

Rec & Roll

A DAY PROGRAM OF **WDSRA**

Rec & Roll Fountain View Schedule

October 2025

Monday 09/29 Lunch Provided	Tuesday 09/30	Wednesday 10/01 Snack Provided	Thursday 10/02	Friday 10/03
Greetings and Free Time	Greetings and Free Time	Greetings and Free Time	Greetings and Free Time	Greetings and Free Time
How Was Your Weekend?	Story Time	Funny Wednesday	Trivia Thursday	Fun Fact Friday
Weather Report	Weather Report	Weather Report	Weather Report	Weather Report
Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up
Walk Indoor Track	Walk Indoor Track	Walk Indoor Track	Walk Indoor Track	Walk Indoor Track
All Sites Rec & Roll's Birthday Party 	Pickleball at Armstrong Park 	Fox Valley Mall 	NAP/WIN Scarecrow Building At Fountain View 	CS/GE Adaptive Recreation Day at St. James Farm 
Lunch	Lunch	Lunch	Lunch	Lunch
Games & Celebrations	Afternoon Movie & Games	Carousel Ride & Toy Store	Design scarecrow for the Fest	Trolley Ride, Group Activities
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

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: recandrollfv@wdsra.com; Phone: 630-784-6162.

Bring a non-perishable lunch unless noted otherwise.

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October 2025

Monday 10/06	Tuesday 10/07 Lunch Provided	Wednesday 10/08	Thursday 10/09	Friday 10/10
Greetings and Free Time	Greetings and Free Time	Greetings and Free Time	Greetings and Free Time	Greetings and Free Time
How Was Your Weekend?	Story Time	Funny Wednesday	Trivia Thursday	Fun Fact Friday
Weather Report	Weather Report	Weather Report	Weather Report	Weather Report
Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up
Walk Indoor Track	Walk Indoor Track	Walk Indoor Track	Walk Indoor Track	Walk Indoor Track
FV Fitness Class 	Briana's Pancake House 	Not so Scary Movie Day 	Bingo at Main Street Rec Center 	Scarecrow Fest 
Lunch	Lunch	Lunch	Lunch	Lunch
Paper Plate Pumpkins & Fall Bingo	Spirit Halloween Store	Hocus Pocus & Festive Hat Making	Balloon Volleyball Tournament	Walk Downtown St Charles & Vote on Favorites
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 10/13 Treat Provided	Tuesday 10/14	Wednesday 10/15 Treat Provided	Thursday 10/16	Friday 10/17 Bring Swim Gear
Greetings and Free Time	Greetings and Free Time	Greetings and Free Time	Greetings and Free Time	Greetings and Free Time
How Was Your Weekend?	Story Time	Funny Wednesday	Trivia Thursday	Fun Fact Friday
Weather Report	Weather Report	Weather Report	Weather Report	Weather Report
Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up
Walk Indoor Track	Walk Indoor Track	Walk Indoor Track	Walk Indoor Track	Walk Indoor Track
CS Spooky Science Day 	NAP Cowboy Hoedown with Lisa 	FH Spooky Cookies at Winfield 	CS Konow Farm 	In House Bats & Cats Theme Day 
Lunch	Lunch	Lunch	Lunch	Lunch
Touch & Guess & Candy Salad	Line Dancing & Cowboy Boot Craft	Decorate Cookies & Scavenger Hunt	Shops, Rides & Pumpkins	Afternoon Swim At Fountain View
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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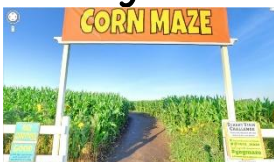
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Monday 10/20 Snack Provided	Tuesday 10/21	Wednesday 10/22	Thursday 10/23	Friday 10/24 Treat Provided
Greetings and Free Time	Greetings and Free Time	Greetings and Free Time	Greetings and Free Time	Greetings and Free Time
How Was Your Weekend?	Story Time	Funny Wednesday	Trivia Thursday	Fun Fact Friday
Weather Report	Weather Report	Weather Report	Weather Report	Weather Report
Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up
Walk Indoor Track	Walk Indoor Track	Walk Indoor Track	Walk Indoor Track	Walk Indoor Track
Barnes and Noble 	In House Pumpkin Party 	WIN Abbey Farm 	GE Peter Pan Play At Metropolis Theater 	Lombard Fitness 
Lunch	Lunch	Lunch	Lunch	Lunch
Browse the books & have a snack	Decorate Pumpkins & Make Seed Art	Corn Maze & Corn Cob Launch	Afternoon Yoga Video	Healthy Drinks at TeaTime Anytime
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 10/27	Tuesday 10/28 Treat Provided	Wednesday 10/29	Thursday 10/30	Friday 10/31 Lunch Provided
Greetings and Free Time	Greetings and Free Time	Greetings and Free Time	Greetings and Free Time	Greetings and Free Time
How Was Your Weekend?	Story Time	Funny Wednesday	Trivia Thursday	Fun Fact Friday
Weather Report	Weather Report	Weather Report	Weather Report	Weather Report
Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up
Walk Indoor Track	Walk Indoor Track	Walk Indoor Track	Walk Indoor Track	Walk Indoor Track
WTN Spookstacle Course at Central Athletics 	Fall Hike At Morton Arboretum 	GE Creepy Crafts At Glenside Library 	Trick or Treat At WDSRA 	All Sites Halloween Party 
Lunch	Lunch	Lunch	Lunch	Lunch
Zombie Run, Ghoulish Dash & Bat Baskets	Frozen Custard Treat at Andys	Ghostly Lanterns & Spooky Stories	Scare Up Some Goodies From WDSRA Staff	Ghastly Games, Dancing & Costume Contest
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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