

FBGC Youth Programs

March

2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 RTG 5:30-7:30 GTGS 5:30-7:30	2	3
4 MARCH BREAK No programs	5 MARCH BREAK No programs	6 MARCH BREAK No programs	7 MARCH BREAK No programs	8 MARCH BREAK No programs	9	10
11 RTG 5:30-7:30 GTGS 5:30-7:30 Keystone 6-7:30	12 RTG 5:30-7:30 GTGS 5:30-7:30	13 RTG 5:30-7:30 GTGS 5:30-7:30 Grade 12 Students: Applying for Scholarships	14 RTG 5:30-7:30 GTGS 5:30-7:30	15 RTG 5:30-7:30 GTGS 5:30-7:30 Activity: Pickleball!	16	17
18 RTG 5:30-7:30 GTGS 5:30-7:30 Keystone 6-7:30	19 RTG 5:30-7:30 GTGS 5:30-7:30 Cooking: Shepherd's Pie	20 RTG 5:30-7:30 GTGS 5:30-7:30	21 RTG 5:30-7:30 GTGS 5:30-7:30	22 RTG 5:30-7:30 GTGS 5:30-7:30	23	24
25 RTG 5:30-7:30 GTGS 5:30-7:30 Keystone 6-7:30	26 RTG 5:30-7:30 GTGS 5:30-7:30	27 RTG 5:30-7:30 GTGS 5:30-7:30	28 RTG 5:30-7:30 GTGS 5:30-7:30 Activity: Healthy Eating and Smoothies	29 RTG 5:30-7:30 GTGS 5:30-7:30 Volunteering: March Kids' Event 6-8:30	30	31

EVENTS

March 15th 6-7:30 Pickleball for all registered youth

Pickleball is a fun sport that has been described as "full sized ping pong". It uses a paddle, low net and a plastic ball. It is a sport that can be enjoyed by anyone, regardless of their level of athleticism. Come join us and have some fun being active in our gym!

March 19th 6-7:30 Shepherd's pie/pâté chinois- for all registered youth

Please be here by 6 so there is enough time to cook. Learn to cook a new meal, or simply enjoying making some shepherd's pie this evening! We will make a more traditional recipe with ground beef, as well as a vegetarian option for those who don't eat beef.

March 28th 6-7:30 Healthy Eating and Smoothies- for all registered youth

Some youth requested an evening session on healthy eating which we will combine with making (and enjoying) some smoothies. We will look at balanced eating, the new Canadian food guide as well as making a menu.