**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
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Meeting ID: 344 756 9965