

**April 2025 Henderson Sweetman Youth Centre Program Calendar**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>TEAL UP KICK OFF</b> 1	2	<u>Youth Committee</u> 6-8pm 3	4	<u>Teen Scene 13+</u> 7-9pm 5
<u>Open Drop-In</u> 3-6pm 6	7	8	9	10	Celebrating MOMC <u>Tie-Dye Nite</u> 6-8pm   B.Y.O. Shirt 11	<i>Smart Steps:</i> <u>Cooking Class</u> 1-4pm   \$8   Ages 8-16 12
<u>Open Drop-In</u> 3-6pm 13	14	15	16	<u>Popcorn &amp; PJs</u> 7-9pm 17	<b>Good Friday</b> MFRC Closed 18	<b>Easter Weekend</b> YC Closed 19
<b>Easter Sunday</b> YC Closed 20	<b>Easter Monday</b> MFRC Closed 21	22	23	<i>Smart Steps:</i> <u>Tranquility Expression Session</u> 6-8pm   \$2 24	<u>Open Drop-In at Night</u> 7-10pm 25	<b>TEAL UP PARTY</b> <i>Pool, Pizza &amp; Dance</i> 26
<u>Open Drop-In</u> 3-6pm 27	28	29	30	<b>Henderson Sweetman Youth Centre</b> 5 Labrador Drive, Shearwater (902) 720-1776  <b>Hannah Purcell, Youth Program Coordinator</b> <a href="mailto:hannah.purcell@hrmfrc.ca">hannah.purcell@hrmfrc.ca</a>		

Please register for all drop-ins and programs via our registration system online at [www.hrmfrc.ca](http://www.hrmfrc.ca)

Payments can be made online at <http://www.hrmfrc.ca/store> or through the main offices. Programs may be changed or cancelled due to low registration or inclement weather.



**Open Drop-In:** Looking to kick back and relax? What better way to do so than to come out to the YC for Open Drop-in. This is a safe space for youth to hang out with friends to play with our sports equipment, foosball, video games, board games, and it's a creative space with paint and craft supplies. All this and more are available during our drop-in times. Respecting the COVID-19 protocols, we ask that you register for drop-ins.

**Date:** Sundays 3-6pm

**Teen Scene 13+:** An evening intended for older youth to come and hangout; youth will have the opportunity to relax, connect with friends, engaging in mature discussions and participate in activities that build social connections and friendships. Space limited, so register today!

**Date:** Saturday, April 5<sup>th</sup>, 2025 | 7-9pm

**Tie-Dye Nite | Celebrating Month of the Military Child:** To celebrate Month of the Military Child, let's get groovy with colours! Bring a few pairs of white (or lighter colour) clothes and let's do some tie dye! Learn some different tie dying techniques and let your creative side get wild!

Please Note this is a **Bring Your Own Shirt** program. Please reach out to Hannah for more information!

**Date:** Friday, April 10<sup>th</sup> | 6-8pm

**Tranquility Expression Session:** Enjoy being creative? Like to get into the artistic mood? Then join us for Tranquility Expression Session (formally known as Art Night)! We will discover different genres of art and dip our paint brushes into different techniques. Learn about different artists and become inspired to create your own masterpieces. Register online today!

**Date:** Thursday, April 24<sup>th</sup> | 6-8pm | \$2

**TEAL UP**  
for military kids  
pour les enfants militaires



## The 'Dandelion Poem'

**Unknow Author**

The official flower of the military child is the dandelion. Why? Dandelions put down roots almost anywhere and it is almost impossible to destroy. It is an unpretentious plant, yet good looking. It is a survivor in a broad range of climates.

Military children bloom everywhere the winds carry them. They are hardy and upright. Their roots are strong, cultivated deeply in the culture of the Military, planted swiftly and surely. They're ready to fly in the breezes that take them to new adventures, new lands, and new friends.

Military children are well-rounded, culturally aware, tolerant, and extremely resilient. They have learned from an early age that home is where their hearts are. That a good friend can be found in every corner of the world.

They learn that to survive means to adapt. That the door that closes one chapter of their life opens to a new and exciting adventure full of new friends and new experiences.