

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

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February 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Day Prog. (11-3) Cardinals Basketball game 7:15-9:45	2 Day Prog. (11-3) No activity	3 No Activity
4 No Activity	5 Day Prog. (11-3) Basketball Practice (A Team) 4:00-5:00	6 Day Prog. (11-3) Swimming and basketball prac- tice (B Team) 12:00-2:00	7 Day Prog. (11-3) Cooking Class 11:00-12:30 Craft: Homemade Valentines 3:00-4:30	8 Day Prog. (11-3) WKYT station tour 9:45-3:00 Bulldogs basketball game 5:45-8:15	9 Day Prog. (11-3) Disney movie trivia and snacks 1:00-2:30	10 No Activity
11 No Activity	12 Day Prog. (11-3) Valentines Party 3:00-5:00	13 Day Prog. (11-3) Swimming and basketball prac- tice (B Team) 12:00-2:00	14 Day Prog. (11-3) Cooking Class 11:00-12:30 5K Training/ Track Practice 2:50-4:30	15 Day Prog. (11-3) Cardinals Basketball game 6:30-9:00	16 Day Prog. (11-3) Tea Party and Alice in Wonderland 1:00-3:00	17 Regional Basket- ball tournament TBA
18 No Activity	19 Day Prog. (11-3) Basketball Practice (A Team) 4:00-5:00	20 Day Prog. (11-3) Swimming and basketball prac- tice (B Team) 12:00-2:00	21 Day Prog. (11-3) Cooking Class 11:00-12:30 5K Training/ Track Practice 2:50-4:30	22 Day Prog. (11-3) Movie: Peter Rabbit 3:00-6:15	23 Day Prog. (11-3) No Activity	24 No activity
25 No Activity	26 Day Prog. (11-3) Basketball Practice (A Team) 4:00-5:00	27 Day Prog. (11-3) Swimming and basketball prac- tice (B Team) 12:00-2:00	28 Day Prog. (11-3) Cooking Class 11:00-12:30 5K Training/Track Practice 2:50-4:30	March 1 Day Prog. (11-3) Video game night and Pizza Party 3:00-5:45	March 2 Day Prog. (11-3) Dr. Seuss Party 12:00-2:00	March 3 No activity

**What did the farmer give to
his wife on Valentines day?**



Hogs and Kisses

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 Jessica: 859-595-5292

Basketball Games—Feb. 1,8,15 Cardinals and Bulldogs! Please pay close attention to the game times listed on front of calendar .Be at the building at beginning time on the front and picked up at the ending time. Please bring a bottle of water with you. Cost:\$2

B- Teams Basketball Practice—Feb. 6,13,20,27—*Slam dunk!*The STRIDE Bulldogs have already started the season off with greatness! Practices are every Tuesday from 12:30-1:15 It is important to be at every practice because you learn new plays and get a chance to practice shooting the ball! Cost is: \$2

Cardinals Basketball Practice—Feb. 5,12,19,26—*Slam dunk!*The STRIDE Cardinals have already started the season off with greatness! The Cardinals will practice every Tuesday from 3:45-4:30 It is important to be at every practice because you learn new plays and get a chance to practice shooting the ball! The cost is \$2.

Swimming—Feb. 6,13,20,27— *Just keep swimming, swimming,swimming!* Join us for swimming at college park. Please make sure to come prepared with your bathing suit and towel! Also keep in mind it is chilly outside, make sure to pack warm clothes. No cost.

Cooking Class—Feb. 7,14,21,28— *Lets try new foods!* Join us in making our lunches. We will have cooking class ever Wednesday this month from 11:00-12:30. Come ready to cook up some great lunches. Cost is:\$2

Homemade Valentines—Feb 7—*Lets get to crafting!* Join us for making home made valentines. You will have the opportunity to make three valentines for friends or family of your choice. Come ready to get crafting. Cost is:\$4

WKYT Station Tour/Lunch—Feb 8—*Weather man or a news anchor!* Join us in a trip to WKYT to learn all about the news station. We will be leaving at 9:45 and will stop for lunch at Wendy's after the tour! Cost is:\$8

Disney Movie Trivia and Snacks—Feb. 9 — *Hakuna Matata!* Join us at the building for a Disney movie trivia! Lets battle it out and see who knows more about Disney! Come ready for snacks and fun team competition. Cost is:\$2

Valentine's Day Party—Feb. 12—*When Will I Be Loved?* Come join your friends as be celebrate Valentine's Day at the STRIDE Building. We will enjoy snacks and some awesome games! Join us form 3:00-5:00. Cost is: \$4

5k training/ track practice—Feb 14,21,28—*Run forest run!*—Back by popular demand, we are doing another 5k. Join us every Wednesday from 2:50-4:30. Please meet at the building at 2:50. If the weather is nice, we will head outside to the track for practice. Pick up will be at STRIDE at 4:30. Track practice will also be held at this time, but you are not required to run the 5k. Cost for track: \$2 Cost for 5k: \$3

Tea Party and Alice in Wonderland-Feb 16—*Through the looking glass!*—Join us for a movie and a tea party. We will have hot tea and some cookies as we watch the movie Alice in Wonderland. Cost is:\$2

SOKY Basketball regional -Feb 17—*Go Bulldogs & Cardinals!*—We will compete in the regional basketball tournament. We will give details to the players as soon as we get them. Cost is \$5.00.

Peter Rabbit: Movie—Feb. 22—*Grab your popcorn and candy!* We are heading to the movies here in Winchester. Be at the building at 3:00, pick up will be at 6:15. Please be sure to bring extra money for a snack and drink. Cost is:\$8

Video Game Night—March 1—*Pizza and games!* Join us at the building for some video games and pizza! We will be hooking up multiple game systems, so come prepared to play! Cost is:\$3

Dr. Seuss Party—March 2— *Happy Birthday Dr. Seuss!* It's Dr. Seuss' birthday and we are going to celebrate! Join us for some green eggs and ham, and some games! Please be at the building at 11:45 (for lunch). Pick up is at 2:00. Cost is:\$2