



February 2018 Calendar: Blue Springs, MO

MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
			<p><b>1</b></p> <p>9:30-10:00 Coffee Talk            10:00-11:00 Creative Conversations            10:00-12:00 Fitness            11:00-12:00 Balance Activities            12:00-12:45 Lunch            12:45-1:30 Book Club            1:45- 2:45 Aquatics with Bill</p>	
	<p><b>6</b></p> <p><b>BOWLING LUNAR BOWL 10 am</b>            2001 NW State Route 7 Blue Springs</p> <p><b>LUNCH</b> Out afterwards            To be decided</p>		<p><b>8</b></p> <p>9:30-10:00 Coffee talk            10:00-11:00 Creative Conversation            10:00-12:00 Fitness            11:00-12:00 Fall Prevention            12:00-12:45 Lunch            12:45-1:30 Brain Games            1:45-2:45 Aquatics with Bill</p>	
	<p><b>13</b></p> <p>9:30-10:00 Coffee Talk            10:00-11:00 Creative Conversations            10:00-12:00 Fitness            11:00-12:00 Valentine's cards            12:00-12:45 Lunch            12:45-1:45 Aquatics with Mike            12:45-2:00 Sharpen Your Mind</p>	<p><b>HAPPY            VALENTINE'S            DAY</b></p> 	<p><b>15</b></p> <p>9:30-10:00 Coffee talk            10:00-11:00 Creative Conversation            10:00-12:00 Fitness            11:00-12:00 Focus on the Hand            12:00-12:45 Lunch            12:45-1:30 Brain Games            1:45-2:45 Aquatics with Bill</p>	
	<p><b>20</b></p> <p>9:30-10:00 Coffee Talk            10:00-11:00 Creative Conversation with Amy            10:00-12:00 Fitness            11:00-12:00 Olympic Games            11:00-12:00 Balance Activity            12:00-12:45 Lunch            12:45-1:45 Aquatics with Mike            12:45-2:00 Sharpen Your Mind</p>		<p><b>22</b></p> <p>9:30-10:00 Coffee Talk            10:00-12:00 Fitness            11:00-12:00 Olympic Games            12:00-12:45 Lunch            12:45-1:45 Olympic Games            1:45-2:45 Aquatics with Bill</p>	

	<p><b>27</b></p> <p>9:30-10:00 Coffee Talk</p> <p>10:00-11:00 Creative Conversations</p> <p>10:00-12:00 Fitness</p> <p>11:00-12:00 Cooking Activity</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>			
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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.

**Creative Conversations with Amy:** Group conversation and activities facilitated by a speech language pathologist Amy! We talk about everything under the sun. Our focus is on helping those with expressive aphasia get talking.

**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?

**Brain Games/Sharpen Your Mind:** Games and activities designed to stimulate your brain, especially parts of the brain that may have been affected by a stroke

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

**Olympic Games:** Let's celebrate the 2018 Winter Olympics with a variety of games which will work on balance, coordination, cognition.

**Focus on the Hand:** Activities focusing on using your hand affected by stroke

Questions: Please contact Joan Kennedy, Program Assistant, [JoanK@americanstroke.org](mailto:JoanK@americanstroke.org) or 913.649.1776