

# 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](https://cnc.bc.ca/recreation)

## January 2022 New Year, New You Challenge

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

Registration and event details:  
[cnc.bc.ca/recreation](https://cnc.bc.ca/recreation)



# 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

```

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
  
```

# 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.