




A DAY PROGRAM OF WDSRA

# Wheaton November 2018

Central Athletics Complex, 602 S Main Street, Wheaton, 630-225-8511

Mon	Tue	Wed	Thu	Fri
<p><b>Rec &amp; Roll skill building this month is:</b></p>	<p><b>Daily Activities:</b>            9:00-9:10 Reality Check            9:10-9:20 Current Events            9:20-9:30 Group Game</p>		<p>1 Nap, CS, GE, &amp; Wtn            10:30am Bowling League at Fox Bowl            2 Games of bowling  <b>Bring your lunch</b></p>	<p>2 Nap, CS, GE, &amp; Wtn            Big Wolf Ranch  <b>Bring \$5</b>  <b>Bring your lunch</b></p>
<p>5 CS &amp; Wtn at CS            9:30am grocery shopping            11-1pm cooking skills  <b>Do not bring lunch</b></p>	<p>6 CS &amp; Wtn            10am Nature Therapy walk with Brenda            Dress for the weather  <b>Bring your lunch</b></p>	<p>7 Nap, CS, GE, &amp; Wtn            Flag football game on the turf at Ackerman  <b>Bring your lunch</b></p>	<p>8 Nap, CS, GE, &amp; Wtn            SciTech Museum  <b>Bring your lunch</b></p>	<p>9 All 6 R&amp;R Sites            Field day at Benedictine University with Collegiate Athletes!  <b>Bring your lunch</b></p>
<p>12 GE &amp; Wtn            Karaoke Club at Round One  <b>Bring your lunch OR bring money for the food court</b></p>	<p>13 FV, FH, &amp; Wtn at Wtn            Celebrating being thankful with Turkey artwork and Thanksgiving desserts!  <b>Bring your lunch</b></p>	<p>14 GE &amp; Wtn            Next Chapter Book Club at Glen Ellyn Library            Special treat out!  <b>Bring your lunch</b></p>	<p>15 Nap, CS, GE, &amp; Wtn            Friendsgiving and Turkey Shoot  <b>Bring \$5</b>  <b>Do not bring your lunch</b></p>	<p>16 GE &amp; Wtn at GE            11am Movin' it!            Fitness class at Ackerman  <b>Dress to exercise</b>  <b>Bring your lunch</b></p>
<p>19 Mind, body &amp; spirit            12-1pm Yoga class at Universal Spirit Yoga  <b>Bring your lunch</b></p>	<p>20 Nap, CS, GE, &amp; Wtn            Hanging out with Dori!            Safari Land: Pizza, Bowling &amp; Games! <b>Bring \$7</b>  <b>Do not bring your lunch</b></p>	<p>21 Nap, GE, &amp; Wtn            Surprise movie!            Bring money for concessions (optional)  <b>Bring your lunch</b></p>	<p>22 <b>Thanksgiving Break</b>  <b>No Rec &amp; Roll</b></p>	<p>23 <b>Thanksgiving Break</b>  <b>No Rec &amp; Roll</b></p>
<p>26 Making ornaments for our Cosley Zoo Christmas tree &amp; decorating our room for the holidays!  <b>Bring your lunch</b></p>	<p>27 CS, GE, &amp; Wtn            The Lizzadro Museum of Lapidary Art  <b>Bring your lunch</b></p>	<p>28 10:15am Decorating our Christmas tree at Cosley Zoo            Hot chocolate treat  <b>Bring your lunch</b></p>	<p>29 Nap &amp; Wtn            Top Golf            Enhancing our golf skills  <b>Bring your lunch</b></p>	<p>30 Nap, CS, GE, &amp; Wtn            10am Shrek at Marriot Lincolnshire  <b>Bring your lunch &amp; \$5</b></p>