



A DAY PROGRAM OF **WDSRA**

Rec & Roll Fort Hill September 2023 Schedule:

Monday 8/28	Tuesday 8/28	Wednesday 8/29	Thursday 8/30	Friday 9/1 Lunch Provided
				Check In, Get Ready for the Day, and Free Time
				Fun Fact Friday Weather Report
				Stretch & Warm Up Walk Indoor Track
				Ride the all site BBQ Games: Kan Jam, Bags, and Volleyball
				BBQ Lunch: Hot dogs, burgers and more Eat Lunch and Socialize
				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.

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 September 2023 Schedule:

Monday 9/5	Tuesday 9/4	Wednesday 9/5	Thursday 9/6	Friday 9/6
No Rec & Roll	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
No Rec & Roll	Story Time! Weather Report	Funny Wednesday Weather Report	Today in History Weather Report	Fun Fact Friday Weather Report
No Rec & Roll	Stretch & Warm Up Walk Indoor Track	Stretch & Warm Up Walk Indoor Track	Stretch & Warm Up Walk Indoor Track	Stretch & Warm Up Walk Indoor Track
No Rec & Roll	Movie Themed Crafts In House Movie Determined by the Group	Animal Crafts and Activities Pet Therapy	Ride the bus to Main Event Play Arcade Games	Ride the bus to Isle a La Cache Museum Explore the Museum with Naperville Rec & Roll
No Rec & Roll	Lunch Continue Movie	Lunch with Naperville Rec & Roll Karaoke and Games	Lunch Ride the bus to Fort Hill	Lunch Ride the bus back to Fort Hill
No Rec & Roll	Trivia and Games Clean Up and Get Ready to Go Home	Guess that Animal Clean Up and Get Ready to Go Home	Outdoor Walk Clean Up and Get Ready to go Home	Game Time or Craft Time Clean Up and Get Ready to Go Home

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A DAY PROGRAM OF **WDSRA**

Rec & Roll Fort Hill September 2023 Schedule:

Monday 9/11	Tuesday 9/12	Wednesday 9/13	Thursday 9/14	Friday 9/15
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 Apple Orchard Apple Picking with FV and Winfield Rec & Roll	Ride the bus to the DuPage Historical Museum Explore the museum	Ride the bus to the Movie Theater Buy Tickets and find our Seats	Ride the bus to the Glen Ellyn Library Bingo with Donuts and Prizes with Glen Ellyn Rec & Roll	Chair Yoga Fitness Class with Genna
Lunch Learn about Types of Apples – How to Use Them	Lunch in the Park Ice Cream Treat at Kimmers	Watch the Movie Lunch Finish the Movie	Lunch Ride the bus to Fort Hill	Lunch Prepare and Eat Healthy Snack
Ride the bus back 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	Karaoke Clean Up and Get Ready to Go Home	Stretching and Mindfulness Clean Up and Get Ready to Go Home

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A DAY PROGRAM OF **WDSRA**

Rec & Roll Fort Hill September 2023 Schedule:

Monday 9/18	Tuesday 9/19	Wednesday 9/20	Thursday 9/21	Friday 9/22
Lunch Provided				
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	No Rec & Roll
How was your weekend? Weather Report	Story Time! Weather Report	Funny Wednesday Weather Report	Today in History Weather Report	No Rec & Roll
Stretch & Warm Up Walk Indoor Track	Stretch & Warm Up Walk Indoor Track	Stretch & Warm Up Walk Indoor Track	Stretch & Warm Up Walk Indoor Track	No Rec & Roll
Ride the bus to Chilis Order and Eat Lunch Together	Ride the bus to Miracle Field Play Kickball!	Ride the bus to Fox Bowl Game 1 of bowling	Ride the bus to Keller Farms Walk the Farm with Wheaton Rec & Roll	No Rec & Roll
Ride the bus to Fort Hill	Lunch in the park Special Treat for Everyone	Lunch at the Bowling Alley Game 2 of Bowling	Picnic lunch Apple Bobbing Games	No Rec & Roll
Healthy Plate Activities 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	No Rec & Roll

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A DAY PROGRAM OF **WDSRA**

Rec & Roll Fort Hill September 2023 Schedule:

Monday 9/25	Tuesday 9/26	Wednesday 9/27	Thursday 9/28	Friday 9/29
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	Short Stories 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
First day of Fall Crafts Leaf Painting project and Fall Colors Craft	Ride the bus to Naper Settlement Learn about the History of Naperville	Ride the bus to the Grocery Store Buy Supplies	Ride the bus to the Volo Car Museum Look at Some Cool Cars!	Ride the bus to Wheaton Rec & Roll Make A Rec & Roll Scarecrow
Lunch Indoor Bowling Competition	Lunch Afternoon Walk through Naperville	Make Lunch Together Eat Lunch	Ride the bus to Fort Hill Lunch	Lunch Fall Bingo and Crafts
Karaoke and Name that Tune 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 back to Fort Hill Clean Up and Get Ready to Go Home	Car Videos and Games 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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