

The Joseph E. 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.



# October 2024

HAPPY  
*Halloween*

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Equipment Use 9:00AM-3:00PM Chair Exercise 11AM-12PM	2 Equipment Use 9:00AM-3:00PM Card Games 10:30AM—11:30AM Chair Volleyball 12:00PM-1:00PM	3 Equipment Use 9:00AM-12:00PM Chair Exercise 11AM-12PM	4 	5 
6	7 Equipment Use 9:00AM-3:00PM Chair Yoga 11:30AM-12:30PM Ability First Pool 1:00PM - 4:00PM	8 Equipment Use 9:00PM,-3:00PM Chair Exercise 11AM-12PM	9 Equipment Use 9:00AM-3:00PM Card Games 10:30AM—11:30AM Chair Volleyball 12:00PM-1:00PM	10 Equipment Use 9:00AM-12:00PM Chair Exercise 11AM-12PM	11 	12 
13	14 Equipment Use 9:00AM-3:00PM Chair Yoga 11:30AM-12:30PM Ability First Pool 1:00PM - 4:00PM	15 Equipment Use 9:00AM-3:00PM Chair Exercise 11AM-12PM	16 Equipment Use 9:00AM-3:00PM Card Games 10:30AM—11:30AM Chair Volleyball 12:00PM-1:00PM	17 Equipment Use 9:00AM-3:00PM Chair Exercise 11AM-12PM Art Class 12:15PM-12:45PM	18 	19 
20	21 Equipment Use 9:00AM-3:00PM Chair Yoga 11:30AM-12:30PM Ability First Pool 1:00PM - 4:00PM	22 Equipment Use 9:00AM-3:00PM Chair Exercise 11AM-12PM	23 Equipment Use 9:00AM-3:00PM Card Games 10:30AM—11:30AM Chair Volleyball 12:00PM-1:00PM	24 Equipment Use 9:00AM-3:00PM Chair Exercise 11AM-12PM	25 	26 
27 	28 Equipment Use 9:00AM-3:00PM Ability First Pool 1:00PM - 4:00PM	29 Equipment Use 9:00AM-3:00PM Chair Exercise- Hall C 11AM-12PM Art Class 12:15PM-12:45PM	30 Equipment Use 9:00AM-3:00PM Card Games 10:30AM—11:30AM Chair Volleyball 12:00PM-1:00PM	31 Equipment Use 9:00AM-3:00PM Chair Exercise 11AM-12PM		

<b>Equipment Use</b>	<b>Our rehabilitative and exercise equipment is available to use for our survivors only.</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>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>Ability First Pool</b>	<b>AbilityFirst™ 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.</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>