



Feb/ Tsartlip Active Living

Honor Your Health Challenge



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 -Community dinner @ 5:30pm & Introduction of the “8 weeks Tsartlip Active Living” (Honor your health challenge) EVERY ONE IS WELCOME! - Homework club @ B/office 3– 5pm	5 - Adult Swim @ Panorama 9:30am , everyone meet at the location -Homework club 3– 4:30pm - Zumba @ 4:30 @ the Admin building	6 -Nature Walk 4pm to 4:45pm School Field -Community Swim night @ Panorama bus comes around 5:30	7 -Chair Yoga 10-11 all ages -Youth Practice activities various locations (after school)	8 Recreation Gym Activities 3:30 to 6:30 -Multi sport for family	9
10	11 Week 2 Kick-off 5-7 Healthy food, snacks and traditional teas @ Health Building - Homework club @ B/office 3– 5pm	12 -Adult swim 9:30 meet at Panorama -Homework club 3– 4:30pm -Zumba 4:30 –5:30 @ Admin building	13 -Nature Walk 4-4:45 om meet at school field -Community Swim night @ commonwealth bus comes at 7pm	14 -Chair Yoga 10-11 all ages Youth practice various locations after school -Axe Capoeira 6-7pm @Admin building	15 Recreation Gym Activities 3:30 to 6:30 -Multi sport for family	16
17	18 HOLIDAY Create your own fun activities	19 -Adult swim 9:30 meet at Panorama -Homework club 3– 4:30pm -Zumba 4:30 –5:30 @ Admin building Elders designed exercise 5:30 to 6:15	20 Nature Walk 4pm to 4:45pm School Field -Community Swim night @ Panorama bus comes around 5:30	21 Chair Yoga 10-11 all ages -Youth practice various locations after school -Axe Capoeira 6-7pm @ Admin Building	22 Recreation Gym Activities 3:30 to 6:30 Volley ball and Ultimate Frisbee for family	23
24	25 Week 4 kick off 5-7pm Sugar, Fat and Energy drinks At Health Building - Homework club @ B/office 3– 5pm	26 -Adult swim 9:30 meet at Panorama -Homework club 3– 4:30pm -Zumba 4:30 –5:30 @ Admin building Elders designed exercise 5:30 to 6:15	27 Nature Walk 4-4:45 om meet at school field -Community Swim night @ commonwealth bus comes at 7pm	28 -Chair Yoga 10-11am all ages -Youth practice various locations after sch. -Axe Capoeira 6-7pm @ Admin Building	CONTINUE ON FOR THE MONTH OF MARCH	