



THE BANGOR REGION YMCA TEEN CENTER - SEPTEMBER 2023

Drop-In Hours: Monday – Friday, 2:00 – 6:00pm

Where All Are Welcome • 17 Second St., Bangor • 207 941 2808 • kwakana@bangorY.org



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
W	E	L	C	O	M	E
3 National Pet Rock Day	4 LABOR DAY B	5 A	6 C	7 K	8 !	9 TEDDY BEAR DAY SEPTEMBER 9
10	11 OPENING DAY! Game Night @ 3:00pm Ice Cream Sundae Bar @ 4:30pm	12 Trivia Night @ 4:00pm Jackbox Games @ 4:30pm Leaders Club @ 5:30-6:30pm	13 Crafts for Wellness w/Penquis @ 3:15pm Youth and Government @ 5:00-6:00pm	14 Application Assistance @ 2:00-6:00pm ME and My Future Informational Kickoff @ 4:00-5:00pm	15 Movie Night: Guardians of the Galaxy 1 @ 4:00pm Friday Night Dinner: Mac and Cheese @ 4:30pm Free Swim @ 6:00-8:00pm	16 Special Weekend Event! Field Trip to CPW: The Y Van will leave the YMCA at 10:00am and arrive back at 12:00pm
17	18 Game Night @ 3:00pm	19 Trivia Night @ 4:00pm Jackbox Games @ 4:30pm Leaders Club @ 5:30-6:30pm	20 Crafts for Wellness w/Penquis @ 3:15pm Youth and Government @ 5:00-6:00pm	21 Application Assistance @ 2:00-6:00pm Guided Mindfulness @ 4:00-5:00pm	22 Movie Night: Guardians of the Galaxy 2 @ 4:00pm Friday Night Dinner: Dinner with a Dietitian @ 4:30pm Free Swim @ 6:00-8:00pm	23 Autumn Equinox
24 BLUEBIRD OF HAPPINESS DAY	25 Game Night @ 3:00pm	26 Trivia Night @ 4:00pm Jackbox Games @ 4:30pm Leaders Club @ 5:30-6:30pm	27 Crafts for Wellness w/Penquis @ 3:15pm Youth and Government @ 5:00-6:00pm	28 Application Assistance @ 2:00-6:00pm ME and My Future @ 4:00-5:00pm	29 Movie Night: Guardians of the Galaxy 3 @ 4:00pm Friday Night Dinner: Spaghetti @ 4:30pm Free Swim @ 6:00-8:00pm	30 NATIONAL CHEWING GUM DAY

ALL MONTH LONG
We will be hosting a Food Drive and accepting donations for the Food Pantry.

HOMEWORK ASSISTANCE
Monday – Friday, 2:00pm

FRIDAY MOVIE NIGHTS
Free dinner will be provided!

TRIVIA NIGHTS
Winner receives candy! Popcorn will be provided.

JACKBOX GAMES
Jackbox Games are party games played as a group using cell phones or personal computers.

GAME NIGHT
Our variety of games feature a competition between two or more players.

JOBS & APPLICATIONS ASSISTANCE
Job and college application assistance from the Teen Center staff from 2:00 – 6:00pm.

ME AND MY FUTURE
A NEW Teen Center bi-weekly program, with the goal of expanding horizons of our Bangor Y Teens—offering them the opportunity to explore local college campuses, as well as learn about and tour local businesses to see what they look for in future employees.

GUIDED MINDFULNESS
New Teen Center Program, lead by Teen Center Staff to encourage teens to take a break from electronics and practice reflection, learn mindfulness techniques, and have meaningful peer to peer conversations.

FREE SWIM
Fridays, 6:00 – 8:00pm. We will be having some fun swim time at the Bangor Y Pool. Bring a bathing suit and towel.

LEADERS CLUB
The goal of this group is to provide teens with the skills, resources, and volunteer opportunities they need to strengthen their leadership abilities and enhance their job & college applications in the future.

CRAFTS FOR WELLNESS
Please wear clothes you are okay getting messy. Penquis is a nonprofit organization incorporated in 1967 to alleviate and eliminate the causes and conditions of poverty.

KEY
Green = Activities
Orange = Clubs
Red = Special Events

Thank you Heart of Maine United Way for supporting our Teen Center