


May 2018 Calendar: Blue Springs, MO

MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
	<p>1</p> <p>9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with Melissa 10:00-12:00 Fitness 11:00-12:00 May Day Flowers 12:00-12:45 Lunch 1:45-2:45 Aquatics with Mike</p>		<p>3</p> <p>9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with Jessica 10:00-12:00 Fitness 11:00-12:00 Traveling with Disabilities 12:00-12:45 Lunch 12:45-1:30 Pilates with Morgan 1:45-2:45 Aquatics with Bill</p>	
	<p>8</p> <p>ROSE LUNCHEON</p> <p>No Programming</p>		<p>10</p> <p>9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with Katie 10:00-12:00 Fitness 11:00-12:00 Art Project 12:00-12:45 Lunch 12:45-1:30 Book Club 1:45-2:45 Aquatics with Bill</p>	
	<p>15</p> <p>9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with Jessica 10:00-12:00 Fitness 11:00-12:00 Presentation from Fire Department 12:00-12:45 Lunch 12:45-1:45 Aquatics with Mike 12:45-2:00 Sharpen Your Mind</p>		<p>17</p> <p>9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with Morgan 10:00-12:00 Fitness 11:00-12:00 Driving Talk with Amber 12:00-12:45 Lunch 12:30-1:30 Brain Games 1:45-2:45 Aquatics with Bill</p>	
	<p>22</p> <p>9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with Jodi 10:00-12:00 Fitness 11:00-12:00 Food Prep for taco bar 12:00-12:45 Taco Bar 12:45-1:45 Aquatics with Mike 12:45-2:00 Sharpen Your Mind</p>		<p>24</p> <p>9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with Katie 10:00-12:00 Fitness 11:00-12:00 Hanger Orthotics presentation 12:00-12:45 Lunch 12:45-1:30 Tai Chi 1:45-2:45 Aquatics with Bill</p>	

	<p>29</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 Art Project</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>31</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 TED talks with Jessica</p> <p>12:00-12:45 Lunch</p> <p>12:45-1:30 Family Feud</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.

Current Events: Bring in an interesting newspaper article to discuss with the group.

Creative Conversations: Group conversation and activities. 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?

Sharpen Your Mind: 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!

Give Back: Volunteering our time and efforts is a great way to help out others in our community, and it really makes us feel good about ourselves, too.

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