

Rec & Roll Wheaton - 500 S. Naperville Rd. Wheaton (630) 384-8556

August 2026

Rec & Roll
A DAY PROGRAM OF WDSRA

Monday		Tuesday		Wednesday		Thursday		Friday	
27		28		29		30		31	
3	All Site	4	CS	5	In House	6		7	
GE Lakers Soccer Skills & Drills With GE Lakers Players Bring Cold Lunch		Pool Day Coral Cove 3000 Questions About Me Bring Swim Stuff + Cold Lunch		STEM Coding Project Robot Building Resistance Band Workout		Diamond Art Nat'l Root Beer Float Day Oberweis Ice Cream Trip Treat Provided		Tae Kwon Do Social Step Up Lesson Mental & Emotional Health	
10		11	CS	12		13	In House	14	
Danada Adventures Stroll & Dine Out 302 South Lunch Provided		Master Gardeners Flower Variaties Interactive Workout		Pool Day Coral Cove Painted Citrus Tray Craft Bring Swim Supplies		Shop Downtown Wheaton Moore Toys & Gadgets "Who Smarted" Podcast Opt. Bring \$ to Shop		Yoga Cooking Skills Grilled Cheese/Paninis Lunch Provided	
17	WIN	18		19		20	In House + NAP/GE/FH	21	FV
Lords Park Zoo Animals & Park Picnic Cardio HIIT Workout Bring Cold Lunch		Seaspar Joliet Historical Museum Route 66/Steel Industry Bring Cold Lunch		Lombard Fitness Macronutrient Discussion Macro Friendly Snack Ideas		Tie Dye Fun Headbands, Hats, & Socks Resistance Band Workout		Green Valley Mini Golf Top 10 Holes in One 3000 Questions About Me Bring Cold Lunch	
24	FH	25	GE	26	All Site	27	CS	28	
Sweet Home Chicago Day Chicago Craft, Games Wear Chicago Team Attire		Sugar Grove Family Fun Center Go Karts, Water Wars Friendly Competition Bring Cold Lunch		Survivor Team Tribes & Challenges Hot Dog Lunch Lunch Provided		Book Club Carol Stream Library Pick a New Book		Dupage County Animal Svc Shelter Tour Homemade Dog Treats	
31	FV	Notes							
Mill Street Farmstand Shop Veggies & Fruit "Who Smarted" Podcast Opt. Bring \$ to Shop		August 1 - Happy Birthday Alison! August 4 - Happy Birthday Lynn! August 24 - Happy Birthday Sean! August 30 - Happy Birthday Brittany!							