

# Semper October Snacks

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Popcorn and Fruit	2 String Cheese, Pretzels and Carrots	3 Salad w/Dressing	4 Raid the Fridge	5
6	7 Tortilla Chips with Salsa and Veggies	8 Cereal with Milk and Bananas	9 Bagels with Cream Cheese and Dried Fruit	10 Veggie Straws with Cuties	11 Raid the Fridge	12
13	14 Cheez-its and Applesauce	15 Crackers with Cheese and Cucumbers	16 Turkey and Cheese Roll Ups with Carrots	17 Full Day @Semper	18 Full Day @Semper	19
20	21 Muffins and Fruit	22 Rice Cakes with Sunbutter and Apples	23 Animal Crackers with Yogurt and Berries	24 Gucamole with Tortilla Chips and Veggies	25 Raid the Fridge	26
27	28 Graham Crackers with Cream Cheese and Dried Fruit	29 Cereal Bars and Fruit	30 Goldfish and Carrots	31		

**Site Manager:**  
Andy Ramirez-Hilton  
303.519.3737  
[Andrea.Ramirez-Hilton@rrcc.edu](mailto:Andrea.Ramirez-Hilton@rrcc.edu)

**Program Manager**  
**Allie Jones**  
[Allie.Jones@rrcc.edu](mailto:Allie.Jones@rrcc.edu)

**Program Director**  
**Sarah Espinoza**  
[Sarah.Espinoza@rrcc.edu](mailto:Sarah.Espinoza@rrcc.edu)

**SACC Office Info**  
[sacc@rrcc.edu](mailto:sacc@rrcc.edu)

**Hours:**  
6:30-7:45am &  
2:35-6:00pm

**All snacks are served with milk or water**

**2:35 CHOICES**  
(Check in, Homework, Outside, Inside, Centers, Engineering, Snack)

**3:45- STEAM,**  
Gym, Study Hall activity  
**5:15 Clean up and Centers**

# Semper October Activities

MON	TUE	WED	THU	FRI
	<b>1</b> STEAM: Pi Skyline GYM: Space Mountain SH: Flexangles	<b>2</b> STEAM: Fibonacci Art Project GYM: Shark Attack SH: A "Lengthy" Scavenger Hunt	<b>3</b> STEAM: String Art GYM: Superhero's Cape SH: Multiplication Grid Game	<b>4</b> STEAM: CD Suncatchers GYM: Houdini Hoops SH: Glaring Tape Painting
<b>7</b> STEAM: School Safe Elephant Toothpaste GYM: Stick With Me SH: James Bond	<b>8</b> STEAM: Crayon Lava Lamp GYM: Cat and Mouse SH: Solitaire	<b>9</b> STEAM: Drip Drop Bottle GYM: Agility Run SH: Spit	<b>10</b> STEAM: What Color is Black? GYM: Flying Disc 3-Catch SH: Tri Peaks Solitaire	<b>11</b> STEAM: Magic Painting GYM: 5 Player Flying Disc SH: Speed
<b>14</b> STEAM: Anit-Brown Apple Experiment GYM: All Run Flying Disc Baseball SH: Longest Paper Chain	<b>15</b> STEAM: Leaf Pounding GYM: Durango Boot SH: DA Vinci Pencil Bridge	<b>16</b> STEAM: Fractal Leaf Art GYM: Flying Disc Golf SH: DIY Sundial	<b>17</b> Full Day @Semper	<b>18</b> Full Day @ Semper
<b>21</b> STEAM: Fizzing Pumpkin GYM: Target Throw SH: Color by Addition	<b>22</b> STEAM: Dissolving Pumpkin Candies GYM: 2 Minute Drill SH: DIY Math Board Game	<b>23</b> STEAM: Anatomy of a Pumpkin GYM: Ultimate Flying Disc SH: Space Facts	<b>24</b> STEAM: Disappearing Pumpkin Art GYM: Air it Out SH: Binary Code	<b>25</b> STEAM: Mixed Media Pumpkin GYM: Flag Pulling SH: Index Card Building Challenge
<b>28</b> STEAM: Pony Bead Pumpkin GYM: Football Golf SH: Squiggle Art	<b>29</b> STEAM: Halloween Pointillism GYM: 2 Square SH: Origami Spider Web	<b>30</b> STEAM: Build a Spider Web GYM: 3 Catch SH: DIY Jack o' lantern Memory Game	<b>31</b> STEAM: Neon Lights Pumpkin GYM: 3 Flies Up SH: Positive/Negative Space Jack o' lantern	

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