**MOUNTAIN TRAILS Online Spring Program**

11:00am-12:00pm Zoom Meetings

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Zoom Meeting Host and Activities:** | **Angela**  Relaxation, Breathing and Stretching Session with a Gary Chalk Talk | **Clare and Emily**  Gift Craft Session with a Gary Chalk Talk | **Victoria**  Cooking Session with a Gary Chalk Talk | **Connor**  Trivia/ Scavenger Hunt Session with a Gary Chalk Talk | **Bruce**  Boating Knot Tying Session with a Gary Chalk Talk |
| **What You Need Prepared for the Activities:** | * Pillow * Exercise mat (or you can use a foam mat, or a towel) | * A block of flat wood e.g. a chopping board * Nails * Hammer * String   **OR**   * Thick sturdy cardboard * Pins * String | **(Please have ingredients measured already before the session to save time)**  **Ingredients:** (Makes 15)   * 60 grams butter * ¼ cup honey * 1 tablespoon sugar * 4 cups cornflakes   (Alter accordingly to dietary needs)  **Materials:**   * ¼ cup * 1 tablespoon * 1 cup * Saucepan * Oven tray/s * Oven mitts * Paper patty pans * A normal tablespoon * An oven preheated at 150 degrees | * Something to write trivia answers on e.g. paper and pen, or a computer | * Rope- not too thick or thin and if possible at 1 ½ meters in length * Something to tie knots on to e.g. a broom handle, or chair leg |

Meeting ID: 344 756 9965