



THE SKAGIT VALLEY FAMILY YMCA Oasis  
 125 North 5th Street, Mount Vernon, WA 98273  
 360 419-9058 | skagitymca.org/ymca-oasis

# OASIS DAYLIGHT CENTER

## October 2019

### Theme: Fun Connections

BUS PASSES AVAILABLE  
 LGBTQ+ INCLUSIVE  
 13-17 years old  
 Come Hungry!

Hours:  
 4:15-6:30pm M-F  
 1:00-6:30pm Sat & Sun

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1 Youth Choice Day!</b> 4:15-6:00pm 	<b>2 DVASAS Outreach BBQ</b> 4:15-5:15pm 	<b>3 Walk-about:</b> RiverFront 4:30-6pm 	<b>4 Underground Writing</b> 4:15-5:15pm 	<b>5 Youth Choice Day!</b> 2-6pm 
<b>6 PFLAG Meet-up</b> Roundtable Pizza Mt. Vernon 5-7pm 	<b>7 Choose Your OWN Art Design!</b> 4:15-6:00pm 	<b>8 Life Skills:</b> Worksource-Finding a Job 4:15-5:15pm 	<b>9 Life Skills Workshop</b> 4:15-6:00pm 	<b>10 Jam Session!</b> 4:15-6:00pm 	<b>11 Frisbee Golf Tournament</b> 4:15-6:00pm 	<b>12 Walk-about:</b> Farmer's Market 1:00-3:00pm 
<b>13 Teens Talk!</b> 2:00-5:00pm 	<b>14 Walk-about:</b> Downtown 5:00-6:00pm 	<b>15 Photography Basics</b> 4:15-6:00pm 	<b>16 DVASAS Outreach BBQ</b> 4:15-5:15pm 	<b>17 Underground Writing</b> 4:15-5:15pm 	<b>18 Planned Parenthood</b> 4:30-5:30pm 	<b>19 Community Action:</b> Yard Clean up 2:30-4pm 
<b>20 Geocache:</b> Treasure Hunt 1:00-4:00pm 	<b>21 Heartfull Meditation</b> 4:45-5:45pm 	<b>22 Teen Leadership Club</b> 4:15-6:00pm 	<b>23 Walk-about:</b> River Park Beach 4:30-6pm 	<b>24 Teens Talk!</b> 4:30-5:30pm 	<b>25 Slam Poetry Night</b> 4:30-6:00pm 	<b>26 YMCA Day Pass</b> 2:00-6:00pm 
<b>27 Teens Talk!</b> 5-6pm 	<b>28 Color Relaxation</b> 4:30-5:30pm 	<b>29 Life Skills:</b> Learn-A- Meal! Chicken Pumpkin Alfredo 4:15-6:00pm 	<b>30 Life Skills:</b> Healthy Communication 4:30-5:30pm 	<b>31 Trick-or-Treat</b> Costume Party! 4:30-6:30pm 		

**Youth Choice:** Pick an activity that YOU want to participate in!

**Teens Talk:** Let's hear what's on your mind!

**Teen Leadership Club:** Take charge and action in your community.

**Open Youth Discussion:** We want to hear what kind of activities you want!

**Life Skills: Learn-A-Meal:** Learn how to cook a meal and share with friends!

**Life Skills:** This workshop allows you to learn some useful skills for REAL life applications.

**Underground Writing:** Let's do some writing to express yourself!

**DVASAS:** Discussion about healthy relationships and lifestyles.

**Slam Poetry:** Get your emotions and thoughts out on paper.

**Color Relaxation:** Grab a handful of colors and make something beautiful.

**Heartfull Meditation:** Learn Techniques For Transformation & Inner Peace.