















# November 2018

Sun	Monday	Tues	Wednesday	Thurs	Friday	Sat
	<p><b>Contact Info:</b>                      Yellow shaded: hosted by 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 shaded: hosted by Cleveland Hearing &amp; 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                      Gray: Break Out Fitness , Call Mike Karban 216-548-5383</p>			<p><b>1</b>                      Break Out Fitness                      4:30-8:00</p>	<p><b>2</b>                      Group Music &amp; Exercise                      12:00-1:00 in Independence                      Group Hand Exercise                      12:00-1:00 in Solon                      Break Out Fitness 4:30-8:00</p>	<p><b>3</b></p>
<p>4                      Day Light Savings Time Ends</p>	<p><b>5</b>   <b>Speak Easy 1:00- 3:00</b>   <b>Music Therapy 3:15- 4:15</b>                      Break Out Fitness 4:30-8:00</p>	<p><b>6</b> VOTE   <b>Book Club</b>                      10:30-12:00                      Break Out Fitness</p>	<p><b>7</b>                      RE-FOCUS Stroke Club Board Meeting at Select Hosp. at 5:00-6:30. All Welcome.                      RE-FOCUS Stroke Club Caregiver &amp; Survivor Meeting at Select Hosp. at 6:30-8:30.                      Break Out Fitness 4:30-8:00</p>	<p><b>8</b>                      Break Out Fitness                      4:30-8:00</p>	<p><b>9</b>                      Group Music &amp; Exercise                      12:00-1:00 in Independence                      Group Hand Exercise                      12:00-1:00 in Solon                      Break Out Fitness 4:30-8:00</p>	<p><b>10</b></p>
<p>11  <a href="#">Veterans Day</a></p>	<p><b>12</b>   <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</p>	<p><b>13</b>   <b>Book Club</b>                      10:30-12:00                      Break Out</p>	<p><b>14</b>                      Outing at Jack Thistledown Casino 1:00: Meeting for lunch first at American Burger Bar at the Casino                      Break Out Fitness 4:30-8:00</p>	<p><b>15</b>                      Break Out Fitness                      4:30-8:00</p>	<p><b>16</b>                      Group Music &amp; Exercise                      12:00-1:00 in Independence                      Group Hand Exercise                      12:00-1:00 in Solon                      Break Out Fitness 4:30-8:00</p>	<p><b>17</b></p>
<p>18</p>	<p><b>19</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</p>	<p><b>20</b>   <b>Book Club</b>                      10:30-12:00                      Break Out</p>	<p><b>21</b>                      Break Out Fitness 4:30-8:00</p>	<p><b>22</b>  <a href="#">Thanks-giving Day</a></p>	<p><b>23</b>                      Group Music &amp; Exercise                      12:00-1:00 in Independence                      Group Hand Exercise                      12:00-1:00 in Solon                      Break Out Fitness 4:30-8:00</p>	<p><b>24</b>                      Roger Brew Day</p>
<p>25</p>	<p><b>26</b>   <b>Speak Easy 1:00- 3:00</b>   <b>Music Therapy 3:15- 4:15</b>                      Break Out Fitness 4:30-8:00</p>	<p><b>27</b>   <b>Book Club</b>                      10:30-12:00                      Break Out</p>	<p><b>28</b> Break Out Fitness 4:30-8:00</p>	<p><b>29</b>                      Break Out Fitness                      4:30-8:00</p>	<p><b>30</b> <b>Articles Due</b>                      Group Music &amp; Exercise                      12:00-1:00 in Independence                      Group Hand Exercise                      12:00-1:00 in Solon                      Break Out Fitness 4:30-8:00</p>	