


August 2018 Calendar: Blue Springs, MO

MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
			<p>2</p> <p>9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with OT 10:00- 12:00 Fitness 11:00-12:00 Apples to Apples 12:00-12:45 Lunch 12:45-1:45 Scattergories 2:00-2:45 Aquatics with Bill</p>	
	<p>7 Stroke Walk “T-shirt Tuesday”!!</p> <p>9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with OT 10:00-12:00 Fitness 11:00-12:00 Heads Up 12:00-12:45 Lunch 12:45-1:45 Aquatics with Jason 12:45-2:00 Sharpen your Mind</p>		<p>9</p> <p>9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with OT 10:00- 12:00 Fitness 11:00-12:00 Give Back 12:00-12:45 Lunch 12:45-1:45 Movement Bingo 2:00-2:45 Aquatics with Bill</p>	
	<p>14 Stroke Walk “T-shirt Tuesday”!!</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>16</p> <p align="center">Family Golf Park outing 10 am 1501 E. US Highway 40 Blue Springs MO</p> <p align="center">Lunch Location to be decided</p>	

	21 Stroke Walk “T-shirt Tuesday”!! 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 11:00-12:00 Spray Painting 12:00-12:45 Lunch 12:45-1:45 Aquatics with Jason 12:45-2:00 Sharpen your Mind		23 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with OT 10:00-12:00 Fitness 11:00- 12:00 Wellness Discussion 12:00-12:45 Lunch 12:45-1:45 Scavenger Hunt 2:00-2:45 Aquatics with Bill	
	28 Stroke Walk “T-shirt Tuesday”!! 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with Amy 10:00-12:00 Fitness 11:00-12:00 Name that Tune 12:00-12:45 Lunch 12:45-1:45 Aquatics with Jason 12:45-2:00 Sharpen Your Mind		30 9:30-10:00 Coffee Talk 10:00-11:00 Creative Conversations with OT 10:00-12:00 Fitness 11:00-12:00 S’mores 12:00-12:45 Lunch 12:45-1:45 Summer Carnival 2:00-2:45 Aquatics with Bill	

CLASS DESCRIPTIONS

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

Games: We will play a variety of games this month to stimulate your brains and have fun working together as a group

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

Give Back: Art activity to show appreciation.

Wellness Discussion: Tips to promote healthy living.

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