

Adair County SB40 Community Learning Center

MARCH 2023

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>Adair County SB40 Community Learning Center 1107 Country Club Drive Kirksville, MO 63501 660-665-9400 sb40life.org clc@sb40life.org</p> <p>Developmental Disability Board</p>     <p><u>Adair County</u> <u>DD Link</u></p> 			<p>1 10am- Crafts</p> <p>2pm - Get Fit</p> <p>3:30pm - Project STIR <i>*Registration Required</i></p>		<p>3 10am - BINGO</p>	
5	6	<p>7 9:30a - Coffee & Cards</p> <p>11a - Dance Aerobics</p> <p>2:30p - Healthy Habits</p> <p>3:30p - Music Moves</p>	<p>8 10a- Crafts</p> <p>2p - Get Fit</p> <p>3p - Movie Party</p>	9	<p>10 10a - BINGO</p>	<p>11 5-7pm Young Adults Neuro-Diverse Group</p>
12	13	<p>14 9:30a - Coffee & Cards</p> <p>11a - Dance Aerobics</p> <p>2:30p - Healthy Habits</p> <p>6pm - Board Meeting</p>	<p>15 10a- Crafts</p> <p>2p - Get Fit</p> <p>3:30p - Project STIR <i>*Registration Required</i></p>	<p>16 *5:30pm - Parent-to- Parent Group</p>	<p>17 10am - BINGO</p>	18
19	20	<p>21 9:30a - Coffee & Cards</p> <p>11a - Dance Aerobics</p> <p>2:30p - Healthy Habits</p> <p>3:30p - Exercise Your Mind</p>	<p>22 10a- Crafts</p> <p>2p - Get Fit</p> <p>3:30p - Project STIR <i>*Registration Required</i></p>	23	<p>24 10am - BINGO</p>	<p>25</p>  <p>2023 14TH ANNUAL COMMUNITY ENGAGEMENT CONFERENCE DREAM BIG! Planning for a Great Life</p> <p>9AM-4PM at William Matthew Middle School</p>
26	27	<p>28 9:30a - Coffee & Cards</p> <p>11a - Dance Aerobics</p> <p>2:30p - Healthy Habits</p>	<p>29 10a- Crafts</p> <p>2p - Get Fit</p> <p>3:30p - Project STIR <i>*Registration Required</i></p>	30	<p>31 10am - BINGO</p> <p>1p - CL C Will Close Early</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).
- **Dance Aerobics** - Join us to get your heart pumping and learn some fun and easy dance moves on Tuesday mornings.
- **Healthy Habits** - This new class with volunteer, Priyashma, for fun and exciting activities that will help you learn about different ways to live a healthy life.
- **Music Moves** - Join Music Therapist, Kaelie, for a fun and exciting musical afternoon! You will get to sing, use instruments, and enjoy movement.
- **Exercise Your Mind** - Join students from TSU's Health & Exercise Science Department for this fun and engaging class to participate in interesting theme based activities to keep your mind sharp!
- **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.
- **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 by Friday, January 13, 2023.*
- **Movie Party** -
- **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

