




American Stroke Foundation, Mission April 2017

Fitness Daily 9:30am-1:30pm

MONDAY	WEDNESDAY	FRIDAY
3 9:30-10:30 Creative Conversations 10:30-11:30 Focus on the Hand 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	5 9:30-11:00 Creative Conversations 11:00-12:00 Stroke Education Series: Exercise is Medicine 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	7 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:30-11:30 Life skills 11:30-12:00 Current Events w/ David 12:00-1:00 Lunch & Clean-Up 1:00-1:30 ROM w/ Jerry 1:30-2:30 Sharpen Your Mind
10 9:30-10:30 Creative Conversations 10:30-11:30 Focus on the Hand 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	12 9:30-11:00 Creative Conversations 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	14 Good Friday -- Easter Weekend 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:30-11:00 Brain Teasers 11:00-12:00 HyVee Nutritionist 12:00-1:00 Lunch & Clean-Up 1:00-1:30 ROM w/Jerry 1:30-2:30 Easter Art Project
17 9:30-10:30 Creative Conversations 10:30-11:30 Focus on the Hand 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	19 9:30-11:00 Creative Conversations 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	21 9:30-10:30 Creative Conversations 9:30- 10:30 Wake Up Your Brain 10:30-11:30 Kolleen's Journey 11:30-12:00 Current events w/ David 12:00-1:00 Lunch and Clean-up 12:30-1:30 Music with Maggie 1:30-2:00 ROM w/ Jerry 2:00-2:30 Sharpen Your Mind

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<p>24 9:30-10:30 Creative Conversations 10:30-11:30 Focus on the Hand 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</p> 	<p>26 9:30-10:30 Creative Conversations 10:30-11:00 Fatigue After Stroke Q&A with Jane 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</p> 	<p>28 Outing: Kansas City Zoo Meet at zoo: 10:00-2:00 Programming still on at Sylvester Powell: 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:30-12:00 Life skills 12:00-1:00 Lunch & Clean-Up 1:00-2:00 Sharpen Your Mind</p> 
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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 to move, speak, and helps us emotionally! Sing-a-long with familiar tunes.

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.

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

