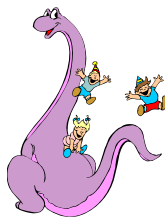

 Lake Country Boys and Girls Clubs
 3130 Berry Road, V4V 1V2
 250-766-5277 Fax 250-766-5219
 Email: receptionlc@boysandgirlsclubs.ca
 www.boysandgirlsclubs.ca



Dinos

September 2010

Grades K, 1 & 2



**WELCOME
BACK!!!**

Mon	Tue	Wed	Thu	Fri	
6 Closed Labour Day	7 Welcome To Club day! FREE PLAY	8 Field & Universal Art Contest	9 "Who Am I?" Get to know me craft	<u>Clubs</u> Field Fun Gym Games All About Beads *Friday September 17th is Jersey Day! Wear your favorite sports team jersey!!!*	Fall Family BBQ Come join us for food, fun and a chance to meet the staff. Wednesday Sept. 15th 6:15-8pm FREE for all 
13 Classroom Centers	14 Out Trip: Reiswig Playground Back By 5pm 	15 Gym Time Kids Choice	16 Crazy Hair & Nails 		
20 Movie & Popcorn	21 Playground Adventures	22 Crafty Critters	23 Field Play & Hop Scotch	24 Pro-Day Hawaiian Luau Come dressed for the theme & Reiswig OT 10-12 am	
27 Out Trip: Walk to Swallowwell Park Back By 5pm	28 Puzzles & Playdough	29 Club Clean & Treat	30 Gym Games		


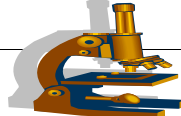
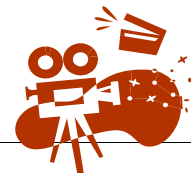



Okanagan
Boys and Girls Clubs

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September 2010 Lizards

Come out to our Fall Family BBQ September 15th 6:15 -8pm—FREE for all

Mon	Tue	Wed	Thu	Fri
6 Closed 	7 Back to School!	8 Music Appreciation Day (Bring own instrument if possible)	9 Universal Art Contest Gym Madball 	Clubs Field Fun Gym Games All About Beads *Friday September 17th is Jersey Day! Wear your favorite sports team jersey!!!*
13 Bring Your Own Electronics	<u>Tuesday Clubs</u>	15 OUTTRIP Baseball @ Swalwell Park Back @ 5pm	16 Weird Science	
Canada Sports Week				
20 Paper Mache Piggy Banks	Playground	22 Movie & Popcorn 	23 Playground	24 Pro-day— Hawaiian Luau theme
27 Create Your Own TV Show	Board Games City Creations	29 Finger Painting with Prizes	30 Field Teamwork Games	

Parent Info

Fall Family

BBQ

Come join us for food, fun and a chance to meet the staff.

Wednesday
Sept. 15th
6:15-8pm
FREE for all





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September 2010 –Eagles

Come out to our Fall Family BBQ September 15th 6:15 -8pm—FREE for all

Mon	Tue	Wed	Thu	Fri
6 Closed	7 Back to School!	8 Universal Art Contest Character Design Gym Madball	9 OUTTRIP ELLISON ELEMENTARY BACK @5PM	Clubs Field Fun Gym Games All About Beads *Friday September 17th is Jersey Day! Wear your favorite sports team jersey!!!*
13 OUTTRIP REISWIG PARK BACK @ 5PM 	<u>Tuesday</u> <u>Clubs</u> Playground Board Games City Creations	15 Revitalize Your Room	16 Movie & Popcorn	24 Pro-day– Hawaiian Luau theme
20 Playground		Canada Sports Week		
27 Field Games 		22 OUTTRIP KOPJE PARK BACK @5PM	23  Bring Your Own Electronics	
		29 Skit In A Bag & Group Poster Contest	30 OUTTRIP JACK SEASTON PARK BACK @5PM	

Parent Info

Fall Family

BBQ

**Come join us
for food, fun
and a chance
to meet the
staff.**

Wednesday
Sept. 15th
6:15-8pm
FREE for all



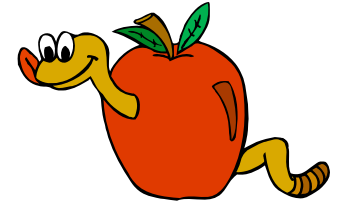


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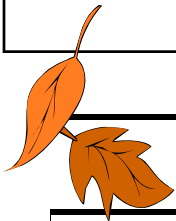
Okanagan
 Boys and Girls Clubs




September 2010

Recreation for 6-12 years



Come out to our Fall Family BBQ September 15th 6:15 -8pm—FREE for all



Mon	Wed	Thu	Fri
<p>6</p> <p>Closed</p>	<p>8</p> <p>No Programs this week</p>	<p>9</p> <p>No Programs this week</p>	<p>10</p> <p>*Friday September 17th is Jersey Day! Wear your favorite sports team jersey!!!*</p>
<p>13 COOL MOVES for Girls 6-8pm Ages 8-14 \$2 Park Treasure Hunt</p>	<p>15 Fall Family BBQ 6:15-8pm FREE Everyone is welcome</p> 	<p>16</p> <p>Canada Sports Week</p>	<p>17 Kids Club 6pm-9pm *Jersey Day!* Walk to 7/11 Sports Night & Nintendo Wii</p>
<p>20 COOL MOVES for Girls 6-8pm \$2 Ages 8-14 Community Clean-Up and Chocolate Fondue</p>	<p>22 Kids Club 6pm-8pm Dinner & Nintendo Wii \$2</p>	<p>Canadian Tire Jumpstart October - Floor Hockey Nov- Indoor Soccer Wednesdays—FREE Ages 6-8 years 6-7pm Ages 9-12 years 7-8pm</p> 	<p>24 EVERYBODY GETS TO PLAY Kids Club 6-9PM FREE</p>
<p>27 COOL MOVES for Girls 6-8pm \$2 Ages 8-14 Playground Challenges</p>	<p>29 Kids Club 6pm-8pm Perler Beading & Baking \$2</p>		

Cool Moves for Girls!
 Come and join the group that is just for GIRLS!
Mondays 6-8pm
 \$2 per night
 Ages 8-14





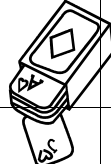

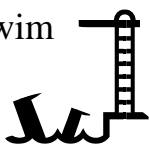

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September 2010—Drop Zone

For Grades 6 & up

Come out to our Fall Family BBQ September 15th 6:15 -8pm—FREE for all

Mon	Drop Zone	Wed	Thu	Fri
6 Closed	<p><u>Drop Zone</u> We offer free pick-up on wed & Fri from Peter Greer (3:00) & Davidson Rd (3:15pm). Thursday night out trips are from 6-9pm and costs will vary.</p>	8	9	10
13 COOL MOVES for Girls 6-8pm Ages 8-14 \$2 Park Treasure Hunt		<div style="background-color: black; color: white; padding: 5px; font-weight: bold;">No Programs this week</div> 		
20 COOL MOVES For Girls Ages 8-14 \$2 Community Clean & Chocolate Fondue	<div style="text-align: center;">  <u>Cool Moves for Girls!</u> Come and join the group that is just for GIRLS! Mondays 6-8pm \$2 per night Ages 8-14</div>	15 Drop Zone Lounge 3:15-5:30 PS3, Cardgames Family BBQ— Free	16 Drop Zone Out Trip 6-9pm Lazer Tag \$6	17 Drop Zone Lounge 3:15-5:30 Baking cookies Free
27 COOL MOVES for Girls 6-8pm Ages 8-14 \$2 Playground Challenges		22 Drop Zone Lounge 3:15-5:30 Wii, walk for Slurpees Free	23 Drop Zone Out Trip 6-9pm YMCA Swim \$4 	24 No Program Today
		29 Drop Zone Lounge 3:15-5:30 Movie & popcorn Free 	30 Drop Zone Out Trip 6-9pm Bowling \$4	

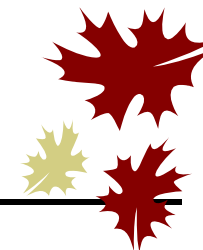


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Okanagan
Boys and Girls Clubs

September 2010 Family Resources

Early Childhood Programs



Mon

Tue

Wed

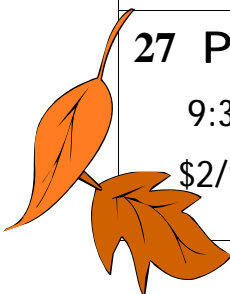
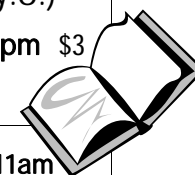
Thu

Come out to our **Family Fun Night September 15th 6-8pm** BBQ and Events FREE!

We will be offering bus pick up and drop off at 2 locations in Lake Country on Tues and Thurs before our programs...please ask Sylvia for details.

Community Living Room and Toy Library open Mon-Fri 9-11am

<p>6 Club Closed Labour Day</p>	<p>7 Creative Kids 9:30-11am \$3/family(max 3 kids)</p>	<p>8 Adventure Club *Membership Required* (3-5yrs) 9:30-11am \$5/child</p>	<p>9 No Program Today</p>
<p>13 Playgroup 9:30-11am \$2/family</p>	<p>14 Creative Kids 9:30-11am \$3/family(max 3 kids)</p>	<p>15 Adventure Club *Membership Required* (3-5yrs) 9:30-11am \$5/child</p>	<p>16 Parent Talk 10-11am Childminding at 9:30am FREE In partnership with The Bridge Tumbling Tots 11:15-12pm \$3</p>
<p>20 Playgroup 9:30-11am \$2/family</p>	<p>21 Creative Kids 9:30-11am \$3/family(max 3 kids)</p>	<p>22 Adventure Club *Membership Required* (3-5yrs) 9:30-11am \$5/child</p>	<p>23 Literacy for Life 10-11am \$3/family (2-5 y.o.) Tumbling Tots 11:15-12pm \$3</p>
<p>27 Playgroup 9:30-11am \$2/family</p>	<p>28 Creative Kids 9:30-11am \$3/family(max 3 kids)</p>	<p>29 Adventure Club *Membership Required* (3-5yrs) 9:30-11am \$5/child</p>	<p>30 Parent Talk 10-11am Childminding at 9:30am FREE In partnership with The Bridge Tumbling Tots 11:15-12pm \$3</p>


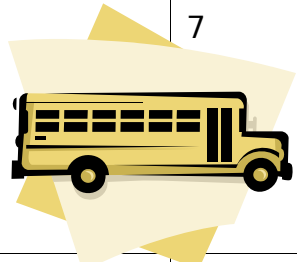




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September 2010 Oyama Afterschool Program

**WELCOME
 BACK!!!**







Mon	Tue	Wed	Thu	Fri	Fall Family BBQ Come join us for food, fun and a chance to meet the staff. Wednesday Sept. 15th 6:15-8pm FREE for all Where? Lake Country Club 
6 	7	8 Obstacle Course Summer Collages Free Play	9 OUT TRIP Kaloya Park Back @ 4:45pm Colouring Contest	10 Kids Choice Wax/Leaf Art Kick Ball	
13 Playground National Sports Week Amazing Race	14 Gym Games Creative Cats The Tickle Trunk	15 OUT TRIP Baseball Diamond Back @ 4:4pm Free Play	16 Field Fun Power Up! Kid's Choice	17 Jersey Day! Wear your favor- ite sports jersey and get moving!	
20 Playground Abstract Painting Blocks/Knex	21 Field Fun Power Up! Gym Obstacles	22 Kid's Choice Cool Moves Perler Beading	23 OUT TRIP Gatzke's Orchard Back @ 4:45pm Orchard Views	24 PRO DAY	
27 Field Relays Flag Creations Pictionary Jr.	28 Gym Games Finger Painting Free Play	29 Playground Power Up! Kid's Choice	30 Early Dismissal Build-A-Kite Picnic @ Kaloya Reading/Colouring	1 Early Dismissal Cool Moves Crayon Creations Playground	

**The afterschool
 program runs
 until 6pm M-F.**
**For questions,
 please phone the
 Club or stop by
 the portable and
 talk to Chrystal.**



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September 2010– Daycare

Mon	Tue	Wed	Thu	Fri
		1	2	3
6 Labor Day Closed	7 Circle of Friends	8  Finger Painting	9 All About Me Books	10 Fun Free Art
13  Fore Arm Trees	14 Alphabet Sponge Painting	15 Apple Painting Family BBQ 6:15-8pm	16 Leaf Rubbing 	17 Fun Free Art Wear your Jersey Day
20 Hungry Caterpillar	21 Leaf Art 	22 Family Tree	23 Bird Feeders	24 Walking Field Trip to Local Library
27 Corn Cob Painting 	28 Alphabet Soup Art	29 Fruit People 	30 Fun Free Art	



OKANAGAN BOYS & GIRLS CLUBS TEEN LIFE SKILLS PROGRAM

LAKE COUNTRY CLUB 3130 BERRY ROAD PHONE 250-766-5277

THURSDAY FROM 3:45pm - 7pm

SEPTEMBER 2010

OCTOBER 2010

<p>9 NUTRITION</p> <ul style="list-style-type: none"> • Reading & understanding the Canada Food Guide • Making Healthy food choices on a budget • Purchasing and preparing a simple meal • Shopping will be at either Coopers or IGA - All Life skills sessions 	<p>7 NUTRITION - READING RECIPE</p> <ul style="list-style-type: none"> • Finding simple recipes • Budgeting for meals from recipe books • Newspapers coupons/how to look for them
<p>16 NUTRITION</p> <ul style="list-style-type: none"> • Food safety: reading for expiry dates, dented cans, cross contamination • Hygiene - personal and work space cleanliness • Grocery shop and prepare simple low cost meal • Cleaning kitchen after use 	<p>14 NUTRITION</p> <ul style="list-style-type: none"> • Making a simple recipe book • Laminate a grocery list • Making a menu for supper and preparing a menu for next week • Tour of grocery store for game: who can find the lowest priced items • Purchase and prepare simple meal/clean-up
<p>23 NUTRITION</p> <ul style="list-style-type: none"> • How to use kitchen appliances • Kitchen Safety when using appliances • How to store left over foods • Keeping a kitchen germ free 	<p>21 NUTRITION REVIEW</p> <ul style="list-style-type: none"> • Canada Food Guide, Safety in kitchen, Food Safety • Prepared food versus fresh • Proper food storage • Purchase and prepare simple meal/clean-up
<p>30 NUTRITION</p> <ul style="list-style-type: none"> • Proper food storage, thawing foods • Identifying food that has gone bad • Purchasing & cooking a simple meal 	<p>28 Money Skills</p> <ul style="list-style-type: none"> • How much money to carry when going out into the community? • Purchase and prepare simple meal/clean-up
<p>We welcome any comments and concerns regarding your teen.</p> <p>Contact: Tanya McDonnell --- Program Coordinator @ 250-766-5277 tmcdonnell@boysandgirlsclubs.ca</p> <p>Teens should bring water bottles, hats, sunscreen to each session.</p>	<p>During each life skill session, teens will be working on:</p> <ul style="list-style-type: none"> - Personal cleanliness, hygiene, grocery shopping, and social skills. - Each Life session teens will leave club for grocery shopping at 4:45 and returning by 6.