



A DAY PROGRAM OF WDSRA

# Glen Ellyn March 2019

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

Mon	Tue	Wed	Thu	Fri
<p>Rec &amp; Roll skill building this month is: Nutrition Importance</p>				<p>1 CS, GE, Nap, &amp; Wtn Dr. Seuss Day! <b>Do not bring your lunch</b></p> 
<p>4 Mardi Gras &amp; Fat Tuesday. Making crafts and a sweet treat <b>Bring your lunch</b></p> 	<p>5 <b>GE &amp; Wtn</b> Expression Dance Studio 11:15 am to 12:15 p.m. Class <b>Bring your lunch and dress to exercise</b></p>	<p>6 Get together with SEASPAR St. Patrick's Day crafts, pizza lunch and track walking <b>Do not bring your lunch</b></p>	<p>7 <b>Nap, CS, GE, &amp; Wtn</b> Bowling League at Fox Bowl 2 Games of bowling <b>Bring your lunch</b></p>	<p>8 CS, FH, FV, GE, Nap, &amp; Wtn <b>*Arrive on time or early*</b> You're a Good Man Charlie Brown @ Drury Lane <b>Bring your lunch and \$10</b></p>
<p>11 Cooking Skills 101 <i>Irish Food @ 11am</i> <b>Do not bring your lunch</b></p>	<p>12 <b>FH &amp; GE @ FH</b> Arts and Crafts with FH Painting pillow cases <b>Bring your lunch</b></p>	<p>13 Next Chapter Book Club at Glen Ellyn Library Special Treat out! <b>Bring your lunch</b></p> 	<p>14 <b>CS, GE, Nap, Wtn</b> Ninja Academy Training 10:30 a.m. to 11:30 a.m. Track walking <b>Bring your lunch</b></p>	<p>15 <b>GE, Wtn</b> Movin' it! Fitness @ Ackerman <b>Dress to exercise &amp; wear gym shoes</b> <b>Bring your lunch</b></p>
<p>18 <b>CS, GE, &amp; Nap</b> Surprise Movie Day! <b>Bring money for concessions (optional)</b> <b>Bring your lunch</b></p>	<p>19 <b>GE &amp; Nap</b> Forest Therapy 10:00 a.m. Nature Activity <b>Bring your lunch</b></p>	<p>20 Finding Our Inner Peace at Essencia Yoga Track Walking <b>Bring your lunch</b></p>	<p>21 <b>CS, GE, Nap, &amp; Wtn</b> Basketball tournament @ Wtn Rec &amp; Roll! <b>Bring your lunch</b></p> 	<p>22 <b>CS, GE, Nap, Wtn</b> March Madness Bracket Challenge Lunch @ Village Tavern <b>Bring \$10 Lunch Provided</b></p>
<p>25 <b>Spring break</b> No Rec &amp; Roll</p>	<p>26 <b>Spring Break</b> No Rec &amp; Roll</p>	<p>27 <b>Spring Break</b> No Rec &amp; Roll</p>	<p>28 <b>Spring Break</b> No Rec &amp; Roll</p>	<p>29 <b>Spring Break</b> No Rec &amp; Roll</p>