

American Stroke Foundation, Mission, KS

December 2018

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

MONDAY	WEDNESDAY	FRIDAY
3 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 Life Skills: "Social Skills" 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	5 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: "Keeping Your Heart in Rhythm" 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	7 9:30-10:30 Creative Conversations (OT) 10:00-10:45 Wake Up Your Brain 10:45-11:15 Life Skills: "Visit Brazil" 11:30-12:00 Pearl Harbor Remembrance Event 12:00-1:00 Lunch & Clean Up 1:00-1:30 Body Balance/ROM Exercises 1:30-2:30 Sharpen Your Mind
10 9:30-10:30 Creative Conversations 10:00-10:30 Wake Up Your Brain 10:30-11:00 Body Balance/ROM Exercises 11:00-11:30 Holiday Songs by "The Missionaires" 11:30-12:00 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	12 9:30-10:30 Creative Conversations 10:00-10:30 Wake Up Your Brain 10:30-11:00 Surprise Singing Engagement 11:00-12:00 GratiTUNES 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	14 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: "Vision Changes after a Stroke" 12:00-1:00 Lunch and Clean Up 1:00-1:30 Body Balance/ROM Exercises 1:30-2:00 Mindfulness with Ada 2:00-2:30 Sharpen Your Mind
17 9:30-10:30 Creative Conversations 10:00-10:30 Wake Up Your Brain 10:30-11:00 Body Balance/ROM Exercise 11:00-12:00 Speech Inservice 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	19 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 & Clean Up 1:00-2:00 Aquatics 1:00-1:30 Body Balance/ROM Exercises 1:30-2:30 Sharpen Your Mind	21 9:30-10:30 Creative Conversations (OT) 10:00-10:30 Wake Up Your Brain Holiday Style 10:30-11:30 "All Those Reindeer Games" 11:30-12:00 Holiday Word Search 12:00-1:30 Holiday Potluck 12:30-1:30 Holiday Music with Maggie 1:30-2:30 Holiday Bingo
24 CLOSED FOR HOLIDAY BREAK HAPPY HOLIDAYS!!	26 CLOSED FOR HOLIDAY BREAK HAPPY HOLIDAYS!!	28 CLOSED FOR HOLIDAY BREAK HAPPY HOLIDAYS!!

31	2	4
CLOSED FOR HOLIDAY BREAK HAPPY HOLIDAYS!!	PROGRAMMING RESUMES PLEASE SEE JANUARY CALENDAR	PLEASE SEE JANUARY CALENDAR

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.

DECEMBER BIRTHDAYS

- Dec 17 Jan
- Dec 23 David