











Adair County SB40 Community Learning Center

MARCH 2025

SUN	MON	TUE	WED	THU	FRI	SAT
 Adair County SB40 Community Learning Center 1107 Country Club Drive Kirksville, MO 63501 660-665-9400 sb40life.org clc@sb40life.org		Support SB40 DD Link    				1 Disability Day of Mourning  16th Annual COMMUNITY ENGAGEMENT CONFERENCE March 1, 2025 <i>Imagine the possibilities!</i> 8a - 4:30p
2	3	4 10a - Coffee & Cards 11a - Dance Aerobics 2p - Fun with Music 3:30p - Exercise Your Mind	5 CLC will OPEN at 9:30am 10a - Crafts 1p - Storytime 2p - Get Fit 3:30p - Circles Level 1 *Registration Required	6 10a - Science Fun 11a - Chair Yoga	7 10a - BINGO	8
9	10	11 10a - Coffee & Cards 11a - Dance Aerobics 2p - Fun with Music 3p - Movie Party	12 10a - Crafts 1p - Storytime 2p - Get Fit 3:30p - Circles Level 1 *Registration Required	13 10a - Science Fun 11a - Chair Yoga	14 10a - BINGO Last day to sign up for Parent-to-Parent Group on Feb. 20th	15
16	17 St. Patrick's Day 	18 National Trisomy 18 Awareness Day 10a - Coffee & Cards 11a - Dance Aerobics 2p - Nature Time 3:30p - Exercise Your Mind 6p - SB40 Board Meeting	19 10a - Crafts 1p - Storytime 2p - Get Fit 3:30p - Circles Level 1 *Registration Required	20 10a - Science Fun 11a - Chair Yoga 5:30pm - Parent-to-Parent Group	21 World Down Syndrome Day 10a - BINGO	22
23	24	25 National Cerebral Palsy Day 10a - Coffee & Cards 11a - Dance Aerobics 2p - Fun with Music 3:30p - Exercise Your Mind	26 Purple for Epilepsy Day 10a - Crafts 1p - Storytime 2p - Get Fit 3:30p - Circles Level 1 *Registration Required	27 AFE Awareness Day 10a - Science Fun 11a - Chair Yoga	28 10a - BINGO	29
30	31					

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 to 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.
- **Fun with Music** - Join Angela for fun activities that include music and movement.
- **Nature Time** - Holly with the Missouri Department of Conservation will join us for a fun winter nature activity.
- **Exercise Your Mind** - Join TSU's Health & Exercise Science Department students for this fun and engaging class to participate in interesting theme-based activities to keep your mind sharp!
- **Movie Party** - Come enjoy a fun movie with your friends! We will have popcorn and drinks. Feel free to bring a snack to share.
- **Crafts** - You will create fun, easy-to-do crafts during this activity.
- **Storytime** - Join Miss Bre from the Adair County Public Library for a fun story with an easy art project! This 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 1** - 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 you life. ****Registration is required to participate in this class.***
- **Science Fun** - Science can be a ton of fudn! Join volunteer, Jim, for some exciting and fun, hands-on science activities.
- **Chair Yoga**- This exercise class with Angela can be done while sitting in a chair or on the floor using a yoga mat. You will follow fun YouTube videos that will help stretch and relax.
- **BINGO** - Come play BINGO with us each Friday 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

