







A DAY PROGRAM OF WDSRA

Glen Ellyn January 2019

Ackerman Sports & Fitness Center, 800 E St. Charles Rd, Glen Ellyn. 630-317-0137

| Mon | Tue | Wed | Thu | Fri |
|---|--|--|--|--|
| <p>Rec and roll skill building this month is:</p> | <p>1 Winter Break No Rec & Roll</p>  | <p>2 Winter Break No Rec & Roll</p>  | <p>3 Winter Break No Rec & Roll</p>  | <p>4 Winter Break No Rec & Roll</p>  |
| <p>7 Welcome to Rec & Roll 2019 9:30 am Grocery shopping 11 am to 1:00 pm cooking skills</p> <p>Do not bring lunch</p> | <p>8 Expressions Dance Studio 10:45 a.m. dance class</p> <p>Bring your lunch</p> | <p>9 New Years Resolutions Healthy Snack, & Fitness</p> <p>Bring your lunch</p> | <p>10 CS,GE, Nap,Wtn 10:30 a.m. Bowling league @ Fox Bowl</p> <p>Bring your lunch</p> | <p>11 CS,GE,Wtn, Nap Legoland</p> <p>Bring your lunch</p> |
| <p>14 Arcade games at Round One</p> <p>Bring your lunch or money To buy lunch (\$12 to \$15).</p> | <p>15 Rec & Roll wood art project, Movies, and track walking</p> <p>Bring your lunch</p> | <p>16 Next Chapter Book Club at Glen Ellyn Library Special treat out!</p>  <p>Bring your lunch</p> | <p>17 Pizza lunch for Anthony's birthday, crafts, track walking</p> <p>Do not bring your lunch</p> | <p>18 11 a.m. to 12 p.m. Fitness Class @ Ackerman</p> <p>Bring your lunch?</p> |
| <p>21 CS, GE, Wtn, Nap Sledding at Villa Olivia</p> <p>Bring your lunch and \$10</p> | <p>22CS, GE, Nap, Wtn Drumming with Dave</p> <p>Bring your lunch</p> | <p>23 Yoga class at Universal Spirit 12pm to 1 pm</p> <p>Bring your lunch</p> | <p>24 CS, GE, Wtn, Nap Disney on ice Mickey's Search Party!</p> <p>Bring \$10 for ticket Bring your lunch</p> | <p>25 CS,GE, Nap, Wtn Surprise movie</p> <p>Bring @ least \$10 for Concessions (optional) Bring your lunch</p> |
| <p>28 FH & GE @ FH Hanging out with Fort hill friends and track walking</p> <p>Bring your lunch</p> | <p>29 Cernan Space Center</p> <p>Bring your lunch</p> | <p>30 Lunch out at Bakers Square (free pie Wednesday)</p> <p>Do not bring your lunch</p> | <p>31 CS, GE, Nap, Wtn Ninja Academy</p> <p>Bring your lunch</p> | <p>Daily Activities: 9:00-9:10 Reality Check 9:10-9:20 Current Events 9:20-9:30 Physical Exercise</p> |