

## Our Mission

### Great Futures Start Here!

We empower youth to reach their full potential as responsible, caring and productive citizens through professionally led programs and activities that are fun, positive and relevant in a safe, supportive and healthy environment.

**Our membership fee for the summer is \$25 for existing members and \$50 to new members. Talk to Laurena regarding payments options.**

Our lunch program is provided by the Food Bank. We will also be providing a meal at 11:00am and snack at 5:15pm from Boys & Girls Club of America. We are only able to distribute one lunch and snack per child per day. If your child feels that the lunch and snack is not enough please pack them an extra healthy snack.

The Club House is staffed with well trained, youth development professionals that understand the issues and needs of children in today's complex society. Please stop by, meet the staff, and take a tour anytime during our open hours. Parents are always welcomed and encouraged to drop in and participate in activities with their children.



**Cal Fresh AKA Food Stamps  
Did you know you could sign up  
for the Cal Fresh program here at  
the Clubhouse?  
Talk to Patrick Montoya  
707-442-9142**

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**Great Futures Start Here!**



**BOYS & GIRLS CLUB  
OF THE REDWOODS**


**Clubhouse  
2018**



**Summer Hours:  
June 26th-Aug 18th  
M-F 11-5:00pm  
Free Lunch 1:00-2:00  
Family Night- The last  
Thursday of the month  
5-6:30pm**



Laurena Matava  
Clubhouse Unit Director  
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Eureka, CA 95501

 <b>BOYS &amp; GIRLS CLUB</b> <small>OF THE REDWOODS</small>	<b>Monday</b> <b>Manners Monday!</b>	<b>Tuesday</b> <b>No Tech Tuesday!</b>	<b>Wednesday</b> <b>Water Wednesday!</b> <i>Please bring change of clothes and shoes to participate!</i>	<b>Thursday</b> <b>Thankful Thursday!</b>	<b>Friday</b> <b>Fun Friday!</b>
<b>11:00-12:00</b> <i>11:00-12:00</i> <i>Brunch</i>	<b>Project Learn</b> <b>Garden Club</b>	<b>Torch Club</b>	<b>Money Matters</b>	<b>Girl Scouts</b> <b>Boy Scouts</b>	<b>My.Future</b> <b>Triple Play</b>
<b>12:00-1:00</b>	<b>SMART Moves (10-12)</b> <b>Mentoring</b>	<b>SMART Moves (6-9)</b> <b>Mentoring</b>	<b>Water Sports</b> <b>Mentoring</b>	<b>Nutrition Club</b> <b>Mentoring</b>	<b>Level Up!</b> <b>Mentoring</b>
<b>1:00-2:00</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<b>2:00-4:15</b>	<b>Brain Gain</b>	<b>Brain Gain</b>	<b>Brain Gain</b>	<b>Brain Gain</b>	<b>Brain Gain</b>
<b>4:15-4:30</b>	<b>Second Snack</b>	<b>Second Snack</b>	<b>Second Snack</b>	<b>Second Snack</b>	<b>Second Snack</b>
<b>4:30-5:00</b> <b>Walkers at 5</b>	<b>Job Time</b>	<b>Job Time</b>	<b>Job Time</b>	<b>Job Time</b>	<b>Job Time</b>

**Nutrition Club**– Teaches our members kitchen skills, how to prepare healthy meals with a tight budget, portion sizes and food label reading skills. We partner with the CalFresh program.

**SMART (Skills Mastery and Resistance Training) Moves**– A nationally acclaimed prevention program. Members will be exposed to various activities designed to hone their decision-making and critical-thinking skills, as well as learn how to avoid and/or resist alcohol, tobacco, other drugs and premature sexual activity.

**Brain Gain** -Youth engage in a process of learning through discovery, creative expression and literature. In order to combat summer learning loss.

**Project Learn**—A program designed to aid in furthering academic engagement through high-yield activities, leisure reading and writing, and discussions with adults.

**Money Matters**– A program that promotes financial responsibility and independence.

**My.Future**– Digital and media literacy that is enhanced by controlled media socialization through Boys & Girls Club of America online platform, My-Future.net.

**Triple Play**– A comprehensive health and wellness program that strives to improve the overall health of members by increasing daily physical activity, learning about good nutrition, and helping develop healthy relationships.

**Level Up!**- Using the Boys & Girls Club of America model of Digital Arts Festivals to learn about app development through Code.org.

**Torch Club**– Members learn to elect officers and work together to implement activities in four areas: service to Club and community, education, health and fitness and social recreation.