



Monday, June 14, 2021

🍀 **Camp/Cook & Play 4-H Club** - Come into the 4-H kitchen to learn how to cook and create fun, healthy and delicious food. This club will bring out your inner chef and offer solutions to becoming healthy eaters for life!

Ages: 5-8 – Limit 15

🍀 **D.A.R.E. to be Different I 4-H Club** - This club will be led by Mr. John Hicks with the Avery Sherriff's Department who will teach youth the skills needed to be safe, healthy and responsible in leading a drug-free life.

Ages: 5-8 – Limit 15

🍀 **Young Chef's Academy 4-H Club** – In this club, we will educate, entertain and empower youth to make healthy food and lifestyle choices. With a combination of comedy, hip music, cooking demonstrations and youth made videos and fun exercises we will all become health rock stars!

Ages: 9-13 - Limit: 15

🍀 **D.A.R.E. to be Different II 4-H Club** – This club will be led by Mr. John Hicks with the Avery Sherriff's Department and will cover many topics on 'keepin' it REAL by learning how to act decisively and responsibly in difficult situations.

Ages: 9-13 - Limit: 15

Tuesday, June 15, 2021

🍀 **It's a Bug's Life** – If insects are your thing, then come out for a Bug Out Day! Learn about the good bugs and the bad bugs. Get a close up look! We will enjoy cool buggy games too!

Swim Day - Ages: 5-8 - Limit: 15

🍀 **Jr. Avery Idol**– Have you got what it takes to be the next 'Avery Idol'? Come discover your hidden talents and become the newest 4-H Star!

Swim Day - Ages: 5-8 - Limit: 15

🍀 **Stream Sweep** – Help keep our water supply clean and beautiful. Youth will take part in cleaning up our local stream and learn the importance of doing their part to care for their community and planet.

Swim Day - Ages: 9-13 – Limit: 15

Tuesday, June 15, 2021 (Continued)

🍀 **Minute It 2 Win It!** – Who's up for a fun and funny challenge? This 'game show' classic is sure to be a favorite with such challenges as Dizzy Mummy, Breakfast Scramble, Nose Dive, Defying Gravity, etc.

Swim Day - Ages: 9-13 - Limit: 15

Wednesday, June 16, 2021

🍀 **The Art and History of Decoupage** – Today we are joined by Ms. Melanie to learn the art of decoupage which can be traced back to East Siberian tomb art! This art method has been practiced for hundreds of years.

Ages: 5-8 - Limit: 15

🍀 **Movie and a Hike** – We will venture to the Avery Extension Office and Conference Center for a short hike and take in a movie with popcorn.

Ages: 5-8 - Limit: 15

🍀 **The Art and History of Decoupage** – We will learn the lost art of sewing! Participants will learn the basics of stitching and sewing to create their very own cool project to take home and enjoy!

Ages: 9-13 - Limit: 15

🍀 **Movie and a Hike** – We will venture to the Avery Extension Office and Conference Center for a short hike and take in a movie with popcorn.

Ages: 9-13 - Limit: 15

Thursday, June 17, 2021

🍀 **Make it and Take It** – Love being creative? Do you need a quick gift? Learn how to make the 'perfect' craft thru a variety of projects to choose from. You will create your own masterpiece to take home.

Swim Day - Ages: 5-8 - Limit: 15

🍀 **Fear Factor Challenge** – If fear is not a factor, this activity is for you! Come see if you are up for some real challenges as well as good clean, messy, gross and often gruesome fun!

Swim Day - Ages: 5-8 - Limit: 15



Thursday, June 17, 2021 (Continued)

🍀 **Game Inventions** – Who wants to be the next Milton Brady? Youth will get to try their hand at designing, making and promoting their own games. Youth will present their inventions to the group.
Swim Day - Ages: 9-13 - Limit: 15

🍀 **Learning to Lead** – Youth will gain valuable lessons & leadership skills that will take them far in life...employability & interviewing skills, public speaking, resume writing etc. We will even video our own mock job interviews!
Swim Day - Ages: 9-13 - Limit: 15

Friday, June 18, 2021 –CLUB DAY

🍀 **Outdoor Adventure 4-H Club** – This club is for the true adventurer...youth will learn all the basics for becoming lovers and protectors of the great outdoors. Topics will cover camping, hiking, survival skills, compass reading, animal/plant identification, etc.
Ages: 5-8 - Limit: 1

🍀 **Young Explorers** – Just like the title...youth will be introduced to many learning experiences from gardening, livestock, soap making, kitchen science, etc! This club has something for everyone!
Ages: 5-8 - Limit: 15

🍀 **Wilderness Roamers 4-H Club** - Here is the club for the true adventurer...youth will explore the many aspects to becoming an outdoor devotee; if you enjoy hiking, exploring, survival skills, camping, etc. this 4-H Club is for you!
Ages: 9-13 - Limit: 15

🍀 **4-H Discovery Club** - Come discover your passion...youth will experience many interest areas from horticulture, bee keeping, gardening, engineering, etc. Hands-on-learning, fun and something for everyone!
Ages: 9-13 - Limit: 15

Monday, June 21, 2021 –CLUB DAY

🍀 **Camp/Cook & Play 4-H Club**

🍀 **D.A.R.E. to be Different I 4-H Club**

🍀 **Young Chef's Academy 4-H Club**

🍀 **D.A.R.E. to be Different II 4-H Club**

**Tuesday, June 22 2021**

🍀 **Dr. Seuss is on the Loose!** – Today we get to become some of our favorite Dr. Seuss characters like Cat in the Hat, the Sneetches or maybe The Zax. We will read several of our favorites then get to act them out.
Swim Day - Ages: 5-8 - Limit: 15

🍀 **Junior Master Gardener I** – Come discover and learn more about the environment and plant world around you. We will venture to the local community garden and then create our own 'Plant People' to watch grow!
Swim Day - Ages: 5-8 - Limit: 15

🍀 **Clown Olympics** – What better way to prepare for the summer Olympics than to have our own...but with a twist...we will have various zany competitions set up for games youth will never forget! Medal ceremony will follow the closing of the games.
Swim Day - Ages: 9-13 - Limit: 15

🍀 **Book Builders** – Whether you enjoy writing, journaling or sketching, how about creating own personal book to collect your prized works?!n We will learn how to create books for ourselves to give as gifts.
Swim Day - Ages: 9-13 - Limit: 15

Wednesday, June 23 2021

🍀 **Scrapping I with Ms. Melanie** – Youth will join Ms. Melanie to learn the popular art of scrapbooking. Youth will create their own project to take home and impress their friends and family.
Ages: 5-8 - Limit: 15

🍀 **Movie and a Hike** – We will venture to the Avery Extension Office and Conference Center for a short hike and take in a movie with popcorn.
Ages: 5-8 - Limit: 15

🍀 **Scrapping II with Ms. Melanie** – Youth will join Ms. Melanie to learn the popular art of scrapbooking. Youth will create their own project to take home and impress their friends and family.
Ages: 9-13- Limit: 15

🍀 **Movie and a Hike** – We will venture to the Avery Extension Office and Conference Center for a short hike and take in a movie with popcorn.
Ages: 5-8 - Limit: 15



Thursday, June 24 2021

☘ **The Tie-Dye Lab** – Today we learn the science of mixing colors and designing our very own shirts to wear and impress our friends!

Swim Day - Ages: 5-8 - Limit: 15

☘ **Bubble-ology** – Who knew there was an actual study of bubbles?! We will make our own super bubbles, paint with our bubbles and learn a 'bubble dance'!

Swim Day - Ages: 5-8 – Limit: 15

☘ **Kan-Jam** – Come learn about the fun and fastest growing disc game today....it's all about KanJam! This popular game will liven up your next party and provide hours of fun!

Swim Day - Ages: 9-13 – Limit: 15

☘ **It Makes Perfect Cents** – Do you like shopping, movies, video games, eating out, want to have a car or go to college one day? We will learn the basics of money management...earning, saving, budgeting and much more.

Swim Day - Ages: 9-13 – Limit: 15

Friday, June 25, 2021 – CLUB DAY

☘ **Outdoor Adventure 4-H Club**

☘ **Young Explorers 4-H Club**

☘ **Wilderness Roamers 4-H Club**

☘ **Discovery 4-H Club**

Monday, June 28, 2021 – CLUB DAY

☘ **Camp/Cook & Play 4-H Club**

☘ **D.A.R.E. to be Different I 4-H Club**

☘ **Young Chef's Academy 4-H Club**

☘ **D.A.R.E. to be Different II 4-H Club**

Tuesday, June 29, 2021

☘ **4 The Birds** – Come join this workshop where we will give a little something back to our feathered friends...we will be constructing and painting birdhouses and bird feeders to take home.

Swim Day - Ages: 5-8 - Limit: 15

☘ **Pirate Day** – Ahoy Mate! Walk the plank as we learn about the world of pirates. We will do fun crafts and go on a different kind of treasure hunt

Swim Day - Ages: 5-8 – Limit: 15

**Tuesday, June 29, 2021 (Continued)**

☘ **Dip Designs** – Today we will take the art of Tie-dye to a new level! We will mix and color various one-of-a-kind items we can wear home and impress our friends and family.

Swim Day - Ages: 9-13 – Limit: 15

☘ **Birds of a Feather** – In this workshop we will learn about native birds in the high country then design and build unique birdfeeders with feed included for our new friends.

Swim Day - Ages: 9-13 - Limit: 15

Wednesday, June 30, 2021

☘ **Creepy Critters** – Today we will have humans and critters visit us from Grandfather Mountain....we get to meet real-life animals and discover what all animals need: air, water, space, food and shelter.

Ages: 5-8 - Limit: 15

☘ **Movie and a Hike** – We will venture to the Avery Extension Office and Conference Center for a short hike and take in a movie with popcorn.

Ages: 5-8 - Limit: 15

☘ **Call of the Wild** – We get to get up-close and personal with some of our native animals! Visitors from Grandfather Mountain will be there with various animals to teach us about tools to examine the similarities and differences between living organisms.

Ages: 9-13 - Limit: 15

☘ **Movie and a Hike** – We will venture to the Avery Extension Office and Conference Center for a short hike and take in a movie with popcorn.

Ages: 9-13 - Limit: 15

Thursday, July 1, 2021

☘ **Kitchen Science** – Today we will part of 'Operation Espionage' and learn how to take ordinary items found in the kitchen mix and make tools needed to become a undercover detective!

Swim Day - Ages: 5-8 - Limit: 15

☘ **Moovin' and Groovin'** – Here's where we learn to get our groove on! We will learn to move to some of the oldies...the Electric Slide, Watch Me Whip and learn some new moves like the Wobble...have fun and get fit!

Swim Day - Ages: 5-8 - Limit: 15



Thursday, July 1, 2021 (Continued)

🍀 **Circle of Friends**— Learn the fine art of making your very own friendship bracelets using several different methods and materials. Make gifts for yourself and your friends.

Swim Day – Ages: 9 – 13 – Limit: 15

🍀 **Power of the Wind**— Learn how to harness the power & energy of the wind...youth become the engineers & investigate how to capture this awesome power to make their own working windmill & come up with other ideas for alternative energy.

Swim Day - Ages: 9-13 - Limit: 15

Friday, July 2, 2021 – CLUB DAY

🍀 **Outdoor Adventure 4-H Club**

🍀 **Young Explorers 4-H Club**

🍀 **Wilderness Roamers 4-H Club**

🍀 **Discovery 4-H Club**

Monday, July 5, 2021

🍀 **HOLIDAY** 🍀

**Tuesday, July 6, 2021**

🍀 **4-H Takes Flight** – Today we learn and discover the history of flight. We will also get to construct and decorate our very own airplane to race with our friends.

Swim Day - Ages: 5 -8 - Limit: 15

🍀 **Ribbons, Rocks & Rhinestones** – We will use a host of jewels, ribbons and natural items to create unique masterpieces. You will walk away with a new array of great accessories.

Swim Day - Ages: 5 -8 - Limit: 15

🍀 **4-H Highland Games** – Sheaf Toss, Farmer's Dash, Tug O' War, Haggis Hurl, Welly Throw, Caber Toss....we will learn the rich history of the Scottish Highland Games then let the games begin!

Swim Day - Ages: 9 -13 - Limit: 15

🍀 **Play Ball With a Pickle?** – It's Pickleball! Kind of like tennis...kind of like ping pong....today we'll learn the new game craze everyone is talking about...we will set matches and have our own tournament.

Swim Day - Ages: 9 - 13 - Limit: 15

Wednesday, July 7, 2021

🍀 **Flower Power** – With the help of Ms. Melanie, we will learn the art of floral arranging and other decorating and etiquette tips and table manners.

Ages: 5-8 - Limit: 15

🍀 **Movie and a Hike** – We will venture to the Avery Extension Office and Conference Center for a short hike and take in a movie with popcorn.

Ages: 5-8 - Limit: 15

🍀 **Little Shop of Flowers** – Today we will learn the art of floral arrangement with Ms. Melanie and also learn proper etiquette tips for hosting a great get together with friends or family.

Ages: 9-13 - Limit: 15

🍀 **Movie and a Hike** – We will venture to the Avery Extension Office and Conference Center for a short hike and take in a movie with popcorn.

Ages: 9-13 - Limit: 15

Thursday, July 8, 2021

🍀 **Discover Art in the Ocean I** – Today we will have a special guest with us to help us create wonderful art based on the colors and creatures of the ocean.

Swim Day - Ages: 5 -8 - Limit: 15

🍀 **Green Scene** – Youth will learn the importance of taking care of our planet by recycling, reusing and reducing. We will be talking trash and create cool items from items usually discarded.

Swim Day - Ages: 5 -8 - Limit: 15

🍀 **Discover Art in the Ocean II** – Today we will have a special guest with us to help us create wonderful art based on the colors and creatures of the ocean.

Swim Day - Ages: 9 - 13 - Limit: 15

🍀 **Rising to the Occasion** – Come explore the wonderful world of dough & make fresh breads that will amaze your taste buds. Learn different bread recipes and science behind them....we will conclude with a tasting party!

Swim Day - Ages: 9 - 13 - Limit: 15

Friday, July 9, 2021 – CLUB DAY

🍀 **Outdoor Adventure 4-H Club**

🍀 **Young Explorers 4-H Club**

🍀 **Wilderness Roamers 4-H Club**

🍀 **Discovery 4-H Club**

Monday, July 12, 2021 – CLUB DAY

- ☘ **Camp/Cook & Play 4-H Club**
- ☘ **D.A.R.E. to be Different I 4-H Club**
- ☘ **Young Chef's Academy 4-H Club**
- ☘ **D.A.R.E. to be Different II 4-H Club**

Tuesday, July 13, 2021

- ☘ **Clown College** – Do you like clowning around? Enjoy making people laugh? In this class youth will learn the basics of clowning around, applying make-up, performing stunts and making people laugh.

Swim Day - Ages: 5 -8 - Limit: 15

- ☘ **Go Fly a Kite** – Let's get into the amazing power and study of wind! We will learn about air pressure, trade winds, wind energy and much more! We will also design, build and fly our own kites!

Swim Day - Ages: 5 -8 - Limit: 15

- ☘ **Mission to Mars** – Today we will venture to the Red Planet for an out of this world adventure! We will establish a base camp, build our own Mars Rover they navigate our rover to various landing sites on Mars.

Swim Day - Ages: 9 -13 - Limit: 15

- ☘ **Mad Scientist** – Through discovery & hand-on learning, youth will engage in exciting experiments that encourage them to explore & investigate the wonders of the scientific world.

Swim Day - Ages: 9 - 13 - Limit: 15

Wednesday, July 14, 2021

- ☘ **The Artistry of the Simple String I** – Ms. Melanie visits us again today to teach us some really lovely and creative art projects we can do using simple string!

Ages: 5 -8 - Limit: 15

- ☘ **Movie and a Hike** – We will venture to the Avery Extension Office and Conference Center for a short hike and take in a movie with popcorn.

Ages: 5-8 - Limit: 15

- ☘ **The Artistry of the Simple String II** – Ms. Melanie visits us again today to teach us some really lovely and creative art projects we can do using simple string!

Ages: 9 - 13 - Limit: 15

Wednesday, July 14, 2021 (Continued)

- ☘ **Movie and a Hike** – We will venture to the Avery Extension Office and Conference Center for a short hike and take in a movie with popcorn.

Ages: 5-8 - Limit: 15

Thursday, July 15, 2021

- ☘ **Down on the Farm** – Today we will be visited by our very own Ms. Michelle to teach us all about running a successful farm; she will also present several of her farm animals and teach us how to properly care for them.

Swim Day - Ages: 5-8 - Limit: 15

- ☘ **Hodge Podge** – Here we get creative...we will gather a wide assortment of supplies & materials that youth can choose from to create unique, one of a kind crafts to impress family & friends.

Swim Day - Ages: 5 -8 - Limit: 15

- ☘ **Hydroponic Wonders** – Growing plants without soil? In this workshop we will learn the growing method of Hydroponics...we will design, build and plant in our very own hydroponic system.

Swim Day - Ages: - 9-13 – Limit 15

- ☘ **The Art of Improv** – In this workshop youth will learn to think on their feet through the art of improvisation...we will sight-read & perform several short plays for ur peers to enjoy.,

Swim Day - Ages: - 9-13 – Limit 15

Friday, July 16 2021 – CLUB DAY

- ☘ **Outdoor Adventure 4-H Club**
- ☘ **Young Explorers 4-H Club**
- ☘ **Wilderness Roamers 4-H Club**
- ☘ **Discovery 4-H Club**

Monday, July 19, 2021 – CLUB DAY

- ☘ **Camp/Cook & Play 4-H Club**
- ☘ **D.A.R.E. to be Different I 4-H Club**
- ☘ **Young Chef's Academy 4-H Club**
- ☘ **D.A.R.E. to be Different II 4-H Club**



Tuesday, July 20, 2021

☘ **Creative Baking Art** – Our friend Ms. Arizona will be joining us to teach youth how to design and shape simple clay into creative pieces that can be baked to form amazing works of art!

Swim Day - Ages: 5 -8 - Limit: 15

☘ **Christmas in July** – Give the best gift to your favorite friend or family member...something created by YOU! Youth will spend the day learning Christmas traditions from around the world and get to create unique holiday projects to take home.

Swim Day - Ages: 5 -8 - Limit: 15

☘ **The Art of Polymer Chains** – We welcome our friend Arizona who will teach us about the amazing world of polymer chains and how they are used in everyday life. We will also make our own polymer chair art piece to take home.

Swim Day - Ages: 9 -13 - Limit: 15

☘ **Appalachian Cooking** – Soup beans, corn pone, mustard greens, stripped meat....today we will learn about foods and cooking methods used by our ancestors. We will get to sample our food creations too!

Swim Day - Ages: 9 -13 - Limit: 15

Wednesday, July 21, 2021

☘ **Power of Simple Machines** – In this workshop we will learn the properties and value of simple machines like gears, pulleys, lever, etc..we will build and test our own simple machines.

Ages: 5 -8 - Limit: 15

☘ **Movie and a Hike** – We will venture to the Avery Extension Office and Conference Center for a short hike and take in a movie with popcorn.

Ages: 5-8 - Limit: 15

☘ **Put It Up! - Food Preservation 101** – Today we learn the science of safe, home food preservation. We will focus on the 'water bath' method and can our very own apple pie filling!

Ages: 9-13 - Limit: 15

☘ **Movie and a Hike** – We will venture to the Avery Extension Office and Conference Center for a short hike and take in a movie with popcorn.

Ages: 9-13 - Limit: 15

**Thursday, July 22, 2021**

☘ **Spa Day** – What better way to pamper yourself than a day at the spa...enjoy a manicure, pedicure, a European facial, review the latest hairstyles and fashion trends for guys & gals.

Swim Day - Ages: 5-8 - Limit: 15

☘ **Junior Master Gardener I** – Come discover and learn more about the environment and plant world around you. We will venture to the local community garden and then create our own 'Plant People' to watch grow!

Swim Day - Ages: 5-8 - Limit: 15

☘ **Under the Microscope** – What can you observe in a single drop of water? In this workshop we will construct our own microscope to observe the various microorganisms living in our waters.

Swim Day - Ages: 5-8 - Limit: 15

☘ **The Power & Properties of Our Water** –

Today we investigate our most precious natural resource...water. We will construct a waterwheel prototype to demonstrate how water can generate electricity, help grind grain as well as other uses.

Swim Day - Ages: 9 -13 - Limit: 15

Friday, July 23 2021 – CLUB DAY

☘ **Outdoor Adventure 4-H Club**

☘ **Young Explorers 4-H Club**

☘ **Wilderness Roamers 4-H Club**

☘ **Discovery 4-H Club**

Monday, July 26, 2021 – CLUB DAY

☘ **Camp/Cook & Play 4-H Club**

☘ **Outdoor Adventure 4-H Club**

☘ **Young Chef's Academy 4-H Club**

☘ **Wilderness Roamers 4-H Club**

Tuesday, July 27, 2021

☘ **Put a Cork In It!** – How can a chemical reaction power a rocket? Today we will have a 'blast' learning about such things when we design and launch our own rocket powered by a simple chemical reaction!

Swim Day - Ages: 5 -8 - Limit: 15

☘ **Camping In/Camping Out** – Living in the great outdoors can be a blast! Youth will learn how to set up their own tent, campfire safety and cooking basics, outdoor first aid & maybe a few campfire songs!

Swim Day - Ages: 5-8 - Limit: 15

Tuesday, July 27, 2021 (Continued)

☘ **Gizmos & Gadgets** – Today we will use our engineering skills to create scientific contraptions that work and learn how and why they work! They may spin, fling, collide or whiz....you'll be amazed!
Swim Day - Ages: 9-13 - Limit: 15

☘ **Electric Energy Extravaganza** – Watt is going on in this class is electrifying. We will make and take hope a great electric project!
Swim Day - Ages: 9 -13 - Limit: 15

Wednesday, July 28, 2021

☘ **Powerful Pollinators** – Today we learn the importance of saving all of our powerful pollinators. We will develop ways we can protect these valuable creatures and create our own pollinators.
Ages: 5 -8 - Limit: 15

☘ **Movie and a Hike** – We will venture to the Avery Extension Office and Conference Center for a short hike and take in a movie with popcorn.
Ages: 5-8 - Limit: 15

☘ **Power of the Wind** – Learn how to harness the power & energy of the wind...youth become the engineers and investigate how to capture this awesome power to make their own working windmill and come up with other ideas for alternative energy!
Ages: 9-13 - Limit: 15

☘ **Movie and a Hike** – We will venture to the Avery Extension Office and Conference Center for a short hike and take in a movie with popcorn.
Ages: 9-13 - Limit: 15

Thursday, July 29, 2021

☘ **Hawaiian Hullabaloo** – How does a colorful luau party sound? We dress in our Hawaiian attire, play games such as 'pass the coconut', limby, 'hula till you drop', Hawaiian Pictionary and more. We will also study the rich history & customs of the islands.
Swim Day - Ages: 5-8 - Limit: 15

☘ **Creative Card Making** – Youth will have a blast learning how to design and make their very own beautiful and creative cards for all occasions.
Swim Day - Ages: 5-8 - Limit: 15

☘ **Hands, Feet, What a Treat!** – What better way to pamper yourself than with a self-care day at the 4-H Spa! We will discuss the importance of self-care and enjoy various ways we can take care of ourselves...sure to be a favorite workshop!
Swim Day - Ages: 9-13 - Limit: 15

Thursday, July 29, 2021 (Continued)

☘ **Appalachian Storytelling, Music & Dance** – Come experience the rich & colorful art of Appalachian story-telling, traditional mountain music and dances of the High Country.
Swim Day - Ages: 9-13 - Limit: 15

Friday, July 30, 2021***FINAL DAY OF WOW*****BACK TO SCHOOL BASH!****FINAL DAY – PARTY, PARTY, PARTY!****IMPORTANT REMINDERS:**

- ☘ We will swim on Tuesdays & Thursdays. Please bring a swim suit, towel and floaties (if needed), clearly marked with youth's name.
- ☘ At this time, all youth will be required to wear face coverings.
- ☘ Please bring a labeled water bottle; staff will assist youth with refilling.
- ☘ Due to accidents, youth are asked NOT to wear flip-flops or other shoes that do not fit securely on their feet.
- ☘ **All participants will be entered into the NC 4-H OnLine system.**

