

Monday	Tuesday	Wednesday	Thursday	Friday
<p>30 ASF Updates: Jim- Continuing outpatient rehab Jeri- Discharge from KU 2-3 going RIKC AD- Coming back soon Donald- Misses us and will be visit soon Janice-Doing great, no falls, cont. rehab Sami- Coming back 2/6 Micki-Coming for Earth Day in April</p>	<p>31</p>	<p>01 10:15-11:30 <b>"Living RAW" Swap Ideas</b> 10:30-11:30 <b>Pet Therapy w/Frank &amp;Yoda</b> 11:30-12:30 <b>Lunch/Self Check</b> 12:30-1:30 <b>Fitness With Nina</b> 1:30-2:30 <b>Water Works</b> 1:30-2:30 <b>Small Group Fitness</b></p>	<p>SLP: Rockhurst Univ. Speech Language Pathology Dept. Group facilitated by Hannah Smith SLP. <b>"Living RAW": Real Authentic Wholesome-</b> Participants will incorporate the fundamentals of healthy living and set goals to maintain success.</p>	
<p>06 10:15-12:00 SLP with Rockhurst 11:00-11:45 <b>ROM with Rosi-BIOMETRICS</b> 11:45-12:30 <b>Lunch/Self Check</b> 12:30-1:30 <b>RAW Swap-Mashed Cauliflower</b> 1:30-2:30 <b>Water Works</b> 1:30-2:30 <b>Small Group Fitness(SGF)</b> <b>MCCKC OTAS- Kimberly Starts</b></p>	<p>7</p>	<p>08 10:15-11:30 <b>Living RAW Discussion</b> 10:30-11:30 <b>Pet Therapy w/Frank &amp;Yoda</b> 11:30-12:30 <b>Lunch/Self Check</b> 12:30-1:30 <b>Fitness With Nina</b> 1:30-2:30 <b>Water Works</b> 1:30-2:30 <b>Small Group Fitness</b> <b>Terence and Julie Leggett</b></p>	<p>9</p>	<p>10 <b>"ROM" with Rosi-</b> Range of Motion: Arthrokinematics-Head- Toe Joint Motions led by Rosita. <b>"Self Check"-</b> 3 minute self inventory (ex. mindfulness, meditation, quiet, prayer etc).</p>
<p>13 10:15-12:00 SLP with Rockhurst 11:00-11:45 ROM with Rosi 11:45-12:30 <b>Lunch/Self Check</b> 12:30-1:30 <b>Living RAW</b> 1:30-2:30 <b>Water Works</b> 1:30-2:30 <b>Small Group Fitness(SGF)</b> <b>MCCKC OTAS- Sarah Starts</b></p>	<p>14</p>	<p>15 10:15-1:30 <b>Living RAW-Outing-Hidden Figures, AMC 8600 Ward Parkway Ste14</b> 10:30-11:30 <b>Pet Therapy w/Frank &amp;Yoda</b> 11:30-12:30 <b>Lunch/Self Check</b> 12:30-1:30 <b>Fitness With Nina</b> 1:30-2:30 <b>Water Works</b> <b>3:00-4:00 OutReach- RMC Supprt Group</b></p>	<p>16</p>	<p>17 <b>Fitness o/t Floor&amp;SGF:</b> Cardio and fitness equipment. <b>Fitness w/Nina:</b> Group Exercise led by Nina Phillips <b>Water Works:</b> Group water aerobics with Coach Roy.</p>
<p>20 10:15-12:00 SLP with Rockhurst 11:00-11:45 ROM with Rosi 11:45-12:30 <b>Lunch/Self Check</b> 12:30-1:30 <b>Living RAW</b> 1:30-2:30 <b>Water Works</b> 1:30-2:30 <b>Small Group Fitness(SGF)</b></p>	<p>21</p>	<p>22 10:15-11:30 <b>Living RAW</b> 10:30-11:30 <b>Pet Therapy w/Frank &amp;Yoda</b> 11:30-12:30 <b>Lunch/Self Check</b> 12:30-1:30 <b>Fitness With Nina</b> 1:30-2:30 <b>Water Works</b> 1:30-2:30 <b>Small Group Fitness</b></p>	<p>23</p>	<p>24 <b>Survey:</b> Various studies to gauge participant desires and program adherence. <b>Biometrics:</b> The measurement of a person's physical and</p>
<p>27 10:15-11:00 SLP with Rockhurst 11:00-11:45 ROM with Rosi <b>12:00-1:00 Fall Prevention with Brookdale Overland Park Treatment Team</b> 1:30-2:30 <b>Water Works</b> 1:30-2:30 <b>Small Group Fitness(SGF)</b></p>	<p>28 <b>Money Due for Live RAW T-Shirts by March 1, 2017</b></p>	<p>3/1/2017 10:15-11:30 <b>Living RAW</b> 10:30-11:30 <b>Pet Therapy w/Frank &amp;Yoda</b> 11:30-12:30 <b>Lunch/Self Check</b> 12:30-1:30 <b>Fitness With Nina</b> 1:30-2:30 <b>Water Works</b> 1:30-2:30 <b>Small Group Fitness</b></p>	 <p><b>AMERICAN STROKE FOUNDATION</b> Reclaiming hope. Rebuilding lives.</p>	