

American Stroke Foundation, Mission May 2017


Fitness Daily 9:30-1:30

Monday	Wednesday	Friday
<p>1 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>3 9:30-10:30 Creative Conversations 10:30-11:00 Brain Teasers 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>5 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:30-11:30 Stroke Awareness Jeopardy 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 Sharpen Your Mind</p>
<p>8 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>10 9:30-10:30 Creative Conversations 10:30-11:00 Brain Teasers 11:00-12:00 Stroke Education Series: Don't let history repeat itself 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>12 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:30-11:00 Brain Teasers 11:00-12:00 Dietician Presentation 12:00-1:00 Lunch and Clean-Up 1:00-1:30 ROM w/ Jerry 1:30-2:30 Mothers Day Art Project</p>
<p>15 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>17 9:30-10:30 Creative Conversations 10:30-11:00 Kevin's Journey 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>19 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:30-12:00 Grocery Store Outing to plan for salad bar 12:00-1:00 Lunch and Clean-Up 12:30-1:30 Music w/ Maggie 1:30-2:00 ROM w/ Jerry 2:00-2:30 Sharpen Your Mind</p>

Rose Luncheon is May 9th 11:30 at Mission!

May is Stroke Awareness Month!

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<p>22 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>24 9:30-10:30 Creative Conversations 10:30-11:00 Brain Teasers 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>26 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:30-11:00 Stroke Education Dialogue w/ Jane 11:00-12:00 Salad Bar Set-Up 12:00-1:00 Lunch and Clean-Up 1:00-1:30 ROM w/ Jerry 1:30-2:30 Sharpen Your Mind</p>
<p>29</p> <p style="text-align: center;">Memorial Day Center is Closed</p> 	<p>31 9:30-10:30 Creative Conversations 10:30-11:00 Brain Teasers 11:00-12:00 Yard Games 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>2 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 and 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 in 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 & 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, 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 offers exercises and techniques to address hand movement

Music: Sing along with familiar tunes to help you move, speak and engage in positive atmosphere to enhance emotions.

Range of Motion (ROM): Moving joints throughout 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

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 groups spirits.

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

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