

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

MONDAY	WEDNESDAY	FRIDAY
		1 9:30-10:30 Creative Conversations (OT) 9:30-10:30 Wake Up Your Brain 10:30-11:30 Focus on the Hand/Gingerbread House 11:30-12:00 Service dog education with Jeanette 12:00-1:00 Lunch & Clean up 1:00-1:30 Holiday Charades 1:30-2:30 Sharpen Your Mind **Programming in Conference Center Room E**
4 9:30-10:30 Creative Conversations (OT and ST) 10:30-11:30 Yoga (with Adam) 11:30-12:00 Driving Activity 12:00-1:00 Lunch & Clean-up 1:00-2:00 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support	6 9:30-10:30 Creative Conversations (OT and ST) 10:00-11:00 Holiday Balance/Stability 11:00-12:00 Stroke Education: When Stroke Impacts the Shoulder: Strategies for Management 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	8 9:30-10:30 Creative Conversations (OT) 9:30-10:30 Wake Up Your Brain 10:30-11:30 Focus on the Hand 11:30-12:00 Meditation 12:00-1:00 Lunch & Clean-Up 1:00-2:00 Bake Cookies 2:00-2:30 Decorate Cookies
11 9:30-10:30 Creative Conversations (OT and ST) 10:00-11:00 Yoga (with Kaitlyn) 11:00-12:00 Jazzy Christmas 12:00-1:00 Lunch & Clean-up 1:00-2:00 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support **Jeanette will be out of town**	13 9:30-10:30 Creative Conversations (OT and ST) 10:00-10:30 Balance/Stability 10:30-11:00 Dialogue with Jane 11:00-12:00 Gratinutes 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 **Jeanette will be out of town**	15 9:30-10:30 Creative Conversations (OT) 9:30-10:30 Wake Up Your Brain 10:30-11:30 Focus on the Hand 11:30-12:00 Holiday Craft 12:00-1:00 Holiday Lunch 12:30-1:30 Music with Maggie 2:30-2:30 Sharpen Your Mind **Jeanette will be out of town** **Wear fun Christmas sweaters**
18 9:30-10:30 Creative Conversations (OT and ST) 10:30-11:00 Yoga (with Adam) 11:00-12:00 Volunteer for Angel Tree 12:00-1:00 Lunch & Clean-up 1:00-2:00 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support	20 9:30-10:30 Creative Conversations (OT and ST) 10:30-11:00 Balance/Stability 11:00-12:00 Gratinutes 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 **Programming in Conference Center Room E**	22 9:30-10:30 Creative Conversations (OT) 9:30-10:30 Wake Up Your Brain 10:30-11:30 Focus on the Hand 11:30-12:00 Name that Tune 12:00-1:00 Lunch & Clean-Up 1:00-2:00 Holiday Game 2:00-2:30 Sharpen Your Mind **Programming in Conference Center Room E** *Alessandra and Kaitlyn's last day

<p>25</p> <p>CLOSED!! HOLIDAY BREAK! NO PROGRAMMING! Enjoy your time with family and friends!</p>	<p>27</p> <p>CLOSED!! HOLIDAY BREAK! NO PROGRAMMING! Enjoy your time with family and friends!</p>	<p>29</p> <p>CLOSED!! HOLIDAY BREAK! NO PROGRAMMING! Enjoy your time with family and friends!</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.

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.