


MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
			<p>1</p> <p>10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:30 Fitness 11:30-12:30 Toning with Tim 12:00-12:45 Lunch & Learn 12:45-1:30 Activity with Chris & Andrea 1:45-2:45 Aquatics with Bill</p>	
	<p>6</p> <p>10 am LUNAR BOWL 2001 Highway 7 Blue Springs, MO</p> <p>CHINA TOWN Lunch 756 SW US 40 Blue Springs, MO</p>		<p>8</p> <p>10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:30 Fitness 11:30-12:00 Toning with Tim 12:00-12:45 Lunch 12:45-1:30 Brain Games 1:45-2:45 Aquatics with Bill</p>	
	<p>13</p> <p>10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:30 Fitness 11:30-12:00 Toning with Tim 12:00-12:45 Lunch 12:30-12:45 Lunch & Learn/ 12:45-1:30 Brain Games 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 11:30-12:00 Toning with Tim 12:00-12:45 Lunch 12:45-1:30 Tabletop Cooking 1:45-2:45 Aquatics with Bill</p>	

	<p>20</p> <p>10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:30 Fitness 11:30-12:30 Toning with Tim 12:00-12:45 Lunch 12:45-1:30 Brain Games 1:45-2:45 Aquatics</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 Toning with Tim 12:00-12:45 Lunch 12:30-12:45 Lunch & Learn 12:45-1:30 Brain Games 1:45-2:45 Aquatics with Bill</p>	
	<p>27</p> <p>10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:30 Toning with Tim 11:30-12:30 Balance Exercises 12:00-12:45 Lunch 12:45-1:30 Brain Games 1:45-2:45 Aquatics</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 Toning with Tim 12:00-12:45 Lunch 12:45-1:30 Diabetic Talk with Maureen Gilchrist 1:45-2:45 Aquatics</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 balances

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!

Tabletop Cooking: Let's do a little simple food prep.

Toning with Tim: Our trainer Tim will help you strengthen your lower body

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