



Sew'eximx Community Health Services Society

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March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 CW & Noo Water Sampling Cooking Healthy Fajita Bowls with Carly 10-12:30 CW School call ahead if you need a ride. Gym Night at Nic Can 6-7:30 pm	5 Coldwater Local Medical Van Wellbriety 6:30-8:30 pm SCHSS Office CW After school drop in CW Access Ctr 3:30-4:30pm CW Gym Night 6-7:30 pm	6 Shackan Local Medical Van Cooking Healthy Fajita Bowls with Carly 10-12:30 NOO Health Building call ahead if you need a ride Swim & Gym 3:30pm-5:00pm	7 Nootatch Local Medical Van Meal Delivery	8 Cooking Healthy Fajita Bowls with Carly 10-12:30 Shackan Band Hall call ahead if you need a ride NLX Women's Group Lunch 12-2 pm Civic Centre	9 Stoyama Office Closed from Wednesday March 6, 2019 at 1:00 pm to March 10, 2019. The Dentist office will be attending the Pacific Dental Conference in Vancouver
10 Stoyama Closed	11 CW & Noo Water Sampling Gym Night at Nic Can 6-7:30 pm St Patrick's Day Glitter Slime Coldwater School 10-12 pm with Carly, Call ahead if you need a ride	12 Coldwater Local Medical Van Wellbriety 6:30-8:30 pm At the NOO Health Centre Elders' Drop in Potluck 11:00 to 1 pm CW After school drop in CW Access Ctr 3:30-4:30pm CW Gym Night 6-7:30 pm	13 Shackan Local Medical Van Swim & Gym 3:30pm-5:00pm	14 Nootatch Local Medical Van Meal Delivery Shackan Harm Reduction Community Engagement 5-8 pm	15	16
17	18 Rain Cloud Gravity Painting Coldwater School 10-12 pm with Carly, call ahead if you need a ride	19 Coldwater Local Medical Van Wellbriety 6:30-8:30 pm SCHSS Office CW & Noo Water Sampling Nootatch Harm Reduction Community Engagement 5-8 pm	20 Shackan Local Medical Van Rain Cloud Gravity Painting Coldwater School 10-12 pm with Carly, call ahead if you need a ride Swim & Gym 3:30pm-5:00pm Elders Meeting at 2199 Coutlee Ave 1pm	21 Nootatch Local Medical Van Meal Delivery Exploring Indigenous Tools for Living (closed Program) Merritt Civic Centre 8:30 to 4 pm	22	23
24	25 CW & Noo Water Sampling Swimming All Bands with Carly 10-12:30 pm call ahead if you need a ride	26 Coldwater Local Medical Van Wellbriety 6:30-8:30 pm At the NOO Health Centre	27 Shackan Local Medical Van Swim & Gym 3:30pm-5:00pm	28 Nootatch Local Medical Van Meal Delivery	29 Language New 10p-12:30 pm with Carly, call ahead if need a ride	30 Nicola Valley Women's Fair Civic Centre 10-4 Entry Donation to the Food Bank