




Boys & Girls Club  
of Pembroke

275 Pembroke Street East  
Pembroke, ON K8A 3J9  
www.boysandgirlsclubofpembroke.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 Take It Easy 4:30-5:30 Brain Gain 5:30-6:15	5 Cool Moves 4:30-5:30	6 Take It Easy 4:30-5:30 Kid Food Nation 6:00-7:00	7 Get Crafty 6-8yrs 5:00-5:30 9-13yrs 6:00-7:00	8	9
10	11 Take It Easy 4:30-5:30 Brain Gain 5:30-6:15	12 Cool Moves 4:30-5:30	13 Take It Easy 4:30-5:30 Kid Food Nation 6:00-7:00	14 Get Crafty 6-8yrs 5:00-5:30 9-13yrs 6:00-7:00	15	16
17	18 Take It Easy 4:30-5:30 Brain Gain 5:30-6:15	19 Cool Moves 4:30-5:30	20 Take It Easy 4:30-5:30 Kid Food Nation 6:00-7:00	21 Get Crafty 6-8yrs 5:00-5:30 9-13yrs 6:00-7:00	22	23
24	25 Take It Easy 4:30-5:30 Brain Gain 5:30-6:15	26 Cool Moves 4:30-5:30	27 Take It Easy 4:30-5:30 Kid Food Nation 6:00-7:00	28 Get Crafty 6-8yrs 5:00-5:30 9-13yrs 6:00-7:00	29	30

**FREE VIRTUAL PROGRAMS - Registration Required, Chrome Books available if needed ----- email: [programcoordinator.bgcpembroke@gmail.com](mailto:programcoordinator.bgcpembroke@gmail.com)**

- Brain Gain** - ages 6-12yrs. Organized games, skill building activities and experiments to enhance your brain.
- Cool Moves** - ages 6-12yrs. Healthy eating & fun exercise. Weekly session will vary with different activities such as Boxing, Zumba, Yoga, etc.
- Take It Easy (girls session)** - ages 10-15yrs. Empowerment and Self Esteem for youth.
- Kid Food Nation** - ages 7-12yrs. Learn basic cooking skills, food safety and nutrition. Supplies provided.
- Get Crafty** - ages 6-8yrs and 9-13yrs. Explore your creative side and learn new skills through various techniques. Supplies provided.
- Food Security** - ages 4+, support during the Lock Down in Ontario



**COVID-19 RESTRICTIONS:**

**Due to the currently Lock Down in Ontario, we will not be able to offer Takeout Community Supper or Before/After Child Care at this time.**

