November 2026

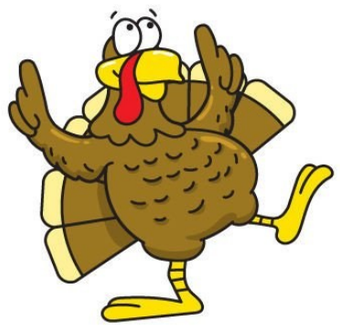
STRIDE Program

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What is a Pilgrim's favorite dance?



The Turkey Trot!

SUN	MON	TUE	WED	THU	FRI	SAT
1 No Activity	2 Day Prog. (10-3) Line Dancing, & Yoga 10:15-11:15 Strength Training, Drumming, & Healthy Snacks 12:30-2:00 Flag Football B 5:30-6:30 1A/2A 6:00-7:00	3 Day Prog. (10-3) Choir 10:30-11:00 Music & Tai Chi 11-12 Crafts with library staff at STRIDE 12:45-1:45	4 Day Prog. (10-3) Shopping at the Mall & Lunch at the park **Bring Lunch 10:00-3:00	5 Day Prog. (10-3) UK Sign Making 1:00-3:00 UK Women's Basketball Game and Dinner 4:30-8:30/9:00	6 Day Prog. (10-3) Fun Friday 10:00-3:00	7 No Activity
8 State Flag Football GRC 9:00-2:00	9 Day Prog. (10-3) Line Dancing & Yoga 10:15-11:15 Strength Training, Drumming, & Healthy Snacks 12:30-2:00	10 Day Prog. (10-3) Choir 10:30-11:00 Music & Tai Chi 11-12 Volunteering at Boonesboro Trail 1:00-2:30	11 Day Prog. (10-3) Basket making for St. Vincent DePal Society 10:00-3:00	12 Day Prog. (10-3) Movie & Lunch Cat in the Hat 10:00-3:00	13 Day Prog. (10-3) Cooking Class 10:00-12:00 **Don't Bring Lunch	14 Jesus Prom 4:30-8:300
15 No Activity	16 Day Prog. (10-3) Line Dancing, & Yoga 10:15-11:15 Strength Training, Drumming, & Healthy Snacks 12:30-2:00	17 Day Prog. (10-3) Choir 10:30-11:00 Music & Tai Chi 11-12 Crafts at the library 12:45-1:45	18 Day Prog. (10-3) Pilgrim Dinner set up Lunch from Maddie's 10:30-3:00 Pilgrim Dinner 5:45-8:00	19 Day Prog. (10-3) Thanksgiving Craft 1:00-3:00	20 Day Prog. (10-3) Health Dept. Class 10:30-11:15	21 No Activity
22 No Activity	23 Day Prog. (10-3) Line Dancing, & Yoga 10:15-11:15 Strength Training, Drumming, & Healthy Snacks 12:30-2:00	24 Day Prog. (10-3) Choir 10:30-11:00 Music & Tai Chi 11-12 Allegro Dance Project 12:40-2:00	25 NO DAY PROG CLOSED	26 NO DAY PROG HAPPY THANKSGIVING! CLOSED	27 NO DAY PROG CLOSED	28 No Activity
29 No Activity	30 Day Prog. (10-3) Line Dancing, & Yoga 10:15-11:15 Strength Training, Drumming, & Healthy Snacks 12:30-2:00	Dec 1 Day Prog. (10-3) Choir 10:30-11:00 Music & Tai Chi 11-12 Crafts at Library 12:45-1:45	Dec 2 Day Prog(10-3) Champs 10:00-3:00	Dec 3 Day Prog(10-3) Hot Chocolate 1:00-3:00	Dec 4 Fun Friday 10:00-3:00	Dec 5 No Activity

Line Dancing & Yoga– November 2, 9, 16, 23, 30—*Cha-Cha Slide & Namaste!* Chrissie will be teaching the steps at STRIDE and Sydney will be teaching Yoga from 10:15-11:15 every Monday. No cost.

Strength Training, Cardio Drumming, & Healthy Snacking– November 2, 9, 16, 23, 30—*Some fun classes!* Tiffany & Barb are strength trainers from Parks & Rec. They will be coming to STRIDE and working with our participants. Caleb will be teaching our participants some fun through cardio drumming. Also we are working on developing some healthy snacking habits. We will also be posting any recipes on our facebook page. All of these are done in groups of 10-12 for 30 minutes from 12:30-2:00. There is no cost. Please wear athletic shoes.

Flag Football Practice– November 2—*Touchdown!* SOKY flag football has begun. Practices are at Christview Christian Church—3133 Boonesboro Road (same place as last year). Both B teams practice from 5:30-6:30. The 1A & 2A teams will practice from 6:00-7:00. No Cost.

Music & Movement and Tai Chi– November 3, 10, 17, 24, Dec 1—*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 have 2 groups & alternate between activities. No cost.

Choir practice— November 3, 10, 17, 24, Dec 1—*Sing a song!* We will begin practicing our Christmas songs for our December caroling from 10:30-11:00. There is no cost.

Crafts at STRIDE with the library staff— November 3, December 1—*Let's get creative!* We will go to the library to do a craft with from 12:45-2:00. There is no cost.

Shopping at the Mall & Lunch at the park—November 4—*Yum!* We will go to Fayette Mall for some shopping. Afterwards we will go eat at Shillito Park. We will go from 10:00-3:00. There is no cost. Bring money to shop if you want. We'll have a back-up indoor plan for lunch if it's cold.

UK Sign Day– November 5—*Cheering on the Cats!* We will make signs for us to take to the UK Women's basketball game that night. There is no cost.

UK Women's Basketball Game – November 5—*Go Cats!* We'll head to Memorial Coliseum to watch the UK Women's Basketball Team play NKY Norse. We get to go hi-five the players! ADT folks can stay afterwards or folks can meet at STRIDE at 3:00 and return at 9:00/9:30. We will send a text out via Remind when we are leaving Lexington. Cost is $20. This covers the ticket and dinner at the game. **You must sign up for this by Monday Nov 2nd.**

Fun Friday– November 6 & December 4—*Fridays are the best!* We will play games, legos, puzzles, and maybe some crafts. There is no cost.

State Flag Football Tournament– November 8—*Touchdown!* Our tournament is Sunday November 8th at GRC in Winchester. Brackets will be sent once we get them. No cost.

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

Basket making for St. Vincent DePal Society—*Lend a hand!* Throughout the day we will make baskets for the St. Vincent DePal Society to hand out to those in need. No cost.

Movie & Lunch at Mt Sterling– November 12—*Imagination time!* We will go to Mount Sterling to watch the movie Cat in the Hat. 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.

Cooking Class– November 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.

Jesus Prom– November 14—*Let's boogie!* We will head to Calvary Christian Church for the Jesus Prom. **You had to sign up for this event by October 28th to go.** The theme this year is red, white, & blue. We will meet at STRIDE at 4:30pm and have a pizza party, then head over to Calvary. We will bring everyone back to STRIDE after the Prom and participants can be picked up at 8:30pm at STRIDE. It's a lot less chaotic this way. There is no cost for this event.

Crafts at the library— November 17, December 1—*Let's get creative!* Tasha will be at STRIDE for fun & a craft from 12:45-1:45. There is no cost.

Pilgrim Dinner Prep– November 18—*Time to set up!* We will go to the Clark Co Extension Office from 10:00-3:00 to set up for the Pilgrim Dinner. We will eat lunch from Maddie's Bagels so don't bring your lunch. If you are going to stay for the Pilgrim Dinner, you will just stay with us. If you're not staying for the Pilgrim Dinner, you'll be picked up at STRIDE at 3:00pm. No cost.

Pilgrim Dinner– November 19— The Pilgrim Dinner will be at the Clark Co. Extension office (1400 Fortune Drive in Winchester). The dinner begins at 5:45pm. All participants need to be at the ADT or they need to be brought by their families. We will not be picking people up for the dinner that afternoon. Join us for fun and fellowship. Cost is $10 per family. Please sign up by **Wednesday November 11th.** If you are not attending with your participant, they need to be picked up after the dinner at the Extension Office at 8:00pm.

Thanksgiving Crafts– November 19—*Get Creative!* We will make some fun fall crafts. There is no cost.

Health Dept Class – November 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— November 24—*Get up and get active!* Our pals from Allegro Dance Project are back for another day of music & dance from 12:40-2:00. There is no cost.

Champs– December 2—*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.

Hot chocolate —December 3—*Time to warm up!* We will We'll enjoy some hot chocolate downtown. Cost is $3.