

January 2018 Calendar: Blue Springs, MO

MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
	2 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 11:00-12:00 2018 Goals 12:00-12:45 Lunch 12:45-1:45 Aquatics with Mike 12:45-2:00 Sharpen Your Mind		4 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations 10:00-12:00 Fitness 11:00-12:00 PT eval of walking devices 12:00-1:00 Lunch 1:00-1:30 Balance exercises 1:45- 2:45 Aquatics with Bill	
	9 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 11:00-12:00 Balance Activities 12:00-12:45 Lunch 12:45-1:45 Aquatics with Mike 12:45-2:00 Sharpen Your Mind		11 <p align="center">MOVIE OUTING</p> <p align="center">LUNCH OUT TBD</p>	
	16 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 11:00-12:00 Indoor/Gross motor games 12:00-12:45 Lunch 12:45-1:45 Aquatics with Mike 12:45-2:00 Sharpen Your Mind		18 9:30-10:00 Coffee talk 10:00-11:00 Creative Conversation 10:00-12:00 Fitness 11:00-12:00 Painting with Jan 12:00-12:45 Lunch 12:45-1:30 Brain Games 1:45-2:45 Aquatics with Bill	
	23 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 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		25 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversation 11:00-12:00 Balance Activity 12:00-12:45 Lunch 12:45-1:45 Theraband Exercises 1:45-2:45 Aquatics with Bill	

	<p>30</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 Balance 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. 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?

Brain Games: 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!

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