

**American Stroke Foundation,  
Mission October 2017  
Fitness Daily 9:30am-11:30pm**

MONDAY	WEDNESDAY	FRIDAY
<p><b>2</b> 9:30-10:30 Creative Conversations <b>10:30-11:30 Yoga with Jessie(1)</b> <b>11:30-12:00 Fall Prevention(1)</b> 12:00-1:00 Lunch &amp; Clean-up 1:00-2:00 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor</p>	<p><b>4</b> 9:30-10:30 Creative Conversations <b>10:00-11:00 Yoga with Jessie(2)</b> 10:30-11:00 Morning Muscle Moves 11:00-12:00 Stroke Education: Clinical Trials in Stroke: Understanding the Criteria 12:00-1:00 Lunch &amp; Clean-Up 1:00-2:00 Aquatics 1:00-1:30 Body Balance 1:30-2:30 Sharpen Your Mind</p>	<p><b>6</b> 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:30-11:30 Focus on the Hand <b>11:30-12:00 Fall Prevention(2)</b> 12:00-1:00 Lunch &amp; Clean up 1:00-1:30 ROM with Jerry 1:30-2:30 Sharpen Your Mind</p>
<p><b>9</b> 9:30-10:30 Creative Conversations <b>10:30-11:30 Yoga with Jessie(3)</b> <b>11:30-12:00 Fall Prevention(3)</b> 12:00-1:00 Lunch &amp; Clean-up 1:00-2:00 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor</p>	<p><b>11</b> 9:30-10:30 Creative Conversations <b>10:00-11:00 Yoga with Jessie(4)</b> 10:30-11:00 Morning Muscle Moves 11:00-12:00 Gracitunes with Debby 12:00-1:00 Lunch &amp; Clean-Up 1:00-2:00 Aquatics 1:00-1:30 Body Balance 1:30-2:30 Sharpen Your Mind</p>	<p><b>13</b> 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:30-11:30 Focus on the Hand <b>11:30-12:00 Fall Prevention(4)</b> 12:00-1:00 Pot Luck 12:00-1:30 Music with Maggie 1:30-2:30 Sharpen Your Mind <b>*Serena's Last Day</b></p>
<p><b>16</b> 9:30-10:30 Creative Conversations <b>10:30-11:30 Yoga with Jessie(5)</b> <b>11:30-12:00 Fall Prevention (5)</b> 12:00-1:00 Lunch &amp; Clean-up 1:00-2:00 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support</p>	<p><b>18</b> 9:30-10:30 Creative Conversations <b>10:00-11:00 Yoga with Jessie(6)</b> 10:30-11:00 Muscle Moves 11:00-12:00 Gracitunes with Debby 12:00-1:00 Lunch &amp; Clean-Up 1:00-2:00 Aquatics 1:00-1:30 Body Balance 1:30-2:30 Sharpen Your Mind</p>	<p><b>20</b> 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:30-11:30 Focus on the Hand <b>11:30-12:00 Fall Prevention(6)</b> 12:00-1:00 Lunch &amp; Clean-Up 1:00-1:30 Body Balance 1:30-2:30 Sharpen Your Mind</p>

<p><b>23</b>  9:30-10:30 Creative Conversations  <b>10:30-11:30 Yoga with Jessie(7)</b>  <b>11:30-12:00 Fall Prevention(7)</b>  12:00-1:00 Lunch &amp; Clean-up  1:00-2:00 Aquatics  1:00-1:30 Brain Teasers  1:30-2:30 Survivor Support</p>	<p><b>25</b>  9:30-10:30 Creative Conversations  <b>10:00-11:00 Yoga with Jessie (8)</b>  10:30-11:00 Morning Muscle Moves  11:00-12:00 Gratitude with Debby  12:00-1:00 Lunch &amp; Clean-Up  1:00-2:00 Aquatics  1:00-1:30 Body Balance  1:30-2:30 Sharpen Your Mind</p>	<p><b>27</b>  9:30-10:30 Creative Conversations  9:30-10:30 Wake Up Your Brain  10:30-11:30 Focus on the Hand  <b>11:30-12:00 Fall Prevention (8)</b>  12:00-1:00 Lunch &amp; Clean-Up  1:00-1:30 ROM with Jerry  1:30-2:30 Give Back</p>
<p><b>30</b>  9:30-10:30 Creative Conversations  <b>10:30-11:30 Yoga (9)</b>  <b>11:30-12:00 Fall Prevention (9)</b>  12:00-1:00 Lunch &amp; Clean-up  1:00-2:00 Aquatics  1:00-1:30 Brain Teasers  1:30-2:30 Survivor Support</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/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.

**Gratitudes 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.

**Yoga:** Led by Jessie for KU fall prevention research

**Fall Prevention:** Associated with KU fall prevention research. Discussion and reflection

**Give Back:** Give back to the community through preparing gifts for others.