



**Africa Centre & Duggan Boys and Girls Club**  
**5, 3724 105 street Edmonton AB**  
**780-822-2565 (club) 780-483-0383 (Club Coordinator)**  
**Tuesday (3:30 -6:00pm) Thursday (2:30 -6:00pm)**

## Weekly Program Schedule January 2018 (Please see reverse for details)

| Time        | Tuesday<br>3:30 -6:00 pm                                   | Time        | Thursday<br>2:30 - 6:00 pm   |
|-------------|--|-------------|--|
| 3:30- 4:00  | Free Time options: Ping pong, coloring, Lego and Foosball. | 2:30 - 3:15 | Free Time options: Ping pong, coloring, Lego and foosball.   |
| 4:00 – 4:30 | Snack Attack   | 3:15 – 4:00 | Power up!<br><ul style="list-style-type: none"> <li>• Reading Club.</li> <li>• Home Work Help.</li> <li>• worksheets</li> </ul>      |
| 4:30 - 4:45 | Walk to St. Augustine school Gym.                          | 4:00 – 4:30 | Snack Attack   |
| 4:45 - 6:00 | Gym Night Club @St. Augustine School Gym                   | 4:30 – 6:00 | <ul style="list-style-type: none"> <li>• Cultural club.</li> <li>• Zones of Regulations.</li> <li>• Afro quiz preparation</li> </ul> |
| 6:00-6:30   | Club closed  | 6:00 – 6:30 | Club Closed  |

### **\*\* IMPORTANT DATES TO REMEMBER \*\***

- Christmas Break Dec 22<sup>nd</sup> – January 5<sup>th</sup>.
- Bowling field trip: January 16<sup>th</sup>.

*\* Parents/Guardians are responsible for picking up their children no later than the posted closing time. \*\* Calendar and Programming is subject to change.*



## PROGRAM DESCRIPTIONS

| <u>Programs That Teach</u>   | <u>Programs That Move</u>   | <u>Program for Leaders.</u>  |
|--|---|--|
| <p><b><u>Power up.</u></b></p> <p>Stumped with homework, an upcoming test, or a tricky research project? Or maybe you know a friend who needs extra support? All you need to do attend the Africa centre and Duggan Boys and Girls club on Thursdays.</p>  | <p><b><u>Gym night club:</u></b></p> <p>Gym Night Program is simple – Duggan club kids come to their local school gym to play sports, have fun, and learn about different skills in a safe, social environment. Duggan club staff will be dividing the children into different groups, based on size and ability, and running games and sports. The little kids can expect games like Duck, Duck, Goose, “What Time is it Mr. Wolf?”, and Stuck-In-The-Mud while the older kids can play sports like soccer, dodge ball, basketball and more!</p> | <p><b><u>Zones of Regulation Training:</u></b></p> <p>The overall goal at the end of this program is for children and youth to continue building and coaching their interpersonal skills and self-identity. Another goal is to continue fostering children and youth’s positive self-esteem, build on their core values, self-esteem and</p>   |
| <p><b><u>Culture Club.</u></b></p> <p>This program develops awareness about the cultural diversity of different countries of the world with a special focus on African countries. There will be many opportunities for research, team work, discussions, analysis and public speaking. The content of the program will be centered on historical background, geographic, cultural, social and political realities of specific countries and kids will learn a new recipe each week from a different country.</p> |   | <p><b><u>Afro Quiz 2018.</u></b></p> <p>Would you like to win an iPad or Samsung tablet? If you talk to a club staff and get your registration for the Afro quiz 2018. Afro Quiz is an annual Jeopardy-style quiz competition for kids of all ages celebrating the rich history of people of African and Caribbean descent around the globe. Afro Quiz is free and open to the community at large and aims to instill a sense of pride and appreciation of black history amongst the city’s youth. Club staff will help the kids to get registration for the Afro quiz 2018 and will provide resources to get ready for the competition.</p> |