



Maumelle Senior Wellness Center
550 Edgewood Drive, Suite 400
Maumelle, AR 72113

Fall 1 Session
September 12th - October 28th, 2016



News & Notes from Nicole

Have you heard the saying, "Time flies?" This summer has sure flown by! Before we know it the new Center will be finished! Thank you for your flexibility and patience as components of existing kitchen & beverage bar are moved to the new facility. The beverage bar will continue to offer complimentary coffee, tea, water, & lemonade/fruit punch until later this fall when the ice machine and coffee maker are moved to new center. Updates on timeline will be posted @the beverage bar & on Facebook.

- Thank you to our staff for helping w/newsletter, Gwendy for her awesome proof reading, & the newsletter crew who puts together the newsletter & preps for mailing. It takes a village!
- Snack Shack available @Lakeside Desk-Shelf-stable snacks are now available for purchase @Lakeside Desk. Granola bars, peanut butter crackers, muffins, candy, & more available.
- While kitchen is unavailable, we are encouraging members to pack & bring a lunch or purchase snacks from the Snack Shack!
- Please support Counting on Each Other, Inc. upcoming fundraisers-"Find a Treasure Rummage Sale". featuring a Pancake Breakfast from 7-10 am on September 24th @the Jess Odom Community Center Gymnasium. The sale will take place from 6 am to 2 pm in the Gym too.
- Household donations (minus clothing & electronics) may be donated to Counting on Each Other, Inc., call the office @851-4344 for more information.
- Shred It will be held on October 22nd @Bank of the Ozarks from 9 am to 1 pm. This event is open to the public and the paper will be shredded on the spot. Suggested donation of \$5 per box/ grocery bag is greatly appreciated!
- Please submit your ideas to Name the Newsletter! Submit your ideas in the suggestion box by October 3rd.

newsletter

Maumelle Senior Wellness Center

Volume 12 Issue 5

September 12th- October 28th

Session V

Counting on Each Other, Inc. Presents Upcoming Events-

Find a Treasure Rummage Sale & Pancake Breakfast

September 24th@Jess Odom Community Center Gym. Sale will be held from 6 am-2 pm. All-you-Can-Eat Pancakes, Serving of Sausage & Beverage will be available from 7 -10 am for \$5



Shred-it

October 22nd
@Bank of the Ozarks
Bring your paper & they will shred on site for a suggested donation of \$5 per bag/box. Proceeds from both fundraisers will support Counting on Each Other, Inc. & their work to support seniors & the Maumelle Senior Wellness Center.

Check out the ONLINE Calendar & MORE at www.schedulesplus.com/maumelle/kiosk

View Activity Calendar & Program Descriptions
View Volunteer Opportunities
& MORE to come!

Registration for ALL Fall 1 Events will conclude on Friday, September 9, 2016.

Please register early to ensure that you will be in the course of your choosing & to assist the Instructors as they prepare for Fall 1 classes. All events, including Field Trips, have a minimum and maximum number that may register for the event. Field Trips will close a week prior to event. If minimum number is not met, the event will be cancelled & registered participants will receive a credit on account for any fees paid.

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SUITE 400
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YOUR HEALTH MATTERS**Blood Pressure Checks**

9/26/16 & 10/24/16

9:00am to 9:45am

Please Register @Lakeside Desk

Blood Pressure Checks are Free of Charge.

Provided by HealthCare Express

Minimum 5, Maximum 30

Chair Yoga

Every Tue/Thu

9:15am to 10:00am

Quiet stretching and joint movements. Class will utilize video & internet instruction.

Cost is \$5.00 per person

Minimum 4, Maximum 8

Continuing Grief Support Group

Every Tue

10:15am to 11:15am

Facilitator: Dr. Mary Ann Stafford

For mourners who are struggling to adjust to losses and looking to find new meaning in life. Listening to others and sharing our stories leads to eventual healing.

Free, minimum 4, maximum 8

Doc Talks

9/19/16 & 10/17/16

9:00am to 9:45am

Facilitator: Dr. Imran Waheed w/HealthCare

Express. Informal discussions with the doctor on various topics important to the group.

No fee, minimum 3, maximum 12

Grief Support for the Newly Bereaved

Every Tue

12:45pm to 1:45pm

Facilitator: Dr. Mary Ann Stafford

Grief is a normal reaction to a major loss, but painful. Learning about the mourning process and being able to tell our story to others who are also grieving eases the pain and may even shorten the healing time.

Free, minimum 3, maximum 8

Memory Jogging

Every Wed

10:45am to 11:15am

Facilitator: Gloria Mayo

Attend this fun program with activities and discussions that jog and challenge your memory.

Free, minimum 5, maximum 20

Moving into Tai Chi @

Every Mon/Wed

9:15am to 9:45am

Facilitator: Sybil Babington

Practicing the basics, joint movement for seniors, warm up exercises and exercises specifically for balance.

Free, minimum 6, maximum 25

Your Internal Guidance System

Every Mon

10:00am to 11:30am

Instructor: Sybil Babington, licensed clinical Social Worker.

Learn its design and use to improve your health. Program will feature DVD & Discussion.

Fee-\$10.00, minimum 5, maximum 12

CLUB FITNESS**Body Toning Silver-AM Class @@@**

Every Tue/Thu

10:00am to 10:45am

Instructor: Misti Sweere

Fee: \$35, minimum 5, maximum 40

****\$10 Discount for participants who register for BOTH Body Toning Silver & Zumba******EXERCISE CLASS KEY**

Use this key to help you determine which exercise class will best suit your needs and abilities.

- @ Level I-Low Impact, Low Intensity
- @@ Level II-Low Impact, Medium Intensity
- @@@ Level III-Low to Medium Impact, Medium to High Intensity

VOLUNTEER CORNER

Are you looking forward to the cooler weather...and football as much as I am? This is an exciting time for all of us with the new center taking shape and getting closer to opening. The closing of the kitchen has left some of my volunteers looking for other ways to help until we are in the new center. Ask and you shall receive! We are creating a new volunteer position which will be called Docents. We feel with the added visibility of our new center there will be more perspective members wanting to take a look at our new facility and learn what we have to offer.

I am still working on the job description for the Docent position but the main idea behind the position will be a greeter at the front door, give tours of the facility, know about the transportation program, know about the classes we are providing during any given session, know the volunteer handbook and be available for administrative help if needed. Right now I am planning to have 2 Docents for each shift and the shifts would be from 9:00-12:30 and 12:30-4:00. Like I said, the job description is a work in progress but if this sounds like something you might be interested in please let me know. I am going to have some training sessions this fall so when the new center opens we will be able to "hit the road running"!

The other area I am in need of volunteers is Non-Emergency Medical Drivers. This is a wonderful service that we offer our members for which they are very appreciative. We cannot offer it without drivers; please consider this volunteer opportunity.

As always, thank you for making my job easy!

You cannot do a kindness too soon, for you never know how soon it will be too late.

— *Ralph Waldo Emerson*

FEATURED INSTRUCTOR

Dr. Mary Ann Stafford taught visual arts, humanities, and English at Pine Bluff High School for many years before becoming an Assistant Principal. She retired from the Arkansas Department of Education in 1993. A teacher and an artist, she exhibits regularly and has won major awards in Arkansas and Texas. She taught drawing and pastel at the Arkansas Arts Center for six years. Dr. Stafford holds signature membership in Mid-Southern Watercolorists, the Pastel Society of the Southwest, The Arkansas Pastel Society and the Arkansas League of Artists.

Dr. Stafford's art may be seen at Eureka Art in Eureka Springs, Gallery 221 in Little Rock, Backwoods Gallery in El Dorado, and Art on the Green in Conway. Web sites include www.staffordart.com, www.fineartamerica.com, and www.arkansasartists.com. Her artists' blog can be found at www.pastelanne.wordpress.com. Dr. Stafford is the Fall 1 Featured Instructor for Maumelle Senior Wellness Center. A full description of the course is on page 4 of this newsletter.

GUEST POLICY

The membership age to join the Maumelle Senior Wellness Center is 50 years of age or older. Persons age 50 and over may utilize the Center on a limited basis without purchasing a membership. Guest Passes may be purchased after completing a short Rules & Release form, providing a photo ID showing age, and paying the appropriate fee-\$3.00. Guests may participate in classes/events/activities provided space is available on the date of the visit and must pay any additional fees for the class/event/activity. Guests must adhere to all rules, requirements, and regulations of normal membership.

Please note that all activities are for individuals age 50 and older. Individuals under the age of 50 are not eligible to participate in the Guest Pass Program and may not participate in classes/events/activities at the Maumelle Senior Wellness Center.

Guest Day Pass-\$3 per day, not to exceed 3 per year. Transportation Services are not available through the Guest Day Pass.

Enacted January 1, 2013

FIELD TRIPS continued

"Savor the Flavor" Field Trip

Thursday, 10/06/16
4:30pm to 7:45pm
This field trip includes tastes of 30+ restaurants from Benton, AR area. Event is a fundraiser for Benton Chamber of Commerce & will be held at Benton Event Center.
Cost: \$20, includes transportation and event ticket. Minimum 8, maximum 12

"Sully" Movie @Rave Theater field trip

Tuesday, 9/27/16
1:00pm to 3:30 (Approximately)
Departure time will be around 1:00 pm for afternoon movie @Rave Movie Theater. Fee is for transportation only. Movie title is subject to availability. Participants will be responsible for purchasing their ticket (\$5 on Tuesdays @Rave) & concessions.
Cost: \$3, fee is for transportation only. Maximum is 12

"Twelve Angry Men" Field Trip & Dinner

Thursday, 9/22/16
5:00pm to 10:30pm
Production presented by The Weekend Theater in Little Rock. Dinner before show @Eat My Catfish, a

menu is available to view at Lakeside Desk. Van will leave Center @5 pm, show is 7:30-9:30 pm and we will arrive back close to 10 pm.
Cost: \$15, transportation & show fee +bring money for dinner
Minimum/maximum is 12

Wild Wilderness Drive-through Safari Field Trip

Friday, 10/14/16
8:15am to 5:00pm
Located in Gentry, AR, the 400-acre safari is home to variety of exotic animals. Includes walk-through, petting areas, & 4 mile drive-through areas for interaction with animals.
Cost: \$38 + bring money for lunch & snacks. Minimum & maximum 12.

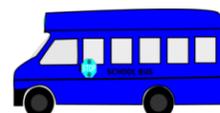


**AARP MEETINGS
2nd THURSDAY
EACH MONTH**

SHUTTLE SERVICES

SUBSCRIPTION SERVICE-NEW- Members may pre-schedule their reoccurring rides one month in advance. At the time of booking, members must provide the destination name and address. A member can cancel a ride that was pre-scheduled with no penalty if they 24 hours in advance. If a ride is cancelled less than 24 hours from ride time or not kept at all, the member may be dropped from the subscription service.

Other Shuttle Services available are Daily curbside Shuttle Service , Around Town Shuttle Tuesdays & Thursdays, Non-emergency Medical Transportation. Please call Gloria at 851-4344 for information about these services and to register for these programs.



These services are offered to MSWC Maumelle resident members.
PLEASE DO NOT LEAVE A MESSAGE FOR SHUTTLE PICK-UP. THE MESSAGE MAY NOT BE RECEIVED BEFORE THE SHUTTLE LEAVES THE CENTER. PLEASE HANG UP AND CALL AGAIN.

CLUB FITNESS continued

Body Toning Silver-PM Classes @@@

Every Tue/Thu
4:00pm to 4:45pm
Instructor: Misti Sweere
Fee: \$35, minimum 5, maximum 40

Morning Movers @@

All Weekdays
8:15am to 9:00am
Facilitator: Gloria & Nicole
The class utilizes streamed video workouts that keep you moving!
No Fee, minimum 5, maximum 40

Sit n Cise @

Every Mon/Wed/Fri
10:00am to 10:30am
Facilitator: Gloria
This is a fun class that get you moving to great music! We use weights, bands and chairs to increase our over-all physical health.
No fee, minimum 5, maximum 50

Stretching Class @

Every Tue
9:15am to 9:45am
Instructor: Beata Lovelace
Variety of stretch positions that will help people move through daily life with more energy, less pain, greater ease and better focus. The stretch class uses techniques that release tension while strengthening postures that hold a body in balance.
Fee: \$35, minimum 3, maximum 10

Zumba Gold @@@

Every Mon/Wed
4:00pm to 4:45pm
Instructor: Misti Sweere
Perfect class for the active 50+ adult. A modified class that recreates the original Zumba moves at a lower intensity.
Fee: \$35, minimum 5, maximum 40

****\$10 Discount for participants who register for BOTH Body Toning Silver & Zumba****

LIFE LONG LEARNING

Computer Basics 101

Every Tue
10:00am to 11:00am
Instructor: Beata Lovelace
Computer Basics 101 will focus on computer concepts including hardware and software, Internet, and software applications.
Fee: \$25, minimum 3, maximum 10

Crocheting-Basic

Every Mon
9:30am to 11:00am
Instructor: Tawana
Learn the beginning basics of Crocheting- chain, single, & double stitch.
Supply list will be given @registration
Fee: \$5.00, minimum 4, maximum 8

Guitar for Beginners

Every Tue
2:00pm to 4:00pm
Instructor: Tom Pellingier
Learn the basics of playing a guitar; basic strums and rhythms; chords, & song playing.
Material fee: \$5, minimum 4, maximum 6
*Guitar for Beginner participants may also attend a special event on 9/9/16 @2:30 to tune their guitars.

Hats for Ladies

2nd and 4th Fri of each month
10:00am to 11:00am
Facilitators: Nita Louks & Anna Mae Clausen
Crochet inspirations with the occasional pattern thrown into the mix. Providing in-need chemo patients with crafted hats donated by caring volunteers. Donations of yarn, ribbons, buttons, & costume jewelry are greatly appreciated as they are used to make the hats!
No fee, minimum 2, maximum 10

Knitting for Beginners

Every Wed
9:15am to 10:15am
Instructor: Bernice Noble
Learn the very basics of knitting!
Material Fee: \$2.00
Minimum 3, Maximum 6

LIFELONG LEARNING-Continued**Pay it Forward-Night Hats for Chemo Patients**

Every Fri

9:00am to 10:00am

Facilitator: Tawana

Learn to sew Night Hats for Chemo Patients.

No fee, please register @Lakeside Desk. Please bring material that is soft & stretchy for hats. The more the better!

Minimum 3, Maximum 8

Quilting

Every Thu

9:15am to 11:15am

Instructor: Sharon Weinsinger

Sewing a Quilt.

Fee: \$5, minimum 3, maximum 5

Things All Artists Should Know: How to Design a Good Painting/Drawing

Every Thu

1:30pm to 3:00pm

Instructor: Dr. Mary Ann Stafford

This course focuses on composition, the use of color and value, and design principles to help artists know how to make a GOOD work of art. Participants should bring sketchbook & pencils to first class.

Examples, exercises, and critiques will help participants improve their creations. Students will use their preferred media as well as some teacher-provided materials; materials will be discussed the opening day.

Fee: \$45, minimum 4, maximum 8

Watercolor Group

Every Tue

12:30pm to 2:30pm

Facilitator: Instructors take turn leading group Beginning and advanced watercolor in a friendly setting.

Beginner paints & brushes furnished for group time, please bring your own paper.

No fee, minimum 5, maximum 40

JUST FOR FUN**Pre-registration required at the Lakeside Desk for all events except Wednesday Bingo and Thursday Bingo Bucks.****Beanbag Baseball Practice-Monday/Friday**

Every Mon/Fri

12:15pm to 1:15pm

Facilitators: Jean & John

No fee, minimum 18, maximum 36

Beanbag Baseball Practice-Wednesday

Every Wed

1:15pm to 2:15pm

Facilitators: Jean & John

No fee, minimum 18, maximum 36

Bingo

Every Wed

12:00pm to 1:00pm

Bingo Bucks

Every Thu

10:15am to 11:15am

Bridge-Beginner/Refresher

Every Tue

12:00pm to 2:30pm

Facilitator: Sue Hylton

All skill levels invited. One-on-one assistance available.

No fee, minimum 4, maximum 16

Bridge Group Play

Every Fri

12:00pm to 2:30pm

Facilitator: Sue Hylton

No fee, minimum 4, maximum 16

Name the Newsletter Contest

This is your chance to name your newsletter! Please submit entries in the Suggestion Box, located in Great Room of Senior Wellness Center, by Monday, October 3, 2016. Be sure to put your name on your entry! Winning entry will receive a \$25.00 Gift Certificate to Kroger.

**Canasta**

Mondays, 12-3:00 pm &

Wednesdays, 1:00pm to 3:00pm

Facilitator: Mary Jo Cline

Canasta is a fun and easy card game. Everyone is welcome to play!

No fee, minimum 4, maximum 16

Chair Volleyball

Every Thu

12:30pm to 1:00pm

Facilitators: Jean & John

More fun than you can possibly stand...while seated! Join in for a fun-filled game played with a beach ball.

No fee, minimum 12, maximum 12

Dominoes

Every Mon

1:00pm to 2:30pm

Facilitator: Ed Fryer

No fee, minimum 3, maximum 6

Knitting and Crocheting Circle

Every Wed

10:00am to 11:15am

Facilitator: Nancy Desmarais

For those who enjoy knitting and/or crocheting this is an opportunity for you to get together to socialize while working on your own project.

No fee, minimum 2, maximum 12

Line Dancing Class

Every Mon

1:30pm to 2:30pm

Instructor: Georgia Diane Smith

Course features easy to learn dances that everyone can learn and enjoy.

No fee, minimum 5, maximum 36

Wii Bowling

Every Mon, Wed, Fri

1:30pm to 2:30pm

Facilitator: June Whyte

No fee, minimum 4, maximum 8

MENS CLUB**Steak Cookout-Men's Club**

Tuesday, 10/04/16

6:00pm to 8:00pm

Men's Club Event

Steak cookout @Mountain Terrace Estates Club House

minimum 8, maximum 12

No cost to register, will "pass the hat" to pitch in for expenses of meal

FIELD TRIPS**Arkansas Military Expo Field Trip**

Saturday, 9/17/16

9:15am to 4:30pm

For the first time since 2012, Little Rock Air Force Base opens its gates to the community. Expo will showcase the Air Force side of the military and various military units from across the state. Aircraft displays and air-dropping capabilities happen throughout the day.

Cost: \$4, please bring money for lunch and snacks.

Minimum & maximum 12

"Deepwater Horizon" @Rave Movie Theater

Tuesday, 10/11/16

1:00pm to 4:00pm

Field trip to the movies! Movie title is subject to availability.

Cost: \$3 van fee, participants will be responsible for purchasing ticket (\$5 on Tuesdays @Rave Movie Theaters) & concessions

Minimum 8, maximum 12

Hampson Archaeological Museum State Park Field Trip

Wednesday, 9/21/16

8:15am to 5:00pm

Mississippian era ceremonial complex and village known as the Nodena Site, located in Mississippi County, Arkansas. This remarkable collection is accompanied by graphics and written material describing the lifestyles of the artistic people who lived there from 1400 to 1650 A.D.

Cost: \$18, + please bring money for lunch & souvenirs.

Minimum & maximum 12