






Adair County SB40 Community Learning Center

JUNE 2022



SUN	MON	TUE	WED	THU	FRI	SAT
 <p>Adair County SB40 Developmental Disability Board 1107 Country Club Drive Kirksville, MO 63501 660-665-9400 sb40life.org clc@sb40life.org</p>    			<p>1 10am - Crafts 1pm - Get Fit *3:30pm - Cooking Class 5:30pm - Autism Advisory Board</p>	<p>2 *2:30pm - Employment 101</p>	<p>3 10am - BINGO 11:30am - Lunch & Learn</p>	<p>4</p>
<p>5</p>	<p>6</p>	<p>7 9am - Coffee & Cards 1pm - Game Time *2:30pm - Employment 101 *3:30pm - Breathe Clean</p>	<p>8 10am - Crafts 1pm - Get Fit *3:30pm - Cooking Class</p>	<p>9 *2:30pm - Employment 101</p>	<p>10 10am - BINGO 11:30am - Lunch Learn</p>	<p>11</p>
<p>12</p>	<p>13</p>	<p>14 9am - Coffee & Cards 1pm - Guided Art *2:30pm - Employment 101 *3:30pm - Breathe Clean</p>	<p>15 CLC will open at 9:30am 10am - Crafts 1pm - Get Fit *2:30-5pm - Feel Better Now 5:30pm - Autism Advisory Board</p>	<p>16 *2:30pm - Employment 101</p>	<p>27 10am - BINGO 11:30am - Lunch Learn</p>	<p>18 11am-1pm Picnic Carry-In & Yard Games (Bring a side dish to share!)</p>
<p>19</p>	<p>20</p>	<p>21 9am - Coffee & Cards 1pm - Yard Games *3:30pm - Breathe Clean</p>	<p>22 10am - Crafts 1pm - Get Fit *2:30-5pm - Feel Better Now</p>	<p>23</p>	<p>24 10am - BINGO 11:30am - Lunch Learn CLC will be closed from 1-5pm</p>	<p>25</p>
<p>26</p>	<p>27 10:30am-12:30pm - Sensory Fun Time</p>	<p>28 9am - Coffee & Cards 1pm - Guided Art *2:30pm - Employment 101 *3:30pm - Breathe Clean 6pm - Board Meeting</p>	<p>29 10am - Crafts 1pm - Get Fit *2:30-5pm - Feel Better Now</p>	<p>30 *2:30pm - Employment 101</p>	<p>Registration is required for Employment 101, Breathe Clean, Cooking and Feel Better Now Classes</p>	



COMMUNITY LEARNING CENTER

Join us 8A-5p on Tuesdays, Wednesdays, and Fridays

Activity Descriptions:

- **Sensory Fun Time** - We have lots of fun sensory items that we will have out for you to explore! Join us to and try out different auditory, tactile, visual, olfactory, and vestibular items.
- **Coffee & Cards** - Come enjoy playing card games with friends while having a warm drink (we also have tea and hot chocolate).
- **Guided Art** - Create detailed art projects where you will receive step-by-step instructions.
- **Game Time** - Come play fun board games and cards with your friends, we have several to pick from!
- **Yard Games** - Join us for some outdoor fun! We will pull out several fun activities to try.
- **Employment 101** - This class will introduce you tools that can be used in achieving your goal of getting your dream job or improving in your current one. *Registration for this class is required.*
- **Breathe Clean** - Join Libbi to learn the dangers of tobacco use along with how to avoid social pressure to begin or continue using tobacco products and build self-efficacy. *Registration for this class is required.*
- **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.
- **Feel Better Now (Chronic Disease Self-Management Education)** - Join trainers from MU Extension Office to learn how to care for yourself to keep chronic pain and disease under control by setting goals and living a healthy, active life. *Registration for this class is required.*
- **Cooking Class** - Participants in this class will learn how to create simple recipes and to use kitchen appliances and tools safely. *Registration for this class is required and space is limited!*
- **Bingo** - Join us each Friday for BINGO and win BINGO Bucks to spend in our BINGO store. *A Zoom link is also available so you can play from home. Contact us to get the link.*
- **Lunch and Learn** - Bring you lunch and join us to learn ways to stay healthy and safe!
- **Picnic Carry-In and Yard Games** - Join us for fun in the sun! The CLC will supply the main dish and drinks. *Please bring a side dish to share.*

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



Contact the CLC to register for classes or to get a Zoom link

You can easily support activities and programs at the CLC by scanning this QR Code

