

# American Stroke Foundation, Mission February 2017

## Fitness Daily 9:30am-1:30pm

MONDAY	WEDNESDAY	FRIDAY
<b>30 End of January: 2 months to spring</b> 9:30-10:30 Creative Conversations 10:30-11:30 Music/Art 11:30-12:00 Brain Teasers 12:00-1:00 Lunch & Clean-up 1:00-2:00 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support	<b>1</b> 9:30-10:30 Creative Conversations 10:00-11:00 Brain Teasers 11:00-12:00 Reading with Mike 12:00-1:00 Lunch & Clean-Up 1:00-2:00 Aquatics 1:00-1:30 Body Balance 1:30-2:30 Sharpen Your Mind	<b>3</b> 9:30-10:30 Creative Conversations 9:30-11:30 Wake Up Your Brain 11:30-1:00 <b>Lunch Outing</b> 1:00-1:30 ROM w/ Jerry 1:30-2:30 Sharpen Your Mind
<b>6</b> 9:30-10:30 Creative Conversations <b>10:30-11:30 Focus on the Hand</b> 11:00-12:00 Music/Art 12:00-1:00 Lunch & Clean-up 1:00-2:00 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support	<b>8</b> 9:30-10:30 Creative Conversations 10:00-11:00 Brain Teasers 11:00-12:00 <b>Stroke Education Series</b> 12:00-1:00 Lunch & Clean-Up 1:00-2:00 Aquatics 1:00-1:30 Body Balance 1:30-2:30 Sharpen Your Mind	<b>10</b> 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:30-12:00 Valentine Art 12:00-1:00 Lunch & Clean-Up 12:30-1:30 <b>Music with Maggie!</b> 1:30-2:00 ROM w/ Jerry 2:00-2:30 Sharpen your mind
<b>13</b> 9:30-10:30 Creative Conversations <b>10:30-11:30 Focus on the Hand</b> 11:30-12:00 Sharpen your mind 12:00-1:00 Lunch & Clean-up 1:00-2:00 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support	<b>15</b> 9:30-10:30 Creative Conversations <b>10:30-11:00 Preventing Another Stroke</b> 11:00-12:00 Reading with Debby 12:00-1:00 Lunch & Clean-Up 1:00-2:00 Aquatics 1:00-1:30 Body Balance 1:30-2:30 Sharpen Your Mind	<b>17</b> 9:30-10:30 Creative Conversations 9:30- 11:30 Wake up your brain 11:30-12:00 Current events w/ David 12:00-1:00 <b>Fall Prevention w/ LUNCH PROVIDED</b> 1:00-1:30 ROM w/ Jerry 1:30-2:30 Sharpen Your Mind

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<p><b>20</b></p> <p>9:30-10:30 Creative Conversations            10:30-11:30 Focus on the Hand            12:00-1:00 Lunch &amp; Clean-up            1:00-2:00 Aquatics            1:00-1:30 Brain Teasers            1:30-2:30 Survivor Support</p>	<p><b>22</b></p> <p>9:30-10:30 Creative Conversations            10:00-11:00 Brain Teasers            11:00-12:00 Reading with Debby            12:00-1:00 Lunch &amp; Clean-Up            1:00-2:00 Aquatics            1:00-1:30 Body Balance            1:30-2:30 Sharpen Your Mind</p>	<p><b>24</b></p> <p>9:30-10:30 Creative Conversations            9:30-11:30 Wake Up Your Brain            11:30-12:00 Current Events w/ David            12:00-1:00 Lunch &amp; Clean-Up            1:00-1:30 ROM w/ Jerry            1:30-2:30 Sharpen Your Mind</p>
<p><b>27</b></p> <p>9:30-10:30 Creative Conversations            10:30-11:30 Focus on the Hand            11:00-12:00 Music/Art            12:00-1:00 Lunch &amp; Clean-up            1:00-2:00 Aquatics            1:00-1:30 Brain Teasers            1:30-2:30 Survivor Support</p>	<p><b>1 Beginning of March- almost spring!</b></p> <p>9:30-10:30 Creative Conversations            10:00-11:00 Brain Teasers            11:00-12:00 Reading with Debby            12:00-1:00 Lunch &amp; Clean-Up            1:00-2:00 Aquatics            1:00-1:30 Body Balance            1:30-2:30 Sharpen Your Mind</p>	<p><b>2</b></p> <p>9:30-10:30 Creative Conversations            9:30-11:30 Wake Up Your Brain            11:30-12:00 Current Events w/ David            12:00-1:00 Lunch &amp; Clean-Up            1:00-1:30 ROM w/ Jerry            1:30-2:30 Sharpen Your Mind</p>

## CLASS DESCRIPTIONS

**Art:** Did you know art is good for your mind as well as for self-expression? Get your creative juices flowing by engaging with various art mediums!

**Body Balance:** Work on your balance in this movement group.

**Brain Teasers** Engage in games and problem solving activities that encourage higher level cognitive and perceptual skills such as planning strategy and problem solving.

**Clean Up:** Take pride in maintaining a clean environment. Everyone joins in a task to keep the place clean - wipe down, sweep up, etc.

**Creative Conversations:** Our volunteer speech therapist, gets participants talking and connecting with one another.

**Current Events:** Led by survivor David, come and learn what is happening in the world today!

**Focus on the Hand:** Led by volunteer OT Amber. This group will offer exercises and other techniques to address hand movement and management.

**Music:** Did you know that music helps our brains? Music helps us move, helps us speak, and helps us emotionally! Sing-a-long with familiar tunes.

**Preventing another stroke:** Jane will review risk factors for stroke and provide education on how to avoid having another.

**Range of Motion (ROM):** Moving joints throughout the body from head to toe, usually led by Survivor Jerry.

**Reading:** Enhance your reading skills thru poems, song lyrics, and inspirational quotes led by Survivor Debby and Mike. (Wed.)

**Stroke Education Series:** Co-hosted by ASF and KU Hospital featuring education by stroke specialists. Care partners are invited! .

**Survivor Support:** Don Sears comes to share stories and boost the group's spirits.

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**Wake Up Your Brain:** A game to wake up your brain Friday

mornings!

