
















# GROUP: YOUNG ADULTS (CENTRAL)

## WEEK 2



Monday July 8	Tuesday July 9	Wednesday July 10	Thursday July 11	Friday July 12
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 <b>EXPRESSIVE ARTS</b> Picasso Portraits	9:15 AM <b>RECREATION &amp; MOTOR</b> Group Games	9:15 AM <b>RECREATION &amp; MOTOR</b> Sun Salutation	9:15 AM <b>ESSENTIAL SKILLS</b> Silly Putty	9:15 AM <b>ESSENTIAL SKILLS</b> Sensory Bottle
10:45 AM <b>FIELD TRIP</b> Zumba Commonwealth Rec Centre 	11:00 AM <b>FIELD TRIP</b> Accidental Beach 	11:00 AM <b>FIELD TRIP</b> Crankpots 	11:00 AM <b>FIELD TRIP</b> Swimming Commonwealth Rec Centre 	11:00 AM <b>FIELD TRIP</b> High Level Streetcar 
12:00 PM <b>LUNCH BREAK</b>	12:00 PM <b>LUNCH BREAK</b>	12:00 PM <b>LUNCH BREAK</b>	12:00 PM <b>LUNCH BREAK</b>	12:00 PM <b>LUNCH BREAK</b>
<b>WATER FIGHT</b> Water Balloons & Super Soakers 	<b>FIELD TRIP</b> Accidental Beach 	<b>FIELD TRIP</b> Crankpots 	<b>FIELD TRIP</b> Swimming Commonwealth Rec Centre 	1:00 PM <b>FIELD TRIP</b> Whyte Avenue Art Walk 
2:15 PM <b>EXPRESSIVE ARTS</b> Tye Dye Towels	2:15 PM <b>ESSENTIAL SKILLS</b> Ice Cream Making	2:15 PM <b>EXPRESSIVE ARTS</b> Spray Bottle Painting	2:15 PM <b>ESSENTIAL SKILLS</b> Mindfulness Meditation & Sensory Unwind	2:15 PM <b>EXPRESSIVE ARTS</b> Karaoke
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.*