Rec & Roll Wheaton - 500 S. Naperville Rd. Wheaton (630) 384-8556

November 2026

Rec & Roll
A DAY PROGRAM OF WDSRA

Monday	Tuesday	Wednesday	Thursday	Friday
2 FV Fitness Resistance Workout Pumpkin Canvas	**3** Friendsgiving Shopping Shop for Decorations Gnarly Knots Stop ***Treat Provided***	**4** WIN + FV Cernan Space Center Cosmic Colors Show Interactive Workout ***Bring Cold Lunch***	**5** In House Oh, The Places We'll Go! Virtual Trip-The Carolinas Smoky Mtn Fabric Collage	**6** Fox Bowl Bowl Two Games Step Up Lesson-Life Events
9 All Site All Site Friendsgiving Games and Dancing Thanksgiving Feast ***Lunch Provided***	**10** In House NAP + FV Football on Turf Target Challenge Thankful Sign Craft ***Wear Favorite Football Gear***	**11** Music Therapy Wheaton Library Trip Resistance Band Workout	**12** GE Bingo Win Prizes Who Smarted Podcast ***Bring Cold Lunch***	**13** Matchbox Car STEM Race Ramp & Distance Challenge HIIT Dance Workout
16 FH Naperville Police Station Visit and Tour Thankgiving Would You Rather	**17** Aurora University Students Student Presentations Graham Crackers Comics ***Opt. Bring $ to Shop***	**18** In House Dog Days of November! Coco Therapy Dog Visit Andy Warhol Dog Pop Art	**19** Klein Creek Farm Winter Holiday Farm Tour 2,000 Step Challenge	**20** Dine Out Village Tavern 3000 Questions About Me ***Lunch Provided***
23	**24**	**25**	**26**	**27**
30 In House Cooking Skills Chili & Cornbread Diamond Art Keychains	**1**	**2**	**3**	**4**
7	Notes November 6th - Happy Birthday John!			