







Adair County SB40 Community Learning Center

MAY 2023



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 9:30a - Coffee & Cards 11a - Dance Aerobics 2p - Nature Time 3:30p - Music Moves	3 10am - Crafts 2pm - Get Fit 3p - Movie Party	4 CLC CLOSED	5 Cinco De Mayo 10am - BINGO 1pm - CLC Closing Early	6
7	8	9 9:30a - Coffee & Cards 11a - Dance Aerobics 2p - Nature Time 3:30p - Severe Weather Safety	10 10a - Crafts 2p - Get Fit 3:30pm - Project STIR <i>*Registration Required</i>	11	12 10a - BINGO	13
14 Mother's Day HAPPY MOTHER'S DAY	15	16 9:30a - Coffee & Cards 11a - Dance Aerobics 2p - Nature Time 3:30p - Music Moves	17 10a - Crafts 2p - Get Fit 3:30p - Project STIR <i>*Registration Required</i>	18 <i>*5:30-6:30pm - Parent-to-Parent Group *Call by 17th to RSVP</i>	19 10am - BINGO	20 Armed Forces Day ARMED FORCES DAY 4pm - Board Meeting
21	22	23 9:30a - Coffee & Cards 11a - Dance Aerobics 2p - Nature Time 3:30p - Severe Weather Safety	24 10a - Crafts 2p - Get Fit 3:30p - Project STIR <i>*Registration Required</i>	25	26 10am - BINGO	27 5-7pm Young Adults Neuro-Diverse Group <i>*Call by 12th to RSVP</i>
28	29 Memorial Day SB40 CLOSED	30 9:30a - Coffee & Cards 11a - Dance Aerobics 2p - Nature Time 3:30p - Severe Weather Safety	31 10a - Crafts 2p - Get Fit 3:30p - Project STIR <i>*Registration Required</i> 5p - People 1st Meeting	 <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>Adair County DD Link</p> 		

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



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.
- **Nature Time** - Join us to learn more about the outdoors and nature you can explore in our community. Each class will be different with some community outings (outings to be announced).
- **Music Moves** - Join Music Therapist, Kaelie, for a fun and exciting musical afternoon! You will get to sing, use instruments, and enjoy movement.
- **Movie Party** - Join us for a fun movie and enjoy light snacks and drinks. Feel free to bring your own!
- **Severe Weather Safety** - This class will review ways for you to prepare for and stay safe during severe weather.
- **Crafts** - During this activity, you will create fun, easy-to-do crafts.
- **Get Fit** - Have fun while getting healthy! Angela will help you get moving with fun workout videos, walks in the community, and more.
- **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.*
- **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

