



A DAY PROGRAM OF **WDSRA**

## Rec & Roll Fort Hill August 2023 Schedule:

<b>Monday 7/31</b>	<b>Tuesday 8/1</b> <b>Bring a sack lunch, towel, sunscreen and bathing suit</b>	<b>Wednesday 8/2</b>	<b>Thursday 8/3</b>	<b>Friday 8/4</b>
	Check In, Get Ready for the Day, and Free Time	Check In, Get Ready for the Day, and Free Time	Check In, Get Ready for the Day, and Free Time	Check In, Get Ready for the Day, and Free Time
	Short Story Weather Report	Funny Wednesday Weather Report	Today In History Weather Report	Fun Fact Friday Weather Report
	Stretch & Warm Up Walk Indoor Track	Stretch & Warm Up Walk Indoor Track	Stretch & Warm Up Walk Indoor Track	Stretch & Warm Up Walk Indoor Track
	Ride the bus to the Sea Lion Water Park Lunch with Wheaton & Fountain View Rec & Roll	Ride the bus to the Oak Park Conservatory Learn Facts About Different Plants	Movie Craft Pick out a Movie as a Group	Ride the bus to Klein Creek Farm Learn about Old School Living
	Swimming Change into Our Regular Clothes	Ride the bus back to Fort Hill Lunch	Lunch Watch the Rest of the Movie	Picnic Lunch Explore the Animal Exhibits
	Ride the bus to Fort Hill Clean Up and Get Ready to go Home	Flower Craft Clean Up and Get Ready to Go Home	Disney Trivia Clean Up and Get Ready to Go Home	Ride the bus to Fort Hill Clean Up and Get Ready to Go Home

**Please call and/or email any absences to your head instructor before the program begins at 9:00 am. The best time to call is between 8:30 am and 9:00 am.**

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**Bring a non-perishable lunch unless otherwise noted.**



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<b>Monday 8/7</b>	<b>Tuesday 8/8</b>	<b>Wednesday 8/9</b>	<b>Thursday 8/10</b>	<b>Friday 8/11</b>
	<b>Lunch Provided</b>			<b>Bring a sack lunch, towel, sunscreen and bathing suit</b>
Check In, Get Ready for the Day, and Free Time	Check In, Get Ready for the Day, and Free Time	Check In, Get Ready for the Day, and Free Time	Check In, Get Ready for the Day, and Free Time	Check In, Get Ready for the Day, and Free Time
How was your Weekend?  Weather Report	Story Time!  Weather Report	Funny Wednesday  Weather Report	Today in History  Weather Report	Fun Fact Friday  Weather Report
Stretch & Warm Up  Walk Indoor Track	Stretch & Warm Up  Walk Indoor Track	Stretch & Warm Up  Walk Indoor Track	Stretch & Warm Up  Walk Indoor Track	Stretch & Warm Up  Walk Indoor Track
Ride the bus to the Morton Arboretum  Hike the Beautiful Park	Ride the bus to the Grocery Store  Buy Supplies for Our Lunch	Ride the bus to Clock Tower Commons  Play a Round of Mini Golf	Summer Crafts: Sand and Beach Theme  Lunch	Ride the bus to Centennial Beach  Lunch
Lunch With Fountain View Rec & Roll  Nature Scavenger Hunt	Ride the Bus to Winfield Rec & Roll  Make and Eat Lunch Together	Picnic Lunch  Ice Cream Treat at Kimmers	Surfing Work Out and Yoga  Sports Highlights	Swimming  Change into Our Regular Clothes
Ride the bus to Fort Hill  Clean Up and Get Ready to Go Home	Ride the bus to Fort Hill  Clean Up and Get Ready to Go Home	Ride the bus to Fort Hill  Clean Up and Get Ready to Go Home	Games: Uno, Board Games and more  Clean Up and Get Ready to Go Home	Ride the bus to Fort Hill  Clean Up and Get Ready to Go Home

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## Rec & Roll Fort Hill August 2023 Schedule:

<b>Monday 8/14</b>	<b>Tuesday 8/15</b>	<b>Wednesday 8/16</b>	<b>Thursday 8/17</b>	<b>Friday 8/18</b>
		<b>Bring a sack lunch, towel, sunscreen and bathing suit</b>		
Check In, Get Ready for the Day, and Free Time	Check In, Get Ready for the Day, and Free Time	Check In, Get Ready for the Day, and Free Time	Check In, Get Ready for the Day, and Free Time	Check In, Get Ready for the Day, and Free Time
How was your weekend?  Weather Report	Story Time!  Weather Report	Funny Wednesday  Weather Report	Today in history  Weather Report	Fun Fact Friday  Weather Report
Stretch & Warm Up Walk Indoor Track	Stretch & Warm Up Walk Indoor Track	Stretch & Warm Up Walk Indoor Track	Stretch & Warm Up Walk Indoor Track	Stretch & Warm Up Walk Indoor Track
Ride the bus to Wilderness Falls  Round of Mini Golf	Ride the bus to Navarro Farm  Explore the Farm with Fountain View Rec & Roll	Ride the bus to Centennial Beach  Lunch	Ride the bus to Fox Bowl  Game 1 of Bowling	Prepare our Healthy Snack  Fitness Class at Fort Hill
Lunch with Wheaton Rec & Roll  Ride the bus to Fort Hill	Picnic Lunch  Explore more of the Farm	Swimming with our friends  Change into Our Regular Clothes	Lunch at the Bowling Alley  Game 2 of Bowling	Lunch  Yoga and Peaceful Moments
Karaoke and funny videos  Clean Up and Get Ready to Go Home	Ride the bus to Fort Hill  Clean Up and Get Ready to Go Home	Ride the bus to Fort Hill  Clean Up and Get Ready to Go Home	Ride the bus to Fort Hill  Clean Up and Get Ready to Go Home	Healthy Snack and Music Trivia  Clean Up and Get Ready to Go Home

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## Rec & Roll Fort Hill August 2023 Schedule:

<b>Monday 8/21</b>	<b>Tuesday 8/22</b>	<b>Wednesday 8/23 Lunch Provided</b>	<b>Thursday 8/24</b>	<b>Friday 8/25</b>
Check In, Get Ready for the Day, and Free Time	Check In, Get Ready for the Day, and Free Time	Check In, Get Ready for the Day, and Free Time	Check In, Get Ready for the Day, and Free Time	Check In, Get Ready for the Day, and Free Time
How was your weekend?  Weather Report	Story Time!  Weather Report	Funny Wednesday  Weather Report	Today in History  Weather Report	Fun Fact Friday  Weather Report
Stretch & Warm Up  Walk Indoor Track	Stretch & Warm Up  Walk Indoor Track	Stretch & Warm Up  Walk Indoor Track	Stretch & Warm Up  Walk Indoor Track	Stretch & Warm Up  Walk Indoor Track
Gym day at Fort Hill Basketball, Volleyball and more  Sports crafts	Ride the bus to Ackerman Sports & Fitness Center  Soccer Skills with the Glen Ellyn Laker Instructors	Ride the bus to BBQ At Churchill Woods  Outdoor games: Kan Jam, Bags, and more	Ride the bus to Cernan Space Center  Stars of the Pharaohs Show	Ride the bus to Cantigny  Learn about the Tanks, Garden, Trees, and Wildlife
Stretching and Mindfulness  Karaoke Fun	Picnic Lunch with All Rec & Roll sites	BBQ Lunch with All Rec & Roll Sites  Fun and Games	Lunch  Ride the bus to Fort Hill	Picnic Lunch  Explore the Museum
Group choice: board games, card games, or videos  Clean Up and Get Ready to Go Home	Ride the bus to Fort Hill  Clean Up and Get Ready to Go Home	Ride the bus to Fort Hill  Clean Up and Get Ready to Go Home	Chair Yoga Activity  Clean Up and Get Ready to Go Home	Ride the bus to Fort Hill  Clean Up and Get Ready to Go Home

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### Rec & Roll Fort Hill August 2023 Schedule:

<b>Monday 8/28</b>	<b>Tuesday 8/29</b>	<b>Wednesday 8/30</b>	<b>Thursday 8/31 Lunch Provided</b>	<b>Friday 9/1</b>
Check In, Get Ready for the Day, and Free Time	Check In, Get Ready for the Day, and Free Time	Check In, Get Ready for the Day, and Free Time	Check In, Get Ready for the Day, and Free Time	
How was your weekend?  Weather Report	Short Stories  Weather Report	Funny Wednesday  Weather Report	Today in history  Weather Report	
Stretch & Warm Up  Walk Indoor Track	Stretch & Warm Up  Walk Indoor Track	Stretch & Warm Up  Walk Indoor Track	Stretch & Warm Up  Walk Indoor Track	
Ride the bus to Brookfield Zoo  Check Out the Animal Exhibits	Canvas painting day  Bingo and prizes galore	Ride the bus to the St. Charles Paddlewheel Boat  Lunch with Other Rec & Roll	Ride the bus to Lunch on the Town  Order Lunch	
Lunch at the Zoo  Animal Scavenger Hunt	Lunch  Guess that Disney Tune	Ride the Boat with Other Rec & Rollers  Lunch, games, and friend time	Enjoy our Lunch  Learn about the Different Food Groups	
Ride the bus back to Fort Hill  Clean Up and Get Ready to Go Home	Disney videos, and group music day  Clean Up and Get Ready to Go Home	Ride the bus back to Fort Hill  Clean Up and Get Ready to Go Home	Ride the bus back to Fort Hill  Clean Up and Get Ready to Go Home	

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