



# Skills Plus

Program for Stroke Survivors & Other  
Neurological Impairments

## WINTER/SPRING- SESSION 1

CLASS	DATE	DAYS	TIME
In-Person	January 10 - March 23	Tuesday and Thursday	9:15am - 12:00pm
In-Person	January 10 - March 23	Tuesday and Thursday	1:00pm - 3:45pm
In-Person	January 11 - March 24	Wednesday and Friday	10:15am - 11:00am
Online	January 11 - March 24	Wednesday and Friday	9:15am - 12:00pm

### CLASS SCHEDULE

TIME	TUESDAY IN-PERSON	THURSDAY IN-PERSON	TIME	WEDNESDAY ONLINE	FRIDAY ONLINE
9:15am-10:00am	Reading, Writing & Computer Adaptive Activity	Reading, Writing & Computer Arm	9:15am-10:00am	Mobility	Mobility
10:10am-10:55am	Speech 1 Upper Body	Speech 1 Upper Body Mobility	10:15am-11:00am	Speech 1 Arm	Speech 2 Arm
10:55am-11:15pm	Social Time	Social Time	11:15am-12:00pm	Speech 2 Upper Body	Speech 1 Upper Body
11:15am-12:00pm	Speech 2 Mobility	Speech 2 Mobility	<b>WEDNESDAY IN-PERSON</b>		<b>FRIDAY IN-PERSON</b>
12:00pm-12:50pm			10:15am-11:00am	Mobility	Mobility
1:00pm-1:45pm	Reading, Writing & Computer Lower Body Arm	Reading, Writing & Computer Lower Body Meal Prep			
1:55pm-2:40pm	Speech 1 Upper Body Mobility	Speech 1 Lower Body Upper Body			
2:40pm-3:00pm	Social Time	Social Time			
3:00pm-3:45pm	Speech 2 Adaptive Activity	Speech 2 Arm			