



Tsartlip Youth Program

October 2017

▶ Youth Activities

Su n	Mon	Tue	Wed	Thu	Fri	
1	2 Home work club 3- 5pm	3 H/work club 3- 5pm	4 Community swim night @ commonwealth, bus come around 6:30pm	5	6 Movie night 12yrs and und. only, bus pick up at Log cabin 3:15pm	7
8	9 Thanks giving OFF	10 H/work club 3- 5pm	11 Community swim night @ panorama, bus come around 5:30pm	12	13 Youth club 13yrs and up only, meet at the youth office 3:30pm	14
15	16 -H/W 3- 5pm -Rookie Rugby 3:30- 4:30pm	17 - Swim lesson 5yrs & und. 10- 10:45am @ panorama - H/work club 3-5pm	18 Community swim night @ commonwealth, bus come around 6:30pm	19	20 - Movie night 13yrs and up only, bus pick up at Log cabin 3:15pm - swim lesson 6yrs & up @ panorama 4- 4:45pm	21
22	23 -H/W 3- 5pm -Rookie Rugby 3:30- 4:30pm	24 - swim lesson 5yrs & und. 10- 10:45am @panorama - H/work club 3- 5pm	25 Galey Farms activity Bus leave from Log cabin @ 4pm 4:30PM	26	27 - Youth club 13yrs and up only meet at the youth office 3:30pm - swim lesson 6yrs & up @ panorama 4- 4:45pm	28
29	30 -H/work 3- 5pm -Rookie rugby 3:30- 4:30pm	31 Halloween - swim lesson, 5yrs & und. 10- 10:45 @ panorama				

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Head Start October 2017 Program Activities



<p>Infant Toddler Program (birth-3 yrs. & Parent) Wednesday, 10:15 am -12:00 pm</p> <p>Oct. 4 – Decorate pumpkin (grown in our community garden) Oct. 11 – NO GROUP TODAY (staff training) Oct. 18 – Make a ghostly footprint Oct. 25 – Safe Trick or treating and Halloween treats for the parents & kids.</p>	<p>Afterschool Program (4 years + & Parent) Thursday, 3:15-4:15 pm</p> <p>October 5 – Pizza pinwheels October 12 – NO GROUP TODAY (staff training) October 19 – Make Halloween Decorations & treats October 26 – Halloween fun (Halloween games & treats to take away).</p>
<p>*Fresh Food to You & Cooking Together (*NEW program) Fresh Food pick up dates are:</p> <ul style="list-style-type: none"> • Tuesday, October 17 • Tuesday, October 24 <p>Food will be available at the Health Center after 10:30 am</p> <p>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.</p>	<p>Community Kitchen (16+ years and adults)</p> <p>Date: Wednesday 4, 2017 Time: 6:00– 8:00 pm @ Health Centre Topic: Pumpkin Chocolate Cheesecake Herb of the month: Bay Leaf Tea of the month Dandelion Tea</p> <p>Please call Myrna at 250-652-4473 x206 if you will be attending. Child-minding cost available if needed, please notify staff at the time of the kitchen.</p>
<p>Good Food Box Payment deadline: Friday Sept 29th</p> <p>Packing & Pickup: Wednesday Oct. 4th</p> <p>We are selling only two sizes of orders:</p> <ul style="list-style-type: none"> • \$12.00 mixed veggie bag • \$10.00 all-fruit bag. 	<p>Community Teaching Garden</p> <p>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>Family Garden Program</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>Maternal Nourishment Program (Expectant Moms & moms who are breastfeeding up to baby's 12th month)</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.**