







# Adair County SB40 Community Learning Center

# AUGUST 2025

SUN	MON	TUE	WED	THU	FRI	SAT
 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>	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>	Follow Us !   	Support SB40 DD Link   Adair County DD Link		1  8a - Stretching 10a - Bingo 11:15a - Weights	2
3	4	5  8a - Stretching 9a - Fun with Music 10a - Coffee & Cards 11am - Dance Aerobics 1:30p - Nature Time 3p - STIR Class	6  CLC Opens at 9:30am 10a - Crafts 1p - Story Time 2p - Get Fit CLC Closes at 3:00pm	7  8a - Stretching 9a - Healthy Meals 10a - Science Fun 11a - Chair Yoga 3p - STIR Class	8  8a - Stretching 10a - Bingo 11:15a - Weights 1p - Game Stations	9
10	11	12  8a - Stretching 9a - Show and Tell 10a - Coffee & Cards 11am - Dance Aerobics 1:30p - Nature Time 3p - STIR Class	13  8a - Stretching 10a - Crafts 1p - Story Time 2pm - Movie Party	14  8a - Stretching 9a - Healthy Meals 10a - Science Fun 11a - Chair Yoga 3p - STIR Class	15  8a - Stretching 10a - Bingo 11:15a - Weights	16
17	18	19  8a - Stretching 9a - Fun with Music 10a - Coffee & Cards 11a - Dance Aerobics 2p - Nature Time 3p - STIR Class Board Meeting 5:00pm	20  8a - Stretching 10a - Crafts 1p - Story Time 2p - Get Fit 3p - Spa Day	21  8a - Stretching 9a - Healthy Meals 10a - Science Fun 11a - Chair Yoga 3p - STIR Class	22  8a - Stretching 10a - Bingo 11:15a - Weights 1p - Game Stations	23
24	25	26  8a - Stretching 9a - Show and Tell 10a - Coffee & Cards 11am - Dance Aerobics 1:30p - Nature Time 3p - STIR Class	27  8a - Stretching 10a - Crafts 1p - Story Time 2p - Get Fit 3p - Karaoke / Dance	28  8a - Stretching 9a - Healthy Meals 10a - Science Fun 11a - Chair Yoga 3p - STIR Class	29  8a - Stretching 10a - Bingo 11:15a - Weights	30

*You may schedule a visit Mondays by contacting the Community Learning Center.  
Join us 8A-4p daily, Tuesday - Friday*



Developmental Disability Board

# COMMUNITY LEARNING CENTER

Join us 8A-4p daily, Tuesday - Friday

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

## Activity Descriptions:

- **Stretching** - Get your body awake and moving by joining Angela in a morning stretch. This class is adaptable for people who require seated exercises.
- **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 fun and easy dance moves on Tuesday mornings. This class is adaptable for people who require seated exercises.
- **Nature Time** - Holly with the Missouri Department of Conservation will join us for a fun nature activity on August 19.
- **Show and Tell** - This is a time to share something meaningful to you, whether it's a favorite object, a delicious food you love, or a memorable moment from your life. It's your chance to let others learn more about what makes you unique!
- **Fun with Music** - Join Angela for fun activities that include music and movement.
- **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 to participate in this class.**
- **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.
- **Spa Day** - Learn to take care of yourself and get pampered
- **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.
- **Karaoke/Dance** - Come show off your talents. Sing and dance with us and visit with friends while learning their talents.
- **Healthy Meals** - Learn how to eat healthy, read packages, calorie count, cook, and so much more!
- **Science Fun** - Science can be a ton of fun! 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.
- **Movie Party** - Come enjoy a fun movie with your friends! We will have popcorn and drinks. Feel free to bring a snack to share. (This month we will be watching Mufasa)
- **BINGO** - Come play BINGO with us each Friday and win BINGO Bucks to spend in our BINGO store.
- **Weights** - Come learn how to do light weighted exercises with Angela. This class is adaptable for people who require seated exercises.
- **Game Stations** - Join us to play games with your friends or to learn how to play new games. We have a full game cabinet to choose from with something for everyone.

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

