

January 2017 Circle Time Calendar

Circle/Program time 10:45 to 12:00

Classes and caregivers support meeting 9:30 to 10:30
Stroke survivor support group meeting 12:45 to 2:00



HAPPY NEW YEAR WELCOME BACK

Wed. January 3 NOELLE HOYE, CHAIR YOGA

Please welcome NOELLE HOYE, from Soul of the Earth Yoga Studio in Glendora. Noelle will demonstrate the practice of Chair Yoga, which incorporates gentle yoga poses that can be done while seated in a chair. We can all benefit from a bit of stretching after many days of eating and sitting! Don't miss this opportunity to fulfill your New Year's resolution.

Stroke Support Group 12:45 to 2:00

Wed. January 10 CELESTE PALMER: BRIDGING THE GAP

Today it is our great pleasure to welcome back CELESTE PALMER, one of our all-time favorite speakers. CELESTE is Director of Bridging the Gap in Claremont and she will present information about her facility and discuss Neurofeedback Training, brain injury and cutting-edge research about concussion and stroke.

Stroke Support Group 12:45 to 2:00

Wed. January 17 BARBARA LLAMAS A NEW YEAR A HEALTHIER YEAR

BARBARA LLAMAS returns to talk to us about making resolutions to focus on improving your health with emphasis on eating well and staying fit for 2018.

Stroke Support Group 12:45 to 2:00

Wed. January 24 JOKE DAY AT THE CENTER



WooHoo! Bwahahahaha! It's our turn to make each other laugh with outrageous jokes and puns! It seems that this day ought to be dedicated to Bob Burgess, who always opens his morning greetings with these words: "I've got a good one for you!" So start practicing your jokes and be prepared to howl with laughter!

Stroke Support Group 12:45 to 2:00

Blood Pressure in the a.m.

Wed. January 31 HEDY DIZON, RN CITRUS HEALTH PARTNERS

This month has found us doing chair yoga, getting our batteries charged by Celeste, eating well and staying fit and laughing at each other's jokes. Now, as we end January, we learn more about after stroke care, physical therapy and caregiver resources.

Stroke Support Group 12:45 to 2:00

Celebrate January Birthdays



Glendora After Stroke Program
meets each Wednesday at
LaFetra Center,
333 E. Foothill Blvd. Glendora
from 9 a.m. to 3 p.m.

This is a no-fee program sponsored by
Glendora Community Services.

Offered each week: re-learning
(reading, writing and speech), current
events, caregiver support, stroke
support, games, music, exercise and
lunch at a modest cost.

For more information call
Sonia Schupbach (626) 963-6186
Pat Kelly (626) 335-3111
Phone Day of Meeting
(626) 914-0560