



Weekly Program Schedule January 2018

	Monday 3:30 pm – 7:00 pm		Tuesday 3:30 pm – 8:00 pm		Wednesday 3:30 pm – 8:00 pm		Thursday 2:30pm-8:00pm		Friday 3:30 pm – 7:00 pm	
3:30-4:30pm	Snack, Free time options		Snack, Free time options		Snack, Free time options		<u>2:30-3:30pm</u> Snack, Free time options		Snack, Free time options	
4:30-5:00pm	Homework Help	Power Up!	Homework Help	Book Club	Homework Help	Conversation Cafe	<u>3:30-4:30</u> 1) Detective Club 2) We Are Canada		Homework Help	Dance Club
5:00-6:00pm	Dinner time, Club care		Dinner time, Club care		Dinner time, Club care		<u>4:30-5:15pm</u> Dinner time, Club care		Dinner time, Club care	
6:00-7:00pm	1) Torch Club 2) Because I Am		1) Kids Can Cook! (all ages) 2) Music Club		1) Art Club 2) Rights in the Sun		<u>5:30-6:30</u> Adventure Club (Run by Torch Group)		1) Movie Club 2) Board Game Club	
7:00-8:00pm	CLUB CLOSED		1) Kids Can Cook! (all ages) 2) Music Club		We Are Health Champions!		Anything Can Happen Thursdays (Free Time)		CLUB CLOSED	
8:00pm	CLUB CLOSED		CLUB CLOSED		CLUB CLOSED		CLUB CLOSED		CLUB CLOSED	

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

- Our first day back in 2018 is January 2nd. For this week only, our hours will be 12-5pm on Tuesday and Thursday and 12:30-5:30pm on Wednesday and Friday.
- The week of January 8th, Rundle Club will resume regular hours (3:30-7pm on Mondays and Fridays, 3:30-8pm Tuesdays and Wednesdays and 2:30-8pm on Thursdays).

PROGRAM DESCRIPTIONS

<u>Programs That Teach</u>	<u>Programs for Leaders</u>	<u>Programs That Create</u>	<u>Programs That Move</u>
<p><u>Homework Help:</u> 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><u>Power Up!:</u> Power Up! is an academic support program that helps kids to develop positive study habits and encourages a life-long interest in learning. Power Up! provides the tools and environment necessary for young people to set academic goals and create a plan for achieving those goals. During Power Up! Programs, we will alternate between different academic programming to support a variety of learning areas. We will run programming to support reading, science, and math for all ages</p> <p><u>Book Club:</u> This Program will focus on reading skills of all ages. Each month, we will focus on reading and comprehending a new book or novel with fun activities afterwards. The Edmonton Public Library will assist with this program on a monthly basis.</p> <p><u>We Are Health Champions!:</u> 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><u>Torch Club:</u> Kids 10-13 will gain interpersonal skills by learning how to speak supportively towards other members as well as learn how to be part of a team. As everyone is assigned a specific role or duty, the kids will become aware of new strengths in themselves that they didn't know were there before. Being part of Torch Club will give kids a positive self-identity and a sense of purpose within the club. Kids in Torch Club will also feel connected to the community as they learn to think of others through fundraising. Kids will feel like they have a role in their club and take ownership of the activities, programs and daily routines. Kids in Torch Club will also build character by developing positive core values such as respect, inclusiveness and teamwork. They will demonstrate respect for others in the group as well as others in the club and community. The kids will also learn how to be caring and compassionate by feeling the desire to contribute within the club and community as well as feeling a sense of sympathy and empathy for others.</p> <p><u>Conversation Cafe:</u> 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</p>	<p><u>Music Program:</u> 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><u>Kids Can Cook:</u> 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><u>Art Club:</u> 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><u>Movie Club:</u> 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.</p> <p><u>Board Game Club:</u> This program is designed to introduce children to various board games. Games include</p>	<p><u>Dance Club:</u> 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><u>Adventure Club:</u> 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>

<p><u>We Are Canada:</u> This program will focus on many different aspects of our great country of Canada. Such topics that will be covered in this program are inclusivity, environmental concerns, diversity, and volunteerism. This program will use academic subjects such as math to help children understand topics that concern us living in Canada.</p> <p><u>Neurobics:</u> This program will work out brain through unique challenges. We will have fun and play games that will improve our memorization and our overall function of our most important organ! After a half hour of working our brain we will give it a rest by practising some yoga and mindfulness techniques.</p> <p><u>Detective Club:</u> This program will be based in the area of Forensic Science. All of the members of this program will become detectives and have to sort through clues to solve a mystery. The youth will learn skills such as fingerprinting, handwriting analysis, and much, much more! Each week the youth will work together to solve a new and interesting mystery. If you like solving puzzles, this program is for you!</p>	<p>will also work with the facilitator to discuss ways of dealing with the personal adversity they face in their community.</p> <p><u>Because I Am:</u> "Because I am" is a registered program for girls ages 10 and up. It is a female empowerment group that will focus on what it means to be female in 2016. This group will also focus on the experience women face who grow up in a traditional home with parents who were born outside of Canada. The facilitator will ensure that the religious beliefs, customs and traditions of the participants are respected and will be sensitive to the expectations and pressures the girls may be receiving from their different cultural social circles.</p> <p><u>Rights in the Sun:</u> This program is designed to engage children and youth aged 6-17 in human rights through fun games and engaging activities.</p>	<p>chess, checkers, Monopoly, various card games, and many more! The children will use this program to eventually design and play their own board game!</p>	
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