

## STRIDE Program

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**What's for breakfast  
on really cold days in  
February?**



**Frosted Snowflakes!**

# February 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1 No Activity	2 Day Prog. (10-3) Line Dancing 10:15-11:15 B'ball Cards B 4:30-5:30 Knights B 5:30-6:30 Bulldogs B 6:30-7:30	3 Day Prog. (10-3) Music & Mov't 11-12 Tai Chi 11-12 Library Arts & Crafts 1:15-3:00 B'ball Cards 1A 5:00-6:00 Cards 2A 6:00-7:00	4 Day Prog. (10-3) Cooking for Beacon of Hope 10:00-3:00 **Bring lunch	5 Day Prog. (10-3) Movies & Lunch: Charlie Underdog 10:00-3:00	6 Day Prog. (10-3) Fun Friday 10:00-3:00	7 No Activity
8 No Activity	9 Day Prog. (10-3) Line Dancing 10:15-11:15 B'ball Cards B 4:30-5:30 Knights B 5:30-6:30 Bulldogs B 6:30-7:30	10 Day Prog. (10-3) Music & Mov't 11-12 Tai Chi 11-12 Boonesboro Trail 1:00-2:30 B'ball Cards 1A 5:00-6:00 Cards 2A 6:00-7:00	11 Day Prog. (10-3) Joseph Beth Bookstore & Raising Canes 10:00-3:00	12 Day Prog. (10-3) Valentines Day Party 1:00-3:00	13 Day Prog. (10-3) Cooking Class 10:00-12:00 **Don't Bring Lunch	14 No Activity
15 No Activity	16 Day Prog. (10-3) Line Dancing 10:15-11:15 B'ball Cards B 4:30-5:30 Knights B 5:30-6:30 Bulldogs B 6:30-7:30	17 Day Prog. (10-3) Music & Mov't 11-12 Tai Chi 11-12 Allegro Dance Project 1:00-2:30 Crafts w/Tasha 1:00-2:00 B'ball Cards 1A 5:00-6:00 Cards 2A 6:00-7:00	18 Day Prog. (10-3) Lunch at Chueys & Shopping at Meijer 11:00-2:00	19 Day Prog. (10-3) Pottery Class 1:00-3:00	20 Day Prog. (10-3) Health Dept. Class 10:30-11:15	21 SOKY Regional Basketball Tournament In NKY TBA
22 No Activity	23 Day Prog. (10-3) Line Dancing 10:15-11:15 B'ball Cards B 4:30-5:30 Knights B 5:30-6:30 Bulldogs B 6:30-7:30	24 Day Prog. (10-3) Music & Mov't 11-12 Tai Chi 11-12 B'ball Cards 1A 5:00-6:00 Cards 2A 6:00-7:00	25 Day Prog. (10-3) Library 1:00-2:30	26 Day Prog. (10-3) Movies & Lunch: The Goat 10:00-3:00	27 Day Prog. (10-3) Fun Friday 10:00-3:00	28 No Activity



**Zoom Movies** – February 6, 13, 20, 27—*Lights, camera, action!* We will watch movies over zoom that the participants picked from 7:00pm-9:00pm.

**Line Dancing** – February 2, 9, 16, 23—*Cha-Cha Slide!* Chrissie will be teaching us the steps at STRIDE from 10:15-11:15 every Monday. No cost.

**Music & Movement and Tai Chi** – February 3, 10, 17, 24—*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 the Library** – February 3—*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.

**Cooking for Beacon of Hope** – February 4—*Lending a hand!* We will prepare some food for Beacon of Hope. This is a great chance for our participants to give back to the community. Bring your lunch. No cost.

**Movie & Lunch at Mt Sterling** – February 5, 26—*Imagination time!* We will go to Mount Sterling to watch the movie Charlie Underdog on the 5th and The Goat on the 26th. 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.

**Fun Friday** – February 6, 27—*Fridays are the best!* We will play games, legos, puzzles, and maybe some crafts. There is no cost.

**Volunteering at Boonesboro Trail** – February 10—*Lend a hand!* We will visit our friends at Boonesboro Trail Retirement Center from 1:00-2:30. No cost.

**Shopping at Joseph Beth Bookstore & Lunch at Raising Canes** – February 11—*A Shopping We Will Go!!* We will go to Joseph Beth Bookstore in Lexington and then eat at Raising Canes. Cost is \$10 for lunch. Bring extra money to shop.

**Valentines Day Party** – February 12—*Time to Party!* We will have our participant Valentine's Day party from 1:00-3:00. Valentines are welcome but please DO NOT send in candy or food with the valentines due to dietary & allergy restrictions. We will text out a list of participant names. No cost.

**Cooking Class** – February 13—*YUM!* We will cook lunch today so don't bring your lunch. Participants will choose the menu on earlier of that week. No cost.

**Health Dept Class** – February 20—*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



**Allegro Dance Project** – February 17—*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.

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

**Lunch at Chueys & Shopping at Meijer** – February 18—*A Shopping We Will Go!!* We will go shopping at Meijers in Lexington and then eat lunch at Chueys (Tex-Mex food). Cost is \$12 for lunch. Bring extra money to shop.

**Pottery Class** – February 19—*Let's get creative!* Participants will make some unique creations using clay from 1:00-3:00. No cost.

**Library** – February 25—*Knowledge is power*—We'll go to the library so bring your books or videos with you if you have checked any out. We'll leave ADT at 1:00 & return by 2:30pm. No cost.

#### **BASKETBALL INFO—All Practices are at STRIDE**

**Cardinals B Basketball Practice** Feb 2, 9, 16, 23—*Shoot for three!* Basketball practice for the Cardinals basketball B team will be from 4:30-5:30. Participants can stay after the ADT and then picked up at STRIDE at 5:30.

**Knights B Basketball Practice** Feb 2, 9, 16, 23—*Shoot for three!* Basketball practice for the Knights basketball B team will be from 5:30-6:30. Participants go home from ADT & come back.

**Bulldogs Basketball Practice** Feb 2, 9, 16, 23—*Shoot for three!* Basketball practice for the Bulldogs basketball B team will be from 6:30-7:30. Participants will go home from ADT and come back.

**Cardinals 1A Basketball Practice** Feb 3, 10, 17, 24—*Shoot for three!* Basketball practice for the Cardinals basketball 1A team will be from 5:00-6:00. Players will go home from ADT and come back.

**Cardinals 2A Basketball Practice** Feb 3, 10, 17, 24—*Shoot for three!* Basketball practice for the Cardinals basketball 2A team will be from 6:00-7:00. Players will go home from ADT & come back.

**SOKY Regional Basketball Tournament** – February 21—*Good Luck STRIDE!* We will head to Northern Kentucky for our Regioanl Basketball Tournament. Times will be sent out.

CARDINALS B	KNIGHTS	BULLDOGS	CARDINALS 1A	CARDINALS 2A
Adrianna	Tony	Matthew	Dakota	Bren
Andrew	Bryce	Matt	Shiann	Alex
Dylan P	Bradley	Jason A	Kevin S	Jon Mark
Tyson	Jason B	Josh R	Colby	Chase
Cole		Sam	Nathan	Dylan S
		Ricky	Hope	Josh P
		Cade	Thomas	Thaddeus Deklen
		Logan	Dewey	Charlie
		Andre	Josh B	David F