

Keep Busy with PSP

Recreation



Details: Do you think you have what it takes to be the ultimate Movie Trivia Champion? Come test your knowledge Aug 12th

Supplies: Computer or Mobile device

Time: 7pm

Link: <https://www.facebook.com/groups/559096861191327/events/>

Questions: email bryne.mary@cfmws.com



Details: Join PSP Amanda Butler with a weekly craft. She will be Live through the 5 Wing Fitness, Sports and Recreation Facebook site, completing a step by step on the craft for the week

Supplies: Items needed for the craft that week will be place on the event created each Monday

Time: 1000h AST

Link: <https://www.facebook.com/events/2265832810391426/>

Questions: email butler.amanda@cfmws.com

Physical Literacy in Youth



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Details: Join Amanda Butler and her helpers as they show activities to get moving. Each activity is geared to work with kids ages and abilities while challenging them to try something new. Each week a new video will be posted with a small description of the activity.

Supplies: If any are need, it will be posted the Monday before .

Time: Tuesdays

Link:

https://www.facebook.com/events/618894675504222/?event_time_id=618894688837554

Questions or suggestions: email butler.amanda@cfmws.com

Watch Party



Details: Watch movies with friends without leaving your home! Join in to watch a movie and chat with friends. Links to the party will be sent out shortly before showtime. An event is created with movie selected each week on the 5 Wing fitness, Sports and Recreation Facebook page

Supplies: Computer or Smart Device

Time: 8pm

Link: <https://www.facebook.com/groups/559096861191327/events/>

Questions: email bryne.mary@cfmws.com

Gemma and Mary go to the movies



Details: Did you ever want to watch a movie, but wasn't quite sure if it was good or not? Well Gemma and Mary go one line each week and review a movie. Join in with your thoughts or watch the review and watch the movie for yourself!

Supplies: computer or smart device

Time: Tuesdays

Link: <https://www.facebook.com/groups/559096861191327/events/>

Questions: riche.gemma@cfmws.com or bryne.mary@cfmws.com

Health Promotion

Sharon Canning is the Health Promotion Director in Gander.

She has provided us with many excellent resources for Health Promotion and healthy eating

Follow the link to find all information.

<https://admin.cafconnection.ca/Gander/Adults/Social-Groups/PSP-Info-page.aspx>

She will also be adding items to our Facebook 5 wing Fitness, Sports and Recreation on Health Promotion, and creating Zoom talks. Keep your eye out for them.

Fitness

National PSP Virtual Fitness

Details: Join PSP Trainer from around Canada is 12 hours of virtual fitness classes.

Supplies: Computer

Time: 12 hours of virtual fitness fun. Follow the link below and choose a class and time that works for you

Link: <https://www.cafconnection.ca/National/Programs-Services/For-Military-Personnel/Military-Fitness/PSP-Virtual-Fitness-Schedule.aspx>

It is time to work on you!

5 Wing

5 Wing Fitness, Sport and Recreation Facebook page is the central location for all PSP Events!

Follow the Link below:

<https://www.facebook.com/groups/559096861191327/>

Virtual personal training & reconditioning contact

Adam Cull at cull.adam@cfmws.com

Or

Cyril Brennan at brennan.cyril@cfmws.com

They are ready to Challenge you!