












Adair County SB40 Community Learning Center

OCTOBER 2024

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 <small>Developmental Disability Board</small>	Adair County SB40 Community Learning Center 1107 Country Club Drive Kirksville, MO 63501 660-665-9400 sb40life.org clc@sb40life.org	1 10a - Coffee & Cards 11a - Dance Aerobics 2p - Basic Life Skills 3:30p - Exercise Your Mind	2 10a - Crafts 1p - Open Hearts Storytime 2p - Get Fit 3:30p - Christmas Program Practice	3 Community Learning Center will OPEN at 9:30am 10a - Science Fun 11a - Healthy & Relaxed	4 10a - BINGO	5
6 World Cerebral Palsy Day 	7	8 International Dyslexia Day 10a - Coffee & Cards 11a - Dance Aerobics 2p - Basic Life Skills 3:30p - Exercise Your Mind	9 10a - Crafts 1p - Open Hearts Storytime 2p - Get Fit 3:30p - Christmas Program Practice	10 World Mental Health Day 10a - Science Fun 11a - Healthy & Relaxed 	11 10a - BINGO	12
13 Breast Cancer Awareness Day 	14 Columbus Day Indigenous Peoples' Day SB40 CLOSED  	15 10a - Coffee & Cards 11a - Dance Aerobics 2p - Basic Life Skills 3:30p - Exercise Your Mind 6p - SB40 Board Meeting	16 10a - Crafts 1p - Open Hearts Storytime 2p - Get Fit 3:30p - Christmas Program Practice	17 10a - Science Fun 11a - Healthy & Relaxed 4p - 6p - Hello, It's Me Presentation *Registration Required	18 10a - BINGO Last day to register for childcare during Parent-to-Parent Meeting on October 24th	19
20	21	22 Stuttering Awareness Day 10a - Coffee & Cards 11a - Dance Aerobics 2p - Nature Time 3:30p - Exercise Your Mind	23 10a - Crafts 1p - Open Hearts Storytime 2p - Get Fit 3:30p - Christmas Program Practice	24 10a - Science Fun 11a - Healthy & Relaxed 5:30p - Parent-to-Parent Group *Registration Required	25 10a - BINGO 5p-7p - Halloween Dance & Costume Contest	26
27	28	29 10a - Coffee & Cards 11a - Dance Aerobics 2p - Basic Life Skills 3:30p - Exercise Your Mind	30 10a - Crafts 1p - Open Hearts Storytime 2p - Get Fit 3:30p - Christmas Program Practice	31 Halloween 10a - Science Fun 11a - Healthy & Relaxed 	Support the SB40 DD Link    	

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:

- **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.
- **Basic Life Skills** - This new class will help you work on your daily life skills that help you to be more independent. Some skills you may work on include hygiene, creating menus and grocery lists, and using community resources.
- **Nature Time** - Holly with the Missouri Department of Conservation is back! Join her for a fun nature lesson about bats and caves.
- **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!
- **Crafts** - You will create fun, easy-to-do crafts during this activity.
- **Open Hearts 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.
- **Christmas Program Practice** - We will begin working on our annual Christmas program this month and we want YOU to join in the fun! Grab your friends and have fun while preparing as December is only 2 months away.
- **Science Fun** - Science can be a ton of fun! Join volunteer, Jim, for some exciting and fun, hands-on science activities.
- **Healthy & Relaxed** - In this new class with Angela you will learn about nutrition, how making good food choices can keep you stay healthy and how stretching and light activity can make a huge difference in your life.
- **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

