

# April 2025 *Rec & Roll*

A DAY PROGRAM OF **WDSRA**

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>31</b>		<b>1</b>	Volunteer Day Phil's Friends Assemble Care Packages	<b>2</b>	St Charles Museum View Art on Display Walk Main Street	<b>3</b>	In-House Workout with Lisa Rainbow Craft The Science of Rainbows	<b>4</b>	In-House Making Friends Discussion Morning Meditation Walk the Track
<b>7</b>	Fitness @ FV Cooking Skills Begin Spring Canvas Project	<b>8</b>	In-House Music Therapy Listen to Different Genres Dance Workout	<b>9</b>	Dine Out at Tasty Biscuit Shadow Boxing Workout What is an Antique? <b>Lunch Provided</b>	<b>10</b>	GE Bingo Visit Friends/ Win Prizes Paint Spring Canvas	<b>11</b>	FV Movie Day Out Hollywood Palms Morning Stretch <b>Snack Provided</b>
<b>14</b>	In-House/NAP Egg Hunt Kickball Morning Gym Workout	<b>15</b>	SEASPAR Meet Up Main Event Visit with Friends	<b>16</b>	CS Reed Keppler Park CornHole Challenge/Wiffle ball Scrapbook Notes	<b>17</b>	All Site Prom Time Dress Your Best Alice in Wonderland Theme <b>Lunch Provided</b>	<b>18</b> Good Friday  <b>No Rec &amp; Roll</b>	
<b>21</b>	All Site The Venue Live Band Show Jam Out with Friends	<b>22</b>	Earth Day Walk/Tidy Up Timothy Christian Visit Discuss Reduce,Reuse,Recycle	<b>23</b>	FV Phillips Park Zoo Preview Museum Discuss Favorite Animals	<b>24</b>	In-House Diamond Art All About Me Morning Stretch	<b>25</b>	All Site TAP Autism Walk Walk for a Cause Meet New Friends <b>Bring \$ for Sale Booths</b>
<b>28</b>  <b>No Rec &amp; Roll</b>		<b>29</b>  <b>No Rec &amp; Roll</b>		<b>30</b>  <b>No Rec &amp; Roll</b>		<b>1</b>  <b>No Rec &amp; Roll</b>		<b>2</b>  <b>No Rec &amp; Roll</b>	
<b>5</b> Cinco de Mayo		Notes  <b>2025/2026 Rec &amp; Roll New Year begins Monday, May 5th 2025</b> Our group will be out in the community throughout most of the program day - please bring a sack lunch as we might not always have access to a microwave.							