

American Stroke Foundation, Mission March 2017

Fitness Daily 9:30am-1:30pm

MONDAY	WEDNESDAY	FRIDAY
27 February 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 & Clean-up 1:00-2:00 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support	1 Beginning of March- almost spring! 9:30-10:30 Creative Conversations 10:30-11:00 Brain Teasers 11:00-12:00 Stroke Education: Sleep 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	3 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:30-11:30 Brain Teasers 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
6 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	8 9:30-10:30 Creative Conversations 10:30-11:00 Stroke Education: Know Your Meds 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	10 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:30-12:00 Eat the Rainbow 12:00-1:00 Lunch & Clean-Up 1:00-1:30 ROM w/Jerry 1:30-2:30 Sharpen Your Mind
13 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	15 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	17 St. Patrick's Day 9:30-10:30 Creative Conversations 9:30- 10:30 Wake Up Your Brain 10:30-11:30 Chair Yoga 11:30-12:00 Current events w/ David 12:00-1:00 Lunch and Clean-up 1:00-1:30 ROM w/ Jerry 1:30-2:30 Limerick Leprechaun

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<p>20 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>22 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</p>	<p>24 9:30-10:30 Creative Conversations 9:30-11:00 Wake Up Your Brain 11:00-12:00 Hyvee Nutritionist 12:00-1:00 Lunch & Clean-Up 12:30-1:30 Music with Maggie! 1:30-2:00 ROM w/ Jerry 2:00-2:30 Sharpen Your Mind</p>
<p>27 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>29 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</p>	<p>31-Lexi & Nicole's last day! 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:30-11:30 Chair Yoga 11:30-12:00 Current events w/ David 12:00-1:00 Lunch and Clean-up 1:00-2:30 Outdoor Games</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 to move, 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.

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

