


## July 2017 Calendar: Blue Springs, MO

MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
<b>3</b>	<b>4</b> No programming	<b>5</b> 	<b>6</b> 9:30-10:00 Coffee Talk 10:00-12:00 Fitness <b>11:00-12:00 Intro/demo of ASF T-shirt</b> 12:00-12:45 Lunch 12:45-1:45 Sharpen Your Mind 2:00-3:00 Aquatics with Bill	<b>7</b>
<b>10</b>	<b>11</b> 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness <b>11:00-12:00 ASF T-shirt continued (bring T-shirts)</b> 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>12</b>	<b>13</b> 9:30-10:00 Coffee Talk 10:00-12:00 Fitness 12:00-12:45 Lunch 12:45-1:00 Let's Get Moving <b>12:45-1:45 Silk screen ASF T-shirt</b> 2:00-3:00 Aquatics with Bill	<b>14</b>
<b>17</b>	<b>18</b> 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness <b>11:00-12:00 Movement Bingo</b> 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>19</b>	<b>20</b> 9:30-10:00 Coffee Talk 10:00-12:00 Fitness 12:00-12:45 Lunch 12:45-1:00 Let's Get Moving <b>1:00-1:45 Music Bingo</b> 2:00-3:00 Aquatics with Bill	<b>21</b>
<b>24</b>	<b>25</b> 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness <b>11:00-12:00 Healthy Cooking</b> 12:00-1:00 Lunch 1:00-2:00 Aquatics with Bill 1:15-2:00 Sharpen Your Mind	<b>26</b>	<b>27</b> <b>Lunch outing: 11:00am</b> <b>Outing: 12:30pm</b>  <b>Kemper Museum of Contemporary Art</b>  <b>4420 Warwick Blvd. Kansas City, Missouri</b> <b>64111 (across the Nelson-Atkins Museum)</b>	<b>28</b>
<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.

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