

WELLNESS UNITES: *A Community Event for Health and Reconciliation* NATIONAL DAY FOR TRUTH AND RECONCILIATION

SATURDAY, SEPTEMBER 30, 2023

10 AM-4 PM

Free Activities for the Whole Community!

Artwork by Noel Brown

OLIVER WOODS COMMUNITY CENTRE

- **GYMNASIUM SPORTS**
-10-11:25 AM: **Parent & Tot Sports**
-11:30 am-12:55 PM: **Everyone Welcome** (open gym for basketball, soccer, hockey and badminton)
-1-2:25 PM: **Family Fun Games** (relays, camp games, ball games)
-2:30-3:55 PM: **Youth Basketball**

- **FAMILY PLAY ROOM**

- **SCAVENGER HUNT**

- **ARTS & CRAFTS**

- **INTERACTIVE BOOTHS** (including Nanaimo Museum & The Port Theatre)

- **STORYWALK**

- **BOUNCY CASTLES**

- **GAMES & ACTIVITIES**

- **COOKIE DECORATING**

- **REFRESHMENTS & FOOD TRUCK**

- **T-SHIRT SALES** (while supplies last)



NANAIMO AQUATIC CENTRE

- **EVERYONE WELCOME SWIM** (with capacity limits)
- **WEIGHT ROOM**
- **STORYWALK**
- **FOOD TRUCKS**
- **T-SHIRT SALES** (while supplies last)



NANAIMO ICE CENTRE

- **EVERYONE WELCOME SKATES** (free skate rentals)
-10-11:45 AM
-12-1:45 PM
-2-4 PM
- **STICK 'N' PUCK SKATES** (free skate rentals)
-10-11 AM
-11:15 AM-12:15 PM
-12:30-1:30 PM
-1:45-2:45 PM
-3-4 PM
- **FREE HOCKEY/SKATING EQUIPMENT** (while supplies last)
- **STORYWALK**
- **CONCESSION**
- **T-SHIRT SALES** (while supplies last)



All events are free with the exception of t-shirt sales and food truck/concession purchases

recreation.nanaimo.ca

250-756-5200

CITY OF NANAIMO
THE HARBOUR CITY

