



**Sew'emx Community Health Services Society**  
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# April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 <b>Gym Night at Nco. Cans 6-7:30 pm</b></p> <p>Cooking One Pan Cheesy Cauliflower Rice with Broccoli and Chicken Low Carb (6-12:30 @ Coldwater School)</p> <p>CW &amp; Nco Water Sampling</p>	<p>2 <b>Coldwater Local Medical Van</b></p> <p>CW After school drop in CW Access Ctr 3:30-4:30pm</p> <p>CW Kids Gym Night 6-7:30 pm</p> <p>Wellbriety 6:30-8:30 pm NVIT</p>	<p>3 <b>Swim &amp; Gym 3:30pm-5:00pm</b></p> <p>Cooking One Pan Cheesy Cauliflower Rice with Broccoli and Chicken Low Carb (6-12:30 @ Nsoatich Health Building)</p>	<p>4 <b>Nsoatich Local Medical Van</b></p> <p>Nso/Sha Feel the Beat 5:00 pm</p> <p>Meal Delivery</p>	<p>5 <b>NOO Drop In 6-8pm</b></p> <p>Cooking One Pan Cheesy Cauliflower Rice with Broccoli and Chicken Low Carb (6-12:30 @ Shackan Hall)</p>	6
7	<p>8 <b>CW &amp; Nco Water Sampling</b></p> <p>April Showers Bring May Flowers Umbrella Craft CW School 10 am to 12:30 pm</p> <p>Woman's Self Defense class @ CW gym 5pm-8pm</p>	<p>9 <b>Coldwater Local Medical Van</b></p> <p>Elders' Drop in Park 11:00 to 1 pm</p> <p>CW Gym Night 6-7:30 pm</p> <p>Wellbriety 6:30-8:30 pm NVIT</p> <p>CW After school drop in CW Access Ctr 3:30-4:30pm</p>	<p>10 <b>Shackan Local Medical Van</b></p> <p>Knowledge Keepers meeting-10am-2:00 pm</p> <p>Swim &amp; Gym 3:30pm-5:00pm</p> <p>Aboriginal Parenting SCHSS Based Room 6:00 to 9:00 pm Pre-registor</p>	<p>11 <b>Nsoatich Local Medical Van</b></p> <p>Meal Delivery</p> <p>Nso/Sha Feel the Beat 5:00 pm</p>	<p>12</p> <p>Civic Center Movie Night</p>	13
14	<p>15 <b>CW &amp; Nco Water Sampling</b></p> <p>Woman's Self Defense class @ Nsoatich gym 5pm-8pm</p>	<p>16 <b>Coldwater Local Medical Van</b></p> <p>CW After school drop in CW Access Ctr 3:30-4:30pm</p> <p>Wellbriety 6:30-8:30 pm NVIT</p> <p>CW Gym Night 6-7:30 pm</p>	<p>17 <b>Shackan Local Medical Van</b></p> <p>Swim &amp; Gym 3:30pm-5:00pm</p> <p>April Showers Bring May Flowers Umbrella Craft Nco Band Hall 10am-12:30pm</p> <p>Elders Meeting at 2199 Coutlee Ave 1pm</p> <p>Aboriginal Parenting SCHSS Based Room 6:00 to 9:00 pm Pre-registor</p>	<p>18 <b>Nsoatich Local Medical Van</b></p> <p>Meal Delivery</p> <p>Nso/Sha Feel the Beat 5:00 pm</p>	<p>19</p> <p>Good Friday          SCHSS Office Closed          Sioyoma Office Closed          NLX Office Closed</p>	20
21	<p>22</p> <p>Enter Monday          SCHSS Office Closed          Sioyoma Office Closed          NLX Office Closed</p>	<p>23 <b>Coldwater Local Medical Van</b></p> <p>CW &amp; Nco Water Sampling</p> <p>CW After school drop in CW Access Ctr 3:30-4:30pm</p> <p>Wellbriety 6:30-8:30 pm NVIT</p> <p>CW Gym Night 6-7:30 pm</p>	<p>24 <b>Shackan Local Medical Van</b></p> <p>Aboriginal Parenting SCHSS Based Room 6:00 to 9:00 pm Pre-registor</p> <p>Swim &amp; Gym 3:30pm-5:00pm</p>	<p>25 <b>Nsoatich Local Medical Van</b></p> <p>Meal Delivery</p> <p>Nso/Sha Feel the Beat 5:00 pm</p>	<p>26 <b>NOO Drop In 6-8pm</b></p> <p>Language Nost Trip with Curly, call if you need a ride</p>	27
28	<p>29 <b>CW &amp; Nco Water Sampling</b></p>	<p>30 <b>Coldwater Local Medical Van</b></p> <p>CW &amp; Nco Water Sampling</p> <p>CW After school drop in CW Access Ctr 3:30-4:30pm</p> <p>Wellbriety 6:30-8:30 pm NVIT</p> <p>CW Gym Night 6-7:30 pm</p>			<p><b>Sioyoma Dental clients- If you need a ride van rides are available Tues &amp; Thursdays with 24 hours</b></p>	