









Adair County SB40 Community Learning Center

JANUARY 2023



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 SB40 CLOSED	3 9:30am - Coffee & Cards 2pm - Lead Your Life 3:30pm - Music Moves	4 10am - Crafts 2pm - Get Fit 3:30pm - Game Time	5	6 10am - BINGO	7
8	9	10 9:30am - Coffee & Cards 3pm - Movie Party 6pm - Board Meeting	11 9:30a - CLC Will Open Late 10am - Crafts 2pm - Get Fit 3:30pm - Game Time	12	13 10am - BINGO 1p - The CLC will close early for the day	14 5-7pm Young Adults Neuro-Diverse Group
15	16 SB40 CLOSED	17 9:30 am - Coffee & Cards 2pm - Lead Your Life 3:30p - Music Moves	18 10am - Crafts 2pm - Get Fit 3:30pm - Project STIR *Registration Required	19 *5:30pm - Parent-to-Parent Group	20 10am - BINGO	21
22	23	24 9:30am - Coffee & Cards 2pm - Lead Your Life 3:30pm - Sensory Fun	25 10am - Crafts 2pm - Get Fit 3:30pm - Project STIR *Registration Required	26	27 10am - BINGO	28
29	30	31 9:30am - Coffee & Cards 2pm - Lead Your Life 3:30pm - Sensory Fun	 <p>Adair County SB40 Community Learning Center 1107 Country Club Drive Kirksville, MO 63501 660-665-9400 sb40life.org clc@sb40life.org</p>     <p>Adair County DD Link</p> 			



COMMUNITY LEARNING CENTER

Join us 8A-5p on Tuesdays, Wednesdays, and Fridays

Activity Descriptions:

- **Coffee & Cards** - Come enjoy playing card games with friends while having a warm drink (we also have tea and hot chocolate).
- **Lead Your Life** - Who makes the decisions in your life? Join us to learn how you can be more involved and in charge of your life.
- **Movie Party** - Join us for a fun movie and snacks! If you have a special diet, feel free to bring your own snack.
- **Music Moves** - Join Music Therapist, Kaelie, for a fun and exciting musical afternoon! You will get to sing, use instruments, and enjoy movement.
- **Sensory Fun** - Come explore our Sensory Room and try out new and fun sensory activities.
- **Crafts** - During this activity, you will create fun, easy-to-do crafts.
- **Get Fit** - Have fun while getting healthy! In this class you will participate in a variety of activities such as walking, dancing, yoga, and more. Each class is different and activities are chosen by the participants.
- **Game Time** - Join us to play games with your friends. We have a full game cabinet to choose from with something for everyone.
- **Project STIR** - This class for self-advocates age 18+ will help you to become your own best self-advocate, how to problem solve and negotiate, and what it means to be self-determined.
Registration is required by Friday, January 13, 2023.
- **BINGO** - Join us each Friday for BINGO and win BINGO Bucks to spend in our BINGO store.

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

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**

