

STRIDE Program

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**Why did the vampire go
to the doctor?**



He was coffin too much!

October 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				Oct 1 Day Prog. (10-3) Bowling 11:30-3:00 *Bring Lunch	Oct 2 Day Prog. (10-3) Fun Friday 10:00-3:00	Oct 3 No Activity
4 No Activity	5 Day Prog. (10-3) Line Dancing & Yoga 10:15-11:15 Personal Trainer & Drumming 12:30-2:00 Flag Football B 5:30-6:30 1A/2A 6:00-7:00	6 Day Prog. (10-3) Music & Tai Chi 11-12 Crafts at Library 12:45-1:45	7 Day Prog. (10-3) Bowling 11:30-3:00 *Bring Lunch **Fishing in Frankfort 12:00-4:00 **See back for details	8 Day Prog. (10-3) Movie & Lunch Island of Mystery 10:00-3:00	9 Day Prog. (10-3) Cooking Class 10:00-12:00 **Don't Bring Lunch	10 No Activity
11 No Activity	12 Day Prog. (10-3) Line Dancing, & Yoga 10:15-11:15 Personal Trainer & Drumming 12:30-2:00 Flag Football B 5:30-6:30 1A/2A 6:00-7:00	13 Day Prog. (10-3) Music & Tai Chi 11-12 Tea with Friends 1:00-2:00	14 Day Prog. (10-3) Karaoke 1:00-3:00	15 Day Prog. (10-3) Bowling 11:30-3:00 *Bring Lunch An evening at STRIDE 3:00-7:00	16 Day Prog. (10-3) Health Dept. Class 10:30-11:15	17 Regional Bowling Tournament in Richmond TBA
18 Regional Flag Football NKY TBA	19 Day Prog. (10-3) Line Dancing, & Yoga 10:15-11:15 Personal Trainer & Drumming 12:30-2:00 Flag Football B 5:30-6:30 1A/2A 6:00-7:00	20 Day Prog. (10-3) Music & Tai Chi 11-12 Crafts with library staff at STRIDE 12:45-1:45	21 Day Prog. (10-3) Lunch at Chik-Fil-A & Shopping at Barnes & Noble 10:00-3:00	22 Day Prog. (10-3) Three Feathers Pumpkin Patch 10:00-3:00	23 Day Prog. (10-3) Fun Friday 10:00-3:00	24 No Activity
25 No Activity	26 Day Prog. (10-3) Line Dancing, & Yoga 10:15-11:15 Personal Trainer & Drumming 12:30-2:00 Flag Football B 5:30-6:30 1A/2A 6:00-7:00	27 Day Prog. (10-3) Music & Tai Chi 11-12 Allegro Dance Project 12:40-2:00	28 Day Prog(10-3) Halloween Scavenger Hunt 10:00-3:00 *Bring Lunch	29 Day Prog(10-3) Halloween Party 1:00-3:00	30 Fun Friday 10:00-3:00	31 No Activity



SOKY Bowling Practice in Mt Sterling– October 1, 7, 15—*STRIKE!* We will go to Mount Sterling to practice for Special Olympics of Kentucky (SOKY) bowling season. We alternate between Wednesdays and Thursdays to accommodate participants who attend different days. **We will eat lunch at STRIDE**, so bring your lunch. We leave at 11:45am. We'll be back at STRIDE by 3:00pm. Participants can leave their bowling balls at Stride. Cost is \$6.

Fun Friday– October 2, 23, 30—*Fridays are the best!* We will play games, legos, puzzles, and maybe some crafts. There is no cost.

Line Dancing & Yoga– 5, 12, 19, 26—*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.

Personal Training– 5, 12, 19, 26—*Getting in Shape!* Tiffany & Barb are personal trainers from Parks & Rec. They will be coming to STRIDE and working with our participants in groups of 8-10 for 30 minutes from 1:00-2:30. There is no cost. Wear comfortable shoes.

Cardio Drumming– 5, 12, 19, 26—*Drumming loud!* Caleb will be teaching our participants some fun through cardio drumming. STRIDE and working with our participants in groups of 8-10 for 30 minutes from 1:00-2:30. There is no cost.

Flag Football Practice– October 5, 12, 19, 26—*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. You must attend practices if you want to play in the tournaments on Sunday Oct 18th. State will be Nov 8th in Winchester at GRC field. Practices are on Mondays for the rest of the season.

Music & Movement and Tai Chi– October 6, 13, 20, 27—*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 at the library— October 6—*Let's get creative!* We will go to the library to do a craft with from 12:45-2:00. There is no cost.

Fishing in Frankfort– October 7—*A great catch!* Some participants signed up to go to Frankfort to fish as a part of Special Olympics. No rods & reels needed. Bring your lunch. We will leave around 11:30 and will be back by 4:00pm. There is no cost. Please let your taxis know. Other participants who decided not to fish will go bowling & stay at the day program and will be picked up at 3:00pm. You had to sign up for this by Friday Sept 18th.

Movie & Lunch at Mt Sterling– October 8—*Imagination time!* We will go to Mount Sterling to watch the movie Mysterious Island. 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– October 9—*YUM!* We will cook lunch today so don't bring your lunch. Participants will choose the menu on earlier of that week. No cost.

Tea with Friends—October 13—*Let's share some laughs!* We will have some friends join us at STRIDE for an afternoon tea from 1:00-2:00. No Cost.

Karaoke— October 14—*Sing a song!!* Try out your vocal talents at karaoke from 1:00-3:00. Cost is \$0.

An Evening at STRIDE– October 15—*Some Fall fun!* We'll stay after ADT and play games, watch a Halloween movie, do some arts & crafts, and have a pizza party. Cost is \$5. Participants need to be picked up at 7:00pm. Those who don't want to stay can be picked up at 3:00pm.

Health Dept Class – October 16—*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

Regional Bowling Tournament— October 17—*Go for gold!* Our participants who have been practicing bowling will compete in the Regional Tournament at Galaxy Bowling in Richmond. Time is TBA. We will provide transportation to those who need it. No cost. Wear red bowling polo & khakis.

Flag Football Tournament– October 18—*Touchdown!* Our tournament is Sunday October 18th at Thomas Moore College in NKY. Brackets will be sent once we get them. No cost. Teams that win their bracket will move on to play in the state tournament on Sunday Nov 8th.

Crafts with Library Friends at STRIDE— October 20—*Let's get creative!* Tasha will be at STRIDE for fun & a craft from 12:45-1:45. There is no cost.

Lunch at Chick-Fil-A & Barnes & Noble October 21—*Yum!* We will go to Chick-Fil-A in Lexington and go shopping at Barnes & Noble in Hamburg Pavilion. We will leave STRIDE at 10:00 and return by 3:00. The cost for lunch is \$10. Participants need to bring extra money if they want to buy something at Barnes & Noble.

Pumpkin Patch– October 22—*A Fall classic!* We will go to Three Feathers Pumpkin Patch. We will be gone from 10:00-3:00. The cost is \$10 and each participant getting a pumpkin. Bring your lunch.

Allegro Dance Project— October 27—*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.

Halloween Scavenger Hunt– October 28—*Time to have some fun!* We will split up into groups and go around Winchester on a driving scavenger Hunt. Teams will figure out clues where to go to take pictures. We will do the scavenger Hunt from 10:00-3:00. Bring your lunch. No cost.

Halloween Party– October 29—*Ghouls & Ghosts Oh My!* We will have our program Halloween Party at STRIDE from 1:00-3:00. Participants can bring their costumes and they can change into them in the afternoon. There is no cost. Bring lunch. You can attend even if you attend on a different day.