


JANUARY 2019 CALENDAR LEGACY Lee's Summit, Mo

MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
	<p>8</p> <p>10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:30 Fitness 11:30-12:30 UE ROM 12:00-12:45 Lunch 12:45-1:30 Get to Know the New Students 1:45-2:45 Aquatics with Jason</p>		<p>10</p> <p>10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:30 Fitness 11:30-12:30 Balance Activity 12:00-12:45 Lunch 12:45-1:30 Goal Setting 1:45-2:45 Aquatics with Bill</p>	
	<p>15</p> <p>10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:30 Fitness 11:30-12:30 UE ROM 12:00-12:45 Lunch 12:45-1:30 Brain Games 1:45-2:45 Aquatics with Jason</p>		<p>17</p> <p>10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:30 Fitness 11:30-12:30 Balance Activity 12:00-12:45 Lunch 12:45-1:30 OUTSIDE PRESENTATION 1:45-2:45 Aquatics with Bill</p>	
	<p>22</p> <p>10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:30 Fitness 11:30-12:30 UE ROM 12:00-12:45 Lunch 12:45-1:30 Paper Airplanes 1:45-2:45 Aquatics with Jason</p>		<p>24</p> <p>10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:30 Fitness 11:30-12:30 Mindfulness/breathing 12:00-12:45 Lunch 12:45-1:30 Stretching exercises 1:45-2:45 Aquatics with Bill</p>	
	<p>29</p> <p>10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:30 Fitness 11:30-12:30 UE ROM 12:00-12:45 Lunch 12:45-1:30 Stroke Presentation 1:45-2:45 Aquatics with Jason</p>		<p>31</p> <p>LUNAR BOWL 10 am to 12 pm 2001 NW State Route 7 Blue Springs, MO 64014</p> <p>LUNCH OUT Location to be decided</p>	

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CLASS DESCRIPTIONS

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

Balance Activities: A variety of activities to improve your balance

Games: We will play a variety of games this month to stimulate your brains and have fun working together as a group

Goal Setting: It is a new year. Let's explore new goals and ways to meet them

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!

Paper Airplanes: Work on fine motor skills making paper airplanes.

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

Stretching Exercises: Let's work on safe ways to stretch tight, spastic muscles.

Questions: Please contact Joan Diehl Kennedy, Program Coordinator at joank@americanstroke.org or 913.649.1776