



A DAY PROGRAM OF WDSRA

# Wheaton March 2019

Central Athletic Complex, 500 S Naperville, Wheaton. 630-225-8511

Mon	Tue	Wed	Thu	Fri
<p>Rec &amp; Roll skill building this month is: Nutrition Importance</p>				<p>1 <i>Nap, CS, GE, &amp; Wtn at CS</i> Dr. Seuss Day! Making Green Eggs &amp; Ham <b>Bring your lunch</b></p>
<p>4 <i>CS &amp; Wtn at CS</i> Grocery shopping Cooking skills <b>Do not bring lunch</b></p>	<p>5 <i>GE &amp; Wtn</i> Expression's Dance Studio Dance Class &amp; Mardi Gras treat! <b>Bring your lunch</b> <b>Wear comfortable clothing</b></p>	<p>6 Next Chapter Book Club at Glen Ellyn Library Surprise treat out! <b>Bring your lunch</b></p>	<p>7 <i>CS, GE, Nap, &amp; Wtn</i> 10:30am Bowling at Fox Bowl Two games of bowling <b>Bring your lunch</b></p>	<p>8 <i>CS, FH, FV, GE, Nap &amp; Wtn</i> "You're a Good Man, Charlie Brown" @ Drury Lane <b>Bring your lunch</b> <b>Bring \$10</b></p>
<p>11 <i>CS &amp; Wtn at CS</i> Celebrating Nutrition Month Healthy plate craft and snack <b>Bring your lunch</b></p>	<p>12 <i>CS &amp; Wtn at Wtn</i> Plant a Flower Day! Planting flowers Making dirt cake <b>Bring your lunch</b></p>	<p>13 Essencia Yoga 11 am Yoga class <b>Bring your lunch</b> <b>Wear comfortable clothing</b></p>	<p>14 <i>Nap, CS, GE, &amp; Wtn</i> Ninja Academy @ 10:30 am Pie treat in honor of Pi (π) Day! <b>Bring your lunch</b></p>	<p>15 <i>GE &amp; Wtn at GE</i> Movin' it! Fitness class at Ackerman and St. Patrick's Day treat <b>Bring your lunch</b> <b>Dress to exercise</b></p>
<p>18 <i>CS, GE, Nap &amp; Wtn</i> Surprise Movie out! <b>Bring your lunch &amp; money for concessions (optional)</b></p>	<p>19 Top Golf outing Practice our golf skills Golf ball art project <b>Bring your lunch</b></p>	<p>20 Top Chef: Rec &amp; Roll edition! Deli and ice cream sandwich making for lunch and dessert <b>Do not bring lunch</b></p>	<p>21 <i>CS, FH, GE, Nap, &amp; Wtn</i> Rec &amp; Roll March Madness Basketball Tournament and Celebration <b>Bring your lunch</b></p>	<p>22 <i>CS, GE, Nap &amp; Wtn</i> March Madness Lunch out at Village Tavern! <b>Bring \$10</b> <b>Do not bring lunch</b></p>
<p>25 Spring Break No Rec &amp; Roll</p>	<p>26 Spring Break No Rec &amp; Roll</p>	<p>27 Spring Break No Rec &amp; Roll</p>	<p>28 Spring Break No Rec &amp; Roll</p>	<p>29 Spring Break No Rec &amp; Roll</p>