


OCTOBER 2018 Calendar: Blue Springs, MO

MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
	<p>2</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>4</p> <p>9:30-10:00 Coffee Talk</p> <p>10:00-11:00 Creative Conversations with Katie</p> <p>10:00- 12:00 Fitness</p> <p>11:00-12:00 Visual Scanning</p> <p>12:00-12:45 Lunch</p> <p>12:45-1:30 Relays</p> <p>1:45-2:45 Aquatics with Bill</p>	
	<p>9</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 Salsa Making</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>11</p> <p>9:30-10:00 Coffee Talk</p> <p>10:00-11:00 Creative Conversations with Caroline</p> <p>10:00-12:00 Fitness</p> <p>11:00- 12:00 Complete the song</p> <p>12:00-12:45 Lunch</p> <p>12:45-1:30 Follow the Movement</p> <p>1:45-2:45 Aquatics with Bill</p>	
	<p>16</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 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>18</p> <p>9:30-10:00 Coffee Talk</p> <p>10:00-11:00 Creative Conversations with Caroline</p> <p>10:00-12:00 Fitness</p> <p>11:00- 12:00 Complete the song</p> <p>12:00-12:45 Lunch</p> <p>12:45-1:30 Follow the Movement</p> <p>1:45-2:45 Aquatics with Bill</p>	

	<p>23</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 Paint the gourds 12:00-12:45 Lunch 12:45-2:00 Sharpen Your Mind POOL CLOSED</p>		<p>25</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 Paint the gourds 12:00-12:45 Lunch 12:45-2:00 Chair Yoga POOL CLOSED</p>	
	<p>30</p> <p>Chili and Soup Potluck Glen and Shirley White's 72 M Street Lake Lotawana</p> <p>We will meet at 10:30 am</p>			

CLASS DESCRIPTIONS

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

Complete the Song: Listen to music and complete the lyrics

Follow the Movement: Test your memory and your dance moves

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!

Paint the Gourd: It is Halloween time. Lets paint some gourds

Salsa Making: Lets try some different healthy salsas

Sharpen Your Mind: Games and activities designed to stimulate your brain, especially parts of the brain that may have been affected by a stroke

Visual Scanning: Activities that encourage using all your environment

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