







A DAY PROGRAM OF WDSRA

Carol Stream January 2019

WDSRA office, 116 N Schmale Rd, Carol Steam. 630-384-8565

Mon	Tue	Wed	Thu	Fri
<p>Rec and roll skill building this month is:</p> <p>New Year's Resolutions</p>	<p>1 Winter Break No Rec & Roll</p> 	<p>2 Winter Break No Rec & Roll</p> 	<p>3 Winter Break No Rec & Roll</p> 	<p>4 Winter Break No Rec & Roll</p> 
<p>7 <i>CS & Wtn at CS</i></p> <p>9:30am grocery shopping 11-1pm cooking skills Do not bring lunch</p>	<p>8 <i>CS & Wtn at Wtn</i></p> <p>Creating goals and resolutions for 2019 Healthy Snack Bring your lunch</p>	<p>9</p> <p>Getting together with SEASPAR Eagles @WDSRA Bring your lunch</p>	<p>10 <i>Nap, CS, GE, & Wtn</i></p> <p>10:30am Bowling League at Fox Bowl 2 Games of bowling Bring your lunch or Money</p>	<p>11 <i>Nap, CS, GE, & Wtn</i></p> <p>Trip to LEGOLAND! Bring \$7 Bring your lunch</p>
<p>14 <i>CS & Wtn at CS</i></p> <p>Snow Themed Day: Making Snow Art and Having Snow Cones! Bring your lunch</p>	<p>15</p> <p>Expression's Dance Studio 10:45 AM Dance Class Wear comfortable clothing Bring your lunch</p>	<p>16</p> <p>11:45am Fit & Fun Aerobics at Fountain View Dress to exercise Bring your lunch</p>	<p>17 (If we reschedule Yoga)</p> <p>Mind, body & spirit 12-1pm Yoga class at Universal Spirit Yoga Bring your lunch</p>	<p>18</p> <p>Laser Tag at Main Event! Bring your lunch</p>
<p>21 <i>Nap, CS, GE, & Wtn</i></p> <p>Sledding at Villa Olivia! Please dress warm and ready to sled Bring \$10 & Bring your lunch</p>	<p>22 <i>Nap, CS, GE, Wtn, FV & FH</i></p> <p>Drumming with Dave! Bring your lunch</p>	<p>23 <i>Nap, CS, GE, & Wtn</i></p> <p>Pie Day! Lunch and Pie at Bakers Square! Bring \$10 & Do not bring lunch</p>	<p>24 <i>Nap, CS, GE, & Wtn</i></p> <p>Disney on Ice Bring \$10 Bring your lunch</p>	<p>25 <i>Nap, CS, GE, & Wtn</i></p> <p>Surprise Movie! Bring your lunch & Money for Concessions (Optional)</p>
<p>28 <i>Nap & CS</i></p> <p>Cernan Space Center Bring your lunch</p>	<p>29 <i>CS, Wtn & FH @ FV Pool</i></p> <p>Indoor Swimming Bring your towel and swimsuit Bring your lunch</p>	<p>30</p> <p>Slumber Party! Watch Movies and Play Slumber Party Games! Bring a blanket/sleeping bag Bring your lunch</p>	<p>31 <i>Nap, CS, GE, & Wtn</i></p> <p>Ninja Academy Bring your lunch</p>	<p>Daily Activities: 9:00-9:10 Reality Check 9:10-9:20 Current Events 9:20-9:30 Physical Exercise</p>