

# My Activity Log

## SATURDAY

Jan. 20

I was COMPLETELY unplugged

- I reduced my...**
- Screen time
  - TV time
  - Video game time
  - Social media time

- I also...**
- Was active
  - Played outside
  - Read
  - Spent time with family

## SUNDAY

Jan. 21

I was COMPLETELY unplugged

- I reduced my...**
- Screen time
  - TV time
  - Video game time
  - Social media time

- I also...**
- Was active
  - Played outside
  - Read
  - Spent time with family

## MONDAY

Jan. 22

I was COMPLETELY unplugged

- I reduced my...**
- Screen time
  - TV time
  - Video game time
  - Social media time

- I also...**
- Was active
  - Played outside
  - Read
  - Spent time with family

## TUESDAY

Jan. 23

I was COMPLETELY unplugged

- I reduced my...**
- Screen time
  - TV time
  - Video game time
  - Social media time

- I also...**
- Was active
  - Played outside
  - Read
  - Spent time with family

## WEDNESDAY

Jan. 24

I was COMPLETELY unplugged

- I reduced my...**
- Screen time
  - TV time
  - Video game time
  - Social media time

- I also...**
- Was active
  - Played outside
  - Read
  - Spent time with family

## THURSDAY

Jan. 25

I was COMPLETELY unplugged

- I reduced my...**
- Screen time
  - TV time
  - Video game time
  - Social media time

- I also...**
- Was active
  - Played outside
  - Read
  - Spent time with family

## FRIDAY

Jan. 26

I was COMPLETELY unplugged

- I reduced my...**
- Screen time
  - TV time
  - Video game time
  - Social media time

- I also...**
- Was active
  - Played outside
  - Read
  - Spent time with family

## SATURDAY

Jan. 27

I was COMPLETELY unplugged

- I reduced my...**
- Screen time
  - TV time
  - Video game time
  - Social media time

- I also...**
- Was active
  - Played outside
  - Read
  - Spent time with family

**Tell us about some of your favourite screen free activities:**

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# Unplug and PLAY

## Family Literacy Week



Challenge 2024

**JANUARY 20 - JANUARY 27, 2024**

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

PHONE: \_\_\_\_\_ SCHOOL: \_\_\_\_\_

**YES!** I accept the challenge! I am participating in the Unplug & Play challenge from Saturday, January 20 to Sunday, January 27, 2024.

**I pledge to:**

1. Have less screen time (TV, iPad or tablet, smartphone, computer etc.)
2. Spend more time playing unplugged. For example: walking, skating, swimming, board games, baking, listening to audio books etc.
3. Have more family time!
4. Read more!

Hand in your completed Challenge Sheet to your neighbourhood school office by Friday, February 2, 2024 for a chance to win some great prizes.

unplug and play family literacy week January 20 to January 27, 2024 unplug and play fa

# For full event details visit: [shuswapliteracy.ca](http://shuswapliteracy.ca).

## All Week

### Armstrong StoryWalk

> ARMSTRONG CHAMBER OF COMMERCE

Enjoy 2 self directed StoryWalks, one starting at the Chamber at 3550 Bridge St and one starting at The Village Cheese at 3475 Smith Dr.

### Enderby Unplug & Play All Week!

> ENDERBY LIBRARY BRANCH Put down those devices and discover scavenger hunts, crafts, science experiments, and more during Unplug and Play week at the Enderby library!

### Sicamous Unplug & Play Contest

Submit photos of your family geo-caching, baking, playing board games, playing in the snow or attending any Unplug and Play events for a chance to win prizes and passes to Sicamous Eagles Hockey games. Send photos to [recreation@sicamous.ca](mailto:recreation@sicamous.ca)

## Saturday, January 20

### South Shuswap Creative Morning

> FACES studio 4051 Myers Frontage Road, Tappen

9:00 - 11:15 AM ages 5-9 join Miss Jennifer Chernecki in the art studio, ages 10+ in the large studio with Miss Megan Abel School of Rock. *Pre-register 250.515.3276.*

### South Shuswap Book Sale & Craft Afternoon

> SOUTH SHUSWAP LIBRARY BRANCH

BOOK SALE 10:00 AM - 4:00 PM, Craft Table set up

2:00-3:00 pm Bring your imagination and make some fun crafts, *pre-register at [soprogram@orl.bc.ca](mailto:soprogram@orl.bc.ca)*

### Salmon Arm Unplug & Play Scavenger Hunt

> SALMON ARM LIBRARY BRANCH 10:00 AM - 4:45 PM

Find the hidden images in the library and enter our Scavenger Hunt Draw for a chance to win a prize. The scavenger hunt will be available all through Unplug & Play week.

### Armstrong Super Saturdays

> ARMSTRONG LIBRARY BRANCH 10:30 AM - 1:00 PM

We will have LEGO, Keva planks, and other fun activities to do!

### Enderby Kiki the Eco Elf presented by EDAC!

> ENDERBY LIBRARY BRANCH 10:30 am - 11:30

Come sing & learn with Kiki the Eco Elf!

### Salmon Arm Magic Show with Leif David

> SALMAR CLASSIC THEATRE 11:00 am - 11:45

Prepare to be amazed and entertained! First come first served

### Salmon Arm Theatre Fun

> SHUSWAP THEATRE - 41 HUDSON AVE NW 12- 1:00 PM

We will explore the dramatic arts through creativity and playing theatre based games and activities.

### Sicamous Juggling With Evan

> SICAMOUS LIBRARY 1:00 pm - 2:00 PM Kick off Unplug and Play week with an amazing performance by Evan the Juggler!

### Armstrong Magic Show with Leif David

> ARMSTRONG LIBRARY BRANCH 2:30 - 3:15 PM

### Salmon Arm Walk the Labyrinth (ages 4-8)

> FIRST COMMUNITY - 450 OKANAGAN AVE. SE

3:00 - 4:00 PM A tranquil, softly-lit labyrinth walk for children aged 4-8. Kids will learn tools and techniques for stillness and reflection in an age-appropriate manner (without any religious content). *Pre-register [mary@firstcommunity.ca](mailto:mary@firstcommunity.ca)*

## Sunday, January 21

### Salmon Arm Free Family Swim

> SALMON ARM RECREATION CENTRE 1:00 - 4:00 PM

### Salmon Arm Family Snowshoe

> LARCH HILLS NORDIC SKI AREA SELF-DIRECTED

Visit [skilarchhills.ca/snow-shoeing/](http://skilarchhills.ca/snow-shoeing/) for info on trails.

### Armstrong Free Rollerskating

> HASSEN ARENA, 1:00 - 3:00 PM Includes roller skate rental and admission (bring your own protective equipment).

### Armstrong Free Public Skating

> NORVAL ARENA, 3:30-5:30 PM Admission only, no skate rentals available. (bring your own protective equipment).

## Monday, January 22

### Enderby Mother Goose

> AT EDCRC UPSTAIRS IN ST ANDREWS CHURCH

BUILDING 10-11:00 AM A playful imaginative time of songs and rhymes for tot & caregiver

### NSSCR Unplug & Play Cooking Challenge

> PICK-UP INGREDIENTS AT THE NSSCR ASSOCIATION IN SORRENTO MONDAY, JANUARY 22, 11:30-4 to pick-up supplies, all week to participate. North & South Shuswap families make a meal together with the supplied kit & submit photos of their creations to be entered into a draw to win a pizza dinner, sponsored by Frankie's Pizza and Blind Bay Village Grocer. *Pre-registration required online at [www.nsscr.ca](http://www.nsscr.ca).*

### Sicamous Free Public Skate

> SICAMOUS AND DISTRICT REC CENTRE 2:30 - 3:30 PM

### Salmon Arm Movement Monday

> SOUTH BROADVIEW SCHOOL GYMNASIUM 5:30 - 6:30 PM

Join Active Chiropractic while we play games and practice skills that will help with sports and everyday activities such as balance, flexibility, strength & mobility.

## Tuesday, January 23

### Salmon Arm Travelling Tots Playgroup

> FIRST COMMUNITY, 450 OKANAGAN AVE E, SALMON ARM 9:00 AM - NOON Join us for some fun at Travelling Tots Playgroup, with a special Yoga Circle Time from 11:15am - 11:45am

### Ashton Creek Hula Hoop Fun

> RIVERSIDE HALL, ASHTON CREEK 9:30-11:30 AM

Parents/Caregivers and children 0-6 years join us at this drop-in playgroup with toys, colouring, and snack!

### Grindrod Tues Tots Scavenger Hunt

> GRINDROD RECREATION HALL 9:30-11:30 AM

Join us for an indoor scavenger hunt and a morning of unplugged play.

### Enderby Story Book Skate

> ENDERBY ARENA 10:00 PM

Free Public Skate with Story Book Trail to follow

### Salmon Arm Skate with the Silverbacks

> SHAW CENTRE 2:45 - 4:15 PM

Join Shuswap Children's Association for a free family skate with the Silverbacks.

### Salmon Arm CMHA Button & Magnet Making

> SHAW CENTRE 2:45 - 4:15 PM We all have mental health, it's never too early to learn how to promote our well-being. Join CMHA to make a fun fridge magnet or button that shows off your favorite thing to do for your wellness.

### Salmon Arm Building Block Party

> SALMON ARM LIBRARY BRANCH 4:00 - 4:45 PM

Connect with other kids and break out the bricks & planks for a building bonanza at the library. Children ages 9 and under must have a responsible adult with them.

### Salmon Arm We Learn From Each Other

> SOUTH BROADVIEW ELEMENTARY SCHOOL 3:30 -

5:00 PM Join Afterschool Program Hive for a multicultural event. Everyone welcome to share their culture and traditions, create origami, listen to Ukrainian songs, learn how to wear an Indian sari and find out why British people love tea.

## Wednesday, January 24

### Enderby Pajama Party @ Family Place

> EDCRC UPSTAIRS IN ST. ANDREWS CHURCH 8:00 AM - 12 NOON Come wearing your favourite pjs and bring your favourite stuffy to show! Drop-In welcome

### Silver Creek Fun with Slime

> SILVER CREEK COMMUNITY HALL 9:30 - 11:30 AM

Join Shuswap Children's Association for some fun with slime, and take some home with you!

### Armstrong Mother Goose

> 3185 BECKER STREET 9:30 - 10:30 AM

Parents or caregivers with children 0-6 years old, join us for an hour to learn new songs and rhymes!

### Armstrong Free Public Skating

> NORVAL ARENA, 11:45AM - 12:45 PM, admission only no skate rentals available. (bring your own protective equipment).

### Salmon Arm Jungle Mania

> JUNGLEMANIA 2450 C 10 AVE NE 3:00-5:00 PM

*Pre-register at [junglemania@yahoo.com](mailto:junglemania@yahoo.com)*

### Salmon Arm Family Choir

> SALMON ARM LIBRARY BRANCH 3:30 - 4:15 PM

Come sing in our Family Choir! Children 9 and younger must have a responsible adult stay with them. Drop-ins are welcome, but registration is required to get a music folder. *Register online or call 250-832-6161.*

### Falkland Numeracy Night & Dinner

> FALKLAND ELEMENTARY SCHOOL 4:45-6:30 PM

Dinner 4:45-5:15 and session for parents and school aged children to follow from 5:15-6:30 with numeracy helping teacher Doug Smith. Child minding provided for non school aged children. *Pre-register by Thursday, January 11th 250-379-2320.*

### Salmon Arm PJ Storytime

> BASTION ELEMENTARY SCHOOL 5:45 - 7:00 PM

Come listen to amazing storytellers and enjoy a delicious treat. PJs and stuffies encouraged!

### Salmon Arm Break Dancing Session

> HILLCREST ELEMENTARY SCHOOL GYM 6:30-7:30 PM

### Sicamous Drumming Circle

> RED BARN ARTS CENTRE 7:00 - 8:00 PM

## Thursday, January 25

### Enderby Dinosaur Day @ Kids & Company

> DRILL HALL, ENDERBY 9:30-11:30 AM Dinosaur day! See how many dinosaurs you can spot, dinosaur craft and story!

### Sicamous Parents and Tots

> EAGLE VALLEY RESOURCE CENTRE 10:00 AM - NOON

Outdoor play and snow painting.

### Enderby Jersey Skate

> ENDERBY ARENA 10:00 PM

Wear your own team jersey to the free public skate.

## Friday, January 26

### Armstrong Recharge and Reconnect

> ARMSTRONG 3185 BECKER STREET 8:30 AM - Noon

Drop-in playgroup for 0-6 years old. Baby and toddler toys, colouring and craft time. Coffee and tea for adults!

### Armstrong Parent and Tot skating

> NORVAL ARENA 11:45AM-12:45PM admission only no skate rentals available (bring your own protective equipment).

### Environments for Reading: Family Preview

> SALMON ARM ART GALLERY 2:30 - 4:30 PM

This is a quiet reading time that can be enjoyed inside one of the many soft sculpture artworks. Bring a book to read. Children must be supervised by an adult during this event.

### Enderby Glow in the Dark Story Time!

> ENDERBY LIBRARY BRANCH 6:00 - 7:00 PM

Join us at the library for a very special glow in the dark story time. Wear your jammies and bring your favourite stuffy!

### Salmon Arm Candle-lit Labyrinth Walk

> FIRST COMMUNITY - 450 OKANAGAN AVE. SE

7:00-8:30 PM For children aged 7+, this event invites young people to experience meditative moments while walking a candle-lit labyrinth. Acquire tools for cultivating peace and reflection, without religious undertones. *Pre-register [mary@firstcommunity.ca](mailto:mary@firstcommunity.ca)*

## Saturday, January 27

### Salmon Arm Intro to Tae Kwon Do-Family

> KEES TAE KWON DO 111- 450 TRANS CANADA HIGHWAY, SALMON ARM 10:00 AM - 1:00 PM Come down to check out a family friendly (all ages) class of Taekwondo! Classes will run every 30 minute starting at 10am and the last one starting at 12:30pm.

### Salmon Arm Anyone For Tennis !!

> SALMON ARM TENNIS CLUB 1:00-5:00 PM

Play indoor tennis or free afternoon tennis instruction for children and parents - hosted by your Local Tennis Professionals. *Pre-registration required, email [satcreception@gmail.com](mailto:satcreception@gmail.com)*

### Falkland Decorative Tassel Making

> FALKLAND LIBRARY BRANCH 1:00 - 2:00 PM

Using ribbons, yarns, beads and other materials make your own unique tassel for your backpack or use as a bookmark.

### South Shuswap Bug Guys Reptile Show

> SOUTH SHUSWAP LIBRARY BRANCH 1:30 - 2:30 PM

Join Stuart and his menagerie of creatures in this fun filled and educational hour! *Pre-Register at [soprogram@orl.bc.ca](mailto:soprogram@orl.bc.ca).*

## Supported by:

Active Chiropractic  
Armstrong Chamber of Commerce  
Armstrong/Spall Parks & Rec  
Bastion PAC

BGC Okanagan  
City of Salmon Arm  
Canadian Mental Health Assoc.  
District of Sicamous  
EDCRC  
Enderby & Area Early Years Committee

Enderby & District Arts Council  
Enderby Recreation Services  
EVCSS  
FACES Performing Arts  
Falkland PAC  
First Community

Hillcrest Elementary PAC  
Hive After School Program  
Junglemania  
Kees Tae Kwon Do  
Kids & Company  
LASS

Larch Hills Nordic Society  
NSSCR  
Okanagan Regional Library  
Piccadilly Mall  
Red Barn Arts Centre  
Salmon Arm Arts Centre

Salmon Arm's BOUNCE 91.5  
Salmon Arm Observer  
Salmon Arm Recreation  
Salmon Arm Silverbacks  
Salmon Arm Tennis Club  
School District No. 83

Shuswap Children's Association  
Shuswap Theatre Society  
Shuswap Youth Soccer Assoc.  
Sicamous & Malakwa ECD  
Sicamous Eagles  
Sicamous Recreation

South Broadview PAC  
  
Literacy Alliance of the Shuswap Society  
250-463-4555 • [info@shuswapliteracy.ca](mailto:info@shuswapliteracy.ca)