


	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>10:15-12:00 SLP with Rockhurst 11:00-11:45 ROM with Rosi 11:45-12:30 Lunch/Self Check 12:30-1:30 Living RAW Projects 1:30-2:30 Water Works 1:30-2:30 Small Group Fitness</p>	<p>7</p> <p>Upcoming: Michelle Sailler is coming back to dance with us this spring!</p>	<p>08</p> <p>10:15-11:30 "Living RAW" Swap Ideas 10:30-11:30 Pet Therapy w/Frank &Yoda 11:30-12:30 Lunch/Self Check 12:30-1:30 Fitness With Nina 1:30-2:30 Water Works 1:30-2:30 Small Group Fitness</p>	<p>9</p> <p>SLP: Rockhurst Univ. Speech Language Pathology Dept. Group facilitated by Hannah Smith SLP. "Living RAW": Real Authentic Wholesome- Participants will incorporate the fundamentals of healthy living and set goals to maintain success.</p>	<p>10</p>
<p>13</p> <p>10:15-12:00 RAW Breakfast Swap 11:00-11:45 ROM with Rosi 11:45-12:30 Lunch/Self Check 12:30-1:30 Living RAW Projects 1:30-2:30 Water Works 1:30-2:30 Small Group Fitness Rockhurst Spring Break</p>	<p>14</p>	<p>15</p> <p>10:15-11:30 Living RAW Projects 10:30-11:30 Pet Therapy w/Frank &Yoda 11:30-12:30 Lunch/Self Check 12:30-1:30 Fitness With Nina 1:30-2:30 Water Works 1:30-2:30 Small Group Fitness</p>	<p>16</p> <p>"ROM" with Rosi- Range of Motion: Arthrokinematics-Head- Toe Joint Motions led by Rosita. "Self Check"- 3 minute self inventory (ex. mindfulness, meditation, quiet, prayer etc).</p>	<p>17</p>
<p>20</p> <p>10:15-12:00 SLP with Rockhurst 11:00-11:45 ROM with Rosi 11:45-12:30 Lunch/Self Check 12:30-1:30 Living RAW Projects 1:30-2:30 Water Works 1:30-2:30 Small Group Fitness</p>	<p>21</p>	<p>22</p> <p>10:15-1:30 Living RAW-Outing-Brookdale Living Centers Tour 12:30-1:30 Fitness With Nina 1:30-2:30 Water Works 3:00-4:00 OutReach- RMC Supprt Group Pls RSVP for Nina and water works</p>	<p>23</p> <p>Fitness o/t Floor&SGF: Cardio and fitness equipment. Fitness w/Nina: Group Exercise led by Nina Phillips Water Works: Group water aerobics with Coach Roy.</p>	<p>24</p>
<p>27</p> <p>10:15-12:00 SLP with Rockhurst 11:00-11:45 ROM with Rosi 11:45-12:30 Lunch/Self Check 12:30-1:30 Living RAW Projects 1:30-2:30 Water Works 1:30-2:30 Small Group Fitness</p>	<p>28</p>	<p>29</p> <p>10:15-11:30 Living RAW Projects 10:30-11:30 Pet Therapy w/Frank &Yoda 11:30-12:30 Lunch/Self Check 12:30-1:30 Fitness With Nina 1:30-2:30 Water Works 1:30-2:30 Small Group Fitness</p>	<p>30</p> <p>You're the Expert: Ongoing Project - Participants choose a interest topic, establish a brand name and slogan. Each topic will be researched and presented in the following months.</p>	<p>31</p>
<p>April 3</p> <p>10:15-12:00 SLP with Rockhurst 11:00-11:45 ROM with Rosi 11:45-12:30 Lunch/Self Check 12:30-1:30 Living RAW Projects 1:30-2:30 Water Works 1:30-2:30 Small Group Fitness</p>	<p>4-Apr</p>	<p>April 5</p> <p>10:15-11:30 Living RAW Projects 10:30-11:30 Pet Therapy w/Frank &Yoda 11:30-12:30 Lunch/Self Check 12:30-1:30 Fitness With Nina 1:30-2:30 Water Works 1:30-2:30 Small Group Fitness</p>	<p>6-Apr</p> <p> AMERICAN STROKE FOUNDATION Reclaiming hope. Rebuilding lives.</p>	<p>7-Apr</p>