

Adair County SB40 Community Learning Center

NOVEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 10a - Coffee & Cards 11a- Get Fit 1p - Music Therapy 2p - Nature Time	4 CLC will open at 9:30am 10a - Crafts 1p - Story Time 2p - Dance Aerobics	5 9a - Healthy Meals 10a - Science Fun 11a - Chair Yoga 1p - Circles Level1 (registration required)	6 10a - Bingo	7
8	9	10 10a - Coffee & Cards 11a- Get Fit 1p - Music Therapy 2p - Nature Time	11 10a - Crafts 1p - Story Time 2p - Dance Aerobics	12 9a - Healthy Meals 10a - Science Fun 11a - Chair Yoga 1p - Circles Level1 (registration required)	13 10a - Bingo	14
15	15	17 10a - Coffee & Cards 11a- Get Fit 1p - Music Therapy 2p - Nature Time Board Meeting 6pm	18 10a - Crafts 1p - Story Time 2p - Dance Aerobics	19 9a - Healthy Meals 10a - Science Fun 11a - Chair Yoga 1p - Circles Level1 (registration required)	20 10a - Bingo	21
22	23	24 10a - Coffee & Cards 11a- Get Fit 2p - Nature Time	25 10a - Crafts CLC will close at 12pm	26 <div>happy thanksgiving</div> SB40 CLOSED	27 SB40 CLOSED	28
29	30	<div><div><div><div>ADAIR COUNTY SB40</div><div></div><div>Developmental Disability Board</div></div><div><div>Follow Us !</div><div><div><div>f</div><div>in</div><div>ig</div></div></div><div><div>Adair County SB40 Community Learning Center 1107 Country Club Drive Kirksville, MO 63501 660-665-9400 sb40life.org clc@sb40life.org</div><div><div>Support SB40 DD Link</div><div></div><div> Adair County DD Link</div></div></div></div></div></div>				

You may schedule a visit Mondays by contacting the Community Learning Center.
Join us 8A-4p daily, Tuesday - Friday



COMMUNITY LEARNING CENTER

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by contacting the Community Learning Center.*

Activity Descriptions:

- **Coffee & Cards** - Come enjoy playing card games with friends while having a warm drink (we also have hot chocolate). Feel free to bring your own drink or a favorite game to share.
- **Get Fit** - Have fun while getting into shape! Angela will help you get moving with fun workout videos, walks in the community, and more. This class is adaptable for people who require seated exercises.
- **Music Therapy** - Join Erin, Emilie, and Sashi from TSU for fun activities that include music and movement.
- **Nature Time** - Join us for some fun times learning about Nature
- **Crafts** - You will create fun, easy-to-do crafts during this activity.
- **Storytime** - Join Miss Bre from the Adair County Public Library for a fun story with an easy art project! This activity is great for visitors of all ages.
- **Dance Aerobics** - Get your heart pumping and learn fun and easy dance moves. This class is adaptable for people who require seated exercises.
- **Healthy Meals** - Learn how to eat healthy, read packages, calorie count, cook, and so much more!
- **Science Fun** - Science can be a ton of fun! Join volunteer, Jim, for some exciting and fun, hands-on science activities.
- **Chair Yoga** - This exercise class with Angela can be done while sitting in a chair or on the floor using a yoga mat. You will follow fun YouTube videos that will help stretch and relax.
- **Circles Level 1** - This class will focus on learning appropriate social and relationship boundaries, interpersonal skills, and relationship-specific social skills for the different people you encounter in your life. **Registration is required to participate in this class.*
- **BINGO** - Come play BINGO with us each Friday and win BINGO Bucks to spend in our BINGO store.

Phone: 660-665-9400
Email: clc@sb40life.org
Website: sb40life.org



You can easily support
activities and programs
at the CLC by scanning
this QR Code

