

S.T.R.I.D.E. Program Newsletter

Supporting Therapeutic Recreation for Individuals with Disabilities Everyday

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Summer Weather Precautions

Summer is heating up! With the warm weather and fun outdoor activities coming up, it is important to remember safety when being out in the hot sun.

Be sure to be prepared and wear plenty of sunscreen when we have outdoor activities planned. Wearing a hat and sunglasses can also help protect your head and eyes from the sun's rays! Drink plenty of water to stay hydrated or bring a bottle of water.

Please make sure to look at the calendar and plan accordingly for each activity.

Lets make this summer one of the best yet and stay healthy along the way

STRIDE VS. Staff Kickball

The STRID VS. Staff Kickball game was rescheduled for June 7th due to weather. We will be changing time and location.

The cook out will be held at Lykin's Park from 4:00-5:00! The kickball game will begin around 5:30 after we clean up and get warmed up!

Make sure to pack a water, a hat, sunscreen and wear comfortable clothes. Good luck to both

Points of Interest

Please sign up for all activities at least **24 hours in advance.**

Events this month:

Movie: Captain Underpants
6/6

Legends Baseball Game
6/15

Hunger Games Week
6/19-6/22

Louisville Zoo
6-29

Special Olympics Softball

The softball season is here and I know we are all excited! Practices will be held on Tuesday Mornings from 9:00-10:30. Please come prepared to practices with a baseball glove, sunscreen (already on), a hat, water and comfortable clothing. It is important to be prepared so that we can get the most out of practice.

Keep in mind it is also important to be at each practice! Go Cardinals!

Louisville Zoo Trip

We are heading to the Louisville zoo on Tuesday, June 29th. We are leaving early, in hopes of beating the afternoon heat. Please be at the building fifteen minutes prior to 8:00A.M to allow us time to pack up the van and get everyone loaded up. We will be stopping for lunch after visiting the zoo! Feel free to pack EXTRA money for a drink at the zoo or bring a water bottle!

BIRTHDAYS THIS MONTH!



Jon G
6/7

Hunger Games Week

One of our favorite summer weeks is here, the STRIDE Hunger Games! Join us from June 19-22 for a week filled with team building, messy games and water games.

June 19th begins our week where we will travel to Louisville to see the Hunger Games exhibit at the Frazier museum. On June 20th we will begin our water day

where we will spend much of our day outside playing water games. Please pack a towel, sunscreen, a hat, extra clothes and sandals. Then June 21st we will get MESSY! Pack extra clothes! Lastly we will finish our week with a BIG scavenger hunt! Its going to be a great week!

A Quote to Note:

"Eighty percent of success is showing up"
-Woody Allen

Check out the new website!
www.strideky.org

