








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.

# March 2025



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	3 <b>Equipment Use</b> 9:00am-3:00pm <b>Chair Yoga</b> 11:30am- 12:30pm	4 <b>Equipment Use</b> 9:00am-3:00pm <b>Chair Exercise</b> 11am-12pm	5 <b>Equipment Use</b> 9:00am-3:00pm <b>Chair Volleyball</b> 12:00pm-1pm	6 <b>Equipment Use</b> 9:00am-3:00pm <b>Chair Exercise</b> 11am-12pm	7 	8 
9	10 <b>Equipment Use</b> 9:00am-3:00pm <b>Chair Yoga</b> 11:30am- 12:30pm	11 <b>Equipment Use</b> 9:00am-3:00pm <b>Chair Exercise</b> 11am-12pm	12 <b>Equipment Use</b> 9:00am-3:00pm <b>Chair Volleyball</b> 12:00pm-1pm	13 <b>Equipment Use</b> 9:00am-3:00pm <b>Chair Exercise</b> 11am-12pm <b>Art Class</b> 12:30pm-1:00pm	14 	15
16	17 <b>Equipment Use</b> 9:00am-3:00pm <b>Chair Yoga</b> 11:30am- 12:30pm 	18 <b>Equipment Use</b> 9:00am-3:00pm <b>Chair Exercise</b> 11am-12pm	19 <b>Equipment Use</b> 9:00am-3:00pm <b>Chair Volleyball</b> 12:00pm-1pm	20 <b>Equipment Use</b> 9:00am-3:00pm <b>Chair Exercise</b> <u>CANCELLED</u>	21 	22
23	24 <b>Equipment Use</b> 9:00am-3:00pm <b>Chair Yoga</b> 11:30am- 12:30pm	25 <b>Equipment Use</b> 9:00am-3:00pm <b>Chair Exercise</b> 11am-12pm	26 <b>Equipment Use</b> 9:00am-3:00pm <b>Chair Volleyball</b> 12:00pm-1pm	27 <b>Equipment Use</b> 9:00am-3:00pm <b>Chair Exercise</b> 11am-12pm	28 	29
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>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>