

American Stroke Foundation, Mission, KS

August 2019

Fitness with Theo - 9:30am-11:30am on Mondays and Fridays (August 2-16, 2019)

Note: Sylvester Powell Jr. Community Center will be closed the last two weeks of August for maintenance and minor remodeling.

Programming during that time will be at 6405 Metcalf Avenue, #118, Overland Park, KS 66202 – Cloverleaf Office Park, Building #3

MONDAY	WEDNESDAY	FRIDAY
		Aug 2 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 “Summer Salad Potluck” 1:30-2:30 Sharpen Your Mind
5 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 1:15-2:15 Aquatics 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support with Don	7 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 Ed Series “Visual Impact of Stroke” 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	9 9:30-10:30 Creative Conversations (OT) 10:00-10:30 Wake Up Your Brain 10:30-12:00 “Dessert Before Lunch” – Stroke Walk practice of walking to Foggie’s for ice cream 10:30-12:00 “Seeing It All” activities 12:00-1:00 Lunch & Clean Up 1:00-1:30 Life Skills 1:30-2:00 Mindfulness with Ada 2:00-2:30 Sharpen Your Mind
12 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 HyVee Dietician 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	14 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 “Seeing It All” 1:30-2:30 Sharpen Your Mind	16 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 “Seeing It All” 1:30-2:30 Sharpen Your Mind
19 Programming at 6405 Metcalf Avenue, #118 9:30-10:30 Creative Conversations 10:30-11:00 Body Balance/ROM 11:00-12:00 “Minute to Win It” Challenge 12:00-1:00 Lunch & Clean Up 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support with Don	21 Programming at 6405 Metcalf Avenue, #118 9:30-10:30 Creative Conversations 10:30-11:00 Body Balance/ROM 11:00-12:00 “Balls of Fun” Challenge 12:00-1:00 Lunch & Clean Up 1:00-1:30 “Seeing It All” 1:30-2:30 Sharpen Your Mind	23 Programming at 6405 Metcalf Avenue, #118 9:30-10:30 Creative Conversations 10:30-11:00 Body Balance/ROM 11:00-12:00 “Carnival Game” Challenge 12:00-1:00 Lunch & Clean Up 12:30-1:30 Music with Maggie 1:30-2:30 Sharpen Your Mind

26 Programming at 6405 Metcalf Avenue, #118 9:30-10:30 Creative Conversations 10:30-11:30 Pilates with Tamara 11:30-12:00 "Seeing It All" 12:00-1:00 Lunch & Clean Up 1:00-1:30 Brain Teasers 1:30-2:30 Survivor Support with Don	28 Outing for Lunch and a Movie More details to come, as everyone will meet at designated location yet to be determined.	30 Programming at 6405 Metcalf Avenue, #118 9:30-10:30 Creative Conversations 10:30-11:00 Body Balance/ROM 11:00-12:00 Focus on the Hand – "Fruit Kabobs" 12:00-1:00 Lunch & Clean Up 1:00-2:30 BINGO Fun
Sept 2 LABOR DAY HOLIDAY CLOSED – NO PROGRAMMING	Sept 4 Programming resumes at Sylvester Powell Jr Community Center 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 Ed Series "Start Thinking Wellness, Not Illness" 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	Sept 6 Programming resumes at Sylvester Powell Jr Community Center 9:30-10:30 Creative Conversations 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 – "Stroke Walk Carb Loading" 1:30-2:30 Sharpen Your Mind DON'T FORGET THE STROKE WALK TOMORROW

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.

AUGUST BIRTHDAYS...

August 2 – Nancy

August 4 – Brian

August 23 – Rod D

August 27 - Jean

August 3 – Joe L

August 13 - Connie

August 24 - Rikki