

MY DURHAM

**SUMMER
2019**

**@ THE DURHAM TEEN CENTER AT LYON PARK
AND WEAVER STREET RECREATION CENTER**

	MON	TUE	WED	THU	FRI
11 a.m. - 12 p.m.	Arrival	Arrival	Arrival	Arrival	Arrival
	News You Can Use	Tech Time	News You Can Use	Tech Time	Tech Time
12 p.m. - 1 p.m.	Lunch	Lunch	Lunch	Lunch	Lunch
1 p.m. - 2 p.m.	Making Proud Choices	Field Trip	Making Proud Choices	Field Trip	Field Trip
2 p.m. - 3 p.m.	Enrichment Activity*		Enrichment Activity*		
3 p.m. - 4 p.m.	Snack		Snack		
	Clean Up & Departure	Clean Up & Departure	Clean Up & Departure	Clean Up & Departure	Clean Up & Departure

**ALL TEENS, AGES 13-18, ARE INVITED TO JOIN
US FROM 11 AM TO 4 PM FOR FREE PROGRAMS,
ACTIVITIES AND FIELD TRIPS!**



**THE DURHAM TEEN CENTER @ LYON PARK | 1101 CORNELL ST. | 919-354-2730
WEAVER STREET RECREATION CENTER | 3000 E. WEAVER ST. | 919-560-4294**

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DAILY ACTIVITIES

NEWS YOU CAN USE: Let's discuss current events and the latest news that affects you!

TECH TIME: Like gaming? Like surfing the net? Come by and use our Tech stuff!

MAKING PROUD CHOICES: Durham Public Health will be discussing making safe choices regarding your health as a teen.

- Lunch and snack will be provided daily.
- Field trips are first come first served. A child will not be able to leave the premises without a signed permission form that will be handed out the day before the trip. Field trips are subject to change.
- Each child is required to sign in each day and is allowed to go and come as they please.

ENRICHMENT ACTIVITIES

WEEKS 1,4,7:

- **Mad Science Lab:** Let's take some household items and do science experiments. Your parents may not let you play with things in the pantry, but you can here!
- **Chef it Up:** Who does not like to eat? Come learn how to make easy meals at home instead of going to the fast food joint up the street!

**These two activities will be the opposite days between the two sites.*

WEEKS 2,5,8:

- **Keeping it Green:** Find out during this series about the importance of all things green! Why do we need to keep storm drains clean? Why is it important to know where your food comes from?
- **Express Yourself:** Pick a topic, lead a discussion, problem solve. Take advantage of a safe space to discuss issues facing you as a teen in Durham with your peers.

WEEKS 3,6,9:

- **Self-Care Clinic:** Come learn new ways to utilize essential oils, meditation, and mindfulness to help you navigate your day to day life.
- **Adulting 101:** Prepare yourself for the real world with real life simulation activities. Are you ready for that type of responsibility?

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FIELD TRIP SCHEDULE

JUNE

- 6/18 Jellybeans Super Skate Center of Cary
- 6/20 Bull City Mini (Golf)
- 6/21 AMF Durham Lanes (Bowling)
- 6/25 Durham Bulls Game
- 6/27 Animal Protection Society (Animal Shelter)
- 6/28 Durham Rescue Mission

JULY

- 7/2 Frankie's Fun Park
- 7/5 Movie at AMC South Point
- 7/9 Jellybeans Super Skate Center of Cary
- 7/11 Frog Hollow Outdoors
- 7/12 Frog Hollow Outdoors
- 7/16 Bull City Escape Room
- 7/18 Scrap Exchange/Urban Community AgriNomics (UCAN)
- 7/19 Scrap Exchange/Urban Community AgriNomics (UCAN)
- 7/23 Bull City Escape Room
- 7/25 Nasher Museum of Art at Duke University
- 7/26 Movie at AMC South Point
- 7/30 AMF Durham Lanes (Bowling)

AUGUST

- 8/1 Jellybeans Super Skate Center of Cary
- 8/2 Bull City Mini (Golf)
- 8/6 Galaxy Fun Park
- 8/8 Dave and Buster's
- 8/9 Food Bank CENC at Durham

*Please note: Field Trip locations are subject to change. Please check back periodically in case there is an update to the schedule.