


**March 2018 Calendar: Blue Springs, MO**

MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
			<p><b>1</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 Balance Activities</p> <p>12:00-12:45 Lunch</p> <p>12:45-1:30 Sharpen Your Mind</p> <p>1:45- 2:45 Aquatics with Bill</p>	
	<p><b>6</b></p> <p>9:30-10:00 Coffee talk</p> <p>10:00-11:00 Creative Conversation</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>1:00-2:00 Strategies For Improving Memory</p>		<p><b>8</b></p> <p>9:30-10:00 Coffee talk</p> <p>10:00-11:00 Creative Conversation</p> <p>10:00-12:00 Fitness</p> <p>11:00-12:00 Strength &amp; ROM Activities</p> <p>12:00-12:45 Lunch</p> <p>12:45-1:30 Brain Games</p> <p>1:45-2:45 Aquatics with Bill</p>	
	<p><b>13</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 March Madness!!!</p> <p>12:00-12:45 Lunch</p> <p>12:45-1:45 Aquatics with Mike</p> <p>12:45-2:00 Visual Scanning Activity</p>		<p><b>15</b></p> <p>9:30-10:00 Coffee talk</p> <p>10:00-11:00 Creative Conversation</p> <p>10:00-12:00 Fitness</p> <p>11:00-12:00 Focus on the Hand (St. Patrick's day)</p> <p>12:00-12:45 Lunch</p> <p>12:45-1:30 Seven Mantras of Stroke Recovery</p> <p>1:45-2:45 Aquatics with Bill</p>	
	<p><b>20</b></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 Stress Management (Stress Balls)</p> <p>12:00-12:45 Lunch</p> <p>12:45-1:45 Chair Yoga</p> <p>1:45-2:45 Aquatics with Bill</p>		<p><b>22</b></p> <p>OUTING To Be Decided</p> <p>Possibly Family Fun Golf Weather Permitting</p> <p>Lunch Out to be decided</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 Balance</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><b>29</b></p> <p>9:30-10:00 Coffee Talk</p> <p>10:00-12:00 Fitness</p> <p>11:00-12:00 Chair Yoga</p> <p>12:00-12:45 Lunch</p> <p>12:45-1:45 Music Bingo with Mike</p> <p>1:45-2:45 Aquatics with Bill</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