

# Rec & Roll

A DAY PROGRAM OF WDSRA

## Rec & Roll Fountain View schedule:

**Bring swimsuit & towel on the following days: 3/7**  
**Bring a water bottle, and a non perishable lunch daily.**  
**There will be a rain plan in place for outdoor activities.**  
**Please arrive promptly at the start of the program at 9am.**

Rec & Roll Fountain View Email [Recandrollfv@wdsra.com](mailto:Recandrollfv@wdsra.com) phone: 630-784-6162

| Monday<br>3/4                        | Tuesday<br>3/5                   | Wednesday<br>3/6                   | Thursday<br>3/7                             | Friday<br>3/8                                 |
|--------------------------------------|----------------------------------|------------------------------------|---|---|
| Check in & Get ready for the day     | Check in & Get ready for the day | Check in & Get ready for the day   | Check in & Get ready for the day            | Check in & Get ready for the day              |
| What I Did Over the Weekend...       | Weather Report                   | Wednesday Wonders                  | This week in History                        | Fun Fact Friday!                              |
| Walk Indoor Track                    | Walk Indoor Track                | Walk Indoor Track                  | Walk Indoor Track                           | Walk Indoor Track                             |
| Target trip<br><b>Money optional</b> | Cosley zoo                       | Fitness class with Amanda          | Swimming<br><b>Bring swimsuit and towel</b> | "Charlie Brown" at Drury lane with all groups |
| Lunch                                | Lunch                            | Lunch                              | Lunch                                       | Lunch   |
| Wii bowling                          | Animal arts                      | Meditation and role play exercises | Dry off and tidy up the room                | Bus ride back                                 |
| 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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| Monday<br>3/11                   | Tuesday<br>3/12                  | Wednesday<br>3/13                | Thursday<br>3/14                 | Friday<br>3/15                   |
|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| Check in & Get ready for the day | Check in & Get ready for the day | Check in & Get ready for the day | Check in & Get ready for the day | Check in & Get ready for the day |
| What I Did Over the Weekend...   | Weather Report                   | Wednesday Wonders                | This week in History             | Fun Fact Friday!                 |
| Walk Indoor Track                | Walk Indoor Track                | Walk Indoor Track                | Walk Indoor Track                | Walk Indoor Track                |
| Two Toots make-up Lunch          | Fermi-lab trip                   | Gym games!                       | Top Golf                         | Indoor yoga                      |
| No lunch needed                  | Lunch                            | Lunch                            | Lunch                            | Lunch                            |
| Dance party                      | Science experiments              | Water bead project               | Finish our rounds and head back  | Nature hike                      |
| 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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| <b>Monday<br/>3/18</b>                 | <b>Tuesday<br/>3/19</b>          | <b>Wednesday<br/>3/20</b>                           | <b>Thursday<br/>3/21</b>         | <b>Friday<br/>3/22</b>           |
|--|----------------------------------|---|----------------------------------|----------------------------------|
| Check in & Get ready for the day       | Check in & Get ready for the day | Check in & Get ready for the day                    | Check in & Get ready for the day | Check in & Get ready for the day |
| What I Did Over the Weekend...         | Weather Report                   | Wednesday Wonders                                   | This week in History             | Fun Fact Friday!                 |
| Walk Indoor Track                      | Walk Indoor Track                | Walk Indoor Track                                   | Walk Indoor Track                | Walk Indoor Track                |
| St. Patrick's day party with Fort Hill | Home depot trip                  | Morton Arboretum                                    | Bowling with Fort Hill           | Movie theatre!!                  |
| Lunch                                  | Lunch                            | Lunch   | Lunch                            | Lunch                            |
| Shamrock shakes and a movie            | Refreshing our garden            | Walking trails and scavenger hunts to start spring! | Round 2                          | Matt's birthday treats           |
| 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  |

**Spring Break March 25-29, No R&R!**

