

# American Stroke Foundation, Mission, KS

October 2018

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

MONDAY	WEDNESDAY	FRIDAY
<p><b>1</b></p> <p>9:30-10:30 Creative Conversations            10:00-10:30 Wake Up Your Brain            10:30-11:30 Morning Muscle Moves            11:30-12:00 Messaging with Tom            12:00-1:00 Lunch &amp; Clean Up            1:00-2:00 Aquatics            1:00-1:30 Brain Teasers            1:30-2:30 Survivor Support with Don</p>	<p><b>3</b></p> <p>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 &amp; Clean Up            1:00-2:00 Aquatics            1:00-1:30 "Seeing It All"            1:30-2:30 Sharpen Your Mind</p>	<p><b>5</b></p> <p>9:30-10:30 Creative Conversations (OT)            10:00-10:30 Wake Up Your Brain            10:30-11:00 Focus on the Hand – Activity            11:00-11:30 Life Skills: Recreation and Leisure            11:30-12:00 "Next Steps" with Theo and Jeanette            12:00-1:00 Lunch &amp; Clean Up            12:15-12:45 Meet the New Students            1:00-2:00 "Movement Bingo"            2:00-2:30 Sharpen Your Mind</p>
<p><b>8</b></p> <p>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 Presentation            12:00-1:00 LUNCH PROVIDED            1:00-2:00 Aquatics            1:00-1:30 Brain Teasers            1:30-2:30 Survivor Support with Don</p>	<p><b>10</b></p> <p>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            12:00-1:00 Lunch &amp; Clean Up            1:00-2:00 Aquatics            1:00-1:30 "Seeing It All"            1:30-2:30 Sharpen Your Mind</p>	<p><b>12</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 Public Speaking by Bora            12:00-1:00 Lunch &amp; Clean Up            12:15-12:45 Chat and Chew Book Club            1:00-1:30 Body Balance/ROM Exercises            1:30-2:00 "Mindfulness" with Ada            2:00-2:30 Word Scramble</p>
<p><b>15</b></p> <p>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 Saebo Inservice by Lakeview Village            12:00-1:00 Lunch &amp; Clean Up            1:00-2:00 Aquatics            1:00-1:30 Brain Teasers            1:30-2:30 Survivor Support with Don</p>	<p><b>17</b></p> <p>9:30-10:30 Creative Conversations            10:00-10:30 Wake Up Your Brain            10:30-11:00 Dialogue with Jane            11:00-12:00 GratiTUNES            12:00-1:00 Lunch &amp; Clean Up            1:00-2:00 Aquatics            1:00-1:30 Body Balance/ROM Exercises            1:30-2:30 Sharpen Your Mind</p>	<p><b>19</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 Life Skills: Communication &amp; Social Participation            12:00-1:00 Lunch and Clean Up            12:30-1:30 Music and Maggie            1:30-2:30 Sharpen Your Mind</p>
<p><b>22</b></p> <p>9:30-10:30 Creative Conversations            10:00-10:30 Wake Up Your Brain            10:30-11:30 Morning Muscle Moves            11:30-12:00 Messaging with Tom            12:00-1:00 Lunch &amp; Clean Up            1:00-2:00 Aquatics            1:00-1:30 Brain Teasers            1:30-2:30 Survivor Support with Don</p>	<p><b>24</b></p> <p>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            12:00-1:00 Lunch &amp; Clean Up            1:00-2:00 Aquatics            1:00-1:30 "Seeing It All"            1:30-2:30 Sharpen Your Mind</p>	<p><b>26 "Regular Programming" CANCELLED</b></p> <p><b>CAREGIVER CONFERENCE</b>  <b>with special survivor schedule</b>  <b>9:00 – 2:00</b></p> <p><b>\$20.00 per family</b>  <b>\$10.00 per individual</b>  <u><b>Lunch Included</b></u></p> <p><b>(See separate flier or Jeanette for more details)</b></p>

<b>29</b>		<b>31 Happy Halloween (costumes welcome)</b>		<b>Nov 2</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	10:00-10:30	Wake Up Your Brain	10:00-10:30	Wake Up Your Brain
10:30-11:30	Morning Muscle Moves	10:30-11:00	Body Balance/ROM Exercises	10:30-11:30	Focus on the Hand - Activity
11:30-12:00	Messaging with Tom	11:00-12:00	GratiTUNES	11:30-12:00	Life Skills: TBD
12:00-1:00	Lunch & Clean Up	12:00-1:00	Lunch & Clean Up	12:00-1:00	Lunch and Clean Up
1:00-2:00	Aquatics	1:00-2:00	Aquatics	12:15-12:45	Chat and Chew Book Club
1:00-1:30	Brain Teasers	1:00-1:30	“Seeing It All”	1:00-1:30	Body Balance/ROM Exercises
1:30-2:30	Survivor Support with Don	1:30-2:30	Sharpen Your Mind	1:30-2:30	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.

**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.

### **OCTOBER BIRTHDAYS**

- **October 13 Sharon H**
- **October 21 Warren**
- **October 24 Vanita**