

MARCH 2020

| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|-------------------------------------|---|---|---|---|--|-----|
| 1 | 2 * Game Group 11:30-12:30 Speak Easy 1:00- 3:00 Music Therapy 3:15- 4:15 Break Out Fitness 3:30-7:00 | 3 Book Club 10:30-12 Writing Grp. 12:30-1:30 BOF 3:30-7:00 | 4 WL Hot Topics 10:00-11:00 WL Book Club 11:00-12:30 WL Com Group 1:00- 3:00 Break Out Fitness 3:30-7:00 <small>RE-FOCUS</small> Stroke Club Meeting at Select Hosp 6:30-8:30 | 5 West Lake: Newsletter 10-11 Writing 11-12 Games 12:30-1:30 BOF 3:30-7:00 | 6 Group Music & Exercise 12:00-1:00 in Independence Group Hand Exercise 12:00-1:00 in Solon Break Out Fitness 3:30-7:00 | 7 |
| 8 Day Light Saving Time | 9 NO GROUPS TODAY | 10 NO CHSC GROUPS TODAY BOF 3:30-7:00 | 11 Stroke Club Outing, Applebee's, Lyndhurst, 1:00 WL Com Group 1:00- 3:00 Break Out Fitness 3:30-7:00 | 12 NO West Lake GROUPS TODAY BOF 3:30-7:00 | 13 Group Music & Exercise 12:00-1:00 in Independence Group Hand Exercise 12:00-1:00 in Solon Break Out Fitness 3:30-7:00 | 14 |
| 15 | 16 Speak Easy--St. Pat Party 1:00- 3:00 Music Therapy 3:15- 4:15 Break Out Fitness 3:30-7:00 | 17 VOTE NO CHSC GROUPS TODAY BOF 3:30-7:00 | 18 WL Com Group 1:00- 3:00 Break Out Fitness 3:30-7:00 <small>RE-FOCUS</small> Stroke Club Meeting at Disciples Christian Church 6:00-8:30 | 19 NO West Lake GROUPS TODAY RSVP for Spring groups BOF 3:30-7:00 | 20 Group Music & Exercise 12:00-1:00 in Independence Group Hand Exercise 12:00-1:00 in Solon Break Out Fitness 3:30-7:00 | 21 |
| 22 | 23 * Game Group 11:30-12:30 Speak Easy 1:00- 3:00 Caregiver Meet 1:30-3:00 Music Therapy 3:15- 4:15 Break Out Fitness 3:30-7:00 | 24 Book Club 10:30-Noon Writing Grp. 12:30-1:30 BOF 3:30-7:00 | 25 WL Hot Topics 10:00-11:00 WL Book Club 11:00-12:30 WL Com Group 1:00- 3:00 Break Out Fitness 3:30-7:00 | 26 West Lake: Newsletter 10-11 Writing 11-12 Games 12:30-1:30 BOF 3:30-7:00 | 27 Group Music & Exercise 12:00-1:00 in Independence Group Hand Exercise 12:00-1:00 in Solon Break Out Fitness 3:30-7:00 | 28 |
| 29 | 30 * Game Group 11:30-12:30 Speak Easy 1:00- 3:00 Music Therapy 3:15- 4:15 Break Out Fitness 3:30-7:00 | 31 Book Club 10:30-12 Writing Grp. 12:30-1:30 BOF 3:30-7:00 | Contact Info: Green: Cleveland Hearing & Speech Center, * call to RSVP: 216-231-8787. See the Website https://www.chsc.org/northeast-ohio-adults-communicating-together-neo-act Yellow : Cleveland Stroke Club. call: Geri 330-975-4320 www.clevelandstrokeclub.org | Contact Info, 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 | | |