

April 2018 Calendar: Blue Springs, MO

MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
	<p>3</p> <p>9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations 10:00-12:00 Fitness 11:00-12:00 Gratitude Chain 12:00-12:45 Lunch 12:45-1:45 Aquatics with Mike 12:45-2:00 Sharpen Your Mind</p>		<p>5</p> <p>9:30-10:00 Coffee Talk 10:00-11:00 ADLs 10:00-12:00 Fitness 11:00-12:00 Balance Activities 12:00-12:45 Lunch 12:45-1:30 Sharpen Your Mind 1:45- 2:45 Aquatics with Bill</p>	
	<p>10</p> <p>9:30-10:00 Coffee talk 10:00-11:00 Creative Conversation 10:00-12:00 Fitness 11:00-12:00 Mindfulness 12:00-12:45 Lunch 12:45-1:45 Aquatics with Mike 1:00-2:00 Sharpen Your Mind</p>		<p>12</p> <p>9:30-10:00 Coffee talk 10:00-11:00 Creative Conversation 10:00-12:00 Fitness 11:00-12:00 Breathing Activity 12:00-12:45 Lunch 12:45-1:30 Brain Games 1:45-2:45 Aquatics with Bill</p>	
	<p>17</p> <p>9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations 10:00-12:00 Fitness 11:00-12:00 Movement Activity 12:00-12:45 Lunch 12:45-1:45 Aquatics with Mike 12:45-2:00 Wheel of Fortune</p>		<p>19</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 Bingo 1:45-2:45 Aquatics with Bill</p>	
	<p>24</p> <p>OUTING -Movie and lunch (TBD)</p>		<p>26</p> <p>9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations 10:00-12:00 Fitness 11:00-12:00 Strengthening/ROM Activities 12:00-12:45 Lunch 12:45-1:45 Brain Games 1:45-2:45 Aquatics with Bill</p>	

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

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

Gratitude Chain: What are you thankful for!? Write it down on a slip of colored paper and create a big chain of gratitude together as a group.

Mindfulness: Accentuate the positive.

Breathing: Stress relief with proper breathing skills.

Questions: Please contact Joan Kennedy, Program Assistant, JoanK@americanstroke.org or 913.649.1776