

American Stroke Foundation, Mission June 2017

Fitness Daily 9:30-1:30

| Monday | Wednesday | Friday |
|---|---|---|
| <p>5 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 1:15-2:15 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support</p> | <p>7 9:30-10:30 Creative Conversations 10:30-11:00 Brain Teasers 11:00-12:00 Stroke Education Series: Diabetes and Stroke 12:00-1:00 Lunch & Clean Up 1:15-2:15 Aquatics 1:00-1:30 Body Balance 1:30-2:30 Sharpen Your Mind</p> | <p>9 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 Brain Teasers 12:00-1:00 Lunch and Clean-Up 1:00-1:30 ROM w/ Jerry 1:30-2:30 Sharpen Your Mind</p> |
| <p>12 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 1:15-2:15 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support</p> | <p>14 9:30-10:30 Creative Conversations 10:30-11:00 Brain Teasers 11:00-12:00 Driving Rehabilitation Education w/ Amber 12:00-1:00 Lunch & Clean Up 1:15-2:15 Aquatics 1:00-1:30 Body Balance 1:30-2:30 Sharpen Your Mind</p> | <p>16 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:30-11:00 Current Events w/ David 11:00-12:00 Car Transfer Education w/ Shelly 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 Fathers Day Art Project</p> |
| <p>19 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 1:15-2:15 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support</p> | <p>21 9:30-10:30 Creative Conversations 10:30-11:00 Bob's Journey 11:00-12:00 Reading with Debby 12:00-1:00 Lunch & Clean Up 1:15-2:15 Aquatics 1:00-1:30 Body Balance 1:30-2:30 Sharpen Your Mind</p> | <p>23 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:30-11:00 Dialogue w/ Jane 11:00-12:00 Canvas Painting w/ Faby 12:00-1:00 Lunch and Clean-Up 1:00-1:30 ROM w/ Jerry 1:30-2:30 Sharpen Your Mind</p> |

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| Sarah's Last Day ☺ | | |
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| 26 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 1:15-2:15 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support | 28 9:30-10:30 Creative Conversations 10:30-11:00 Life Skills 11:00-12:00 Reading with Debby 12:00-1:00 Lunch & Clean Up 1:15-2:15 Aquatics 1:00-1:30 Body Balance 1:30-2:30 Sharpen Your Mind | 30 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:45-1:00 Lunch outing: Location TBD 1:00-1:30 ROM w/ Jerry 1:30-2:30 Sharpen Your Mind Rachel & Steph's Last Day ☺ |

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.

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 stimulate your brain

