






AGENDA – Tuesday May 17th, 2022

11:00am—12:00pm

Join us on Facebook: <https://www.facebook.com/SABrighterFuture>

1	 <p>Welcome to SABF’s May Meeting! Introductions: “My name is...”</p>
2	 <p>10 Core Values of SABF</p>
3	Earl’s Weather Report
4	Andrea’s Sign of the Month
5	Virginia’s Hul’qumi’num Word of the Month
6	Announcements: Do you have an announcement to share?
7	<p>BeConnected Fit in Fitness Month It's fit in fitness month at BeConnected! This month we are asking people to participate in a steps challenge. If walking isn't your favorite way to get exercise, please share with us some activities that you prefer!</p> <ul style="list-style-type: none"> • What activities do you like to do? • Fitness Activities This or That Game 
8	<p>Let’s Play SANGO (Health & Wellness G-column version!) S – History (History of self advocacy and the community living movement in Canada) A – Rights (These are our rights) N – Leaders (Important people – past and present) G – Institutions O – Core Values (What we believe in)</p>
9	<p>Meeting Adjourned</p> <ul style="list-style-type: none"> • Photo • Next meeting June 20th, 2022. We’ll gather for the first time since last summer and host a BBQ outside!

1. Miniature golf or bowling
2. Swimming or skating
3. Walking around a park or hiking a mountain
4. Going to a dance party or attending an aerobics class
5. Playing kickball or jumping on a trampoline
6. Cooking a meal or grocery shopping
7. Washing a vehicle or planting flowers in a garden
8. Yoga or Pilates
9. Vacuuming your bedroom or mopping the floor
10. Paddle boarding or kayaking