


## March 2017 Calendar: Blue Springs, MO

MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
		<b>1</b>  	<b>2</b> 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations 10:00-12:00 Fitness 11:00-12:00 Sharpen Your Mind 12:00-12:45 Lunch 12:45-1:00 Let's Get Moving 1:00-1:45 Current Events 1:45-2:45 Aquatics with Mike	<b>3</b>
<b>6</b>	<b>7</b> 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 11:00-12:00 Brain Teasers 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	<b>8</b>	<b>9</b> 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations 11:00-12:00 <b>¡Holy Guacamole!</b> 10:00-12:00 Fitness 12:00-12:45 Lunch 12:45-1:00 Let's Get Moving 1:00-1:45 <b>Focus on the Hand</b> 1:45-2:45 Aquatics with Mike	<b>10</b>
<b>13</b>	<b>14</b> 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 11:00-12:00 Jeopardy! 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	<b>15</b>	<b>16</b> 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations 11:00-12:00 Art Project 10:00-12:00 Fitness 12:00-12:45 Lunch 12:45-1:45 <b>Music Bingo with Mike</b> 1:45-2:45 Aquatics with Mike	<b>17</b>
<b>20</b>	<b>21</b> 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 11:00-12:00 <b>Build a Birdhouse with Ron</b> 12:00-1:00 Lunch 1:00-2:00 Aquatics with Bill 1:00-2:00 Sharpen Your Mind	<b>22</b>	<b>23</b> 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversation 11:00-12:00 Sharpen Your Mind 10:00-12:00 Fitness 12:00-12:45 Lunch 12:45-1:00 Let's Get Moving 1:00-1:45 <b>Build a Birdhouse with Ron</b> 1:45-2:45 Aquatics with Mike	<b>24</b>
<b>27</b>	<b>28</b> 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	<b>29</b>	<b>30</b> 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations 11:00-12:00 Art/Poetry 10:00-12:00 Fitness 12:00-12:45 Lunch <b>12:45-1:45 Outdoor Games</b> 1:45-2:45 Aquatics with Mike	<b>31</b>

## 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.

**Focus on the Hand:** This OT group will offer exercises and other techniques to address hand movement and management.

**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

**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](mailto:JoanK@americanstroke.org) or 913.649.1776