



Tsartlip Youth Program

▶ Youth Activities

April 2018

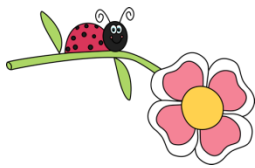
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Homework club @ B/office 3- 5pm	4 Community Swim night @ commonwealth, bus come around 6:30pm	5	6	7
8	9 Homework club @ B/office 3- 5pm	10 Homework club @ B/office 3- 5pm	11 Community Swim night @ Panorama, bus come around at 5:30pm	12	13 Youth club(13yrs & up), meet @ B/office 3:30pm	14
15	16 Homework club @ B/office 3- 5pm	17 Homework club @ B/office 3- 5pm	18 SWIM NIGHT OFF	19	20 Youth club(13yrs & up), meet @ B/office 3:30pm	21
22	23 Homework club @ B/office 3- 5pm	24 Homework club @ B/office 3- 5pm	25 Community swim night @ commonwealth, bus come around 6:30pm	26	27 Youth club(13yrs & up), meet @ B/office 3:30pm	28
29	30					

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April 2018 Head Start Activities



<p>Infant Toddler Program (birth-3 yrs. & Parent) Wednesday, 10:15 am -12:00 pm April 4 – Popsicle stick fence with flowers April 11 – Baby chick finger puppet April 18 – Visit to the garden (weather permitting) April 25 – Indoor playground and Butterfly Craft.</p>	<p>Afterschool Program (4 years + & Parent) Thursday, 3:15-4:15 pm April 5 – Intro to Robotics – Meet Sphero April 12 – Cultural Program activity & Caterpillar/Leaf craft April 19 – Intro to Photosynthesis with UVIC students April 26 – Working in the garden area. We will have a do-it yourself Banana split after we work.</p>
<p>*Fresh Food to You & Cooking Together (*NEW program) Fresh Food pick up dates are:</p> <ul style="list-style-type: none"> • Tuesday, April 17 • Tuesday, April 24 <p>Food will be available at the Health Center by 11:00 am.</p> <p>Join us at 1:00 pm in the kitchen to prepare a tasty dish using food from the Fresh Food pick up. Take a dish home.</p>	<p>Community Kitchen (16+ years and adults) Date: Wednesday, March 21st Time: 6:00– 8:00 pm @ Health Centre Topic: Mexican Tortilla Soup Herb of the month: Cayenne Tea of the month: Dandelion</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 Program <u>Payment deadline:</u> Wed. April 4, 2018</p> <p><u>Packing & Pickup:</u> Wed. April 11, 2018</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>Pick up time: 2:30-4:15 pm at the Tsartlip Administration building.</p>	<p>Community Teaching Garden We have started sunflower, basil, butterfly and bee blend flower seeds in flower pots for transplanting to our garden.</p> <p>We will use our brand new greenhouse to help the seeds to sprout quickly for planting this spring.</p>
<p>Family Garden Program Join us in the Teaching Garden – we will have a table, soil, plant pots and seeds available for anyone to wants to their plant their seeds in pots to take away.</p> <p>Please see or call Myrna or Rebecca at 250-652-4473 x206 to access seeds or to do their seeding in the Garden.</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.**