

# American Stroke Foundation, Mission, KS

July 2018

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

| MONDAY  | WEDNESDAY   | FRIDAY  |
|---|---|---|
| <p><b>2</b></p> <p>9:30-10:30 Creative Conversations<br/>           10:00-10:30 Wake Up Your Brain<br/>           10:30-11:30 Morning Muscle Moves with Annie<br/>           11:30-12:00 Mantra Messaging with Tom<br/>           12:00-1:00 Lunch &amp; Clean Up<br/>           1:15-2:15 Aquatics<br/>           1:00-1:30 Brain Teasers<br/>           1:30-2:30 Survivor Support with Don</p>                         | <p><b>4</b></p> <p style="text-align: center;"><b><u>INDEPENDENCE DAY HOLIDAY</u></b><br/> <b>NO PROGRAMMING</b></p>  | <p><b>6</b></p> <p>9:30-10:30 Creative Conversations (OT)<br/>           10:00-10:30 Body Balance/ROM Exercises<br/>           10:30-11:30 Focus on the Hand - Activity<br/>           11:30-12:00 Life Skills: "Supporting Your Caregiver"<br/>           12:00-1:00 Lunch &amp; Clean Up<br/>           12:15-1:00 Summer Book Club with Sarah<br/>           1:00-1:30 "Seeing It All"<br/>           1:30-2:30 Sharpen Your Mind</p>                                      |
| <p><b>9</b></p> <p>9:30-10:30 Creative Conversations<br/>           10:00-10:30 Wake Up Your Brain<br/>           10:30-11:30 Morning Muscle Moves with Annie<br/>           11:30-12:00 Mantra Messaging with Tom<br/>           12:00-1:00 Lunch &amp; Clean Up<br/>           1:15-2:15 Aquatics<br/>           1:00-1:30 Brain Teasers<br/>           1:30-2:30 Survivor Support with Don</p>                         | <p><b>11</b></p> <p>9:30-10:30 Creative Conversations<br/>           10:00-11:00 Morning Muscle Moves with Annie<br/>           11:00-12:00 KU Health System Stroke Education Series: "Your Best Chance to Reverse Stroke"<br/>           12:00-1:00 Lunch &amp; Clean Up<br/>           1:15-2:15 Aquatics<br/>           1:00-1:30 "Seeing It All"<br/>           1:30-2:30 Sharpen Your Mind</p> | <p><b>13</b></p> <p>9:30-10:30 Creative Conversations (OT)<br/>           10:00-10:30 Body Balance/ROM Exercises<br/>           10:30-11:30 Focus on the Hand - Activity<br/>           11:30-12:00 Life Skills: "One Handed Grooming"<br/>           12:00-1:00 Lunch &amp; Clean Up<br/>           12:15-1:00 Summer Book Club with Sarah<br/>           1:00-1:30 Brain Teasers<br/>           1:30-2:00 "Mindfulness" with Ada<br/>           2:00-2:30 Word Scramble</p> |
| <p><b>16</b></p> <p>9:30-10:30 Creative Conversations<br/>           10:00-10:30 Wake Up Your Brain<br/>           10:30-11:30 Morning Muscle Moves with Annie<br/>           11:30-12:00 "The Stroke Walk" Kick Off with Kathy and Margie<br/>           12:00-1:00 Lunch &amp; Clean Up<br/>           1:15-2:15 Aquatics<br/>           1:00-1:30 Brain Teasers<br/>           1:30-2:30 Survivor Support with Don</p> | <p><b>18</b></p> <p>9:30-10:30 Creative Conversations<br/>           10:00-10:30 Body Balance/ROM Exercises<br/>           10:30-11:00 Dialogue with Jane<br/>           11:00-12:00 GratiTUNES<br/>           12:00-1:00 Lunch &amp; Clean Up<br/>           1:15-2:15 Aquatics<br/>           1:00-1:30 Focus on the Hand - Exercise<br/>           1:30-2:30 Sharpen Your Mind</p>               | <p><b>20</b></p> <p>9:30-10:30 Creative Conversations (OT)<br/>           10:00-10:30 Body Balance/ROM Exercises<br/>           10:30-11:30 Focus on the Hand - Activity<br/>           11:30-12:00 Life Skills: "Healthy Food Alternatives"<br/>           12:00-1:00 Lunch and Clean Up<br/>           12:30-1:30 Music and Maggie<br/>           1:30-2:30 Sharpen Your Mind</p>   |
| <p><b>23</b></p> <p>9:30-10:30 Creative Conversations<br/>           10:00-11:00 Morning Muscle Moves with Annie<br/>           11:00-12:00 Education by Ability KC "Assistive Technology"<br/>           12:00-1:00 Lunch &amp; Clean Up<br/>           1:15-2:15 Aquatics<br/>           1:00-1:30 Brain Teasers<br/>           1:30-2:30 Survivor Support with Don</p>   | <p><b>25</b></p> <p>9:30-10:30 Creative Conversations<br/>           10:00-11:00 Morning Muscle Moves with Annie<br/>           11:00-12:00 GratiTUNES<br/>           12:00-1:00 Lunch &amp; Clean Up<br/>           1:15-2:15 Aquatics<br/>           1:00-1:30 Focus on the Hand - Exercise<br/>           1:30-2:30 Sharpen Your Mind</p>  | <p><b>27</b></p> <p>9:30-10:30 Creative Conversations (OT)<br/>           10:00-10:30 Body Balance/ROM Exercises<br/>           10:30-11:30 Focus on the Hand - Activity<br/>           11:30-12:00 "Seeing It All" Word Search Style<br/>           12:00-1:00 Monthly Potluck – BBQ<br/>           1:00-1:30 Potluck Clean Up<br/>           1:30-2:30 Sharpen Your Mind</p>  |

| <b>30</b>                                   | <b>Aug 1</b>  | <b>Aug 3</b>                             |
|---|---|--|
| 9:30-10:30 Creative Conversations           | 9:30-10:30 Creative Conversations   | 9:30-10:30 Creative Conversations (OT)   |
| 10:00-10:30 Wake Up Your Brain              | 10:00-11:00 Morning Muscle Moves with Annie   | 10:00-10:30 Body Balance/ROM Exercises   |
| 10:30-11:30 Morning Muscle Moves with Annie | 11:00-12:00 KU Health System Stroke Education Series: "Dietary Measures to Reduce Your Stroke Risk" | 10:30-11:30 Focus on the Hand - Activity |
| 11:30-12:00 Mantra Messaging with Tom       | 12:00-1:00 Lunch & Clean Up   | 11:30-12:00 "Nebraska Day"               |
| 12:00-1:00 Lunch & Clean Up                 | 1:15-2:15 Aquatics  | 12:00-1:00 Lunch and Clean Up            |
| 1:15-2:15 Aquatics                          | 1:00-1:30 Focus on the Hand - Exercise  | 1:00-2:00 The "Escape Room" Challenge    |
| 1:00-1:30 Brain Teasers                     | 1:30-2:30 Sharpen Your Mind   | 2:00-2:30 Sharpen Your Mind              |
| 1:30-2:30 Survivor Support with Don         |   |  |

### 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!

**Book Club:** Group discussion of selected readings.

**Brain Teasers/Sharpen Your Mind/Wake up your Brain:** Engage in 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.

**Dialogue:** Social worker, Jane, comes to share and discuss a variety of topics that impact recovery.

**Focus on the Hand:** This group will offer exercises and other techniques incorporating art/craft projects to address hand movement and/or compensatory strategies.

**Give Back:** Give back to the community by preparing "gifts" for others

**GratiTUNES:** Singing and reading activities 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.

**Mantra Messaging:** Participant sharing of "lived experiences".

**Morning Muscle Moves/Body Balance/Range of Motion (ROM):** Moving joints throughout the body from head to toe while working on your core strength and balance in this movement group.

**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.

**Seeing It All:** Visual scanning activities.

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

**Survivor Support:** Retired pastor, Don, comes to share stories and boost the group's spirits.

### **JULY BIRTHDAYS**

- **July 10 Carolyn**
- **July 19 Pat**
- **July 29 Warnetta**
- **July 31 Annette**