

# STRIDE Therapeutic Recreation Program

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**How did the leprechaun win the race?**



**He took a SHORTcut!**

# March 2020

SUN	MON	TUE	WED	THU	FRI	SAT
1 No Activity	2 Day Prog. (10-3)  Exercise class 1:30-2:30	3 Day Prog. (10-3)  Talent Show Practice 1:00-2:00  Library 3:00-4:30	4 Day Prog. (10-3)  Track Practice 2:50-4:00 Soccer Practice 4:00-5:30  <b>*SEE BACK FOR INFO</b>	5 Day Prog. (10-3)  Pickle Ball 12:00-2:00	6 Day Prog. (10-3)  PJ Day & Dr Seuss' Birthday Celebration 10:00-3:00	7 No Activity
8 No Activity	9 Day Prog. (10-3)  Exercise class 1:30-2:30	10 Day Prog. (10-3)  Lexington Children's Theater: Dr Seuss & Lunch 10:00-3:00	11 Day Prog. (10-3)  Music Class 10:30-11:30  Track Practice 2:50-4:00 Soccer Practice 4:00-5:30	12 Day Prog. (10-3)  Talent Show Practice 1:00-2:00  Movie: Onward 3:00-TBA	13 Day Prog. (10-3)  Paper Mache Art 1:00-3:00	14 No Activity
15 No Activity	16 Day Prog. (10-3)  Exercise class 1:30-2:30	17 Day Prog. (10-3)  Cooking 1:00-3:00 St. Patrick's Day Party 3:00-4:30	18 Day Prog. (10-3)  Track Practice 2:50-4:00 Soccer Practice 4:00-5:30	19 Day Prog. (10-3)  Pickle Ball 12:00-2:00	20 Day Prog. (10-3)  Water Color Art 1:00-3:00	21 No Activity
22 No Activity	23 Day Prog. (10-3)  Exercise Class 1:30-2:30	24 Day Prog. (10-3)  Talent Show Practice 1:00-2:00	25 Day Prog. (10-3)  Music Class 10:30-11:30 Track Practice 2:50-4:00 Soccer Practice 4:00-5:30	26 Day Prog. (10-3)  Lexington Explorium & Lunch 10:30-3:00	27 Day Prog. (10-3)  Arts & Crafts: Lava Lamp 1:00-3:00	28 No Activity
29 No Activity	30 Day Prog. (10-3)  Exercise class 1:30-2:30	31 Day Prog. (10-3)  Talent Show Practice 1:00-2:00  Library 3:00-4:30	April 1 Day Prog. (10-3)  Track Practice 2:50-4:00 Soccer Practice 4:00-5:30	April 2 Day Prog. (10-3)  Cooking Class 1:00-3:00  Wii Party & Snacks 3:00-4:30	April 3 Day Prog. (10-3)  Spring Arts & Crafts 1:00-3:00	April 4 No Activity

**Exercise Class— March 2, 9, 16, 23, 30** – *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.

**Talent Show Practice—March 3, 12, 24, 31**—*Share your talents with the world!* We will begin practicing for our spring talent show. The exact date & location for the show are still being finalized, but we will begin work this month. It is crucial that if you want to be in the show that you come to practices. Practices will be 1:00-2:00 at Stride. No cost for ADT, \$2 for non-ADT folks.

**Library— March 3, 31** —*Knowledge is power-* We will go to the library so bring your books with you if you have checked any out. We will go 3:00-4:30. There is no cost.

**Track Practice— March 4, 11, 18, 25, April 1** —*Run like the wind!* **PAY CLOSE ATTENTION TO PICK UP LOCATION.** We will leave STRIDE at 2:45 and head to RDC's track, 620 Boone Ave in Winchester. Practice is from 2:50pm-4:00pm. Track participants need to be picked up **AT THE TRACK** at 4:00pm. This includes taxis. Those track athletes who are also playing soccer will ride over to the soccer field. Track regionals are on Saturday April 18th. **YOU MUST ATTEND** practices if you want to compete in regionals. Please see the letter with this calendar regarding Special Olympics costs.

**Soccer Practice— March 4, 11, 18, 25, April 1** —*Goal!* **PAY CLOSE ATTENTION TO PICK UP LOCATION & TIMES.** Some soccer players are also running track, so they will be transported from the track to the soccer fields. The non track soccer players will leave STRIDE at 4:00pm to arrive at the fields at 4:15pm. If you are meeting us there, please be there at 4:15pm. The field address is 2583 Van Meter Rd in Winchester. Pick up will be at the field at 5:15 or at **Stride at 5:30**. If you are picking up at the field, please be on time so that we can make it back to Stride on time as well. We Please see the letter with this calendar regarding Special Olympics costs. Our soccer tournament in **Versailles will be on April 26th**. You must attend this tournament if you want to play at State Games. We will also schedule a game with Bourbon County.

**Pickle Ball— March 5, 19**—*A fun game to play!* Pickle Ball is similar to tennis, except it's played on a smaller court. We go over to College Park Gym and play. There is no cost for ADT folks, \$2 for non adt. Time is 12:00-2:00. Those who don't want to play can walk on the indoor track.

**Arts & Crafts Fridays—March 6, 13, 20, 27, April 3**—*Let's get creative!* Every Friday will feature a new arts & crafts theme. On Friday March 6th we will also do PJ day. Arts & crafts time will be 1:00-3:00. No cost for ADT folks and \$2 for non ADT.

**Lexington Children's Theater play Cat & the Hat— March 10**—*Encore!* We will head to Lexington to eat at Wendy's and then to Lexington Children's Theater to enjoy their performance of *Cat & the Hat*. After the play we will return to Stride. Cost is \$15. We are leaving at 10:00am SHARP, so please adjust your taxis.

**Music Class— March 11, 25**—*A Joyful Noise!* We will have our music class at STRIDE. It is No cost for ADT & \$2 for non ADT.

**Movie: Onward—March 12**— *A Movie with Friends!* We are heading to the movies in Winchester! It will be an afternoon movie. 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.

**Cooking Class— March 17, April 2**—*Try some new foods!* We will have our cooking class at STRIDE. Class is from 1:00-3:00. On March 17th we will make snacks for our St Patrick's Day party and on April 2nd we will make snacks for our wii party. No cost for ADT, \$5 for non-ADT.

**St. Patrick's Day Party— March 17**—*Luck O' the Irish!* We will have our St. Patrick's Day Party from 3:00-4:30. We will play games & eat snacks. Make sure to wear your green! Cost is \$5.

**Lexington Explorium & Lunch in Lexington— March 26**—*Let's learn together* We will head to the Lexington Explorium and learn about their new exhibits. We will eat lunch afterwards. Cost is \$15. Please make sure taxis and drop offs are done by 10:30am. We will be back at Stride by 3:00pm.

**Wii Party & Snacks— April 2**—*Strike!* We will play some wii games with our friends and enjoy some snacks. Cost is \$4. The time is 3:00-4:30.

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.