





Monday	Tuesday	Wednesday	Thursday	Friday
<p>19</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>12:30-2:00 Physical Wellness</p>	<p>20</p> 	<p>21</p> <p>10:00-10:30 Announcements</p> <p>10:30-12:00 Thanksgiving Social</p> <p>12:00-12:30 Lunch/SS Name Drawing</p> <p>12:30-2:00 Physical Wellness</p>	<p>22</p> <div style="border: 1px solid black; background-color: #fce4d6; padding: 5px;"> <p>Intellectual Wellness w/SLP: Rockhurst Univ. Speech Language Pathology Dept.-Group/Indiv cognitive activities and "Creative Conversation"</p> </div>	<p>23</p>
<p>26</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>12:30-2:00 Physical Wellness</p>	<p>27</p>	<p>28</p> <p>10:00-10:30 Announcements</p> <p>10:30-12:00 Occupational Wellness</p> <p>12:00-12:30 Lunch</p> <p>12:30-2:00 Physical Wellness</p>	<p>29</p> <div style="border: 1px solid black; background-color: #e1f5fe; padding: 5px;"> <p>Spiritual/Emotional/Social Wellness: "Self Check"- Self Inventory (mindfulness, quiet, prayer etc).</p> </div>	<p>30</p>
<p>Dec 03, 2018 No Programming at SECC</p> <p>10:00-2:00 Social Wellness</p> <p>Seamless Dance Theater Presents: "Believe" @ City Stage Union Station, 30 Pershing Rd, KCMO 64108</p>	<p>4</p>	<p>5</p> <p>10:00-10:30 Announcements</p> <p>10:30-12:00 Occupational Wellness</p> <p>12:00-12:30 Lunch</p> <p>12:30-2:00 Physical Wellness</p>	<p>6</p> <div style="border: 1px solid black; background-color: #e0e0e0; padding: 5px;"> <p>Physical Wellness (PW):</p> <p>Arthrokinematics - Range of Motion (ROM), Cardio & Fitness Equipment. Water Works: Group/Indiv water aerobics .</p> </div>	<p>7</p>
<p>Dec 10, 2018</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>12:30-2:00 Physical Wellness</p>	<p>11</p> <p><u>ASF Will Be Closed</u> Dec.24, 2018-Jan 2, 2019</p> <p><u>Programming Begins</u> Monday, January 7, 2019</p>	<p>12</p> <p>10:00-10:30 Announcements</p> <p>10:30-12:00 Occupational Wellness</p> <p>12:00-12:30 Lunch</p> <p>12:30-2:00 Physical Wellness ☑</p>	<p>13-Dec</p> 	<p>14-Dec</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>12:30-2:00 Physical Wellness</p>	<p>18</p> 	<p>19</p> <p>10:00 - 2:00 Christmas Party Secret Santa</p> <p>Last Day of programming until 2019</p>	<p>20</p>  <p>AMERICAN STROKE FOUNDATION Reclaiming hope. Rebuilding lives.</p>	<p>21</p>