

STRIDE Therapeutic Recreation Program

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www.facebook.com/StrideProgram

What does a ghost say on January 1st?



Happy BOO Year!

January 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			1 NO Day Prog. HAPPY NEW YEAR! CLOSED	2 Day Prog. (10-3) Library 1:00-3:00 Cheerleading 3:00-4:00	3 Day Prog. (10-3) Tie Dye Arts & Crafts 1:30-2:30	4 No Activity
5 No Activity	6 Day Prog. (10-3) Exercise class 1:30-2:30	7 Day Prog. (10-3) Bball Cards B 12:30-1:30 Music 3:00-4:30 Basketball Bulldogs & Knights 4:30-5:30 Bball Cards A 5:45-6:45	8 Day Prog. (10-3) Cooking Class 10:00-12:00	9 Day Prog. (10-3) Cheerleading 12:30-1:30 League Bball Games 4:45-8:15 Knights 6:00pm Cardinals B 6:45pm <i>(Stay after ADT)</i>	10 Day Prog. (10-3) Walking 12:30-1:30 Tile Arts & Crafts 1:30-2:30	11 No Activity
12 No Activity	13 Day Prog. (10-3) Exercise class 1:30-2:30 Movie: Star Wars TBA	14 Day Prog. (10-3) Bball Cards B 12:30-1:30 Arts & Crafts 3:00-4:30 Basketball Bulldogs & Knights 4:30-5:30 Bball Cards A 5:45-6:45	15 Day Prog. (10-3) Hot Chocolate & Uno at the Cairn 1:00-2:30	16 Day Prog. (10-3) Guest Speaker 11:00-12:00 Cheerleading 12:30-1:30 League Bball Games 6:30-9:30 Bulldogs 7:30pm Cardinals 1A 8:15pm <i>(Go home after ADT)</i>	17 Day Prog. (10-3) Walking 12:30-1:30 Guest Speaker: Drums 2:00-3:00	18 No Activity
19 No Activity	20 Day Prog. (10-3) Exercise 1:30-2:30 Disney Participant Meeting 3:00-5:30 Disney Parent Meeting 5:30-6:30	21 Day Prog. (10-3) Bball Cards B 12:30-1:30 Game Day 3:00-4:30 Basketball Bulldogs & Knights 4:30-5:30 Bball Cards A 5:45-6:45	22 Day Prog. (10-3) Cooking Class 10:00-12:00	23 Day Prog. (10-3) Cheerleading Practice 12:30-1:30 League Bball Games 6:30-8:30 Cardinals B 7:30pm <i>(Go home after ADT)</i>	24 Day Prog. (10-3) 10:00-11:30 Wild Things Are Art Cheerleading 12:30-2:00	25 Cheerleading Competition TBA
26 No Activity	27 Day Prog. (10-3) Exercise class 1:30-2:30	28 Day Prog. (10-3) Bball Cards B 12:30-1:30 Library 3:00-4:30 Basketball Bulldogs & Knights 4:30-5:30 Bball Cards A 5:45-6:45	29 Day Prog. (10-3) Music Class 10:30-11:30	30 Day Prog. (10-3) League Bball Games 4:45-8:15 Bulldogs 6:00pm Knights 6:45pm <i>(Stay after ADT)</i>	31 Day Prog. (10-3) Walking 12:30-1:30 Portrait Art 1:30-2:30	Feb No Activity

Library— January 2, 28 —*Knowledge is power-* We will go to the library so bring your books with you if you have checked any out. On 1/2 we will go from 1:00-3:00. On 1/28 it's from 3:00-4:30. Basketball players on the Bulldogs, Knights, & 1A Cardinals will stay for practice afterwards. Players on the Cardinals B and non basketball players need to be picked up at 4:30pm. No cost.

Cheerleading— January 2, 9, 16, 23, 24, & 25—*Let's Go STRIDE!* Cheerleading practice will be at STRIDE. 1/2 is 3:00-4:00 and 1/9, 1/16 are from 12:30-1:30 & 23 & 24 are 12:30-2:00. The cheerleading competition will be on Saturday 1/25 with details to come. Cost is \$2 per practice.

Arts & Crafts— January 3, 10, 14, 24, 31—*Let's get creative!* We will create some arts & crafts projects from 1:30-2:30 at STRIDE. On 1/14 it's from 3:00-4:30. Basketball players on the Bulldogs, Knights, & 1A Cardinals will stay for practice afterwards. Players on the Cardinals B and non basketball players need to be picked up at 4:30pm. Cost is \$5.

Exercise Class— January 6, 13, 20, 27 — *One & Two!* We are going to get our hearts pumping! We will have an exercise class at STRIDE that is similar to Silver Sneakers. The class is 1:30-2:30. No cost for the event for the day program participants and \$2 if you're just coming for the class.

Music Class— January 7, 29—*A Joyful Noise!* We will have our music class at STRIDE. Class on 1/29 is at 10:30 & ends 11:30. No cost for ADT & \$2 for non ADT. Class on 1/7 is from 3:00-4:30. Basketball players on the Bulldogs, Knights, & 1A Cardinals will stay for practice afterwards. Players on the Cardinals B and non basketball players need to be picked up at 4:30pm.

Cooking Class— January 8, 22—*Try some new foods!* We will have our cooking class at STRIDE. Class is from 10:00-12:00. No cost for ADT, \$5 for non-ADT.

Basketball Practice— January 7, 14, 21, 28—*Shoots & scores!* If you plan to play in League games, you MUST attend practices. Our Cardinals B team will practice 12:30-1:30, our Bulldogs & Knights B teams will practice 4:30-5:30, and our 1A team from 5:45-6:45. Cost is \$2 per practice. All practices are at Stride's gym. See below for which players on which teams. Starting in January, practices will always be on Tuesdays & League Games on **THURSDAYS**. We will not do Regionals & State due to the Disney trip.

Basketball League Games— January 9, 16, 23, 30—*Shoots & scores!* League play at Georgetown Pavilion begins this month. All players were given a schedule and sent one in Remind. Also the schedule is on our Facebook page. The front of the calendars list the teams that play that night & times. Each team plays three games over the season, so not every team plays every night. The address for the Pavilion is 140 Pavilion Way, Georgetown, KY 40324. If you're meeting us there, please be there 30 minutes before your game time. On the front of the calendar tells whether the participants can stay at the ADT until the game or go home and need to come back to Stride. On the days we stay at the ADT we will provide a snack for the players, but they will need to eat dinner when they get home. Cost is \$5 per game. See below for which players on which teams. League Games are on **THURSDAYS**. We will not do Regionals & State due to the Disney trip.

Walking— January 10, 17, 31—*Get those steps in!* We will go walking in the community and is a great chance for the Disney trip goers to build their endurance. Open to all. No cost for ADT & \$2 for just for non ADT. Times are 12:30-1:30.

Star Wars Movie—January 13— *May the force be with you!* We are heading to the movies! It will be an afternoon movie. This is a longer movie with a runtime of 2 1/2 hours. Cost is \$8. You will need to bring extra money for snacks & drinks if you want them. We will **NOT** be eating dinner. We will send out a remind as it gets closer with exact times once the theater publishes them.

Hot Chocolate & Uno at the Cairn— January 15—*Draw Four!* We will go to Cairn Coffee Shop downtown and have some hot chocolate & play uno. We will leave Stride at 1:00pm and return at 2:30pm. Cost is \$3.

Guest Speakers— January 16, 17—*Disney here we come!* We have a few guest speakers that will be coming to STRIDE this month. On 1/16 we will hear from a guest speaker on bees from 11:00-12:00 and on 1/17 we will hear from a guest speaker on drums from 2:00-3:00. There is no cost for ADT folks.

Disney Participant meeting— January 20—*Disney here we come!* The participants going to Disney will be staying after the ADT (or arriving as soon as they can) to discuss the things they want to do on the trip. Meeting is 3:00-5:30 and there is no cost.

Disney Parent meeting— January 20—*Disney here we come!* Let's discuss the Disney trip. Meeting is 5:30-6:30.

Game Day— January 21—*Checkmate!* We will play some board games with our friends and enjoy some snacks. Cost is \$4. The time is 3:00-4:30. Basketball players on the Bulldogs, Knights, & 1A Cardinals will stay for practice afterwards. Players on the Cardinals B and non basketball players need to be picked up at 4:30pm.

Basketball Teams: Cardinals B—David, John B, Josh Banks, Karrie, Justin, Charlie, Adrianna, Tony
Bulldogs B—Bradley, Fannie, Dewey, Bryce, Logan, Cade, Travis, Nathan
Knights B—Jon Mark, Colby, Brandon, Ethan, Dylan P, Sam, Daniel, Dylan S.
Cardinals 1A—Kirk, Bren, Adam, Stephen, Ricky, Hayden, Skyler, Jonathan, Tony T.

Participants/Parents/Caregivers—It is IMPORTANT that you are signing up for activities at least 24 hours in advance by using the weekly sign-up sheets we provide or by calling/texting using the Remind App or STRIDE cell (859) 595-5292. This ensures we have enough room for transportation. We don't want to turn anyone away, but we will do so for those who have not signed up in advance if there isn't room.