




















# October 2018

Sun	Monday	Tues	Wednesday	Thurs	Friday	Sat
	<b>1</b>  <b>Speak Easy 1:00- 3:00</b> Break Out Fitness 4:30-8:00	<b>2</b>  <b>Book Club 10:00-12</b> BOF 4:30-8	<b>3</b> RE-  CUS <b>Stroke Club Board Meeting at Select Hosp. at 5:00-6:30. All Welcome.</b> RE-  CUS <b>Stroke Club Caregiver &amp; Survivor Meeting at Select Hosp. at 6:30-8:30.</b> Break Out Fitness 4:30-8:00	<b>4</b> BOF 4:30-8	<b>5</b> <b>Group Music &amp; Exercise 12:00-1:00 in Independence</b> <b>Group Hand Exercise 12:00-1:00 in Solon</b> Break Out Fitness 4:30-8:00	<b>6</b> Roger Brew Day
7	<b>8</b> <u>Columbus Day</u>  <b>Pet Visit 11:30-12:30</b>  <b>Speak Easy 1:00- 3:00</b>  <b>Music Therapy 3:15- 4:15</b> Break Out Fitness 4:30-8:00	<b>9</b>  <b>Book Club 10:00-12</b> BOF 4:30-8	<b>10</b> Break Out Fitness 4:30-8:00	<b>11</b> BOF 4:30-8	<b>12</b> <b>Group Music &amp; Exercise 12:00-1:00 in Independence</b> <b>Group Hand Exercise 12:00-1:00 in Solon</b> Break Out Fitness 4:30-8:00	<b>13</b>
14	<b>15</b>  <b>Speak Easy 1:00- 3:00</b>  <b>Music Therapy 3:15- 4:15</b> Break Out Fitness 4:30-8:00	<b>16</b>  <b>Book Club 10:00-12</b> BOF 4:30-8	<b>17</b> RE-  CUS <b>Stroke Club Meeting at Disciples Church, Bingo at 5:30, Meeting 6:30-8:30</b> Break Out Fitness 4:30-8:00	<b>18</b> BOF 4:30-8	<b>19</b> <b>Group Music &amp; Exercise 12:00-1:00 in Independence</b> <b>Group Hand Exercise 12:00-1:00 in Solon</b> Break Out Fitness 4:30-8:00	<b>20</b>
21	<b>22</b>  <b>Speak Easy 1:00- 3:00</b>  <b>Caregiver Meeting 1:30-3</b>  <b>Music Therapy 3:15- 4:15</b> Break Out Fitness 4:30-8:00	<b>23</b>  <b>NO Book Club—Session Break</b> BOF 4:30-8	<b>24</b> <b>Outing at Merwins Wharf 1:15</b> Break Out Fitness 4:30-8:00	<b>25</b> BOF 4:30-8	<b>26</b> <b>Group Music &amp; Exercise 12:00-1:00 in Independence</b> <b>Group Hand Exercise 12:00-1:00 in Solon</b> Break Out Fitness 4:30-8:00	<b>27</b>
28	<b>29</b>  <b>Speak Easy 1:00- 3:00</b>  <b>Music Therapy 3:15- 4:15</b> Break Out Fitness 4:30-8:00	<b>30</b>  <b>Book Club 10:00-12 Session Two Begins</b> BOF 4:30-8	<b>31</b> <u>Halloween</u> Break Out Fitness 4:30-8:00	Contact Info: Yellow: Cleveland Stroke Club. Call: Geri 330-975-4320 or Deb 440-944-6794 or visit: <a href="http://www.clevelandstrokeclub.org">www.clevelandstrokeclub.org</a> Green: Cleveland Hearing & Speech Center, 216-231-8787 Blue: Dwyer Conklin, MT Call or Text: 970/297-8506 Purple: Dr. Sharon Covey, OT Call or Text: 330-907-1969 Gray: Break Out Fitness, Call Mike Karban 216-548-5383		