

# ACFC Schedule of Activities

**Engaging Life-Participation  
Continuing Recovery  
Reclaiming Identity & Voice**





**FRIDAYS . . . 10:00 am - 3:00 pm**

The Health & Fitness Center  
Washtenaw Community College  
4833 E. Huron River Drive  
Ann Arbor, MI 48105

**WEDNESDAYS -- Loud & Proud Singers, Noon - 2:00 pm**

TOWSLEY HEALTH BUILDING (Huron Woods Cafeteria)  
5361 McAuley Drive  
Ann Arbor, MI 48106

Inclement weather: ACFC is closed when Ann Arbor Public Schools are closed.  
Listen for local radio & TV announcements.

Come when you can . . . FRIDAYS . . . 10:00am-3:00pm . . . Leave when you must			
	10:00am - 3:00pm	"Chit-Chat" Cafe Open ALL day	Spontaneous conversation (verbal & non-verbal) Meeting new friends Feeling 'safe' <i>'belonging'</i>
	10:00 am -- 11:00am	Casual Conversation & Leisure Activities	Something 'doable' for everyone . . . cards, maps, puzzles, magazines, etc. <i>'doing'</i>
	11:00 am -- Noon	Physical Fitness to Music	Right/Left brain stimulation Balance, ROM, coordination Physical well-being with music. <i>'doing'</i>
	<b>Lunch</b> Please bring your own lunch	<b>Social Conversation</b>	Food & Fellowship Building relationships Speaking 'out' <i>'belonging'</i>
	<b>After Lunch</b>	<b>Choices</b>	<b>Life-Experiences Re-Engagement</b>
	1:00 pm -- 3:00 pm	Supportive Conversation Topic Specific  Brain Games	Small group Optimizing memory, attention, & conversation skills Leadership opportunities <i>'thriving'</i>
	1:30 pm -- 3:30 pm	Art Therapy Once or twice a month	Accessing Right Brain Expressing creatively w/o words Engaging non-dominant hand <i>'discovering'</i>
	1:30 pm -- 3:00 pm	Aphasia-Friendly Activities Please bring your own laptop or Ipad	Optimizing communications skills (talking, reading, writing, understanding) <i>'moving on'</i>
	1:30 pm -- 3:00 pm	Caregivers Support Group 1st and 3rd Fridays	Sharing & supporting, listening & laughing, problem solving <i>'new friendships'</i>
Contact: Lynn Chenoweth, Executive Director <a href="http://www.aphasiacenterMI.org">www.aphasiacenterMI.org</a> . . . 734.429.5679 or 734.417.7182 . . . <a href="mailto:info@aphasiacenter.org">info@aphasiacenter.org</a>			