


MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
<p>4. 10:30-10:45 Greetings 10:45-11:30 Creative Conservation 10:45-12:30 Fitness 11:30-12:00 Book Club 12:00-12:45 Lunch 12:30-12:45 Lunch & Learn 12:45-1:30 Brain Game 1:45-2:45 Aquatics with Bill</p>		<p>6 10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:30 Fitness 11:30-12:00 Stretching 12:00-12:45 Lunch 12:30-12:45 Lunch & Learn/Diabetic Education 12:45-1:30 Stretching 1:45-2:45 Aquatics with Bill</p>		
	<p>11 10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:30 Fitness 11:30-12:30 Brain Games 12:00-12:45 Lunch 12:45-1:30 Brain Games 1:45-2:45 Aquatics with Jason</p>		<p>13 10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:30 Fitness 11:30-12:00 Stretching 12:00-12:45 Lunch 12:30-12:45 Lunch & Learn/ 12:45-1:30 Stretching 1:45-2:45 Aquatics with Bill</p>	
	<p>18 10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:30 Fitness 11:30-12:00 Brain Games 12:00-12:45 Lunch 12:30-12:45 Lunch & Learn/ 12:45-1:30 Stretching 1:45-2:45 Aquatics with Bill</p>		<p>20 OUTING LUNAR BOWL 2001 SE HIGHWAY 7 BLUE SPRINGS, MO LUNCH OUT TO BE DECIDED</p>	
	<p>25 10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:30 Fitness 11:30-12:30 Balance Exercises 12:00-12:45 Lunch 12:30-12:45 Lunch & Learn 12:45-1:30 Brain Games 1:45-2:45 Aquatics with Jason</p>		<p>27 10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:30 Fitness 11:30-12:30 Book Club 12:00-12:45 Lunch 12:45-1:30 Brain Games 1:45-2:45 Aquatics with Bill</p>	

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

Book Club: Let's read together and discuss

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

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

Lunch & Learn: Short educational presentations over a variety of topics

Out and About: We like to be out and about in our community!

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