

# January 2025 *Rec & Roll*

A DAY PROGRAM OF **WDSRA**

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1 New Year's Day	2	3
6 New Year New You Goal Setting for 2025 Personalize A Water Bottle	7	8	9	10 NAP/WTN Drum Cardio Morning Mindfulness Afternoon Aromatherapy
13 WTN Bowling Stardust Alley Bowl 2 Games <b>Optional \$ for Food</b>	14	15	16	17 GE Movin It Fitness Pen Pal Letters Smoothie Making <b>Snack Provided</b>
20 Cooking Skills Grocery Shopping Prep Lunch in the Kitchen <b>Lunch Provided</b>	21	22	23	24 FV/FH/WTN Disney On Ice Let's Dance Show Allstate Arena
27 Donation Day Wheaton Food Pantry Coffee Shop Stop <b>Snack Provided</b>	28	29	30	31 Pictureshow Dog Man Dog Facts & Trivia <b>Optional \$ for Food</b>
3	<b>Notes</b> Rec & Roll 2025/2026 Registration will open next month. Stay tuned!			