

American Stroke Foundation, Mission, KS

March 2019

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

MONDAY	WEDNESDAY	FRIDAY
		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: "Hygiene Independence and Safety" 12:00-1:00 Lunch & Clean Up; "Chat & Chew" Book Club 1:00-1:30 Body Balance/ROM Exercises 1:30-2:30 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 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	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: "Vocal Cord Paralysis Post Stroke: What are Treatment Options?" 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 11:30-12:00 Life Skills: "Mirror, Mirror on the Table" 12:00-1:00 Lunch and Clean Up; "Chat & Chew" Book Club 1:00-1:30 Body Balance/ROM Exercises 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 Morning Muscle Moves 11:30-12:00 Life Skills: "How Smart is Your Smart Phone?" 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 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 "Irish Potluck" – Baked Potato and Salad Bar 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" Word Search Style 12:00-1:30 Potluck & Clean Up 1:30-2:00 Body Balance/ROM Exercises 2:00-2:30 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 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	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 Driving Rehab by Avenues Driving 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 9:30-10:30 Creative Conversations (OT) 10:00-10:30 Wake Up Your Brain 10:30-11:30 Body Balance/ROM Exercises: "March Madness" Style 11:30-12:00 Life Skills: "Wreck to Gem" 12:00-12:30 Lunch & Clean Up 12:30-1:30 Music with Maggie 1:30-2:30 Sharpen Your Mind

25 9:30-10:30 Creative Conversations 10:00-10:30 Wake Up Your Brain 10:30-11:30 Pilates with Tamara 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 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	29 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; “Chat & Chew” Book Club 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: Discussion and sharing on 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.

MARCH BIRTHDAYS...

March 15 Margie

March 20 Ken

March 22 Jerry

March 27 Betty