

American Stroke Foundation, Mission August 2017

Fitness Daily 9:30am-11:30pm

MONDAY	WEDNESDAY	FRIDAY
31 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	2 9:30-11:00 Creative Conversations 10:30-11:30 Wake Up Your Brain 11:00-12:00 Stroke Education Series: Depression and Anxiety 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	4 Last Day for Faby & Shelley 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:30-11:00 Alaska Presentation 11:30-12:00 Muscle Moves 12:00-1:00 Farewell Lunch <i>(Recommended donation \$3-\$5)</i> 12:30-1:30 Music w/ Maggie & Michael Turnbo 1:00-1:30 ROM w/ Jerry 1:30-2:30 Sharpen Your Mind
7 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 *Note Pool time change to regular time 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support	9 9:30-11:00 Creative Conversations 10:30-11:00 Morning Muscle Moves 11:00-12:00 Life Skills: Prep for Driving 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	11 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:30-11:00 Muscle Moves 11:00-12:00 Movement Bingo 12:00-1:00 Lunch & Clean-Up 1:00-1:30 ROM w/Jerry 1:30-2:30 Sharpen Your Mind
14 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	16 9:30-11:00 Creative Conversations 10:30-11:00 Adapted Stretches 11:00-12:00 Gratitude w/ 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	18 9:30-10:30 Creative Conversations 9:30- 10:30 Wake Up Your Brain 10:30-11:00 Life Skills (Dressing) 11:00-11:30 Current events w/ David Survivor's Journey 11:30-12:00 Lunch & Clean-up 12:00-1:00 Lunch & Clean-up 1:00-1:30 ROM w/ Jerry 1:30-2:30 Sharpen Your Mind

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21 9:30-10:30 Creative Conversations 10:30-11:30 Focus on the Hand 11:30-12:00 Life Skills (Sleep) 12:00-1:00 Lunch & Clean-up 1:00-2:00 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support	23 9:30-10:30 Creative Conversations 10:30-11:00 Dialogue w/ Jane 11:00-12:00 Gratitude w/ 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	25 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:30-11:00 Muscle Moves 12:00-1:00 Potluck Lunch & Clean-Up 1:00-2:00 Sharpen Your Mind
28 *Pool Closed for maintenance until 9/1 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 Chair exercises w/ Cindy 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support	30 9:30-10:30 Creative Conversations 10:30-11:00 Adapted Stretches 11:00-12:00 Gratitude w/ Debby 12:00-1:00 Lunch & Clean-Up 1:00-2:00 Chair exercises w/ Cindy 1:00-1:30 Body Balance 1:30-2:30 Sharpen Your Mind	1 9:30-10:30 Creative Conversations 9:30- 10:30 Wake Up Your Brain 10:30-11:30 Life Skills: Prep for Driving 11:30-12:00 Brain Teasers 12:00-1:00 Lunch & Clean-up 1:00-1:30 ROM w/ Jerry 1:30-2:30 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/Sharpen Your Mind/Wake up your Brain: 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, throw away trash, 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: This group will offer exercises and other techniques to address hand movement, particularly with affected side.

Gratitude with Debby: Debby wants to help people read while having fun and showing gratitude. Be inspired by others, laugh, and sing tunes.

Life Skills: Join occupational therapy students & staff who facilitate sharing of strategies, demonstrate adaptations, and/or develop skills for life.

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 Health Systems featuring education by stroke specialists. Care partners are invited!

Survivor Support: Don Sears comes to share stories and boost the group's spirits.

