

American Stroke Foundation, Mission, KS

April 2018

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

MONDAY	WEDNESDAY	FRIDAY
<p>2</p> <p>9:30-10:30 Creative Conversations (OT) 10:00-11:00 Wake Up Your Brain 11:00-12:00 Yoga with Megan 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 Body Balance/ROM Exercises 1:30-2:30 Survivor Support with Don</p>	<p>4</p> <p>9:30-10:30 Creative Conversations 10:00-11:00 Body Balance/ROM Exercises 11:00-12:00 KU Health System Stroke Education: Assistive Devices and Low Tech Equipment 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 Sharpen Your Mind 1:30-2:30 Life Skills: "What Not To Say"</p>	<p>6</p> <p>9:30-10:30 Creative Conversations (OT) 10:00-10:30 Body Balance/ROM Exercises 10:30-11:30 Focus on the Hand 11:30-12:00 "Seeing It All" 12:00 - 1:00 April Fools' Potluck - "Breakfast for Lunch" 1:00-1:30 Life Skills: One-Handed Shoe Tying 1:30-2:30 Sharpen Your Mind</p>
<p>9</p> <p>9:30-10:30 Creative Conversations 10:00-11:00 Yoga with Abigail 11:00-12:00 LifeWise Education: Home Modifications 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 Life Skills: "Adaptive Communication" 1:30-2:30 Survivor Support with Don</p>	<p>11</p> <p>9:30-10:30 Creative Conversations 10:00-10:30 Wake Up Your Brain 10:30-11:00 Dialogue with Jane 11:00-12:00 GratiTUNES with Debby/Caroline 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 Body Balance/ROM Exercises 1:30-2:30 Life Skills: "Mindfulness"</p>	<p>13</p> <p>9:30-10:30 Creative Conversations (OT) 10:00-10:30 Body Balance/ROM Exercises 10:30-11:00 Focus on the Hand - American Sign Language 11:00-12:00 "Music Bingo" with Mike 12:00-1:00 Lunch & Clean Up 1:00-1:30 "Seeing It All" - Unscramble the Recipe 1:30-2:30 Sharpen Your Mind</p>
<p>16</p> <p>9:30-10:30 Creative Conversations 10:00-11:00 Yoga with Abigail 11:00-12:00 "Exercise as Medicine" by Dr. Sandra Billinger 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>18</p> <p>9:30-10:30 Creative Conversations 10:00-11:00 "Seeing It All" 11:00-12:00 GratiTUNES with Debby/Caroline 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 Body Balance/ROM Exercises 1:30-2:30 Life Skills: "Positive Vibes"</p>	<p>20</p> <p>9:30-10:30 Creative Conversations (OT) 10:00-10:30 Body Balance/ROM Exercises 10:30-11:30 Focus on the Hand 11:30-12:00 Weather Preparedness/Tornado Drill 12:00-1:00 Lunch & Clean Up 12:30-1:30 Music with Maggie 1:30-2:30 Sharpen Your Mind</p>
<p>23</p> <p>9:30-10:30 Creative Conversations 10:00-11:00 Yoga with Abigail 11:00-12:00 Travel Adventures with Kathy 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 Life Skills: "Motivation and More" 1:30-2:30 Survivor Support with Don</p>	<p>25</p> <p>9:30-10:30 Creative Conversations 10:00-11:00 Wake Up Your Brain 11:00-12:00 GratiTUNES with Debby/Caroline 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 Body Balance/ROM Exercises 1:30-2:30 Sharpen Your Mind</p>	<p>27</p> <p>9:30-10:30 Creative Conversations (OT) 10:00-10:30 Body Balance/ROM Exercises 10:30-12:00 "Give Back" Cookie Making Project 12:00-1:00 Lunch and Clean Up 1:00-1:30 "Seeing It All" 1:30-2:30 Sharpen Your Mind</p>

30	May 2	May 4
9:30-10:30 Creative Conversations	9:30-10:30 Creative Conversations	9:30-10:30 Creative Conversations (OT)
10:00-11:00 Yoga with Abigail	10:00-11:00 Body Balance/ROM Exercises	10:00-10:30 Body Balance/ROM Exercises
11:00-12:00 Life Skills: "Food is Fuel"	11:00-12:00 KU Health System Stroke Education	10:30-11:30 Focus on the Hand
12:00-1:00 Lunch & Clean Up	12:00-1:00 Lunch & Clean Up	11:30-12:00 "Cinco de Mayo" Trivia
1:00-2:00 Aquatics	1:00-2:00 Aquatics	12:00-1:00 Lunch and Clean Up
1:00-1:30 Sharpen Your Mind	1:00-1:30 Sharpen Your Mind	1:00-1:30 "Seeing It All"
1:30-2:30 Survivor Support with Don	1:30-2:30 Life Skills: "Exercising Without Exercising - Active Movement at Home"	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!

Yoga/Body Balance: Work on your core strength and 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 and Caroline: Debby and Caroline want 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.

Stroke Education Series: Co-hosted by ASF and KU Health System featuring education by stroke specialists. Care partners are invited!

Survivor Support: Don Sears comes to share stories and boost the group's spirits.

Fall Prevention: Discussion and reflection on fall risk and prevention

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

Seeing It All: Visual scanning activities.

APRIL BIRTHDAYS...

- **April 16 Stanley**
- **April 17 Todd**
- **April 21 Betty**
- **April 30 Jason**