

## Weekly Schedule: March 21st - March 25 2022

| Time Slots     | Monday<br>03/21/22                                                     | Tuesday<br>03/22/22                                                                                                        | Wednesday<br>03/23/22                                                           | Thursday<br>03/24/22                                                                                                   | Friday<br>03/25/22                                                                                                |
|----------------|------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| 8:30- 10:00    |                                                                        |                                                                                                                            |                                                                                 |                                                                                                                        |                                                                                                                   |
| 10:00-10:40 AM | <b>MINDFULNESS &amp; STRETCHING</b><br>Guided breathing and stretching | <b>FITNESS: CARDIO</b><br>Let's get our heart rates up and moving with these guided exercises                              | <b>FITNESS: ARMS</b><br>Strengthen your arms with simple exercises              | <b>ZUMBA: LATIN</b><br>Bring your best moves                                                                           | <b>FITNESS: LEGS</b><br>Lets get those legs moving                                                                |
| 11:00-11:40 AM | <b>SPELLING BEE</b><br>Choose a category and spell it out!             | <b>ANIMALS: FLAMINGOS</b><br>Think Pink! Lets learn about flamingos                                                        | <b>STORY READING: ABE THE SERVICE DOG</b><br>Let's read                         | <b>SPELLING BEE</b><br>Choose a category and spell it out                                                              | <b>CHEFS CORNER: GRILLED TURKEY WRAPS</b><br>Ingredients: Butter, Turkey, Tortilla, Mayo, Lettuce, Tomato, Cheese |
| 1:00-1:40 PM   | <b>Health Science: Muscles</b><br>Let's learn about muscles!           | <b>MATH PRACTICE: SUBTRACTION</b><br>Learn to take away numbers to solve simple math problems                              | <b>ONLINE GAMES: HANGMAN</b><br>Join your friends in a friendly game of hangman | <b>TRAVEL THE WORLD: IRELAND</b><br>Grab your passports and we're exploring the culture, food and landmarks of Ireland | <b>KARAOKE</b><br>Grab your microphones... it's time to sing!                                                     |
| 2:00-2:40 PM   | <b>MATH PRACTICE: ADDITION</b><br>Let add them up & Solve them         | <b>TRAVEL THE WORLD: INDONESIA</b><br>Grab your passports and we're exploring the culture, food and landmarks of Indonesia |                                                                                 |                                                                                                                        | <b>WHEEL OF FORTUNE</b><br>Spin the wheel !                                                                       |
| 3:00-3:40 PM   |                                                                        |                                                                                                                            |                                                                                 |                                                                                                                        |                                                                                                                   |