

# Adult West Group – Week 4: Kingdom Quest

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

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

