










Adair County SB40 Community Learning Center

FEBRUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
 <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 SB40 DD Link</p>    	 <p>16th Annual COMMUNITY ENGAGEMENT CONFERENCE March 1, 2025 <i>Imagine the Possibilities!</i></p> <p>communityengagementconference.org</p>	<p>Register by February 14th to receive a FREE lunch!</p> 	1		
<p>2 Groundhog Day</p> 	3	<p>4</p> <p>10a - Coffee & Cards 11a - Dance Aerobics 2p - Fun with Music 3:30p - Exercise Your Mind</p>	<p>5 CLC will OPEN at 9:30am</p> <p>10a - Crafts 1p - Storytime 2p - Get Fit 3:30p - Circles Level 1 *Registration Required</p>	<p>6</p> <p>10a - Science Fun 11a - Chair Yoga</p>	<p>7</p> <p>10a - BINGO CLC will CLOSE at 3:00p 5p-7p Valentine's Dance at Moose Lodge - \$3/person or \$5/couple</p>	8
9	10	<p>11</p> <p>10a - Coffee & Cards 11a - Dance Aerobics 2p - Fun with Music 3:30p - Exercise Your Mind 5p - Games with a Doc!</p>	<p>12</p> <p>10a - Crafts 1p - Storytime 2p - Get Fit 3:30p - Circles Level 1 *Registration Required</p>	<p>13</p> <p>10a - Science Fun 11a - Chair Yoga</p>	<p>14 Valentine's Day</p> <p>10a - BINGO</p>  <p>Last day to sign up for Parent-to-Parent Group on Feb. 20th</p>	15
16	<p>17 Presidents' Day</p> <p>SB40 CLOSED</p> 	<p>18</p> <p>10a - Coffee & Cards 11a - Dance Aerobics 2p - Nature Time 3:30p - Exercise Your Mind 6p - SB40 Board Meeting</p>	<p>19</p> <p>10a - Crafts 1p - Storytime 2p - Get Fit 3:30p - Circles Level 1 *Registration Required 5p - Exercise with a Doc!</p>	<p>20</p> <p>10a - Science Fun 11a - Chair Yoga</p> <p>5:30pm - Parent-to-Parent Group</p>	<p>21</p> <p>10a - BINGO</p>	22
23	24	<p>25</p> <p>10a - Coffee & Cards 11a - Dance Aerobics 2p - Fun with Music 3:30p - Exercise Your Mind</p>	<p>26</p> <p>10a - Crafts 1p - Storytime 2p - Get Fit 3:30p - Circles Level 1 *Registration Required</p>	<p>27</p> <p>10a - Science Fun 11a - Chair Yoga</p>	<p>28</p> <p>10a - BINGO</p>	

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:

- **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.
- **Fun with Music** - Join Angela for fun activities that include music and movement.
- **Nature Time** - Holly with the Missouri Department of Conservation will join us for a fun winter nature activity.
- **Exercise Your Mind** - Join TSU's Health & Exercise Science Department students for this fun and engaging class to participate in interesting theme-based activities to keep your mind sharp!
- **Games with a Doc!** - On Tuesday, February 11th, join medical students from ATSU for a fun evening playing board games!
- **Crafts** - You will create fun, easy-to-do crafts during this activity.
- **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.
- **Circles Level 1** - This class will focus on learning appropriate social and relationship boundaries, interpersonal skills, and relationship-specific social skills for the different people you encounter in you life. ***Registration is required to participate in this class.**
- **Exercise with a Doc!** - The ATSU medical students will be here for a fun exercise class where you can try out some kickboxing moves and practice safe stretches!
- **Science Fun** - Science can be a ton of fudn! Join volunteer, Jim, for some exciting and fun, hands-on science activities.
- **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** - Come play BINGO with us each Friday and win BINGO Bucks to spend in our BINGO store.
- **Valentine's Day Dance** - This special dance for Valentine's Day will be held at the Kirksville Moose Lodge. The dance is a fundraiser for the Special Olympics Polar Plunge in late February. **Entry Fees are \$3/person or \$5/couple.** Come help us support the plunge with an evening of fun and dancing! *Light snacks will be available.*

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

