



Sew'xmx Community Health Services Society

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February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		CW After school drop in CW Access Ctr 3:30-4:45pm		1 Nooaitch Local Medical Van Meal Delivery	2 Shackan Local Medical Van RedPath Program -NOO SAT office NOO Drop In 7-9pm	3
4	5 Swim & Gym 3:00pm-5:00pm RedPath Program -NOO SAT office Boot Camp 6-7 Nic Canford School Gym CW Parent & Tot group Craft Making Sensory Boards 10:30 am at CW School CW & Noo Water Sampling CW Gym Night 6:30-7:30 pm	6 Coldwater Local Medical Van Gym Night at Nic Can 6-7:30 pm Yoga class, 7-8 pm CW School Noo Parent & Tot group Craft Making Sensory Boards 10:30 am at NOO Sat Off CW Kids Gym Night 6-7:15pm Wellbriety 6:30-8:30 CW Access Centre	7 Shackan Local Medical Van RedPath Program -NOO SAT office CW 'Girls Power Group' @ CW Access Centre 3:30-4:45pm	8 Nooaitch Local Medical Van Meal Delivery Feel the Beat at SCFSS 4:30-8:30pm	9 NOO Drop In 7-9pm RedPath Program -NOO SAT office	10
11	12 Family Day SCHSS & Stoyoma Office Closed Family Tubing at Harper Mountain	13 Coldwater Local Medical Van Exercise Class, 7-8 CW School CW Kids Gym Night 6-7:15pm CW After school drop in CW Access Ctr 3:30-4:45pm Wellbriety 6:30-8:30 NOO Access Centre Feel the Beat at SCFSS 4:30-8:30pm Bowling & Pizza	14 Shackan Local Medical Van RedPath Program -NOO SAT office Elders Valentine's Luncheon CW 'Girls Power Group' @ CW Access Centre 3:30-4:45pm	15 Nooaitch Local Medical Van Meal Delivery Feel the Beat at SCFSS 4:30-8:30pm	16 Shackan Local Medical Van NOO Drop In 7-9pm	17
18	19 RedPath Program -NOO SAT office Boot Camp 6-7 Nic Canford School Gym CW & Noo Water Sampling CW Gym Night 6:30-7:30 pm	20 Coldwater Local Medical Van Yoga class, 7-8 pm CW School Nooaitch Mini Health Fair 12pm-5pm CW Kids Gym Night 6-7:15pm CW After school drop in CW Access Ctr 3:30-4:45pm Wellbriety 6:30-8:30 CW Access Centre	21 Shackan Local Medical Van RedPath Program -NOO SAT office CW 'Girls Power Group' @ CW Access Centre 3:30-4:45pm	22 Nooaitch Local Medical Van Meal Delivery Swim & Gym 3:00pm-5:00pm	23 RedPath Program -NOO SAT office SCHSS Kids Harper Ski Trip Ages 7-12	24
25	26 Swim & Gym 3:30pm-5:00pm RedPath Program -NOO SAT office Boot Camp 6-7 Nic Canford School Gym CW & Noo Water Sampling CW Parent & Tot Swimming 10am-12 pm CW Gym Night 6:30-7:30	27 Coldwater Local Medical Van Exercise Class, 7-8 CW School Feel the Beat at SCFSS 4:30-8:30pm CW Kids Gym Night 6-7:15pm CW After school drop in CW Access Ctr 3:30-5:00pm Wellbriety 6:30-8:30 CW Access Centre	28 Shackan Local Medical Van RedPath Program -NOO SAT office Noo Parent & Tot Swimming 10am-12 pm CW 'Girls Power Group' @ CW Access Centre 3:30-4:45pm			