


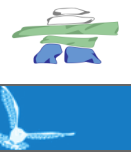


December

Tungasuvvingat Inuit
 Healthy Weights Centre
 297 Savard Avenue
 Vanier, ON K1L 7S1
 Tel: 613-749-4500 Ext. 23 Fax: 613-749-8713
A place where Inuit are welcome...



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		*All Activities Free of Charge Transportation & Snacks Provided		Community Kitchen 1-3pm	Elders 1-4 pm	Outdoor Walk and Museum of Nature Visit 1-4pm
	Yoga 6-7pm	Youth Activity Wave Pool 4-6pm	Muay Thai Kickboxing for Fitness 5:30-6:30pm	Community Kitchen 1-3pm	Elders 1-4 pm	Ice Skating 1-4pm
St. Laurent Sports Complex FREE ACTIVITY PASSES!	Yoga 6-7pm	Youth Activity Basketball 4-6pm	Muay Thai Kickboxing for Fitness 5:30-6:30pm	Community Feast 12-2pm	Elders 1-4 pm	Skiing/ Snowboard/ Tubing @ Edelwiess
Clean gym clothes and indoors shoes available for free!	Yoga 6-7pm	Youth Activity Outdoor Walk & Beavertails 4-6pm	Christmas Celebration	Community Kitchen 1-3pm	Elders 1-4 pm	Christmas Eve Centre Closed
Christmas Day Merry Christmas Centre Closed	Boxing Day Centre Closed	^*Youth^ Activity for Ages 15-25 Centre Closed	Centre Closed	Centre Closed	Centre Closed	New Years Eve Good Bye 2011 Centre Closed

Contact: Christine, Charlotte, Darlene, Sam or Matt @ 613-749-4500, Ext 21, 23 & 30
 Email: hwpromotion@tungasuvvingatinuit.ca
 Activity Centre Opening During the Day— Posted Activities are Led by a Facilitator or Instructor