


December 2017 Calendar: Blue Springs, MO

MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
	<p>5</p> <p>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/Wood craft</p>		<p>7</p> <p>9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations 10:00-12:00 Fitness 11:00-12:00 Gingerbread Houses 12:00-1:00 Lunch 1:00-1:30 Music Bingo 1:45- 2:45 Aquatics with Bill</p>	
	<p>12</p> <p>9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 11:00-12:00 Holiday Craft 12:00-12:45 Lunch 12:45-1:45 Aquatics with Mike 12:45-2:00 Sharpen Your Mind</p>		<p>14</p> <p>9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations 10:00-12:00 Fitness 11:00-12:00 No Bake Cooking Activity 12:00-12:45 Lunch 12:45-1:30 Chair Yoga 1:45- 2:45 Aquatics with Bill</p>	
	<p>19</p> <p>9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 11:00-12:00 Gift Wrapping/ christmas decorating 12:00-12:45 Lunch 12:45-1:45 Aquatics with Mike 12:45-2:00 Sharpen Your Mind</p>		<p>21</p> <p align="center">Community Outing White Elephant Gift Exchange *Alessandra and Kaitlyn's Last Day!</p>	
	<p>26</p> <p align="center">Holiday Break! No programming, enjoy time with friends and family!</p>		<p>28</p> <p align="center">Holiday Break! No programming, enjoy time with friends and family!</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