


**American Stroke Foundation Next Step Program
Kansas City North Community Center (KCNCC)
March 2020**

Josh, Athletic Trainer, is available for "Fitness Work Out" Tuesday 12-2; and Thursday 10-2.
Please see Jeanette to schedule NuStep time.

TUESDAY	THURSDAY
3 10:00-10:15 Arrival/Social Time 10:15-11:00 Chair Yoga 11:00-12:00 Creative Conversations 12:00-1:00 Lunch and Clean Up 1:00-2:00 Focus On the Hand	5 10:00-10:15 Arrival/Social Time 10:15-11:00 Creative Conversations 11:00-12:00 Chair Yoga 12:00-1:00 Lunch and Clean Up 1:00-2:00 Sharpen Your Mind
10 10:00-10:15 Arrival/Social Time 10:15-11:00 Chair Yoga 11:00-12:00 Creative Conversations 12:00-1:00 Lunch and Clean Up 1:00-1:30 "Seeing It All" 1:30-2:00 Brain Teasers	12 10:00-10:15 Arrival/Social Time 10:15-11:00 Creative Conversations 11:00-12:00 Chair Yoga 12:00-1:00 Lunch and Clean Up 1:00-2:00 Art with Paige
17 ST PATRICK'S DAY 10:00-10:15 Arrival/Social Time 10:15-11:00 Chair Yoga 11:00-12:00 Meal Prep 12:00-1:00 St. Patrick's Day Meal 1:00-1:30 "Seeing It All" 1:30-2:00 Brain Teasers 	19 10:00-10:15 Arrival/Social Time 10:15-11:00 Creative Conversations 11:00-12:00 Chair Yoga 12:00-1:00 Lunch and Clean Up 1:00-2:00 Sharpen Your Mind
24 10:00 Community Outing - Bowling @ Gladstone Bowl 300 NW 72nd St Kansas City, MO 64118	26 10:00-10:15 Arrival/Social Time 10:15-11:00 Creative Conversations 11:00-12:00 Chair Yoga 12:00-1:00 Lunch and Clean Up 1:00-2:00 Art with Paige

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!

Brain Teasers/Sharpen Your Mind: Engage in problem solving activities that encourage higher level cognitive and perceptual skills such as planning strategy and problem solving.

Chair Yoga/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.

Creative Conversations: Our volunteer speech therapist gets participants talking and connecting with one another.

Fitness Work Out: Gym workout with for strengthening and endurance.

Focus on the Hand: This group will offer exercises and other techniques incorporating art/craft projects to address hand movement and/or compensatory strategies

Life Skills: Join occupational therapy students & staff who facilitate sharing of strategies, demonstrate adaptations, and/or develop skills for life.

Seeing It All: Learning and practicing strategies for visual scanning activities.