

Adult South Group – Week 4: Kingdom Quest

Time	Monday July 22	Tuesday July 23	Wednesday July 24	Thursday July 25	Friday July 26
7:30 – 9:00	Before Care Activity Stations	Before Care Activity Stations	Before Care Activity Stations	Before Care Activity Stations	Before Care Activity Stations
9:00 – 9:15	Group Check In Introductions Ice Breaker Games	Group Check In What medieval job would you have?	Group Check In Does Canada have a king or queen?	Group Check In What protective clothing did knights wear during battle?	Group Check In What inventions were made during the industrial revolution?
9:15 – 9:45	Morning Energizer	Morning Energizer	Morning Energizer	Morning Energizer	Morning Energizer
9:45 – 10:30	Purposeful Activity Celtic Knot Tying 	Purposeful Activity Life Size Checkers 	Transit to Activity	Transit to Activity	Transit to Activity
10:30 – 11:15	Purposeful Activity Stained Glass 	Recreation Group Games 	Field Trip Combat Archery Indoor Archery Games 	Community Outing Clairview Rec Centre Swimming 	Community Outing Alberta Legislature Legislature Tour 
11:15 – 12:00		Transit to Activity			
12:00 – 12:30	Lunch	Lunch	Lunch	Lunch	Picnic Lunch
12:30 – 1:15	Mystery Block 	Community Outing K-Days 	Transit to Centre	Clairview Rec Centre Drop-In Fitness Class 	Capital Plaza 
1:15 – 2:45	Special Interest Water Balloon Slingshot 	Transit to Centre Arrive 2:45	Recreation Group Games 	Transit to Centre Arrive 2:45	Transit to Centre Arrive 2:45
2:45 – 3:00	Prepare for Pick Up	Prepare for Pick Up	Prepare for Pick Up	Prepare for Pick Up	Prepare for Pick Up
3:00 – 6:00	After Care Activity Stations	After Care Activity Stations	After Care Activity Stations	After Care Activity Stations	After Care Activity Stations

Note: Activities and field trips subject to change without notice.

