



# Adair County SB40 Community Learning Center

# SEPTEMBER 2023



SUN	MON	TUE	WED	THU	FRI	SAT				
<p>Adair County SB40 Community Learning Center 1107 Country Club Drive Kirksville, MO 63501 660-665-9400 <a href="http://sb40life.org">sb40life.org</a> <a href="mailto:clc@sb40life.org">clc@sb40life.org</a></p>	<p><u>Adair County DD Link</u></p>	1 10a - BINGO	2	3	<p><b>HAPPY LABOR DAY</b></p> <p><b>SB40 CLOSED</b></p>	<p>5 10a - Coffee &amp; Cards 11a - Dance Aerobics 2p - Nature Time 3:30p - Sensory Time</p>	<p>6 10a - Crafts 2p - Get Fit 3:30p - Game Time</p>	<p>7 10a - Science Fun (Batteries &amp; Lights)</p>	<p>8 10a - BINGO</p>	9
<p>10 Grandparents Day</p> <p><b>HAPPY GRANDPARENT DAY</b></p>	<p>11 Patriot Day</p>	<p>12 10a - Coffee &amp; Cards 11a - Dance Aerobics 2p - Nature Time 3:30p - Exercise Your Mind 6p - SB40 Board Meeting</p>	<p>13 10a - Crafts 2p - Get Fit 3p - Movie Party</p>	<p>14 10a - Science Fun (Lights &amp; Electricity) *5:30-6:30pm - Parent-to-Parent Group *Call by <u>12th</u> to RSVP</p>	<p>15 10a - BINGO 10a-7p - Tidal Wave Auto Spa Fundraiser <b>CLC Closed at 12PM</b></p>	16				
17	18	<p>19 10a - Coffee &amp; Cards 11a - Dance Aerobics 2p - Nature Time 3:30p - Sensory Time</p>	<p>20 10a - Crafts 2p - Get Fit 3:30p - Circles <i>*Registration Required</i></p>	<p>21 10a - Science Fun (Magnets &amp; Motors)</p>	<p>22 1st Day of Autumn 10am - BINGO <b>CLC Closed at 12PM</b></p>	23				
24	25	<p>26 10a - Coffee &amp; Cards 11a - Dance Aerobics 2p - Nature Time 3:30p - Exercise Your Mind 6p - People 1st Meeting</p>	<p>27 10a - Crafts 2p - Get Fit 3:30p - Circles <i>*Registration Required</i></p>	<p>28 10a - Science Fun (Weather)</p>	<p>29 10am - BINGO</p>	30				

**You may schedule a visit Mondays by contacting the Community Learning Center.**



# COMMUNITY LEARNING CENTER

Join us 8A-5p daily, Tuesday - Friday

## Activity Descriptions:

- **Coffee & Cards** - Come enjoy playing card games with friends while having a warm drink (we also have tea and hot chocolate). Feel free to bring your own drink.
- **Dance Aerobics** - Join us to get your heart pumping and learn some fun and easy dance moves on Tuesday mornings. This class is adaptable for people who require seated exercises.
- **Nature Time** - Nature is all around us and Summer is the perfect time to learn more about the outdoors and nature you can explore in our community.
- **Sensory Time** - Come explore our sensory room and the many hands-on activities that we have available.
- **Exercise Your Mind** - Join students from TSU's Health & Exercise Science Department for this fun and engaging class to participate in interesting theme based activities to keep your mind sharp!
- **Crafts** - During this activity, you will create fun, easy-to-do crafts.
- **Get Fit** - Have fun while getting healthy! Angela will help you get moving with fun workout videos, walks in the community, and more. This class is adaptable for people who require seated exercises.
- **Game Time** - If you love getting together with friends and playing games, this activity is for you! Join us for lots of fun. You may even learn to play a new game.
- **Movie Party** - Join us for a fun movie and enjoy light snacks and drinks. Feel free to bring your own!
- **Circles Relationships & Intimacy** - This class will focus on learning appropriate social and relationship boundaries, interpersonal skills and relationship-specific social skills for the different people you encounter in your life. - **\*Registration Required**
- **Science Fun** - Science can be a ton of fun! Join us to learn about electricity and magnets in September.
- **BINGO** - Join us each Friday for BINGO and win BINGO Bucks to spend in our BINGO store.

You may schedule a visit on Mondays  
by contacting the Community Learning Center.

Phone: 660-665-9400  
Email: [clc@sb40life.org](mailto:clc@sb40life.org)  
Website: [sb40life.org](http://sb40life.org)



You can easily support  
activities and programs  
at the CLC by scanning  
this QR Code

