

# TEENS SUMMER FUN ACTIVITIES

## “GET IN THE GAME”

Created by the Young Adult Department



## A FUN VISIT FROM HEALTHY HERB



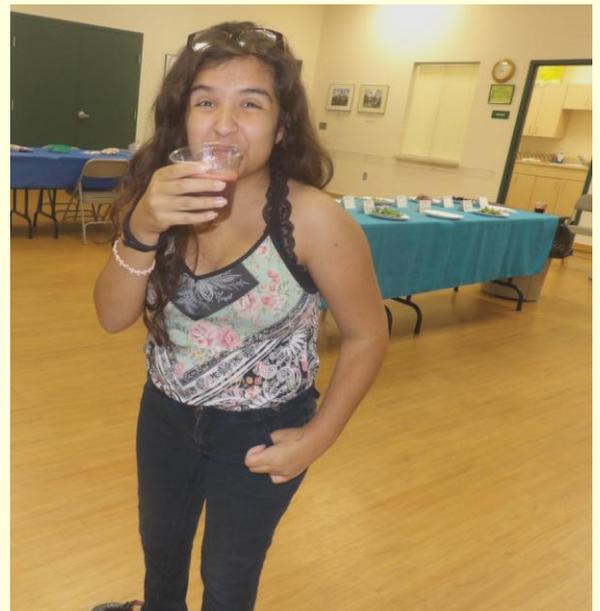
**TEEN CAKE DECORATING WORKSHOP**  
**COURTESY OF PUBLIX BAKERY**  
**STORE #77**



# NUTRITION TEEN NUTRITION WORKSHOP



smoothies



## Make Your Own Smoothie

- 1/4 to 1/2 cup juice
- 1/3 to 1/2 cup fresh/frozen fruit (your choice)
- 1/2 cup plain yogurt (optional)

## Directions:

1. Put all ingredients in a blender.
2. Blend on high until smooth.
3. Pour into cup/glass and serve right away.



# TEEN PAPER MACHE SUPER HERO WORKSHOP



## EASY PAPER MACHE PASTE

In a medium bowl, mix one part flour with one part of water – for example, 1 cup flour and 1 cup water. Mix until you have a gluey consistency. Add a little water if it is too thick or flour if it is too thin. Stir well with a spoon.



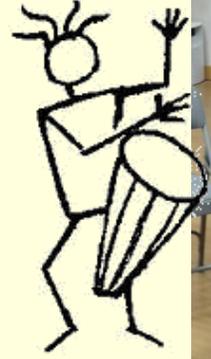
# DRAWING WITH MR. D



# TEEN/ADULT BELLY DANCING WORKSHOP WITH MS. DONNA



# TEEN/ADULT DRUM CIRCLE WORKSHOP



# TEEN JUGGLING WORKSHOP

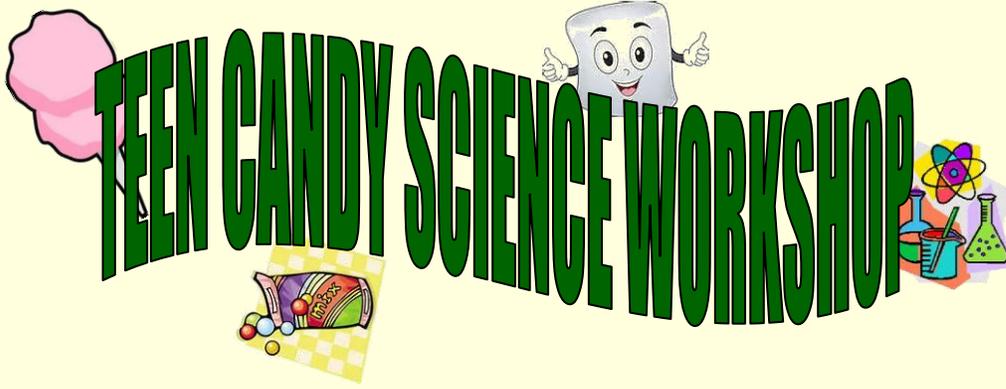




# LADIES SELF-DEFENSE WORKSHOP WITH SGT. MIKE LUTZ FLAGLER SHERIFF'S DEPARTMENT



# TEEN CANDY SCIENCE WORKSHOP



# TEEN/ADULT HERBS & OILS WORKSHOP

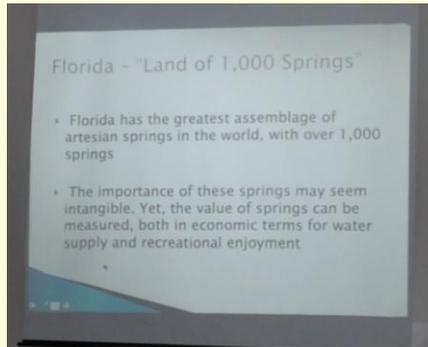




# TEEN GARDENING WORKSHOP WITH MASTER GARDENERS MS. MAUREEN & MS. JOY

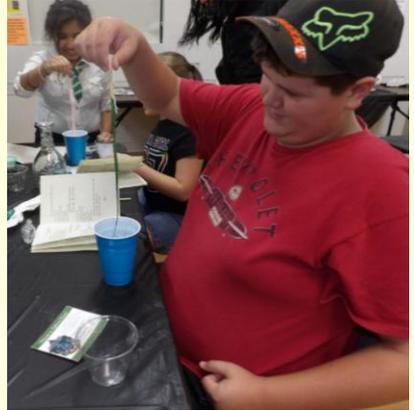


# TEEN CAVING WORKSHOP PRESENTED BY MR. TONY FROM THE JACKSONVILLE RIVER CITY GROTTOS





# TEEN HARRY POTTER POTIONS WORKSHOP





# ANNUAL HAWAIIAN CELEBRATION



ALOHA

# TEEN ANNUAL HARRY POTTER "MAGICAL" CELEBRATION



