











# GROUP: YOUNG ADULTS (CENTRAL)

## WEEK 7



Monday August 12	Tuesday August 13	Wednesday August 14	Thursday August 15	Friday August 16
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 HUDDLEUP	9:00 AM LEAD ACTIVITY HUDDLEUP	9:00 AM LEAD ACTIVITY HUDDLEUP	9:00 AM LEAD ACTIVITY HUDDLEUP	9:00 AM LEAD ACTIVITY HUDDLEUP
9:15 AM EXPRESSIVE ARTS Canvas Sunset Painting	9:15 AM RECREATION & MOTOR Just Dance	9:15 AM EXPRESSIVE ARTS Tote Bag Designs	9:15 AM EXPRESSIVE ARTS Would you Rather...?	9:15 AM EXPRESSIVE ARTS Color Collages
10:45 AM FIELD TRIP Zumba Commonwealth Rec Centre 	11:00 AM FIELD TRIP Hexagon Board Game Cafe 	11:00 AM Edmonton Public Library 	11:00 AM FIELD TRIP Swimming Commonwealth Rec Centre 	11:00 AM FIELD TRIP Foam Fighters 
12:00 PM LUNCH BREAK	12:00 PM LUNCH BREAK		12:00 PM LUNCH BREAK	12:00 PM LUNCH BREAK
WATER FIGHT Water Balloons & Super Soakers 	FIELD TRIP Hexagon Board Game Cafe 	FIELD TRIP Edmonton Public Library 	FIELD TRIP Swimming Commonwealth Rec Centre 	FIELD TRIP Foam Fighters 
2:15 PM RECREATION & MOTOR Beachball Games	2:15 PM EXPRESSIVE ARTS Marble Coasters	2:15 PM RECREATION & MOTOR Group Games	2:15 PM ESSENTIAL SKILLS Mindfulness Meditation & Sensory Unwind	2:15 PM ESSENTIAL SKILLS Flubber
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: All activities and field trips are subject to change without notice.*