

June 2017 Calendar: Blue Springs, MO

MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
	30	31 	1 9:30-10:00 Coffee Talk 10:00-12:00 Fitness 11:00-12:00 Generational Jeopardy 12:00-12:45 Lunch 12:45-1:45 Sharpen Your Mind 1:45-2:45 Aquatics with Bill	2
5	6 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 11:00-12:00 Current Events - bring a news clipping to discuss 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	7	8 10:00-12:00 Fitness 10:40 Outing & Lunch The Roasterie tour 1204 W 27th St Kansas City, MO 64108 (Tour is free, just bring lunch money)	9
12	13 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 11:00-12:00 Mindfulness & breathing techniques 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	14	15 9:30-10:00 Coffee Talk 10:00-12:00 Fitness/ Fathers Day Art Project 12:00-12:45 Lunch 12:45-1:00 Let's Get Moving 1:00-1:30 Finish up project 1:45-2:45 Aquatics with Bill	16 
19 	20 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 11:00-12:00 Fruit Pizza Making 12:00-1:00 Lunch 1:00-2:00 Aquatics with Bill 1:15-2:00 Sharpen Your Mind	21	22 9:30-10:00 Coffee Talk 10:00-12:00 Fitness 12:00-12:45 Lunch 12:45-1:00 Let's Get Moving 1:00-1:30 Focus on the Hand 1:45-2:45 Aquatics with Bill	23
26	27 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 11:00-12:00 Balance & Range of Motion 12:00-1:00 Lunch 1:00-2:00 Aquatics with Bill 1:15-2:00 Sharpen Your Mind	28 	29 9:30-10:00 Coffee Talk 10:00-12:00 Fitness 12:00-12:45 Lunch 12:45-1:00 Let's Get Moving 1:00-1:30 Canvas Painting with Faby 1:45-2:45 Aquatics with Bill	30

CLASS DESCRIPTIONS

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

Current Events: Bring in an interesting newspaper article to discuss with the group.

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.

Balance & Range of Motion: Group activities to improve mobility and stability!

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

Jeopardy: Let's test your knowledge and get some competition going!

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