



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 10:00-2:00 <b>OUTING</b> <b>Roasterie KC</b> <b>1204 W. 27th St., KCMO 64108</b> <b>Meet and Greet before tour at 11:00am. \$5 cash</b> <b>Lunch afterwards</b></p>	3	<p>04 10:00-11:30 Brain Games 11:30-12:20 Lunch/ Pet Therapy 12:20-12:30 Self Check 12:30-1:30 Fitness With Nina 1:30-2:30 Water Works 1:30-2:30 Small Group Fitness</p>	<p>5 <b>SLP: Rockhurst Univ. Speech Language Pathology Dept. Group facilitated by Shatonda Jones. Join us for group cognitive activities and individual speech therapy sessions.</b></p>	6
<p>9 10:00-10:30 LC/Press Release 10:30-11:00 ROM 11:00-1:15 SLP/Lunch 1:15-1:30 Self Check 1:30-2:30 Water Works 1:30-2:30 Small Group Fitness</p>	10	<p>11 10:00-11:30 Brain Games 11:30-12:20 Lunch/ Pet Therapy 12:20-12:30 Self Check 12:30-1:30 Fitness With Nina 1:30-2:30 Water Works 1:30-2:30 Small Group Fitness</p>	<p>12 <b>"ROM"- Range of Motion: Arthrokinematics- Head- Toe Joint Motions.</b> <b>"Self Check"- 3 minute self inventory (ex. mindfulness, meditation, quiet, prayer etc).</b> <b>Participants in wheelchairs will stand to improve circulation.</b></p>	13
<p>16 10:00-10:30 LC/Press Release 10:30-11:00 ROM 11:00-1:15 SLP/Lunch 1:15-1:30 Self Check 1:30-2:30 Water Works 1:30-2:30 Small Group Fitness</p>	17	<p>18 10:00-11:30 Brain Games 11:30-12:20 Lunch/ Pet Therapy 12:20-12:30 Self Check 12:30-1:30 Fitness With Nina 1:30-2:30 Water Works 1:30-2:30 Small Group Fitness 3:00-4:00 <b>Research Support Group</b></p>	<p>19 <b>Fitness o/t Floor&amp;SGF: Cardio and fitness equipment.</b> <b>Fitness w/Nina: Group Exercise led by Nina Phillips</b> <b>Water Works: Group water aerobics with Coach Roy.</b></p>	20
<p>23 10:00-10:30 LC/Press Release 10:30-11:00 ROM 11:00-1:15 SLP/Lunch 1:15-1:30 Self Check 1:30-2:30 Water Works 1:30-2:30 Small Group Fitness</p>	<p>24 Royals VS Milwaukee 7:15pm </p>	<p>25 10:00-11:00 Brain Games/Pet Therapy 11:00-11:45 <b>Sandra Billinger KU</b> 11:45-12:30 Lunch/Self Check 12:30-1:30 Fitness With Nina 1:30-2:30 Water Works 1:30-2:30 Small Group Fitness</p>	<p>26 <b>*LEADERBOARD Challenge LC):</b> <b>Help your fitness group get to the top of the leaderboard by earning wellness activity points.</b> <b>**Press Release: Check-In with your</b></p>	27
<p>30 10:00-10:30 LC/Press Release 10:30-11:00 ROM 11:00-1:15 SLP/Lunch 1:15-1:30 Self Check 1:30-2:30 Water Works 1:30-2:30 Small Group Fitness</p>	1	<p>2 10:00-11:30 Brain Games 11:30-12:20 Lunch/ Pet Therapy 12:20-12:30 Self Check 12:30-1:30 Fitness With Nina 1:30-2:30 Water Works 1:30-2:30 Small Group Fitness</p>	<p>3  <b>AMERICAN STROKE FOUNDATION</b> Reclaiming hope. Rebuilding lives.</p>	4