






# November

**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
		1 <b>Youth Activity Indoor Rock Gym 4-6pm</b>	2 <b>Muay Thai Kickboxing for Fitness 5:30-6:30pm</b>	3 <b>Community Kitchen 1-3pm</b>	4 <b>Elders 1-4 pm</b>	5 <b>Outdoor walk and Afternoon Movie 1-4pm</b>
 *Time Change -1hr*	7 <b>Yoga 6-7pm</b>	8 <b>Youth Activity Laserquest 4-6pm</b>	9 <b>Muay Thai Kickboxing for Fitness 5:30-6:30pm</b>	10 <b>Community Kitchen 1-3pm</b>	11 <b>Centre Closed Remembrance Day</b> 	12 <b>War Museum Walk and Visit 1-4pm</b>
13 <b>St. Laurent Sports Complex FREE ACTIVITY PASSES!</b>	14 <b>Yoga 6-7pm</b>	15 <b>Youth Activity Volleyball/ Badminton 4-6pm</b>	16 <b>Muay Thai Kickboxing for Fitness 5:30-6:30pm</b>	17 <b>Community Feast 12-2pm</b>	18 <b>Elders 1-4 pm  Stargazing 9-10:30pm*</b>	19 <b>Inuit Games 1-4pm</b>
20 <b>Mini Gym Equipment: Aerobic Equipment Free Weights Mini Trampolines Sport Balls</b>	21 <b>Yoga 6-7pm</b>	22 <b>Youth Activity Indoor Soccer 4-6pm</b>	23 <b>Muay Thai Kickboxing for Fitness 5:30-6:30pm</b>	24 <b>Community Kitchen 1-3pm</b>	25 <b>Elders 1-4 pm</b>	26 <b>Family Photo Day</b>
27 <b>Interactive DVDs Wii Fit games Balance Balls Calisthenics Gym Clothes &amp; Shoes</b>	28 <b>Yoga 6-7pm</b>	29 <b>Youth Activity Outdoor Skating 4-6pm</b>	30 <b>Muay Thai Kickboxing for Fitness 5:30-6:30pm</b>		*Youth Activity Ages 15-25 *Stargazing outdoor activity @Sci. and Tech Museum	Snacks Provided All Activities Free of Charge Transportation Provided

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