

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