









July 2018

Sun	Monday	Tues	Wednesday	Thurs	Friday	Sat
1	2  Speak Easy 1:00- 3:00  Music Therapy 3:15- 4:15 Break Out Fitness 4:30-8:00	3 Break Out Fitness 4:30-8:00	4 Independence Day NO STROKE CLUB CAREGIVER/SURVIVOR MEETING Break Out Fitness 4:30-8:00	5	6 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	7
8	9  Pet Visit 11:30-12:30  Speak Easy 1:00- 3:00  Music Therapy 3:15- 4:15 Break Out Fitness 4:30-8:00	10 Break Out Fitness 4:30-8:00	11 Break Out Fitness 4:30-8:00	12	13 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	14 Bastille Day
15 Ice Cream Day	16  Speak Easy 1:00- 3:00  Music Therapy 3:15- 4:15 Break Out Fitness 4:30-8:00	17 Break Out Fitness 4:30-8:00	18 Hot Dog Day Nelson Mandela Day <small>RE-OCUS</small> Stroke Club Meeting at Disciples Church, Bingo at 5:30, Meeting 6:30-8:30 Break Out Fitness 4:30-8:00	19	20 Parents 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	21
22	23  Speak Easy 1:00- 3:00  Music Therapy 3:15- 4:15 Break Out Fitness 4:30-8:00	24 Lasagna Day Break Out Fitness 4:30-8:00	25 Cleveland Stroke Club Luncheon Meet at 1:15 Metroparks E55th Street Marina 5555 Marginal Rd., CLE 44114 Break Out Fitness 4:30-8:00	26	27 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	28
29	30 Friendship Day Cheesecake Day  NO SPEAK EASY  Music Therapy 1:00-2:00 Break Out Fitness 4:30-8:00	31 Break Out Fitness 4:30-8:00		Contact Info: Yellow shaded: hosted by Cleveland Stroke Club. call: Geri 330-975-4320 or Deb 440-944-6794 or visit: www.clevelandstrokeclub.org Green shaded: hosted by Cleveland Hearing & Speech Center, call: 216-231-8787 Blue Shaded: hosted by Dwyer Conklin, MT Call or Text: 970/297-8506 Purple Shaded: hosted by Dr. Sharon Covey, OT Call or Text: 330-907-1969		