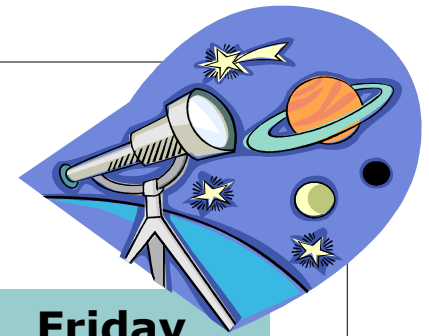



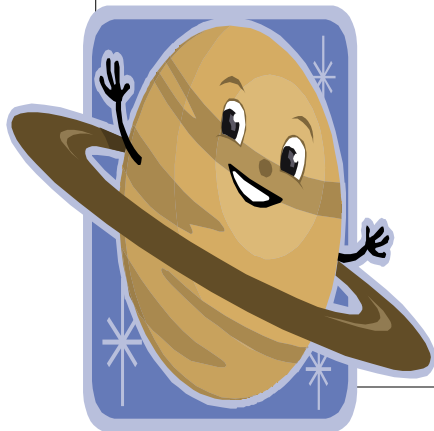


Voyager: Week Seven

Space Week



Monday July 20	Tuesday July 21	Wednesday July 22	Thursday July 23	Friday July 24
Gymnastics 	Swimming	Griffith Park Observatory 	Swimming	California Science Center 
Departure Time: On Site	Departure Time: 12:00pm Arrival Time: 4:00pm	Departure Time: 9:00am Arrival Time: 4:00pm	Departure Time: 12:00pm Arrival Time: 4:00pm	Departure Time: 8:00am Arrival Time: 5:00pm
Things To Bring: Lunch Morning Snack Sunscreen	Things To Bring: Lunch Morning Snack Sunscreen Swim Suit Towel Swim Shoes	Things To Bring: Lunch Morning Snack Sunscreen Water Money (Optional)	Things To Bring: Lunch Morning Snack Sunscreen Swim Suit Towel Swim Shoes	Things To Bring: Lunch Morning Snack Sunscreen Water Money (Optional)



Food and Fun: More Fruits and Veggies

- Always have a supply of cut up, prepared fruits and veggies in the refrigerator for snacking.
- Store fruits and veggies in clear containers at eye level in the refrigerator.
- Choose 100% juice—a 4-6 oz. serving is a handy fruit serving.
- Add extra veggies to foods you prepare from scratch or prepared foods.

