

# January 2026 Romeoville Cruisers 1 M/W/F

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Note: Bring water & change of clothes each day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> New Year's Day	<b>2</b> Break	<b>3</b>
<b>4</b>	<b>5</b> Break	<b>6</b>	<b>7</b> Break	<b>8</b> Break	<b>9</b>	<b>10</b>
<b>11</b>	<b>12 Suburbanite Bowl</b> <ul style="list-style-type: none"> <li>• Mystery number game</li> <li>• Welcome back ice breakers</li> <li>• Go over calendar</li> </ul> <b>Lunch:</b> Bring sack lunch	<b>13</b>	<b>14 Glen Ellyn Library + Cafe</b> <ul style="list-style-type: none"> <li>• The awaking project</li> <li>• Healing wellness thru art</li> <li>• Optional \$ for a snack/ drink</li> </ul> <b>Lunch:</b> Bring sack lunch	<b>15</b>	<b>16 PARC</b> <ul style="list-style-type: none"> <li>• Walking track</li> <li>• Stretching &amp; fitness</li> <li>• Wear comfy cloths</li> </ul> <b>Lunch:</b> Sack lunch or \$ for Mc Donald's	<b>17</b>
<b>18</b>	<b>19 Gail Borden Library + Cafe</b> <ul style="list-style-type: none"> <li>• Lego exhibit</li> <li>• Mythical sculptures</li> <li>• Optional \$ for a snack/drink</li> </ul> <b>Lunch:</b> Bring sack lunch	<b>20</b>	<b>21 Lunch out with friends</b> <ul style="list-style-type: none"> <li>• Fueling up on good food &amp; great company</li> <li>• AM meditation/stretching</li> <li>• Craft</li> <li>• Lunch provided by NWCSRA</li> </ul> <b>Lunch:</b> Mo's II Chinese cuisine	<b>22</b>	<b>23 Disney Ice Capades</b> <ul style="list-style-type: none"> <li>• Over 50 Disney Characters</li> <li>• Frozen, Toy Story, Encanto</li> <li>• Dress warm (colder arena)</li> </ul> <b>Lunch:</b> Bring sack lunch	<b>24</b>
<b>25</b>	<b>26 Music &amp; Movement</b> <ul style="list-style-type: none"> <li>• Music therapy</li> <li>• Emotional expression</li> <li>• 10am (early lunch)</li> </ul> <b>Lunch:</b> Bring sack lunch	<b>27</b>	<b>28 Wheaton Library + Cafe</b> <ul style="list-style-type: none"> <li>• Morton Arboretum art exhibit</li> <li>• The Bean Café &amp; storytelling</li> <li>• Optional \$ for a snack/ drink</li> </ul> <b>Lunch:</b> Bring sack lunch	<b>29</b>	<b>30 Movie at the theater</b> <ul style="list-style-type: none"> <li>• Vote on movie to see</li> <li>• AM meditation/stretching</li> <li>• Optional \$ for a snack/ drink</li> </ul> <b>Lunch:</b> Bring sack lunch	<b>31</b>