

My Activity Log

SAT. Jan. 25

☐ I was COMPLETELY unplugged

I reduced my...

- ☐ Screen time
- ☐ TV time
- ☐ Video game time

I also...

- ☐ Was active
- ☐ Read
- ☐ Spent time with family

SUN. Jan. 26

☐ I was COMPLETELY unplugged

I reduced my...

- ☐ Screen time
- ☐ TV time
- ☐ Video game time

I also...

- ☐ Was active
- ☐ Read
- ☐ Spent time with family

MON. Jan. 27

☐ I was COMPLETELY unplugged

I reduced my...

- ☐ Screen time
- ☐ TV time
- ☐ Video game time

I also...

- ☐ Was active
- ☐ Read
- ☐ Spent time with family

TUE. Jan. 28

☐ I was COMPLETELY unplugged

I reduced my...

- ☐ Screen time
- ☐ TV time
- ☐ Video game time

I also...

- ☐ Was active
- ☐ Read
- ☐ Spent time with family

WED. Jan. 29

☐ I was COMPLETELY unplugged

I reduced my...

- ☐ Screen time
- ☐ TV time
- ☐ Video game time

I also...

- ☐ Was active
- ☐ Read
- ☐ Spent time with family

THUR. Jan. 30

☐ I was COMPLETELY unplugged

I reduced my...

- ☐ Screen time
- ☐ TV time
- ☐ Video game time

I also...

- ☐ Was active
- ☐ Read
- ☐ Spent time with family

FRI. Jan. 31

☐ I was COMPLETELY unplugged

I reduced my...

- ☐ Screen time
- ☐ TV time
- ☐ Video game time

I also...

- ☐ Was active
- ☐ Read
- ☐ Spent time with family

SAT. Feb. 1

☐ I was COMPLETELY unplugged

I reduced my...

- ☐ Screen time
- ☐ TV time
- ☐ Video game time

I also...

- ☐ Was active
- ☐ Read
- ☐ Spent time with family

Supported by:

Armstrong/Spall Parks & Rec
Bastion PAC
BGC Okanagan
City of Salmon Arm
Canadian Parents for French
Canadian Mental Health Assoc.
District of Sicamous
EDCRC
Enderby & Area Early Years Cmte.
Enderby Recreation Services
Enderby Rivertalk
EVCSS

Hillcrest Elementary PAC
In the Groove Studio
Kees Tae Kwon Do
Kids & Company
LASS
Larch Hills Nordic Society
NSSCR
Okanagan Regional Library
Piccadilly Mall
Runaway Moon Theatre
Salmon Arm Jiu-Jitsu
Salmon Arm Metis Association
Salmon Arm Observer
Salmon Arm Recreation

Salmon Arm Silverbacks
Salmon Arm Tennis Club
Sanctuary Games
School District No. 83
Shuswap Children's Association
Shuswap Family Resource Ctr

Shuswap Scoop
Shuswap Theatre
Sicamous & Malakwa ECD
Sicamous Eagles
Sicamous Recreation
Whizbang Boxing



Literacy Alliance of the Shuswap Society
250-463-4555 • info@shuswapliteracy.ca

Unplug and Play

Family Literacy Week



Challenge 2025

JANUARY 25 - FEBRUARY 1, 2025

NAME: _____ AGE: _____

PHONE: _____ SCHOOL: _____

YES! I accept the challenge! I am participating in the Unplug & Play challenge from Saturday, January 25 to Sunday, February 1, 2025.

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 7, 2025 for a chance to win some great prizes.

unplug and play family literacy week January 25 to February 1, 2025

*** All events are free ***

Saturday, January 25

Salmon Arm Intro To Jiu-Jitsu

> Jiu Jitsu Academy 371-7 ST SW, SALMON ARM
10:00-11:00 am • youth ages 6-9 limit of 12 participants
11:30 am-12:30 PM • youth ages 10-14 limit of 12 people
Jiu-jitsu games with peers; safety orientation starts promptly at beginning of sessions, please arrive a few minutes early. Waiver required for participation, signed by parent/guardian.

Enderby Evan The Juggler

> ENDERBY LIBRARY • 10:30 - 11:30 AM
Enjoy juggling and jokes during Evan the Juggler's hilarious juggling routine. Learn to juggle or sit back & enjoy the show.

Armstrong STEAM Explorers: Family Fun

> ARMSTRONG LIBRARY-10:30 AM-NOON
Join us every Saturday for family-friendly STEAM fun! Explore Science, Technology, Engineering, Arts, and Mathematics.

Salmon Arm Unplug & Play Story Time

> SALMON ARM LIBRARY BRANCH • 11:00-11:30 AM
Unplug from your devices & take part in a fun filled story time.

Salmon Arm Theatre Fun

> SHUSWAP THEATRE - 41 HUDSON AVE NW • 12-1:00 PM
Explore the dramatic arts with theatre based games & activities

Salmon Arm Youth and Family Boxing

> WHIZBANG BOXING - 101 HUDSON AVE NE • 12 - 3:00 PM
Book as a family, an individual or a group. 45 mins of one-on-one boxing training to introduce youth and their families to the sport. *Pre-registration required whizbangboxing@gmail.com*

South Shuswap Bubble Wonders

> SOUTH SHUSWAP LIBRARY, BLIND BAY 3:00-4:00 PM
Trade snowflakes for bubbles at this wonderful show with lots of Bubble fun! Geoff entertains & mesmerizes with bubbles.

Sunday, January 26

Free Family Snowshoe

> LARCH HILLS NORDIC SKI AREA • SELF DIRECTED
Visit skilarchhills.ca/snow-shoeing/ for information on trails.

Salmon Arm Youth and Family Boxing

> WHIZBANG BOXING - 101 HUDSON AVENUE • 10AM-1:00 PM
Book as a family, an individual or a group. 45 mins of one-on-one boxing training to introduce youth and their families to the sport. *Pre-registration required whizbangboxing@gmail.com*

Salmon Arm Free Family Swim

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

Salmon Arm Lantern Making Workshop

> SALMON ARM ARTS CENTRE • 1:00-4:00 PM
Join Runaway Moon Theatre and make a lantern to be shared at the Winter Lantern Celebration on February 16th.

Armstrong Free Public Roller Skating

> 3315 PLEASANT VALLEY ROAD (HASSEN ARENA)
1:00 - 3:00 PM Roller skating (rentals included) All Welcome

For full event details visit: shuswapliteracy.ca

Sicamous Skate with the Eagles

> SICAMOUS & DISTRICT RECREATION CENTRE • 2:00 - 3:00 PM Family Skate with the Sicamous Eagles.

Armstrong Free Public Ice Skating

> 3351 PARK DRIVE (SUNBELT ARENA) • 3:30 - 5:30 PM
Everyone Welcome! Free skating.

Monday, January 27

South Shuswap Cooking Challenge

> PICK-UP INGREDIENTS AT THE NSSCR ASSOCIATION IN SORRENTO • 12:00 NOON 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. All families who send in photos of their meals will be entered to win prizes like family pizza nights etc. *Pre-registration required online at www.nsscr.ca.*

Salmon Arm Board Game Getaway!

> SANCTUARY GAMES 290 ALEXANDER ST • 10 AM - 9 PM
Play open board games for free at Sanctuary Games.

Grindrod Mother Goose

> GRINDROD RECREATION CENTRE • 10:00 - 11:00 AM
Join us for fun songs and stories the Mother Goose way.

Salmon Arm Music Together® Family Class

> *Salmon Arm Community Music School • 5:30pm (45min)*
Sing, dance and jam along with your 0-5 year olds in this mixed age family class with In The Groove Studio! Limited to 10 families, *pre-register: roxy@inthegroove.ca or 250-515-2966.*

Salmon Arm Rhythm Kids® Class

Salmon Arm Community Music School • 6:30pm (45min)
In this family class for 4-8 year olds, explore rhythms, percussion instruments and djembe drums inspired by musical traditions from around the world with In The Groove Studio. Limited to 10 families, *pre-register: roxy@inthegroove.ca or 250-515-2966.*

Tuesday, January 28

Salmon Arm Travelling Tots Playgroup

> PINE ROOM @ FIRST COMMUNITY 450 OKANAGAN AVE E • 9:00 AM - Noon Join us for some fun at travelling tots playgroup, with a special circle time from 10:15-10:45.

Ashton Creek Bunny Fun Day

> RIVERSIDE HALL, ASHTON CREEK • 9:30 AM - 11:30
Be a bunny, enjoy the sensory tunnel and some other bunny fun. Parent participation required.

Grindrod Science at Tuesday Tots

>> GRINDROD RECREATION HALL • 9:30 - 11:30 AM
Unplugged playtime and a fun science experiment!

Salmon Arm Board Game Getaway!

> SANCTUARY GAMES 290 ALEXANDER ST • 10 AM - 9 PM
Play open board games for free at Sanctuary Games.

Armstrong Family Story Time

> ARMSTRONG LIBRARY-10:30-11:00AM
Family fun featuring picture books, interactive songs & rhymes

Armstrong Stay & Play

> ARMSTRONG LIBRARY-11:00AM - Noon Join Stay & Play for unstructured fun with toys & soft play equipment and to socialize and explore!

Enderby Storybook Skate

> ENDERBY ARENA • 2:00 - 3:30 PM
Take a Story Book journey around the ice while skating.

Salmon Arm Silverbacks Family Skate

> ROGERS RINK - 2600 10 AVE NE • 2:45-4:15 PM
Join Shuswap Children's Association for a free family skate with the Silverbacks.

Salmon Arm CMHA Button & Magnet Making

> ROGERS RINK - 2600 10 AVE NE • 2:45-4:15 PM
Button Making with CMHA in partnership with Silverbacks family skate and Shuswap Children's Association.

South Shuswap Little Art Making

> SOUTH SHUSWAP LIBRARY, BLIND BAY 3:30-4:30 PM
Art supplies available to make 5x7 art for our Little Art Show.

Salmon Arm Introduction to Lacrosse!

> BASTION ELEMENTARY SCHOOL • 6:00-8:00 PM
Learn about lacrosse and give it a try with stations setup to learn different aspects of the game - no equipment required

Wednesday, January 29

Enderby Seek and Find at Family Place

> UNITED CHURCH UPSTAIRS • 8:00 AM - NOON
Unplugged playtime and a game of seek and find! Stay to enjoy a free hot soup lunch at the end of the morning.

Silver Creek Fun with Slime

> SILVER CREEK COMMUNITY HALL 3048 HORNSBERGER RD 9:30-11:30 AM
Join Shuswap Children's Association for some fun with slime, and take some home with you!

Salmon Arm Dream Catcher Crafts

> United Church hall, 450 Okanagan Ave SE • 3:00 - 4:30
Join Salmon Arm Métis Association & create dream catchers from a kit, capacity of 50 children *Pre-registration required 778-489-5539 or salmonarmcc@mnbc.ca*

Salmon Arm Pop-up Family Choir

> SALMON ARM LIBRARY BRANCH • 3:30-4:15 PM
Join us for multigenerational singing, open to all ages. Kids 9 and under must be with a responsible adult. Whether you're a seasoned singer or just love to hum come join the fun!

South Shuswap Pinecone Bird Feeder

> SOUTH SHUSWAP LIBRARY, BLIND BAY • 4:00-4:45 PM
Make a unique bird feeder with pinecones and peanut butter.

Salmon Arm Juggling Jamboree

> BASTION ELEMENTARY SCHOOL • 6:00 - 7:00 PM
Join us for an awe-inspiring, hilarious performance by the amazing Evan the Juggler!

Thursday, January 30

Salmon Arm Winter Wonderland

> DESC- 341 SHUSWAP ST. SW • 9:00-11:00 AM
Join StrongStart as we bring the outdoors in! Build "snow" creations, play games, sing songs with Roxy from In The Groove Studio, listen to stories and enjoy a hot chocolate snack time.

Enderby Photo Scavenger Hunt at Kids & Co.

> ENDERBY DRILL HALL • 9:30 AM - 11:30
Unplugged playtime and a photo scavenger hunt!

Sicamous Everything Snow

> Sicamous Parents & Tots 1214 Shuswap Avenue • 10:00 AM - NOON Our theme will be all about snow!

Salmon Arm Meet a Real Firefighter

> SALMON ARM LIBRARY BRANCH • 10:30-11:15 AM
Meet a firefighter and learn great fire safety tips.

Salmon Arm Tummies to Tots Drop-in

> SHUSWAP FAMILY CENTRE 681 MARINE PARK DR 11:00 AM - NOON Geared towards pregnant women/ persons, and parents/caregivers with infants. We offer peer connection, snacks, and interactive play for babies.

Enderby Jersey Skate

> ENDERBY ARENA • 2:00 - 3:30 PM
Wear your favorite team's jersey during the Free Public Skate.

Salmon Arm Breakdance Boogie

> HILLCREST ELEMENTARY GYM • 6:00 - 7:00 PM
Come boogie the night away with a break dancing session with Manny Christjansen.

Friday, January 31

Armstrong Recharge & Reconnect Playgroup

> 3185 BECKER ST., ARMSTRONG • 8:30 AM - 11:30
Visit our drop-in playgroup for children 0-5 years old with their parent or caregiver. Toys, colouring, coffee!

Sicamous Pirate Adventure

> SICAMOUS LIBRARY BRANCH • 2:30 - 4:00 PM Ahoy!
Bring yer crew to the Sicamous library to play some pirate games and search for treasure!

Falkland Sculpey Magnets

> FALKLAND LIBRARY • 2:30-3:30 PM
Make your very own clay-sculptured magnets, items will need to be baked and have magnets attached, so pickup is the following week!

Salmon Arm Youth and Family Boxing

> WHIZBANG BOXING - 101 HUDSON AVENUE • 3:00-6:00 PM
Book as a family, an individual or a group. 45 mins of one-on-one boxing training to introduce youth and their families to the sport. *Pre-registration required whizbangboxing@gmail.com*

Salmon Arm Soirée de jeux/Games Night

> SALMON ARM LIBRARY BRANCH • 6:00-7:50 PM
Play board games en français with Canadian Parents for French (Shuswap Chapter)! All ages and French abilities welcome.

*** All events are free ***

Enderby Glow in the Dark Story Time

> Enderby Library • 6:00-7:00 PM
Join us for a special glow-in-the-dark Story Time. Wear your jammies, bring a stuffie & enjoy stories under the stars.

Saturday, February 1

Salmon Arm Intro to Tae Kwon Do-Family

> 111, 450 TRANS CANADA HIGHWAY • 10 AM-1 PM
Drop in for a 30 minute class for the whole family!
Beginning at 10 am in 30 minute increments.

Armstrong STEAM Explorers: Family Fun

> ARMSTRONG LIBRARY-10:30 AM-NOON
Join us for STEAM fun! Explore Science, Technology, Engineering, Arts, and Mathematics.

Enderby Lantern Making Workshop

> ENDERBY LIBRARY • 11:00 AM-3:00 PM
Join Runaway Moon Theatre and make a lantern to be shared at the Winter Lantern Celebration on February 16th.

Salmon Arm Unplug & Play Puppet Show

> SALMON ARM LIBRARY BRANCH • 11:00-11:45 AM
Puppet shows are back at the library! Bring the family and experience the hilarity of amateur puppetry in action.

Salmon Arm Youth and Family Boxing

> WHIZBANG BOXING - 101 HUDSON AVE NE • 12 - 3:00 PM
Book as a family, an individual or a group. 45 mins of one-on-one boxing training to introduce youth and their families to the sport. *Pre-registration required whizbangboxing@gmail.com*

Salmon Arm Magic Show with Leif David

> SALMAR CLASSIC THEATRE 360 ALEXANDER ST NE 1:00-1:45 PM Be amazed & entertained by magician Leif David.

Salmon Arm Anyone for Tennis!!

> SALMON ARM TENNIS CLUB • 2:00 or 3:00 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*

All Week

Salmon Arm Unplug & Play Scavenger Hunt

> SALMON ARM LIBRARY BRANCH Show your finished Scavenger Hunt form to staff and get a small prize. Event geared to young children, but all are welcome to participate.

Sicamous Community Art Project

> SICAMOUS LIBRARY BRANCH Community art project that anyone can come in and contribute to all week.

Enderby Drop-in activities all week!

> ENDERBY LIBRARY BRANCH Rediscover the joy of screen-free fun. Unplug and Play at the library all week. join us for games, crafts, or outdoor fun, there's something for everyone!

Armstrong STEAM Adventure Kits

> ARMSTRONG LIBRARY BRANCH Embark on an exciting journey of creativity, curiosity, and innovation! Pick up your kit while supplies last.