

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









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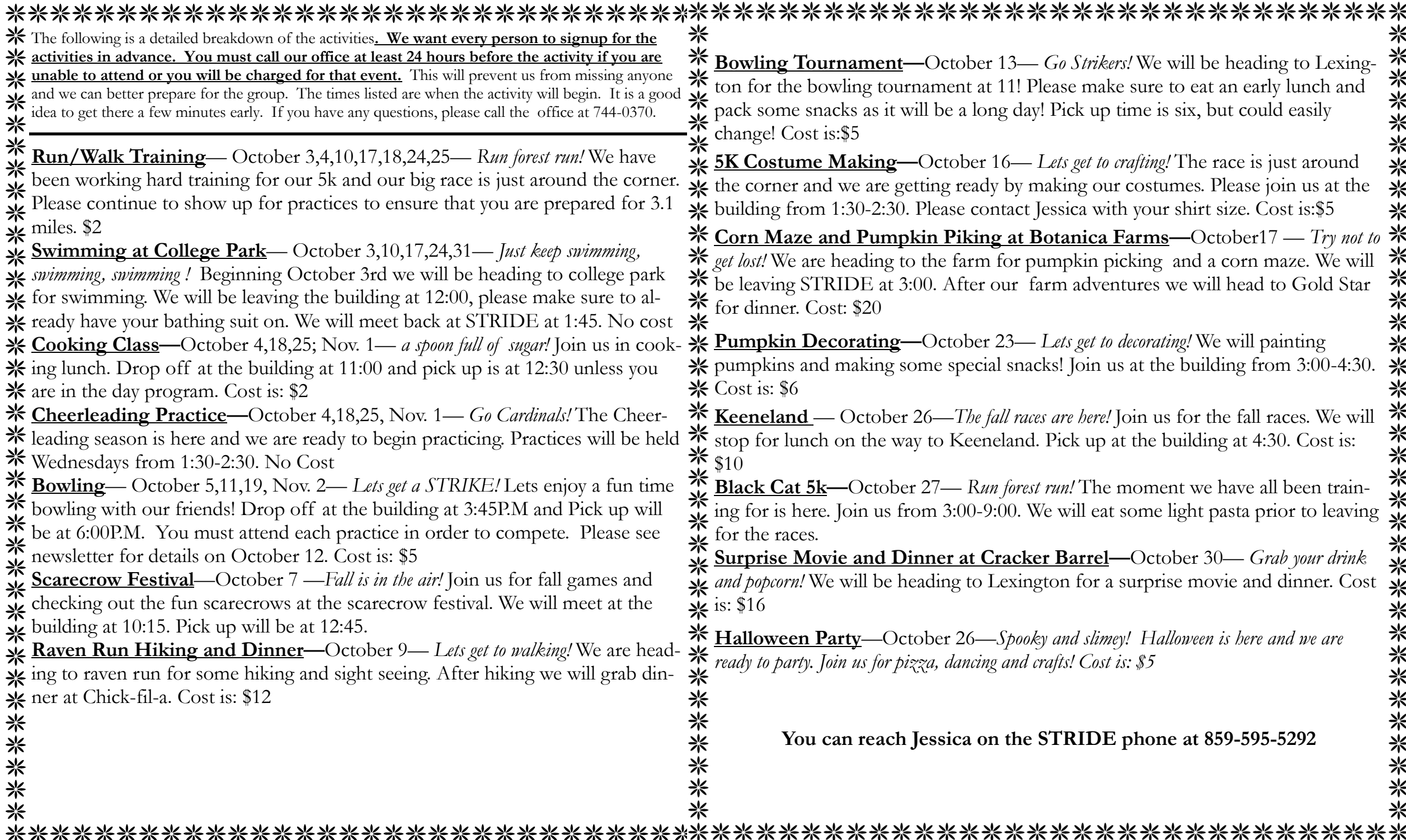
OCTOBER 2017

SUN	MON	TUE	WED	THU	FRI	SAT
1 No activity	2 (Day Prog. 11-3) No Activity	3 (Day Prog. 11-3) Run/Walk Training 9:30-10:30 Swimming at College Park 12:00-1:45 	4 (Day Prog. 11-3) Cooking class 11:00-12:30 Cheerleading Practice 1:30-2:30 Run/Walk Training 3:15-4:30	5 (Day Prog. 11-3) Bowling 3:15-6:00	6 (Day Prog. 11-3)	7 Scarecrow Festival 10:15-12:45 
8 (No Activity)	9 (Day Prog. 11-3) Raven Run Hiking and Dinner 3:00-7:00 	10 (Day Prog. 11-3) Run/Walk Training 9:30-10:30 Swimming at College Park 12:00-1:45	11 (Day Prog. 11-3) Bowling 11:45-3:30	12 (Day Prog. 11-3) No activity	13 Bowling Tournament 11:00-6:00 	14 No Activity
15 No Activity	16 (Day Prog. 11-3) 5k Costume making 1:30-2:30	17 (Day Prog. 11-3) Run/Walk Training 9:30-10:30 Swimming at College Park 12:00-1:45 Corn Maze and Pumpkin Picking At Botanica Farms 3:00-6:30 	18 (Day Prog. 11-3) Cooking class 11:00-12:30 Cheerleading Practice 1:30-2:30 Run/Walk Training 3:15-4:30	19 (Day Prog.) 3:00-6:30 Bowling 3:15-6:00	20 (Day Prog. 11-3) No Activity	21 No Activity
22 No Activity	23 (Day Prog. 11-3) Pumpkin Decorating and Snacks 3:00-4:30	24 (Day Prog. 11-3) Run/Walk Training 9:30-10:30 Swimming at College Park 12:00-1:45	25 (Day Prog. 11-3) Cooking class 11:00-12:30 Cheerleading Practice 1:30-2:30 Run/Walk Training 3:15-4:30	26 (Day Prog. 11-3) Keeneland 10:00-4:30 	27 (Day Prog. 11-3) The Black Cat Chase 5K 3:00-9:00	28 (No activity)
29 (No Activity)	30 (Day Prog. 11-3) Surprise Movie and Diner at Cracker Barrel 3:00-7:45 	31 (Day Prog. 11-3) Swimming at College Park 12:00-1:45 Halloween Party 3:00-6:00 	Nov. 1 (Day Prog. 11-3) Cooking class 11:00-12:30 Cheerleading Practice 1:30-2:30	Nov. 2 (Day Prog. 11-3) Bowling 3:15-6:00	Nov. 3 (Day Prog. 11-3) No Activity	Nov. 4 (No activity)

Why didn't the skeleton
cross the road?



He didn't have any guts!



The following is a detailed breakdown of the activities. **We want every person to signup 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.

Run/Walk Training— October 3,4,10,17,18,24,25— *Run forest run!* We have been working hard training for our 5k and our big race is just around the corner. Please continue to show up for practices to ensure that you are prepared for 3.1 miles. \$2

Swimming at College Park— October 3,10,17,24,31— *Just keep swimming, swimming, swimming!* Beginning October 3rd we will be heading to college park for swimming. We will be leaving the building at 12:00, please make sure to already have your bathing suit on. We will meet back at STRIDE at 1:45. No cost

Cooking Class—October 4,18,25; Nov. 1— *a spoon full of sugar!* Join us in cooking lunch. Drop off at the building at 11:00 and pick up is at 12:30 unless you are in the day program. Cost is: \$2

Cheerleading Practice—October 4,18,25, Nov. 1— *Go Cardinals!* The Cheerleading season is here and we are ready to begin practicing. Practices will be held Wednesdays from 1:30-2:30. No Cost

Bowling— October 5,11,19, Nov. 2— *Lets get a STRIKE!* Lets enjoy a fun time bowling with our friends! Drop off at the building at 3:45P.M and Pick up will be at 6:00P.M. You must attend each practice in order to compete. Please see newsletter for details on October 12. Cost is: \$5

Scarecrow Festival—October 7 —*Fall is in the air!* Join us for fall games and checking out the fun scarecrows at the scarecrow festival. We will meet at the building at 10:15. Pick up will be at 12:45.

Raven Run Hiking and Dinner—October 9— *Lets get to walking!* We are heading to raven run for some hiking and sight seeing. After hiking we will grab dinner at Chick-fil-a. Cost is: \$12

Bowling Tournament—October 13— *Go Strikers!* We will be heading to Lexington for the bowling tournament at 11! Please make sure to eat an early lunch and pack some snacks as it will be a long day! Pick up time is six, but could easily change! Cost is:\$5

5K Costume Making—October 16— *Lets get to crafting!* The race is just around the corner and we are getting ready by making our costumes. Please join us at the building from 1:30-2:30. Please contact Jessica with your shirt size. Cost is:\$5

Corn Maze and Pumpkin Piking at Botanica Farms—October 17 — *Try not to get lost!* We are heading to the farm for pumpkin picking and a corn maze. We will be leaving STRIDE at 3:00. After our farm adventures we will head to Gold Star for dinner. Cost: \$20

Pumpkin Decorating—October 23— *Lets get to decorating!* We will painting pumpkins and making some special snacks! Join us at the building from 3:00-4:30. Cost is: \$6

Keeneland — October 26—*The fall races are here!* Join us for the fall races. We will stop for lunch on the way to Keeneland. Pick up at the building at 4:30. Cost is: \$10

Black Cat 5k—October 27— *Run forest run!* The moment we have all been training for is here. Join us from 3:00-9:00. We will eat some light pasta prior to leaving for the races.

Surprise Movie and Dinner at Cracker Barrel—October 30— *Grab your drink and popcorn!* We will be heading to Lexington for a surprise movie and dinner. Cost is: \$16

Halloween Party—October 26—*Spooky and slimey!* Halloween is here and we are ready to party. Join us for pizza, dancing and crafts! Cost is: \$5

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