















September 2018

Sun	Monday	Tues	Wednesday	Thurs	Friday	Sat
	<p>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 Gray Shaded: Break Out Fitness, Call Mike Karban 216-548-5383</p>				<p>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</p>	1
2	<p>3 Labor Day CHSC CLOSED NO Speak Easy</p>	<p>4 Break Out Fitness 4:30-8:00</p>	<p>5 Stroke Club Board Meeting at Select Hosp. at 5:00-6:30. All Welcome. Stroke Club Caregiver & Survivor Meeting at Select Hosp. at 6:30-8:30. Break Out Fitness 4:30-8:00</p>	<p>6 Break Out Fitness 4:30-8:00</p>	<p>7 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</p>	8
9	<p>10 Rosh Hashana  Pet Visit 11:30-12:30  Speak Easy 1:00- 3:00  Caregiver Meeting 1:30-3  Music Therapy 3:15- 4:15 Break Out Fitness 4:30-8:00</p>	<p>11  Book Club 10:00-12 BOA 4:30-8:00</p>	<p>12 Stroke Club Outing at 1 PM at First Watch 400 Park Ave, Orange Village, OH 44122. Break Out Fitness 4:30-8:00</p>	<p>13 Break Out Fitness 4:30-8:00</p>	<p>14 Octoberfest at Hofbrauhaus 4:30. 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</p>	15
16	<p>17  Speak Easy 1:00- 3:00  Music Therapy 3:15- 4:15 Break Out Fitness 4:30-8:00</p>	<p>18  Book Club 10:00-12 BOA 4:30-8:00</p>	<p>19 Yom Kippur Stroke Club Meeting at Disciples Church, Bingo at 5:30, Meeting 6:30-8:30 Break Out Fitness 4:30-8:00</p>	<p>20 Break Out Fitness 4:30-8:00</p>	<p>21 Metro Stroke Conference 9:30-2:00 Old Brooklyn Health Center-Terrace Level T-65 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</p>	22
23	<p>24  Speak Easy 1:00- 3:00  Caregiver Meeting 1:30-3  Music Therapy 3:15- 4:15 Break Out Fitness 4:30-8:00</p>	<p>25  Book Club 10:00-12  Food 12:30-2:00  Think Fast 2:00-3:00</p>	<p>26 Break Out Fitness 4:30-8:00</p>	<p>27 Break Out Fitness 4:30-8:00</p>	<p>28 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</p>	29

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