

American Stroke Foundation, Mission, KS

January 2018

Fitness with Theo - Daily 9:30am-11:30pm

MONDAY	WEDNESDAY	FRIDAY
<p>1</p> <p>CLOSED!! HAPPY NEW YEAR!!!! NO PROGRAMING! Enjoy your time with family and friends!!</p>	<p>3</p> <p>9:30-10:30 Creative Conversations (OT) 10:30-11:00 Balance/Stability 11:00-12:00 GratiTUNES with Debby 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-2:00 Brain Teasers 2:00-2:30 Sharpen Your Mind</p> <p>Welcome to our new OT students: Jarel, Noel and Megan</p>	<p>5</p> <p>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 “2018 Resolutions” with Jeanette 12:00-1:00 Welcome the New Year Luncheon (pizza provided) 1:00-1:30 Body Balance 1:30-2:30 Sharpen Your Mind</p>
<p>8</p> <p>9:30-10:30 Creative Conversations 10:30-11:30 Yoga with Adam 11:30-12:00 Driving Trivia with Jeanette 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support with Don</p>	<p>10</p> <p>9:30-10:30 Creative Conversations 10:00-11:00 Balance/Stability 11:00-12:00 Stroke Education: On the Go - Bowel and Bladder 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>12</p> <p>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 Body Balance 12:00-1:00 Lunch & Clean Up 12:30-1:30 Music with Maggie 1:30-2:30 Sharpen Your Mind</p> <p>Welcome to our new OT Assistant student: Lisa</p>
<p>15</p> <p>CLOSED!! Martin Luther King Holiday NO PROGRAMING!</p>	<p>17</p> <p>9:30-10:30 Creative Conversations 10:00-10:30 Balance/Stability 10:30-11:00 Dialogue with Jane 11:00-12:00 GratiTUNES 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>19</p> <p>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 Meet our new students with Jeanette 12:00-1:00 Lunch & Clean Up 1:00-1:30 Body Balance 1:30-2:30 Sharpen Your Mind</p>
<p>22</p> <p>9:30-10:30 Creative Conversations 10:00-11:00 Balance/Stability 11:00-12:00 TBD 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support with Don</p>	<p>24</p> <p>9:30-10:30 Creative Conversations 10:00-11:00 Balance/Stability 11:00-12:00 GratiTUNES 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>26</p> <p>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 TBD 12:00-1:00 Lunch & Clean Up 1:00-1:30 Body Balance 1:30-2:30 Sharpen Your Mind</p>

29 9:30-10:30 Creative Conversations 10:00-11:00 Balance/Stability 11:00-12:00 TBD 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support with Don	31 9:30-10:30 Creative Conversations 10:30-11:00 Balance/Stability 11:00-12:00 GratiTUNES 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 - “Groundhog Day” Trivia	2 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 “Super Bowl” Activity 12:00-1:00 Monthly Potluck - “Souper Bowl” 1:00-1:30 Body Balance 1:30-2:30 Sharpen Your Mind Wear your favorite football team attire today!
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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 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 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.

JANUARY BIRTHDAYS...

January 10th - Sharon P

January 14th - Kevin

January 15th - Marilyn

January 20th - Harold

January 23rd - Ed G