


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

MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
	<p><b>5</b></p> <p>9:30-10:00 Coffee Talk            10:00-11:00 Creative Conversations with Amy            10:00-12:00 Fitness            11:00-12:00 Fall Prevention with Morgan and Jodi            12:00-12:45 Lunch            12:45-1:45 Aquatics with Jason            12:45-2:00 Sharpen your Mind</p>		<p><b>7</b></p> <p>9:30-10:00 Coffee Talk            10:00-11:00 Creative Conversations with Amy            10:00- 12:00 Fitness            11:00-12:00 Movement Activity with Annie            12:00-12:45 Lunch            12:45-1:45 T-shirt Dog Toys with Jessica            2:00-2:45 Aquatics with Bill</p>	
	<p><b>12</b></p> <p>9:30-10:00 Coffee Talk            10:00-11:00 Creative Conversations with Amy            10:00- 12:00 Fitness            11:00-12:00 NuStep Presentation with Katie            12:00-12:45 Lunch            12:45-1:45 Aquatics with Jason            12:45-2:00 Sharpen your Mind</p>		<p><b>14</b></p> <p>9:30-10:00 Coffee Talk            10:00-11:00 Creative Conversations with Amy            10:00-12:00 Fitness            11:00- 12:00 Step by Step Painting with Katie            12:00-12:45 Lunch            12:45-1:45 Brain Games with Courtney            2:00-2:45 Aquatics with Bill</p>	
	<p><b>19</b></p> <p>9:30-10:00 Coffee Talk            10:00-11:00 Creative Conversations with Amy            10:00-12:00 Fitness            11:00-12:00 Healthy Eating Stations with Jodi            12:00-12:45 Lunch            12:45-1:45 Aquatics with Jason            12:45-2:00 Sharpen your Mind</p>		<p><b>21</b></p> <p>Out and About at the Bowling Alley</p> <p>Meet at 10:15 at:            Lunar Bowl            2001 Northwest State Route 7            Blue Springs, MO</p> <p>Lunch out to be decided!</p>	
	<p><b>26</b></p> <p>9:30-10:00 Coffee Talk            10:00-11:00 Creative Conversations with Amy            10:00-12:00 Fitness            11:00-12:00 Self Care Education with Courtney            12:00-12:45 Lunch            12:45-1:45 Aquatics with Jason            12:45-2:00 Sharpen Your Mind</p>		<p><b>28</b></p> <p>9:30-10:00 Coffee Talk            10:00-11:00 Creative Conversations with Amy            10:00-12:00 Fitness            11:00-12:00 Nice Cream with Annie            12:00-12:45 Lunch            12:45-1:45 Scavenger Hunt with Morgan            2:00-2:45 Aquatics with Bill</p>	

## CLASS DESCRIPTIONS

**Aquatics:** Participate in strengthening, balance, and range of motion exercises led by survivor Jason or Bill while in the water

**Movement Activity:** No afternoon naps here! We're going to re-energize our mind and body after lunch through music, movement, and merriment

**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

**Out and About:** We like to be out and about in our community!

**Sharpen Your Mind:** Games and activities designed to stimulate your brain, especially parts of the brain that may have been affected by a stroke

**Step By Step Painting:** 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:** Making t-shirt dog toys to give back to SPCA Dog Shelter

**Cooking Activity:** Making healthy snacks together and learning how to use adaptive cooking equipment

**Self Care:** Working on grooming and self care tasks with adaptive techniques

**Scavenger Hunt:** Stimulating cognitive and visual skills by engaging in scavenger hunt throughout YMCA.

**Fall Prevention:** Education on causes of falls and how to get up safely

Questions: Please contact Joan Kennedy, Program Assistant, [JoanK@americanstroke.org](mailto:JoanK@americanstroke.org) or 913.649.1776