

# February 2025 *Rec & Roll*

A DAY PROGRAM OF **WDSRA**

Monday		Tuesday		Wednesday		Thursday		Friday	
27		28		29		30		31	
<b>3</b>		<b>4</b>	FV	<b>5</b>	In-House	<b>6</b>		<b>7</b>	
Group Fitness Workout-FV Dollar Cents Activity Cross Gym Exercises		Valentines for Vets Create Sweet Treats Morning Movement		Pet Therapy Shave Cream Heart Craft Soccer on Turf		Long Grove Confectionery Chocolate Tour Morning Stretch <b>Bring \$ to Shop</b>		Lombard Fitness Hobby Lobby Stop Super Bowl Picks	
<b>10</b>	In-House	<b>11</b>		<b>12</b>	GE	<b>13</b>		<b>14</b>	In-House/ ALL SITE
Coffee and Conversation Discuss Disney Movies Flag Football in Gym		Music Therapy Favorite Music Discussion Dance Exercise		Dog Man Movie Create a Kind Card Morning Stretch		Tour Police Department Carol Stream Chair Yoga		Valentine Party Heart Games & Activities Make A Valentine <b>Lunch Provided</b>	
<b>17</b>	Presidents' Day	<b>18</b>		<b>19</b>	CS	<b>20</b>	In-House	<b>21</b>	FV
<b>No Rec &amp; Roll</b>  <b>Registration Opens</b>		Dine Out at Tasty Biscuit Review Famous Presidents Basic Pilates		Shop Bloomingdale Five Below Half Priced Books <b>Optional \$ to Shop</b>		Leadership Day Discuss Qualities of a Leader Make a Cherry Pie		Geneva History Museum All Chocolate Café Treat Window Shop on 3rd Street <b>Treat Provided</b>	
<b>24</b>	FH	<b>25</b>		<b>26</b>		<b>27</b>	NAP	<b>28</b>	In-House
Tae Kwon Do Games with Friends Smartboard Activities <b>Registration Closes</b>		Visit with SEASPAR Group Games Craft in Lemont		Hugs and Mugs Decorate Mug or Water Bottle Mindful Meditation		Wildlife Museum Benedictine University Motown Hits Exercise		Nat'l Floral Design Day Create Flower Arrangement Basketball Shootout	
<b>3</b>		Notes  Rec & Roll 2025-2026 Registration opens on 2/17 Registration closes on 2/24 Lottery will be spun on 2/24 Confirmations will be sent 3/7							