

# STRIDE Program

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# June 2026

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Day Prog. (10-3) Line Dancing & Yoga 10:15-11:15  Personal Training 1:00-2:30  Bocce 1:00-2:00	2 Day Prog. (10-3) Music & Tai Chi 11-12 Library Art class 12:30-1:45  Bocce 1:00-2:00 Soccer B 3:00-4:00 Soccer 2A 4:15-5:15	3 Day Prog. (10-3)  Karaoke 1:00-3:00	4 Day Prog. (10-3)  Shopping at Wal-Mart 10:30-12:00	5 NO Day Prog.  Athletes arrive at 1:45pm for State Games  NO ZOOM MOVIE	6 No Activity
7  Return from SOKY State Games 10:00	8 Day Prog. (10-3) Line Dancing & Yoga 10:15-11:15 Personal Training 1:00-2:30  Cards B 5:30-7:00 Bulldogs B 7:00-8:30	9 Day Prog. (10-3) Music & Tai Chi 11-12 Boonesboro Trail 1:00-2:30  Knights 1A 5:30-7:00 Cards 2A 7:00-8:30	10 Day Prog. (10-3)  Lunch at Queso Time 11:30-12:30	11 Day Prog. (10-3)  Putt Putt at Lex Ice Center 10:00-3:00 **Bring Lunch	12 Day Prog. (10-3)  Cooking Class 10:00-12:00 **Don't Bring Lunch  Zoom Movie 7:00-9:00	13 No Activity
14  No Activity	15 Day Prog. (10-3) Line Dancing & Yoga 10:15-11:15 Personal Training 1:00-2:30  Cards B 5:30-7:00 Bulldogs B 7:00-8:30	16 Day Prog. (10-3) Music & Tai Chi 11-12 Crafts w/Tasha 12:30-1:30  Knights 1A 5:30-7:00 Cards 2A 7:00-8:30	17 Day Prog. (10-3)  Lunch at Mod Pizza & Shopping at Hobby Lobby 10:00-3:00	18 Day Prog. (10-3)  Created By You 10:30-12:00 **Bring Lunch	19 Day Prog. (10-3)  Health Dept. Class 10:30-11:15  Zoom Movie 7:00-9:00	20 No Activity
21  No Activity	22 Day Prog. (10-3) Line Dancing & Yoga 10:15-11:15 Personal Training 1:00-2:30  Cards B 5:30-7:00 Bulldogs B 7:00-8:30	23 Day Prog. (10-3) Music & Tai Chi 11-12  Knights 1A 5:30-7:00 Cards 2A 7:00-8:30	24 Day Prog. (10-3)  Bowling 12:00-3:00 **Bring Lunch	25 Day Prog. (10-3)  Movies & Lunch: Toy Story 5 10:00-3:00	26 Day Prog. (10-3)  Fun Friday 10:00-3:00  Zoom Movie 7:00-9:00	27 No Activity
28  No Activity	29 Day Prog. (10-3) Line Dancing & Yoga 10:15-11:15 Personal Training 1:00-2:30  Cards B 5:30-7:00 Bulldogs B 7:00-8:30	30 Day Prog. (10-3) Music & Tai Chi 11-12  Knights 1A 5:30-7:00 Cards 2A 7:00-8:30	July 1 Day Prog. (10-3)  Lexington Science Center 10:00-3:00 **Bring Lunch	July 2 Day Prog. (10-3)  Foam Party 1:00-3:00	July 3 NO Day Prog.  CLOSED  NO ZOOM	July 4 No Activity

**What is a shark's favorite place to visit?**



**Fin-land!**

**Zoom Movies— June 12, 19 ,26—*Lights, camera, action!*** We will watch movies over zoom that the participants picked from 7:00pm-9:00pm.

**Line Dancing & Yoga— June 1, 8, 15, 22, 29—*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— June 1, 8, 15, 22, 29—*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. There is no cost. Wear comfortable shoes.

**Music & Movement and Tai Chi— June 2, 9, 17—*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— June 2—*Let's get creative!*** We will head to the library and do a craft with Ms. Tasha from 12:30-1:45. There is no cost.

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

**Shopping at Wal-Mart— June 4—*A shopping we will go!*** We will go to Wal-Mart and do some shopping. Bring your lunch. No cost. Bring money to shop.

**Volunteering at Boonesboro Trail— June 9—*Lend a hand!*** We will visit our friends at Boonesboro Trail Retirement Center from 1:00-2:30. No cost.

**Lunch at Queso Time— June 10—*Yum!*** We will go to Queso Time for lunch. Cost is \$12.

**Putt Putt at Lexington Ice Center— June 11—*Hole in One!*** We will go to the Lexington Ice Center to play putt putt golf from 10:00-3:00. Cost is \$6. Bring your lunch.

**Cooking Class— June 12—*YUM!*** We will cook lunch today so don't bring your lunch. Participants will choose the menu on earlier of that week. No cost.

**Crafts with Tasha at STRIDE— June 16—*Let's get creative!*** Tasha will be at STRIDE for fun & a craft from 1:15-3:00. There is no cost.

**Lunch at MOD Pizza & Shopping at Hobby Lobby— June 17—*Pizza & Shopping!*** We'll go shopping at Hobby Lobby & have lunch at MOD Pizza in Hamburg. Cost is \$15. Bring money to shop.

**Created By You— June 18—*Lets get creative!*** We'll go to Created By You to make some art. There is no cost. Event is 10:30-12:00. Cost is \$10. Bring lunch.

**Health Dept Class — June 19—*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

**Bowling in Mt Sterling— June 24—*STRIKE!*** We'll go bowling in Mt. Sterling. Bring your lunch. Cost is \$6. We will go from 12:00-3:00.

**Movie & Lunch at Mt Sterling— June 25—*Imagination time!*** We will go to Mount Sterling to watch the movie Yoy Story 5. 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— June 26—*Fridays are the best!*** We will play games, legos, puzzles, and Junebe some crafts. There is no cost. No day program Fri June 5 or Fri July 3.

**Lexington Science Center— July 1—*Fun to learn!*** We'll go to the Lexington Science Center for some classes. Cost is \$7. Bring your lunch. We will go from 10:00-3:00

**Foam Party— July 2—*Party Time!*** This was a big hit last year. We have the foam cannon set up for fun! Bring a change of clothes. There is no cost. Event is 1:00-3:00

### **BOCCE & SOCCER & SOFTBALL INFO**

**Bocce Practice— June 1, 2—*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.

**Soccer Practice— June 2—*GOAL!!!*** We will practice at the Winchester Youth Soccer League fields at 2583 Van Meter Road from 3:00-4:00 for the B team and 4:00-5:15 for 2A. ADT folks will stay after ADT and be taken to the complex by STRIDE. Participants can be picked up at the soccer complex at 4:00 for B and 5:15 for 2A.

**\*SPECIAL OLYMPICS STATE GAMES ARE FRIDAY JUNE 5-SUNDAY JUNE 7 AT EKU\*** Bocce and soccer athletes need to be at the Stride building at 1:45 PM on Friday June 5th with their luggage and medicine. Make sure you have packed your polo for bocce or your uniform for soccer. **This year there is NO COST due to a generous grant from Will Hodgkin & the Hodgkin Family Foundation.** Please do not overpack. On Sunday June 7th athletes can be picked up at Martin Dorm at EKU at 9:00am or at the Stride building at 10:00am. NO DAY PROGRAM FRIDAY JUNE 5.

**B Teams Softball Practice— June 8, 15, 22, 29—*Cardinals B & Bulldogs! NEW PRACTICE LOCATION!*** The Monday night practices are at RDC field this year. The Cards B will practice from 5:30-7:00 and the Bulldogs B will practice from 7:00-8:30. We will let everyone know what team they are on. Bring your glove & water. We will have home games, away games, and tournaments. There is no cost.

**Softball Practice— June 9, 16, 23, 30—*Knights 1A & Cardinals 2A!*** 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. We will let everyone know what team they are on. Bring your glove & water. We will have home games, away games, and tournaments. There is no cost.