

Interior Savings Unplug & Play Family Literacy Week 2015

Schedule of Events

Saturday, January 24

Science Story Time - 10:00 am-4:00 pm
Listen to stories and discover the Exploration Room
Big Little Science Centre, 655 Holt St

Literacy Week Launch! - 10:00 am (Ages 8+)
Build your own paper airplane launch pad and test it out!
Kamloops Library, 100-465 Victoria St
(Sign-up is required. Call 250-372-5145.)

The Art of Letter Writing - 1:00-3:00 pm
Rediscover the lost art of letter writing
Kamloops Museum & Archives, 207 Seymour St
(Sign-up is required. Course No. 235496. Call 250-828-3500.)

Sunday, January 25

Family Storytime - Unplugged - 1:00-1:30 pm
Enjoy stories, songs, and hot chocolate
Kamloops Library, 100-465 Victoria St

Belly Dance for Fun - 1:30-2:30 pm
This mother-daughter class is fun for all levels
Tournament Capital Centre, 910 McGill Rd
(Sign-up is required. Course No. 235436. Call 250-828-3500.)

Monday, January 26-Friday, January 30 Unplug and Play Activities All Week

XploreSportz - Find Your Game (Ages 7-12)
3:30-4:30 pm, Mon-Thur

Try a variety of fun sports each day with
PacificSport and the Boys and Girls Club
John Tod Centre, 150 Wood St

KidzFit (Ages 5-12) 3:30-4:00 pm, Mon-Thur
Kid-friendly fitness classes
YMCA-YWCA, 400 Battle St (Mon & Wed)
John Tod Centre, 150 Wood St (Tues/Thur)

Monday, January 26

Kamloops Blazers 'n' Books - 11:00 am-12:00 pm
Younger family members can join some of the
Blazers, read a book, do an activity sheet, and
maybe win a prize

North Kamloops Library, 693 Tranquille Rd
Come Bake With Me (Cookie Baking) 3:00-7:00 pm
The Salvation Army, 344 Poplar St

Drink & Draw with the Kamloops Art Gallery -
6:00-8:00 pm

Contribute to a large-scale collaborative drawing
Zack's Coffee and Teas, 377 Victoria St

Family Swim - 6:30-8:00 pm
The entire family can enjoy a free swim
(Loonies for Literacy donations accepted)
Westsyde Pool, 859 Bebek Rd

Tuesday, January 27

National Family Literacy Day
Drop Everything and Read (D.E.A.R.)
Celebrate Family Literacy Day by making time for
everyone in the family to D.E.A.R. Happy reading!
Senior's Tea 2:00 pm – 4:00 pm

North Kamloops Library 693 Tranquille Rd
Tea, goodies, live entertainment and good
company.

Melanie 250-554 1124

Teen Night - 6:30-8:30 pm (Ages 12-18)

Design and build your own dancing robot!
Kamloops Library, 100-465 Victoria St
(Registration is recommended. Call Susan at 250-372-5145.)

Wednesday, January 28

Mother Goose Swim - 11:00 am-12:00 pm
Younger family members can enjoy their
favourite Mother Goose songs and rhymes in
the pool (two 25-minute sessions available) - by KELLI
Canada Games Pool, 910 McGill Rd.

Stretch, Read, and Relax - 1:00-2:00 pm
Younger family members can enjoy gentle
movement, songs, and activities for babies,
toddlers, and young preschoolers

Child Care Resource Referral Kamloops
YMCA-YWCA, John Tod Centre, 150 Wood St

Skate for Literacy - 6:00-8:00 pm
(Loonies for Literacy donations accepted)
Valleyview Arena, 353 Highland Rd

Teen Night - 6:30-8:30 pm (Ages 12-18)
Design and build your own dancing robot!
North Kamloops Library, 693 Tranquille Rd
(Registration is recommended. Call Emily at 250-376-3526.)

"Play Again" - 7:00 pm
Award-winning documentary - www.playagainfilm.com
(Admission by donation to Loonies for Literacy)
Paramount Theatre, 503 Victoria St

Thursday, January 29

Explore the Kamloops Art Gallery - 10 am-9 pm
FREE admission every Thursday
Kamloops Art Gallery, 465 Victoria St

Mega Blocks - 10:30 am – 11:30 am

North Kamloops Library 693 Tranquille Road
Perfect for little hands with bigger blocks to
fuel the imagination! Andy 250-554-1124

Senior's Tea - 2:00 pm – 4:00 pm
Kamloops Library 100-465 Victoria Street
Tea, goodies, live entertainment and good
company. Susan 250-372-5145

After School Club - 3:00-4:00 pm (Ages 6-12)
Drop-in for snacks, games, crafts, and fun
North Kamloops Library, 693 Tranquille Rd

Game Night for Adults 6:00-8:30pm
North Kamloops Library 693 Tranquille Road
Unplug and play fun night of entertaining
games! Melanie 250 554 1124

Family Game Night - 6-8 pm - Drop-in - All Ages
Kick it old school with board games and puzzles.
Kamloops Library, 100-465 Victoria St

Friday, January 30

Active Star - Move Your Body - 10 am-1 pm
(Ages 2-6)

Younger family members can play, move, and
learn the FUNdamental movement skills to help
with physical literacy - by PacificSport
Tournament Capital Centre Fieldhouse Courts,
910 McGill Rd

Family Craft - 3:30-4:30 pm

A family-friendly craft for all ages - everyone welcome
North Kamloops Library, 693 Tranquille Rd

Ice Tower Swim - 3:30-5:30 pm

Celebrate the week of unplugging and playing
with the Ice Tower, games, prizes, and more
YMCA-YWCA, 400 Battle St

Family Night - 5:30-7:30 pm - Science Night
Boys & Girls Club, John Tod Centre, 150 Wood St
(Sign-up is required by January 29, 5:00 pm, 250-554-5437, ext. 203)

Saturday, January 31

ABC Family Literacy Day - 9:00 am-12:30 pm
Crafts, activities, story time, entertainment, and more to
celebrate the wrap-up of Unplug and Play Week

Henry Grube Centre, 245 Kitchener Crescent
Explore the Children's Museum - 9 am-4 pm
Enjoy the interactive displays and games
Kamloops Museum & Archives, 207 Seymour St

Simple Science, 10:00 am-3:30 pm
Exciting, hands-on fun while exploring basic
science

Big Little Science Centre, 655 Holt St

Family Playroom - 2:00-4:00 pm - Drop-in
Children can enjoy creative play with their
caregivers. Dress-up, blocks, puppets, and more!
Kamloops Library, 100-465 Victoria St

Tell us what you did to Unplug and Play for a chance to win Blazers game tickets and dinner.
www.surveymonkey.com/s/ISDigitalDetox
Deadline for entry is February 6, 2015.

Digital Detox Challenge - Tell Us What You Did!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Social Media-free Sunday	Mobile-free Monday	Tech-free Tuesday	Web-free Wednesday	TV-free Thursday	Facebook-free Friday	Screen-free Saturday
Unplug from Instagram, Twitter, email, and Facebook for the day.	Commit to be "mobile free". Enjoy "no tech" at the dinner table tonight!	Have everyone surrender their phones at the beginning of a meeting.	No aimless "surfing" on the Internet today.	Keep the TV off at home, and enjoy the company of friends and family.	Give up Facebook for today!	Avoid all screens today (TV, computer, tablet, cell phone, etc.).