



November 2017 Calendar: Blue Springs, MO

MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
			2 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations 10:00- 11:00 Fitness 11:00-12:00 Driving Education Talk with Amber 12:00-12:45 Lunch 12:45-1:30 Meditation 1:45-2:45 Aquatics with Bill	
	7 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 11:00-12:00 Balance & Stability 12:00-12:45 Lunch 12:45-1:45 Aquatics with Mike 12:45-2:00 Sharpen Your Mind *Handout Sleep Journal		9 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations 10:00-12:00 Fitness 11:00-12:00 Dance with Visitor 12:00-12:45 Lunch 12:45-1:30 Driving Activity 1:45- 2:45 Aquatics with Bill	
	14 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 11:00-12:00 Sleep Education 12:00-12:45 Lunch 12:45-1:45 Aquatics with Mike 12:45-2:00 Sharpen Your Mind		16 9:30-10:00 Coffee Talk 10:00-10:30 Trivia 10:00-11:00 Fitness 11:00- 12:00 Cooking Activity 12:00-12:45 Lunch 12:45-1:30 Music Bingo 1:45- 2:45 Aquatics with Bill *Kerri's Last Day	
	21 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 11:00-12:00 Thanksgiving Activity 12:00-12:45 Lunch 12:45-1:45 Aquatics with Mike 12:45-2:00 Sharpen Your Mind		23 Thanksgiving: Have fun with your family! NO PROGRAMMING 	

	<p>28</p> <p>9:30-10:00 Coffee Talk</p> <p>10:00-11:00 Creative Conversations with Amy</p> <p>10:00-12:00 Fitness</p> <p>11:00-12:00 Yoga</p> <p>12:00-12:45 Lunch</p> <p>12:45-1:45 Aquatics with Mike</p> <p>12:45-2:00 Sharpen Your Mind</p>		<p>30</p> <p>Community Outing</p>	
--	--	--	---	--

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.

Cooking Activity: Making a meal together and learning how to use adaptive cooking equipment

Questions: Please contact Joan Kennedy, Program Assistant, JoanK@americanstroke.org or 913.649.1776