



# Sew'exmx Community Health Services Society

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# September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 OFFICE CLOSURE FOR LABOUR DAY SCHSS Office Closed Nlaka'pamux Office Closed Stoyoma Dental Office Closed	3 CW & Noo Water Sampling Coldwater Local Medical Van Wellbriety 6:00-8:00pm NVIT	4 Shackan Local Medical Van CW & Noo Water Sampling Munchie Makers 4-5:30 pm	5 Nooaitch Local Medical Van Meal Delivery	6 NOO Drop In 6-8pm Parent & Tot Swimming 11 am 10:30 am pick up	7
8	9 CW & Noo Water Sampling Parent & Tot Cooking Coldwater 11 am	10 Coldwater Local Medical Van CW & Noo Water Sampling CW Gym Night 6-7:30 pm CW After school drop in CW Access Ctre 3:30-4:30pm Wellbriety 6:00-8:00pm NVIT	11 Shackan Local Medical Van ELDERS MEETING 1 pm at Scw'exmx Child & Family Services Office Parent & Tot Cooking Nooaitch 11 am	12 Nooaitch Local Medical Van Chronic Conditions Self Mgt Workshop 1-3:30 pm Contact Dawn or Bonita Meal Delivery Feed the Bear 4:30 to 8:00	13 Parent & Tot Swimming 11 am 10:30 am pick up	14
15	16 Chronic Conditions Self Mgt Workshop 1-3:30 pm Contact Dawn or Bonita Parent & Tot Coldwater Kelowna Petting Zoo trip. Pick up at 9:30 am Gym Night at Nic Can 6-7:30 pm	17 Coldwater Local Medical Van CW & Noo Water Sampling CW Gym Night 6-7:30 pm CW After school drop in CW Access Ctre 3:30-4:30pm Wellbriety 6:00-8:00pm NVIT	18 Shackan Local Medical Van	19 Nooaitch Local Medical Van Munchie Makers 4-5:30 pm Meal Delivery Feed the Bear 4:30 to 8:00	20 NOO Drop In 6-8pm Parent & Tot Swimming 11 am 10:30 am pick up	21
22	23 CW & Noo Water Sampling Gym Night at Nic Can 6-7:30 pm	24 Coldwater Local Medical Van CW Gym Night 6-7:30 pm CW After school drop in CW Access Ctre 3:30-4:30pm Wellbriety 6:00-8:00pm NVIT	25 Shackan Local Medical Van Munchie Makers 4-5:30 pm Parent & Tot Nooaitch & Shackan Kelowna Petting Zoo trip. Pick up at 9:30 am	26 Nooaitch Local Medical Van Chronic Conditions Self Mgt Workshop 1-3:30 pm Contact Dawn or Bonita Meal Delivery Feed the Bear 4:30 to 8:00	27 NOO Drop In 6-8pm	28
29	30 CW & Noo Water Sampling Gym Night at Nic Can 6-7:30 pm					

Stoyoma Dental  
 clients- If you need a ride  
 van rides are available Tues  
 & Thursdays with 24 hours