

Come join us at TJC's fall Women's Retreat



WHEN: September 25th - 27th
WHERE: Helen's Fish Camp
WHY: Because you deserve it!!!

You will have an opportunity to take part in a variety of activities from canning all kinds of yummy vegetables and fruits to sewing to pampering yourself! There will be manicures and pedicures and You will also have time to bead and sew your own moccasins – all supplies will be provided! Food and accommodations will be provided for all participants; rides to and from camp will be available for participants who do not plan on camping overnight.

Registration packages can be picked up from the Health and Education Building. Seats are limited and will be filled on a first-come first-served basis, so Citizens are encouraged to register early!

PLEASE NOTE ONLY THOSE ABLE TO PARTICIPATE IN THE FULL 3 DAYS NEED APPLY

SCHEDULE

Wednesday	Thursday	Friday
9:00 – 9:30 BREAKFAST	9:00 – 9:30 am BREAKFAST	9:00 – 9:30 am BREAKFAST
9:30 – 10:30 am Speaker Presentation	9:30 – 10:30 am Speaker Presentation	9:30 – 10:30 am Speaker Presentation
10:30 – 12:00 Sewing Circle	10:30 – 11:30 Sewing Circle	10:30 – 12:00 Sewing Circle
LUNCH	LUNCH	LUNCH
1:00 – 3:00 pm Canning	1:00 – 3:00 pm Canning	1:00 – 3:00 pm Canning
3:00 – 5:00 pm Manicures/pedicures or sewing	3:00 – 5:00 Manicures/pedicures or sewing	3:00 – 5:00 pm Manicures/pedicures or sewing
5:00 – 6:00 pm Dinner	5:00 -6:00 pm Dinner	Wrap-Up & Goodbyes

For more information, please contact:

- Thalia Hare at 668-3613 ext. 406 or incomeassistance@taan.ca
- Roberta Behn at 668-3613 ext. 403 or rbehn@taan.ca

Registration deadline is Friday, September 6th at 4:30 pm.

