

February 2018

Sun	Monday	Tues	Wednesday	Thur	Friday	Sat
				1 Break Out Fitness 4:30-8:00	2 Ground Hog Day Group Music & Exercise 12:00-1:00 in Independence Group Hand Exercise 12:00-1:00 in Solon Break Out Fitness 4:30-8:00	3
4 Super Bowl	5 Art 11:30-12:30 Speak Easy 1:00- 3:00 Music Therapy 3:15- 4:15 Break Out Fitness 4:30-8:00	6 Break Out Fitness 4:30-8:00	7 REFOCUS Stroke Club Board Meeting at Select Hosp. at 5:00-6:30. All Welcome. REFOCUS Stroke Club Caregiver & Survivor Meeting at Select Hosp. at 6:30-8:30. Break Out Fitness 4:30-8:00	8 Break Out Fitness 4:30-8:00	9 Group Music & Exercise 12:00-1:00 in Independence Group Hand Exercise 12:00-1:00 in Solon Break Out Fitness 4:30-8:00	10
11	12 Speak Easy 1:00- 3:00 Music Therapy 3:15- 4:15 Break Out Fitness 4:30-8:00	13 Mardi Gras Break Out Fitness 4:30-8:00	14 Valentine's Day Break Out Fitness 4:30-8:00	15 Break Out Fitness 4:30-8:00	16 Chinese New Year Group Music & Exercise 12:00-1:00 in Independence Group Hand Exercise 12:00-1:00 in Solon Break Out Fitness 4:30-8:00	17
18	19 President's Day Speak Easy 1:00- 3:00 Caregiver Meeting 1:30-3:00 Music Therapy 3:15- 4:15 Break Out Fitness 4:30-8:00	20	21 REFOCUS Stroke Club Meeting at Disciples Church, Bingo at 5:30, Meeting 6:30-8:30 Break Out Fitness 4:30-8:00	22 Break Out Fitness 4:30-8:00	23 Group Music & Exercise 12:00-1:00 in Independence Group Hand Exercise 12:00-1:00 in Solon Break Out Fitness 4:30-8:00	24
25	26 Speak Easy 1:00- 3:00 Music Therapy 3:15- 4:15 Break Out Fitness 4:30-8:00	27 Break Out Fitness 4:30-8:00	28 Break Out Fitness 4:30-8:00	Contact Info: Cleveland Stroke Club, call: Geri 330-975-4320 or Deb 440-944-6794 or www.clevelandstrokeclub.org Cleveland Hearing & Speech Center, 216-231-8787 Dwyer Conklin, call or text: 970-297-8506 Dr. Sharon Covey, call or text: 330-907-1969 Break Out Fitness at Euclid Hospital, call or text Mike Karban at 216-548-5383		