

**Weekly Schedule**  
January 3rd - January 7th

| Time Slots     | Monday<br>01/03/20 | Tuesday<br>01/04/20   | Wednesday<br>01/05/20   | Thursday<br>01/06/20  | Friday<br>01/07/20   |
|----------------|--------------------|---|---|---|--|
| 9:00-9:40 AM   |                    | <p><b>MINDFULNESS &amp; STRETCHING</b><br/>Guided Breathing and Stretching</p> <p style="text-align: center;"><i>OR</i></p> <p><b>LITERACY PRACTICE: READING COMPREHENSION</b><br/>Heads Out of the Clouds – Time to get your thinking caps on!<br/>Story: "What are Clouds?"</p> | <p><b>LITERACY PRACTICE: READING COMPREHENSION</b><br/>Let's have a HAY-day learning about Horses</p> <p style="text-align: center;"><i>OR</i></p> <p><b>MATH: FRACTIONS</b><br/>Learn the simple math behind whole numbers</p> | <p><b>MINDFULNESS &amp; STRETCHING</b><br/>Guided Breathing &amp; Stretching</p> <p style="text-align: center;"><i>OR</i></p> <p><b>CHEF'S CORNER: OMELET IN A MUG</b><br/>Let's make an EGG-citing breakfast!<br/>Ingredients: eggs, veggies of choice, salt &amp; pepper, a mug</p> | <p><b>MINDFULNESS &amp; STRETCHING</b><br/>Guided Breathing and Stretching</p> <p style="text-align: center;"><i>OR</i></p> <p><b>CRITICS CORNER: NEW YEAR RESOLUTIONS</b><br/><i>Chat about your goals, wishes and resolutions for the new year</i></p> |
| 10:00-10:40 AM |                    | <p><b>FITNESS: ALL LEGS EVERYDAY</b><br/>Guided lower body strength exercises</p> <p style="text-align: center;"><i>OR</i></p> <p><b>ART: MAKING PASSPORTS</b><br/>Create a passport for all our adventures!</p>  | <p><b>FITNESS: ZUMBA</b><br/>Latin Fever</p> <p style="text-align: center;"><i>OR</i></p> <p><b>LIFE SKILLS: LEARNING ABOUT COMMUNITY SAFETY</b><br/>Tips and tricks for being safe and independent in the community</p>        | <p><b>FITNESS: FULL BODY CARDIO WORKOUTS</b><br/>Balanced strength exercises for the whole body</p> <p style="text-align: center;"><i>OR</i></p> <p><b>ART: CARTOON DRAWING - MINIONS</b><br/>Calling all Artists! Bring your crayons, pencil crayons, markers or paint!</p>          | <p><b>FITNESS: ZUMBA</b><br/>Pop Music</p> <p style="text-align: center;"><i>OR</i></p> <p><b>LANDMARKS: TREVI FOUNTAIN</b><br/>Grab your passports! Let's visit the popular Trevi Fountain in Italy</p>   |
| 11:00-11:40 AM |                    | <p><b>FOOD SCIENCE: NUTELLA</b><br/>Learning how Nutella is made</p> <p style="text-align: center;"><i>OR</i></p> <p><b>MATH PRACTICE: ADDITION</b><br/>Adding numbers to solve problems</p>  | <p><b>TRAVEL THE WORLD: PHILIPPINES</b><br/>Exploring Culture, Food and Landmarks</p> <p style="text-align: center;"><i>OR</i></p> <p><b>FOOD SCIENCE: CHEESECAKES</b><br/>Learning how cheesecake is made</p>                  | <p><b>MATH PRACTICE: MONEY MANAGEMENT</b><br/>Counting &amp; Using Change</p> <p style="text-align: center;"><i>OR</i></p> <p><b>TRAVEL THE WORLD: PORTUGAL</b><br/>Exploring Culture, Food and Landmarks</p>   | <p><b>READING COMPREHENSION</b><br/>Story: "What Police and Detectives Do"</p> <p style="text-align: center;"><i>OR</i></p> <p><b>DRAMA CLUB: ACT IT OUT</b><br/>Lights, Camera, Action... let's re-create the classic Disney film, The Lion King</p>    |
| 12:00-12:40 PM |                    | <p><b>FAMILY FEUD</b><br/>Join your friends &amp; be part of everyone's favourite game show</p> <p style="text-align: center;"><i>OR</i></p> <p><b>LUNCH N' CHAT</b><br/>Enjoy your lunch in the company of good friends</p>  | <p><b>KAHOOT: SUPERHERO TRIVIA</b><br/>Putting your Superhero Knowledge to the Test</p> <p style="text-align: center;"><i>OR</i></p> <p><b>LUNCH N' CHAT</b><br/>Enjoy your lunch in the company of good friends</p>            | <p><b>FOOD SCIENCE: HOT DOGS</b><br/>Learning how hot dogs are made</p> <p style="text-align: center;"><i>OR</i></p> <p><b>LUNCH N' CHAT</b><br/>Enjoy your lunch in the company of good friends</p>  | <p><b>CHEF'S CORNER: WRAPS</b><br/>Let the WRAP battle begin!<br/>Ingredients: tortilla, spread of choice, lettuce, tomato, cheese, cold cuts of choice</p>  |

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| <p><b>1:00-1:40 PM</b></p> |  | <p><b>SPELLING BEE</b><br/>Choose a category and spell it out</p> <p><i>OR</i></p> <p><b>EARTH SCIENCE: CORAL REEF</b><br/>Learn all about the Coral Reef</p>                   | <p><b>KARAOKE: LET'S SING!</b><br/>Participant's Choice</p> <p><i>OR</i></p> <p><b>MENTAL HEALTH: IDENTIFYING EMOTIONS</b><br/>Recognizing and discussing common emotions</p>         | <p><b>ANIMALS: TURTLES</b><br/>Learning all about this popular sea animal</p> <p><i>OR</i></p> <p><b>LITERACY PRACTICE: PUNCTUATIONS</b><br/>Learn how to correctly write out sentences and paragraphs</p>            | <p><b>ANIMALS: DOLPHINS</b><br/>Learning all about this popular sea animal</p> <p><i>OR</i></p> <p><b>SPORTS: BOCCIA</b><br/>Get into the game of Boccia</p> |
| <p><b>2:00-2:40 PM</b></p> |  | <p><b>SEVEN WONDERS: THE GRAND CANYON</b><br/>Visit the Grand Canyon</p> <p><i>OR</i></p> <p><b>RIDDLES CORNER: GUESS THE FRUIT</b><br/>Guess the fruit to solve the riddle</p> | <p><b>SPORTS: LACROSSE</b><br/>Get into the game of lacrosse</p> <p><i>OR</i></p> <p><b>PET THERAPY</b><br/>Calling all pet lovers!</p>   | <p><b>LANDMARKS: WALT DISNEY WORLD</b><br/>Explore and learn about the magic behind the scenes of Walt Disney World</p> <p><i>OR</i></p> <p><b>KAHOOT: GUESS THE LYRICS</b><br/>How well do you know these songs?</p> | <p><b>KARAOKE: LET'S SING!</b><br/>Participant's Choice</p> <p><i>OR</i></p> <p><b>RIDDLES CORNER: FOOD</b><br/>Guess which food to solve the riddle</p>     |
| <p><b>3:00-3:40 PM</b></p> |  | <p><b>ONLINE GAMES: 5 SECOND RULE</b><br/>Quick-thinking</p> <p><i>OR</i></p> <p><b>DROP IN &amp; HANGOUT</b><br/>Chat with your friends</p>                                    | <p><b>ONLINE GAMES: PARTICIPANT'S CHOICE</b><br/>Challenge your friends in a friendly online game</p> <p><i>OR</i></p> <p><b>DROP IN &amp; HANGOUT</b><br/>Chat with your friends</p> | <p><b>ONLINE GAMES: DEAL OR NO DEAL</b><br/>Test your luck to win the game</p> <p><i>OR</i></p> <p><b>DROP IN &amp; HANGOUT</b><br/>Chat with your friends</p>  | <p><b>ONLINE GAMES: HANGMAN</b><br/>Let's Hangout and Play</p> <p><i>OR</i></p> <p><b>DROP IN &amp; HANGOUT</b><br/>Chat with your friends</p>               |