

February 2017 Calendar: Blue Springs, MO

| MONDAY | TUESDAY | WED. | THURSDAY | FRIDAY |
|--------|---|---|---|--------|
| | | 1  | 2 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations 10:00-12:00 Fitness 11:00-12:00 Map of your life 12:00-12:45 Lunch 12:45-1:45 Music Bingo with Mike 1:45-2:45 Aquatics with Mike | 3 |
| 6 | 7 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 11:00-12:00 Eat the Rainbow 12:00-12:45 Lunch 12:45-1:15 Let's Get Moving 12:45-1:45 Aquatics with Bill 1:15-2:00 Sharpen your Mind | 8 | 9 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations 11:00-12:00 Technology 10:00-12:00 Fitness 12:00-12:45 Lunch 12:45-1:00 Let's Get Moving 1:00-1:30 Sharpen Your Mind 1:45-2:45 Aquatics with Mike | 10 |
| 13 | 14 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 11:00-12:00 Art Project 12:00-12:45 Lunch 12:45-1:15 Let's Get Moving 12:45-1:45 Aquatics with Bill 1:15-2:00 Sharpen your Mind | 15 | 16 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations 11:00-12:00 Technology 10:00-12:00 Fitness 12:00-12:45 Lunch 12:45-1:00 Let's Get Moving 1:00-1:30 Sharpen Your Mind 1:45-2:45 Aquatics with Mike | 17 |
| 20 | 21 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 11:00-12:00 Presidential Trivia 12:00-1:00 Fall Prevention- Lunch Provided 1:00-2:00 Aquatics with Bill 1:15-2:00 Sharpen your Mind | 22 | 23 OUTING: Truman Library and Museum Lunch to be decided | 24 |
| 27 | 28 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 11:00-12:00 Balancing Acts 12:00-12:45 Lunch 12:45-2:00 It's Up To You 12:45-1:45 Aquatics with Bill | | | |

CLASS DESCRIPTIONS

Aquatics: Participate in strengthening, balance, and range of motion exercises led by survivor Mike or Bill while in the water.

Creative Conversations with Amy: Group conversation and activities facilitated by a speech language pathologist, Amy! We talk about everything under the sun. This is great for people with aphasia, but others like it, too.

Let's Get Moving: No afternoon naps here! We're going to re-energize our mind and body after lunch through music, movement, and merriment.

Out and About: We like to be out and about in our community! Got a suggestion for where we should go next?

Sharpen Your Mind: Games and activities designed to stimulate your brain, especially parts of the brain that may have been affected by a stroke

Technology: Education on how to use your computer or iPad

Art Project: Did you know art is good for your mind as well as for self-expression? Get your creative juices flowing by engaging with various art mediums!

Give Back: Volunteering our time and efforts is a great way to help out others in our community, and it really makes us feel good about ourselves, too.

Questions: Please contact Joan Kennedy, Program Assistant, JoanK@americanstroke.org or 913.649.1776