

American Stroke Foundation, Mission, KS

November 2018

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

MONDAY	WEDNESDAY	FRIDAY
		<p>2</p> <p>9:30-10:30 Creative Conversations (OT)</p> <p>10:00-10:30 Wake Up Your Brain</p> <p>10:30-11:30 Focus on the Hand - Activity</p> <p>11:30-12:00 Life Skills: "Mental Health Post Stroke" by Caroline</p> <p>12:00-1:00 Lunch and Clean Up</p> <p>12:15-12:45 Chat and Chew Book Club</p> <p>1:00-1:30 Body Balance/ROM Exercises</p> <p>1:30-2:30 Sharpen Your Mind</p>
<p>5</p> <p>9:30-10:30 Creative Conversations</p> <p>10:00-10:30 Wake Up Your Brain</p> <p>10:30-11:30 Morning Muscle Moves</p> <p>11:30-12:00 Messaging with Tom</p> <p>12:00-1:00 Lunch & Clean Up</p> <p>1:00-2:00 Aquatics</p> <p>1:00-1:30 Brain Teasers</p> <p>1:30-2:30 Survivor Support with Don</p>	<p>7</p> <p>9:30-10:30 Creative Conversations</p> <p>10:00-10:30 Wake Up Your Brain</p> <p>10:30-11:00 Body Balance/ROM Exercises</p> <p>11:00-12:00 GratiTUNES</p> <p>12:00-1:00 Lunch & Clean Up</p> <p>1:00-2:00 Aquatics</p> <p>1:00-1:30 "Seeing It All"</p> <p>1:30-2:30 Sharpen Your Mind</p>	<p>9</p> <p>9:30-10:30 Creative Conversations (OT)</p> <p>10:00-10:30 Wake Up Your Brain</p> <p>10:30-11:30 Focus on the Hand – Activity</p> <p>11:30-12:00 Word Search</p> <p>12:00-1:30 Thankful Feast Potluck</p> <p>1:30-2:00 Mindfulness with Ada</p> <p>2:00-2:30 Sharpen Your Mind</p>
<p>12 Veteran's Day Picture Display</p> <p>9:30-10:30 Creative Conversations</p> <p>10:00-10:30 Wake Up Your Brain</p> <p>10:30-11:30 Morning Muscle Moves</p> <p>11:30-12:00 Life Skills: "Winter Safety" by Laryssa</p> <p>12:00-1:00 LUNCH PROVIDED</p> <p>1:00-2:00 Aquatics</p> <p>1:00-1:30 Brain Teasers</p> <p>1:30-2:30 Survivor Support with Don</p>	<p>14</p> <p>9:30-10:30 Creative Conversations</p> <p>10:00-10:30 Wake Up Your Brain</p> <p>10:30-11:00 Body Balance/ROM Exercises</p> <p>11:00-12:00 KU Health System Stroke Education Series: "Keep Your Blood Sugar on the Straight Path"</p> <p>12:00-1:00 Lunch & Clean Up</p> <p>1:00-2:00 Aquatics</p> <p>1:00-1:30 "Seeing It All"</p> <p>1:30-2:30 Sharpen Your Mind</p>	<p>16</p> <p>9:30-10:30 Creative Conversations (OT)</p> <p>10:00-10:30 Wake Up Your Brain</p> <p>10:30-11:30 Focus on the Hand - Activity</p> <p>11:30-12:00 Life Skills: "Spasticity/Tone Management" by Katie</p> <p>12:00-1:00 Lunch & Clean Up</p> <p>12:30-1:30 Music with Maggie</p> <p>1:30-2:30 Sharpen Your Mind</p>
<p>19</p> <p>9:30-10:30 Creative Conversations</p> <p>10:00-10:30 Wake Up Your Brain</p> <p>10:30-11:00 Body Balance/ROM Exercises</p> <p>11:00-12:00 Adaptive Computer Inservice by Ability KC</p> <p>12:00-1:00 Lunch & Clean Up</p> <p>1:00-2:00 Aquatics</p> <p>1:00-1:30 Brain Teasers</p> <p>1:30-2:30 Survivor Support with Don</p>	<p>21</p> <p>9:30-10:30 Creative Conversations</p> <p>10:00-10:30 Wake Up Your Brain</p> <p>10:30-11:00 Dialogue with Jane</p> <p>11:00-12:00 GratiTUNES</p> <p>12:00-1:00 Lunch & Clean Up</p> <p>1:00-2:00 Aquatics</p> <p>1:00-1:30 Body Balance/ROM Exercises</p> <p>1:30-2:30 Sharpen Your Mind</p>	<p>23</p> <p style="text-align: center;">CLOSED – NO PROGRAMMING</p>

26	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 & Clean Up 12:15-12:45 "Show Off Day" with Caroline 1:00-2:00 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support with Don	28	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 & Clean Up 12:15-12:45 "Show Off Day" with Caroline 1:00-2:00 Aquatics 1:00-1:30 "Seeing It All" 1:30-2:30 Sharpen Your Mind	30	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: "Don't Spread the Germs" with Audrey 12:00-1:00 Lunch and Clean Up 12:15-12:45 "Show Off Day" with Caroline 1:00-1:30 Body Balance/ROM Exercises 1:30-2:00 Mindfulness with Ada 2:00-2:30 Word Scramble
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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!

Chat and Chew/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.

NOVEMBER BIRTHDAYS

- Nov 3 Smiley
- Nov 23 Ronnie