


American Stroke Foundation

Mission November 2017

Fitness Daily 9:30am-11:30pm

MONDAY	WEDNESDAY	FRIDAY
	<p>1 9:30-10:30 Creative Conversations 10:00-11:00 Yoga with Helen (10) 11:00-12:00 Stroke Education: Stroke Can Bring Down: Managing Falls and Lower-Extremity Weakness 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>3 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:30-11:30 Driving Education with Amber 11:30-12:00 Focus on the Hand 12:00-1:00 Lunch & Clean up 12:30-1:30 Music with Maggie 1:30-2:30 Fall Prevention(10)</p>
<p>6 9:30-10:30 Creative Conversations 10:30-11:30 Yoga with Helen (11) 11:30-12:00 Fall Prevention(11) 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>8 9:30-10:30 Creative Conversations 10:00-11:00 Yoga with Helen (12) 11:00-12:00 Focus on the Hand 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>10 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:30-11:00 Fall Prevention(12) 11:00-12:00 Dance with Judy 12:00-1:00 Potluck with Debby & Judy 1:00-2:00 Mystery Craft 2:00-2:30 Sharpen Your Mind</p>
<p>13 9:30-10:30 Creative Conversations 10:30-11:30 Yoga with Jessie(13) 11:30-12:00 Fall Prevention (13) 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>15 9:30-10:30 Creative Conversations 10:00-11:00 Yoga with Jessie(14) 11:00-12:00 Gratitude 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>17 9:30-10:30 Creative Conversations 9:30-10:30 Wake Up Your Brain 10:30-11:30 Focus on the Hand 11:30-12:00 Fall Prevention(14) 12:00-1:00 Lunch & Clean-Up 1:00-2:00 Music Bingo 2:30-2:30 Sharpen Your Mind *Kerri's Last Day</p>
<p>20 9:30-10:30 Creative Conversations 10:30-11:30 Life Skills 11:30-12:00 Fall Prevention(15) 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>22 9:30-10:30 Creative Conversations 10:30-11:00 Dialogue with Jane 11:00-12:00 Adaptive Dressing 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>24 Thanksgiving Break! We're Closed, but enjoy time with your family and friends!!</p> 

<p>27 9:30-10:30 Creative Conversations 10:30-11:30 Yoga with Jessie (15) 11:30-12:00 Fall Prevention(16) 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>29 9:30-10:30 Creative Conversations 10:00-11:00 Yoga with Jessie (16) 11:00-12:00 Dialogue with Jane 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>	
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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.

Gratitunes 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 Heath 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 Danon, Registered Yoga Instructor and former service learning OT student at ASF

Fall Prevention: Discussion and reflection on fall risk and prevention

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