






Adair County SB40 Community Learning Center

JULY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
Registration required for Project STIR, Cooking Class, Circles Level 2, & Guided Painting Class	1	2 10a - Coffee & Cards 11a - Dance Aerobics 1:30p - Project STIR 3:30p - Cooking Class	3 10a- Crafts 1p - Open Hearts Storytime 2p - Get Fit 5p-7p July 4th Dance	4 Independence Day SB40 CLOSED	5 10a - BINGO	6
7	8	9 10a - Coffee & Cards 11a - Dance Aerobics 1:30p - Project STIR 3:30p - Cooking Class	10 Community Learning Center will OPEN at 9:30am 10a- Crafts 1p - Open Hearts Storytime 2p - Get Fit 3:30p - CIRCLES Level 2	11 10a - Science Fun 11a - Budgeting Basics	12 10a - BINGO Last day to register for childcare during Parent-to-Parent Meeting	13
14	15	16 10a - Coffee & Cards 11a - Dance Aerobics 1:30p - Project STIR 3:30p - Cooking Class	17 10a - Crafts 1p - Open Hearts Storytime 2p - Get Fit 3:30p - CIRCLES Level 2	18 10a - Science Fun 11a - Budgeting Basics 5:30p - Parent-to-Parent Group	19 10a - BINGO	20
21	22	23 10a - Coffee & Cards 11a - Dance Aerobics 1:30p - Project STIR 3:30p - Cooking Class	24 10a - Crafts 1p - Open Hearts Storytime 2p - Get Fit 3:30p - CIRCLES Level 2	25 10a - Science Fun 11a - Budgeting Basics	26 ADA Anniversary 10a - BINGO Celebrate. Learn. Share ADA34 Americans with Disabilities Act 7p-8p ADA Swim Party - Kirksville Aquatic Center	27
28	29 6p - People 1st Meeting	30 10a - Coffee & Cards 11a - Dance Aerobics 1:30p - Project STIR 3:30p - Movie Party	31 10a- Crafts 1p - Open Hearts Storytime 2p - Get Fit 3:30p - CIRCLES Level 2	 <p>Adair County SB40 Community Learning Center 1107 Country Club Drive Kirksville, MO 63501 660-665-9400 sb40life.org clc@sb40life.org</p> <p>Support the SB40 DD Link</p>    		

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



COMMUNITY LEARNING CENTER

Join us 8A-5p daily, Tuesday - Friday

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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**
- **Movie Party** - Come enjoy a fun movie with your friends! We will have popcorn and drinks. Feel free to bring a snack to share.
- **Cooking Class** - Want to learn the basics of beginning cooking? This class is designed for beginners who are just learning the skills needed to cook on their own or with limited support. It will help you become familiar with several kitchen appliances and the basics to get you started. **Class Full**
- **Crafts** - During this activity, you will create fun, easy-to-do crafts.
- **Open Hearts Storytime** - Come 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**
- **July 4th Dance Party** - Join us for a fun Dance Party on Wednesday, July 3rd to celebrate the 4th of July! The Center will provide hot dogs, chips, and drinks. Please RSVP to bring a side dish to share.
- **Science Fun** - Science can be a ton of fun! Join volunteer, Jim, to learn about many fun, hands-on science topics.
- **Budgeting Basics** - This class will start with the beginning basics and teach you what a budget is and how to use one to ensure you are spending within your means.
- **BINGO** - Join us each Friday for BINGO and win BINGO Bucks to spend in our BINGO store.
- **ADA Swim Party** - Come celebrate the 34th Anniversary of the American's with Disabilities Act with us at the Kirksville Aquatic Center on Friday, July 24th from 7pm-8pm. [Entry fee is \\$5 per swimmer and \\$3 per non-swimmer.](#)

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

