

American Stroke Foundation, Mission, KS

May 2018

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

MONDAY	WEDNESDAY	FRIDAY
April 30 9:30-10:30 Creative Conversations 10:00-11:00 Yoga with Abigail 11:00-12:00 May Day Basket Activity 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	2 9:30-10:30 Creative Conversations 10:00-11:00 Body Balance/ROM Exercises 11:00-12:00 KU Health System Stroke Education Series: "The Ball is in Your Court" 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: "Travel Considerations"	4 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 "Cinco de Mayo" Trivia 12:00-1:00 Lunch and Clean Up 1:00-1:30 "Seeing It All" 1:30-2:30 Sharpen Your Mind
7 9:30-10:30 Creative Conversations 10:00-11:00 Body Balance/ROM Exercises 11:00-12:00 Life Skills: "Food is Fuel" 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	9 9:30-10:30 Creative Conversations 10:00-10:30 Body Balance/ROM Exercises 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 1:00-2:30 Sharpen Your Mind	11 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 Lunch & Clean Up 12:30-1:30 Music with Maggie 1:30-2:30 "Rock'n the Garden"
14 9:30-10:30 Creative Conversations 10:00-10:30 Body Balance/ROM Exercises 10:30-11:00 Wake Up Your Brain 11:00-12:00 Education by Lakeview Village: "Low Sodium Diet" 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	16 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 "Seeing It All" 1:30-2:30 Life Skills: "Exercising Without Exercising - Active Movement at Home"	18 9:30-10:30 Creative Conversations (OT) 10:00-10:30 Body Balance/ROM Exercises 10:30-12:00 Focus on the Hand "Origami Style" 12:00-1:00 "Spring Salad" Potluck 1:00-1:30 Sharpen Your Mind 1:30-2:30 Old Fashion Bingo Fun
21 9:30-10:30 Creative Conversations 10:00-11:00 Yoga with Abigail 11:00-12:00 Life Skills: "Recreational Activities" 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	23 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 1:00-2:00 Body Balance/ROM Exercises 2:00-2:30 Sharpen Your Mind	25 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 "Smile" - It's Baby Photo Day 12:00-1:00 Lunch and Clean Up 1:00-1:30 "Seeing It All" 1:30-2:30 Sharpen Your Mind

28 CLOSED!! MEMORIAL DAY HOLIDAY NO PROGRAMING!!	30 9:30-10:30 Creative Conversations 10:00-11:00 Body Balance/ROM Exercises 11:00-12:00 GratiTUNES with Debby/Caroline 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Life Skills: TED Talks	June 1 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 Lunch and Clean Up 1:00-2:00 "Balls of Fun" 2:00-2:30 Sharpen Your Mind
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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!

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.