

OELC/CASO Summer 2020 Club Listing

<p>MONDAYS July 13th-August 10th</p>	<p>Mindfulness & Meditation Club - Ever wonder what Mindfulness & Meditation is all about? Did you know that using Mindfulness techniques can help make you a better leader? Join us in our weekly Mindfulness & Meditation Club. Engage with others who are keen to learn more about how these tools can help us to manage thoughts, emotions and take notice of what is happening in a situation and lead your way through it!</p>
<p>MONDAYS July 13th-August 10th</p>	<p>Movement Movement - Do you want to move? Do you want to groove? Do you want to DANCE with us this summer? If you have got the moves and want to try some full-body cardio jams sessions – join us in our weekly Dance Club and engage with others who are keen to learn more about movement and fitness! We will experiment with Groove Dance, Bootcamp, Pound Fitness, Cardio Rockout workouts and more!</p>
<p>TUESDAYS July 14th-August 11th</p>	<p>Virtual Mass Choir - With Massed choir in Muskie on hold...we are going to share our voices in a new way, with the OELC Virtual Choir. If you have a passion for singing, then this club option may be perfect for your next musical project. As a member of this club you will have the opportunity to share your voice with other leaders from all over Ontario. With this collective collaboration we will practice auditioning skills, participate in small and large group sessions, and create a video performance of the piece. Let's explore how your voices can inspire change.</p>
<p>TUESDAYS July 14th-August 11th</p>	<p>PH.ACT Club - The PH.ACT (Physical Activity) Club are for those that find a joy found in movement for physical activity and personal fitness. Weekly clubs will help you get your sweat on all the while exploring numerous fitness "classes" and ways to get heart rates up, inspiring fitness and well-being for themselves and others.</p>
<p>WEDNESDAYS July 15th-August 12th</p>	<p>Escape Club - In this workshop, you will learn the basics of designing an escape room for your friends, family or even your school! The Mobile Escapes team will teach you how to create unique puzzles and enigmas related to a storyline. You will also be part of the planning for next year's brand new escape rooms that will be offered to our future leaders!</p>
<p>WEDNESDAYS July 15th-August 12th</p>	<p>Art and Soul - "Voices in the Park" - This club is an opportunity for you to engage in discussion with TFs and YFs based on social justice issues and turn your passion into a work of art. Staff will help lead you through the creative process to produce a masterpiece (visual arts, drama, dance, creative writing, or music) that helps you send a message out to the world.</p>

<p>THURSDAYS July 16th-August 13th</p>	<p>Book Club - A weekly club about the written word and the adventure of a good story. This weekly interactive club promises to share your passion for books, the love of reading and discussion based on chosen themes. Join us in our weekly Book Club where we will come together and talk about books and the reading experience! Readers will unite under a unified topic and self select their books.</p>
<p>THURSDAYS July 16th-August 13th</p>	<p>Social Justice Club - Lived experiences, systemic oppression, equity, anti-Black racism, Islamophobia, 2SLGBTQAI+, UN Sustainable Goals, and all other areas this learning journey will take us on. The space held within the Social Justice club will use a variety of media provocations (e.g., documentaries, songs, images, movies) to facilitate opportunities for personal growth and roundtable discussions with a goal of promoting action. There is a danger in silence; are you ready to listen, learn and act?</p>
<p>FRIDAYS July 17th-August 14th</p>	<p>Words for Change Club - Join us as we come together to get creative with our words to make a difference. Featuring Rap Artist, lyricist and Alumni, Lex Leosis, youth will be inspired to raise their pens and their voices in our Words for Change Club. Writers, poets, spoken word artists, singer/song writers and lyricists unite!</p>
<p>FRIDAYS July 17th-August 14th</p>	<p>Land, Environment & Outdoors Club - Through connecting with the land, we will brainstorm and co-create local sustainable solutions to tackle global climate change issues. Calling eco-warriors, land advocates, outdoor explorers and leaders to join the conversation, think critically, collaborate on big ideas and take local actions that have lasting ripple effects on our planet.</p>