

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.

December 2024



Stroke Center Hours Monday-Thursday, 8:30 a.m. - 4:00 p.m. Phone: (310) 952-1763

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Equipment Use 9:00am-3:00pm Chair Yoga 11:30am- 12:30pm	3 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	4 Equipment Use 9:00am-3:00pm Chair Volleyball 12:00pm-1pm	5 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	6 	7
8	9 Equipment Use 9:00am-3:00pm Chair Yoga 11:30am- 12:30pm	10 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	11 Equipment Use 9:00am-3:00pm Chair Volleyball 12:00pm-1pm	12 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	13 	14
15	16  Stroke Center Christmas Party 12pm-3pm	17 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	18 Equipment Use 9:00am-3:00pm Chair Volleyball 12:00pm-1pm MOVED TO HALL C	19 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	20 	21
22	23 Equipment Use 9:00am-3:00pm Chair Yoga 11:30am- 12:30pm	24 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm 	25 	26 Equipment Use 9:00am-3:00pm Chair Exercise 11am-12pm	27 	28
29	30 Equipment Use 9:00am-3:00pm Chair Yoga 11:30am- 12:30pm	31 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 Yoga	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.
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.
Occupational Therapy	Occupational Therapy with Dr. Paul Penoliar is provided by appointment only. Appointments are done on a one-on-one basis. Please see Stroke Center staff for additional details.
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.