## 2024 TEEN CENTER

# 

|   | SUN | MON                                                                                                                     | TUES                                                                                                            | WED                                                                         | THURS                                                                                                                       | FRI                                                                                                             | SAT                                            |
|---|-----|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------|
| _ | 1   | Power Hour 2-3<br>Art contest ( Teen<br>medium of<br>choice)3:30-5:00<br>Open Rec 5-6pm                                 | Power Hour 2-3pm<br>My Future Rewrite<br>Lyrics 3-4pm<br>Create Tik Tok<br>videos 4-5pm<br>Open rec 5-6pm       | Power Hour 2-3pm<br>MYOY 3-4pm<br>Keystone 4-5pm                            | Power Hour 2-3pm<br>Cooking Club<br>Gingerbread<br>cookies –3-4pm<br>Food or Thought<br>(4-H) 4-5pm<br>Open rec 5-6pm       | 1-8pm Open Rec 1-2pm Teens Lego club 2-3pm Journeys: paths to Adulthood 3-4-pm Tree Lighting 4:30- 8:pm         | 7                                              |
| _ | 8   | Power Hour 2-3<br>pm<br>Operation<br>Christmas Child<br>community service<br>project 3:30-4:45<br>Open Rec 4:45-<br>6pm | Power Hour 2-3pm<br>MYOY Putting It All<br>Together 3-4pm<br>Open Rec 4:45-<br>6pm<br>Santa's Calling 6-<br>8pm | Power Hour 2-3pm 3-4pm Keystone 4-5pm Open Rec 5-6pm Santa's Calling 6- 8pm | Power Hour 2-3pm<br>Money matters<br>Cooking Club -food<br>run (Slim Chickens<br>3:30-5pmPower<br>Santa's Calling 6-<br>8pm | Power Hour 2-3pm<br>Lego Club 3-4pm<br>Drill Hall I 4:00-<br>5:00pm<br>Open Rec 5-6pm                           | 14                                             |
|   | 15  | Money Matters Prioritizing Spending 2:30 3:30 Community service project 3:30-4:45 Open Rec 4:45-                        | Power Hour 2-3pm<br>Teens United 3-<br>4pm<br>Hail and Bail 4:30-<br>6pm                                        | Power Hour 2-3pm 3-4pm Slime Challenge Keystone 4-5pm Open Rec 5-6pm        | Open Rec 2-3pm Teen Employment Workshop – Resume writing 3:00-4:15pm Cooking Club 4:15-6pm                                  | Dec day out Leaving the center at 2pm for Chick-fil –a and Christmas light at Annmarie Gardens Returning at 6pm | 21                                             |
|   | 22  | 8-5pm Holiday party Movie, Gingerbread house Christmas caroling on base 4- 5pm                                          | Christmas Eve 24 8-2pm Open Rec 8-9 Art 9-10 MUFSA-AMC Leaving the center @10 Returning @12:45 Open rec 12:45-  | Christmas Day 25 Teen Center closed                                         | 8-5 Open Rec Cooking Club — Burgers and Fries Play Drill Hall                                                               | Teen Center closed prior to Lock-In Christmas lock in 6pm -6am                                                  | <b>28</b><br>Christmas lock-<br>in pick up 6am |
|   | 29  | 8-5<br>Outdoor Ice<br>Skating<br>Ieaving the center<br>@ 9:00<br>Returning @ 5pm                                        | 8-3pm Open Rec Rewrite Lyrics Teen choice of movie Make a Time Capsule Open rec                                 |                                                                             |                                                                                                                             |                                                                                                                 |                                                |

Open Recreation Program is open to all middle school and high school students with base access. Teen Center Program open to all teens ages: 12\*-18, with base access.











## **EVENT DETAILS**



**Triple Play: Daily Challenges**—Part of the Triple Play suite of programs, Daily Challenges helps youth build movement skills and positive attitudes toward physical activity. The program consists of 32 diverse games, cooperative activities, and sports that develop a young person's ability, confidence, and motivation to be physically active.

**Power Hour-** In sequential sessions, young people explore academic topics such as how one learns, the power of cultivating a growth mindset, goal-setting & research. With additional sessions in ongoing enrichment & skill-building activities, from book clubs to homework help & tutoring.

Cooking Club -At the teen's request, we will be cooking some of our teen's family favorites. Besides learning to cook, the teens will work together to create a budget, shop for items, and create monthly meals.

Lego Club: You asked for Legos, and they are here! Come build with us building with us. Besides being fun!!! Legos encourages creativity, problem solving, collaboration and teamwork.

Duolingo club – Join the Duolingo challenge and choose your domain (Math, music, or a language) and see how much you can learn in 15mins a day. Rewards for longest streak and highest points.

December trips: At the teens request we will be traveling to the following locations in December. Please sign up via the CYP portal or at the front desk.

Date: 12 December Cooking Club – Slim Chickens Trip

Time: 3:30- 5:00pm

Cost: Free

Registration Deadline: December 10, 2024

At the teens request we will be going to Slim Chickens, to discuss fast-food nutrition and money management. We will depart the Teen Center at 3:30 pm and will be returning to the Teen Center at 5:00pm. \*Your teen will need money for food on this outing.

Date: 20 December December Day Out -Chick-fil-a and

Annmarie Gardens Time: 2:30-6pm

Cost: \$15.00 Annmarie Gardens Playable through the CPY

portal or at the front desk.

Registration Deadline: 13 December 2024

Information: During this 2-hour early dismissal day, we will leave the Teen center at 2:30pm for Chick-fil-a. Afterward, we will head to Annmarie Gardens to walk through their holiday light display. We will be returning to the Teen center by 6:00 p.m. \* Your teen will need money for their meal at chick-fil-a.

#### Date:24 December - Holiday Movie Trip

Time 10-12:45pm

Cost: \$10.77 Payable through CPY or at the front desk.

Registration deadline:18 December

Information: The teens have chosen to see Mufasa: The

Lion King

We sill be leaving the Teen center at 10am and returning by

12:45pm \* Your teen will need money for snacks

### **Date: 30 December Outdoor Ice Skating**

Time: 9-5pm Cost: Free

Registration Deadline: 28 December 2024

Information: Join us for an afternoon of ice skating at Westpost Outdoor Ice Skating at National Landing, formerly Pentagon Row Outdoor Ice Skating. We will be leaving the Teen center for the Ice rink at 8:30, stopping for lunch (TBD) and returning to the teen center by 5pm. We will be skating for one 2hr session. Admission fee \$12.00 for 12 yrs. \$11.00 for 13 and over. Skate rental \$6.00. Each teen must place their own reservation.

Information on Teen Center reservation time and supportive information to be announce on Dec 23.

westposticeskating.com/index.html

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