

GROUP: YOUNG ADULTS

WEEK 5



Monday July 31	Tuesday August 1	Wednesday August 2	Thursday August 3	Friday August 4
7:30 – 9:00 AM BEFORE CARE	7:30 – 9:00 AM BEFORE CARE	7:30 – 9:00 AM BEFORE CARE	7:30 – 9:00 AM BEFORE CARE	7:30 – 9:00 AM BEFORE CARE
9:00 AM LEAD ACTIVITY HUDDLE	9:00 AM LEAD ACTIVITY HUDDLE	9:00 AM LEAD ACTIVITY HUDDLE	9:00 AM LEAD ACTIVITY HUDDLE	9:00 AM LEAD ACTIVITY HUDDLE
9:15 AM EXPRESSIVE ARTS Blindfolded Artists	9:15 AM RECREATION & MOTOR Mindful Meditation	9:15 AM ESSENTIAL SKILLS Fire Safety	9:15 AM EXPRESSIVE ART Improv Games	9:15 AM ESSENTIAL SKILLS DIY Sensory Bottles
11:00 AM EXPRESSIVE ARTS Tie Dye Socks	 11:00 AM FIELD TRIP Stanley Milner Library 	11:00 AM FIELD TRIP Scavenger Hunt at Whitemud Park 	 11:00 AM FIELD TRIP Swimming Terwillegar Rec Centre 	 11:00 AM FIELD TRIP Combat Archery
12:00 PM LUNCH BREAK	11:00 AM LUNCH BREAK	12:00 PM LUNCH BREAK	12:00 PM LUNCH BREAK	12:15 PM LUNCH BREAK
1:00 PM RECREATION & MOTOR Dodgeball Tournament	FIELD TRIP Stanley Milner Library 	1:00 PM FIELD TRIP Whitemud Ravine Nature Walk 	FIELD TRIP Swimming Terwillegar Rec Centre 	FIELD TRIP Combat Archery
WATER FIGHT Water Balloons, Super Soakers 	1:45 PM TRANSIT TO CENTRE	1:45 PM TRANSIT TO CENTRE	1:45 PM ESSENTIAL SKILLS Mindfulness Meditation & Sensory Unwind	1:45 PM EXPRESSIVE ARTS Affirmation Board
2:45 PM PREPARE FOR PICK-UP	2:45 PM PREPARE FOR PICK-UP	2:45 PM PREPARE FOR PICK-UP	2:45 PM PREPARE FOR PICK-UP	2:45 PM PREPARE FOR PICK-UP
3:00 – 6:00 PM AFTER CARE	3:00 – 6:00 PM AFTER CARE	3:00 – 6:00 PM AFTER CARE	3:00 – 6:00 PM AFTER CARE	3:00 – 6:00 PM AFTER CARE

Note: activities and field trips are subject to change without notice.