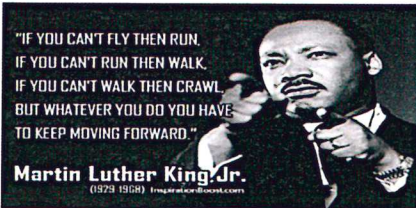
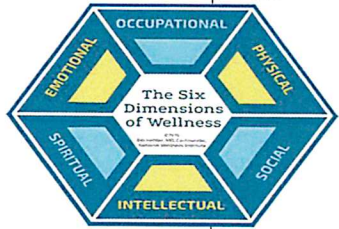



Monday	Tuesday	Wednesday	Thursday	Friday
<p>7</p> <p>10:00-10:30 Announcements 10:30-12:00 SLP with Rockhurst 10:15-11:00 Water Fitness Group 1 12:00-12:30 Lunch 12:30-2:00 Physical Wellness</p>	<p>8</p>	<p>9</p> <p>10:00-10:30 Announcements 10:15-11:00 Water Fitness Group 1 10:30-12:00 Group Discussion 12:00-12:30 Lunch 12:30-2:00 Physical Wellness</p>	<p>10</p> <div style="border: 1px solid orange; padding: 5px;"> <p>Intellectual Wellness w/SLP: Rockhurst Univ. Speech Language Pathology Dept.-Group/Indiv cognitive activities and "Creative Conversation"</p> </div>	<p>11</p>
<p>14</p> <p>10:00-10:30 Announcements 10:30-12:00 SLP with Rockhurst 10:15-11:00 Water Fitness Group 1 12:00-12:30 Lunch 12:30-2:00 Physical Wellness</p>	<p>15</p>	<p>16</p> <p>10:00-10:30 Announcements 10:15-11:00 Water Fitness Group 1 10:30-12:00 Biometric Benchmarks/GOALS 12:00-12:30 Lunch 12:30-2:00 Physical Wellness</p>	<p>17</p> <div style="border: 1px solid lightblue; padding: 5px;"> <p>Spiritual/Emotional/Social Wellness: Lunch- Visiting with others Self Check- Self Inventory (mindfulness, quiet, prayer etc)</p> </div>	<p>18</p>
<p>21 ASF KC CLOSED MLK JR DAY</p> <div style="border: 1px solid black; padding: 5px;">  </div>	<p>22</p>	<p>23</p> <p>10:00-10:30 Announcements 10:15-11:00 Water Fitness Group 1 10:30-12:00 Nutrition Lesson 1 - Water 12:00-12:30 Lunch 12:30-2:00 Physical Wellness</p>	<p>24</p> <div style="border: 1px solid gray; padding: 5px;"> <p>Physical Wellness (PW): Arthrokinematics - Range of Motion (ROM), Cardio & Fitness Equipment. Water Fitness: Group/Indiv water fitness exercises.</p> </div>	<p>25</p>
<p>28</p> <p>10:00-10:30 Announcements 10:30-12:00 SLP with Rockhurst 10:15-11:00 Water Fitness Group 1 12:00-12:30 Lunch 12:30-2:00 Physical Wellness</p>	<p>29</p>	<p>30</p> <p>10:00-10:30 Announcements 10:15-11:00 Water Fitness Group 1 10:30-12:00 Nutrition - Lesson 2 Calories 12:00-12:30 Lunch 12:30-2:00 Physical Wellness ☑</p>	<p>31-Jan</p> <div style="text-align: center;">  </div>	<p>1-Feb</p>
<p>2/4</p> <p>10:00-10:30 Announcements 10:30-12:00 SLP with Rockhurst 10:15-11:00 Water Fitness Group 1 12:00-12:30 Lunch 12:30-2:00 Physical Wellness</p>	<p>2/5</p> <p>Upcoming: Beginner Art with Rhonda Outing: Kemper Museum Education - AHA - American Heart Assoc</p>	<p>2/6</p> <p>10:00-10:30 Announcements-Sondra 10:15-11:00 Water Fitness Group 1 10:30-12:00 Group Discussion - TBD 12:00-12:30 Lunch 12:30-2:00 Physical Wellness</p>	<p>7</p> <div style="text-align: center;">  <p>AMERICAN STROKE FOUNDATION Reclaiming hope. Rebuilding lives.</p> </div>	<p>8</p>