





October 2021



Pembroke

275 Pembroke St E
Pembroke, ON K8A 3J9
Phone: 613-735-1933
www.boysandgirlsclubofpembroke.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 Before School After School Brain Gain (virtual) Basketball	5 Before School After School Community Supper & Rec Night	6 Before School After School Kid Food Nation Take It Easy	7 Before School After School Get Crafty	8 Before School After School	9
10	11 Thanksgiving 	12 Before School After School Community Supper & Rec Night	13 Before School After School Kid Food Nation Take It Easy	14 Before School After School Get Crafty	15 Before School After School	16
17	18 Before School After School Brain Gain (virtual) Basketball	19 Before School After School Community Supper & Rec Night	20 Before School After School Kid Food Nation Take It Easy	21 Before School After School Get Crafty	22 Before School After School	23
24  31	25 Before School After School Brain Gain (virtual) Basketball	26 Before School After School Community Supper & Rec Night	27 Before School After School Kid Food Nation Take It Easy	28 Before School After School Get Crafty	29 Before School After School	30

REGISTRATION NOW REQUIRED FOR ALL PROGRAMS - 613-735-1933 or email programcoordinator.bgcpembroke@gmail.com

Brain Gain (virtual) - ages 6-12yrs, 5:00-5:30. Organized games, skill building activities and experiments to enhance your brain. Chrome books available if needed.

Basketball - ages 10-14yrs, 6:00-7:00. A program teaching the fundamental skills of the game and good sportsmanship.

Get Crafty - ages 4-8yrs, 4:30-5:15; ages 9-13yrs, 5:30-6:15. Learn new skills through various techniques and explore your creative side.

Kid Food Nation - ages 7-12yrs, 6:00-7:00. A program that teaches basic cooking skills, food safety and nutrition.

Take It Easy - ages 9-13yrs, 4:30-5:30. Empowerment and self esteem for girls.

