games and other outdoor activities. Or enjoy the summer weather under the shade of the Gazebo.

**The Big Why in Weight Loss and Exercise: Preventing Major Diseases in the 21st Century July 27th 1:00PM Game Room A** Presented by Dr. Scott Van Wilpe. Learn tips on how to achieve weight loss and what exercise techniques get results. Learn how moderate exercise can prevent many life threatening diseases.

**Writing Group July 6th & July 20th 1-2:30PM Multi-Purpose Room** Facilitated by Sandra Woodruff. Join other writers for active writing & sharing your work.

**What is Acupuncture? July 20th 11AM Game Room B** Presented by Dr. Pam Bayers Learn how the Acupuncture technique works and what conditions it is used to treat.

# August 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9-11 Line Dancing 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg <b>3:30 Card Making</b>	<b>3</b> <b>9:30 Mini Bridge Sessions</b> 9:30 Intermediate Computer Class 12:00 Duplicate Bridge 1:00 Tea & Games in the Garden 1:00 Writing Group <b>1:00 Introduction to Lifewriting</b>	<b>4</b> 9:30 Open Dominos 9-11 Medicare Fraud Help desk 10:00 Pottery Class <b>1:00 Parkinson's Support Group</b> 1:00 Bridge Club <b>2:30 Holistic Health</b> 5:00 Line Dancing	<b>5</b> 10:00 Open Woodcarving Club 10:00 Mah Jongg Lessons 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting <b>1:00 Oil &amp; Acrylic Painting</b>	<b>6</b> 9-11 Line Dancing 9:00 Scrapbooking Club 12:00 Duplicate Bridge <b>1:00 Afternoon Tea Dance</b> 1:00 Open Painting 1:00 Bingo 1:30 Pinochle Lessons 3:00 Pinochle
<b>9</b> 9-11 Line Dancing 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg <b>3:30 Card Making</b> <b>5:30 Ballroom Dance Lessons</b>	<b>10</b> 9:30 Intermediate Computer Class 12:00 Duplicate Bridge 1:00 Tea & Games in the Garden 1:00 Basics of Facebook <b>1:00 Basics of Jewelry Making</b> <b>1:00 Introduction to Lifewriting</b>	<b>11</b> 9:30 Open Dominos <b>9-11 SCORE volunteer help desk</b> 10:00 Pottery Class 1:00 Free Makeover 1:00 Bridge Club <b>2:30 Holistic Health</b> 5:00 Line Dancing	<b>12</b> 10:00 Open Woodcarving Club 10:00 Mah Jongg Lessons <b>11:00 Garden Volunteer Meeting</b> 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting <b>1:00 Oil &amp; Acrylic Painting</b>	<b>13</b> 9-11 Line Dancing 9:00 Scrapbooking Club 12:00 Duplicate Bridge 1:00 Open Painting <b>1:00 Vegetarian Cooking Class</b> 1:00 Bingo 1:30 Pinochle Lessons 3:00 Pinochle
<b>16</b> 9-11 Line Dancing 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg <b>3:30 Card Making</b> <b>5:30 Ballroom Dance Lessons</b>	<b>17</b> 9:30 Mini Bridge Sessions 9:30 Intermediate Computer Class 12:00 Duplicate Bridge 1:00 Tea & Games in the Garden 1:00 Basics of Facebook 1:00 Writing Group <b>1:00 Polymer Clay Bead Making</b> <b>1:00 Introduction to Lifewriting</b>	<b>18</b> 9:30 Open Dominos 10:00 Pottery Class <b>11:00 LUNCH-BCSAC</b> 1:00 Bridge Club <b>2:30 Holistic Health</b> 5:00 Line Dancing	<b>19</b> 10:00 Open Woodcarving Club 10:00 Mah Jongg Lessons 12:30 Open Mah Jongg 1:00 Open Hand & Foot <b>1:00 Bunco</b> 1:00 Advanced Lifewriting <b>1:00 Oil &amp; Acrylic Painting</b>	<b>20</b> 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
<b>23</b> 9-11 Line Dancing 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg <b>3:30 Card Making</b> <b>5:30 Ballroom Dance Lessons</b>	<b>24</b> 9:30 Intermediate Computer <b>10:00 Chronic Pain presented by Dr. Jeff Smith, D.C.</b> 12:00 Duplicate Bridge 1:00 Tea & Games in the Garden 1:00 Basics of Facebook <b>3:30 Pendant Making</b> <b>1:00 Introduction to Lifewriting</b>	<b>25</b> 9:30 Open Dominos 10:00 Pottery Class 12:30 Pay it forward Quilters Mtg 1:00 Bridge Club <b>2:30 Holistic Health</b> 5:00 Line Dancing	<b>26</b> 10:00 Open Woodcarving Club 10:00 Mah Jongg Lessons <b>10:00 COACHES</b> 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting <b>1:00 Oil &amp; Acrylic Painting</b>	<b>27</b> 9-11 Line Dancing 9:00 Scrapbooking Club 12:00 Duplicate Bridge <b>12:00 Pot Luck Picnic</b> 1:00 Open Painting 1:00 Bingo 1:30 Pinochle Lessons 3:00 Pinochle
<b>30</b> 9-11 Line Dancing 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg <b>3:30 Card Making</b> <b>5:30 Ballroom Dance Lessons</b>	<b>31</b> 9:00 New Member Q & A 9:30 Intermediate Computer Class 12:00 Duplicate Bridge 1:00 Tea & Games in the Garden 1:00 Basics of Facebook 1:00 Writing Group <b>2:00 Book Club Meeting</b> <b>1:00 Introduction to Lifewriting</b>			<b>Adult Wellness Center</b> <b>Open Monday through Friday</b> <b>7:00AM through 7:00PM</b> <b>Saturdays 8am-12noon</b> <b>Phone: 479-631-3333</b> <b>Fax: 479-986-6803</b> <b>Website:</b> <a href="http://rogersarkansas.com/wellnesscenter">rogersarkansas.com/wellnesscenter</a>

## ADULT WELLNESS CENTER AUGUST CLASS & ACTIVITY SCHEDULE

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

**Afternoon Tea Dance August 6th 1:00PM Dining Room**  
Admission to the dance is \$1 plus bring your favorite snack to share for the Potluck. **A Free Dancing Lesson will taught.**

**Ballroom Dance Lessons August 9, 16, 23, & 30 5:30PM Dining Room** Basics to Ballroom Dancing with Judy Potter-Griffin. Class is \$15. Registration is required.

**Basics of Facebook T 1-2:30PM Board Room** Learn how to use & set up a Facebook Account with Instructor Jon Testut. Class is \$25. Registration is required.

**Basics to Jewelry Making August 10th 1PM Arts & Crafts Room** Instructed by Pat Lane. Class is \$5 plus the cost of materials. 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 August 31st 2:00-3:30PM Library**  
Club meets for discussion and to pick next month's book.

**Bridge Club W 1-4 Game Room B**

**Bunco August 19th 1PM Game Room A** Everyone is welcome. Cost is \$2 a person. Have a chance to win great prizes.

**Card Making M 3:30-5:30PM Arts & Crafts Room** Learn various techniques for card making with instructor Sandra Woodruff. Class is \$20. Registration is required. Card kits will be available from the teacher for an additional fee.

**Chronic Pain August 24th 10:00AM Game Room A**  
Presented by Dr. Jeff Smith D.C. Learn lifestyle tips and treatment techniques for treating chronic pain.

**COACHES Meeting August 26th 10:00AM Game Room A**  
Must have attended the U of A Class/Training to attend.

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

**Free Makeover August 11th at 1PM in Game Room A**  
This Mary Kay Class is free but registration is required.

**Garden Volunteer Mtg August 12th 11AM Board Room**  
Learn about the new projects going on the garden and what areas we are in need of help.

**Holistic Health W 2:30-5:00PM Multipurpose Room**  
Learn how all areas of your health are connected & how to improve your whole person wellness with Lillian Bern, a Holistic therapist. Class is \$20, registration is required.

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

**Introduction to Lifewriting T 1PM Multipurpose Room**  
Approaches to personal memoir and life review are explored with instructor June Jefferson. For beginners or for seasoned writers. Class is \$30. Registration is required.

**Line Dancing MF 9:00-11:00AM & W 5:00PM Dining Room** *9-10AM Beginner Line Dancing* Learn the basic steps & beginner level dances. *10-11AM Advanced Line Dancing* will progress to more difficult steps & dances.

**Lunch-BCSAC August 18th 11-12 Dining Room** Hickory smoked brisket, baked beans, baked potato salad, & orange sherbet for dessert. Provided by the BCSAC. Meal is \$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 is \$10.

**Medicare Fraud Help Desk August 4th 9-11AM**  
Volunteers will be able to help answer your questions, help examine questionable health care bills, and will help you take action if you have inaccurate billing.

**Mini Bridge Sessions August 3rd & 17th 9:30-11AM Game Room A** Build on your skills, play & practice with other bridge students. Must have taken class with Susanne Krutsinger. A short lesson will be provided for free.

**New Member Q&A August 31st 9:00AM Front Desk**  
New members are welcome to bring their questions and to get more information about the center.

**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**

**Oil & Acrylic Painting T 1-4PM Arts & Crafts Room**  
Learn techniques for painting with oil or acrylics with Anita Carroll. Class is \$25 plus the cost of materials. A supply list is available when you register for the class.

**Parkinson's Support Group August 4th 1-2PM in Game Room A** Facilitated by Missy Walker w/ Mercy Health System. Learn helpful tips for living with Parkinson's Disease.

**Pay it Forward Quilters Mtg Aug 25th 12:30 Board Rm**

**Pendant Making August 24th 3:30PM Arts & Crafts Room** Instructed by Pat Lane. Learn wire bending and wrapping techniques. Class is \$5 plus the cost of materials. A supply list is available when you register for the class.

**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.

**Polymer Clay Bead Making Class August 17th 1PM Arts & Crafts Room.** Learn how to make clay beads or pendants for making custom jewelry. Instructed by Karen Ashley. Class is \$10. Registration is required.

**Potluck Picnic August 27th 12:00Noon Gazebo** Bring your favorite dish to share & play some outdoor games.

**Pottery Class W 10-11:30AM Arts & Crafts Room** Instructed by Jim Young. Basics of pottery making. Class & materials fee is \$45, Registration is required.

**SCORE information Desk August 11th 9-11AM** If you are a retired business person interested in helping new entrepreneurs- sign up to help or find out more information.

**Scrapbooking Club F 9-12Noon Arts & Crafts Room**

**Tea & Games in the Garden T 1PM Gazebo** Enjoy a cold glass of ice tea in the Garden and try some of our lawn games and other outdoor activities. Or enjoy the summer weather under the shade of the Gazebo.

**Vegetarian Cooking Class August 13th 1PM Demonstration Kitchen** Learn how to cook healthy & delicious vegetarian recipes. Instructed by Michelle Edwards, ND, CNHP Sponsored by Ozark Herb & Spice. Registration is required.

**Writing Group August 3rd, 17th & 31st 1-2:30PM Multi-Purpose Room** Facilitated by Sandra Woodruff. Join other writers for active writing, sharing your work, & ideas.