

STRIDE Program

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March 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1 No Activity	2 Day Prog. (10-3) Line Dancing 10:15-11:15 Knights B 5:30-6:30	3 Day Prog. (10-3) Music & Mov't 11-12 Tai Chi 11-12 Library Arts & Crafts 1:15-3:00	4 Day Prog. (10-3) Pizza & Movie Day at STRIDE 12:00-3:00	5 Day Prog. (10-3) Workout day at STRIDE 1:00-3:00	6 Day Prog. (10-3) Fun Friday 10:00-3:00 Zoom Movie 7:00-9:00	7 No Activity
8 No Activity	9 Day Prog. (10-3) Line Dancing 10:15-11:15 Knights B 5:30-6:30	10 Day Prog. (10-3) Music & Mov't 11-12 Tai Chi 11-12 Boonesboro Trail 1:00-2:30	11 Day Prog. (10-3) IHOP & Shopping at 5 Below 10:00-3:00	12 Day Prog. (10-3) St. Patrick's Day Arts & Crafts 1:00-3:00	13 Day Prog. (10-3) Cooking Class 10:00-12:00 **Don't Bring Lunch Zoom Movie 7:00-9:00	14 SOKY State Basketball Tournament In Louisville TBA
15 SOKY State Basketball Tournament In Louisville TBA	16 Day Prog. (10-3) Line Dancing 10:15-11:15 Bocce 1:00-2:00	17 Day Prog. (10-3) Music & Mov't 11-12 Tai Chi 11-12 Crafts w/Tasha 1:00-2:00 Bocce 1:00-2:00 Soccer 3:15-4:30	18 Day Prog. (10-3) Kite Making with Montessori 10:00-12:00	19 Day Prog. (10-3) Movies & Lunch: Hoppers 10:00-3:00	20 Day Prog. (10-3) Health Dept. Class 10:30-11:15 Zoom Movie 7:00-9:00	21 No Activity
22 No Activity	23 Day Prog. (10-3) Line Dancing 10:15-11:15 Bocce 1:00-2:00	24 Day Prog. (10-3) Music & Tai Chi 11-12 Bocce 1:00-2:00 (no soccer) UK Softball & Dinner 3:00-8:00	25 Day Prog. (10-3) Bowling 12:30-3:00 **Bring Lunch	26 Day Prog. (10-3) Lunch at Jason's Deli 10:00-3:00	27 Day Prog. (10-3) Fun Friday 10:00-3:00 Zoom Movie 7:00-9:00	28 No Activity
29 No Activity	30 Day Prog. (10-3) Line Dancing 10:15-11:15 Bocce 1:00-2:00	31 Day Prog. (10-3) Music & Tai Chi 11-12 Allegro Dance 1:00-2:30 Bocce 1:00-2:00 Soccer 3:15-4:30	April 1 Day Prog. (10-3) Lunch at Cracker Barrell & Visit Special Olympics 10:00-3:00	April 2 Day Prog. (10-3) Library 1:00-2:30	April 3 Day Prog. (10-3) Fun Friday 10:00-3:00 Zoom Movie 7:00-9:00	April 4 No Activity

**Who loves to play
music the most in
March?**



MARCH-ing Bands!

Zoom Movies— March 6, 13, 20, 27, April 3—*Lights, camera, action!* We will watch movies over zoom that the participants picked from 7:00pm-9:00pm.

Line Dancing— March 2, 9, 16, 23, 30—*Cha-Cha Slide!* Chrissie will be teaching us the steps at STRIDE from 10:15-11:15 every Monday. No cost.

Knights Basketball Practice— March 2 & 9—*Go STRIDE!* The Knights will practice at STRIDE from 5:30-6:30. No cost.

Music & Movement and Tai Chi— March 3, 10, 17, 24, 31—*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— March 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.

Pizza & Movie at STRIDE— March 4—*Yum!* We will order pizza and eat at STRIDE at watch a movie from 12:00-3:00. Don't bring your lunch unless you want something other than pizza. There is no cost.

Workout at STRIDE— March 5—*Let's get working on our health!* We will workout at STRIDE from 1:00-3:00. Please wear comfortable clothes and tennis shoes. There is no cost.

Fun Friday— March 6, 27, April 3—*Fridays are the best!* We will play games, legos, puzzles, and maybe some crafts. There is no cost.

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

Lunch at IHOP and shopping at 5 Below in Lexington— March 11—*A Shopping We Will Go!!* We will go eat at IHOP in Lexington and shop at 5 Below. Cost is \$10 for lunch. Bring extra money to shop.

St Patrick's Day Arts & Crafts— March 12—*Get Creative!* We will make some arts & crafts projects celebrating St. Patrick's Day from 1:00-3:00. No cost.

Cooking Class— March 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.

SOKY State Basketball Tournament— March 14 & 15—*Go STRIDE!* The Knights will compete in the State basketball tournament in Louisville. More details will be sent out soon.

Crafts with Tasha at STRIDE— March 17—*Let's get creative!* Tasha will be at STRIDE for fun & a craft from 1:15-3:00. There is no cost.

Kite Making with Montessori— March 18—*Up in the sky!* We will join our friends from our Montessori Program to make kites from 10:00-12:00. No cost.

Movie & Lunch at Mt Sterling— March 19—*Imagination time!* We will go to Mount Sterling to watch the movie Hoppers. 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.

Health Dept Class— March 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

UK Softball & Dinner— March 24—*Go Cats—*After the ADT we will go cheer on the UK softball team & eat dinner at the stadium. Cost is \$15 for ticket & food. We will return to STRIDE by 8:00.

Bowling in Mt Sterling— March 25—*STRIKE!* We will go to Mount Sterling to bowl. **We will eat lunch at STRIDE**, so bring your lunch on those days. We will leave at 11:45am. Participants will bowl two games. We will be back at STRIDE by 3:00pm. Cost is \$6.

Lunch at Jason's Deli— March 26—*New place, great food!!* We will go to Jason's Deli in Lexington for lunch. Cost is \$12. We will leave STRIDE around 10:30 and be back by 2:30.

Allegro Dance Project— March 31—*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.

Lunch at Cracker Barrel and vist SOKY Headquarters— April 1—*A fun day out!* We will go to Frankfort and eat at Cracker Barrel and then visit our friends at the SOKY Headquarters in Frankfort. We will leave at 10:00 and return by 3:00. Cost is \$12.

Library— April 2—*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.

BOCCE & SOCCER INFO

Bocce Practice— March 16, 17, 23, 24, 30, 31—*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— March 17, 31—*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. The Tournament is in Louisville on April 12th.