

# American Stroke Foundation, Mission, KS

**JUNE 2019**

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

MONDAY	WEDNESDAY	FRIDAY
<b>3</b> 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 "Chat and Chew" Book Club 1:15-2:15 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support with Don	<b>5</b> 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 – Topic "Continence" 12:00-1:00 Lunch & Clean Up 1:15-2:15 Aquatics 1:00-1:30 "Seeing It All" 1:30-2:30 Sharpen Your Mind	<b>7</b> 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" 12:00-12:30 Lunch & Clean Up 12:30-1:30 Music with Maggie 1:30-2:30 Sharpen Your Mind
<b>10</b> 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 Community Education on Oral Health 12:00-1:00 Lunch & Clean Up "Chat and Chew" Book Club 1:15-2:15 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support with Don	<b>12</b> 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 1:15-2:15 Aquatics 1:00-1:30 "Seeing It All" 1:30-2:30 Sharpen Your Mind	<b>14</b> 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: TBD 12:00-1:00 Lunch & Clean Up 1:00-1:30 "Seeing It All" 1:30-2:00 Mindfulness with Ada 2:00-2:30 Sharpen Your Mind
<b>17</b> 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 Messaging with Tom 12:00-1:00 Lunch & Clean Up "Chat and Chew" Book Club 1:15-2:15 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support with Don	<b>19</b> 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 Community Education by Accessibility Medical Equipment 12:00-1:00 Lunch & Clean Up 1:15-2:15 Aquatics 1:00-1:30 "Seeing It All" 1:30-2:30 Sharpen Your Mind	<b>21</b> 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: TBD 12:00-1:00 Lunch & Clean Up 1:00-1:30 Body Balance/ROM Exercises 1:30-2:30 Sharpen Your Mind
<b>24</b> 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 Community Education by Ride KC 12:00-1:00 Lunch & Clean Up "Chat and Chew" Book Club 1:15-2:15 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support with Don	<b>26</b> 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 1:15-2:15 Aquatics 1:00-1:30 "Seeing It All" 1:30-2:30 Sharpen Your Mind	<b>28</b> 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 "Patriotic Potluck" 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!

**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.

### **JUNE BIRTHDAYS...**

June 1 – John M

June 8 – Gina

June 19 – Audrey

June 21 – Craig

June 24 – Caron

June 29 - Ronn