

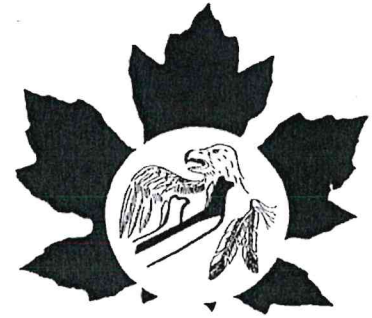
Head Start Program September 2018 Activities



<p>Infant Toddler Program (birth-3 yrs. & Parent) Wednesday 10:15 – 12:00</p> <p>Sept 12 – Welcome back & Open Art Sept 19 – Art: Apple and Leaf prints Sept 26 – Indoor playground & painting on the wall.</p>	<p>Afterschool Program (4 years + & Parent) Thursday 3:00 – 4:15</p> <p>Sept 13 – Welcome back, make freezer jam & biscuits to take away. Sept 20 – Harvest foods from the garden Sept 27 – Culture program activity & Science Venture.</p>
<p>*Fresh Food to You & Cooking Together Fresh Food pick up dates are:</p> <ul style="list-style-type: none"> • Tuesday, Sept. 18 • Tuesday, Sept. 25 <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)</p> <p>Date: Wednesday, Sept. 29 Time: 6:00– 8:00 pm @ Health Centre Topic: Making Tomato Sauce (with veggies and herbs from the Community Garden) Herb of the month: Sage Tea of the month: Rosehip</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>The Good Food Program Payment deadline: Friday Sept. 7, 2018</p> <p>Packing & Pickup: Wed. Sept. 12, 2018</p> <p>We are selling 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 the families attending the Infant-Toddler and After school programs will visit the garden to see the progress the plants have made.</p> <p>We will also harvest food to take away. Please feel free to visit when staff are working at the garden.</p>
<p>Family Garden Program</p> <p>Families who have a backyard garden are welcome to more seeds to overwinter.</p> <p>Our equipment (lawnmower, trimmer and weed eater are available to our gardening households to tidy up the gardens before they are put to bed for the fall/winter.</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 please see Mary at the Health Centre.</p>

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

SEP 2018



SUN

MON

TUE

WED

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FRI

SAT

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Labor Day
Office closed

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Woman's
group
6-8

First day of
Bridges for
Woman
Program 10-1.
Family Movie
6-8

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Woman's
group 6-8

Bridges for
Woman 10-1

Family Movie
Night 6-8