

STRIDE Program

150 Maryland Avenue
PO Box 643
Winchester, KY 40392
(859) 595-5292

Fax: (859) 744-4403

Cell: (859) 595-5292

Staff:

Amy Schwab

Mary Ann Benson

Anna Hamilton

Brittin Diguette

Darren Diguette

Sharon Hunt, OT

Natalie Martin, SLP

Amanda Moore, SLP

Karen Summers, OT

Debby Widelo, PT

www.facebook.com/StrideProgram

May 2026

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Day Prog. (10-3) Fun Friday 10:00-3:00 Zoom Movie 7:00-9:00	2 No Activity
3 Spartans Fitness Competition in Louisville 11:30-2:30	4 Day Prog. (10-3) Line Dancing & Yoga 10:15-11:15 Bocce 1:00-2:00	5 Day Prog. (10-3) Music & Tai Chi 11-12 Crafts w/Tasha 12:30-1:30 Bocce 1:00-2:00 Soccer B 3:00-4:00 Soccer 2A 4:15-5:15	6 Day Prog. (10-3) Mother's Day Crafts 1:00-3:00	7 Day Prog. (10-3) Champs 10:00-3:00	8 Day Prog. (10-3) Cooking Class 10:00-12:00 **Don't Bring Lunch Allegro Dance 1:00-2:30 Zoom Movie 7:00-9:00	9 No Activity
10 No Activity	11 Day Prog. (10-3) Line Dancing & Yoga 10:15-11:15 Bocce 1:00-2:00	12 Day Prog. (10-3) Music & Tai Chi 11-12 Boonesboro Trail 1:00-2:30 Bocce 1:00-2:00 Soccer B 3:00-4:00 Soccer 2A 4:15-5:15	13 Day Prog. (10-3) Lunch at Fazoli's & walking at College Park 10:00-3:00	14 Day Prog. (10-3) Wendt wildlife **Bring Lunch 10:00-4:00 (Late Return Time)	15 Day Prog. (10-3) Health Dept. Class 10:30-11:15 Zoom Movie 7:00-9:00	16 No Activity
17 Special Event 1:45-4:15	18 Day Prog. (10-3) Line Dancing & Yoga 10:15-11:15 Bocce 1:00-2:00	19 Day Prog. (10-3) Music & Tai Chi 11-12 Library Art class 12:30-1:45 Bocce 1:00-2:00 Soccer B 3:00-4:00 Soccer 2A 4:15-5:15	20 Day Prog. (10-3) Lunch at Skyline Chili & Shopping at TJ Max and Rack Room Shoes 10:00-3:00	21 Day Prog. (10-3) Movies & Lunch: Sheep Detective 10:00-3:00	22 Day Prog. (10-3) Fun Friday 10:00-3:00 Zoom Movie 7:00-9:00	23 No Activity
24 No Activity	25 No Day Prog. CLOSED for Memorial Day	26 Day Prog. (10-3) Music & Tai Chi 11-12 Bocce 1:00-2:00 Soccer B 3:00-4:00 Soccer 2A 4:15-5:15	27 Day Prog. (10-3) Shopping at 5 Below 10:30-11:30 **Bring Lunch	28 Day Prog. (10-3) Cookies & Cream 1:30-2:30	29 Day Prog. (10-3) Fun Friday 10:00-3:00 Zoom Movie 7:00-9:00	30 No Activity
31 No Activity						

**How does a bee
brush his hair?**



With a honeycomb!

Zoom Movies– May 1, 8, 15, 22, 29—*Lights, camera, action!* We will watch movies over zoom that the participants picked from 7:00pm-9:00pm.

Fun Friday– May 1, 22, 29—*Fridays are the best!* We will play games, legos, puzzles, and maybe some crafts. There is no cost.

Spartan Fitness– May 3—*Go STRIDE Spartans!* Everyone who has been attending our Wednesday night workouts will head to Louisville to compete. The competition will begin at noon and end by 2:00. You must have your own ride. There is no cost.

Line Dancing & Yoga– May 4, 11, 18—*Cha-Cha Slide & Namaste!* Chrissie will be teaching us the steps at STRIDE and Sydney will be teaching us Yoga from 10:15-11:15 every Monday. No cost.

Music & Movement and Tai Chi– May 5, 12, 19, 26—*Drum to your own beat and find inner peace!* Caroline will teach our music class and Todd will teach our tai-chi class every Tuesday. This will be from 11:00-12:00. We split up into 2 groups & alternate between activities. No cost.

Crafts with Tasha at STRIDE— May 5—*Let's get creative!* Tasha will be at STRIDE for fun & a craft from 1:15-3:00. There is no cost.

Mother's Day Arts & Crafts– May 6—*Get Creative!* We will make some arts & crafts projects for Mother's Day from 1:00-3:00. No cost.

Laser Tag & Lunch– May 7—*Time to have some fun!* We will head to Champs in Lexington. We will play putt-putt and play laser Tag. We will eat lunch there too. The cost is \$20 for all the fun & food. We will leave at 10:00am and return at 3:00pm.

Cooking Class– May 8—*YUM!* We will cook lunch today so don't bring your lunch. Participants will choose the menu on earlier of that week. No cost.

Allegro Dance Project— May 8—*Get up and get active!* Our pals from Allegro Dance Project are back for another day of music & dance from 1:00-2:30. There is no cost.

Volunteering at Boonesboro Trail– May 12—*Lend a hand!* We will visit our friends at Boonesboro Trail Retirement Center from 1:00-2:30. No cost.

Lunch at Fazoli's & Walking at College Park– May 13—*Italian food & a good walk!*—We'll go walk at College Park and then head to eat at Fazoli's in Winchester. Cost is \$10 for lunch. We will leave Stride at 10:30 and return by 3:00.

Wendt Wildlife Exhibit in Carlisle– May 14—*Sloths & so much more!* We will head to Carlisle to visit the Wendt Wildlife Exhibit. Bring your lunch. Cost is \$10. We will leave as close to 10:00am as possible since it's an hour drive. **LATE PICK UP AT 4:00PM. Let your taxis know.**

Health Dept Class – May 15—*Knowledge is power!* The Clark Co Health Department will be here to continue our health education. There is no cost for the activity. 10:30-11:15

SPECIAL EVENT—May 17– *Fun time for the fans!* We sent home a flyer on the special event. Participants get two extra tickets to give to friends & family. They must sign up with number of guests by May 5th.

Crafts with Tasha at the Library— May 19—*Let's get creative!* We will head to the library and do a craft with Ms. Tasha from 1:15-3:00. There is no cost.

Lunch at Skyline Chili and shopping at TJ Maxx & Rack Room Shoes– May 20—*A shopping we will go*—We'll go to Richmond and eat at Skyline Chili and shopping at TJ Maxx & Rack Room Shoes. Cost is \$10 for lunch. Bring extra money for shopping. We'll leave at 10:00 & return by 3:00.

Movie & Lunch at Mt Sterling– May 21—*Imagination time!* We will go to Mount Sterling to watch the movie Sheep Detective. We will eat lunch afterwards so you DO NOT need to bring your lunch. Bring extra money if you want snacks at the movie. We will leave at 10:15am. Cost is \$15. We will be back at STRIDE at 3:00pm.

Shopping at 5 Below– May 27—*Lookin for Deals!* We'll go shopping at 5 Below. Bring your lunch. There is no cost. Event is 10:30-11:30.

Ice Cream with Cookies & Cream at STRIDE– May 28 —*Yum!* Our pal Karis will be back with her Cookies & Cream ice cream van. She will be here from 1:30pm-2:30. Cost is \$5. Participants will choose flavor and toppings.

BOCCE & SOCCER INFO

Bocce Practice– May 4, 5, 11, 12, 18, 19, 26—*The Sharpshooters are back!* Bocce practice is at the Stride building and is only for those who are participating as a part of the bocce Special Olympics team. There is no cost. Practice is from 1:00-2:00. Due to the large number of teams, bocce practice is split into Monday and Tuesday practices. Amy will assign practice days.

Soccer Practice & Tournaments– May 5, 12, 19, 26—*GOAL!!!!* We will practice at the Winchester Youth Soccer League fields at 2583 Van Meter Road from 3:15-4:15 for the 2A & B teams. ADT folks will stay after ADT and be taken to the complex by STRIDE. Participants can be picked up at the soccer complex at 4:15 or at STRIDE at 4:30pm. You must attend practice to play on the team at State Games.

*****SOKY STATE GAMES ARE FRIDAY JUNE 6TH—SUNDAY JUNE 8TH.*****