

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>3 Upcoming: Karin Olds Comprehensive Stroke Medical Director at St. Luke's Marion Bloch Neuroscience Institute</p>	<p>02 10:00-11:30 Brain Games 11:30-12:20 Lunch/ Pet Therapy 12:20-12:30 Self Check 12:30-1:30 Fitness With Nina 1:30-2:30 Water Works 1:30-2:30 Small Group Fitness</p>	<p>3 SLP: Rockhurst Univ. Speech Language Pathology Dept. Facilitated by Shatonda Jones. Group cognitive activities and individual speech therapy sessions.</p>	<p>4</p>
<p>7 10:00-10:30 LC/Press Release 10:30-11:00 ROM 11:00-12:00 Goal/Journal 12:00-1:00 Lunch/Self Check 1:00-1:30 Fitness with Billy 1:30-2:30 Water Tx/SGF</p>	<p>8</p>	<p>9 10:00-11:30 Brain Games /FIESTA 11:30-12:20 Lunch/ Pet Therapy 12:20-12:30 Self Check 12:30-1:30 Fitness With Nina 1:30-2:30 Water Works 1:30-2:30 Small Group Fitness</p>	<p>10 "ROM"- Range of Motion: Arthrokinematics-Head- Toe Joint Motions. "Self Check"- 3 minute self inventory (ex. mindfulness, quiet, prayer etc). Participants in wheelchairs will stand to improve circulation.</p>	<p>11</p>
<p>14 10:00-10:30 LC/Press Release 10:30-11:00 ROM 11:00-12:00 Goal/Journal 12:00-1:00 Lunch/Self Check 1:00-1:30 Fitness with Billy 1:30-2:30 Water Tx/SGF</p>	<p>15 Reminder: Plan to come support Research Support Group at 3:00pm!</p>	<p>16 10:00-11:30 Stroke Education/Karin Olds 11:30-12:30 Lunch/ Pet Therapy/ Self Check 12:30-1:30 Fitness With Nina 1:30-2:30 Water Works 1:30-2:30 Small Group Fitness 3:00-4:00 Research Support Group</p>	<p>17 Fitness o/t Floor&SGF: Cardio and fitness equipment. Fitness w/Nina: Group Exercise with Nina Phillips Water Works: Group water aerobics with Coach Roy Copeland.</p>	<p>18</p>
<p>21 10:00-10:30 LC/Press Release 10:30-11:00 ROM 11:00-12:00 Goal/Journal 12:00-1:00 Lunch/Self Check 1:00-1:30 Fitness with Billy 1:30-2:30 Water Tx/SGF</p>	<p>22</p>	<p>23 10:00-11:30 Brain Games/Pet Therapy 11:30-12:30 Lunch/Self Check 12:30-1:30 Fitness With Nina 1:30-2:30 Water Works 1:30-2:30 Small Group Fitness</p>	<p>24 *LEADERBOARD Challenge (LC): Help your fitness group get to the top of the leaderboard by earning wellness activity points. **Press Release: Check-In with your wellness announcement.</p>	<p>25</p>
<p>Memorial Day-ASF CLOSED</p> 	<p>29 Upcoming in June Group outing to Ward Parkway to walk, shop, fellowship and EAT!</p>	<p>30 10:00-11:30 Brain Games 11:30-12:30 Lunch/ Pet Therapy/ Self Check 12:30-1:30 Fitness With Nina 1:30-2:30 Water Works 1:30-2:30 Small Group Fitness</p>	<p>31  AMERICAN STROKE FOUNDATION Reclaiming hope. Rebuilding lives.</p>	<p>1</p>