














# Adair County SB40 Community Learning Center

# NOVEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
 Adair County SB40 Community Learning Center 1107 Country Club Drive Kirksville, MO 63501 660-665-9400 <a href="http://sb40life.org">sb40life.org</a> <a href="mailto:clc@sb40life.org">clc@sb40life.org</a> Developmental Disability Board	Adair County SB40 Community Learning Center 1107 Country Club Drive Kirksville, MO 63501 660-665-9400 <a href="http://sb40life.org">sb40life.org</a> <a href="mailto:clc@sb40life.org">clc@sb40life.org</a>	Support the SB40 DD Link    	 <b>NEMO RESOURCES.ORG</b> Northeast Missouri Online Resource Directory Health Care · Community Support · Education Civic & Government · Employment · Financial Assistance · Spiritual	1 10a - BINGO	2	
3 Daylight Savings Time Ends 	4 4p-7p Community Learning Center 15th Anniversary Open House! 	5 Election Day 10a - Coffee & Cards 11a - Dance Aerobics 2p - Basic Life Skills 3:30p - Christmas Program Practice	6 10a - Crafts 1p - Open Hearts Storytime 2p - Get Fit 3:30p - Christmas Program Practice	7 Community Learning Center will OPEN at 9:30am 10a - Science Fun 11a - Healthy & Relaxed	8 10a - BINGO	9
10	11 Veterans Day  5:30p-7:30p - IDD Health Fair	12 10a - Coffee & Cards 11a - Dance Aerobics 2p - Basic Life Skills 3:30p - Christmas Program Practice 5:30p - MO-ABLE Presentation	13 10a - Crafts 1p - Open Hearts Storytime 2p - Get Fit 3:30p - Christmas Program Practice	14 10a - Science Fun 11a - Healthy & Relaxed	15 10a - BINGO Last day to register for childcare during Parent-to-Parent Meeting on November 21st	16
17	18	19 10a - Coffee & Cards 11a - Dance Aerobics 2p - Nature Time *3:30p - Christmas Program Practice 6p - SB40 Board Meeting	20 10a - Crafts 1p - Open Hearts Storytime 2p - Get Fit 3:30p - Christmas Program Practice	21 10a - Science Fun 11a - Healthy & Relaxed 5:30p - Parent-to-Parent Group *Registration Required	22 10a - BINGO	23
24	25	26 10a - Coffee & Cards 11a - Dance Aerobics 2p - Basic Life Skills *3:30p - Christmas Program Practice	37 10a - Crafts 1p - Open Hearts Storytime 2p - Get Fit 3:30p - Christmas Program Practice	28 Thanksgiving  <b>SB40 CLOSED</b>	29 Black Friday  <b>SB40 CLOSED</b>	30

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



Developmental Disability Board

# 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:

- **IDD Health Fair** - Join the ATSU-KCOM IDD Club for a fun and educational Health Fair at the Community Learning Center!
- **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.
- **Basic Life Skills** - This new class will help you work on your daily life skills that help you to be more independent. Some skills you may work on include hygiene, creating menus and grocery lists, and using community resources.
- **Nature Time** - Holly with the Missouri Department of Conservation is back! Join her to learn about the pumpkin life cycle and make a fun snack - pumpkin in a cup.
- **MO-ABLE Presentation** - Yvonne Rydman with the Missouri State Treasurer's Office will be here to share information about MO-ABLE accounts, answer questions about how to sign up for an account and any other questions you may have.
- **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 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.
- **Christmas Program Practice** - We will begin working on our annual Christmas program this month and we want YOU to join in the fun! Grab your friends and have fun while preparing as December is only 2 months away. ***Practice on Tuesday 11/19 and Tuesday 11/24 will be held at Kirksville First Church of God!***
- **Science Fun** - Science can be a ton of fun! Join volunteer, Jim, for some exciting and fun, hands-on science activities.
- **Healthy & Relaxed** - In this new class with Angela you will learn about nutrition, how making good food choices can keep you stay healthy and how stretching and light activity can make a huge difference in your life.
- **Parent-to-Parent Group** - If you have a child between the ages of birth - the end of high school, we invite you to join us for our parent support group. All community members in NEMO who have a child with a disability or suspected disability are welcome to attend. Your child does not need to receive services through Adair County SB40 to be a part of the group. ***Registration by Friday, November 15th is required. Please contact the CLC to register.***
- **BINGO** - Come play BINGO with us each Friday and win BINGO Bucks to spend in our BINGO store.

Phone: 660-665-9400  
Email: [clc@sb40life.org](mailto:clc@sb40life.org)  
Website: [sb40life.org](http://sb40life.org)



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

