


Adair County SB40 Community Learning Center

NOVEMBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>ADAIR COUNTY SB40 Developmental Disability Board</p>	<p>Adair County SB40 Community Learning Center 1107 Country Club Drive Kirksville, MO 63501 660-665-9400 sb40life.org clc@sb40life.org</p>	<p>Follow us on Social Media</p>   	<p>1 10a- Crafts 2p - Get Fit</p>	<p>2 10a - Science Fun</p>	<p>3 10a - BINGO</p>	<p>4</p>
<p>5 Daylight Savings Time Ends</p> 	<p>6 6:00p-7:30p - Christmas Program Practice</p>	<p>7 Election Day</p> <p>10a - Coffee & Cards 11a - Dance Aerobics 2p - Nature Time 3:30p - Christmas Play Practice</p> <p>VOTE ✓</p>	<p>8 10a- Crafts 2p - Get Fit 3:30p - Circles <i>*Registration Required</i></p>	<p>9 10a - Science Fun</p>	<p>10 10a - BINGO</p>	<p>11 Veterans Day</p> 
<p>12</p>	<p>13 6:00p-7:30p - Christmas Program Practice</p>	<p>14 10a - Coffee & Cards 11a - Dance Aerobics 2p - Smart Trust <i>*Registration Required</i> 3:30p - Christmas Play Practice 6p - SB40 Board Meeting</p>	<p>15 10a- Crafts 2p - Get Fit 3:30p - Circles <i>*Registration Required</i></p>	<p>16 10a - Science Fun *5:30-6:30pm - Parent-to-Parent Group <i>*Call by 19th to RSVP</i></p>	<p>17 10a - BINGO</p>	<p>18</p>
<p>19</p>	<p>20 6:00p-7:30p - Christmas Program Practice</p>	<p>21 10a - Coffee & Cards 11a - Dance Aerobics 2p - Smart Trust <i>*Registration Required</i> 3:30p - Christmas Play Practice</p>	<p>22 10a- Crafts 2p - Get Fit 3:30p - Circles <i>*Registration Required</i></p>	<p>23 Thanksgiving</p> <p>SB40 Closed for Holiday</p> 	<p>24 SB40 Closed for Holiday</p> 	<p>25</p>
<p>26</p>	<p>27 6:00p-7:30p - Christmas Program Practice</p>	<p>28 10a - Coffee & Cards 11a - Dance Aerobics 2p - Smart Trust <i>*Registration Required</i> 3:30p - Christmas Play Practice 6p - People 1st Meeting</p>	<p>29 10a- Crafts 2p - Get Fit 3:30p - Circles <i>*Registration Required</i></p>	<p>30 10a - Science Fun</p>	<p>amazon</p> <p>Adair County DD Link</p>	

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



COMMUNITY LEARNING CENTER

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

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

Activity Descriptions:

- **Christmas Program Practice** - The Community Learning Center will be presenting a Christmas Program in December. Come join us and be part of a tradition. ***Family, friends, and staff are welcome to participate!***
- **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 or a favorite game we do not have to share.
- **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** - Join Holly Whitacre, with the Missouri Department of Conservation, and vote for some of your favorite animals in nature on Tuesday, November 7th.
- **Smart Trust** - This class will help you learn the dangers associated with being “gullible” and strategies to promote “healthy skepticism” and resources you need to safely interact with others and avoid being taken advantage of. - ****Registration Required***
- **Crafts** - During this activity, you will create fun, easy-to-do crafts.
- **Get Fit** - Have fun while getting into shape! 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.
- **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 volunteer, Jim, to learn about weather in November.
- **BINGO** - Join us each Friday for BINGO and win BINGO Bucks to spend in our BINGO store.

Phone: 660-665-9400
Email: clc@sb40life.org
Website: sb40life.org



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

