

















WAK (We Are Kids) Program January Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p>  <p>CLOSED</p>	<p>2</p> <p>Teens in the kitchen! Cooking lessons with the Table community food centre. 4-6:30pm</p> 	<p>3</p> <p>Art With Ashley: Create WAK's logo Also creating WAK's FaceBook Page</p> <p>Snack: Pancakes</p>	<p>4</p> <p>Teens Night at Smiths Falls Public Library. 6 to 8pm</p>	<p>5</p> <p>Tobogganing</p>  <p>Snack: Chilli and Hot Chocolate</p>
<p>8</p> <p>Work out with Heidi 4 - 4:30</p>  <p>Snack: Egg McMuffins</p>	<p>9</p> <p>Teens in the kitchen! Cooking lessons with the Table community food centre. 4-6:30pm</p> 	<p>10</p> <p>Yoga: 5 to 5:30</p>  <p>Snack: Tea and Biscuits</p>	<p>11</p> <p>Teens Night at Smiths Falls Public Library. 6 to 8pm</p>	<p>12</p> <p>Video Game Day! Wii and Xbox 1</p>  <p>Snack: Tacos</p>
<p>15</p> <p>Work out with Heidi 4 - 4:30</p> <p>Games in the snow! Please bring: winter boots, snow pants, coat, hat and mitts</p> <p>Snack: Homemade soup</p>	<p>16</p> <p>Youth Exchange hosted by Lanark County Community Justice: 4 to 6pm</p> 	<p>17</p> <p>Come play games with RNJ Youth Services: 4:30 - 5:30</p>  <p>Snack: Yogurt Parfaits</p>	<p>18</p> <p>Teens Night at Smiths Falls Public Library. 6 to 8pm</p>	<p>19</p> <p>Bowling</p> 
<p>22</p> <p>Work out with Heidi 4 - 4:30</p>  <p>Snack: Make your own pizza</p>	<p>23</p> <p>Youth Exchange hosted by Lanark County Community Justice: 4 to 6pm</p> 	<p>24</p> <p>Craft Night - making personal stress survival kit and homemade stress balls. *We require shoe boxes or gift boxes for this*</p> <p>Snack: French toast</p>	<p>25</p> <p>Teens Night at Smiths Falls Public Library. 6 to 8pm</p>	<p>26</p> <p>Skating</p>  <p>Snack: Ham Sandwiches</p>
<p>29</p> <p>Work out with Heidi 4 - 4:30</p> <p>Open Mic Night!!</p> 	<p>30</p> <p>Teens in the kitchen! Cooking lessons with the Table community food</p> 	<p>31</p> <p>MOVIE NIGHT</p> <p>Snack: Dumplings</p>	 <p>The little Centre that does BIG work!</p>	 <p>Big Brothers Big Sisters of Lanark County</p>  <p>SMITHS FALLS RISE AT THE FALLS 174</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!

Every day there is some kind of physical activity, even when it is not listed on the calendar. Due to space we can't fit everything on the calendar!

For more information email Bridget Manahan, Manager of Youth Services @ bridget.manahan@bigbrothersbigisters.ca