



Adair County SB40 Community Learning Center

APRIL 2024



SUN	MON	TUE	WED	THU	FRI	SAT
	1 April Fools Day  APRIL FOOLS DAY!	2 10a - Coffee & Cards 11a - Dance Aerobics 2p - Fun with Music 3:30p - Exercise Your Mind	3 10a- Crafts 11:30a - Open Hearts Story Time 2p - Get Fit 3:30p - Game Time	4 10a - Science Fun	5 10a - BINGO	6
7	8	9 10a - Coffee & Cards 11a - Dance Aerobics 1:30p - Project STIR 3:30p - Exercise Your Mind	10 10a- Crafts 2p - Get Fit 3:30p - CIRCLES Level 2	11 10a - Science Fun	12 SB40 CLOSED Last day to sign up for childcare for Parent Group on the 18th	13
14	15	16 10a - Coffee & Cards 11a - Dance Aerobics 1:30p - Project STIR 3:30p - Exercise Your Mind 6p - SB40 Board Meeting	17 10a- Crafts 1:30p- Open Hearts Story Time 2p - Get Fit 3:30p - CIRCLES Level 2	18 10a - Science Fun 5:30p - Parent Group	19 10a - BINGO	20
21	22 Earth Day 	23 10a - Coffee & Cards 11a - Dance Aerobics 2p - Nature Time 3:30p - Exercise Your Mind 6p - People 1st Meeting	24 10a- Crafts 11:30a - Open Hearts Story Time 2p - Get Fit 3:30p - CIRCLES Level 2	25 10a - Science Fun	26 10a - BINGO	27
28	29	30 10a - Coffee & Cards 11a - Dance Aerobics 2p - Project STIR 3:30p - Exercise Your Mind	<div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>Adair County SB40 Community Learning Center 1107 Country Club Drive Kirksville, MO 63501 660-665-9400 sb40life.org clc@sb40life.org</p> </div> <div style="margin-left: 20px; text-align: right;"> <p>Support the SB40 DD Link</p> <p>Registration Required for Project STIR & Circles Level 2</p> <div style="display: flex; justify-content: space-around;">    </div> <p>Follow Us!</p> </div> <div style="margin-left: 20px;">  </div> </div>			

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



COMMUNITY LEARNING CENTER

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

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by contacting the Community Learning Center.*

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 or a favorite game share.
- **Dance Aerobics** - 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.
- **Project STIR** - This class for self-advocates age 18+ will help you learn to become your own best self-advocate, how to problem solve and negotiate, and what it means to be self-determined. **Registration is required.**
- **Nature Time** - Join Holly Whitacre from the Missouri Department of Conservation for a fun nature activity!
- **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.
- **Open Hearts Story Time** - Come join Miss Bre for the Adair County Public Library for a fun story with easy art project! This new activity is great for visitors of all ages.
- **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 Level 2** - This class is a continuation of CIRCLES Relationships & Intimacy. The class looks more closely at the people in each circle and how a person can move in and out of circles over time. Completion of CIRCLES Level 1 must have been completed before you can take this class. **Registration is required.**
- **Science Fun** - Science can be a ton of fun! Join volunteer, Jim, to learn about many fun, hands-on science topics.
- **BINGO** - Join us each Friday for BINGO and win BINGO Bucks to spend in our BINGO store.

Phone: 660-665-9400
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Website: sb40life.org



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

