

# JANUARY

## Specialty Clubs

### Jr. Staff

Manage the snack bar, help others, run a small business, prepare for a job and learn how to be a great employee.

Grades 5th – 12th

Monday 4:00

### Healthy Habits Jr.

Designed to incorporate healthy living and activity learning. Emphasizes good nutrition, regular physical activity, and improving overall well-being.

Learn simple recipes from healthy granola to simple sandwiches along with simple kitchen safety

Tuesday 4:00

### Healthy Habits

Designed to incorporate healthy living and activity learning. Emphasizes good nutrition, regular physical activity, and improving overall well-being.

Learn culinary skills while making an assortment of dishes- from healthy choices to delicious treats.

Tuesday 4:30

### Garden Club

Learn the basics of gardening, including composting, planting, cooking and the roles pollinators and insects play. Utilizing window planters, club participants will learn how to plant, care for and plan a garden space, through hands-on projects that will ultimately lead us to preparing a few small treats that could be made with items we grow in a garden.

Wednesday 4:30

### Torch Club

Based on the principles of discussing current events, developing leadership skills, team building and providing help in the community. Each week we will focus on a different aspect of these main principles in a fun and creative way.

Thursday 4:30