

May 2017 Calendar: Blue Springs, MO

MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
1	2 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 11:00-12:00 Paper Airplanes 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	3 	4 9:30-10:00 Coffee Talk 10:00-12:00 Fitness 11:00-12:00 Mothers Day Art Project Bring a photo of a special lady 12:00-12:45 Lunch 12:45-1:45 Sharpen Your Mind 1:45-2:45 Aquatics with Bill	5
8	9 10:00-12:00 Fitness 11:30 Rose Luncheon Sylvester Powell Community Center 6200 Martway St, Mission, KS 66202	10	11 9:30-10:00 Coffee Talk 10:00-12:00 Fitness/ Mothers Day Art Project Continued 12:00-12:45 Lunch 12:45-1:00 Let's Get Moving/ Balance 1:00-1:30 Sharpen Your Mind 1:45-2:45 Aquatics with Bill	12
15	16 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	17 	18 10:00-12:00 Fitness 10:00 Outing* Bowling or Mini Golf - Tell us what you'd prefer!	19
22	23 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 11:00-12:00 Ted Talks 12:00-1:00 Lunch 1:00-2:00 Aquatics with Bill 1:15-2:00 Sharpen Your Mind	24	25 9:30-10:00 Coffee Talk 10:00-12:00 Fitness/ Yard Games 12:00-12:45 Lunch 12:45-1:00 Let's Get Moving 1:00-1:30 Yard Games 1:45-2:45 Aquatics with Bill	26
29 	30 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 11:00-12:00 Jeopardy 12:00-1:00 Lunch 1:00-2:00 Aquatics with Bill 1:15-2:00 Sharpen Your Mind	30	1 *The Roasterie Tour outing was rescheduled to Thursday, June 8th	2

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.

Ted Talks: Videos in the form of short, powerful talks given by fun and inspiring people.

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