APRIL 2024

*Registration required

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00-11:00 Line Dancing **10:00 Oil Painting Workshop*** 10:00-12:00 Yarn Wranglers 12:30 Open Mah Jongg 12:30 Open Pinochle 1:00 Open Mexican Train Dominos	**2** **9:30 Intermediate Bridge Lessons*** **9:30 Euchre Lessons** **10:00 The Solar Eclipse*** 10:00 Open Euchre 11:15 Parkinson Class 12:30 Duplicate Bridge **1:00 Orchids 101*** 1:00 Pickin' Circle	**3** 9:15 Open Advanced Mexican Train Dominos 10:00-12:00 Diamond Painting 1:00 Bridge Club **12:15 Parkinson Sharing Time** **1:00 Parkinson Support Group** 5:00-7:00 Line Dancing	**4** ***AWC Library Closed. Free Thursday Classes and Groups in the Education Wing are cancelled due to set up for tomorrow's AWC Wellness Fair.*** **5:30 Ballroom Dance will meet in the Gymnasium***	**5** **AWC WELLNESS FAIR 9am-1pm** ***Come check it out!***
8 9:00-11:00 Line Dancing 10:00-12:00 Yarn Wranglers 12:30 Open Mah Jongg 12:30 Open Pinochle **1:00 Solar Eclipse Viewing Party*** **1:00 Monday Pastel Painting*** 1:00 Open Mexican Train Dominos	**9** **9:30 Intermediate Bridge Lessons*** **9:30 Euchre Lessons** **10:00 Tuesday Pastel Painting*** 10:00 Open Euchre 11:15 Parkinson Class 12:30 Duplicate Bridge 1:00 Pickin' Circle **1:30 Photo Club** 4:30-6:30 Line Dance Practice	**10** 9:15 Open Advanced Mexican Train Dominos 10:00-12:00 Diamond Painting **1:00 Drawing on the Right Side of the Brain*** 1:00 Bridge Club **1:00 Sew Your Own Zero-Waste Sponge*** 5:00-7:00 Line Dancing	**11** **9:00 Garden Volunteer Mtg.** 10:00 Open Woodcarving 11:15 Parkinson Class **12:30 Paint with Me***/Mah Jongg 1:00 Lifewriting and Hand & Foot 1:00 Pickin' Circle **1:00 Tumbleweed Quilting Class Information Session** **5:30 Ballroom Dancing***	**12** **9:00 Drawing on the Right Side of the Brain*** 9:00-11:00 Line Dancing 9:00-2:00 Open Scrapbooking & Paper Crafts 11:00 Open Bid Euchre 12:30 Duplicate Bridge 12:30 Open Pinochle **3:00 Pinochle Lessons***
15 9:00-11:00 Line Dancing **10:00 Oil Painting Workshop*** 10:00-12:00 Yarn Wranglers 12:30 Open Mah Jongg 12:30 Open Pinochle **1:00 Creative Card Making*** **1:00 Monday Pastel Painting*** 1:00 Open Mexican Train Dominos **4:30-6:30 AWC Craft Enthusiasts***	**16** **9:30 Euchre Lessons** 10:00 Open Euchre **10:00 Tuesday Pastel Painting*** 11:15 Parkinson Class 12:30 Duplicate Bridge 1:00 Pickin' Circle **1:00 Stroke Support Group** 4:30-6:30 Line Dance Practice	**17** 9:15 Open Advanced Mexican Train Dominos 10:00-12:00 Diamond Painting **11:00 Talk the Talk: Speech Problems and Solutions*** **1:00 Drawing on the Right Side of the Brain*** 1:00 Bridge Club 5:00-7:00 Line Dancing	**18** **9:00 Coffee with the Elder Law Attorney** 10:00 Open Woodcarving 11:15 Parkinson Class **11:30 Red Hats Potluck & Trip** 12:30 Open Mah Jongg 1:00 Lifewriting and Hand & Foot 1:00 Pickin' Circle **1:00 Tumbleweed Quilting Class*** **5:30 Ballroom Dancing***	**19** **9:00 Drawing on the Right Side of the Brain*** 9:00-11:00 Line Dancing 9:00-2:00 Open Scrapbooking & Paper Crafts 11:00 Open Bid Euchre 12:30 Duplicate Bridge 12:30 Open Pinochle **3:00 Pinochle Lessons***
22 9:00-11:00 Line Dancing 10:00-12:00 Yarn Wranglers 12:30 Open Mah Jongg 12:30 Open Pinochle **1:00 Monday Pastel Painting*** 1:00 Open Mexican Train Dominos	**23** **9:30 Euchre Lessons** 10:00 Open Euchre **10:00 Sewing Machine Intro Class*** **10:00 Tuesday Pastel Painting*** 11:15 Parkinson Class 12:30 Duplicate Bridge **1:00 Sew Your Own Sunflower Pillow Cover*** 1:00 Pickin' Circle 4:30-6:30 Line Dance Practice	**24** 9:15 Open Advanced Mexican Train Dominos 10:00-12:00 Diamond Painting 1:00 Bridge Club **1:00 Drawing on the Right Side of the Brain*** 5:00-7:00 Line Dancing	**25** **9:00-1:00 AARP Driver Safety*** 10:00 Open Woodcarving 11:15 Parkinson Class 12:30 Open Mah Jongg **1:00 Creative Card Making*** 1:00 Lifewriting and Hand & Foot 1:00 Pickin' Circle **1:00 Tumbleweed Quilting Class*** **5:30 Ballroom Dancing***	**26** **9:00 Drawing on the Right Side of the Brain*** 9:00-11:00 Line Dancing 9:00-2:00 Open Scrapbooking & Paper Crafts 11:00 Open Bid Euchre 12:30 Duplicate Bridge 12:30 Open Pinochle **3:00 Pinochle Lessons***
29 9:00-11:00 Line Dancing 10:00-12:00 Yarn Wranglers **12:00 Paint with Me*** 12:30 Open Mah Jongg 12:30 Open Pinochle **1:00 Monday Pastel Painting*** 1:00 Open Mexican Train Dominos	**30** **9:30 Euchre Lessons** 10:00 Open Euchre **10:00 Tuesday Pastel Painting*** 11:15 Parkinson Class 12:30 Duplicate Bridge 1:00 Pickin' Circle **2:00 AWC Book Club** **4:00-6:00 Fun with Karaoke** 4:30-6:30 Line Dance Practice	**AWC Hours** ***Monday thru Friday 7:00AM-7:00PM Saturday 8:00AM-12:00PM***		**Adult Wellness Center** **2001 W Persimmon** **Rogers, AR 72756** **Phone: 479-631-3333** **Website:** **www.rogersar.gov**

ADULT WELLNESS CENTER APRIL CLASS & ACTIVITY SCHEDULE

AARP Driver Safety April 25th 9am-1pm Game Room A
Students may be able to save money on car insurance by taking this class. Class fee is $20 for AARP members or $25 for non-AARP members, to be paid directly to Instructor, Pat Hruska. Please bring check or cash payment. Register at the front desk.

AWC Book Club April 30th 2pm AWC Library This month's book is Home Front by Kristin Hannah. Everyone welcome!

AWC Craft Enthusiasts April 15th 4:30-6:30pm Art Rm
If you enjoy crafting and would like to do it with others, please join us! This month the theme is marbling! For more info, please pick up an April Craft Enthusiast Handout at the front desk so that you can figure out a project you'd like to make. Then bring your own supplies and come craft with us! Register at the desk!

AWC Wellness Fair April 5th 9am-1pm It's time for our Spring Wellness Fair! Our Lobby and Education Wing will be filled with businesses who provide all types of beneficial services to our community. Get information and freebies and have a chance to win one of many prizes, and a $150 Grand Prize!

Ballroom Dancing: East Coast Swing TH 5:30 Dining Rm
Instructor, Jerry Kendrick, will continue teaching the East Coast Swing in April. Class fee is $25 per person each month. Register at the front desk.

Bridge Club W 1pm Game Rm B If you are interested in playing in our party bridge club, please talk with Brandy in the office.

Coffee with the Elder Law Attorney April 18th 9am Multipurpose Rm Elder Law Attorney, Todd Whatley, will answer your personal legal questions in this Q&A session.

Creative Card Making April 15th OR April 25th 1pm Game Rm B/Art Rm Make three beautiful greeting cards with Instructor, Genice Banning. Cards will be the same for both classes. Class is $5 to the AWC plus $15 paid directly to Genice for supplies. Register at the front desk.

Diamond Painting W 10am-12pm Game Rm A
Bring your Diamond Painting project and join us!

Drawing on the Right Side of the Brain
This class is already in session and full. If you're interested in a future class coming this fall, please let the front desk know that you'd like to be added to the waiting list.

Duplicate Bridge T & F 12:30pm-4pm Game Rm A or B
Please see Brandy in the office for information on playing Bridge.

Euchre Lessons T 9:30am Game Rm A
Get a free quick lesson and then stay to play at 10:00am.

Fun with Karaoke April 30th 4-6pm Dining Rm
If you enjoy singing, please join us for some fun karaoke songs! Facilitated by Karen Dunn. Come share your talent with us!

Garden Volunteer Meeting April 11th 9am Multipurpose Rm
Please join us if you'd like to volunteer in the AWC Garden!

Intermediate Bridge Lessons This class is already in session and is full. However, if you are interested in Bridge lessons, check at the front desk to get your name on a wait list for future classes.

Lifewriting TH 1pm-3pm Multipurpose Rm This memoir writing group meets weekly and is a great place to improve your writing skills. Call June Jefferson for more information at 479-790-2588.

Line Dance Practice T 4:30-6:30pm Dining Rm (Not April 2nd)

Line Dancing M & F 9am-11am and W 5pm-7pm Dining Rm
This is a free, fun exercise class! First hour is beginner level and second hour is intermediate level.

Monday Pastel Painting M 1pm Art Rm Starts April 8th
Learn pastel painting with Instructor, Barbara Iglehart. All levels welcome, including beginners! Class is $30 for four sessions and a supply list is available. Register at the front desk.

Oil Painting Workshop April 1st and/or 15th 10am Art Room
Create an oil painting with Instructor, Marie Sitton. Marie guides students through each class starting with landscapes, animals, and then people. All supplies included. Class fee is $5 to the AWC plus $10 to Marie. Please register at the front desk.

Open Bid Euchre F 11am Game Rm B

Open Advanced Mexican Train Dominos W 9:15am-12pm

Open Euchre T 10:00-12:00 Game Rm A

Open Hand & Foot TH 1pm-4pm Demo Kitchen

Open Mah Jongg M & TH 12:30pm-4:30pm Game Rm B

Open Mexican Train Dominos M 1pm–3:30pm Demo Kitchen

Open Pinochle M & F 12:30pm-3pm Game Rm B

Open Scrapbooking & Paper Crafts F 9am-2pm Art Rm

Open Woodcarving TH 10am-12pm Art Rm

Orchids 101 Tuesday April 2nd 1pm Game Rm A
Learn all about orchids, how to take care of them, how to pot them, and how to add them to your home! Orchid Society of the Ozarks members, Suzanne Miller and Barbara Sweet, will be here to share their love & knowledge of this incredible flowering houseplant. Register at the front desk.

Paint with Me April 11th at 12:30pm and April 29th at 12pm Art Rm Join Martha Armstrong for this free watercolor painting class. For beginners and seasoned artists alike! All supplies are provided. Please register at the front desk.

Parkinson Sharing Time April 3rd 12:15pm Game Rm A
This is a meeting time before our regular Parkinson Support Group, which starts at 1pm. Join us for an informal get-together to share information and experiences with one another.

Parkinson Class T & TH 11:15am-12pm Demo Kitchen
This free class taught by volunteers, consists of stretching, strengthening, balance, breathing and vocalization. Class is not intended to replace therapy and is not medically supervised.

Parkinson Support Group April 3rd 1pm Game Rm A
This group is for anyone with Parkinson's Disease and their caregivers. Facilitated by Michele Love.

Photo Club April 9th 1:30am-3:30pm Multipurpose Rm
Please join us if you enjoy photography!

Pickin' Circle T & TH 1pm Dining Rm If you play a stringed instrument, feel free to join us! Listeners always welcome too!

Pinochle Lessons F 3pm Game Rm B Instructed by Margot Tarcikowski. Course is $5. Register at the front desk.

Red Hats Potluck & Trip April 18th 11:30am Bring a salad or sandwiches and join in our potluck! Afterward, we'll carpool over to the Arkansas Arts Academy in Rogers for student entertainment!

Sew Your Own Zero-Waste Sponge April 10th 1pm Art Room Marguerite Steiner will teach you to make reusable zero-waste sponges using the sewing machine! All supplies are included. Class is $5 to the AWC and $10 to Marguerite for the supplies. Students must have taken the Sewing Machine Intro Class. Please register at the front desk.

Sew Your Own Sunflower Pillow Cover April 23rd 1pm Art Rm
Becky Booher will teach you to make a beautiful sunflower pillow cover to decorate for warmer weather! Pillow cover measures 16 x 16. All supplies are included. Class is $5 to the AWC and $15 to Becky for the supplies. Students must have taken the Sewing Machine Intro Class. Register at the front desk.

Sewing Machine Intro Class April 23rd 10am Art Rm
This free class will introduce you to our AWC sewing machines in order to take future sewing classes here. Register at front desk.

Solar Eclipse Viewing Party April 8th 1pm AWC Garden
If the skies are clear, we should be able to get a good view of the eclipse from the garden! You are welcome to bring your own comfy chair! We'll have viewing glasses and BrightStar In-Home Care will bring moon pies! Please register at the front desk!

Stroke Support Group April 16th 1pm Art Rm
Facilitated by Kandy Salter of UAMS, this group is for anyone who was diagnosed with a stroke & would like to connect with others.

Talk the Talk: Speech Problems and Solutions April 17th 11am Dining Rm Lyndsey Crema, Speech-Language Pathologist with Fusion Therapy Center, will discuss speech problems that may develop with certain diseases or as a result of the aging process and possible solutions through therapy. Register at the front desk.

The Solar Eclipse April 2nd 10am Game Rm A
Join us as Dr. Katherine Auld, Board Chair of NWA Space and Department Chair & Associate Professor at NWACC discusses eclipses and our upcoming solar event happening on April 8th. Register at the front desk.

Tuesday Pastel Painting 10am Art Rm Starts April 9th
Learn the art of pastel painting with Instructor, Barbara Iglehart. Tuesday students also have the option of doing oil pastels. $30 for four sessions & supply lists are available. Register at the front desk.

Tumbleweed Quilting Class April 18th & 25th and May 2nd & 9th 1pm Game Rm A Join us on April 11th for an information session about this new 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. Fee is $10 to the AWC and $25 to the instructor and includes all four classes.

Yarn Wranglers M 10am-12pm Game Rm A
Bring your knitting or crocheting project and join us!