

STRIDE Program

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**What has ears but can't
hear a thing?**



A cornfield!

September 2026

SUN	MON	TUE	WED	THU	FRI	SAT
	AUG 31 Day Prog. (10-3) Line Dancing, Drumming & Yoga 10:15-11:15 Personal Trainer 1:00-2:30	1 Day Prog. (10-3) Music & Tai Chi 11-12 Crafts at the Library 12:45-2:00 1A Knights 5:30-7:00 2A Cardinals 7:00-8:30	2 Day Prog. (10-3) Living Arts & Science Center 10:00-3:00 *bring lunch	3 Day Prog. (10-3) Bowling 11:30-3:00 *Bring Lunch	4 Day Prog. (10-3) Fun Friday 10:00-3:00	5 No Activity
6 No Activity	7 NO Day Program CLOSED FOR LABOR DAY	8 Day Prog. (10-3) Music & Tai Chi 11-12 Boonesboro Trail 1:00 2:30 1A Knights 5:30-7:00 2A Cardinals 7:00-8:30	9 Day Prog. (10-3) Bowling 11:30-3:00 *Bring Lunch	10 Day Prog. (10-3) Toyota Factory Tour 10:00-3:00 *Bring Lunch Flag Football B 5:30-6:30 1A/2A 6:00-7:00	11 Day Prog. (10-3) Cooking Class 10:00-12:00 **Don't Bring Lunch State Softball in Owensboro Knights 1A & Cards 2A TBA	12 State Softball in Owensboro Knights 1A & Cards 2A TBA
13 State Softball in Owensboro Knights 1A & Cards 2A TBA	14 Day Prog. (10-3) Line Dancing, Drumming & Yoga 10:15-11:15 Splash Pad 1:00-2:00	15 Day Prog. (10-3) Music & Tai Chi 11-12 Crafts at STRIDE 1:30-2:30	16 Day Prog. (10-3) Tea with Friends 1:00-2:00	17 Day Prog. (10-3) Bowling 11:30-3:00 *Bring Lunch Flag Football B 5:30-6:30 1A/2A 6:00-7:00	18 Day Prog. (10-3) Health Dept. Class 10:30-11:15 **STRIDE Carwash at Tidal Wave 9:00-5:00	19 No Activity
20 No Activity	21 Day Prog. (10-3) Line Dancing, Drumming & Yoga 10:15-11:15 Personal Trainer 1:00-2:30	22 Day Prog. (10-3) Music & Tai Chi 11-12 Allegro Dance Project 12:40-2:00	23 Day Prog. (10-3) Bowling 11:30-3:00 *Bring Lunch	24 Day Prog. (10-3) EKU Women's Soccer & Dinner at Jacksons 3:00-8:30 (no football practice)	25 Day Prog. (10-3) Fun Friday 10:00-3:00	26 Blessing Ball 4:00-9:30
27 No Activity	28 Day Prog. (10-3) Line Dancing, Drumming & Yoga 10:15-11:15 Personal Trainer 1:00-2:30 Flag Football B 5:30-6:30 1A/2A 6:00-7:00	29 Day Prog. (10-3) Music & Tai Chi 11-12	30 Day Prog. (10-3) Game Day 1:00-3:00	Oct 1 Bowling 11:30-3:00 *Bring Lunch	Oct 2 Fun Friday 10:00-3:00	Oct 3 No Activity

Line Dancing, Drumming, & Yoga– Aug 31, September 14, 21, 28—*Cha-Cha Slide & Namaste!* Chrissie will be teaching the steps & cardio drumming at STRIDE and Sydney will be teaching Yoga from 10:15-11:15 every Monday. No cost.

Personal Training– Aug 31, September 21, 28—*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.

Music & Movement and Tai Chi– September 1, 8, 15, 22, 29—*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– September 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.

Softball Practice– September 1, 8—*Knights 1A & Cardinals 2A!* We will begin practice for softball. The Tuesday night practices are at RDC field. The 1A Knights will practice from 5:30-7:00 and the Cardinals 2A will practice from 7:00-8:30. Cost is \$2 a practice.

Living Arts & Science Center & Lunch– September 2—*A day of fun!* We will head to Lexington to the Living Arts & Science Center to explore and then have lunch there. Bring your lunch. We will leave at 10:00 and return at 3:00. Cost is \$6.

SOKY Bowling Practice in Mt Sterling– September 3, 9, 17, 23, Oct 1—*STRIKE!* We will go to Mount Sterling to begin practicing 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– September 4, 25, Oct 2—*Fridays are the best!* We will play games, legos, puzzles, and maybe some crafts. There is no cost.

Volunteering at Boonesboro Trail– September 8—*Lend a hand!* We will visit our friends at Boonesboro Trail Retirement Center from 1:00-2:30. No cost.

Toyota Tour– September 10—*A great tour!* We will head to Georgetown to the Toyota plant to see how cars are made. We will eat lunch at Stride before we go. Our tour starts at 1:00 and should end by 2:00. We will do our best to be back by 3:00pm.

Flag Football Practice– September 10, 17, 28—*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 will begin on Thursdays for two weeks because the field was in use and then beginning Monday September 29th, they will be on Mondays for the rest of the season.

Cooking Class– September 11—*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 Softball Tournament– September 11-13—*Go Stride!* The Knights 1A & Cardinals 2A will head to Owensboro for the State Tournament. Details have been sent to the players.

Winchester Splash Pad– September 14—*Splish Splash!* This was such a big hit with our crew, we are trying to go one more time before the weather turns. We will go to the Winchester splash pad from 1:00-2:00. Bring a swimsuit, towel, and flip flops/water shoes. There will be other activities for those who don't want to get wet. There is no cost for the activity. Bring your lunch.

Crafts with Library Friends at STRIDE– September 15—*Let's get creative!* Tasha will be at STRIDE for fun & a craft from 1:00-2:30. There is no cost.

Health Dept Class– September 18—*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

Tea with Friends–September 16—*Let's share some laughs!* We will have some friends join us at STRIDE for an afternoon tea from 1:00-2:00.

Car Wash at Tidal Wave Auto Spa in Winchester– September 18—*Car wash to benefit STRIDE!* This will be our third year as the beneficiary for the Car Wash. A percentage of proceeds from people purchasing monthly & annual car wash passes as well as on-site donations will go to STRIDE. We will have participants who want to join us come out in shifts that day. Please wear your Hawaiian shirts if you're going to come out. We will still have our usual day program that day. Everyone needs to bring their lunch. But please stop by the car wash and see us!

Allegro Dance Project– September 22—*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.

EKU Women's Soccer Game & Dinner– September 24—*Goal!* After the ADT we will go to Richmond to watch the EKU women's soccer game at 4:00pm. After the game we will go out to eat at Jacksons. Cost is \$15. ADT participants who want to go will just stay afterwards. Make sure to cancel your taxi. We will return at 8:30

Blessing Ball– September 26—*Fun for all! We will meet at STRIDE at 4:00pm and Return to STRIDE at 9:30pm.* We will head to the Blessing Ball in Cynthia. The theme this year is a "Glow Ball" so wear some fluorescent colors. There is dinner served. We will head to Bourbon Co to meet with friends at the Bourbon Adult Day Health. Take some photos then head to the ball. No cost. **YOU MUST SIGN UP BY SUNDAY SEPTEMBER 6TH TO GO.**

Game Day– September 30—*UNO!* We will play some table games from 1:00-3:00. No Cost.