

# Adult West Group – Week 7: Passport to Adventure

Time	Monday Aug 12	Tuesday Aug 13	Wednesday Aug 14	Thursday Aug 15	Friday Aug 16	
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 Have you traveled outside Canada?	Group Check In If you could which language would you like to speak?	Group Check In Match the flag to the country!	Group Check In Where do you want to go?	
9:15 – 9:45	Morning Energizer	Morning Energizer	Morning Energizer	Morning Energizer	Morning Energizer	
9:45 – 10:30	Transit to Activity Purposeful Activity YMCA Welcome Village Cooking Class	Purposeful Activity Road Trip Vision Board 	Transit to Activity Community Outing Terwillegar Rec Centre Swimming 	Transit to Activity Community Outing Galaxy Land 	Bus to Activity  Community Outing Ukrainian Heritage Village 	
10:30 – 11:15		Recreation Group Games 				
11:15 – 12:00		Community Outing Royal Alberta Museum 				
12:00 – 12:30	Picnic Lunch		Lunch	Lunch	Picnic Lunch	
12:30 – 1:15	Downtown Walk Field Trip High Level Street Car (Jasper Place → Strathcona) 	Lunch Royal Alberta Museum 	Terwillegar Rec Centre Drop-In Fitness Class 	Galaxy Land 	Ukrainian Heritage Village 	
1:15 – 2:45	Transit to Centre Arrive 2:45	Transit to Centre Arrive 2:45	Transit to Centre Arrive 2:45	Transit to Centre Arrive 2:45	Bus 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.

