

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 Sorry WE'RE CLOSED	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 Sorry WE'RE CLOSED	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 Sorry WE'RE CLOSED	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 Sorry WE'RE CLOSED	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 Sorry WE'RE CLOSED	

Equipment Use	<p>Our rehabilitative and exercise equipment is available to use for our survivors only.</p>
Chair Exercise	<p>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.</p>
Chair Volleyball	<p>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.</p>
Ability First Pool	<p>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.</p>