


	TUESDAY	WED.	THURSDAY	
	<p>3</p> <p>10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:00 Fitness 11:30-12:00 Toning with Kirsten 12:00-12:45 Lunch 12:45-1:30 Brain Games 1:45-2:45 Aquatics with Bill</p>		<p>5</p> <p>10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:00 Fitness 11:30-12:00 Toning with Braden 12:00-12:45 Lunch & Learn 12:45-1:30 Brain Games 1:45-2:45 Aquatics with Bill</p>	
	<p>10</p> <p>10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:00 Fitness 11:30-12:00 Toning with Kirsten 12:00-12:45 Lunch & Learn 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 10:45-12:00 Fitness 11:30-12:00 Toning with Braden 12:00-12:45 Lunch & Learn 12:45-1:30 Brain Games 1:45-2:45 Aquatics with Bill</p>	
	<p>17</p> <p>10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:00 Fitness 11:30-12:00 Toning with Kirsten 12:00-12:45 Lunch 12:45-1:30 Dips to take home 1:45-2:45 Aquatics with Bill</p>		<p>19</p> <p>10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:00 Fitness 11:30-12:00 Toning with Braden 12:00-12:45 Lunch 12:45-1:30 Music Jeopardy 1:45-2:45 Aquatics with Bill</p>	
	<p>24</p> <p>10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:00 Fitness 11:30-12:00 Toning with Kirsten 12:00-12:45 Lunch & Learn 12:45-1:30 Brain Games 1:45-2:45 Aquatics with Bill</p>		<p>26</p> <p>OUTING: LUNAR BOWL 2001 NW Highway 7 Blue Springs, MO</p> <p>LUNCH: location to be decided by group</p>	

	31 10:30-10:45 Greetings 10:45-11:30 Creative Conversations 10:45-12:00 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			
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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

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

Crafting with Kirsten: Kirsten will lead a group using clay

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

Focus on the Hand: An activity to work on fine motor skills

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

Outing: We will be bowling at Lunar Bowl and going out to lunch.

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

Word Games: A different way to work on brain function and processing

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