



# SEPTEMBER 2017

## Tsartlip Health Calendar



Mon	Tue	Wed	Thu	Fri
<p>Massage Therapy will now be on Tuesday Mornings, until further notice. Thanks! Ashley!</p>		<p>*Please Note* No Drum Group until Sept 15th. Sorry for any inconvenience.</p>		<p>1 FAMILY Movie Night 6pm—8pm</p>
<p>4 <b>Office Closed Statutory Holiday!!!</b></p>	<p>5 Community Lunch <b>Massage Therapy 9am-1 pm</b></p>	<p>6 GFB deadline  Bread Day</p>	<p>7  Chair Yoga 10am</p>	<p>8</p>
<p>11</p>	<p>12 Community Lunch  Woman's Group 6pm-8pm</p>	<p>13 GFB pick-up 2:30PM,  Bread Day</p>	<p>14 <b>Dr.Lenser 10-12</b> <b>Acupuncture 1-4</b>  Chair Yoga 10am</p>	<p>15 Drum Group  FAMILY Movie Night 6pm—8pm</p>
<p>18</p>	<p>19 Community Lunch <b>Massage Therapy 9am—1 pm</b></p>	<p>20 Community Kitchen 6pm—8pm  Bread Day</p>	<p>21  Chair Yoga 10am</p>	<p>22 Drum Group  FAMILY Movie Night 6pm—8pm</p>
<p>25</p>	<p>26 Community Lunch  Woman's Group 6pm -8pm</p>	<p>27  Bread Day</p>	<p>28 <b>Dr. Lenser 10 -12</b>  <b>Acupuncture 1 - 4</b> Chair Yoga 10am</p>	<p>29  <b>Chiropractor 10 -2</b></p>

Also, for rentals of the building, please have payment and confirmation 24 hours prior to rental. Unfortunately we cannot have rentals of the building on weekends until further notice.





# Head Start September 2017 Program Activities

<p><b>Infant Toddler Program</b> (birth-3 yrs. &amp; Parent) <b>Wednesday, 10:15 am -12:00 pm</b></p> <p><b>Sept. 13</b> – Welcome back and paper plate sunflower  <b>Sept. 20</b> – Eye dropper art with Fall leaves and colors  <b>Sept. 27</b> – Visit the Teaching Garden to pick and plant seeds.</p>	<p><b>Afterschool Program</b> (4 years + &amp; Parent) <b>Thursday, 3:15-4:15 pm</b></p> <p><b>Sept. 14</b> – Welcome back, paint fall scene and make fruit leather  <b>Sept. 21</b> – Harvest food &amp; weeding in the garden (finish off with fresh fruit parfait)  <b>Sept. 28</b> – Planting in the garden and maintenance for the beds.  <b>We will have a contest this year for the biggest produce, smallest &amp; funniest. There will be prize for each!</b></p>
<p><b>*Fresh Food to You &amp; Cooking Together</b> (*NEW program)</p> <p>Fresh Food pick up dates are:</p> <ul style="list-style-type: none"> <li>• <b>Tuesday, September 19</b></li> <li>• <b>Tuesday, September 26</b></li> </ul> <p>Food will be available at the Health Center after 10:30 pm</p> <p><b>At 1:00 pm on the Pickup days we invite <u>anyone</u> to join us in the kitchen to make a meal with the Fresh Food. Learn new ways to prepare food and take away a tasty dish for home.</b></p>	<p><b>Community Kitchen</b> (16+ years and adults)</p> <p><b>Date:</b> Wednesday September 13, 2017  <b>Time:</b> 6:00– 8:00 pm @ Health Centre  <b>Topic:</b> Fall Harvest Turkey/Squash Soup  <b>Herb of the month:</b> Pepper  <b>Tea of the month:</b> Rosehip</p> <p><b>Please call Myrna at 250-652-4473 x206</b> if you will be attending. Child-minding cost available if needed, please notify staff at the time of the kitchen.</p>
<p style="text-align: center;"><b>Good Food Box</b></p> <p><b><u>Payment deadline</u> September 8, 2017</b></p> <p><b><u>Packing &amp; Pickup:</u> Sept. 13, 2017</b></p> <p><b>We are selling only two sizes of orders:</b></p> <ul style="list-style-type: none"> <li>• <b>\$12.00 mixed veggie bag</b></li> <li>• <b>\$10.00 all-fruit bag.</b></li> </ul>	<p style="text-align: center;"><b>Community Teaching Garden</b></p> <p>This month our families will harvest food from the garden e.g. Squash, pumpkins, carrots, herbs, beans.</p> <p>We will also plant seeds for overwintering and harvesting in the spring. We will do maintenance on the garden beds (weeding and watering).</p>
<p style="text-align: center;"><b><u>Family Garden Program</u></b></p> <p>Rebecca Watts will continue to visit the garden households to help plant, support with weeding and seeds. We encourage our households to plant seeds for the winter to give you fresh food in the late fall and early spring.</p> <p>Rebecca can help with seed selection. Call her at 250-652-4473 and leave a message.</p>	<p style="text-align: center;"><b><u>Maternal Nourishment Program</u></b> (<b>Expectant Moms &amp; moms who are breastfeeding up to baby's 12<sup>th</sup> month</b>)</p> <p>We can offer some help to meet the nutritional requirements for mom/babe during this important time. If you would like more information or want to sign up for assistance, please see Mary at the Health Centre office.</p>

**For more information about any of these programs,  
Please contact Mary Hayes at 250-652-4473 x208.**