



A DAY PROGRAM OF WDSRA

Carol Stream March 2017

Mon	Tue	Wed	Thu	Fri
<p>Daily Activities: 9:00-9:10 Reality Check 9:10-9:20 Current Events 9:20-9:30 Physical Exercise</p>	<p>Join Rec & Roll in performing at the WDSRA art recital on Sunday March 19 from 2-4pm. Please let Dori or your instructor know if you plan to attend!</p>	<p><i>1</i> Nap, CS & GE Volunteering at Feed My Starving Children in Aurora Bring your lunch</p>	<p>2 Nap, CS & GE 10:30am Bowling League at Brunswick Zone 2 Games of bowling  Bring your lunch</p>	<p><i>3</i> Nap, CS, GE 10am Madagascar at Marriot Theatre Bring \$10 & your lunch</p>
<p><i>6</i> CS & GE at WDSRA International Day! Bring in something special from your nationality to share Bring your lunch</p>	<p><i>7</i> Frozen Day!  Everything frozen Olaf, Anna & Elsa sketches! Bring your lunch</p>	<p><i>8</i> Getting together with SEASPAR Eagles St. Patrick's Day party! Wear green Do not bring lunch</p>	<p><i>9</i> Carol Stream Library Popcorn lovers day! Popcorn bar  Popcorn art Bring your lunch</p>	<p><i>10</i> Nap, CS & GE 11:30am Doctor Kaboom at McAnich Theatre Bring \$8 & your lunch</p>
<p><i>13</i> Birdhouse mosaic craft Pinecone birdhouses Spring trail mix treat Bring your lunch</p>	<p><i>14</i> Nap & CS Expression's Dance Studio 11:15am Dance Class Recital practice Bring your lunch</p>	<p><i>15</i> Track walking 11:45am Fit & Fun Aerobics at Fountain View Dress to exercise Bring your lunch</p>	<p><i>16</i> Joint birthday celebration Happy birthday Emma & Dan! Games & fun! Do not bring lunch </p>	<p><i>17</i> Nap & CS Happy St. Patrick's Day! Out to lunch Wear green Bring \$10  Do not bring lunch</p>
<p><i>20</i> First day of spring! 9:30am grocery shopping 11-1pm cooking skills At the WDSRA Office  Do not bring lunch</p>	<p><i>21</i> Birthday Jingo & games! Anna's birthday pizza lunch Do not bring lunch </p>	<p><i>22</i> Nap & CS at WDSRA Nutrition month! Healthy me exercises Salad bar Do not bring lunch</p>	<p><i>23</i> Mind, body & spirit 12-1pm Yoga class at Universal Spirit Yoga Bring your lunch</p>	<p><i>24</i> Nap, CS & GE Beauty and the Beast Bring your lunch Bring at least \$10 for concessions if you choose</p>
<p><i>27</i> Nap, CS & GE 10:30 Top Golf in Naperville Bring your lunch</p>	<p><i>28</i> CS & GE at Ackerman Forest day Leaf sketches Outdoor stroll Bring your lunch</p>	<p><i>29</i> Nap, CS & GE Morton Arboretum Kick off to spring walk! Dress for the weather  Bring your lunch</p>	<p><i>30</i> Nap & CS at the Lodge Planting seeds Decorating flower pots Sunflower seed treat Bring your lunch</p>	<p><i>31</i> Nap, CS & GE Enchanted Castle Bumper cars, arcade & pizza party Bring \$10 Do not bring lunch</p>