



Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00-10:30 Announcements/Check In 10:30-11:30 Pottery 11:30-12:30 Lunch 12:30-1:30 Physical Wellness 1:30-2:00 Intellectual Wellness	3	4 10:00-10:30 Announcements/Check In 10:30-11:30 Healthy Balance Topic 11:30-12:30 Lunch 12:30-1:30 Physical Wellness 1:30-2:00 Leisure Exploration	5 <div style="border: 1px solid orange; padding: 5px;"> <p><b>Healthy Balance Topic:</b>                              Focused topic covering selected occupational area to promote well-rounded participation and engagement in life</p> <p><b>Intellectual Wellness:</b>                              Brain games, cognitive stimulation, thought process and sequencing activities.</p> <p><b>Leisure Exploration:</b>                              Identifying and participating in interests, skills, opportunities, and various leisure activities</p> <p><b>Spiritual/Emotional/Social Wellness:</b>                              Lunch- Visiting with others                              Check In- Greet others, goal setting, self reflection</p> <p><b>Physical Wellness:</b>                              Biometrics - Body measurements                              Arthrokinematics - Range of Motion (ROM), Cardio &amp; Fitness                              Walking at the track</p> </div>	6
9 10:00-10:30 Announcements/Check In 10:30-12:30 <b>Stroke Education Series: "Post Stroke Depression"</b> 12:30-1:30 Physical Wellness 1:30-2:00 Participant Support Group	10	11 10:00-10:30 Announcements/Check In 10:30-11:30 Walk Test Prep 11:30-12:30 Lunch 12:30-1:30 Physical Wellness 1:30-2:00 Intellectual Wellness	12	
16 10:00-10:30 Announcements/Check In 10:30-11:30 Pottery 11:30-12:30 Lunch 12:30-1:30 Physical Wellness 1:30-2:00 Intellectual Wellness	17 <b>St. Patrick's Day!</b> 	18 10:00-10:30 Announcements/Check In 10:30-11:30 Meal Prep 11:30-12:30 St Patrick's Day Meal 12:30-1:30 Physical Wellness 1:30-2:00 Leisure Exploration	19	
23 10:00-10:30 Announcements/Check In 10:30-11:30 Art Expression 11:30-12:30 Lunch 12:30-1:30 Physical Wellness 1:30-2:00 Participant Support Group	24	25 10:00-10:30 Announcements/Check In 10:30-11:30 Walk Test Prep 11:30-12:30 Lunch 12:30-1:30 Physical Wellness 1:30-2:00 Intellectual Wellness	26	
30 10:00-10:30 Announcements/Check In 10:30-11:30 Art Expression 11:30-12:30 Lunch 12:30-1:30 Physical Wellness 1:30-2:00 Intellectual Wellness	31	1 <b>Community Outing - Movie @ Ward Parkway</b> Suite 14 City, MO 64114 8600 Ward Pkwy Kansas	2  <b>AMERICAN STROKE FOUNDATION</b> Reclaiming hope. Rebuilding lives.	3