

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10</p> <p>10:00-10:30 Announcements</p> <p>10:30-12:00 SLP with Rockhurst</p> <p>12:00-12:30 Lunch</p> <p>12:30-1:00 Group ROM</p> <p>1:00-1:30 Group Fit with Billy</p> <p>1:30-2:30 Works/Fitness</p>	<p>11</p> <p>Upcoming:</p> <p>Beginner Art with Rhonda</p> <p>Royals Thurs, Sept 13,7:15pm</p>	<p>12</p> <p>10:00-11:30 Brain Games</p> <p>11:30-12:15 Lunch/ Pet Therapy</p> <p>12:20-12:30 Self Check</p> <p>12:30-1:30 Fitness With Nina</p> <p>1:30-2:30 Water Works</p> <p>1:30-2:30 Small Group Fitness</p>	<p>13</p> <p>SLP: Rockhurst Univ. Speech Language Pathology . Group cognitive activities and individual "Creative Conversation" speech therapy sessions.</p>	<p>14</p>
<p>17</p> <p>10:00-10:30 Announcements</p> <p>10:30-12:00 SLP with Rockhurst</p> <p>12:00-12:30 Lunch</p> <p>12:30-1:00 Group ROM</p> <p>1:00-1:30 Group Fit with Billy</p> <p>1:30-2:30 Works/Fitness</p>	<p>18</p>	<p>19</p> <p>10:00-11:30 Beginner Art Class w/Rhonda</p> <p>11:30-12:20 Lunch/ Pet Therapy</p> <p>12:20-12:30 Self Check</p> <p>12:30-1:30 Fitness With Nina</p> <p>1:30-2:30 Water Works</p> <p>1:30-2:30 Small Group Fitness</p>	<p>20</p> <p>"ROM"- Range of Motion: Arthrokinematics-Head- Toe Joint Motions. "Self Check"- 3 min self inventory (mindfulness, quiet, prayer etc). Participants in wheelchairs will stand to improve circulation.</p>	<p>21</p>
<p>24</p> <p>10:00-10:30 Announcements</p> <p>10:30-12:00 SLP with Rockhurst</p> <p>12:00-12:30 Lunch</p> <p>12:30-1:00 Group ROM</p> <p>1:00-1:30 Group Fit with Billy</p> <p>1:30-2:30 Works/Fitness</p>	<p>25</p> <p>Reminder: Plan to come support Research Support Group at 3:00pm! → → → → →</p>	<p>26</p> <p>10:00-11:30 Variety Show Prep/Brain Games</p> <p>11:30-12:30 Lunch/ Pet Therapy/ Self Check</p> <p>12:30-1:30 Fitness With Nina</p> <p>1:30-2:30 Water Works</p> <p>1:30-2:30 Small Group Fitness</p> <p>3:00-4:00 Research Support Group</p>	<p>27</p> <p>Fitness o/t Floor&SGF: Cardio and fitness equipment. Fitness w/Nina and Billy: Group Exercise w/Nina and Billy Water Works: Group water aerobics with Coach Roy.</p>	<p>28</p>
<p>October 1</p> <p>OUTING-Kansas City ZOO</p> <p>10:00-2:00pm</p> <p>6800 Zoo Drive, KCMO 64132</p> <p>Meet at Children's Pavillion in front at 9:30</p> <p>Call ahead to reserve mobility aides</p>	<p>2</p>	<p>3</p> <p>10:00-11:30 Brain Games/Pet Therapy</p> <p>11:30-12:30 Lunch/Self Check</p> <p>12:30-1:30 Fitness With Nina</p> <p>1:30-2:30 Water Works</p> <p>1:30-2:30 Small Group Fitness</p>	<p>4-Oct</p> <p>* Beginner Art Class: Rhonda Cole leads participants through therapeutic art activities. **Press Release: Check-In with your wellness announcement.</p>	<p>5-Oct</p>
<p>October 8</p> <p>10:00-10:30 Announcements</p> <p>10:30-12:00 SLP with Rockhurst</p> <p>12:00-12:30 Lunch</p> <p>12:30-1:00 Group ROM</p> <p>1:00-1:30 Group Fit with Billy</p> <p>1:30-2:30 Works/Fitness</p>	<p>9</p>	<p>10</p> <p>10:00-11:30 Brain Games</p> <p>11:30-12:30 Lunch/ Pet Therapy/ Self Check</p> <p>12:30-1:30 Fitness With Nina</p> <p>1:30-2:30 Water Works</p> <p>1:30-2:30 Small Group Fitness</p>	<p>11</p>  <p>AMERICAN STROKE FOUNDATION</p> <p>Reclaiming hope. Rebuilding lives.</p>	<p>12</p>