

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>10:15-12:00 SLP Enrichment/SM Grp 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(S&amp;F)</p>	<p><b>2</b></p> <p>REMINDERS: -RSVP for Rose Luncheon  -Dani on vacay May 1-10. Return Mon.May 15th</p>	<p><b>03</b></p> <p>10:15-11:30 "RAW" Swap Ideas for June 10:30-11:30 Pet Therapy w/Frank &amp;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><b>SLP: Rockhurst Univ. Speech Language Pathology Dept. Group facilitated by Hannah Smith SLP.</b> <b>"Living RAW": Real Authentic Wholesome-</b> Participants will incorporate the fundamentals of healthy living and set goals to maintain success.</p>	
<p><b>8</b></p> <p>10:15-12:00 SLP Enrichment/SM Grp 11:00-11:45 ROM with Rosi 11:45-12:30 Lunch/Self Check 12:30-1:30 Living RAW Projects Practice 1:30-2:30 Water Works 1:30-2:30 Small Group Fitness(S&amp;F)</p>	<p><b>9</b></p> <p>Rose Award Luncheon 11:30am Sylvester Powell Community Center 6200 Martway, Mission, KS 66202</p>	<p><b>10</b></p> <p>10:15-11:30 Living RAW Projects Practice 10:30-11:30 Pet Therapy w/Frank &amp;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><b>11</b>   <b>12</b></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><b>15</b></p> <p>10:15-12:00 SLP Enrichment/SM Grp 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 Research Education Series 1:30-2:30 Small Group Fitness(S&amp;F)</p>	<p><b>16</b></p> <p>&lt;&lt; Sherry Bahr is coming back to discuss Neuroplasticity! Don't Miss Out</p>	<p><b>17</b></p> <p>9:30am-2pm Group OUTING- KC Zoo 6800 Zoo Drive, KCMO 64132 Meet at children's play area @9:30am  3:00--00 OutReach- RMC Supprt Group ***NO Programming at Cleaver***</p>	<p><b>18</b>   <b>19</b></p> <p>Fitness o/t Floor&amp;S&amp;F: Cardio and fitness equipment. Fitness w/Nina: Group Exercise led by Nina Phillips Water Works: Group water aerobics with Coach Roy.</p>	
<p><b>22</b></p> <p>10:15-12:00 "You're The Expert" 11:00-11:45 ROM with Rosi 11:45-12:30 Lunch/Self Check 12:30-1:30 "You're The Expert" 1:30-2:30 Water Works 1:30-2:30 Small Group Fitness(S&amp;F)</p>	<p><b>23</b></p>	<p><b>24</b></p> <p>10:15-11:30 "You're The Expert" 10:30-11:30 Pet Therapy w/Frank &amp;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><b>25</b>   <b>26</b></p> <p>** You're the Expert: Participants have chosen an interesting topic, established a brand name and slogan. Now...It's .... TIME TO PRESENT OUR TOPICS!</p>	
<p><b>29 Memorial Day ASF Closed</b> Y Closes @1pm</p> 	<p><b>30</b></p>	<p><b>31</b></p> <p>10:15-11:30 "You're The Expert" 10:30-11:30 Pet Therapy w/Frank &amp;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><b>1-Jun</b>   <b>2-Jun</b></p>  <p>AMERICAN STROKE FOUNDATION Reclaiming hope. Rebuilding lives.</p>	