


Rec & Roll

A DAY PROGRAM OF WDSRA

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

Monday 09/30	Tuesday 10/01	Wednesday 10/02 <i>IN-HOUSE FIELD TRIP</i>	Thursday 10/03	Friday 10/04 <i>Early Departure</i>
 <p>ENJOYING SEPTEMBER ACTIVITIES!</p> <p>CHECK SEPTEMBER CALENDAR FOR TODAY'S ACTIVITY</p>	<p>Arrive to Program Attendance Free Time</p>	<p>Arrive to Program Attendance Free Time</p>	<p>Arrive to Program Attendance Free Time</p>	<p>Arrive to Program Attendance Free Time</p>
	<p>Question of the Day Calendar Updates</p>	<p>Weather Wednesday Calendar Updates</p>	<p>Today in History Calendar Updates</p>	<p>Fun Fact Friday Calendar Updates</p>
	<p>Warm Up Stretches Walk Indoor Track</p>	<p>Warm Up Stretches Walk Indoor Track</p>	<p>Warm Up Stretches Walk Indoor Track</p>	<p>Warm Up Stretches Walk Indoor Track</p>
	<p><i>Fall Fun</i> Fall Market Treats & Pumpkins at Johansen Farm <i>Bring \$ for Treats</i></p>	<p><i>RRNAP/GE/WTN</i> Scarecrow Build for Scarecrow Fest Fall Activities</p>	<p><i>RRFV/CS</i> St. Charles Paddleboat Ride at Pottawatomie Park Lunch & Playground <i>Bring cold lunch</i></p>	<p><i>RRNAP/WTN/WIN</i> Adaptive Recreation Day at St. James Farm Fishing, Archery & More <i>Bring cold lunch</i></p>
	<p>Enjoy Lunch w/ Our Friends</p>	<p>Enjoy Lunch w/ Our Friends</p>	<p>Enjoy Lunch w/ Our Friends</p>	<p>Enjoy Lunch w/ Our Friends</p>
	<p>Travel Back to Fort Hill Afternoon Activities</p>	<p>Cool Down Exercises Afternoon Activities</p>	<p>Travel Back to Fort Hill Afternoon Activities</p>	<p>Travel Back to Fort Hill Afternoon Activities</p>
	<p>Clean Up Wait for Rides Go Home</p>	<p>Clean Up Wait for Rides Go Home</p>	<p>Clean Up Wait for Rides Go Home</p>	<p>Clean Up Wait for Rides Go Home</p>

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; Phone: 630.995.8944. Bring a non-perishable lunch unless otherwise noted.



A DAY PROGRAM OF **WDSRA**

REC & ROLL FORT HILL October 2024 SCHEDULE:

Monday 10/7	Tuesday 10/08	Wednesday 10/09	Thursday 10/10	Friday 10/11
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
<i>Apples to Apples</i> Kuiper's Apple Orchard Picking Apples & Store <i>Bring a cold lunch & \$ for treats</i>	<i>Fitness Day</i> Cardio Class at Lombard Fitness Center Yorktown Mall Visit <i>Bring a cold lunch</i>	<i>Trip to the Movies</i> Surprise Movie at Local Theater Build Your Own Robot Craft <i>Bring a cold lunch</i>	<i>Fall Fun</i> Goebbert's Farm Pumpkins, rides & more <i>Bring a cold lunch</i>	<i>All Sites</i> Scarecrow Fest in Downtown St. Charles Explore Crafts & Scarecrows <i>Bring a cold lunch</i>
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	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 **October 2024** SCHEDULE:

Monday 10/14 <i>Early Departure</i>	Tuesday 10/15 <i>LUNCH PROVIDED</i>	Wednesday 10/16	Thursday 10/17	Friday 10/18 <i>IN-HOUSE FIELD TRIP</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
<i>Down on the Farm</i> Primrose Farm in St. Charles Animals & Wagon Ride <i>Bring a cold lunch</i>	<i>Lunch & Music</i> Music Therapy Grocery Store Prep & Cook Lunch Taco Tuesday	<i>Strikes & Spares</i> Parkside Lanes Bowl a game Phillips Park <i>Bring a cold lunch</i>	<i>RRCS</i> Keller's Farmstand Check out farmstand Apple Cider Donut Treat <i>Bring a cold lunch</i>	<i>Fitness & Farm</i> Abbey Farm Market Check out the market Fitness Class w/ Genna Pumpkin Decoration
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	Cool Down Exercises 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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A DAY PROGRAM OF **WDSRA**

REC & ROLL FORT HILL October 2024 SCHEDULE:

Monday 10/21	Tuesday 10/22	Wednesday 10/23	Thursday 10/24	Friday 10/25
LUNCH PROVIDED				
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
<i>Shopping & Food</i> Jersey Mike's Sub Walmart Trip Pick up supplies for room	<i>Retro Arcades</i> Main Event Arcades Retro Arcade Craft Classic Board Games	<i>RRFV</i> Michaels Store Trip Scrapbooking <i>Bring photos in for book or to share</i>	<i>RRGE</i> Pumpkin Day Decorate Pumpkins Pumpkin Spice Treat Pumpkin Themed Games	<i>RRCS</i> Football Day at Nike Park Flag Football Game Football Craft <i>Bring a cold lunch</i>
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	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
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REC & ROLL FORT HILL **October 2024** SCHEDULE:

HALLOWEEN WEEK (WEAR YOUR HALLOWEEN SPIRIT ATTIRE)

Monday 10/28	Tuesday 10/29	Wednesday 10/30	Thursday 10/31 	Friday 11/01
Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	 NOVEMBER ACTIVITIES COMING SOON ENJOY OCTOBER ACTIVITIES
Weekend Chat Calendar Updates	Question of the Day Calendar Updates	Weather Wednesday Calendar Updates	Today in History 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	
<i>RRWTN</i> Tae Kwon Do w/ Master Frank Halloween BINGO game Bring a cold lunch	<i>RRFV</i> Hocus Pocus Day Trip to Spirit Store Witch Themed Craft Hocus Pocus Movie Halloween Treat	<i>Pumpkin Day</i> Siegel's Cottonwood Farm Ride, pumpkins & corn maze Pumpkin Spice Treat Bring a cold lunch	<i>ALL SITES</i> Halloween Bash Games, crafts & treats Costume Contest Bring a cold lunch & wear Halloween costume	
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	Travel Back to Fort Hill	Travel Back to Fort Hill	Travel Back to Fort Hill	
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	

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