

# American Stroke Foundation, Mission, KS

**March 2020**

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

MONDAY	WEDNESDAY	FRIDAY
<b>2</b> 9:30-10:30 Creative Conversations 9:45-10:30 Wake Up Your Brain 10:30-11:00 Road to Reading 10:30-11:00 Body Balance/ROM Exercises 11:00-12:00 Messaging with Tom & Robert 12:00-1:00 Lunch & Clean Up 12:45-1:30 Music and More 1:00-2:00 Aquatics 1:30-2:30 Survivor Support with Don	<b>4</b> 9:30-10:30 Creative Conversations 9:45-10:30 Wake Up Your Brain 10:30-11:00 Road to Reading 10:30-11:00 Body Balance/ROM Exercises 11:00-12:00 KU Health System Stroke Ed Series 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	<b>6</b> 9:30-10:30 Creative Conversations (OT) 9:45-10:30 Wake Up Your Brain 10:30-11:30 Focus on the Hand 11:30-12:00 Life Skills with Braden 12:00-1:00 Lunch & Clean Up 1:00-1:30 "Seeing It All" 1:30-2:30 Sharpen Your Mind
<b>9</b> 9:30-10:30 Creative Conversations 9:45-10:30 Wake Up Your Brain 10:30-11:00 Road to Reading 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 1:00-2:00 Aquatics 1:30-2:30 Survivor Support with Don	<b>11</b> 9:30-10:30 Creative Conversations 9:45-10:30 Wake Up Your Brain 10:30-11:00 Road to Reading 10:30-11:30 Morning Muscle Moves 11:30-12:00 "Seeing It All" 12:00-1:00 Lunch & Clean Up 12:45-1:30 Music and More 1:00-2:00 Aquatics 1:30-2:30 Sharpen Your Mind	<b>13</b> 9:30-10:30 Creative Conversations (OT) 9:45-10:30 Wake Up Your Brain 10:30-11:00 Body Balance/ROM Exercises 11:00-12:00 Focus on the Hand 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 Brain Teasers
<b>16</b> 9:30-10:30 Creative Conversations (OT) 9:45-10:30 Wake Up Your Brain 10:30-11:30 Morning Muscle Moves 11:30-12:00 "Seeing It All" Word Search Style 12:00-1:00 Potluck – Baked Potato Bar 1:00-1:30 Brain Teasers 1:00-2:00 Aquatics 1:30-2:30 Survivor Support with Don	<b>18</b> 9:30-10:30 Creative Conversations (OT) 9:45-10:30 Wake Up Your Brain 10:30-11:00 Body Balance/ROM Exercises 11:00-12:00 Community Education by Lakeview Village – Spring Gardening 12:00-1:00 Lunch & Clean Up 12:45-1:30 Music and More 1:00-2:00 Aquatics 1:30-2:30 Sharpen Your Mind	<b>20</b> 9:30-10:30 Creative Conversations (OT) 9:45-10:30 Wake Up Your Brain 10:30-11:30 Focus on the Hand 11:30-12:00 Life Skills with Kirsten 12:00-1:00 Lunch & Clean Up 1:00-1:30 "Seeing It All" 1:30-2:30 Sharpen Your Mind
<b>23</b> 9:30-10:30 Creative Conversations 9:45-10:30 Wake Up Your Brain 10:30-11:00 Road to Reading 10:30-11:00 Body Balance/ROM Exercises 11:00-12:00 Messaging with Tom & Robert 12:00-1:00 Lunch & Clean Up 1:00-1:30 Brain Teasers 1:00-2:00 Aquatics 1:30-2:30 Survivor Support with Don	<b>25</b> 9:30-10:30 Creative Conversations 9:45-10:30 Wake Up Your Brain 10:30-11:00 Road to Reading 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	<b>27</b> 9:30-10:30 Creative Conversations (OT) 9:45-10:30 Wake Up Your Brain 10:30-11:00 Body Balance/ROM Exercises 11:00-12:00 Focus on the Hand 12:00-1:00 Lunch & Clean Up 1:00-1:30 "Seeing It All" 1:30-2:30 Sharpen Your Mind

<b>30</b>		<b>April 1</b>		<b>April 3</b>	
9:30-10:30	Creative Conversations	9:30-10:30	Creative Conversations	9:30-10:30	Creative Conversations (OT)
9:45-10:30	Wake Up Your Brain	9:45-10:30	Wake Up Your Brain	9:45-10:30	Wake Up Your Brain
10:30-11:00	Road to Reading	10:30-11:00	Road to Reading	10:30-11:30	Focus on the Hand
10:30-11:00	Body Balance/ROM Exercises	10:30-11:00	Body Balance/ROM Exercises	11:30-12:00	“Seeing It All” Word Search Style
11:00-12:00	Travel Adventures with Kathy	11:00-12:00	KU Health System Stroke Ed Series	12:00-1:15	“Belated April Fool’s” Breakfast for Lunch Potluck
12:00-1:00	Lunch & Clean Up	12:00-1:00	Lunch & Clean Up	1:15-2:30	Sharpen Your Mind
1:00-2:00	Aquatics	12:45-1:30	Music and More		
1:00-1:30	Brain Teasers	1:00-2:00	Aquatics		
1:30-2:30	Survivor Support with Don	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 and speech students get 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!

**Road to Reading:** Our volunteer speech therapist and speech students address reading issues that may occur after a stroke.

**Seeing It All:** Visual scanning activities.

**Stroke Education Series:** Co-hosted by ASF and The University of Kansas 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 22	Jerry
March 17	Randy	March 27	Betty
March 20	Ken and Josh		