

Appendix C  
Camp **GLOW** Matameye 2005

	Day 1: Mon	Day 2: Tue	Day 3: Wed	Day 4: Thurs	Day 5: Fri
7:30-08:30	FOOD SCHEDULE	<b>Breakfast: oranges, kosai</b>	balloon toss/race <b>Breakfast: fruit, fankay</b>	<b>Breakfast: fruit, salla,</b>	<b>Breakfast: milk, Lipton tea, bread</b>
:8:30-10:00					Group Skits/Musicals Thank You Ceremony Awards/Gift Bags
10:00-10:30		<b>PAUSE: coconut, candy</b>	<b>PAUSE: cookies, candy</b>	<b>PAUSE: big Zinder aya, tretup juice</b>	Sai Gida DEPARTURE
10:30-12:00					
12:00-3:00	LUNCH: rice & beans FREE TIME	LUNCH: rice & sauce FREE TIME	LUNCH: rice & sauce FREE TIME	LUNCH rice & sauce FREE TIME	
3:00-4:30					
4:30-5:30		PAUSE & REFLECT	PAUSE & REFLECT	PAUSE & REFLECT	
5:30-7:00	WASH-UP FREE TIME	WASH-UP FREE TIME	WASH-UP FREE TIME	WASH-UP FREE TIME	
7:00	<b>DINNER: Pasta, sauce, meat, veggies</b>	<b>DINNER: Pasta, sauce, meat, veggies</b>	<b>DINNER: Pasta, sauce, meat, veggies</b>	<b>DINNER: Pasta, sauce, meat, veggies</b>	
	Clean Up	Clean Up	Clean Up	Clean Up	
8:00-Sleep	Movie	Lalle Talk about Girls Edu	Movie	Sing & dance "PARTY"	