

CITY OF ROGERS  
ADULT WELLNESS CENTER



# AWC Active Aging

VOLUME XVII, ISSUE IV

APRIL 2024

## An AWC Spring!

Springtime at the AWC brings many of our favorite activities and events at the Center. One springtime tradition is our annual Spring Wellness Fair. Please come and support this fantastic fundraiser for the AWC. It's FREE for attendees! Local businesses & organizations bring great information about their services, plus giveaways for our members. We have a sold out event & will have 80 vendors this year! **Check out what's new in our community and sign up to win some great prizes and gift certificates! Please show your AWC pride by attending this event and supporting our local businesses.** Please also thank the local sponsors for the event. We also celebrate our Volunteers each Spring with a Appreciation Banquet! Magnolia Place is providing a wonderful meal to our dedicated volunteers. We will have a Gratitude Wall up during National Volunteer week this month. Please take time to write a Thank You to our volunteers. We only have 6 full time and 5 part time employees to run the Center. We have over 100 volunteers that help us staff various areas of the center. **We could not run**

**our beloved AWC without the generosity of our amazing volunteers! Thanks for all you do!**



Lesli Ossenfort, Director



## ADULT WELLNESS CENTER WELLNESS FAIR

Friday, April 5th  
9am-1pm

- **FREE** to all attendees!
- Visit over 80 local business booths!
- Over 80 door prizes, including a \$150 grand prize!
- Freebies & healthy snacks!



### SPONSORED BY:



Cottages • Assisted Living • Memory Care



BlueCross  
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**CITY OF ROGERS**  
**ADULT WELLNESS CENTER**

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Open Monday-Friday 7:00 am - 7:00 pm  
 Open Saturday 8:00 am - 12:00 Noon

**Active Aging to Enhance Quality of Life!**



**Orchids 101**  
**April 2nd at 1pm**

Learn all about Orchids, how to take care of them, how to pot them and how to add them to your home! Orchid society members, Suzanne Miller and Barbara Sweet, will be here to share their love & knowledge of orchids!

**Parkinson's Sharing Time**  
**April 3rd at 12:15pm**



This is a meeting time before our regular Parkinson Support Group. Join us for an informal get-together to share information and experiences with one another.

**Talk the Talk: Speech Problems & Solutions– April 17th at 11am**  
 Presented by Lyndsey Crema, Speech-Language Pathologist with Fusion Therapy!



**Solar Eclipse Viewing Party!**  
**April 8th at 1pm**

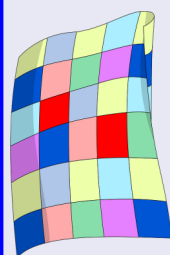
Join us in the AWC garden to watch the eclipse!

Bring a comfy chair & we will have viewing glasses and moon pies!

Sponsored by:



**BrightStarCare**



**Tumbleweed Quilting!**  
**Information session**  
**April 11th at 1PM**  
**Game Room A**

Join us on April 11th for the info session about this new upcoming class! Graphic Designer and Quilter, Mary Beth Hass, will instruct a whole new way to make quilts! Students will learn in class and sew at home.

**We have plenty of sewing classes this month that you may want to register for!**

**4/10 at 1pm:** Sew Your Own- Zero-Waste Sponge

**4/23 at 10am:** Sewing Machine Intro Class  
 (Required to complete before any other classes)

**4/23 at 1pm:** Sew Your Own- Sunflower Pillow



**AARP Driver Safety**  
**April 25th 9am-1pm**

Students may be able to save money on car insurance by taking this class.

**\$20 for AARP members**  
**or \$25 for non-members.**

**The Solar Eclipse Talk**  
**April 2nd at 10am**



Dr. Katherine Auld, Board Chair of NWA Space Department Chair & Assoc. Professor at NWACC, discusses eclipses and our upcoming solar event on April 8th.

**Want a FREE AWC Membership?**

You may be eligible to have your membership paid if you are **Medicare Eligible** and have a qualifying insurance supplement!

These programs are beneficial for the AWC!  
**Check at the front desk if you think you might qualify!**

**SilverSneakers**  
 FITNESS



**Silver&Fit**

**Renew Active**  
 by UnitedHealthcare