

***Wednesdays - Little Buddies:** Our members visit the local head-start program to mentor their youth from 2:30pm-3:30pm.

***Thursdays - Elders Assistance:** We travel to the homes of elders in the community to help assist them with household chores from 3:30pm-4:30pm.

***Family Dinner Night - Every 3rd Wednesday of the Month at 5:30pm:** Join us for dinner where staff, members, and family come together to share a delicious meal provided by the Boys & Girls Club of the Redwoods. Come meet our staff and support our members.

Hours of Operation: **Monday—Friday** **2:00pm-6:00pm**



Our Mission:

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.



BOYS & GIRLS CLUB
OF THE REDWOODS



Klamath Club House

Fall 2018 (K-6th Grades)

**Located at Margaret Keating
Elementary School**



300 Minot Creek Rd,

Klamath, CA 95548

(707)482-0993

Harold Jones –Unit Director

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	Monday	Tuesday	Wednesday	Thursday	Friday
1:00-2:00			Check in/Mentoring		
2:00-3:00	Check in/Mentoring	Check in/Mentoring	Power Hour	Check in/Mentoring	Check in/Mentoring
3:00-4:00	Power Hour	Power Hour	Rez it Up	Power Hour	Yurok Language
4:00-5:00	Torch Club	Passport To Manhood/ S.M.A.R.T. Girls	Triple Play	S.M.A.R.T. Moves	Triple Play
5:00-6:00	Bead it Up	Arts & Crafts	Game Room Tournament	Nutrition Club	On Spot Fun

Power Hour– Allows for an hour of quiet time for the members to focus on their homework, study for test, and practice their knowledge.

Torch Club– Torch Clubs are chartered small-group leadership and service clubs for boys and girls ages 10-13.

S.M.A.R.T Moves- The S.M.A.R.T (Skills Mastery and Resistance Training) Moves program is a nationally acclaimed prevention program originally developed in the 1980s with help from prevention specialists and Clubs around the country.

Bead It Up- Will teach youth to clean & prepare shells/nuts, ect... for dance regalia. Teach Peyote stitch, loom beading. As appropriate for ages.

Rez it Up- We discuss Yurok cultural traditions, beliefs, and ideologies with guest speakers and cultural lessons

Mentoring– This is an opportunity for members to focus on goal setting, character building, and to think about the future.

Triple Play– Designed to incorporate healthy habits, emphasizes good nutrition, physical activity and improving overall well-being.

Nutrition Club- Teaches our members kitchen skills, how to prepare healthy meals with a tight budget, portion sizes and food label reading skills.

Passport To Manhood- Passport to Manhood promotes and teaches responsibility in Club boys ages 8-17.

S.M.A.R.T. Girls– A small-group for girls focusing on: health, fitness, prevention/education and self-esteem enhancement program designed to meet the developmental needs of girls in three age groups.

