



Tsartlip Youth Program

▶ Youth Activities
After school

November 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|------------------------|------------------------|--|-----|--|-----|
| | | | | | 1 Youth club (13yrs & only) Meet @ B/office 3:30pm | 2 |
| 3 | 4 H/club 3- 5pm | 5 H/club 3- 5pm | 6 - Family swim night @ Panorama, bus pick up 5:30pm - Youth leadership development team meeting @ B/office 3:30pm | 7 | 8 HYH-Active Living Multi sports fun activities for everyone @ the Tribal school gym 3:30- 6pm | 9 |
| 10 | 11 OFF | 12 H/club 3- 5pm | 13 Family swim night OFF - Youth leadership development team meeting @ B/office 3:30pm | 14 | 15 Youth club (13yrs & only) Meet @ B/office 3:30pm | 16 |
| 17 | 18 H/club 3- 5pm | 19 H/club 3- 5pm | 20 - Family swim night @ Common- wealth pool, bus pick up at 7pm - Youth leadership development team meeting @ B/office 3:30pm | 21 | 22 PRD- Day HYH-Active Living Multi sports fun activities for everyone @ the Tribal school gym 1- 3:30pm | 23 |
| 24 | 25 H/club 3- 5pm | 26 H/club 3- 5pm | 27 - Family swim night @ Panorama, bus pick up 5:30pm - Youth leadership development team meeting @ B/office 3:30pm | 28 | 29 Youth Leadership volun- teer to help serve din- ner at Our Place 4:30- 7pm | 30 |

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Head Start Program

November 2019 Activities



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| <p>Infant Toddler Program (birth-3 yrs. & Parent) Wednesday 10:15 – 12:00 Nov. 6 – Art: Rainy day with fun foam Nov 13 – Art: Fall leaf sun-catcher Nov. 20 – Art: Leaf Lantern Nov 27 – Art: Painting with cotton ball dabbers on the wall</p> | <p>Afterschool Program (4 years + & Parent) Thursday 3:00 – 4:15 Nov. 7 – Cultural program & Making a peanut butter/banana mug cake. Nov. 14 – Science Venture & Microwave pizza in a mug Nov 21 – Leaf Lantern & Cultural prog. Nov. 28 – Science Venture & Fall Art activity</p> |
| <p>Family Garden Program There is still time to plant veggies for the winter garden: you can direct seed winter greens, chard, garlic, broad beans, and do cover crops to protect and nourish your garden beds.</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>Community Kitchen (16+ years and adults) Date: Wednesday, Nov. 20, 2018 Time: 6:00– 8:00 pm @ Health Centre Topic: Instant pot Curry Chicken Herb of the month: Cumin Tea of the month: Immunity boost tea</p> <p>Please call Liz 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>Attend in November and December and enter for draw for an Instant Pot!</p> |
| <p>Fresh Food to You Fresh Food pick up dates are:</p> <ul style="list-style-type: none"> • Tuesday, Nov. 19th • Tuesday, Nov. 26th <p>Food will be available at the Health Center by 12:00.</p> | <p>The Good Food Program Payment deadline: Wed. Nov 6, 2019</p> <p>Packing & Pickup: Wed. Nov. 13th 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 This month the families attending the Infant-Toddler and After school programs will visit the garden to continue to harvest food to take away.</p> <p>We will begin preparing the garden with veggies to grow over the winter and cleaning up in preparation for putting the garden to bed.</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.**