



## GAMES FOR LIFE

Monday- Thursday, July 17th- August 3rd  
8:30 AM- 11:30 AM

You may sign up for 1 week, 2 weeks, or 3!

Join Mr. Hertzog in learning the rules of several backyard games that can be played throughout your lifetime. Use strategic thinking, work as a team, and enjoy the benefits of having fun while getting exercise.

### Games for Life will include:

- Wiffle Ball
- Capture the Flag
- Kickball
- Ultimate Frisbee
- Cornhole
- Many More!



For further information  
please contact Melissa Truman.

(607) 467-2198 ext. 3206

[mtruman@deposit.stier.org](mailto:mtruman@deposit.stier.org)



## Students

All students entering grades 9 through 12 are invited to attend the free summer enrichment program.

## Transportation

Transportation will be provided if needed. Please be sure to fill out your needs on the attached enrollment form.

## Meals

Free breakfast and lunch are available to our high school students. Meals are served before and after classes in the elementary school cafeteria.

Breakfast: 8:00 AM- 8:30 AM

Lunch: 11:30 AM - 12:00 Noon

**Please return enrollment forms to the main office by Thursday, June 8th.**



# HIGH SCHOOL SUMMER ENRICHMENT



**KNOWLEDGE IS  
POWER AND HEALTH  
IS WEALTH.**

**JOIN US AT SUMMER  
ENRICHMENT, AND  
INVEST IN YOURSELF.**

Summer  
2023



## SUNSHINE FOR THE MIND, BODY, AND SOUL

Monday- Thursday, July 17th- August 3rd  
8:30 AM- 11:30 AM

Join Mrs. Wehrli for a book study and discussions for the **mind**. Connect with nature on walks and hikes for the **body**. Use reflection and journaling for the **soul**.



### This class will also include:

- Writing Stories and Plays
- Composing Poetry
- Creating Artwork and Crafts
- Photography



## OUTDOOR RECREATION AND FITNESS

Monday- Thursday, July 10th- July 28th  
8:30 AM- 11:30 AM

Enjoy engaging in a rotation of outdoor activities that help you to maintain a healthy level of fitness, learn to overcome challenges, and work as a team to accomplish a goal.

You will have fun learning new skills with Mr. Z. Matthews and Mr. B. Matthews in the areas of:

- Golf
- Fishing
- Biking
- Other Fitness Activities and Games



## A CULINARY EXPERIENCE



Monday- Thursday,  
July 10th- July 20th  
8:30 AM- 11:30 AM

Would you like to gain cooking skills while learning how to create a food blog?

With Mrs. MacDonald you will:

- Learn basic cooking skills, techniques, and terminology.
- Plan, create, plate, and garnish meals following a recipe from start to finish.
- Be challenged to prepare a dish using mystery ingredients.

With Mrs. Vanluvender you will:

- Choose the name and platform for your Blog.
- Learn to use Canva to design your blog page.
- Learn about food photography, video, and journaling to showcase daily cooking events.

This class will end with a friendly cooking/baking competition!!!

