



Head Start Program June 2018 Activities



<p>Infant Toddler Program (birth-3 yrs. & Parent) Wednesday, 10:15 am -12:00 pm June 6 – Planting in the garden June 13 – Make a Father’s Day gift June 20 – Swim at Panorama June 27 – Indoor playground & bubbles on the patio.</p>	<p>Afterschool Program (4 years + & Parent) Thursday, 3:15-4:15 pm June 7 – Planting in the garden with Ice cream treat after gardening June 14 – Bottle Rockets on the field & father’s day gift & card June 21 – No group today stat. holiday June 28 – Mechanical boats & cultural program activity</p>
<p>*Fresh Food to You & Cooking Together Fresh Food pick up dates are:</p> <ul style="list-style-type: none"> • Tuesday, June 19 • Tuesday, June 26 <p>Food will be available at the Health Center by 11:30 am</p> <p>At 1:00 pm on the Pickup days we invite anyone 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) Date: Wednesday, June 20, 2018 Time: 6:00– 8:00 pm @ Health Centre Topic: Chicken Mango Wraps & GF Rice Wraps. Herb of the month: Parsley Beverage: Spruce tip infused water</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 Payment deadline: Wed. June 6, 2018</p> <p>Packing & Pickup: Wed. June 13, 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>Community Teaching Garden This month we are planting seeds and starts in the Community Teaching Garden.</p> <p>Over the next couple of months our kids will help with planting, weeding and some watering in the Teaching Garden.</p>
<p>Family Garden Program We have lots of seeds and seed potatoes for our Family Garden program participants. Several of our households have received soil delivery so they can begin planting.</p> <p>If you need soil delivered we are still offering the shared cost option with our gardeners. Please call Myrna or Rebecca at 250-652-4473 x206.</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.**

JUN 2018



SUN	MON	TUE	WED	THU	FRI	SAT
					01	02 National Health and Fitness Day
03	04	05	06	07 Drum Group	08	09
10	11 Woman's group 6-8	12	13	14	15 Drum Group Friday Family Movie Night 6-8	16
17 Father's Day	18	19	20	21 National Aboriginal Day	22 Drum Group Mini golf with Tsartlip Men	23
24	25 Woman's group 6-8 International Day against Drug Abuse and Illicit Trafficking	26	27	28	29 Drum Group Friday Family Movie Night 6-8	30