

OL Group Descriptions for Members Fall 2022

Thursdays, Sept 14 – Dec 8

Early Bird group – 9:45 – 10:10AM

Coffee Talk – This conversation group is powered by what YOU want to talk about! Whether catching up on current events or talking about favorite foods, you will have an opportunity to connect with other members and practice communication skills in this casual get-together to start off the morning.

Morning groups – 11:00 – 11:50AM

Let's Make a Scene - Life is improv! Let's Make A Scene is a group that allows people an opportunity to practice the art of improv, dramatic interpretations and comedy while working on a variety of skills. Everyone has a part. Learn the skills to navigate conversations and situations in creative, spontaneous ways!

Aphasia and Communication Support - This group is designed to provide emotional support to members and their families, while sharing and practicing compensatory strategies for aphasia and other communication needs and barriers.

Healing Arts - This group engages members in creative activities using artistic modalities such as drawing, painting, writing, etc. These activities can address the whole gamut of skills from physical (fine and gross motor coordination, ROM), to cognitive (following directions, sequencing), to emotional regulation and self-expression.

Afternoon groups – 1:00 - 1:50PM

Pump...You Up: This group is designed to address fitness in two ways: through engagement in physical activities and discussions about what it means to be fit. Topics may include designing a fitness routine and tracking one's progress, practicing strength and balance exercises, learning how to keep your heart happy and healthy, and discussing the effects of exercise and mood.

Music and the Brain - This group is designed to address the ties between music and our brains through engaging in a variety of musical activities. Listening to, singing along with, and creating music can strengthen many areas of cognition, specifically emotion and memory. Evidence also suggests that music may promote healthy aging, decrease cognitive decline, and improve mental health.

All Together Support Group - "All Together" is a support and discussion group that provides a compassionate and respectful space in which members can share the stories of their lives – from the details of their conditions and experiences to their thoughts and feelings about them. Individuals choose whether and how much they share in each session. Group guidelines include respecting privacy, listening with care, striving not to judge or put down others or ourselves, and not giving advice unless it is wanted and asked for.

Craft Fair Prep - Now is the time to work on that special project or get your creative fix for the day! Relax and let the creative juices flow. Also, feel free to take this time to get help with their Krempels Craft Fair project.

Afternoon Social – 2:00 – 2:45PM

The afternoon social is a great way to wind down the day at Krempels Center! Come join us for some casual conversation as you get to know fellow members in a relaxed and friendly social environment.