










A DAY PROGRAM OF WDSRA

# Carol Stream August 2017

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 TurtleSplash Pad  <b>Bring your lunch, swimsuit, sunscreen &amp; towel</b></p>	<p><i>2</i> Getting together with SEASPAR Eagles            Centennial Beach  <b>Bring your lunch, swimsuit, sunscreen &amp; towel</b></p>	<p><i>3</i> Rec &amp; Roll Safari!            Animal mask craft            Crocodile teeth, monkey treats &amp; jungle juice  <b>Bring your lunch</b> </p>	<p><i>4</i> Dog Days of Summer!            Animal therapy with Baci            Making dog treats            Lunch from Hot Spots  <b>Do not bring lunch</b></p>
<p><i>7</i> CS &amp; GE            Kick ball game in the field            Coyote Crossing Mini Golf            Ice cream treat  <b>Bring your lunch</b></p>	<p><i>8</i> CS &amp; GE            UIC Masters Gardeners            Coral Cove Pool  <b>Bring your lunch, swimsuit, sunscreen &amp; towel</b> </p>	<p><i>9</i> CS &amp; GE            Surprise movie at Classic Cinemas            Charlestowne 18            Popcorn treat  <b>Bring your lunch</b> </p>	<p><i>10</i> Nap, CS &amp; GE            10:30am Bowling League at Brunswick Zone            2 Games of bowling  <b>Bring your lunch</b></p>	<p><i>11</i>            Nap, CS &amp; GE            Pelican Harbor  <b>Bring your lunch, swimsuit, sunscreen &amp; towel</b> </p>
<p><i>14</i> Last day of outdoor swim!            Nap, CS &amp; GE            Centennial Beach  <b>Bring your lunch, swimsuit, sunscreen &amp; towel</b></p>	<p><i>15</i>            Expression's Dance Studio            11:15am Dance Class            Wear comfortable clothing  <b>Bring your lunch</b></p>	<p><i>16</i> Track walking            11:45am Fit &amp; Fun Aerobics at Fountainview  <b>Dress to exercise</b>   <b>Bring your lunch</b></p>	<p><i>17</i> CS &amp; GE            National Thrift Shop day!  <b>Bring in an item to donate and money to shop if you choose</b>  <b>Bring your lunch</b></p>	<p><i>18</i> Nap &amp; CS            River View Mini Golf at Pottawatomie Park  <b>Bring \$10</b>  <b>Do not bring lunch</b></p>
<p><i>21</i>            9:30am grocery shopping            11-1pm cooking skills            At the WDSRA Office  <b>Do not bring lunch</b></p>	<p><i>22</i>            Nap &amp; CS            Cantigny Park  <b>Bring your lunch</b></p>	<p><i>23</i>            West Branch Forest Preserve            Nature scavenger hunt            Outdoor picnic  <b>Bring your lunch</b></p>	<p><i>24</i>            Nap &amp; CS at the Lodge            Brats &amp; dogs on the grill            Outdoor games  <b>Do not bring lunch</b></p>	<p><i>25</i> Nap, CS, &amp; GE            Main Event Entertainment            Bowling, arcade games &amp; pizza lunch  <b>Do not bring lunch</b> <b>Bring \$10</b></p>
<p><i>28</i>            Nap, CS, GE, FV &amp; FH            BBQ at Herrick lake  <b>Do not bring lunch</b> </p>	<p><i>29</i>            Nap, CS &amp; GE            Baseball game at Miracle Field  <b>Bring your lunch</b></p>	<p><i>30</i>             CS &amp; GE            Lunch out at Lu's Restaurant            August birthdays celebration!  <b>Do not bring lunch</b></p>	<p><i>31</i>            Games &amp; fun with friends from Arden Courts  <b>Bring your lunch</b></p>	<p><b>Rec &amp; Roll skill building this month is:            Having patience &amp; respecting others</b></p>