

Adair County SB40 Community Learning Center
1107 Country Club Drive
Kirkville, MO 63501


Postage
Information

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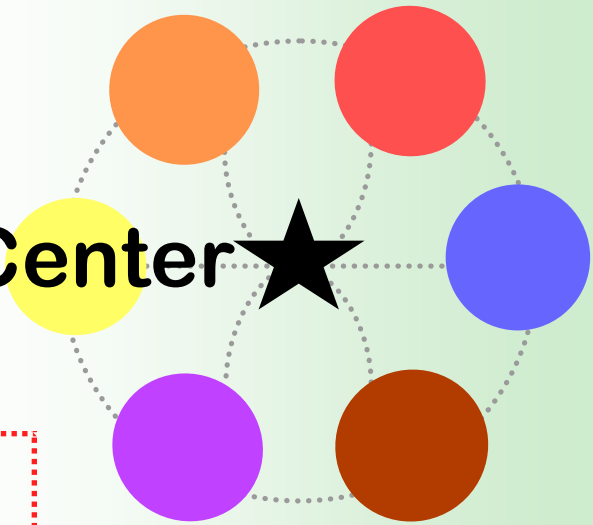
Adair County SB40 Community Learning Center

1107 Country Club Drive, Kirkville, MO, 63501

(660) 627-6291 <http://sb40life.org>

lifecenter@sb40life.org 

December
2017



2018 to Be A Year of Growth and Change for the Center!!

The Adair County SB40 Developmental Disability Board is excited to announce that it is once again re-focusing on its vision, values, and objectives for the L.I.F.E. Ability Center. As a part of this, you will see many coming changes beginning in January of 2018!

First and foremost, a name change for the Center! To better fit the services offered, the vision, values, and objectives of the Adair County SB40 Developmental Disability Board and the Center, our new name will be the **Adair County SB40 Community Learning Center**.

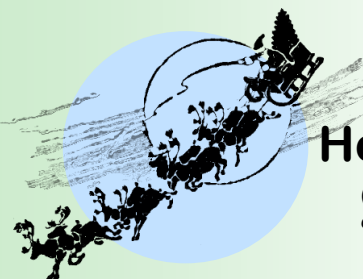
The focus of the Center has always been to be a “spring board” for individuals into the community by providing skills they need to grow in self-determination and become fully participating members of the community. As we continue to do this, our focus will be transitioning to helping folks be “of their community” not just “in their community.” As the new name implies, we will also begin to focus more on providing skills classes trainings, and supports for individuals, families, support staff, and the community as a whole.

Secondly, you will notice a change in the number of activities offered at the Adair County SB40 Community Learning Center. More of our recreational activities will begin to occur in the community when and where possible to support people in truly becoming members of the community. There will still be opportunities to utilize the Center and the

resources we have on hand, both independently and with supports, however there will be fewer opportunities to do this. In turn, we hope to foster opportunities and activities in the community to do some of the things that are usually enjoyed at the Center.

Finally, you will notice a change in the days and hours that we are open and how we post the classes and activities that we have available at the Adair County SB40 Community Learning Center. As of January 2018, we will no longer post a separate calendar of activities. All classes, activities, trainings and opportunities will be listed in our monthly newsletter. Be sure to watch the January newsletter, our website, and facebook for the posting of our official days and hours of operation.

We hope that you will be as excited about the growth and changes at the Adair County SB40 Community Learning Center as we are!! If you have questions or ideas for possible classes, trainings, or anything else, as always let us know!



Healthy Living

(medical, behavioral, nutrition, wellness and affordable care)

Adair County Mobil Food Pantry

Saturday, December 16th at Hamilton Street Baptist Church

Tickets to receive food given out beginning at 9:00am. Food distribution will begin at 11:00am. Must provide: photo ID, SS card for each family member living with you and proof of residency in Adair County.

Weekly Take Root Café Sponsored Events and Activities

Mindful Mandala Coloring

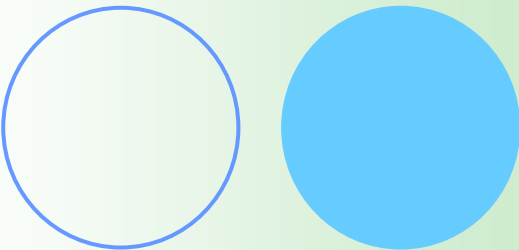
EVERY Tuesday at 5:00pm at the community tables

Yoga with Amanda Carnes

EVERY Thursday at 5:30pm - Contact gypsyseeds@gmail.com for cost and information

Calming Yoga with Justin McKean

EVERY Sunday at 3:00pm - Contact jmcklove44@gmail.com for cost and information



YMCA Get Fit Challenge

Register for this fun and fit competition. This challenge includes weekly weigh-ins, fitness tips and more! This 8 week challenge will continue to motivate and inspire you into a healthy and fit new lifestyle! The contest will be judged by percentage of weight loss. Weekly weigh-ins are required to qualify for all prizes throughout the challenge.

Registration Starts: December 1st
Challenge Starts: January 2nd
Weigh-in Days: Sunday or Monday
Age: All ages welcome
Grand Prize: 1-year membership to the Adair County Family YMCA!
Fee: \$20

Must be a current YMCA member to participate!

Daily Life and Employment

(school/education, employment, volunteering, routines and life skills)

Community Outings

Christmas Caroling

Dec. 9th, 7:00pm-7:30pm at
Curtain Call Theater

Join us for caroling before the nightly performance by Curtain Call Theater. Last practice will be at the Center on Dec. 7th at 4:00pm. If you would like to sing with us, you need to be at this practice!

Adair County Public Library

Dec. 13th, 20th, and 27th at 3:30pm
Meet us at the library to learn about all the resources that the library has to offer. Be sure to bring your library card!

Regularly Scheduled Activities

Guitar

Mondays (11th & 18th) 5pm-6pm

Crafts

Wednesdays 9:30am-10:30am

Money Skills

Thursdays 10:30am-11:30am

Bingo

Fridays 9:30am-11:00am

Adair County SB40 Community Learning Center Closed

Monday, Dec. 4th
Tuesday, Dec. 5th
Wednesday, Dec. 6th
Friday, Dec. 8th
Monday, Dec. 25th
Tuesday, Dec. 26th

Citizenship and Advocacy

(valued roles, making choices, setting goals, responsibility, leadership and peer support)

LifeCourse Tools Workshop

Tuesdays 3:30pm - 5:00pm

You've heard all about how the LifeCourse Tools empower people to create a vision for their good life and develop a plan to reach their goals. Now it's your turn! In order to ensure we have enough materials for all participants, please RSVP 24 hours before the class.

Circles

Tuesdays 11:00am - 12:30pm (morning class)
Thursdays 4:00pm - 5:30pm (evening class)

Circles Intimacy and Relationships classes will continue through December. Registration for this class is required. If you are interested in participating, please contact the Center for enrollment information.

Bingo

Hy-Vee Café
Wednesdays, 2:30pm

Adair County
Public Library
Fridays, 10:00am -
11:00am

Coffee and Cards

Dec. 11th, 10:30am - 11:00am at **Hardee's**
Dec. 18th, 10:30am - 11:00am at **Burger King**

Join us and your friends to socialize and play cards. If you would like to purchase food or drink, be sure to bring along some money.

Christmas from Ireland - Kohlenberg Lyceum Series

Wednesday, Dec. 6th, 7:30pm -
10:00pm

All tickets are \$5.50 and can be purchased beginning Nov. 10th at the cashiers window in McCain Hall, at Edna Campbell's, or online at <http://lyceum.truman.edu/shop>

Sensory Friendly Film: Disney's Coco

Saturday, Dec. 2nd, 10:00am

Macon Cinema
2218 US Hwy. 63, Macon, MO 63552
(660) 385-5555

Contact Shiloh Wilson (Student Host) for more information: (660) 349-0785
spwp315@truman.edu

5th Annual Kirksville Community

Christmas Dinner

Sunday, December 17th
5:00pm - meal served
6:00pm - festivities begin

Truman State University
Student Union Building on Franklin St.

Adair County Farm Wives Craft Show

Sunday, Dec. 3rd, 11:00am -
4:00pm

Kirksville Area Tech Center

Mandt System Training Dates

Please be sure to register at the Adair County SB40 Community Learning Center at least 48 hours prior to the training.

New Certification

January 9th & 11th, 10:00am - 5:00pm
March 13th & 15th, 10:00am - 5:00pm

Recertification

January 18th, 9:00am - 5:00pm
February 22nd, 9:00 am - 5:00pm
March 22nd, 9:00am - 5:00pm

Safety and Security

(emergencies, well-being, legal rights & issues, guardianship options and alternatives)