



# Tsartlip Youth Program

## November 2017

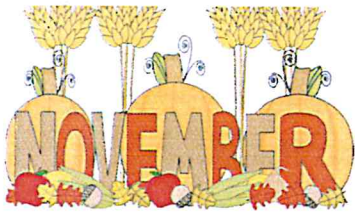
### ▶ Youth Activities

Su	Mon	Tue	Wed	Thu	Fri	Sat
			1 Family swim night @ Pan- orama, bus comes around 5:30pm	2	3	4
5	6 - Homework club @ band office 3-5pm - Rookie rugby 3:30- 4:30PM	7 Homework club @ band office 3- 5pm	8 Family swim night @ Commonwealth, bus comes around at 6:30pm	9	10 Youth club (13yrs & up only) Meet @ band office 3:30pm	11
12	13 Off Remembrance day weekend	14 Homework club @ band office 3- 5pm	15 off	16	17 Youth club (13yrs & um only) meet @ band office	18
19	20 - Homework club @ band office 3- 5pm - Rookie rugby 3:30- 4:30pm	21 Homework club @ band office 3- 5pm	22 Family swim night @ Pan- orama, bus comes around at 5:30pm	23	24 Youth club (13yrs & up only) Meet @ band office 3:30pm	25
26	27 - Homework club @ band office 3-pm - Rookie rugby 3:30- 4:30pm	28 Homework club @ band office 3- 5pm	29 off	30		

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# Head Start November 2017 Program Activities



<p><b>Infant Toddler Program</b> (birth-3 yrs. &amp; Parent)  <b>Wednesday, 10:15 am -12:00 pm</b>          Nov. 1 – Books for kids &amp; Art on the Wall          Nov. 8 – Paper Poppies          Nov. 15 – Stamping and fall colors          Nov. 22 – Recycled Art: Bird feeder          Nov. 29 – Indoor playground</p> <p>Note: the infant toddler children will receive a book bag that can be used again next month to receive more books.</p>	<p><b>Afterschool Program</b> (4 years + &amp; Parent)  <b>Thursday, 3:15-4:15 pm</b>          Nov. 2 – Lemon Blueberry mini loaf &amp; books to take away.          Nov. 9 - Wild berry crisp and herbal teas          Nov. 16 – Stone soup. We will make Soup to take away &amp; have a Cultural Activity          Nov. 23 – Recycled Art &amp; Cultural activity          Nov. 30 – Putting the garden to bed: weeding and putting down a straw cover.</p>
<p><b>*Fresh Food to You &amp; Cooking Together</b>          (*NEW program)          Fresh Food pick up dates are:</p> <ul style="list-style-type: none"> <li>• <b>Tuesday, November 14th</b></li> <li>• <b>Tuesday, November 28th</b></li> </ul> <p>Food will be available at the Health Center between 10:30 – 11:00 am</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>  <b>(16+ years and adults)</b>  <b>Date:</b> Wednesday November 15, 2017  <b>Time:</b> 6:00– 8:00 pm @ Health Centre  <b>Topic:</b> Make ahead Christmas desserts  <b>Herb of the month:</b> Rosemary  <b>Tea of the month:</b> Licorice Root</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><b>Good Food Box</b>  <b>Payment deadline:</b> Wed. November 1st  <b>Packing &amp; Pickup:</b> Wednesday Nov. 8</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><b>Community Teaching Garden</b>          This month our families plant seeds for overwintering. We will do maintenance on the garden beds (weeding and watering).</p> <p>We will prepare the garden beds for winter as well.</p>
<p><b>Family Garden Program</b>          Rebecca Watts will continue to visit the garden households to help plant, support with weeding and seeds. <b>We encourage our households to plant seeds for the winter to give you fresh foods late fall and early spring.</b></p> <p>Rebecca can help with seed selection. Call her at 250-652-4473 and leave a message.</p>	<p><b>Maternal Nourishment Program</b>  <b>(Expectant Moms &amp; moms who are breastfeeding up to baby's 12<sup>th</sup> month)</b>          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.**