

# American Stroke Foundation, Mission, KS

August 2018

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

MONDAY	WEDNESDAY	FRIDAY
<p><b>6</b></p> <p>9:30-10:30 Creative Conversations (OT)            10:00-11:00 Wake Up Your Brain            11:00-12:00 Education by NuMotion            12:00-1:00 Lunch &amp; Clean Up            1:00-1:45 Chair Aerobics with Cindy            1:45-2:30 Survivor Support with Don</p>	<p><b>8</b></p> <p><b>“Walk Shirt Wednesday”</b></p> <p>9:30-10:30 Creative Conversations (OT)            10:00-11:00 Wake Up Your Brain            11:00-12:00 GratiTUNES with Caroline            12:00-1:00 Lunch &amp; Clean Up            1:00-2:00 Chair Aerobics with Cindy            2:00-2:30 Sharpen Your Mind</p>	<p><b>10</b></p> <p>9:30-10:30 Creative Conversations (OT)            10:00-10:30 Wake Up Your Brain            10:30-11:30 Yoga with Megan            11:30-12:00 Meet the Students            12:00-1:00 Lunch &amp; Clean Up            1:00-1:30 “Seeing It All”            1:30-2:30 Fun Friday – BINGO</p>
<p><b>13</b></p> <p>9:30-10:30 Creative Conversations (OT)            10:00-10:30 Wake Up Your Brain            10:30-11:30 Focus on the Hand - Activity            11:30-12:00 Mantra Messaging with Tom            12:00-1:00 Lunch &amp; Clean Up            1:00-1:45 Chair Aerobics with Cindy            1:45-2:30 Survivor Support with Don</p>	<p><b>15</b></p> <p><b>“Walk Shirt Wednesday”</b></p> <p>9:30-10:30 Creative Conversations (OT)            10:00-11:00 Wake Up Your Brain            11:00-12:00 GratiTUNES with Debby            12:00-1:00 Lunch &amp; Clean Up            1:00-2:00 Chair Aerobics with Cindy            2:00-2:30 Sharpen Your Mind</p>	<p><b>17</b></p> <p>9:30-10:30 Creative Conversations (OT)            10:00-10:30 Wake Up Your Brain            10:30-11:30 Yoga with Megan            11:30-12:00 Life Skills: Safe Mobility            12:00-1:00 Lunch &amp; Clean Up            12:30-1:30 Music with Maggie            1:30-2:30 Fun Friday – Board Games</p>
<p><b>20</b></p> <p><b>2<sup>nd</sup> Floor Closed, NuStep in Room A</b></p> <p>9:30-10:30 Creative Conversations (OT)            9:30-11:30 MUSCLE MOVE MONDAY, Rooms A &amp; B            11:30-12:00 Messaging with Tom            12:00-1:00 Lunch &amp; Clean Up            1:00-1:45 Chair Aerobics with Cindy            1:45-2:30 Survivor Support with Don</p>	<p><b>22</b></p> <p><b>2<sup>nd</sup> Floor Closed, NuStep in Room A</b></p> <p><b>“Walk Shirt Wednesday”</b></p> <p>9:30-10:30 Creative Conversations (OT)            9:30-11:30 WORKOUT WEDNESDAY, Rooms A &amp; B            11:30-12:00 Dialogue with Jane            12:00-1:00 Lunch &amp; Clean Up            1:00-2:00 Chair Aerobics with Cindy            2:00-2:30 Sharpen Your Mind</p>	<p><b>24</b></p> <p><b>2<sup>nd</sup> Floor Closed, NuStep in Room A</b></p> <p>9:30-10:30 Creative Conversations (OT)            9:30-11:30 FITNESS FRIDAY, Rooms A &amp; B            11:30-12:00 Word Search “Fitness Style”            12:00-1:30 Monthly Potluck            1:30-2:00 Mindfulness with Ada            2:00-2:30 Sharpen Your Mind</p>
<p><b>27 (Sylvester Powell Jr. Community Center is closed this week.)</b></p> <p><b>11:00 – 2:00 BOWLING OUTING</b>            Go directly to... Ward Parkway Lanes            1523 W 89<sup>th</sup> Street            Kansas City, MO</p> <p>Cost is \$10 per person to cover shoe, ball and lane rental. Family and friends welcome. No outside food allowed so bring \$ for the snack bar. Must RSVP to Jeanette by August 24<sup>th</sup>.</p>	<p><b>29 (Sylvester Powell Jr. Community Center is closed this week.)</b></p> <p style="text-align: center;"><b>CLOSED!!</b> <b>NO PROGRAMMING!!</b></p> <p style="text-align: center;">(ASF Professional Healthcare Conference being held today.)</p>	<p><b>31 (Sylvester Powell Jr. Community Center is closed this week.)</b></p> <p><b>11:30 – 2:00 “I’ve Been Mugged” Outing</b>            Go directly to... The Ceramic Café            9510 Nall            Overland Park, KS</p> <p>Cost is \$10 per person to make a personalized mug. Family and friends welcome. Lunch is included. Must RSVP to Jeanette by August 24<sup>th</sup>.</p>

## 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.

## **AUGUST BIRTHDAYS**

- **August 1 Jack**
- **August 2 Nancy**
- **August 3 Joe L**
- **August 4 Brian**
- **August 9 Patrick, aka Mr. Wonderful**
- **August 24 Rikki**