

# Rec & Roll

A DAY PROGRAM OF **WDSRA**

## REC & ROLL FORT HILL **NOVEMBER 2024** SCHEDULE:

Monday	Tuesday	Wednesday	Thursday	<b>Friday 11/01</b> <i>IN-HOUSE DAY</i>
<div data-bbox="472 615 852 856" data-label="Image"> </div> <p data-bbox="431 884 889 972" style="text-align: center;"><b>ENJOYING OCTOBER ACTIVITES!</b></p> <p data-bbox="246 1079 1073 1167" style="text-align: center;"><b>CHECK OCTOBER CALENDAR FOR THESE DAYS ACTIVITY</b></p>				Arrive to Program Attendance Free Time
				Fun Fact Friday  Calendar Updates
				Warm Up Stretches  Walk Indoor Track
				Day of the Dead Skelton Craft Fiesta Treat Watch COCO Movie
				Enjoy Lunch w/ Our Friends
				Cool Down Exercises  Afternoon Activities
				Clean Up Wait for Rides 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. Email: [recandrollfh@wdsra.com](mailto:recandrollfh@wdsra.com); Phone: [630.995.8944](tel:630.995.8944). Bring a non-perishable lunch unless otherwise noted.**



A DAY PROGRAM OF **WDSRA**

**REC & ROLL FORT HILL NOVEMBER 2024 SCHEDULE:**

<b>Monday 11/04</b> <i>IN-HOUSE DAY</i>	<b>Tuesday 11/05</b>	<b>Wednesday 11/06</b> <i>LUNCH PROVIDED</i>	<b>Thursday 11/07</b>	<b>Friday 11/08</b>
Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time
Weekend Chat  Calendar Updates	Question of the Day  Calendar Updates	Weather Wednesday  Calendar Updates	Today in History  Calendar Updates	Fun Fact Friday  Calendar Updates
Warm Up Stretches  Walk Indoor Track	Warm Up Stretches  Walk Indoor Track	Warm Up Stretches  Walk Indoor Track	Warm Up Stretches  Walk Indoor Track	Warm Up Stretches  Walk Indoor Track
Pj Party Surprise Movie Craft & Games <i>Wear your PJ's</i>	Brush & Board Local craft store Choose wood board Paint & Design Wood Sign	Lunch Out Cracker Barrel Order & enjoy lunch Check out store	RRCS Holiday Shopping at Fox Valley Mall Enjoy Lunch <i>Optional: Bring \$\$ for Shops</i>	IKEA Store Check out room displays Mason jar craft project
Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends
Cool Down Exercises	Travel Back to Fort Hill	Travel Back to Fort Hill	Travel Back to Fort Hill	Travel Back to Fort Hill
Afternoon Activities	Afternoon Activities	Afternoon Activities	Afternoon Activities	Afternoon Activities
Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home

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**REC & ROLL FORT HILL NOVEMBER 2024 SCHEDULE:**

<b>Monday 11/11</b>	<b>Tuesday 11/12</b>	<b>Wednesday 11/13</b> <i>LUNCH PROVIDED</i>	<b>Thursday 11/14</b>	<b>Friday 11/15</b> <i>LUNCH PROVIDED</i>
Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time
Weekend Chat  Calendar Updates	Question of the Day  Calendar Updates	Weather Wednesday  Calendar Updates	Today in History  Calendar Updates	Fun Fact Friday  Calendar Updates
Warm Up Stretches  Walk Indoor Track	Warm Up Stretches  Walk Indoor Track	Warm Up Stretches  Walk Indoor Track	Warm Up Stretches  Walk Indoor Track	Warm Up Stretches  Walk Indoor Track
College Visit College of DuPage Campus Walk Cafeteria Lunch	Health Day Jewel store Prep & make healthy snack Salad spinner art project	<i>RRNAP/GE/WTN</i> Celebrate Winning Scarecrow Contest Pizza Party w/ Dan	Strikes & Spares Bowl 1 game at local alley Grab sweet treat	<i>All Sites</i> Friendsgiving Food, games & more
Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends
Travel Back to Fort Hill  Afternoon Activities	Travel Back to Fort Hill  Afternoon Activities	Travel Back to Fort Hill  Afternoon Activities	Travel Back to Fort Hill  Afternoon Activities	Travel Back to Fort Hill  Afternoon Activities
Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home

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## REC & ROLL FORT HILL NOVEMBER 2024 SCHEDULE:

<b>Monday 11/18</b>	<b>Tuesday 11/19</b> <i>IN-HOUSE DAY</i>	<b>Wednesday 11/20</b>	<b>Thursday 11/21</b> <i>LUNCH PROVIDED</i>	<b>Friday 11/22</b>
Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time
Weekend Chat  Calendar Updates	Question of the Day  Calendar Updates	Weather Wednesday  Calendar Updates	Today in History  Calendar Updates	Fun Fact Friday  Calendar Updates
Warm Up Stretches  Walk Indoor Track	Warm Up Stretches  Walk Indoor Track	Warm Up Stretches  Walk Indoor Track	Warm Up Stretches  Walk Indoor Track	Warm Up Stretches  Walk Indoor Track
<b>Mickey Mouse's Birthday</b> Mickey Head Craft Watch Mickey's Cartoons Disney Park Treat <i>Wear your Disney attire</i>	<b>FH Thanksgiving</b> Thanksgiving Food Snacks Turkey Craft Read Turkey Books I am Thankful activity	<b>RRNAP</b> Naperville Fire Department Tour through station Dalmatian dog craft Fire safety activity	<b>Cooking Day</b> Grocery store trip Prep & cook lunch Italian Cuisine Cornucopia craft	<b>All Sites</b> Quad City Magician Magic Tricks & Magical Experience
Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends
Cool Down Exercises  Afternoon Activities	Cool Down Exercises  Afternoon Activities	Travel Back to Fort Hill  Afternoon Activities	Travel Back to Fort Hill  Afternoon Activities	Travel Back to Fort Hill  Afternoon Activities
Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home

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**REC & ROLL FORT HILL NOVEMBER 2024 SCHEDULE:**

<b>Monday 11/25</b>	<b>Tuesday 11/26</b>	<b>Wednesday 11/27</b>	<b>Thursday 11/28</b>	<b>Friday 11/29</b>
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**FALL THANKSGIVING BREAK  
NO PROGRAM THIS WEEK**



**ENJOY YOUR TIME W/ FAMILY & FRIENDS**

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