



September 2025

Stroke Center Hours: Monday-Thursday, 8:30am-4:00pm Phone: (310)952-1763

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 	2 Equipment Use 9:00am- 3:00pm Chair Exercise 11am-12pm	3 Equipment Use 9:00am-3:00pm Chair Volleyball 12:00pm-1pm Theme: NFL	4 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	5 	6
7	8 Equipment Use 9:00am-3:00pm Chair Yoga 11:30am-12:30pm Ability First Pool 2pm-3pm	9 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	10 Equipment Use 9:00am-3:00pm Chair Volleyball 12:00pm-1pm Theme: Shades On	11 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	12 	13
14	15 Equipment Use 9:00am-3:00pm Chair Yoga 11:30am-12:30pm Ability First Pool 2pm-3pm	16 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	17 Equipment Use 9:00am-3:00pm Chair Volleyball 12:00pm-1pm Theme: Fall Attire	18 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	19 	20
21	22 Equipment Use 9:00am-3:00pm Chair Yoga 11:30am-12:30pm Ability First Pool 2pm-3pm	23 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	24 Equipment Use 9:00am-3:00pm Chair Volleyball 12:00pm-1pm Theme: Hats On	25 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	26 	27
28 	29 Equipment Use 9:00am-3:00pm Chair Yoga 11:30am-12:30pm Ability First Pool 2pm-3pm	30 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm				

Equipment Use	Our rehabilitative and exercise equipment is available to use for our survivors only.
Chair Exercise	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.
Chair Volleyball	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.
Ability First Pool	Ability First strengthens and cultivates skills that give our participants the tools to successfully navigate each transition in life, including building social connections and independence; employment preparation, training and experience; and fun and engaging activities that offer families an opportunity to refresh and recharge.