








The Joseph B. Jr. and Mary Anne O'Neal Stroke Center is one of only two such known social, therapeutic, recreational, instructional, lifelong, Stroke recovery centers in the entire United States. That's right! The City of Carson is leading the way for life-changing support of Stroke Survivors, families, and caregivers.



# January 2025

Happy  
**2025**  
New Year

Stroke Center Hours: Monday-Thursday, 8:30 a.m. - 4:00 p.m. Phone: (310) 952-1763

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 	2 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	3 	4
5	6 Equipment Use 9:00am-3:00pm Chair Yoga 11:30am- 12:30pm Art Class 12:30pm-1:00pm	7 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	8 Equipment Use 9:00am-3:00pm Chair Volleyball 12:00pm-1pm	9 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	10 	11
12	13 Equipment Use 9:00am-3:00pm Chair Yoga 11:30am- 12:30pm	14 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	15 Equipment Use 9:00am-3:00pm Chair Volleyball 12:00pm-1pm	16 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	17 	18
19	20 	21 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	22 Equipment Use 9:00am-3:00pm Chair Volleyball 12:00pm-1pm	23 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm *Moved to Room 107*	24 	25
26	27 Equipment Use 9:00am-3:00pm Chair Yoga 11:30am- 12:30pm	28 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	29 Equipment Use 9:00am-3:00pm Chair Volleyball 12:00pm-1pm	30 	31	

<b>Equipment Use</b>	<b>Our rehabilitative and exercise equipment is available to use for our survivors only.</b>
<b>Chair Yoga</b>	<b>Survivors can benefit from this modified yoga class every Monday at 11:30 a.m.. It is a great form of yoga for beginners or anyone who wants to focus on a gentle practice. Chair yoga increases flexibility, strength and body awareness.</b>
<b>Chair Exercise</b>	<b>This is a group exercise class that focuses on mobility, flexibility, and strengthening muscles. Chair Exercise is every Tuesday and Thursday from 11:00 a.m. to 12:00 p.m.</b>
<b>Chair Volleyball</b>	<b>Join us every Wednesday at 12:00 p.m. for some exercise with friends. This is seated volleyball with a beach ball, which leads to improved motor skills, coordination, and verbal communication.</b>
<b>Occupational Therapy</b>	<b>Occupational Therapy with Dr. Paul Penoliar is provided by appointment only. Appointments are done on a one-on-one basis. Please see Stroke Center staff for additional details.</b>
<b>Art Class</b>	<b>This is a social event that combines art and socializing. At its core, it is a class where the focus is on having fun and increasing dexterity.</b>