

Upcoming Recreation Event

January 2022

Fit BINGO

- When: Monday, January 4 -31, 2022
- Where: All campuses virtually

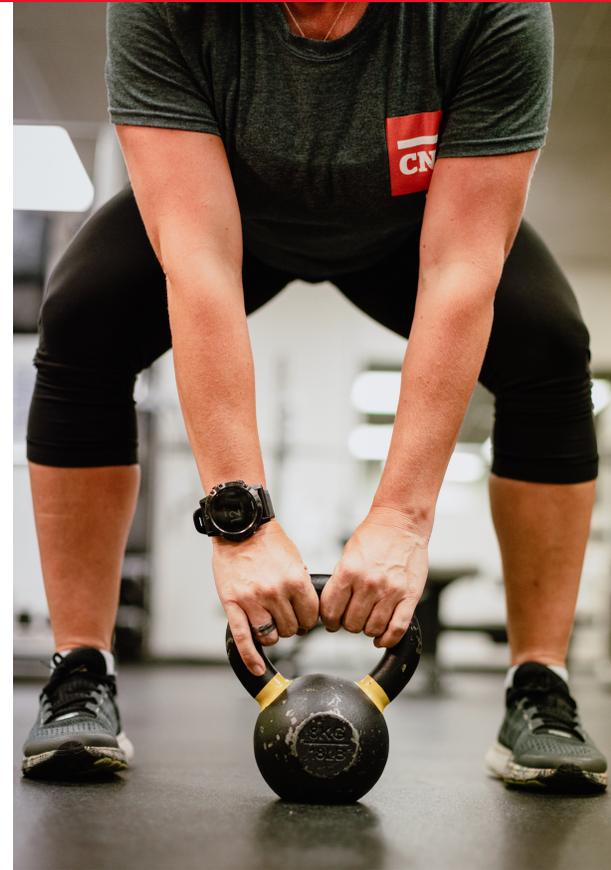
Registration and event details:
cnc.bc.ca/recreation

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New Year, New You Challenge

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Christmas Favourites Word Search

Find the words listed below for something fun to

- | | |
|-------------|------------|
| Chestnuts | Chocolate |
| Holiday | Caroling |
| Soldier | Sleigh |
| Snowman | Family |
| Candy | Sugar |
| Gingerbread | Decorating |
| Snowflake | Dancing |
| Stoking | Rudolph |
| Eggnog | Turkey |
| Baking | Santa |
| Dove | Tree |

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U F A S D S Q P A S G Z B T F
H A S L L N S Q J F I T T N C
E Q U E S O T F J Y N R C V A
U U G I A W O C E P G E H Z N
D K A G N F K T G F E E O R D
H E R H T L I U G A R C C U Y
S O C K A A N R N M B H O D S
E O L O V K G K O I R E L O N
B D L I R E Y E G L E S A L O
A O F D D A T Y Y Y A T T P W
K V N B I A T P A P D N E H M
I E W U F E Y I O E Y U O G A
N V B V M T R B N N A T A C N
G C A R O L I N G G T S C R U
S Y D A N C I N G C S N F L R
    
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Recreation Services

On campus activities

Recreation Services will be closed for on campus activities December 7 2021 - January 4th 2021.

Virtual activities

Monthly challenge information can be found on the CNC website under Recreation Services. Take advantage of the CNC Fit Page Group as well!



Gingerbread Recipe:

You will need: 8 cups All Purpose Flour, 1 1/4 cup Butter or Crisco, 1/2 cups Brown Sugar packed, 2 cups Dark (or Light) Corn Syrup, 2 tsp Cinnamon, 1 tsp Ginger, 1/2 tsp Clove, 1/2 tsp Salt.

Microwave Crisco and corn syrup until melted. Put the melted mixture into your mixer and add brown sugar. Mix until smooth. Add spices and mix. Slowly add in flour and mix. Form into a ball and wrap in plastic wrap. Let it rest 30 minutes. Now is a good time to get your tools ready for the rest of your project! Roll the dough to 1/4 inch thick. Cut out your pieces and cook at 350°f for about 12 minutes. The edges should be a light brown and middle should be golden. It will be soft when you pull it out of the oven but will stiffen up as it cools.