



All materials and refreshments provided for Rosebud Club members and their guests. All Rosebud Club activities are supervised and on-site Etiquette Training Team will provide ongoing etiquette tips and mini-lessons. Activities are adapted appropriately for age of attendees. Each activity is designed to build confidence and social competence while building self-esteem and giving club members an opportunity to practice their socializing skills and the art of conversation. Girls will take home what they make. DON'T FORGET- there is a no denim policy at the Academy. We encourage parents to drop their children off and come back to pick them up.

Date	Activity	Inspirations
Nov-1		<p><i>"Elegance is a glowing inner peace. Grace is an ability to give as well as to receive and be thankful. Mystery is a hidden laugh always ready to surface! Glamour only radiates if there is a sublime courage & bravery within: glamour is like the moon; it only shines because the sun is there."</i></p> <p><i>~ C. JoyBell C</i></p>
Nov - 8	<p><i>Stop and smell the roses- Flower Arrangement basics.</i></p> <p><i>Introduces the concepts of quiet as a gift you give yourself and the value of stopping to recognize the beauty around us. A bit about types and meaning of flowers. Girls will make arrangements.</i></p>	<p><i>"Arranging a bowl of flowers in the morning can give a sense of quiet in a crowded day - like writing a poem or saying a prayer."</i></p> <p><i>~Anne Morrow Lindbergh</i></p>
Nov- 15	<p><i>The lost art- Reviving the charm of Letter-Writing, pen and ink.</i></p> <p><i>Introduces the notion of thoughtfulness, and how to capture feelings and moments in print. We'll look at history of</i></p>	<p><i>"How wonderful it is to be able to write someone a letter! To feel like conveying your thoughts to a person, to sit at your desk and pick up a pen, to put your thoughts into words like this is truly marvelous."</i></p> <p><i>~Haruki Murakami</i></p>

"What you do, the way you think, makes you beautiful."— Scott Westerfeld,

	<i>paper and different pens- play with some inks and practice writing lovely letters.</i>	
<i>Nov -22</i>	<i>Everything old is new again- Get to know pearls and diamonds- Revive old jewelry!</i> <i>Introduces the idea of "classics" and what that means relative to style. The girls will create "steam-punk" jewelry pieces.</i>	<i>"The rarest things in the world, next to a spirit of discernment, are diamonds and pearls." ~Jean de la Bruyere, translated from French</i>
<i>Nov- 29</i>	<i>Recipe for Success- Understanding cooking basics~ Old -world cooking</i> <i>Introduces the joy of cooking and the pride of exerting care and attention to cooking. We'll look at some old and new cookbooks and start personal favorites recipe</i>	<i>"There is no spectacle on earth more appealing than that of a beautiful woman in the act of cooking dinner for someone she loves." ~ Thomas Wolfe</i>
<i>Dec-6</i>	<i>Sparkle and Shine ~ Creating Sequin Christmas Balls</i> <i>Introduces notion of tradition and value of creating keepsakes.</i>	<i>"From Home to home, and heart to heart, from one place to another. The warmth and joy of Christmas, brings us closer to each other." ~Emily Matthews</i>
<i>Dec-13</i>	<i>My Brand- Personal Monogram Design</i> <i>Introduces pride in one's name and family stories. Girls will design monograms.</i>	<i>"In order to be irreplaceable, one must always be different." ~ Coco Chanel</i>
<i>Dec - 20</i>	<i>In a rush- no fuss No-bake cookie making</i> <i>Just plain fun! Please advise if your child has allergies.</i>	
<i>Dec - 27</i>	<i>At my fingertips~ Nail Art for beautiful hands</i>	<i>"Behold the hands, how they promise, conjure, appeal, menace, pray, supplicate,</i>

"What you do, the way you think, makes you beautiful."— Scott Westerfeld,

	<i>Introduces concepts of hygiene and taking care of oneself. The girls will do manicures.</i>	<i>refuse, beckon, interrogate, admire, confess, cringe, instruct, command, mock and what not besides, with a variation and multiplication of variation which makes the tongue envious.” ~ Michel de Montaigne</i>
<i>Jan - 3</i>	<i>Hostessing 101~ Entertaining in Style Introduces “hospitality” and the art of making others comfortable. Girls will work together to plan team parties- all members will vote on the concept they like best and that will become the theme for our end of season come and go tea.</i>	<i>“To order and conduct a dinner is given only to fine gastronomes, of delicate and cultivated tastes; an able host is as rare as a good cook.”~ Lucien Tendre</i>
<i>Jan-10</i>	<i>Mad Hatters- Tea Party Planning- History and Culture. Some history about the “tea tradition”. We are going to have a fancy tea party.</i>	<i>“The Muse's friend, Tea, does our fancy aid; Repress those vapors which the head invade; And keeps that palace of the soul serene.... ” ~Edmund Waller, "Of Tea"</i>
<i>Jan -17</i>	<i>Lotions and Potions~ Indulge the senses~ bath bombs and essential oils All about essential oils and power of fragrance. Girls will create their own bath bombs.</i>	<i>“I love to put on lotion. Sometimes I'll watch TV and go into a lotion trance for an hour. I try to find brands that don't taste bad in case anyone wants to taste me.” ~ Angelina Jolie</i>
<i>Jan - 24</i>	<i>You're so Sweet~ Show you care~ Treats for loved ones Candy making- Just plain fun- and tasty too.</i>	<i>““Food is symbolic of love when words are inadequate.” ~ Alan D. Wolfelt</i>
<i>Jan - 31</i>	<i>It's the thought that counts~ Pretty cards by pretty hands Introduces the art and language of</i>	<i>“A wise lover values not so much the gift of the lover as the love of the giver.” ~Thomas á Kempis</i>

“What you do, the way you think, makes you beautiful.”— Scott Westerfeld,

	<i>appreciation. We're going to do some scrapbooking.</i>	
<i>Feb - 7</i>	<i>Friends from around the world~ Celebrate Diversity ~make delightful Closepin dolls</i> <i>Introduces concepts of diversity and sameness. Girls will take home closepin dolls that they design.</i>	<i>"Strength lies in differences, not in similarities" ~ Stephen R. Covey</i>
<i>Make up or Special event topic</i>	<i>Hair care 101- Salon tips and Hair-do</i> <i>All about personal hygiene and hair care- putting your best foot forward. Girls will try different up-dos.</i>	<i>Hair style is the final tip-off whether or not a woman really knows herself." ~Hubert de Givenchy, Vogue</i>
<i>Make up or Special event topic</i>	<i>Beauty is everywhere~ Simple Abundance~ Origami and Art with Paper</i> <i>Learn the ancient art of making something beautiful out of something simple. We're going to create something with paper.</i>	<i>"Origami is a metamorphic art form, you got that piece of paper, you don't add to it you don't take away from it, you CHANGE it" ~ Micheal Lafosse</i>
<i>Make up or Special event topic</i>	<i>Garden of Goals~ Goal setting~ flowers are like dreams and goals- what gets watered grows</i> <i>Introduce idea of goal-setting and understanding that we are deserving of care and attention.</i> <i>Each girl will create a personalized goal map.</i>	<i>"Often people attempt to live their lives backwards. They try to have more things, or more money, in order to do more of what they want so they will be happier. The way it actually works is the reverse. You must first be who you really are, then do what you need to do, in order to have what you want." ~ Margaret Young</i>
<i>Make up or Special event topic</i>	<i>Just relax~ Yoga for physical and emotional health</i> <i>Talk about healthy habits- how to manage stress and breathing</i>	<i>"Yoga practice can make us more and more sensitive to subtler and subtler sensations in the body. Paying attention to and staying with finer and finer sensations within the body is one of the surest ways to steady the</i>

"What you do, the way you think, makes you beautiful."— Scott Westerfeld,

	<i>techniques. We'll bring in a guest presenter- a yoga instructor to give the basics.</i>	<i>wandering mind. "</i> <i>~ Ravi Ravindra</i>
<i>Make up or Special event topic</i>	<i>What's your style? ~ Discover the beauty in dressing to yourself</i> <i>All about confidence and being your best self. We'll look at different body types and personal style- girls will do "my style- my way" collages.</i>	<i>"Why change? Everyone has his own style. When you have found it, you should stick to it."</i> <i>~Audrey Hepburn</i>
<i>Make up or Special event topic</i>	<i>I am Canadian~ Celebrate Canada Celebrate Maple!</i> <i>Celebrating being Canadian- and doing activities with all things maple!</i>	<i>"I am a Canadian, free to speak without fear, free to worship in my own way, free to stand for what I think right, free to oppose what I believe wrong, or free to choose those who shall govern my country. This heritage of freedom I pledge to uphold for myself and all mankind."</i> <i>~ John G. Diefenbaker</i>
<i>EASTER TEA</i>	<i>An Easter bonnet can tame even the wildest hare! ~ Make your own Easter bonnet!</i> <i>Short history about the tradition of Easter bonnets and fun making and decorating a bonnet.</i>	<i>"Easter spells out beauty, the rare beauty of new life."</i> <i>~S.D. Gordon</i>
<i>Make up or Special event topic</i>	<i>A stitch in time~ Sewing basics</i> <i>Introduces life skills- precursor to the life skills training course. 2-part sessions.</i>	<i>"Take your needle, my child, and work at your pattern; it will come out a rose by and by. Life is like that - one stitch at a time taken patiently and the pattern will come out all right like the embroidery."</i> <i>~Oliver Wendell Holmes</i>
<i>Make up or Special event topic</i>	<i>A stitch in time~ Sewing basics</i> <i>Part 2 of 2.</i>	<i>"Take your needle, my child, and work at your pattern; it will come out a rose by and by. Life is like that - one stitch at a time taken patiently and the pattern will come out all right like the embroidery."</i>

"What you do, the way you think, makes you beautiful."— Scott Westerfeld,

		<i>~Oliver Wendell Holmes</i>
<i>Make up or Special event topic</i>	<i>Gift-wrapping~ Wrap your love with joy! Explaining how to give graciously. Creating our own custom giftwrap.</i>	<i>“There are souls in this world who have the gift of finding joy everywhere, and leaving it behind them when they go.” ~Frederick William Faber</i>
<i>Make up or Special event topic</i>	<i>Because I am a Girl~ The girl issue, the movement and girls around the world~ What you can do to help? Understanding how fortunate we are and starting a conversation about what philanthropy is. Making pillow case dresses to send to Africa.</i>	<i>“If you want something said, ask a man. If you want something done, ask a woman.” ~Magaret Thatcher</i>
<i>Make up or Special event topic</i>	<i>Table scapes~ Setting the perfect table Basics of table-setting and setting the tone for meal time. We’re going to practice and there might be a contest!</i>	<i>“She was a woman who, between courses, could be graceful with her elbows on the table.” ~Henry James</i>
<i>Make up or Special event topic</i>	<i>Maid of honor~ keeping home for your heart ~ creating a beautiful home Introducing the concept of mindfulness and how it is important to take care of your things. Precursor to Life Skills course being offered in 2014.</i>	<i>“Home wasn't a set house, or a single town on a map. It was wherever the people who loved you were, whenever you were together. Not a place, but a moment, and then another, building on each other like bricks to create a solid shelter that you take with you for your entire life, wherever you may go.” ~Sarah Dessen</i>

“What you do, the way you think, makes you beautiful.”— Scott Westerfeld,