


## August 2017 Calendar: Blue Springs, MO

MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
	<b>1</b> 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness <b>11:00-12:00 Focus on the Hand</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>2</b> 	<b>3</b> 9:30-10:00 Coffee Talk 10:00-12:00 Fitness 11:00-12:00 Sharpen Your Mind 12:00-12:45 Lunch <b>12:45-1:45 Fall Safety Education?/Lawn Games</b> <b>NO AQUATICS!!!!</b>	<b>4</b>
<b>7</b>	<b>8</b> 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness <b>11:00-12:00 Focus on the Hand</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>9</b>	<b>10</b> 9:30-10:00 Coffee Talk 10:00-12:00 Fitness 11:00-12:00 Sharpen Your Mind ( <b>Speech emphasis</b> ) 12:00-12:45 Lunch 12:45-1:00 Let's Get Moving <b>1:00-1:30 Stretching Activity</b> 2:00-3:00 Aquatics with Bill	<b>1</b>
<b>17</b>	<b>15</b> 9:30- 10:00 Coffee Talk 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness <b>11:00-12:00 Sleep Education</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>16</b>	<b>17</b> 9:30-10:00 Coffee Talk 10:00-12:00 Fitness 11:00-12:00 Movement Bingo (on going activity) 12:00-12:45 Lunch 12:45-1:00 Let's Get Moving <b>1:00-1:30 Movement Bingo?</b> 1:45-2:45 Aquatics with Bill	<b>18</b>
<b>21</b>	<b>22</b> 9:30- 10:00 Coffee Talk 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>23</b>	<b>24</b> 9:30-10:00 Coffee Talk 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 <b>1:00-1:30 Stretching Activity</b> 1:45-2:45 Aquatics with Bill	<b>25</b>

28	<b>29</b> 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness <b>11:00-12:00 Yard Games</b> 12:00-1:00 Lunch 1:00-2:00 Aquatics with Bill 1:15-2:00 Sharpen Your Mind	30	<b>31</b> <b>Outing TBD</b>	
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## **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