

# American Stroke Foundation, Mission, KS

September 2018

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

MONDAY	WEDNESDAY	FRIDAY
<b>3</b>  <b><u>LABOR DAY HOLIDAY</u></b> <b>NO PROGRAMMING</b>	<b>5 “Walk Shirt” Wednesday</b> 9:30-10:30 Creative Conversations 10:00-10:30 Wake Up Your Brain 10:30-11:00 Body Balance/ROM Exercises 11:00-12:00 KU Health System Stroke Education Series 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 “Seeing It All” 1:30-2:30 Sharpen Your Mind	<b>7</b> 9:30-10:30 Creative Conversations (OT) 10:00-10:30 Body Balance/ROM Exercises 10:30-11:30 Focus on the Hand - Activity 11:30-12:00 Life Skills: “Leisure and Relaxation” 12:00-1:00 Lunch & Clean Up 1:00-2:00 “Movement Bingo” 2:00-2:30 Sharpen Your Mind
<b>10</b> 9:30-10:30 Creative Conversations 10:00-10:30 Wake Up Your Brain 10:30-11:30 Morning Muscle Moves with 11:30-12:00 Mantra Messaging with Tom 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	<b>12</b> 9:30-10:30 Creative Conversations 10:00-10:30 Wake Up Your Brain 10:30-11:00 Body Balance/ROM Exercises 11:00-12:00 GratiTUNES with Caroline 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 “Seeing It All” 1:30-2:30 Sharpen Your Mind	<b>14</b> 9:30-10:30 Creative Conversations (OT) 10:00-10:30 Body Balance/ROM Exercises 10:30-11:30 Focus on the Hand - Activity 11:30-12:00 Life Skills: “Sleep Hygiene” 12:00-1:00 Lunch & Clean Up 12:15-1:00 Chat and Chew Book Club 1:00-1:30 Brain Teasers 1:30-2:00 “Mindfulness” with Ada 2:00-2:30 Word Scramble
<b>17</b> 9:30-10:30 Creative Conversations 10:00-10:30 Wake Up Your Brain 10:30-11:00 Body Balance/ROM Exercises 11:00-12:00 Stroke Education by MARH 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	<b>19</b> 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 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 Focus on the Hand - Exercise 1:30-2:30 Sharpen Your Mind	<b>21</b> 9:30-10:30 Creative Conversations (OT) 10:00-10:30 Body Balance/ROM Exercises 10:30-11:30 Focus on the Hand - Activity 11:30-12:00 Life Skills: “Hydration” 12:00-1:00 Lunch and Clean Up 12:30-1:30 Music and Maggie 1:30-2:30 Sharpen Your Mind
<b>24</b> 9:30-10:30 Creative Conversations 10:00-10:30 Wake Up Your Brain 10:30-11:00 Body Balance/ROM Exercises 11:00-12:00 Education by KC Medical Equipment 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	<b>26</b> 9:30-10:30 Creative Conversations 10:00-10:30 Wake Up Your Brain 10:30-11:00 Body Balance/ROM Exercises 11:00-12:00 GratiTUNES with Debby 12:00-1:00 Lunch & Clean Up 1:00-2:00 Aquatics 1:00-1:30 “Seeing It All” 1:30-2:30 Sharpen Your Mind	<b>28</b> 9:30-10:30 Creative Conversations (OT) 10:00-10:30 Body Balance/ROM Exercises 10:30-11:30 Focus on the Hand - Activity 11:30-12:00 “Seeing It All” Word Search Style 12:00-1:00 Monthly Potluck 1:00-1:30 Potluck Clean Up 1:30-2:00 “Mindfulness” with Ada 2:00-2:30 Sharpen Your Mind

## 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.

## SEPTEMBER BIRTHDAYS

- Sept 5 Cathy
- Sept 8 Deb
- Sept 19 Dottie
- Sept 21 Jim S
- Sept 27 Ed S
- Sept 30 Joyce