

American Stroke Foundation, Mission, KS

February 2019

Fitness with Theo - 9:30am-11:30am on Mondays and Fridays

MONDAY	WEDNESDAY	FRIDAY
		Feb 1 9:30-10:30 Creative Conversations (OT) 10:00-10:30 Wake Up Your Brain 10:30-11:30 Focus on the Hand 11:30-12:00 "Seeing It All" 12:00-1:30 "Souper Bowl" and Salad Potluck 1:30-2:00 Super Bowl Trivia 2:00-2:30 Sharpen Your Mind
4 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 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	6 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: "When Can I Drive Again After Stroke?" 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	8 9:30-10:30 Creative Conversations (OT) 10:00-10:30 Wake Up Your Brain 10:30-11:30 Focus on the Hand – "Giving Back" Valentine's Day Cards with Kolleen 11:30-12:00 Life Skills 12:00-1:00 Lunch & Clean Up 12:30-1:30 Music with Maggie 1:30-2:00 Mindfulness with Ada 2:00-2:30 Sharpen Your Mind
11 9:30-10:30 Creative Conversations 10:00-10:30 Wake Up Your Brain 10:30-11:30 Pilates with Tamera 11:30-12:00 "Seeing It All" 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	13 "Sweetheart Photo Day" 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 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	15 9:30-10:30 Creative Conversations (OT) 10:00-10:30 Wake Up Your Brain 10:30-11:30 Focus on the Hand 11:30-12:00 Book Club Discussion 12:00-1:00 Lunch & Clean Up 1:00-1:30 Body Balance/ROM Exercises 1:30-2:30 Sharpen Your Mind
18 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 "Seeing It All" 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	20 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 "Importance of Advocacy" by Genesis Home Health 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	22 <u>NO PROGRAMMING</u> <u>ASF PROFESSIONAL HEALTHCARE CONFERENCE</u>

25	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 "Seeing It All" 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	27	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 1:00-2:00 Aquatics 1:00-1:30 "Seeing It All" 1:30-2:30 Sharpen Your Mind	March 1	9:30-10:30 Creative Conversations (OT) 10:00-10:30 Wake Up Your Brain 10:30-11:30 Focus on the Hand 11:30-12:00 Life Skills 12:00-1:00 Lunch & Clean Up 1:00-1:30 Body Balance/ROM Exercises 1:30-2:30 Sharpen Your Mind
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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.

FEBRUARY BIRTHDAYS...

Feb 13 Cindy

Feb 23 Tom

Feb 29 Sharon J