


Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>4</b></p> <p>10:00-10:30 Goals &amp; Intervention                      10:30-11:00 SLP                      11:00-12:00 ROM                      12:00-1:00 Lunch                      1:00-2:00 Fitness with Billy                      1:30-2:30 Water Works                      1:30-2:30 Small Group Fitness</p>	<p><b>5</b></p>  <p>AMERICAN STROKE FOUNDATION                      Reclaiming hope. Rebuilding lives.</p>	<p><b>6</b></p> <p>Outing at Ward Parkway Center!!                      Meet at the benches by the movie theater 10 AM.</p> <p>8600 Ward Parkway, Kansas City, MO 64114</p> <p>Bring money for lunch!</p>	<p><b>7</b></p> <div style="border: 1px solid orange; padding: 5px;"> <p><b>SLP:</b> Rockhurst Univ. Speech Language Pathology Dept. Group facilitated by Shatonda Jones. Join us for group cognitive activities and individual speech therapy sessions.</p> </div>	<p><b>8</b></p>
<p><b>11</b></p> <p>10:00-10:30 Goals &amp; Intervention                      10:30-11:00 SLP                      11:00-12:00 ROM                      12:00-1:00 Lunch                      1:00-2:00 Fitness with Billy                      1:30-2:30 Water Works                      1:30-2:30 Small Group Fitness</p>	<p><b>12</b></p>	<p><b>13</b></p> <p>10:00-10:30 Journal on Goals                      10:30-11:30 Gratitude Boards                      11:30-12:30 Book Club/Lunch                      12:30-1:30 Fitness with Nina                      1:30-2:30 Water Works                      1:30-2:30 Small Group Fitness</p>	<p><b>14</b></p> <div style="border: 1px solid blue; padding: 5px;"> <p><b>"ROM"</b>- Range of Motion: Arthrokinematics-Head- Toe Joint Motions.  <b>"Journal on Goals"</b> - 10 minutes to journal about progress towards goals</p> </div>	<p><b>15</b></p>
<p><b>18</b></p> <p>10:00-10:30 Goals &amp; Intervention                      10:30-11:00 SLP                      11:00-12:00 ROM                      12:00-1:00 Lunch                      1:00-2:00 Fitness with Billy                      1:30-2:30 Water Works                      1:30-2:30 Small Group Fitness</p>	<p><b>19</b></p>	<p><b>20</b></p> <p>10:00-10:30 Journal on Goals                      10:30-11:30 Healthy Eating                      11:30-12:00 Smoothie Tasting                      12:00-12:30 Book Club/Lunch                      12:30-1:30 Fitness with Nina                      1:30-2:30 Water Works                      1:30-2:30 Small Group Fitness</p>	<p><b>21</b></p> <div style="border: 1px solid orange; padding: 5px;"> <p><b>"Goals and Intervention"</b>                      Participants will work on plan to achieve their goals.</p> <p><b>"Book Club"</b>                      Participants will engage in group discussion over a selection of inspirational stories.</p> </div>	<p><b>22</b></p>
<p><b>25</b></p> <p>10:00-10:30 Goals &amp; Intervention                      10:30-11:00 SLP                      11:00-12:00 ROM                      12:00-1:00 Lunch                      1:00-2:00 Fitness with Billy                      1:30-2:30 Water Works                      1:30-2:30 Small Group Fitness</p>	<p><b>26</b></p>	<p><b>27</b></p> <p>10:00-10:30 Journal on Goals                      10:30-11:30 Caregiver Care                      11:30-12:30 Book Club/Lunch                      12:30-1:30 Fitness with Nina                      1:30-2:30 Water Works                      1:30-2:30 Small Group Fitness</p>	<p><b>28</b></p> <div style="border: 1px solid gray; padding: 5px;"> <p><b>Fitness w/Nina:</b> Group Exercise led by Nina Phillips  <b>Water Works:</b> Group water aerobics with Coach Roy.</p> </div>	<p><b>29</b></p>