





























# WAK (we are kids) Youth Programming February Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
		 <p>Big Brothers Big Sisters of Lanark County</p>	<p>1 Teens Night at Smiths Falls Public Library. 6 to 8pm</p>	<p>2 Swimming at the Gallepeau Centre from 4:30 to 5:30</p> 
<p>5 Work out with Heidi 4 - 4:30 Cupid's Scavenger Hunt with Sheldon from 5 to 6pm</p>   <p>Snack: Sloppy Joes</p>	<p>6 Youth Exchange hosted by Lanark County Community Justice: 4 to 6pm</p> 	<p>7 Tobogganing - Beckwith Street 4:30 to 5:30.</p>  <p>Snack: Oatmeal</p>	<p>8 Teens Night at Smiths Falls Public Library. 6 to 8pm</p>	<p>9 Video Game Day! Wii and Xbox 1 - NHL Tournament Wii - Mariokart</p>   <p>Snack: Poutine</p>
<p>12 Work out with Heidi 4 - 4:30 Games in the snow!! Please bring: winter boots, snow pants, coat, hat and</p>   <p>Snack: High Protein</p>	<p>13 Teens in the kitchen! Cooking lessons with the Table community food centre. 4-</p> 	<p>14 Art with Ashley: Hand Print Mosaic Yoga: 5 to 5:30 with Emily from Snack: Fruit and Veggies</p>   	<p>15 Teens Night at Smiths Falls Public Library. 6 to 8pm</p>	<p>16 Trip to Conlon Farms for Tobogganing and skating! Please bring: winter boots, snow pants, coat, hat and mitts</p> 
<p>19 Closed for Family Day - Enjoy the day with your family!!</p> 	<p>20 Youth Exchange hosted by Lanark County Community Justice: 4 to 6pm</p> 	<p>21 Come play games with RNJ Youth</p>  <p>Snack: Make your own mini pizza</p>	<p>22 Teens Night at Smiths Falls Public Library. 6 to 8pm</p>	<p>23 Bowling at Graton Lanes</p>  <p>Snack: Wraps on the go</p>
<p>26 Work out with Heidi 4 - 4:30 Karate with Smiths Falls JKA @ 5pm</p>   <p>Snack: Omelettes &amp; Bacon</p>	<p>27 Teens in the kitchen! Cooking lessons with the Table community food</p> 	<p>28 Art with Ashley: Canvas painting for relaxation.</p>  <p>Guided Meditation</p>  <p>Snack: Burgers</p>		

## Hours

Monday: 3pm - 6pm

Tuesday: 4pm- 6pm. 6:30pm on nights with the Table

Wednesday: 3pm - 6pm

Friday: 3pm - 6pm

Youth Arena, Hall Upstairs Phone: 613-284-2490

**Reminder-** There is always a healthy snack provided daily, except the days the Table is here - then youth will be eating the dinner they cook!

We are now on FACEBOOK!! We can be found at WAK Youth Programming. Be sure to like and follow for up to date information. For more information email Bridget Manahan, Manager of Youth Services @ [bridget.manahan@bigbrothersbigisters.ca](mailto:bridget.manahan@bigbrothersbigisters.ca)