

**S.T.R.I.D.E. Therapeutic
Recreation Program**

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APRIL 2018

SUN	MON	TUE	WED	THU	FRI	SAT
1 (No Program)	2 (Day Prog. 11-3) Track Practice 11:00-12:00	3 (Day Prog. 11-3) Swimming At College Park 12:00-2:00 Dinner at Chick-fil-a and Shopping at Barnes and Noble 3:00-6:00	4 (Day Prog. 11-3) Cooking Class 11:00-12:30 Track Practice 2:50-4:30	5 (Day Prog. 11-3) Soccer Practice 4:15-5:15	6 (Day Prog. 11-3) No Activity	7 (No Program)
8 (No Program)	9 (Day Prog. 11-3) Track Practice 11:00-12:30	10 (Day Prog. 11-3) Swimming At College Park 12:00-2:00 Malibu Jacks 3:00-6:00	11 (Day Prog. 11-3) Cooking Class 11:00-12:30 Track Practice/ 5K Practice 2:50-4:30	12 (Day Prog. 11-3) Art Class 2:00-3:00 Soccer Practice 4:15-5:15	13 (Day Prog. 11-3) No activity	14 (No Program)
15 (No Program)	16 (Day Prog. 11-3) Track Practice 11:00-12:30	17 (Day Prog. 11-3) Swimming At College Park 12:00-2:00 Carnival snacks and Movie: The Greatest Showman Ever 2:00-4:30	18 (Day Prog. 11-3) Cooking Class 11:00-12:30 Track Practice 5K Practice 2:50-4:30	19 (Day Prog. 11-3) Art Class 2:00-3:00 Soccer Practice 4:15-5:15	20 (Day Prog. 11-3) Smoothies and yoga 1:30-2:30	21 (No Program)
22 (No Program)	23 (Day Prog. 11-3) Fire Department Tour and lunch at Applebees 11:00-2:00	24 (Day Prog. 11-3) McConnel Springs 3:00-6:30	25 (Day Prog. 11-3) Cooking Class 11:00-12:30 Bocce Practice 1:00-1:30 Track Practice/ 5K Prac- tice 2:50-4:30	26 (Day Prog. 11-3) Shaker Village 10:00-3:00 Soccer Practice 4:15-5:15	27 (Day Prog. 11-3) No activity	28 Track Regionals TBA
29 Soccer Tournament TBA	30 (Day Prog. 11-3) Track Practice 11:00-12:30	1 (Day Prog. 11-3) Swimming At College Park 12:00-2:00 Hiking At Natural Bridge and Pizza 3:00-8:30	2 (Day Prog. 11-3) Bocce Practice 1:00-1:30 Track Practice/ 5K Practice 2:50-4:30	3 (Day Prog. 11-3) Art Class 2:00-3:00 Soccer Practice 4:15-5:15	4 (Day Prog. 11-3) Boonesboro Park and Ice Cream 1:00-2:30	5 (Day Prog. 11-3) No Activity

Why was the Easter Bunny so upset?



He was having a bad hare day!

The following is a detailed breakdown of the activities. **We want every person to sign up for the activities in advance. You must call our office at least 24 hours before the activity if you are unable to attend or you will be charged for that event.** This will prevent us from missing anyone and we can better prepare for the group. The times listed are when the activity will begin. It is a good idea to get there a few minutes early. If you have any questions, please call the office at 744-0370.

Special Olympic Track Practice—April 2,4,9,11,16,18,23,25,30—*Run forest Run!* It's that time of the year! Get your sneakers on! Practices will be held at the old high school track. We are adding extra practice times to make up for the rainy march. Don't forget to pack your tennis shoes, exercise clothes and a water! Cost is: \$0

Swimming at College Park:—April 3,10,17,24—*Cannon Ball!!* We have been swimming for months at college park and love it! Join us from 1200-2:00 for swimming with our friends. Cost is:\$0

Chick-fil-a and Barnes and noble shopping— April 3— *Eat more chicken!* Join us in Lexington for an early dinner and looking at books. Please be at the STRIDE building at 3:00. Pick up will be at 6:00. Cost is:\$10

Special Olympic Soccer Practice—April 5,12,19,26—*Goal!* We will be competing in soccer this year and we are so excited to get the practices started. We will be having practice every Thursday from 4:15-5:15. Cost is: \$2

Malibu Jacks—April 10—Hole in one! —We are heading to Lexington for some putt putt or laser tag! Its your choice! Drop off at the building at 3:00 and pick up at 6:00. Cost is: \$16

Carnival snacks and Movie: The greatest Showman Ever—April. 14—*Grab your popcorn and candy!* We are staying for a carnival party! Join us from 2:00 to 4:30. We will have snacks and a movie! Cost is:\$3

Cooking Class — April 4,11,18,25—*Bon Appetite!*— Join STRIDE in making lunch! Drop off at the building will be at 11A.M. Pick up will be at 12:30PM. Cost is: \$2

Art Class:—April 5,12,19—*Grab your yarn!* We will be working on several types of arts and crafts for the STRIDE Art Show. Each day will be a different artwork. For more details, see

Smoothies and yoga—April 13—*Sun Salutations*— We enjoyed smoothies and yoga so much last month so we are doing it again! Join us from 1:30-2:30. cost is:\$2

Bocce Practice— April 25, May 2—*Go sharpshooters*—State games is just around the corner. Join us for bocce practice every Wednesday from 1:00-1:30 No cost.

McConnel Springs— April 24th—*Lets go hiking*—We are heading outdoors! Join us from 3:00-6:30 for a tour of McConnel Springs. Make sure to pack a water and a hat. We will grab some lunch once we are back in Winchester. Cost is:\$5

Fire Department Tour and Lunch At Applebees— April 23rd—*Lets learn about safety*— Join us for a tour of the fire department and lunch out. We will be leaving at 11:00 for lunch and will tour the fire house after. Cost is:\$12

Shaker village— April 26th—*Of to a picnic*—We are heading to Shaker Village for a picnic lunch and a tour. Please be at the building at 10:00, pick up will be at 3:00. Cost is: \$12

Hiking at natural bridge—May 1—*Lets go for a walk!* Join us for a trip to the natural bridge and Miguels pizza! Make sure to pack a hat and sunglasses! Cost is: \$5

Track Regionals—April 28—*To the races we go!*—The track season has begun and we have been working hard! Regionals will be held in Lexington on April 28. More information will be passed out once we have the details. T=

Soccer Tournament—April 29—*SCORE!*—The Soccer team will be heading out for their first tournament. We will send home details closer to the event.

STRIDE Art Show—May 8th—*Paintings, drawings and sculptures oh my!*— STRIDE has worked so hard on many art pieces and now we want to show them off. Join us from 3:30-5:00 as we display our art work. Cost: \$2

You can reach Jessica on the STRIDE phone at 859-595-5292