

# Rundle Club

3112 113 Avenue, Edmonton AB

Club - 780.822.2562 / Club Coordinator – 780-952-7619



Boys & Girls Clubs



Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters  
of Edmonton & Area

## Weekly Program Schedule November 2017

	<b>Monday 3:30 pm – 7:00 pm</b>		<b>Tuesday 3:30 pm – 8:00 pm</b>		<b>Wednesday 3:30 pm – 8:00 pm</b>		<b>Thursday 2:30pm-8:00pm</b>		<b>Friday 3:30 pm – 7:00 pm</b>	
<b>3:30-4:30pm</b>	Snack, Free time options		Snack, Free time options		Snack, Free time options		<u><b>2:30-3:30pm</b></u> Snack, Free time options		Snack, Free time options	
<b>4:30-5:00pm</b>	Homework Help	Power of the Pen!	Homework Help	History Club	Homework Help	Conversation Cafe	<u><b>3:30-4:30</b></u> 1) Jump Math 2) Culture Club		Homework Help	Board Game Club
<b>5:00-6:00pm</b>	Dinner time, Club care		Dinner time, Club care		Dinner time, Club care		<u><b>4:30-5:15pm</b></u> Dinner time, Club care		Dinner time, Club care	
<b>6:00-7:00pm</b>	1) Right for Me Boys Group 2) Life Choices Girls Group		1) Kids Can Cook! (all ages) 2) Music Club		1) Improv Club 2) Art Club		<u><b>5:30-6:30</b></u> Outdoor Adventure Club		1) Movie Club 2) Dance Club	
<b>7:00-8:00pm</b>	<b>CLUB CLOSED</b>		1) Kids Can Cook! (all ages) 2) Music Club		We Are Health Champions!		Anything Can Happen Thursdays (Free Time)		<b>CLUB CLOSED</b>	
<b>8:00pm</b>	<b>CLUB CLOSED</b>		<b>CLUB CLOSED</b>		<b>CLUB CLOSED</b>		<b>CLUB CLOSED</b>		<b>CLUB CLOSED</b>	

**\*\* IMPORTANT DATES TO REMEMBER!\*\***

- November 10, 2017: Club Closure Day

- November 13, 2017: Club Closed

## PROGRAM DESCRIPTIONS

<u>Programs That Teach</u>	<u>Programs for Leaders</u>	<u>Programs That Create</u>	<u>Programs That Move</u>
<p><b><u>Homework Help:</u></b> This is a time where the youth will be able to get help with their homework. A staff member will be available to support the youth in completing their homework and to answer any questions they have. There will also be laptops available for the youth to use if needed.</p> <p><b><u>Jump Math:</u></b> This program is aimed to help children's understanding of elementary math through fun and interactive games!</p> <p><b><u>History Club:</u></b> This program aims to introduce club children to a variety of different historical events. One main goal of the History Club is to engage children and youth in picking their own historical areas of interest and learning about them.</p> <p><b><u>We Are Health Champions!:</u></b> This is a program that teaches children and youth about all aspects of being a healthy human! The program will touch on topics such as eating a healthy diet, getting regular exercise, and mental well-being so that all participants can be a health champion!</p>	<p><b><u>Life Choices Girls Group:</u></b> This program is designed to help girls become aware of the choices they make in everyday life. The goal of the program will be to increase their sense of control. This will be done through discussion, games, and role playing.</p> <p><b><u>Right for Me Boys Group:</u></b> This program is designed to help boys acquire self-esteem and a sense of identity. It will focus on the choices they make in their day to day lives. The goal of the group is that the boys will leave with a better appreciation of the choices they make, more self-confidence, and a realization of their sense of control.</p> <p><b><u>Conversation Cafe:</u></b> Conversation Cafe is a program that will provide youth with a safe and supportive platform that they can use to express their own thoughts, concerns and questions regarding various social issues. The participants will learn how to effectively, and respectfully, voice their opinions and will also learn how they can use their experiences to become an agent of change. Youth will also work with the facilitator to discuss ways of dealing with the personal adversity they face in their community.</p>	<p><b><u>Music Program:</u></b> This will be a registered program for youth who want to learn more about music. The goal of the music program is to introduce a variety of different genres of music to children as well as introduce children to different music from cultures around the world. The children will also be introduced to musical instruments such as guitars, drums, keyboards, and percussion instruments as well as introducing basic recording techniques.</p> <p><b><u>Kids Can Cook:</u></b> This program will teach you the fundamentals of cooking and baking! We will work on our recipe reading skills, learn measurements, learn about knife/ food safety and eventually start making delicious recipes! This will be a registered program for safety reasons.</p> <p><b><u>Improv Club:</u></b> This group will introduce the youth to Improv. They will be given the opportunity to learn Improv exercises, games, and performance skills. At the end of the clubs duration, the children will be able to perform in front of their peers.</p> <p><b><u>Art Club:</u></b> The Art Club is a program aimed to foster the creativity of the participants. Club members will explore a variety of mediums to create their own artistic creations.</p>	<p><b><u>Dance Club:</u></b> Dance Club is a program designed to provide the talented dancers at Rundle an opportunity to learn new choreography, teach younger dance participants novel skills and master dance routines. Dance not only requires strong communication skills, but is an important form of communication itself and this will be an important theme throughout the program.</p> <p><b><u>Outdoor Adventure Club:</u></b> This program is designed to get children engaged in physical activity in fun and unique ways. This program will take place in the "outdoors" and will incorporate nature and physical activity.</p>

**Culture Club:** This program aims to introduce club children to a variety of different and unique cultures from around the world. One main goal of the Culture Club is to engage children and youth in human rights learning and to teach the importance of acceptance among different cultures.

**Power of the Pen:** Power of the Pen is a program that will allow the participants to explore the different ways that an idea can be expressed in written form. Some genres participants will explore will be poetry, slam poetry, rap, and songs. This program will help participants use their personal stories to inspire themselves and others. At the end of the program, participants who feel comfortable will have an opportunity to share their work with the community.

**Movie Club:** Together we will be studying various forms of media like movies, television shows and news articles. This program will focus on critical thinking skills which will create meaningful dialogue around popular culture.

**Board Game Club:** This program is designed to introduce children to various board games. Games include chess, checkers, Monopoly, various card games, and many more! The children will use this program to eventually design and play their own board game!