

American Stroke Foundation, Mission, KS

March 2018

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

MONDAY	WEDNESDAY	FRIDAY
5 9:30-10:30 Creative Conversations 10:00-11:00 Body Balance 11:00-12:00 Life Skills: Sleep Hygiene 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 Strategies for Improving Memory 1:30-2:30 Survivor Support with Don	7 9:30-10:30 Creative Conversations 10:00-11:00 Tai Chi Body Balance 11:00-12:00 KUMC Stroke Education: Aphasia 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 Travel Experiences by Jarel 1:30-2:30 Sharpen Your Mind	9 9:30-10:30 Creative Conversations (OT) 10:00-10:30 Awaken Your Brain 10:30-11:30 Focus on the Hand 11:30-12:00 Shared Learning 12:00 - 1:00 Lunch and Clean Up 12:30-1:30 Music with Maggie 1:30-2:30 Sharpen Your Mind
12 9:30-10:30 Creative Conversations 10:00-11:00 Body Balance 11:00-12:00 Life Skills: Adaptive Gardening 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 "Bracket Madness" 1:30-2:30 Survivor Support with Don	14 9:30-10:30 Creative Conversations 10:00 - 10:30 Visual Scanning 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 Seven Mantras of Stroke Recovery	16 9:30-10:30 Creative Conversations (OT) 10:00-10:30 Travel Experiences by Noel 10:30-11:30 Focus on the Hand 11:30-12:00 St. Patrick's Day Trivia 12:00-1:00 Lunch & Clean Up 1:00-1:30 Body Balance: St. Patrick's Day Style 1:30-2:30 Sharpen Your Mind
19 9:30-10:30 Creative Conversations 10:00-11:00 Life Skills: Positive Thinking 11:00-12:00 MARH Stroke Education: Fall Prevention and Safety 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 Navigating Public Transportation 1:30-2:30 Survivor Support with Don	21 9:30-10:30 Creative Conversations 10:00-11:00 Pain Management Strategies 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 March Madness Trivia	23 9:30-10:30 Creative Conversations (OT) 10:00-10:30 Awaken Your Brain 10:30-11:30 Focus on the Hand 11:30-12:00 Basketball Competition 12:00-1:00 Lunch & Clean Up 1:00-1:30 Body Balance: March Madness Style 1:30-2:30 Sharpen Your Mind
26 9:30-10:30 Creative Conversations 10:00-11:00 Body Balance 11:00-12:00 Minute to Win It: Yards of Fun 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 Sharpen Your Mind 1:30-2:30 Survivor Support with Don	28 9:30-10:30 Creative Conversations 10:00-11:00 Body Balance 11:00-12:00 GratiTUNES with Debby 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 Puzzle Me 1:30-2:30 Sharpen Your Mind	30 9:30-10:30 Creative Conversations (OT) 10:00-10:30 Awaken Your Brain 10:30-11:30 Focus on the Hand 11:30-12:00 Body Balance 12:00-1:00 Lunch and Clean Up 1:00-1:30 Visual Scanning Activity 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.

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.

MARCH BIRTHDAYS...

- **March 15 Margie**
- **March 22 Jerry**
- **March 23 Caroline**