

# June 2018

## Fort Frye Summer Wellness Activity Schedule

Mon	Tue	Wed	Thu
<p>4</p> <p>Pound Exercise Class @ Lowell Elementary 3:00 pm — 3:45 pm</p>	<p>5</p> <p>Run/Walk Club @ FFHS Track 11:00 am—12:00 pm Nutrition Class @ Beverly-Center 12:30 pm - 1:15 pm</p>	<p>6</p> <p>Project Yoga @ Lowell Elementary 3:00 pm—4:00 pm</p>	<p>7</p> <p>Run/Walk Club @ Buell Island 3:00 pm—4:00 pm</p>
<p>11</p> <p>Pound Exercise Class @ Lowell Elementary 3:00 pm — 3:45 pm</p> <p><b>*Summer Feeding Begins</b> <b>See back of calendar</b></p>	<p>12</p> <p>Run/Walk Club @ FFHS Track 11:00 am—12:00 pm Nutrition Class @ Beverly-Center 12:30 pm - 1:15 pm Pool Party/Health Fair Drug &amp; Alcohol Abuse @ Beverly Pool 6:00 pm—8:00 pm</p>	<p>13</p> <p>Project Yoga @ Lowell Elementary 3:00 pm—4:00 pm</p>	<p>14</p> <p>Run/Walk Club @ Buell Island 3:00 pm—4:00 pm</p>
<p>18</p> <p>Pound Exercise Class @ Lowell Elementary 3:00 pm — 3:45 pm</p>	<p>19</p> <p>Run/Walk Club @ FFHS Track 11:00 am—12:00 pm Nutrition Class @ Beverly-Center 12:30 pm - 1:15 pm Pool Party/Health Fair Technology Safety @ Beverly Pool 6:00 pm—8:00 pm</p>	<p>20</p> <p>Project Yoga @ Lowell Elementary 3:00 pm—4:00 pm</p> <p>Pointilism Art Class @ FFHS 9:00 am—10:30 am grades K-5 Pointilism Art Class @ FFHS 10:30 am—12:00 noon grades 6-12</p>	<p>21</p> <p>Run/Walk Club @ Buell Island 3:00 pm—4:00 pm</p>
<p>25</p>	<p>26</p> <p>Run/Walk Club @ FFHS Track 11:00 am—12:00 pm Nutrition Class @ Beverly-Center 12:30 pm - 1:15 pm Pool Party/Health Fair Mental Health Wellness @ Beverly Pool 6:00 pm—8:00 pm</p>	<p>27</p> <p>Project Yoga @ Lowell Elementary 3:00 pm—4:00 pm</p>	<p>28</p> <p>Run/Walk Club @ Buell Island 3:00 pm—4:00 pm</p>

### **POUND EXERCISE CLASS - JUNE**

POUND is a full body cardio jam session and the fastest growing group fitness phenomenon inspired by the sweat-dripping, infectious, energizing fun of drumming!

### **RUN/WALK CLUB - JUNE**

Run/Walk Club is oriented towards the recreation of running and walking. The club meets to encourage fitness and getting students out into the fresh air!

### **PROJECT YOGA - JUNE**

Workout regime among those who are looking to gain flexibility, strength and even lose weight. Yoga is great for reducing stress and allowing for greater relaxation.

### **NUTRITION CLASS**

Learn how to create nutritional snacks and smoothies from easy to follow recipes.

### **POINTILISM ART CLASS**

Pointilism is the theory or practice in Art of applying small strokes or dots of color to the surface of an image so that from a distance they blend together. Individuals will be able to draw a picture that show scenes that are serene and peaceful and then apply the dots of color using markers. This process is all done to music and is relaxing.

### **POOL PARTY / HEALTH FAIR**

Must be accompanied by an adult 18 yrs. and older

Theme: Drug & Alcohol Abuse Prevention 6/12

Theme: Technology Safety 6/19

Theme: Mental Health Wellness 6/26

Sponsored with Washington Co. Health Dept. & Community Action

## **SUMMER FEEDING PROGRAM**

**Free meals for kids ages 1-18 years old**

June 11 – August 10

Monday – Friday @ 12:00 noon

@ Lower Salem Village Hall

@ Lowell United Methodist Church

@ John Dodge Park in Beverly

RSVP: 740-373-3455 sponsored by Washington/Morgan Community Action

## **WEEKEND PACK MEAL PROGRAM**

Dates: 6/15, 6/22, 6/29, 7/6, 7/13, 7/20, 7/27, 8/3, 8/10

**Come every Friday to the Summer Feeding Program to get a meal pack.** Children will receive one meal pack including:

2 breakfast meals

4 lunch/dinner meals

1 white milk

**To be eligible for weekend meal packs, parents will need to complete a one page application. Application must be completed before children can receive the weekend meals. Child must be present to receive the meals.**

@ Lower Salem Village Hall

@ Lowell United Methodist Church

@ John Dodge Park in Beverly

**RSVP: 740-373-3455**

Sponsored by Washington/Morgan Community Action

