


July 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 with Amy 10:00-12:00 Fitness 11:00-12:00 4th of July Trivia 12:00-12:45 Lunch 12:45-1:45 Aquatics with Jason 12:45-2:00 Sharpen your Mind</p>		<p>5</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 Bag of 3 Game 12:00-12:45 Lunch 12:45-1:45 Yard Games 2:00-2:45 Aquatics with Bill</p>	
	<p>10</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 Charades 12:00-12:45 Lunch 12:45-1:45 Aquatics with Jason 12:45-2:00 Sharpen your Mind</p>		<p>12</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 Fish Bowl Game 12:00-12:45 Lunch 12:45-1:45 Focus on the Hand Games 2:00-2:45 Aquatics with Bill</p>	
	<p>17</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 Relays 12:00-12:45 Lunch 12:45-1:45 Aquatics with Jason 12:45-2:00 Sharpen your Mind</p>		<p>19</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>24</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 Scattogories 12:00-12:45 Lunch 12:45-1:45 Aquatics with Jason 12:45-2:00 Sharpen Your Mind</p>		<p>26</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 Jeopardy 12:00-12:45 Lunch 12:45-1:45 Transfer Training/Proper Sitting 2:00-2:45 Aquatics with Bill</p>	

	31 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 11:00-12:00 Relays 12:00-12:45 Lunch 12:45-1:45 Aquatics with Jason 12:45-2:00 Sharpen your Mind			
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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 or 913.649.1776