

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

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# May 2019

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Day Prog. (10-3) Music Class 10:30-11:30 Track 1:15-2:30 Bocce 1:30-2:30 NO SOCCER PRACTICE	2 Day Prog. (10-3) Cooking Class 11:00-12:30 Avengers Movie 1:45-6:00	3 Day Prog. (10-3) Music Class 10:30-11:30	4 No Activity
5 Soccer Tournament in Versailles TBA	6 Day Prog. (10-3) Henry Clay Estate Tour 12:00-3:00	7 Day Prog. (10-3) Exercise Class 10:30-11:30 Mothers Day Tea 4:00-5:30	8 Day Prog. (10-3) Guest Speaker 11:00-12:00 Track 1:15-2:30 Bocce 1:30-2:30 Soccer 3:00-4:30	9 Day Prog. (10-3) Cooking Class 11:00-12:30 Legends Game 5:00-10:00	10 Day Prog. (10-3) Music Class 10:30-11:30	11 No Activity
12 No Activity Happy Mother's Day!	13 Day Prog. (10-3) Living Arts & Science Center 11:00-3:00	14 Day Prog. (10-3) Exercise Class 10:30-11:30 Pizza Party & Board Games 3:00-6:00	15 Day Prog. (10-3) Music Class 10:30-11:30 Track 1:15-2:30 Bocce 1:30-2:30 Soccer 3:00-4:30	16 Day Prog. (10-3) Fishing 9:00-3:00	17 Day Prog. (10-3) Music Class 10:30-11:30 Square Dancing	18 No Activity
19 No Activity	20 Day Prog. (10-3) Tour Sekisui & Lunch 11:00-1:30	21 Day Prog. (10-3) Exercise 10:30-11:30 Bluegrass Heritage Museum Tour 1:00-2:30	22 Day Prog. (10-3) Guest Speaker 11:00-12:00 Track 1:15-2:30 Bocce 1:30-2:30 Soccer 3:00-4:30	23 Day Prog. (10-3) Louisville Trip: Bernheim Park with Trolls & Picnic 10:00-4:00	24 Day Prog. (10-3) Music Class 10:30-11:30	25 No Activity
26 No Activity June 2 Return from State Games 10:00am	27 DAY PROGRAM CLOSED Happy Memorial Day!	28 Day Prog. (10-3) Exercise Class 10:30-11:30 Library 1:00-2:30	29 Day Prog. (10-3) Music Class 10:30-11:30 Track 1:15-2:30 Bocce 1:30-2:30 Soccer 3:00-4:30	30 Day Prog. (10-3) Cooking Class 11:00-12:30	31 Day Prog. (10-3) Leave for SOKY State Games 3:00pm	June 1 SOKY State Games

**What type of flowers  
sleep at night?**



**Day-zzz**

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 Stride Phone 859-595-5292

**Music Class— May 1, 3, 10, 15, 17, 24, 29—***A Joyful Noise!* We will have our music class at STRIDE. Class starts at 10:30 & ends 11:30. No cost for ADT & \$2 for just for non ADT.

**Track Practice— May 1, 8, 15, 22, 29—***Run like the wind!* We will leave STRIDE at 1:15 and return to STRIDE at 2:30pm. If you are meeting us at the track and being picked up there, please be there by 1:30 and be picked up by 2:15. All participants in the ADT will return to STRIDE. Cost is \$2 for all athletes. This helps cover uniform & event costs. You must attend practices if you plan on competing this year for regionals & state games. If the weather is bad, we'll adjust plans and let families know.

**Bocce Practice— May 1, 8, 15, 22, 29—***Sharps shooting!* We will practice bocce at the building from 1:30-2:30. Cost is \$2 for all athletes. This helps cover uniform & event costs. You must attend practices if you plan on competing this in state games. If the weather is bad, we'll adjust plans.

**Cooking Class—May 2, 9, 30—***Lets try new foods!* Join us in making our lunches. We will have cooking class every Wednesday this month from 11:00-12:30. Come ready to cook up some great lunches. No cost to ADT participants and \$2 for just the class.

**Avenger's Endgame movie—May 2—***Lets go save the world!* Many of the participants wanted to see this movie. It is a little more adult than what we normally see, but if you've watched any of the Marvel movies you know there may a few curse words, but nothing else. But this movie may not be for everyone, so please make that decision. It will be an intense action adventure movie. We will be going to the Hamburg We will leave at 1:45pm. Pick up time will be 6:00pm at the theater. Cost is \$10 for the movie. You will need to bring extra money for snacks & drinks. For those who don't want to go to the movie, we will have ADT until the normal 3:00pm time.

**SOKY Soccer Tournaments—May 5—***Go Strikers!* We will get specific tournament info to families when we get it. The May 5th tournament is in Versailles. Cost for each tournament is \$5. You must compete in at least one of the tournaments to participate in soccer at the State Games in June.

**Henry Clay Estate Tour—May 6—***History & Fun* - We will go and tour the Henry Clay Estate in Lexington. We will eat lunch at the ADT and then head over for a tour of one of Lexington's most beautiful estates. There is no cost for the event. We will return to the Stride building by 3:00pm.

**Mother's Day Tea— May 7—***A celebration for Mom!* Invite your mom or special someone to join us for tea & snacks to say thanks! There is no cost. The participants will stay after ADT. Event is 4:00-5:30. You must sign up by Monday May 6th.

**Soccer Practice— May 8, 15, 22, 29—***Goal!* We will leave STRIDE at 3:00pm and arrive at the WYSL soccer complex (2583 Van Meter Road) by 3:15. Participants need to be picked up at the fields by 4:15pm or the STRIDE building at 4:30pm. Cost is \$2 for all athletes. This helps cover uniform & event costs. You must attend practices to compete this year for regionals & state games. If the weather is bad, we will adjust plans & let families know. NO SOCCER PRACTICE ON MAY 1st. (Soccer tournament on 5/5)

**Exercise Class— May 7, 14, 21, 28 —***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 10:30-11:30. No cost for the event for the day program participants and \$2 if you're just coming for the class.

**Guest Speaker May 8, 22—***A chance to listen & learn!* Over the next few months we will be bringing in different speakers to inform the group on a bunch of different topics. The speaker times should be 11:00-12:00 but we may have to adjust them to later in the day during the day program. There is no cost for this event.

**Legends Game May 9—***Homerun!* We will head to see everyone's favorite baseball team, the Lexington Legends. STRIDE will actually be the featured non profit at the game, including getting to throw out the first pitch. Cost is \$15. This includes the ticket and \$10 for food at the ballpark. You can bring extra money for souvenirs or more for food. The participants will just stay at the ADT that day.

**Living Arts & Science Center—May 13—***Making science cool!* We will head to Lexington to go to the Living Arts & Science Center & eat lunch. We will leave at 11:00 and return by 3:00. Cost is \$5.00.

**Pizza Party & Board Games— May 14—***Nothing beats a pizza party!* After ADT we will break out a bunch of board games and maybe even the wii! We will then eat some little Caesar's pizza. Cost is \$5. Participants need to be picked up at 6:00pm.

**Fishing— May 16—***Hook, line, & sinker* Amy is working on putting together a fun fishing day in Mt Sterling for STRIDE. More info will be available as it gets closer to the day. We will leave STRIDE at 9:00am, so please coordinate with taxis for the early drop off. Cost is \$5 for lunch.

**Sekisui Tour & Lunch— May 20—***Learn about your community.* We will be visiting Sekisui in Winchester. Sekisui makes automotive parts and we will be touring the factory and then they are providing lunch. We will leave the ADT at 11:00 and return at 1:30. There is no cost for this event.

**Bluegrass History Museum Tour—May 21—***Learn about our community's history!* We will go to the BG History Museum downtown. We will leave STRIDE at 1:00 and return at 2:30. No cost for the event.

**Louisville Trip— May 23—***Beware of the trolls.* We will head to Louisville to visit a state park that has huge wooden trolls throughout the park. We will do a picnic lunch. We will leave at 10:00am so please adjust your drop off times. We will be back at STRIDE at 4:00pm. Please have the taxis ready for the 4:00 pickup. Cost is \$10.

**Library— May 28—***Knowledge is FUNdamental.* We will be visiting the Clark County Public Library from 1:00 -2:30. Please remember to send any books that have been checked out previously. The books and overdue fees are the responsibility of the participant.

**Special Olympics State Games—May 31-June 2—***Go for the Gold!* Our track, soccer, and bocce teams will head to ECU to compete in the State Games. Cost is \$65 and covers the cost of the weekend, a t-shirt, and a pizza party in the dorm. We will leave no later than 3:00pm. If you want to bring extra money, please do, but it will be your responsibility to keep up with it. There will be a packet sent home towards the end of May that will list what to bring. Participants need to be picked up on Sunday June 2nd at STRIDE at 10:00am.