


MARCH 2019 CALENDAR LEGACY Lee's Summit, Mo

MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
	<p>5</p> <p>10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:30 Fitness 11:30-12:00 Range of Motion Activity 12:00-12:45 Lunch 12:45-1:30 Brain Games 1:45-2:45 Aquatics with Bill</p>		<p>7</p> <p>10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:30 Fitness 11:30-12:00 Range of Motion Activity 12:00-12:45 Lunch 12:30 Lunch & Learn presentation 12:45-1:30 Brain Games 1:45-2:45 Aquatics with Bill</p>	
	<p>12</p> <p>10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:30 Fitness 11:30-12:30 Range of Motion Activity 12:00-12:45 Lunch 12:45-1:30 Brain Games 1:45-2:45 Aquatics with Jason</p>		<p>14</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 12:30 Lunch & Learn 12:45-1:30 Brain Games 1:45-2:45 Aquatics with Bill</p>	
	<p>19</p> <p>10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:30 Fitness 11:30-12:30 Range of Motion Activity 12:00-12:45 Lunch 12:45-1:30 Brain Games 1:45-2:45 NO AQUATICS</p>		<p>21</p> <p>10 am OUTING LUNAR BOWL 2001 NW 7 Highway Blue Springs, Mo</p> <p>12:00 LUNCH OUT RESPONDERS 2003 NW 7 Highway Blue Springs, Mo</p>	

	<p>26</p> <p>10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:30 Fitness 11:30-12:30 Range of Motion 12:00-12:45 Lunch 12:45-1:30 Brain Games 1:45-2:45 Aquatics with Jason</p>		<p>28</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 12:30 Lunch & Learn 12:45-1:30 Brain Games 1:45-2:45 Aquatics with Bill</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