



# Head Start Program January 2019 Activities




<p><b>Infant Toddler Program</b> (birth-3 yrs. &amp; Parent) <b>Wednesday 10:15 – 12:00</b></p> <p>Jan. 9 – Art: Cotton ball penguin          Jan. 16 – Art: Decorate paper people with winter clothes          Jan. 23 – Art: Water bottle snowman          Jan 30. – Indoor playground and painting</p> <p>We will recognize National Literacy Day by giving a book to each child on the last group of this month.</p>	<p><b>Afterschool Program</b> (4 years + &amp; Parent) <b>Thursday 3:00 – 4:15</b></p> <p>Jan. 10 – Science Venture and making Easy Cinnamon rolls.          Jan. 17 – Weaving and making Spaghetti &amp; Meat ball bites.          Jan. 24 – Science Venture &amp; Art Activity          Jan. 31 - Make a clam shell rattle and Making dye for wool.</p> <p>We will recognize National Literacy Day by giving a book to each child on the last group of this month.</p>
<p><b>*Fresh Food to You &amp; Cooking Together</b>          Fresh Food pick up dates are:</p> <ul style="list-style-type: none"> <li>• <b>Tuesday, January 8</b></li> <li>• <b>Tuesday, January 22</b></li> </ul> <p>Food will be available at the Health Center by 11:30 am.</p> <p><b>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.</b></p>	<p><b>Community Kitchen</b>  <b>(16+ years and adults)</b></p> <p><b>Date:</b> Wed. January 23  <b>Time:</b> 6:00– 8:00 pm @ Health Centre  <b>Topic:</b> Wonton Soup  <b>Herb of the month:</b> Ginger  <b>Tea of the month:</b> Plantain</p> <p><b>Please call Myrna at 250-652-4473 x206</b> if you will be attending. Child-minding cost available if needed, please notify staff at the time of the kitchen.</p>
<p><b>The Good Food Program</b>  <b>Payment deadline:</b> Wed. January 9th</p> <p><b>Packing &amp; Pickup:</b> Wed. January 16<sup>th</sup>.</p> <p><b>We are selling two sizes of orders:</b></p> <ul style="list-style-type: none"> <li>• \$12.00 mixed veggie bag</li> <li>• \$10.00 all-fruit bag.</li> </ul>	<p><b>Community Teaching Garden</b></p> <p>Our raised beds and berm gardens are mulched and some seeds are planted for an early spring crop.</p> <p><b>Thanks to Project Reclaim for planting camas bulbs and flowers for spring blooming!</b></p>
<p><b>Family Garden Program</b></p> <p>We look forward to starting with a couple of workshops in early spring to help our families prepare for planting.</p> <p>We still have lots of strawberry transplants that can be picked up at the community teaching garden. Please see Myrna, Mary or Iris if you wish to plant some.</p>	<p><b>Maternal Nourishment Program</b>  <b>(Expectant Moms &amp; moms who are breastfeeding up to baby's 12<sup>th</sup> month)</b></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.**

# January 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1  HAPPY NEW YEAR!	2	3 Office Re-opens (Not all staff will be back until 7th) Dr Lenser 10 –12	4
7	8 Community Lunch  <b>Fresh Food 2 U</b>	9 Infant/Toddler  Bread Day	10 Chair Yoga  Afterschool  Bridges for women	11 Drum Group  Foot Care 9—3
14	15 Community Lunch  Triple P 5—8:30	16 Infant/Toddler  Bread Day	17 Chair Yoga  Afterschool Bridges for women Family Movie Night	18 Drum Group  Acupuncture 9—3
21	22 Community Lunch <b>Fresh Food 2 U</b>  Triple P 5—8:30	23 Infant/Toddler  Community Kitch- en 6—8 Bread Day	24 Chair Yoga  Dr Lenser 10 –12 Afterschool Bridges for women	25 Drum Group  Foot Care 9—3  Chiropractor 10 –1
28	29 Community Lunch  Triple P 5—8:30	30 Infant/Toddler  Bread Day	31 Chair Yoga  Afterschool  Bridges for women	

Massage will not be available until further notice.

Bridges for women is every Thursday 10am—1pm

Community Lunch is every Tuesday 12noon—1pm

For information about “Triple P” Program, please speak to Lydia

**Fresh Food 2 U drop off is around 11:30am on days in calendar, Cooking will be at 1pm!**