





A DAY PROGRAM OF WDSRA

# Glen Ellyn November 2018

Ackerman Sports & Fitness Center, 800 E St. Charles Rd, Glen Ellyn. 630-225-8518

Mon	Tue	Wed	Thu	Fri
	<p><b>Daily Activities:</b>            9:00-9:10 Reality Check            9:10-9:20 Current Events            9:20-9:30 Physical Exercise</p>		<p><i>1</i>            10:30am Bowling League at Fox Bowl            2 Games of bowling  <b>Bring your lunch</b></p>	<p><i>2</i>            Nap, CS, GE, &amp; Wtn            Big Wolf Ranch  <b>Bring \$5</b>  <b>Bring your lunch</b></p>
<p><i>5</i>            9:30am grocery shopping            11-1pm cooking skills            At Ackerman  <b>Do not bring lunch</b></p>	<p><i>6</i>            Expression's Dance Studio            11:15am Dance Class            Wear comfortable clothing  <b>Bring your lunch</b></p>	<p><i>7</i>            Nap, CS, GE, &amp; Wtn            Flag football game on the turf at Ackerman  <b>Bring your lunch</b></p>	<p><i>8</i> Nap, CS, GE, Wtn            Sci Tech Museum  <b>Bring your lunch</b></p>	<p><i>9</i> Nap, CS, GE, &amp; Wtn            Field day at Benedictine University with Collegiate Athletes!  <b>Bring your lunch</b></p>
<p><i>12</i>            GE &amp; Wtn            Karaoke Club at Round One  <b>Bring your lunch OR bring money for the food court</b></p>	<p><i>13</i>            Making ornaments for our Christmas tree!  <b>Bring Your Lunch</b></p>	<p><i>14</i>            Next Chapter Book Club at Glen Ellyn Library            Special treat out!  <b>Bring your lunch</b></p>	<p><i>15</i>            Nap, CS, GE, &amp; Wtn            Friendsgiving and Turkey Shoot  <b>Do not bring your lunch</b></p>	<p><i>16</i> 11am Movin' it!            Fitness class at Ackerman  <b>Dress to exercise &amp; wear gym shoes</b>  <b>Bring your lunch</b></p>
<p><i>19</i>            CS &amp; GE            Swimming at FV?  <b>Bring swimsuit, towel, change of clothes, and your Lunch?</b></p>	<p><i>20</i> GE, Nap, CS, Wtn            Hanging out with Dori at WDSRA Safari land  <b>Bring your lunch</b></p>	<p><i>21</i> Nap, GE, &amp; Wtn            Surprise movie!            Bring \$ for concessions (optional)  <b>Bring your lunch</b></p>	<p><i>22</i>  <b>Thanksgiving Break</b>  <b>No Rec &amp; Roll</b></p>	<p><i>23</i>  <b>Thanksgiving Break</b>  <b>No Rec &amp; Roll</b></p>
<p><i>26</i> 10:30 am decorating Christmas tree at Cosley zoo &amp; decorating our room for the holidays!            Track Walking  <b>Bring your lunch</b></p>	<p><i>27</i>            Lizardo's Art Museum            Lapidary Art  <b>Bring your lunch</b></p>	<p><i>28</i>            Mind, body &amp; spirit            12-1pm Yoga class at Universal Spirit Yoga  <b>Bring your lunch</b></p>	<p><i>29</i> FH &amp; GE            Baked potato bar at Ackerman            Track Walking  <b>Bring your lunch</b></p>	<p><i>30</i>            Nap, CS, GE, &amp; Wtn            10am Shrek at Marriot Lincolnshire  <b>Bring your lunch &amp; \$5</b></p>