

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

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June 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					MAY 31 Leave for Special Olympics State Games 2:00pm	1 Special Olympics State Games
2 Return from State Games EKU Pickup 9:00 STRIDE Building Pickup 10:00	3 Day Prog. (10-3) No Activity	4 Day Prog. (10-3) Exercise Class 1:15-2:15	5 Day Prog. (10-3) Radio Station Tour 11:00-12:00 Library 1:00-2:30	6 Day Prog. (10-3) Cooking Class 11:00-12:30 Jacobson Park Day 1:00-6:00	7 Day Prog. (10-3) Music Class 10:30-11:30	8 No Activity
9 No Activity	10 Day Prog. (10-3) Aladdin Movie *TBA (will be an afternoon show)	11 Day Prog. (10-3) Softball Practice 9:00-10:30 Exercise Class 1:15-2:15 Disney Trip Meeting 5:30-6:30	12 Day Prog. (10-3) Music Class 10:30-11:30 Swimming/Walking 1:00-2:30	13 Day Prog. (10-3) Arboretum & Lunch at Skyline Chili/ LaRosas Pizza 10:00-2:30	14 Day Prog. (10-3) Music Class 10:30-11:30	15 No Activity
16 No Activity Happy Father's Day!	17 Day Prog. (10-3) Bison Ranch Tour 10:00-12:00 Father's Day Dinner 5:00-6:00	18 Day Prog. (10-3) Softball Practice 9:00-10:30 Exercise Class 1:15-2:15	19 Day Prog. (10-3) Horse Farm Tour & Lunch at Jerry's 10:00-3:00	20 Day Prog. (10-3) Frankfort Day—Tour Capitol, eat lunch, & Lazy River 9:00-4:45	21 Day Prog. (10-3) Music Class 10:30-11:30	22 No Activity
23 No Activity	24 Day Prog. (10-3) Lexington Day—Adrenaline, Chick-Fil-A, and 1/2 priced Books 10:00-2:30	25 Day Prog. (10-3) Softball Practice 9:00-10:30 Exercise Class 1:15-2:15	26 Day Prog. (10-3) Music Class 10:30-11:30 Painting @ Paint Bar 2:30-4:30	27 Day Prog. (10-3) Cooking Class 11:00-12:30 Library 1:00-2:30	28 Day Prog. (10-3) Music Class 10:30-11:30	29 No Activity
30 No Activity						

What do sheep do on nice summer days?



Go to a baa-baa cue!

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

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 at **2:00pm**. Participants need to be picked up on Sunday June 2nd at **9:00am** if at ECU or at **STRIDE at 10:00am**.

Exercise Class— June 4, 11, 18, 25 – One & Two! (time change for summer) We are going to get our hearts pumping! Note the time change for the summer months to accommodate for softball practices. We will have an exercise class at STRIDE that is similar to Silver Sneakers. The class is 1:15-2:15. No cost for the event for the day program participants and \$2 if you're just coming for the class.

Radio Station Tour June 5—Broadcasting to the great beyond. We will tour our local radio station 102.9 with host Tim Smith. It's a chance for the participants to see how the station works and get some great info. We will leave at 11:00 and return to the ADT for lunch at 12:00. There is no cost.

Library— June 5, 27—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.

Cooking Class—June 6, 27— 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.

Jacobson Park Day— June 6—A day at the Park! We will head to Jacobson Park in Lexington. We will play kickball, play games, and those who want to can go on the paddleboats. We will leave STRIDE at 1:00pm and return at 6:00pm. We will take snacks with us but will not be doing dinner. Cost is \$10.

Music Class— June 7, 12, 14, 21, 26, 28—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.

Aladdin movie—June 10— Never had a friend like me! It's time to see a fan favorite that's now a live action movie. We will go see Aladdin at the Winchester movie theater. The time of the movie is TBA because they are changing their showtimes for the summer and it wasn't available before we needed to print. It will be an afternoon show. We will send out a remind message and have it on that week's weekly schedule. The cost is \$6 for the movie. Please bring extra money for drinks & snacks.

Softball Practice— June 11, 18, 25— Homerun! Practice is from 9:00am-10:30am at Lykins Park. After softball, we will take everyone to the ADT. **Please bring the participants to Lykins Park and NOT THE STRIDE BUILDING.** Last year we were stuck waiting on late arrivals at the building & that takes away from practice, so just bring them out to the field please. Please bring your glove, a hat, & water. The cost is \$2. This helps cover uniform & event costs. You must attend practices if you plan on playing on the softball team. If the weather is bad, we'll adjust plans and let families know.

Disney Trip Meeting— June 11—Disney here we come! We will have our first meeting about the Disney trip. We will go over the tentative itinerary, discuss travel plans, and answer questions about the upcoming trip. Participants can come too, but we need at least one parent to attend. Participants will go home after the ADT and can come back with you if you wish. The meeting is at STRIDE and be from 5:30-6:30.

Swimming/Walking— June 12—Let's get in shape! We will go to College Park for swimming and walking. The participants can choose which one they want to do. If swimming, please bring your swimsuit & towel and if you're walking, please wear tennis shoes. We will leave the ADT at 1:00 and return at 2:30. There is no cost for the event.

Arboretum & Lunch at Skyline Chili / LaRosas Pizza— June 13—Outdoor fun and a great lunch! We will head to Lexington and enjoy some fun at the Arboretum. Afterwards, we will go to a new restaurant, the Pasta Garage. Cost is \$10 for lunch. We will leave at 10:00 and return at 2:30.

Bison Ranch Tour— June 17—A fan favorite We will head to tour the local Bison ranch. We will get to see the animals and tour the beautiful ranch. We will return to the ADT for lunch. We will leave at 10:00am and return at noon. Cost is \$8.

Father's Day Dinner— June 17—Dinner with Dad! Bring your dad to Stride for a good meal and good fun. The event is from 5:00-6:00. The participants will stay after the ADT if they are staying for the dinner. No cost for the event. Please sign up by Wednesday June 12th so we can plan for the food.

Horse Farm Tour & Lunch at Jerry's— June 19—Enjoying nature and some great food! We will go to tour one of Paris' beautiful horse farms and then go eat lunch at Logan's favorite place—Jerry's. We will leave at 10:00am and return by 3:00pm. Cost is \$10.

Frankfort Fun Day— June 20—Frankfort Fun Day! We will head to Frankfort to tour the Capitol building eat lunch and enjoy the lazy river at the aquatic center. We will leave at 9:00am and return at 4:45pm. Cost for the day is \$15. Please wear (or pack) your swimsuit & towel. Please plan taxi pickup accordingly.

Lexington Day— June 24—Bouncing & Books. We will head to Lexington to enjoy Adrenaline Trampoline park, lunch at Chick-Fil-A, and shop at 1/2 priced books in Hamburg. We will leave at 10:00 and return at 2:30. Cost for the day is \$15. Please bring extra money if you want to buy something at the book store.

Painting at the Paint Bar— June 26—Mona Lisa or a little tree? We will go to the Paint Bar in downtown Winchester and create some art. Participants will be able to choose a project to work on. The cost is \$8. We will leave the ADT at 2:30 and return at 4:30pm, so please make your taxi plans accordingly. The ADT will be open until 3:00 for those who don't go to paint.

Parents, it is crucial that you sign up in advance. In the summer we have more daily participants and that means more seats are taken for transportation. We want to make sure everyone gets to go, but just showing up for an activity causes issues with staffing, cost, and transportation. If you show up without signing up, you may not have a spot and have to return home. We will absolutely make it that anyone who signs up in advance has a spot, but it's not fair to the program to have to shift everything around to accommodate drop offs. If you have any questions, please contact Darren to discuss it further.