

Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND



August 2020



INSIDE THIS ISSUE:

Staff Report	2
Coloring page	3
Barkerville Report	4-5
Events	6-9
Recipe	10-11
Employment Postings	12-15
Events Calendar	16
Code of Conduct Insert	



Ladies Golf Night

was on Wednesday, July 15, 2020 at Coyote Rock. Well attended, fun and the weather held out.



Soda Creek Indian Band
Offices will be closed,
Monday, August 3rd, 2020
for BC Day

"This morning, the sun
endures past dawn. I realise
that it is August: the summer's
last stand."
Sara Baume



Pelltixelcten (salmon come up river current month) – August

Janae Beaulieu

Community Health Representative

Hello Everyone, are you staying afloat with all this extra rain we have been having? LOL

Looks like there is some sun in forecast, which will be nice for everyone's gardens and the berry bushes. It sure is beautiful out there though, with everything so lush and green!!! The last couple months have been challenging due to the pandemic and social distancing, but now that we are given the green light from the province to slowly start opening back up, we can start to plan and host smaller events.

This is exciting, as we are getting into the nicer weather months. We can hopefully do more outings onto the land. The events we have coming up will have limited spaces due to the Covid-19 restrictions. Just keep an eye on our Facebook page or in the newsletter of the events and make sure to let Maxine know what you would like to sign up for. If there is a lot of interest in an event and not enough space for everyone that would like to attend, we keep an interest list. Then we can hold a series of the same event, to make sure we try to accommodate for everyone that is wanting to attend specific events.

We did have a few events over the past few weeks that filled up quite quickly, Rae-Lyn and Kayla from Three Corners took some members to Scout Island for some kayaking and to Coyote Rock Golf Course for a Ladies Golf Night. I was able to attend the golf night as a community member and not have to work at it. I really enjoyed the evening and had some much fun.

With all this extra rain and high-water levels all over the place and the warmer weather, we thought it was important to do a presentation on water safety. Kayla came out and presented it to the Summer Children's Program and was recorded. If you missed out on the presentation and would like to have your family or children watch it, it will be uploaded to the Three Corners Health Services Society Facebook page. It is a short ten to fifteen minute presentation and very informative. I encourage all ages to watch. Especially adults though, to watch it as we are the ones most stubborn to put on a life jacket. When in reality, they can really save a life. So please, be safe out there around the water. When you are fishing, boating or just having fun.

I will be working with our Community Nurse, Kristine and she will be doing the Naloxone Training starting in August 2020. It can be done with a small group or individually. If you are interested in getting trained or have any family members interested, please contact me and we can set something up for you.

We may have our Dental Therapist, Terry Buhler come back into community in the next couple months. Please watch for posters and dates but in the meantime, if you need to see him or it cannot wait until he comes out then you are able to contact him at his office in Alkali. **We are also able to provide toothpaste, toothbrushes, and floss for all ages and for any Elders with dentures, we have Polydent Cleaners and brushes as well. If you are need of any of the dental supplies, please give me a call and I can put together a dental package for you and your household.**

We will be having Megan Peach, from Barn Yard Works coming out on July 22, for our first Paint Night since last year. We will also have her come out in August and September, so please keep an eye on the Facebook page for the poster, and the picture that you will be painting.



CHR Report Cont'd We will be heading to Gavin Lake for our Annual Family Camp from July 31st -August 2nd, 2020. We are fully booked and are excited we are still able to do this for the community. **If you signed up for camp PLEASE let us know that you are for sure by July 29th as we have some members on a wait list, in case some decide not to attend last minute.**

Talking about camps, last year when we attended our Annual Hunting Camp. There was a huge interest for hunting safety and education, so on August 15th and 16th, 2020, we will have The CORE (Conservation and Outdoor Recreation) Course. It will be at the gym. Again, there are limited spots so if interested please contact Maxine. If you are 18 and over and wish to obtain your Hunting License you must have completed the CORE course.

I think that is enough from me for now **PLEASE DO NOT FORGET** to confirm you are **FOR SURE** if you are coming to the Family Camp, if you signed up. And do not forget to check out our Facebook page for events or give me a call at the office if you have any other questions or you just want to chit chat!!! Until next month.....

Jennifer Stinson

Social Development Coordinator

If clients want to receive a cheque on Aug. 19th, one must come in during INTERVIEW WEEK with their current BANK STATEMENTS, and to fill out their monthly declaration forms. Also, bring in your current bills for the household.

Just a friendly reminder, you need to inform me of any changes before the 15th of every month.

If you have any questions you can either call me at (250)989-2323 Ext. 102 or email me @ socdev@xatsull.com


Thank you. 😊




Upcoming Dates for Social Development:

August 5, 2020	Mid-Month
August 10-14, 2020	Interview Week
August 19, 2020	SA Day


Dr. Bonnie Henry's Travel Manners




Check before you go




Fewer faces in bigger spaces




If sick, stay home




Wash your hands



Keep a safe physical distance



Come prepared, bring supplies



Respect travel advisories

BC'S RESTART PLAN

Practice good hygiene



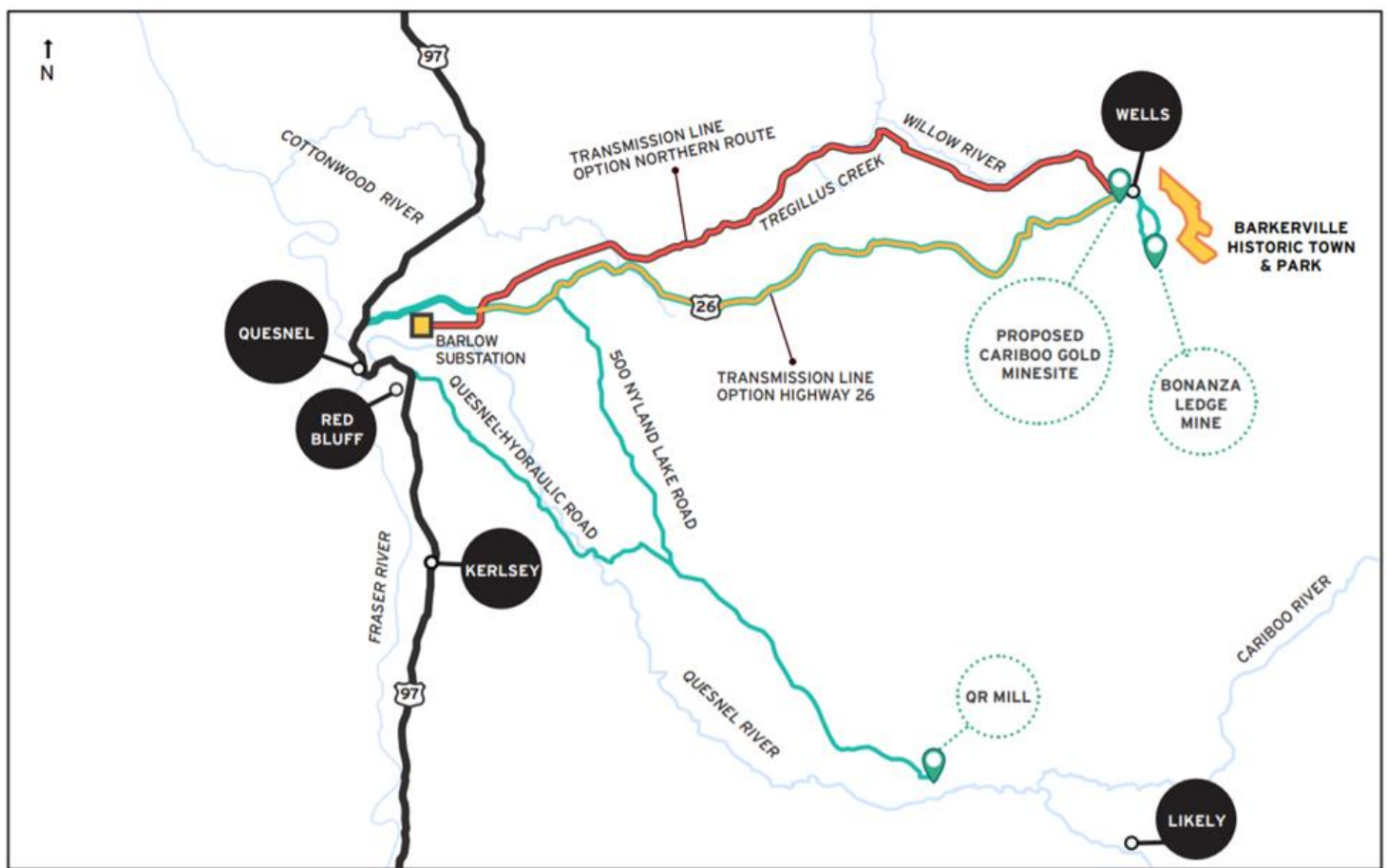
COVID-19 IN BC

Barkerville Gold Mines Ltd. Report

Barkerville Gold Mines Ltd. (BGM) is proposing to construct and operate the Cariboo Gold Project east and southeast of Quesnel. The Project includes:

- an underground mine and other facilities in and near Wells
 - waste rock storage at the Bonanza Ledge Mine site near Wells
 - a new transmission line from Barlow Substation near Quesnel to the mine site
 - use of existing roads to the mine site, Bonanza Ledge mine and the existing QR Mill site
- processing facilities and tailing storage at the QR Mill site

The locations of the Project components are shown below.



Barkerville Gold Mines Ltd. Report - Cont'd



Photo: Proposed mine site at Wells.

If approved, the mine will have a life of 12 to 15 years. There will be about 350 employees and 50 contractors working during mine operations. The construction workforce will peak at approximately 245 workers in Wells.

The Project is in the BC Government environmental review process and the BC Environmental Assessment Office (EAO) is asking people to provide questions or comments about the Project by July 27, 2020 so that they are considered in Project planning. If you have questions or comments, please contact the NR Department and they will work with you to send them to the EAO, to BGM or to both. The NR Department can also let you know how to send them by yourself if you would prefer to do that. Also, please also let the NR Department know if you would like more information about the Project or if you would like someone from BGM to contact you. We look forward to hearing from you!



To enter to win a set of golf clubs, email or text us a photo of your completed golf card, your full name and contact number. Must be a member of Soda Creek Indian Band. Enter by August 31, 2020 at 4pm.

Email: healthreceptionist@xatsull.com

Text: 250-267-5818



ENTER TO WIN: 1st prize: Camping set
2nd prize: Barbecue set
3rd prize: Beach set

For Soda Creek members, must be an adult to enter. One entry per person. Call Health, 250-989-2355 or email healthreceptionist@xatsull.com to enter. Deadline is August 20, 2020 at 4pm.




Elder's Bingo

Thursday, August 13th, 2020
11:00-1:00pm
Soda Creek Gym

Please join us in a Elder's Bingo at the Soda Creek Gym
Lunch will be served!

There will be:
Bingo Games! Prizes! Lunch!

Sign up & for rides call:
Health at 250-989-2355

Occupational First Aid Level 3 Interest List

If you are interested in taking the Occupational First Aid Level 3, call Health at 250-989-2355 to be added to the interest list.



Occupational First Aid Level III XOCH 0820

The OFA Level 3 program has been designed to provide the first aid attendant with the skills to function as part of an effective first aid program in the workplace. The course consists of 20 lessons involving classroom study and practice. Home study, including pre-reading for each lesson and completion of homework is essential.

This course is physically demanding and requires prolonged kneeling, but additional kneeling comfort can be provided upon request to the instructor.

PAINT NIGHT

THUR, AUGUST 20, 2020 | 6:00-8:00 PM

SODA CREEK GYM



Limited seating of 20 spots.

If feeling sick or coughing,
stay home.

Sign up by Tuesday, August 18,
2020 at 4pm, call Health at
250.989.2355.



**Northern Shuswap
Tribal Council**

Fisheries – Natural Resource Department

FISHERIES NOTICE

FISHING IS CLOSED ! Fishing will be closed for
Sockeye and Chinook from 18:00 on July 6, 2020 until
17:59 on August 5, 2020. This closure is to allow the
early timed Stuart Sockeye and as many Chinook as
possible to reach their spawning grounds.

Dave Feil
NSTC Fisheries Manager



**Interested in building
the community
smoke houses?**

Put your name and contact information
in at Health, 250.989.2355

**If you are looking
for something to do.
We have passes for:**

**-Golf
-Mini golf
-Movies
-Pool**

Call Health, 250.989.2355 or come by the
Health Station to get passes for up to two
different activities.



Soda Creek Health, 3405 Mountain House Road, Williams Lake, BC V2G-5L5
P: 250-989-2355 F: 250-989-2301 www.xatsull.com

Integrative Healing Sessions

FRIDAYS 8:30-3:30PM

Heal the Body, Mind + Spirit together.

Creating wellness and healing trauma can be an empowering and exciting process, but only if we include practices that attend to all of the parts of our experience. Otherwise, we can 'work on ourselves' for years and years and just feel like we're spinning in circles.

Integrative Therapy is the practice of bringing these parts of our being back together, understanding how the body and environment influence the mind and spirit (and vice versa) and employing powerful practices that shift us out of old, damaging patterns. This isn't 'quick fix' medicine, but a process that can dramatically change a person's emotional + physical health over time.

Integrative Therapy reconnects a person with their innate capacity to heal and know themselves.

SESSIONS MAY INCLUDE:

HOLISTIC NUTRITION + SUPPLEMENTATION GUIDANCE
BODY-BASED TRAUMA RELEASE BREATHWORK + YOGA MEDITATION
GUIDED VISUALIZATION MASSAGE + ENERGY WORK

Call Health Station at 250.989.2355 to book a session



ABOUT CIEL GROVE, MA

Ciel is a Crisis Counselor, Holistic Nutrition Consultant, Herbalist, Yoga Teacher, Certified Wellness Coach, Initiated Shamanic Practitioner, Doula, and a few other things. She holds a Masters Degree in Integrative Healing, and works with both groups and individual clients around the world.

PHYSIOTHERAPY SERVICES

Are you suffering from...



...Physiotherapy can help you.

July 2020

Canoe Creek—July 22—9:00 am—12:00pm

Dog Creek—July 22—1:00 pm—4:00 pm

Soda Creek—July 29—8:45am—12:00pm

Sugar Cane—July 29—1:00pm—4:15pm

August 2020

Canoe Creek—August 19—9:00 am—12:00pm

Dog Creek—August 19—1:00 pm—4:00 pm

Soda Creek—August 25—8:45am—12:00pm

Sugar Cane—August 25—1:00pm—4:15pm

Connect community Health Station to local appointments

Soda Creek Health Centre
250-989-2355

Sugar Cane Health Centre
250-296-3532

Three Corners Health Services Society
PH: 250-398-9814
FX: 250-398-9824

Canoe Creek Health Centre
250-459-7749
Dog Creek Health Centre
250-440-5822



Elders Movie & Lunch

When: Wed, August 12, 2020

Time: 12pm-3:30pm

Lunch will be served at 12pm
At Scout Island. Tai Chi w Kayla

Where: Paradise Cinemas

Movie: TBA

If you have any questions, or want more information about the Elders theatre and luncheon please contact your community Home Support Workers.

Cecelia (Sugarcane)	250-296-3532
Edith (Soda Creek)	250-989-2355
Melissa (Dog/Canoe Creek)	250 440 5822/250 459 7749
TCSSS	250-398-9814



CORE

Conservation
Outdoor
Recreation
Education

British Columbia Hunter Safety

C.O.R.E. Course

(Conservation Outdoor Recreation Education)

Saturday, August 15 - Sunday, August 16, 2020

9:00-5:00pm | Soda Creek Gym

For age 10 years & older

Limited Seating. Call Health 250.989.2355 to book.

Snacks and lunch provided

Education for safe and ethical hunting

The Conservation and Outdoor Recreation Education (CORE) program is British Columbia's hunter education program.

The program ensures you have the basic knowledge and skill requirements for safe and ethical participation in hunting. If you are 18 years of age or older and you are a BC resident, you are required to complete the CORE program if you wish to obtain a hunting licence.

The CORE Program consists of a practical firearms handling test, and a written examination on all of the following subjects:

- Conservation
- Ethics
- Law and Regulations
- First Aid and Survival
- Firearm Safety
- Animal Identification
- Bird Identification



Soda Creek Health, 3405 Mountain House Road, Williams Lake, BC V2G-5L5

P: 250-989-2355 F: 250-989-2301 www.xatsull.com

Top 10 Tips for Excellent Summer Grilling

These tips will get you back to grilling (or get you started) in no time.



Summer is in full swing, and that means most of us are firing up that backyard grill. If you are shying away from grilling, or just want a refresher course on the basics of grilling, then keep reading. Here are my top 10 tips for excellent summer grilling.

1. Start with a clean grill. Don't let last night's salmon skin impart a fishy-car flavor to tonight's chicken breasts. Use a sturdy metal brush. To clean the grates in between uses. (This is easiest when the grill is hot.)

2. Don't move the food around. In general, the fewer times you flip something, the better (once is ideal for most meats). If the meat is stuck to the grill, let it cook more - it will unstick itself when it's ready for flipping.

3. Don't squeeze or flatten meats. Yes, I know that burst of sizzling flame that comes from squishing a burger with spatula is tempting. But you know what is creating that flame

burst? Fat. And you know what fat is? Juicy flavour. Don't squish meat, because you will squeeze out the taste and moisture.

4. Keep a spray bottle hand for flare-ups. Flames are not your food's friends - they will char it unpleasantly. Keep a spray bottle filled with water handy; this will allow you to dampen flare-ups without interfering with heat.

5. Buy a meat thermometer. Unless you are a very experienced cook, it is hard to tell meat's temperature merely by toughing it. (Although if you are interested, here's how to do it: Touch the meat. If it's soft like the flesh between your index finger and thumb, it's rare. If it's soft like your cheek, it's medium-rare, and if it's firm like your forehead it's well-done.) More accurate for most of us: A quick check of temp from a thermometer. Your confidence in grill will skyrocket with this one \$10 purchase.

6. Avoid putting cold foods straight on the grill. Letting meat come to temperature on the counter for 30 minutes before grilling will help it cook more evenly. (If you are looking for a rare sear, however - like if you're grilling tuna, for example - then chilled is the way to go!)

7. Undercook foods, just slightly. Carryover cooking is a real thing - food continues to cook after it leaves the grill. You can expect food temperature to go up about five degrees after leaving the grill, so plan accordingly.

8. Rest all meat! Allow the meat to sit

undisturbed (and unsliced!) for five to fifteen minutes after cooking, as this will allow the juices to redistribute. The bigger the piece of meat, the longer the rest time. Resting meat is an important key to juicy results.

9. Don't over-char to cook through meat with bones. No one wants to eat meat covered in thick, black char. If you have thicker meats with bones, such as chicken thighs or legs, cook them on high heat to get a nice crust, and then move to lower, indirect heat on the grill. This will allow the meat to cook through more slowly without overcooking the outside. Or, consider par-cooking the chicken in an oven for fifteen to twenty minutes before grilling. Also great to precook ribs.

10. Keep it simple when serving a crowd. Managing numerous cook times for different proteins and veggies can easily become stressful, and it can result in errors and overcooking. Keep the protein options down as much as possible, and offer variety in some interesting side dishes, sauces or condiments.

Tips from: <https://www.foodnetwork.com/fn-dish/chefs/2016/06/top-10-tips-for-excellent-summer-grilling>



Grilled Fish Tacos with Strawberry Pineapple Salsa

"Any leftovers salsa will keep for several days and can be served with chips or mixed into salads."

Prep time: 30m Cook: 10 m Makes: 4-6 servings

Ingredients

For the salsa (makes 2 1/2 cups salsa):

- 1 cup finely diced strawberries
- 1 cup finely diced pineapple
- 1/2 cup finely diced red onion
- 1 clove minced garlic
- 1 cup roughly chopped cilantro, loosely packed
- 1 small red chili, diced (optional)
- 1 lime, juiced (about 1 1/2 tbsps. Juice)
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/2 tsp sugar (optional if the salsa is tart)

For the tacos:

- 1 lb firm-fleshed fish (like sea bass, swordfish, halibut, mahi mahi or salmon)
- 1 tsp ground cumin
- 1 tsp sweet paprika
- 1 tsp smoked paprika
- Heavy pinch of cayenne (optional)
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 tbsp olive oil
- Grapeseed or other high heat oil for grill
- 12 small (4-6 inch) corn tortillas

To serve:

- Shredded red cabbage
- Sliced radishes
- Avocado
- Sour cream
- Lime wedges
- Cilantro

Method

1. Make the salsa: In a bowl, mix together all salsa ingredients, except for the sugar, and refrigerate for at least 30 minutes or up to 2 days.

2. Heat the grill. If you have a gas grill, make sure to preheat it for at least 10 minutes with the lid closed. If you have a charcoal grill, push the coals to one side to make high heat and lower heat zones for cooking.

3. Prepare the fish: Remove fish from the refrigerator and pat dry with paper towels.

In a small bowl or a jar, mix spices until completely combined. Brush the fish with a little oil, then sprinkle all over with seasoning.

Rest the fish at room temperature while the grill heats up.

4. Oil the grill: When your grill is hot, wipe the grates with oil. You can either use a grill brush or a small wad of paper towels dipped in the oil. Wipe the grates 5 to 10 times until they look black and glossy.

5. Grill the fish: Place your fish, skin side down, on the grill. If using a charcoal grill, place over indirect heat. On a gas grill, turn the heat down to medium (about 350F) and close the lid.

Grill 2 minutes, then check the fish by lifting one corner of the fish to see if it will come up without sticking. The skin should be crisp and brown.

If it lifts easily, flip the fish and cook for another 3 to 5 minutes with the lid closed. If the fish doesn't lift easily, continue cooking and checking every 30 seconds.

Grill until the fish is cooked through and flakes easily with an internal temperature of 145F.

Transfer the fish to a plate to rest.

6. Grill the tortillas: Turn the heat to high and brush the grates with oil again (or cook over direct heat on a charcoal grill). Cook tortillas for 30 seconds on each side to warm and soften.

7. Serve: Cut the fish into several pieces. Serve on tortillas, topped with salsa and other toppings.

Recipe from:

<https://www.simplyrecipes.com/recipes/grilled-fish-tacos-with-strawberry-pineapple-salsa/#recipe53288>





Job Opportunity Executive Assistant Closing Date: Open Until Filled

Three Corners Health Services Society is currently recruiting for the full-time position of Executive Assistant. The Executive Assistant contributes to the overall success of the organization by effectively carrying out administrative and support functions. This role focuses on providing the Executive Director professional, effective and timely assistance and solutions to their administrative requirements. As a key front line senior staff member, the Executive Assistant must have excellent critical-thinking, organizational and people skills. This position will have numerous contacts with a wide variety of organizations, including government and non-government agencies, and the general public.

Skills and Abilities

- Ability to work independently and build effective interpersonal relationships
- Strong administrative, organizational and communication skills
- Strong team orientation, maturity, professionalism and customer service attitude
- Ability to multi-task and prioritize work assignments to balance multiple demands
- Intermediate skills in the use of computer programs for word processing, desktop publishing, databases, spreadsheets, email and the internet
- Ability to use resources, be innovative and use initiative to problem solve
- Demonstrated ability to share knowledge with others
- Class 5 drivers license and transportation a requirement

Education

- Post-secondary education in Public or Business Administration or a related field or proven combined experience in lieu of education

Experience

- Three to five years of senior administration assistance or project coordination experience
- One to two years human resource management experience
- Prior experience working within a health care setting considered an asset

Please submit Resume with Cover Letter and names of two previous supervisors for reference to:

Lori Sellars, Executive Director
Three Corners Health Services Society
150 North 1st Ave, Williams Lake BC V2G 1Y8
Email: reception@threecornershealth.org
Fax: 250-398-9824
Closing Date: Open Until Filled

Thank you to all interested applicants, however, only those selected for an interview will be contacted.

Pre-Employment 2020-2021

Provided By S.A.G.E Trainers

Pre-Employment Program

This program seeks to provide awareness, education and foundational skills (coping mechanisms, resiliency skills)

The Pre-Employment Program will provide:

- ◆ Skills for Success, Career Cursing, Myers Briggs, Plato, Self-Reflection, Driver Licence, Bear Aware, Reiki
- ◆ Digital Technology
- ◆ Cultural Awareness Traditions and Culture providing Medicine Picking, Canning, Quillwork, Beading, Story telling
- ◆ Foundational skills to achieve self-sufficiency, coping and resiliency skills

Come and join us!

Material and supplies Provided

For Registration and further information Contact Jennifer, Social Development Coordinator @ (250)989-2323 Ext. 102 or either by email @ socdev@xatsull.com

The 1st session starts on July 29th from 10 am – 2 pm in the Deep Creek Gym

To be eligible one must be on Income Assistance.

It will be two days a week, every two weeks, from now, until next Spring (10 weeks)



Sponsor/Funded by: CCATEC

ABORIGINAL EARLY CHILDHOOD EDUCATION CERTIFICATE PROGRAM

Sponsored by CCATEC



**** Social distancing will be practiced throughout the training. ****



Training includes but is not limited to:

Early Childhood Education Certificate Program (1 Year Certificate):

- Early Years Development 1
- Foundations of ECE
- Guidance for the Early Years
- College Composition
- Programming for Early Years I
- Strategies for Success
- Early Years Development II
- Applied Interpersonal/Career Development Skills
- Observing in the Early Years
- Music and Art in ECE
- Children's Literature
- Introductory Practicum
- Curriculum Development in ECE
- Clinical Competencies
- Health, Nutrition and Safety
- First Aid and Food Safe

Location: TBA – Williams Lake

Training Dates: September 14, 2020 to November 2020 (Upgrading)
December 2020 – October 2021 (10.5-months program)

Training Agency: Nicola Valley Institute Technology

Prerequisites:

- Grade 12 Diploma or Mature status
- English 12 or English 060
- Criminal Record Check
- Medical Reference Form
- Professional Letter of reference individual working in the childcare or education field
- Transcripts
- 40 hrs. of volunteer (20 hrs. in a licensed group/20 hrs. in a private setting—sports camp, babysitting, daycamp, etc.) for the ages 0-12
- Immunization Record form

Application Process: Submit a completed "Back to Work Action Plan" with written confirmation of living supports and updated resume

Application Deadline: Friday August 7, 2020

Training is open to unemployed First Nations living in the Cariboo Chilcotin

- Criminal Record, tuition, and books will be provided
- Living supports MUST be confirmed and all other costs are the responsibility of each trainee

*See your Employment Coordinator to apply or
Contact Janine or Crystal at CCATEC (250) 392-2510 or Fax (250) 392-2570 www.ccatec.com*

Canada

HEAVY DUTY MECHANIC

Sponsored by CCATEC

**** Social distancing will be practiced throughout the training. ****



Training includes but is not limited to:

- Covers the material of both:
 - Heavy Duty Mechanic
 - Commercial Transport Vehicle Mechanic
- Receive a dual certificate upon completion
- Program Content:
 - Safe Work practices
 - Electrical and electronic systems
 - Hydraulic systems
 - Standard, automatic and power shift transmissions
 - Winches and working attachments
 - Wheel Machine-differentials, final drives, tires and wheels

Location: Williams Lake

Training Dates: October - December 2020 Trades Prep (English 11 and Math 10, Lifeskills)
January 2021 – July 2021, 23 weeks combined course (Dates may change)

Training Agency: Thompson Rivers University

Prerequisites:

- Grade 10 Math and Grade 11 English
- at least 19 years of age with a minimum two years out of school
- Transcripts
- Accuplacer testing

Application Process: Submit a completed "Back to Work Action Plan" with written confirmation of living supports and updated resume

Application Deadline: Friday September 11, 2020

Training is open to unemployed First Nations living in the Cariboo Chilcotin

- Safety supplies, Accuplacer testing, tuition, and books will be provided
- Living supports MUST be confirmed and all other costs are the responsibility of each trainee

See your Employment Coordinator to apply or
Contact Crystal or Janine at CCATEC (250) 392-2510 or Fax (250) 392-2570 www.ccatec.com

Canada

August 2020 Community Events

DEPARTMENTS:
Health Events
Social Development

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Family Camp Gavin Lake
2 Family Camp Gavin Lake	3 BC Day Statutory Holiday Office closed	4 Physiotherapy 9-12pm	5 Mid-Month	6	7	8
9	10 Interview Week 9 am – 4 pm	11 Interview Week 9 am – 4 pm	12 Interview Week 9 am – 4 pm	13 Interview Week 9 am – 4 pm Elders Bingo 11am-1pm Gym	14 Interview Week 9 am – 4 pm	15 CORE Course 9am-5pm Gym
16 CORE Course 9am-5pm Gym	17 Nurse Practitioner 10-3pm	18	19 SA Day	20 Paint Night 6-8pm Gym	21	22
23	24	25 Physiotherapy 9am-12pm	26	27	28	29
30	31					