

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday    |
|--|--|---|--|-----------|
| <p>6</p> <p>10:00-11:30 <b>Matt Lammers St. Luke's Marion Bloch Neuroscience Institute</b></p> <p>11:30-12:15 Lunch</p> <p>12:30-1:00 Group ROM</p> <p>1:00-1:30 Fitness w/Billy</p> <p>1:30-2:30 Water Works/Fitness</p>  | <p>7</p> <p>Upcoming:<br/><b>Stroke Walk Sat, Sept 8, 2018</b><br/><b>Registration 8am, Walk 9:30</b></p> <p>Royals Thurs, Sept 13, 7:15pm</p> | <p>08</p> <p>10:00-11:30 Brain Games</p> <p>11:30-12:15 Lunch/ Pet Therapy</p> <p>12:20-12:30 Self Check</p> <p>12:30-1:30 Fitness With Nina</p> <p>1:30-2:30 Water Works</p> <p>1:30-2:30 Small Group Fitness</p>  | <p>9</p> <div style="border: 1px solid black; padding: 5px;"> <p><b>SLP:</b> Rockhurst Univ. Speech Language Pathology Dept. Facilitated by Shatonda Jones. Group cognitive activities and individual speech therapy sessions.</p> </div>  | <p>10</p> |
| <p>13</p> <p>10:00-10:30 Press Release</p> <p>10:30-11:00 ROM</p> <p>11:00-12:00 Goal/Journal</p> <p>12:00-1:00 Lunch/Self Check</p> <p>1:00-1:30 Fitness with Billy</p> <p>1:30-2:30 Water Tx/SGF</p>   | <p>14</p>  | <p>15</p> <p>10:00-11:30 <b>Beginner Art Class w/Rhonda</b></p> <p>11:30-12:20 Lunch/ Pet Therapy</p> <p>12:20-12:30 Self Check</p> <p>12:30-1:30 Fitness With Nina</p> <p>1:30-2:30 Water Works</p> <p>1:30-2:30 Small Group Fitness</p>                         | <p>16</p> <div style="border: 1px solid black; padding: 5px;"> <p>"ROM"- Range of Motion: Arthrokinematics-Head- Toe Joint Motions.<br/>"Self Check"- 3 minute self inventory (ex. mindfulness, quiet, prayer etc).<br/>Participants in wheelchairs will stand to improve circulation.</p> </div>                      | <p>17</p> |
| <p>20</p> <p>10:00-10:30 Press Release</p> <p>10:30-11:00 ROM</p> <p>11:00-12:00 Goal/Journal</p> <p>12:00-1:00 Lunch/Self Check</p> <p>1:00-1:30 Fitness with Billy</p> <p>1:30-2:30 Water Tx/SGF</p>   | <p>21</p> <p><b>Reminder: Plan to come support Research Support Group at 3:00pm!</b></p>   | <p>22</p> <p>10:00-11:30 Variety Show Prep/Brain Games</p> <p>11:30-12:30 Lunch/ Pet Therapy/ Self Check</p> <p>12:30-1:30 Fitness With Nina</p> <p>1:30-2:30 Water Works</p> <p>1:30-2:30 Small Group Fitness</p> <p>3:00-4:00 <b>Research Support Group</b></p> | <p>23</p> <div style="border: 1px solid black; padding: 5px;"> <p><b>Fitness o/t Floor&amp;SGF:</b> Cardio and fitness equipment.<br/><b>Fitness w/Nina:</b> Group Exercise with Nina Phillips<br/><b>Water Works:</b> Group water aerobics with Coach Roy Copeland.</p> </div>  | <p>24</p> |
| <p>27</p> <p>10:00-10:30 Press Release</p> <p>10:30-11:00 ROM</p> <p>11:00-12:00 Goal/Journal</p> <p>12:00-1:00 Lunch/Self Check</p> <p>1:00-1:30 Fitness with Billy</p> <p>1:30-2:30 Water Tx/SGF</p>   | <p>28</p>  | <p>29</p> <p>10:00-11:30 Brain Games/Pet Therapy</p> <p>11:30-12:30 Lunch/Self Check</p> <p>12:30-1:30 Fitness With Nina</p> <p>1:30-2:30 Water Works</p> <p>1:30-2:30 Small Group Fitness</p> <p><b>ASF Professional Conference-Lockton</b></p>                  | <p>30</p> <div style="border: 1px solid black; padding: 5px;"> <p><b>* St. Lukes Marion Bloch Neuroscience Institute:</b><br/>Dr. Karin Olds and Matt Lammers partner with ASF Cleaver to provide education relevant to participants.<br/><b>**Press Release:</b> Check-In with your wellness announcement.</p> </div> | <p>31</p> |
| <p><b>Sept 3 LABOR DAY -ASF CLOSED</b></p> <p>Labor Day in the United States is a public holiday celebrated on the first Monday in September. It honors the American labor movement and the contributions that workers have made to the strength, prosperity, laws and well-being of the country</p> | <p>4</p>    | <p>5</p> <p>10:00-11:30 Brain Games</p> <p>11:30-12:30 Lunch/ Pet Therapy/ Self Check</p> <p>12:30-1:30 Fitness With Nina</p> <p>1:30-2:30 Water Works</p> <p>1:30-2:30 Small Group Fitness</p>   | <p>6</p>  <p><b>AMERICAN STROKE FOUNDATION</b></p> <p>Reclaiming hope. Rebuilding lives.</p>  | <p>7</p>  |