

American Stroke Foundation, Mission July 2017

Fitness Daily 9:30am-1:30pm

MONDAY	WEDNESDAY	FRIDAY
<p>3 *No Programming. Closed for 4th of July.</p> 	<p>5 9:30-11:00 Creative Conversations 10:30-11:30 Wake Up Your Brain 11:00-12:00 Morning Muscle Moves 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>7 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:30-11:30 Vision Board Activity 11:30-12:00 Brain Teasers 12:00-1:00 Lunch, Clean-Up & Walk Launch meeting w/ Kathy Parker: Online Team set up 1:00-1:30 ROM w/ Jerry 1:30-2:30 Sharpen Your Mind</p>
<p>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 1:15-2:15 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support</p>	<p>12 9:30-11:00 Creative Conversations 10:30-11:00 Family Feud Game 11:00-12:00 Stroke Education Series: My Stroke is a Pain: What Comes Next 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>14 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:30-11:00 Brain Teasers 11:00-12:00 Dance Class w/ Paige 12:00-1:00 Lunch & Clean-Up 1:00-1:30 ROM w/Jerry 1:30-2:30 Sharpen Your Mind</p>
<p>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 1:15-2:15 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support</p>	<p>19 9:30-11:00 Creative Conversations 10:30-11:00 Morning Muscle Moves 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>21 9:30-10:30 Creative Conversations 9:30- 10:30 Wake Up Your Brain 10:30-11:00 Dialogue w/ Jane 11:00-11:30 Current events w/ David 11:30-12:00 Brain Teasers 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>

American Stroke Foundation, Mission July 2017

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 1:15-2:15 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support	26 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	28 Outing: Johnson County Museum- "Becoming Johnson County" Meet at: 11:45am for lunch 1:00pm exhibit starts (\$5/ person) Programming still on at Sylvester Powell: 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:30-11:00 Brain Teasers 12:00-1:00 Lunch & Clean-Up 1:00-2:00 Sharpen Your Mind
--	--	--

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!

