








**Tungasuvvingat Inuit Family
and Health Promotion Centre**
297 Savard Avenue
Vanier, ON K1L 7S1
Fax: 613-749-8713
Phone: 613-749-4500 Ext . 23
A place where Inuit are welcome...



August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	¹ CIVIC HOLIDAY FRC & HEALTHY WEIGHTS CENTRE CLOSED	² Inuit Games Fun & Info 1-4	³ Parliament Hill Yoga 12-1 Wii Fit Afternoon 3-5	⁴ 1-3pm Com Kitchen Walking/Running Group 10-12pm	⁵ 1-4 pm Elders	⁶ 
⁷ 	⁸ Weight Training and Swimming @ St. Laurent Complex 3-5 Weights 4-5 Swimming	⁹ Beach Volleyball 1-4	¹⁰ Parliament Hill Yoga 12-1 Wii Fit Afternoon 3-5	¹¹ 1-3pm Com Kitchen Walking /Running Group 10-12pm	¹² 1-4 pm Elders	¹³ 
¹⁴ 	¹⁵ Weight Training and Swimming @ St. Laurent Complex 3-5 Weights 4-5 Swimming	¹⁶ Field Soccer 1-4	¹⁷ Parliament Hill Yoga 12-1 Wii Fit Afternoon 3-5	¹⁸ 12 Noon Community Feast	¹⁹ 1-4 pm Elders Inuit Games 10-12	²⁰ BLUEBERRY PICKING
²¹ Equipment: Aerobic Equipment Weight Training Mini Trampolines Exercise DVD's	²² Weight Training and Swimming @ St. Laurent Complex 3-5 Weights 4-5 Swimming	²³ Kayaking 1-4	²⁴ Parliament Hill Yoga 12-1 Wii Fit Afternoon 3-5	²⁵ 1-3pm Com Kitchen Walking /Running Group 10-12pm	²⁶ CENTRE CLOSED	²⁷ 
²⁸ Interactive DVDs Yoga mats Wii Fit games Balance balls	²⁹ Weight Training and Swimming @ St. Laurent Complex 3-5 Weights 4-5 Swimming	³⁰ Break Dancing 1-4	³¹ Parliament Hill Yoga 12-1 Wii Fit Afternoon 3-5			

Open Gym Every Weekday from 9-10 am and from 4-5 pm Except Monday Afternoon
Healthy Weights Center closed on Saturdays and Sundays
Contact: Christine, Charlotte or Matt @ 613-749-4500, Ext 21, 23 & 30