






October 2025

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Equipment Use 9:00am-3:00pm Chair Volleyball 12:00pm-1pm Theme: FALL ATTIRE	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 Ability First Pool 2pm-3pm	7 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm ROOM: LOUNGE	8 Equipment Use 9:00am-3:00pm Chair Volleyball 12:00pm-1pm THEME: BEANIE	9 Equipment Use 9:00am-3:00pm Chair Exercise CANCELLED	10 	11
12	13 Equipment Use 9:00am-3:00pm Chair Yoga 11:30am-12:30pm Ability First Pool 2pm-3pm	14 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	15 Equipment Use 9:00am-3:00pm Chair Volleyball CANCELLED	16 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	17 	18
19	20 Equipment Use 9:00am-3:00pm Chair Yoga 11:30am-12:30pm Ability First Pool 2pm-3pm	21 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	22 Equipment Use 9:00am-3:00pm Chair Volleyball 12:00pm-1pm Theme: SCARF	23 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	24 	25
26	27 Equipment Use 9:00am-3:00pm Chair Yoga 11:30am-12:30pm Ability First Pool 2pm-3pm	28 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	29 Equipment Use 9:00am-3:00pm Chair Volleyball 12:00pm-1pm Theme: Costume	30 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	31 	

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.