












Adair County SB40 Community Learning Center



SEPTEMBER 2024



SUN	MON	TUE	WED	THU	FRI	SAT
1 SB40 Service Coordination 14th Anniversary 	2 Labor Day SB40 CLOSED 	3 10a - Coffee & Cards 11a - Dance Aerobics 1:30p - Project STIR 3:00p - Movie Party	4 10a - Crafts 2p - Get Fit 3:30p - Circles Level 2	5 Community Learning Center will OPEN at 9:30am 10a - Science Fun 11a - Chair Yoga	6 10a - BINGO 1p DSP Recognition Proclamation Presentation by City of Kirksville	7
8 Grandparents Day 	9	10 10a - Coffee & Cards 11a - Dance Aerobics 1:30p - Project STIR 3:30p - Exercise Your Mind	11 10a - Crafts 1p - Open Hearts Storytime 2p - Get Fit 3:30p - Circles Level 2	12 11a-6p DSP Appreciation Day 	13 10a - BINGO Last day to register for childcare during Parent-to-Parent Meeting on September 19th	14
15	16	17 10a - Coffee & Cards 11a - Dance Aerobics 1:30p - Project STIR 3:30p - Exercise Your Mind 6p - SB40 Board Meeting	18 10a - Crafts 1p - Open Hearts Storytime 2p - Get Fit 3:30p - Circles Level 2	19 10a - Science Fun 11a - Chair Yoga 5:30p - Parent-to-Parent Group	20 CLC Closed 9a-7p Tidal Wave Auto Spa Fundraiser 	21
22 1st Day of Autumn 	23	24 10a - Coffee & Cards 11a - Dance Aerobics 3:30p - Exercise Your Mind 5p - Project STIR Graduation	25 10a - Crafts 2p - Get Fit 3:30p - Circles Level 2	26 10a - Science Fun 11a - Chair Yoga	27 10a - BINGO	28
29	30			Adair County SB40 Community Learning Center 1107 Country Club Drive Kirksville, MO 63501 660-665-9400 sb40life.org clc@sb40life.org	Support the SB40 DD Link    	*All activities and classes in RED require pre-registration

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.
- **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. **Class Full**
- **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!
- **Movie Party** - Come enjoy a fun movie with your friends! We will have popcorn and drinks. Feel free to bring a snack to share.
- **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 new 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.
- **CIRCLES Level 2** - This class is a continuation of CIRCLES Relationships & Intimacy. The class looks more closely at the people in each circle and how a person can move in and out of circles over time. Completion of CIRCLES Level 1 must have been completed before you can take this class. **Class Full**
- **Science Fun** - Come see Angela for some excitingly fun, hands-on experiments. Our volunteer, Jim, will be back on the 19th!
- **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.
- **BINGO** - Join us each Friday for BINGO 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

