



Carol Stream November 2018

A DAY PROGRAM OF WDSRA

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

Mon	Tue	Wed	Thu	Fri
<p>Rec & Roll skill building this month is: <i>Learning to be thankful and giving back</i></p>	<p>Daily Activities: 9:00-9:10 Reality Check 9:10-9:20 Current Events 9:20-9:30 Physical Exercise</p>	<p>HAPPY THANKSGIVING!</p> 	<p>1 Nap, CS, GE, & Wtn 10:30am Bowling League at Brunswick Zone 2 Games of bowling Bring your lunch</p>	<p>2 Nap, CS, GE, & Wtn Big Wolf Ranch Bring \$5 & Bring your lunch</p>
<p>5 CS & Wtn 9:30am grocery shopping 11-1pm cooking skills At WDSRA Do not bring lunch</p>	<p>6 CS & Wtn 10am Nature Therapy walk with Brenda Bring your lunch</p>	<p>7 Nap, CS, GE, & Wtn Flag football game on the turf at Ackerman Bring your lunch</p>	<p>8 Nap, CS, GE, & Wtn SciTech Museum Bring your lunch</p>	<p>9 Nap, CS, GE, & Wtn Field day at Benedictine University with Collegiate Athletes! Bring your lunch</p>
<p>12 Making Holiday Ornaments for Roselle Holiday Tree Decoration Bring your lunch</p>	<p>13 Nap & CS Expression's Dance Studio 10:45 AM Dance Class Wear comfortable clothing Bring your lunch</p>	<p>14 10am Animal & Art Therapy w/Naperville Humane Society Bring your lunch</p>	<p>15 Nap, CS, GE, & Wtn Friendsgiving and Turkey Shoot Do not bring your lunch</p>	<p>16 Holiday Tree Decorating in Roselle Bring your lunch</p>
<p>19 CS & GE Swimming at Fountain View Bring your towel and bathing suit Bring your lunch</p>	<p>20 Nap, CS, GE, & Wtn Hanging out with Dori! Safari Land: Pizza, Bowling & Games! Bring \$7 Do not bring your lunch</p>	<p>21 11:45am Fit & Fun Aerobics at Fountain View & Desserts with FV & FH @ FV Dress to exercise Bring your lunch</p>	<p>22 Thanksgiving Break No Rec & Roll</p>	<p>23 Thanksgiving Break No Rec & Roll</p>
<p>26 Friendsgiving with SEASPAR Eagles Do not bring your lunch</p>	<p>27 Nap, CS, GE, & Wtn The Lizzadro Museum of Lapidary Art Bring your lunch</p>	<p>28 Surprise Movie! Bring your lunch & Money for Concessions (Optional)</p>	<p>29 Mind, body & spirit 12-1pm Yoga class at Universal Spirit Yoga Bring your lunch</p>	<p>30 Nap, CS, GE, & Wtn 10am Shrek at Marriot Lincolnshire Bring your lunch & \$5</p>