**Tiwatukule Health Information Youth Centre Daily Activities**

Recreation room - Opens 7.00am – 4.300pm

Health Information room – Opens daily 7.30am – 4.30pm

Community Library – Opens daily 7.30am – 4.30pm

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| **Day** | **Activity** | **Morning 7.30am – 12.00noon** | **Afternoon 1.30pm – 4.30pm** | **Programs** |
| Monday | Sports, Fitness & Health Options | Non-communicable disease screening, prevention and control (Clinic) | Options for youths to engage in fun physical programs, to develop life-long healthy habits, and to acquire the life skills needed to achieve a balanced lifestyle. | Introduce youths to a variety of traditional and non-traditional sports or games through which youth learn sportsmanship, team-building, goal-setting, and self-discipline in a positive setting. |
| Tuesday | Life Skills, Citizenship & Leadership Opportunities | Opportunities for youth to serve their communities, develop leadership skills, experience the democratic process, and acquire skills needed to become productive, caring, and contributing members of society. | Programs facilitate on-going workforce preparation, entrepreneurship experiences, and opportunities for peer-to-peer mentoring and computer competency. | * Diversity Programs * [Cooking Club](https://drum.armymwr.com/download_file/view/46023/13174) * [Passport to Manhood](https://drum.armymwr.com/download_file/view/46016/13174) * [SMART Girls](https://drum.armymwr.com/download_file/view/46018/13174) * [Stay SMART](https://drum.armymwr.com/download_file/view/46017/13174) * [Date SMART](https://drum.armymwr.com/download_file/view/46024/13174) * [Youth of the Year](https://drum.armymwr.com/download_file/view/46020/13174) * [Youth Leadership Forum](https://drum.armymwr.com/download_file/view/46019/13174) |
| Wednesday | Arts, Recreation & Leisure Activities: | Activities and programs in the area of fine arts, to include performing arts, visual arts and literary arts. | Recreation and leisure program options promote an appreciation for hobbies and the importance of relaxation in daily life. | * Sewing & Quilting Club * [Image Makers Photography Club](https://drum.armymwr.com/download_file/view/46015/13174) * Fine Arts & Crafts * Drum Time * Music Club * [Build Your Future](https://drum.armymwr.com/download_file/view/46022/13174) |
| Thursday | Academic Support, Mentoring & Intervention Services: | Services and assistance in the areas of homework help, tutoring, study, goal-setting, and research skills. | Program options promote health and prevention education, and teach conflict resolution and peer mediation. | * Power Hour * Project Learn * Diplomas to Degrees Conflict * Resolution |
| Friday | Workforce Preparation | Workforce Preparation to help teens prepare for employment and help establish future career goals | Program allows teens to gain valuable work experience and skill development that enables them to successfully enter the workforce. | Career, college preparation and financial planning workshops |
| Saturday | Community Service | Community Outreach | Community Outreach | Youths are asked to learn three things about two elderly person or vulnerable children in their community. |
| Sunday | Closed | Closed | Closed |  |