



Tsartlip Youth

▶ Youth Activities

November 2018 Calendar

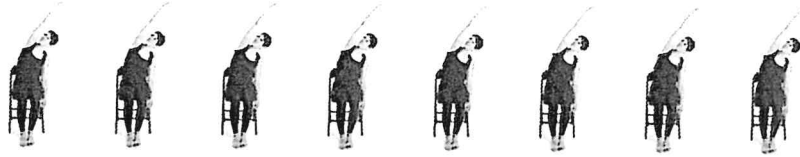
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Youth club, 13yrs & up only. Meet @ B/office 3:30pm	3
4	5 H/work club 3- 5pm	6 H/work club 3- 5pm	7 Swim night @ Panorama, bus comes around 5:30pm	8	9	10
11	12 OFF	13 H/work club 3- 5pm	14 Swim night @ commonwealth, bus comes around 6:45pm	15	16 Youth club, 13yrs & up only. Meet @ B/office 3:30pm	17
18	19 H/work club 3- 5pm	20 H/work club 3- 5pm	21 SWIM NIGHT OFF	22	23	24
25	26 H/work club 3- 5pm	27 H/work club 3- 5pm	28 Sim night @ Panorama, bus comes around 5:30pm	29	30 Youth club, 13yrs & up only. Meet @ B/office 3:30pm	

Tsartlip First Nation
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r u feeling
stiff? tired? sore? down?



MOTION IS LOTION
feel better with

ॐ **CHAIR YOGA** ॐ

gentle stretching & strengthening
to deal with
the issues in your tissues

CLASSES ARE FREE
no tricky poses
NO EXPERIENCE REQUIRED

Please join us
THURSDAYS 10 – 11 AM
Tsartlip Health Centre

NOV 2018



SUN MON TUE WED THU FRI SAT



01 **02** **03**
 Bridges for
 Woman 10-1
 Family Movie
 Night 6-8

04 **05** **06** **07** **08** **09** **10**
 Cooking &
 Crafts at 3:00
 with Michelle
 Anderson Bridges for
 Woman 10-1
 Family Movie
 Night 6-8

11 **12** **13** **14** **15** **16** **17**
 Remembrance Office closed Information
 Day Session with
 Michelle
 Anderson 5-8
 Dinner served Bridges for
 Woman 10-1

18 **19** **20** **21** **22** **23** **24**
 Crafts with
 Michelle
 Anderson 5-8 Bridges for
 woman 10-1

25 **26** **27** **28** **29** **30**
 Information
 session with
 Michelle
 Anderson 5-8 Bridges for
 woman 10-1
 Family Movie
 Night 6-8

**** SESSIONS WITH MICHELLE ANDERSON ARE OPEN TO THE ALL COMMUNITY MEMBERS****