

Adair County SB40 Community Learning Center

OCTOBER 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  Adair County DD Link	1 10a - Crafts 1p - Story Time 2p - Get Fit	2 9a - Healthy Meals 10a - Science Fun 11a - Chair Yoga 1p - Movie Time	3 10a - Bingo	4
5	6 Legislative Coffee Chat 9am-12pm	7 9a - Show and Tell 10a - Coffee & Cards 11am - Dance Aerobics 1:30p - Nature Time Field Trip to Urban Gardens during Nature Time *	8 CLC Opens at 9:30am 10a - Crafts 12p - Exercise Your Mind 1p - Story Time 2p - Get Fit CLC Closes at 3:00pm	9 9a - Healthy Meals 10a - Science Fun 11a - Chair Yoga 1p - Movie Time	10 10a - Bingo	11
12	13	14 9a - Fun with Music 10a - Coffee & Cards 11a - Dance Aerobics 1:30p - Nature Time Petting Zoo during Nature Time	15 10a - Crafts 12p - Exercise Your Mind 1p - Story Time 2p - Get Fit	16 9a - Healthy Meals 10a - Science Fun 11a - Chair Yoga 1p - Movie Time	17 10a - Bingo Closing at 2pm Halloween Bash 5-9pm Newman Center	18
19	20	21 9a - Show and Tell 10a - Coffee & Cards 11am - Dance Aerobics 1:30p - Nature Time Field Trip to Conservation Department during Nature Time * Board Meeting 6:00pm	22 10a - Crafts 12p - Exercise Your Mind 1p - Story Time 2p - Get Fit	23 9a - Healthy Meals 10a - Science Fun 11a - Chair Yoga 1p - Movie Time	24 10a - Bingo Closing at 2pm	25
26	27	28 9a - Fun with Music 10a - Coffee & Cards 11am - Dance Aerobics 1:30p - Nature Time	29 10a - Crafts 12p - Exercise Your Mind 1p - Story Time 2p - Get Fit	30 9a - Healthy Meals 10a - Science Fun 11a - Chair Yoga 1p - Movie Time	31 10a - Bingo	Follow Us !   

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:

- **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** - Join us for some field trips and fun times learning about Nature
 - Field Trip to Urban Gardens - Please see Cheyane for a form if you plan on riding the bus, the entry fee is \$10 for clients, staff gets in free
 - Field Trip to Conservation Department - Please see Cheyane for a form if you plan on riding the bus, this is Free to attend
- **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.
- **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.
- **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.
- **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 the Halloween Town Movies and Hocus Pocus)
- **BINGO** - Come play BINGO with us each Friday and win BINGO Bucks to spend in our BINGO store.
- **Halloween Bash** - We've got tricks, treats,...and eats!
 - Hedge City Feed Bunk will be serving up their BBQ
 - Coffee Cravings will be there with tasty drinks
 - Plus - Don't miss out on our Silent Auction!
 - There's something for everyone: costume contest (6pm), games, community fun, and delicious food.

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



Adair County DD Link