


March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 9:00 Bridge 1 Lessons 9-11 Line Dancing 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg</p>	<p>2 9:30 Basic Computer Class 12:00 Duplicate Bridge 1:00 Intermediate Computer Class 1:00 Writing Group 2:00 Antique Appraising</p>	<p>3 9:00 Bridge 1 Lessons 9:30 Open Dominos 11:00 Medicare & More 1:00 Parkinson's Support Group 1:00 Bridge Club 5:00 Line Dancing</p>	<p>4 10:00 Open Woodcarving Club 10:00 Mah Jongg Lessons 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 1:30 What you need to know about the 2010 Census 3:00 Floral Arranging</p>	<p>5 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>8 9:00 Bridge 1 Lessons 9-11 Line Dancing 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 1:00 Carding Making</p>	<p>9 9:30 Basic Computer Class 10-11 Digital Photography 12:00 Duplicate Bridge 1:00 Intermediate Computer Class 1:00 Watercolor Painting 1:30 Movie & Lecture: Complementary Healing Modalities 2:00 Hootenanny</p>	<p>10 9:00 Bridge 1 Lessons 9:30 Open Dominos 11:00 Colon Cancer: Why Prevention Pays...in Life Years Presented by Dr. Thaker, MD 1:00 Bridge Club 1:00 Free Makeover 5:00 Line Dancing</p>	<p>11 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 3:00 Floral Arranging</p>	<p>12 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>15 9:00 Bridge 1 Lessons 9-11 Line Dancing 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg</p>	<p>16 9:30 Basic Computer Class 10:00 Digital Photography 12:00 Duplicate Bridge 12-5 AARP Driver Safety Class 1:00 Intermediate Computer Class 1:00 Writing Group 1:00 Watercolor Painting</p>	<p>17 9:00 Bridge 1 Lessons 9:30 Open Dominos 10:00 Veteran's Social 10:30 Senior Games Information 11:00 LUNCH- BCSC 1:00 Bridge Club 5:00 Line Dancing</p>	<p>18 10:00 Open Woodcarving Club 10:00 Mah Jongg Lessons 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Bunco 1:00 Advanced Lifewriting 3:00 Floral Arranging</p>	<p>19 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>22 9:00 Bridge 1 Lessons 9-11 Line Dancing 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg</p>	<p>23 9:30 Basic Computer Class 10:00 Digital Photography 12:00 Duplicate Bridge 1:00 Intermediate Computer Class 1:00 Watercolor Painting</p>	<p>24 9:00 Bridge 1 Lessons 9:30 Open Dominos 1:00 "How to Choose Friends and Live your Best Dreams" Seminar 1:00 Bridge Club 5:00 Line Dancing</p>	<p>25 10:00 Open Woodcarving Club 10:00 Mah Jongg Lessons 12:30 Open Mah Jongg 1:00 Basket Weaving Class 1:00 Open Hand & Foot 1:00 Advanced Lifewriting</p>	<p>26 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>29 9:00 Bridge 1 Lessons 9-11 Line Dancing 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg</p>	<p>30 9:00 New Member Q & A 9:30 Basic Computer Class 10-11 Digital Photography 12:00 Duplicate Bridge 1:00 Intermediate Computer Class 1:00 Writing Group 1:00 Watercolor Painting 2:00 Book Club Meeting</p>	<p>31 9:00 Bridge 1 Lessons 9-3 Census Assistance Booth 12:30 Pay it Forward Quilters Mtg 12:00 Lunch & Learn: How to Win In 2010! Sponsored by Guardian Financial Advisors 1:00 Bridge Club 5:00 Line Dancing</p>		<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>

ADULT WELLNESS CENTER MARCH CLASS & ACTIVITY SCHEDULE

AARP Driver Safety Class March 16th 12-5PM Game Room A Get a discount on your car insurance. 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 Lifewriting is a prerequisite. Registration is required. Class is \$20.

Afternoon Tea Dance & Potluck March 5th 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. **12:30-1:00 PM A Free Dancing Lesson will be taught.**

Antique Appraising March 2nd 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 at each session. All types of antiques will be assessed except art pieces.

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.

Basket Weaving Class March 25th & April 1st 1-4PM Arts & Crafts Room Make a large tote or market basket with instructor Debbie Hurd. Class is \$5 plus the cost of materials. Materials can be purchased from the instructor for \$42. 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 March 30th 2:00-3:30PM Library Club meets for discussion and to pick next month's book.

Bridge 1 Lessons MW 9-11AM Multi-Purpose Room Learn 21st Century bidding and play with ACBL certified instructor Suzanne Krutsinger. For beginners or for those with experience. Class is \$50 for 16 lessons. Registration is required.

Bridge Club W 1-4PM Game Room A

Bunco March 18th 1PM Game Room A Everyone is Welcome. Cost is \$2. Have a chance to win gift certificates!

Card Making March 8th 1-4PM Arts & Crafts Room Make a variety of different holiday cards with Betty Luper. Class is \$5. Supplies are provided by the instructor for an additional cost of \$10 paid to the instructor the first day of class.

Census Assistance Booth March 31st 9AM-3PM Lobby Census workers will be available to answer questions and to assist you with completing your census form.

Colon Cancer: Why Prevention Pays...in Life Years 11AM March 10th Game Room A Presented by Dr. Thaker, MD w/ Mercy Health System. Learn tips you can do to reduce your risk for the most preventable type of cancer.

Digital Photography March 9, 16, 23, 30 10-12 Game Room A Learn what you can do w/ Digital Photography. Must already know how to operate your camera before this course. Instructed by Professional Photographer Clifton Eoff. Class is \$25. Registration is Required.

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

Floral Arranging March 4, 11, & 18 3-5PM Arts & Crafts Room. Learn how to make 3 different styles of flower arrangements with Sandra Woodruff. Class is \$15 plus the cost of supplies. A supply list is available when you register for the class.

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

Garden Volunteer Mtg March 11th 11AM Board Room

How to Choose Friends and Live Your Best Dreams March 24th 1PM Game Room A Get inspired with an interactive personal growth seminar with David Nelson.

Hootenanny March 9th 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. The class is \$25 and registration is required.

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

Lunch- BCSC March 17th 11-12 Dining Room Corned Beef Brisket served with potatoes O'Brian, bubbles & squeak ,and shamrock salad for dessert. Served by the Benton County Senior Center. Meals available for \$3 for those over 60 (under 60 pay \$5). First come, first served.

Lunch & Learn: How to win in 2010! March 31st 12 Noon Dining Room Sponsored by Guardian Financial Advisors. Learn tips on how to not only survive during these uncertain markets, but do well and protect your nest egg. The event & lunch are free but registrations are required.

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.

Medicare & More March 3rd at 11AM Game Room A Presented by Renee Taylor with Windsor Medicare Extra. Learn about the extended Medicare enrollment period and Medicare Advantage Options.

Movie & Lecture: Complementary Healing Modalities 1:30 PM March 9th Game Room A. Discussion will follow the video. Led by Lillian Burn. Tickets are \$5.

New Member Q&A March 30th at 9:00AM Front Desk

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 March 3rd 1-2PM in Game Room A Facilitated by Mercy Health System

Pay it Forward Quilters Mtg Mar. 31st 12:30 Board Rm

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.

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

Senior Games Information March 17th 10:30AM Game Room A Learn how you can participate in this year's games


Veteran's Social Mar 17th at 10:00AM Game Room B

Watercolor Painting March 9, 16, 23, & 30 1-4PM Arts & Crafts Room Learn watercolor techniques with Anita Carroll. Class is \$25 plus the cost of materials. A supply list is available when you register for the class.

What you need to know about the 2010 Census March 4th 1:30PM Game Room A Presented by the US Census Bureau. Learn how it impacts you & your community.

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

April 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<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>			<p>1 10:00 Open Woodcarving Club 10:00 Mah Jongg Lessons 10:00 Introduction to Lifewriting 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 1:00 Basket Weaving Class All Day Easter Egg Hunt</p>	<p>2 9-11 Line Dancing 9:00 Scrapbooking Club 12:00 Duplicate Bridge 12:30 Afternoon Tea Dance 1:00 Bingo 1:30 Pinochle Lessons 3:00 Pinochle All Day Easter Egg Hunt</p>
<p>5 9-11 Line Dancing 10:00 Mah Jongg Lessons 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 5:30 Beginning Ballroom Dance</p>	<p>6 9:30 Intermediate Computer 12:00 Duplicate Bridge 1:00 Basic Computer Class 1:00 Writing Group 1:00 Portraits in Oil 1:00 History of Christianity 2:00 Antique Appraising 3:00 Healing Modalities</p>	<p>7 9:00 Bridge 1 Lessons 9:30 Open Dominos 10:00 Pottery Class I 12:30 Pottery Class II 1:00 Parkinson's Support Group 1:00 Bridge Club 5:00 Line Dancing</p>	<p>8 10:00 Open Woodcarving Club 10:00 Mah Jongg Lessons 10:00 Introduction to Lifewriting 11:00 Garden Volunteer Meeting 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 3:00 Drawing Techniques</p>	<p>9 9-11 Line Dancing 9:00 Scrapbooking Club 12:00 Duplicate Bridge 1:00 Portraits in Oil 1:00 Bingo 1:30 Pinochle Lessons 3:00 Pinochle</p>
<p>12 9-11 Line Dancing 9:00 Bridge 1 Lessons 10:00 Mah Jongg Lessons 10:30 Senior Games Information 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 5:30 Beginning Ballroom Dance</p>	<p>13 9:30 Intermediate Computer 12:00 Duplicate Bridge 1:00 Basic Computer Class 1:00 Portraits in Oil 1:00 History of Christianity 2:00 Hootenanny 3:00 Healing Modalities</p>	<p>14 9:00 Bridge 1 Lessons 10:00 Pottery Class I 11:00 How do I know if I'm at risk for developing Diabetes? Presented by Dr. Weeden, MD 12:30 Pottery Class II 12:30 Red Hat Meeting 1:00 Bridge Club 1:00 Free Makeover</p>	<p>15 10:00 Open Woodcarving Club 10:00 Mah Jongg Lessons 10:00 Introduction to Lifewriting 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 3:00 Drawing Techniques</p>	<p>16 9-11 Line Dancing 9:00 Scrapbooking Club 12:00 Duplicate Bridge 1:00 Portraits in Oil 1:00 Volumetrics Cooking Class 1:00 Bingo 1:30 Pinochle Lessons 3:00 Pinochle</p>
<p>19 9-11 Line Dancing 9:00 Bridge 1 Lessons 10:00 Mah Jongg Lessons 10:00 Lighthouse Meeting 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 5:30 Beginning Ballroom Dance</p>	<p>20 9:30 Intermediate Computer 11:00 Diabetes & Eye Health Presented by Dr. Alex Bell 12:00 Duplicate Bridge 1:00 Basic Computer Class 1:00 Portraits in Oil 1:00 History of Christianity 3:00 Healing Modalities</p>	<p>21 9:00 Bridge 1 Lessons 9:30 Open Dominos 10:00 Pottery Class I 10:00 Veteran's Social 11:00 LUNCH-BCSC 12:30 Pottery II 1:00 Bridge Club 5:00 Line Dancing</p>	<p>22 10:00 Open Woodcarving Club 10:00 Mah Jongg Lessons 10:00 Introduction to Lifewriting 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 3:00 Drawing Techniques</p>	<p>23 9-11 Line Dancing 9:00 Scrapbooking Club 12:00 Duplicate Bridge 1:00 Portraits in Oil 1:00 Bingo 1:30 Pinochle Lessons 3:00 Pinochle</p>
<p>26 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 5:30 Beginning Ballroom Dance</p>	<p>27 9:00 New Member Q & A 9:30 Intermediate Computer 12:00 Duplicate Bridge 1:00 Basic Computer Class 1:00 Portraits in Oil 1:00 History of Christianity 2:00 Book Club Meeting 3:00 Healing Modalities</p>	<p>28 9:00 Bridge 1 Lessons 9:30 Open Dominos 10:00 Pottery Class I 12:00 Volunteer Luncheon 12:30 Pottery II 12:30 Pay it Forward Quilters Mtg 1:00 Bridge Club 5:00 Line Dancing</p>	<p>29 10:00 Open Woodcarving Club 10:00 Mah Jongg Lessons 10:00 Introduction to Lifewriting 12:30 Open Mah Jongg 1:00 Open Hand & Foot 1:00 Advanced Lifewriting 3:00 Drawing Techniques</p>	<p>30 9-11 Line Dancing 9:00 Scrapbooking Club 12:00 Duplicate Bridge 1:00 Diabetic Cooking Class 1:00 Portraits in Oil 1:00 Bingo 1:30 Pinochle Lessons 3:00 Pinochle</p>

ADULT WELLNESS CENTER APRIL CLASS & ACTIVITY SCHEDULE

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.

All Day Easter Egg Hunt 7-7 April 1st & 2nd AWC Garden
Take a walk around the garden and look for Easter eggs. Prizes and even gift certificates will be in the eggs. Limit one per person, please. The Easter Bunny will be making appearances.

Afternoon Tea Dance April 2nd 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 taught by Instructor Judy Potter-Griffin.**

Antique Appraising April 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.

Basket Weaving Class April 1st 1-4PM Arts & Crafts Room
2nd part of 2 month class. No new registrations.

Beginning Ballroom Dance M 5:30-6:30PM Dining Room
Learn different dances with instructor Judy Potter-Griffin. Class is for couples. The class is \$15. Registration is required.

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

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

Bridge Club W 1-4 Multi-Purpose Room

Bridge 1 Lessons MW 9-11AM Multipurpose Room 2nd part of 2 month class. No new registrations at this time.

Diabetic Cooking Class April 30th 1PM Demo-Kitchen
Learn how to make TASTY Diabetic recipes w/ nutritionists of Mercy Health System. Class is free, registration is required.

Diabetes & Eye Health April 20th 11AM Game Room A Presented by Dr. Alex Bell, OD Learn tips on maintaining good eye health while having Diabetes.

Drawing Techniques April 8, 15 22, 29 3-5PM Arts & Crafts Room Learn pen & ink drawing techniques with Sandra Woodruff. Class is \$20 plus the cost of materials. A supply list is available with registration for the class.

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

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

Garden Volunteer Mtg April 8th 11AM Game Room A

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

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

Lighthouse Meeting April 19th at 10AM Board Room

Introduction to Lifewriting TH 10AM 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 9-11AM, W 5PM Dining Room
No registration is required. 9-10 beginner & 10-11 Advanced

Healing Modalities: T 3-4:30PM Multi-Purpose Room
Learn complementary treatments & prevention techniques for living well with chronic illnesses. Instructed by Holistic therapist Lillian Bern. Class is \$20, registration required.

History of Christianity T 1-2:30PM Multi-Purpose Room
Instructed by John Middleton. Learn the historical facts of how Christianity began. Class is \$25. Registration is required.

How do I know if I'm at risk for developing diabetes April 14th at 11:00AM Game Room A Presented by Dr. Weeden Mercy Health System's Diabetic Educator. Learn about pre-diabetes & how to prevent it from happening to you

Lunch-BCSC April 21st 11-12Noon Dining Room Chefs Salad with turkey, ham, mixed greens, tomatoes, carrots, cucumbers, & mixed cheeses. 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 April 27th at 9:00AM Front Desk
New members are welcome to bring their questions.

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

Parkinson's Support Group April 7th 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 April 28th 12:30 Board Rm

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 with instructor Marjorie Wyrick. Class is \$40 plus the cost of materials. A supply list will be available when you register.

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

Pottery Class II W 12:30-2:00PM Arts & Crafts Room
Class & materials fee is \$45. Registration required.

Senior Games Information April 12th 10:30AM Game Room A Learn how you can participate in this year's games

Scrapbooking Club F 9-12Noon Arts & Crafts Room

Red Hat Society Meeting April 14th 12:30PM Demo-Kitchen Join the ladies for an Easter leftover potluck.

Veteran's Social April 21st at 10AM Game Room B

Volumetrics Cooking Class April 16th 1-2:30PM Demonstration Kitchen Sponsored and presented by Jenny Craig. Learn how to lose weight by eating more. Class and samples are free but registration is required for this event.

Volunteer Luncheon April 28th 12:00Noon Dining Room
Volunteers join us in to celebrate your contributions to the AWC. Please have your hours & RSVP turned in by April 1st

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