


September 2018 Calendar: Blue Springs, MO

MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
	<p>4 Stroke Walk “T-shirt Tuesday”!!</p> <p>9:30-10:00 Coffee Talk</p> <p>10:00-11:00 Creative Conversations with Amy</p> <p>10:00-12:00 Fitness</p> <p>11:00-12:00 Balance Activities</p> <p>12:00-12:45 Lunch</p> <p>12:45-1:45 Aquatics with Jason</p> <p>12:45-2:00 Sharpen your Mind</p>		<p>6</p> <p>9:30-10:00 Coffee Talk</p> <p>10:00-11:00 Creative Conversations with OT</p> <p>10:00- 12:00 Fitness</p> <p>11:00-12:00 Book Club</p> <p>12:00-12:45 Lunch</p> <p>12:45-1:30 Wheel of Fortune</p> <p>1:45-2:45 Aquatics with Bill</p>	
	<p>11</p> <p>9:30-10:00 Coffee Talk</p> <p>10:00-11:00 Creative Conversations with Amy</p> <p>10:00- 12:00 Fitness</p> <p>11:00-12:00 Brain Activity</p> <p>12:00-12:45 Lunch</p> <p>12:45-1:45 Aquatics with Jason</p> <p>12:45-2:00 Sharpen your Mind</p>		<p>13</p> <p>9:30-10:00 Coffee Talk</p> <p>10:00-11:00 Creative Conversations with OT</p> <p>10:00-12:00 Fitness</p> <p>11:00- 12:00 Wellness Discussion</p> <p>12:00-12:45 Lunch</p> <p>12:45-1:30 Painting</p> <p>1:45-2:45 Aquatics with Bill</p>	
	<p>18</p> <p>9:30-10:00 Coffee Talk</p> <p>10:00-11:00 Creative Conversations with Amy</p> <p>10:00-12:00 Fitness</p> <p>11:00-12:00 Protein Balls</p> <p>12:00-12:45 Lunch</p> <p>12:45-1:45 Aquatics with Jason</p> <p>12:45-2:00 Sharpen your Mind</p>		<p>20</p> <p>Bowling Outing Meet at 10 am</p> <p>Lunar Bowl 2001 NW State Route 7 Blue Springs, Mo</p> <p>Lunch out TBD</p>	
	<p>25</p> <p>9:30-10:00 Coffee Talk</p> <p>10:00-11:00 Creative Conversations with Amy</p> <p>10:00-12:00 Fitness</p> <p>11:00-12:00 Musical Jeopardy</p> <p>12:00-12:45 Lunch</p> <p>12:45-1:45 Aquatics with Jason</p> <p>12:45-2:00 Sharpen Your Mind</p>		<p>27</p> <p>9:30-10:00 Coffee Talk</p> <p>10:00-11:00 Creative Conversations with OT</p> <p>10:00-12:00 Fitness</p> <p>11:00-12:00 Brain games</p> <p>12:00-12:45 Lunch</p> <p>12:45-1:30 Scavenger Hunt</p> <p>1:45-2:45 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

Book Club: Group discussion about a relatable story

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

Musical Jeopardy: Let's have fun reminiscing about music from various decades

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

Scavenger Hunt: Get to know other participants thru a fun hunt

Wellness Discussion: Tips to promote healthy living.

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