



A DAY PROGRAM OF WDSRA

Rec & Roll Fort Hill schedule:

Bring a water bottle and a non perishable lunch daily.

There will always be a rain plan in place.

Rec & Roll Fort Hill Email: recandrollfh@wdsra.com

Rec & Roll Fort Hill phone: 630.995.8944

Time	Monday 1/7	Tuesday 1/8	Wednesday 1/9	Thursday 1/10	Friday 1/11
9:00am-9:15am	Check in & Get ready for the day, free time	Check in & Get ready for the day, free time	Check in & Get ready for the day, free time	Check in & Get ready for the day, free time	Check in & Get ready for the day
9:15am-9:30am	Winter Break Recap	Weather Report	Current Events	Word of the Day	Fun Fact Friday!
9:30am-10:00am	Ride Bus to Target	Bring Favorite Christmas Present for...	Ride the Bus...	Ride the Bus...	Ride the Bus...
10:15am-11:00am	Buy Snacks for...	Show and Tell	SciTech	Library	Visit Friends at FV for a...
11:00am-11:45am	New Year's Party!	Lunch	Explore the Exhibits	Head Back to FH Eat Lunch	Luau Party!
12:00pm-12:45pm	Lunch	Yoga	Lunch	Board Games	Lunch
1:00pm-1:45 pm	Open Gym	Walk Indoor Track	Head Back to FH	Walk Indoor Track	Celebrate Noel's Birthday Head Back to FH
1:45pm-2:00pm	Clean Up & Get ready to go home	Clean Up & Get ready to go home	Clean Up & Get ready to go home	Clean Up & Get ready to go home	Clean Up & Get ready to go home



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9:00am-9:15am	Check in & Get ready for the day, free time	Check in & Get ready for the day, free time	Check in & Get ready for the day, free time	Check in & Get ready for the day, free time	Check in & Get ready for the day, free time
9:15am-9:30am	Today In History	Word of the Day	The Dice Game	Current Events	Weather Report
9:30am-10:00am	Ride Bus to Walmart	Host WHT Friends	Learn About Rain	Ride the Bus...	Celebrate Winne the Pooh Day!
10:15am-11:00am	Shop for Ingredients to Cook at...	Celebrate National Hat Day!	Make and Decorate Rain Sticks	Fox Bowl with FV	Watch Winne the Pooh
11:00am-12:00pm	95 th St Center	Decorate Hats	Clean up and Get Ready for...	Bowl 1 st Game	Pooh Bear Inspired Snack
12:00pm-12:45pm	Lunch	Lunch	Lunch	Lunch	Lunch
1:00pm-1:45 pm	Head Back to FH	Walk Indoor Track	Open Gym	Bowl 2 nd Game Head Back to FH	Open Gym
1:45pm-2:00pm	Clean Up & Get ready to go home	Clean Up & Get ready to go home	Clean Up & Get ready to go home	Clean Up & Get ready to go home	Clean Up & Get ready to go home



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Time	Monday 1/21	Tuesday 1/22	Wednesday 1/23	Thursday 1/24	Friday 1/25
9:00am-9:15am	Check in & Get ready for the day, free time	Check in & Get ready for the day, free time	Check in & Get ready for the day, free time	Check in & Get ready for the day, free time	Check in & Get ready for the day, free time
9:15am-9:30am	What did you do over the weekend?	Current Events	Word of the Day	Weather Report	Fun Fact Friday!
9:30am-10:00am	Review Yoga Poses	Ride the Bus...	Ride the Bus to Mariano's	Host FV Friends	Ride the Bus...
10:15am-11:00am	Puzzles	Meet All Our Rec and Roll Friends For a...	Shop for Ingredients to Make...	Painting	Expressions Dance Class
11:00am-11:45am	Lunch	Drum Circle	Pizza Bites	Clean Up and Get Ready for...	Head Back to FH
12:00pm-12:45pm	Yoga Class @ Universal Spirit	Lunch	Lunch	Lunch	Lunch
1:00pm-1:45 pm	Head Back to FH	Head Back to FH	Open Gym Celebrate Zach's Birthday	Walk Indoor Track	Hangman
1:45pm-2:00pm	Clean Up & Get ready to go home	Clean Up & Get ready to go home	Clean Up & Get ready to go home	Clean Up & Get ready to go home	Clean Up & Get ready to go home



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Time	Monday 1/28	Tuesday 1/29	Wednesday 1/30	Thursday 1/31	Friday 2/1
9:00am-9:15am	Check in & Get ready for the day, free time	Check in & Get ready for the day, free time	Check in & Get ready for the day, free time	Check in & Get ready for the day, free time	Check in & Get ready for the day, free time
9:15am-9:30am	How was your weekend?	Weather Report	Word of the Day	Today In History	Current Events
9:30am-10:00am	Host Friends from GE	Ride the Bus...	Ride the Bus...	Ride the Bus...	Wear Your Favorite Jersey for a...
10:15am-11:00am	Make Pillows	Swimming at FV	Library	Meet FV Friends at...	Super Bowl Party
11:00am-12:00pm	Lunch	Bring Bathing suit, Towel, Goggles, etc.	Head Back to FH	Dave and Buster's	Football Craft
12:00pm-12:45pm	Board Games	Lunch	Lunch	Lunch	NO LUNCH NEEDED
1:00pm-1:45 pm	Open Gym	Head Back to FH	Open Gym	Head Back to FH	Open Gym
1:45pm-2:00pm	Clean Up & Get ready to go home	Clean Up & Get ready to go home	Clean Up & Get ready to go home	Clean Up & Get ready to go home	Clean Up & Get ready to go home