

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.

November 2024



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 	2
3	4 Equipment Use 9:00am-3:00pm Chair Yoga 11:30AM-12:30PM	5 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	6 Equipment Use 9:00am-3:00pm Card Games 10:30AM—11:30AM Chair Volleyball 12:00pm-1pm MOVED TO HALL C	7 Equipment Use 9:00am-12:00pm Chair Exercise 11am-12pm	8 	9
10	11  HAPPY Veterans Day ★ ★ ★ ★ ★	12 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	13 Equipment Use 9:00am-3:00pm Card Games 10:30AM—11:30AM Chair Volleyball 12:00pm-1pm MOVED TO HALL C	14 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm Art Class 12:15pm-12:45pm	15 	16
17	18 Equipment Use 9:00am-3:00pm Chair Yoga 11:30AM-12:30PM	19 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	20 Equipment Use 9:00am-3:00pm Card Games 10:30AM—11:30AM Chair Volleyball 12:00pm-1pm	21 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	22 	23
24	25 Equipment Use 9:00am-3:00pm Chair Yoga 11:30AM-12:30PM	26 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	27 Equipment Use 9:00am-3:00pm <u>Chair Volleyball</u> <u>CANCELLED</u>	28  	29 	30

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	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.
Art Class	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.