

# KINSMEN CLUB

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Boys & Girls Clubs



Big Brothers Big Sisters

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

## Weekly Program Schedule September 2017

<b>Monday</b> <b>3:30 pm – 8:00 pm</b> <b>(Teen Night 11+)</b>	<b>Tuesday</b> <b>3:30 pm – 8:00 pm</b> <b>(Kids Night 10 And Under)</b>	<b>Wednesday</b> <b>3:30 pm – 8:00 pm</b> <b>(Drop In Night)</b>	<b>Thursday</b> <b>2:30 pm – 7:00 pm</b> <b>(Drop In Night)</b>	<b>Friday</b> <b>3:30 pm – 8:00 pm</b> <b>(Drop In Night)</b>
<b>3:30-4:30 pm:</b> Snack and Drop In Activities	<b>3:30-4:30 pm:</b> Snack and Drop In Activities	<b>3:30-4:30 pm:</b> Snack and Drop In Activities	<b>2:30-3:15 pm:</b> Snack and Drop In Activities	<b>3:30-4:30 pm:</b> Snack and Drop In Activities
<b>4:30-5:00 pm:</b> Homework or Reading	<b>4:30-5:00 pm:</b> Homework or Buddy Reading	<b>4:30-5:00 pm:</b> Homework or Reading	<b>3:15- 4:15 pm:</b> Super Charge Your Brain ( Homework Help/Worksheets)	<b>4:30-5:00 pm:</b> Homework or Reading
<b>5:00-6:00 pm:</b> Dinner and Chores	<b>5:00-6:00 pm:</b> Dinner and Chores	<b>5:00-6:00 pm:</b> Dinner and Chores	<b>4:15-5:15 pm:</b> Dinner and Chores	<b>5:00-6:00 pm:</b> Dinner and Chores
<b>6:00-7:45 pm:</b> True Beauty or True Strength/Life Skills	<b>6:00pm- 7:00pm:</b> True Strength Junior or Rights in the Sun	<b>6:00-7:45 pm:</b> Jr Chef Program	<b>5:15-6:45 pm:</b> Culture club	<b>6:00-7:45 pm:</b> Anything can happen Fridays or Recycled Art Night
<b>7:45-8:00 pm:</b> Club Care Time	<b>7:00 – 7:45pm:</b> Kids Choice	<b>7:45-8:00 pm:</b> Club Care Time	<b>6:45-7:00 pm:</b> Club Care Time	<b>7:45-8:00 pm:</b> Club Care Time
	<b>7:45-8:00 pm:</b> Club Care Time			

### Important Dates to Remember:

- Club is Closed on September 4<sup>th</sup> & 5<sup>th</sup>. Club is open for the Fall on September 6<sup>th</sup>
- Please note the change in schedule – Mondays are Teen nights Ages 11+, Tuesdays are kids nights ages 10 & Under. Everyone is welcome to stay until 6:00pm these days for homework help and/or dinnertime.

*\*Parent/Guardian is responsible for picking up no later than the posted closing time, calendar is subject to change.*

## PROGRAM DESCRIPTIONS

Programs That Teach	Programs For Leaders	Programs That Create	Programs That Move
<p><b><u>Culture Club:</u></b> Want to learn about different countries of the world? Want to try their food, practice their language, and play their games? Do you want to learn about what is happening around the world today? Then come, check out Culture Club, and explore everything that we have to offer!</p>	<p><b><u>Club Care Time:</u></b> This short period of time gives you a chance to provide feedback to the facilitators regarding the programs you participated in. It will also include evening chores and clean up to promote club and community responsibility and leadership!</p>	<p><b><u>Recycled Art Night:</u></b> If you enjoy art and creating art out of recycled materials then this program is for you! Kids/youth will explore a variety of crafts and projects that are all made out of recycled goods. Come check it out if you feel like getting your creative juices flowing.</p>	<p><b><u>Anything Can Happen Friday's:</u></b> After a long week at school it's time to enjoy your freedom. And what better way to do that then by coming in and participating in a variety of fun and exciting activities chosen by you! Ping pong, Xbox tournaments, karaoke, anything can happen on these Friday nights!</p>
<p><b><u>Homework and Reading Club:</u></b> Academics are important, so come in and get 1 on 1 support with your homework from our knowledgeable staff and volunteers. You will also have the opportunity to read through a wide variety of exciting books.</p>	<p><b><u>True Strength/Life Skills:</u></b> All boys 11 or older are welcome to come and learn the importance of physical activity and healthy eating. You will also learn about male societal expectations and how to treat girls, boys, and adults, as well as important life skills such as tying a tie and changing a tire!</p>	<p><b><u>Junior Chefs:</u></b> Do you like food? If so, come take part in this delicious program and learn to make nutritious meals as well as the basics about the Canadian Food Guide, following recipes, and how to use different kitchen equipment!</p>	<p><b><u>Gym Night:</u></b> On Mondays everyone 11 and older is invited to participate. On Tuesdays everyone 10 and under is welcome! You will participate in physical activity at the school gym. Practice dodgeball, soccer or basketball for club intermural and even be part of the club team!</p>
<p><b><u>Super Charge Your Brain (Homework Help/Worksheets):</u></b> Do you like to expand your thinking? Then this program is fit for you, we will assist with homework, and work on various worksheets. This program will be running on Thursday once a week.</p>	<p><b><u>True Strength Junior:</u></b> All boys 10 and under are welcome to come join in on this program. You will learn about being healthy, physical activity and male societal expectations. You will also get to hang out and have fun!</p>		
<p><b><u>Rights in the Sun:</u></b> rights in the sun is a program open to anyone! Learn life skills, teamwork, arts and culture and physical activity all wrapped in to one with this inclusive program.</p>			