

What's Happening at Westside

October 2018

1528 20th Street West
Saskatoon, SK
S7M 0Z6
Phone 306-664-4310
FAX 306-934-2506
SWITCH Phone:
306-956-2518

Clinic Closed
Monday, October 8
For Thanksgiving Day

HAPPY
THANKSGIVING



Happy Halloween



Services offered here at Westside

Services by Doctors, Nurse Practitioner, Nurse, Physical Therapist, Occupational Therapist, Aboriginal Outreach Workers and Aboriginal Counsellors. **Pharmacy located on site at Westside.** Group Programs to help you live a healthier and less stressful life. Lab tests, like pregnancy tests and testing for HIV, and STIs. Help with contacting other agencies. Referrals to specialists and other health care providers. Visiting specialists from Infectious Diseases, Psychiatry, Obstetrics and Gynecology. We have X-ray services at our downtown clinic, Saskatoon Community Clinic 455 2nd Avenue North.

Pathways to Wellness

Tuesday's—Education Group
Thursday's—Support Group
10 am—12:30 pm
Childcare provided
Snacks provided
A safe and supportive
education program focused on
well-being and recovery.

TAX CLINIC
TBA

Monday 9:00 -12 & 1—4:30
Tuesday 9:00—12 & 1—5
Wednesday 9:00—12 &
1:30—4:30
Thursday 9:00—12 & 1—5
Friday 9:00—12 & 1—5

SWITCH Hours

Monday 5:30—8 pm
Wednesday 5:30—8 pm
Saturday 12:30—3 pm

West Dental
Downstairs
306-384-6363



Cauliflower with Hazelnut
Crumb Topping

Recipe on Page 3



Saskatoon Community Clinic Westside Pharmacy

Everyone is Welcome
Located at the back
of the clinic.

Phone: 306-986-2906
Monday—Friday's 9
am—5 pm
Saturday's 12 noon—4pm



Happy
Thanksgiving

Halloween Fun Fact

The first known mention of trick-or-treating in print in North America occurred in 1927 in **Blackie, Alberta, Canada.**^[6]

⁶Morrow, Ed. *The Halloween Handbook*. Secaucus, NJ: Citadel Press, 2001.





October 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM TBA	2 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM <i>PATHWAYS TO WELLNESS</i> 10 am – 11 am & 11:15 am – 12:15 pm Anxiety and Depression	3 SWITCH 5:30 - 8 PM Healing Through an Attitude of Gratitude with Jackie	4 Fitness, Food & Fun 10 am -12 noon <i>PATHWAYS TO WELLNESS</i> 10 am – 11 am & 11:15 am – 12:15 pm Gratitude Journals	5	6 CLOSED
7	8 Clinic Closed 	9 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM <i>PATHWAYS TO WELLNESS</i> 10 am – 11 am & 11:15 am – 12:15 pm Effective Communication	10 SWITCH 5:30 - 8 PM Writing Your Story with George-Paul	11 Fitness, Food & Fun 10 am -12 noon <i>PATHWAYS TO WELLNESS</i> 10 am – 11 am & 11:15 am – 12:15 pm Dreamcatchers	12	13 SWITCH 12:30—3 pm Zombie Run No Programs Or Childcare
14	15 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM Listening Non-Judgmentally: A Lesson in Mental Health with Brenda	16 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM <i>PATHWAYS TO WELLNESS</i> 10 am – 11 am & 11:15 am – 12:15 pm Grief & Loss	17 SWITCH 5:30 - 8 PM Police Powers with Leif	18 Fitness, Food & Fun 10 am -12 noon <i>PATHWAYS TO WELLNESS</i> 10 am – 11 am & 11:15 am – 12:15 pm Healing Arts	19	20 SWITCH 12:30—3 pm Randy
21	22 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM FASD Awareness with Tanya	23 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM <i>PATHWAYS TO WELLNESS</i> 10 am – 11 am & 11:15 am – 12:15 pm Relapse Management	24 SWITCH 5:30 - 8 PM Judicial Process with FLAC	25 Fitness, Food & Fun 10 am -12 noon <i>PATHWAYS TO WELLNESS</i> 10 am – 11 am & 11:15 am – 12:15 pm Crafting	26	27 SWITCH 12:30—3 pm Community Kitchen with Mackenzie
28	29 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM Tenant Rights with Leif	30 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM <i>PATHWAYS TO WELLNESS</i> 10 am – 11 am & 11:15 am – 12:15 pm Healthy Relationships &	31  SWITCH 5:30 - 8 PM Temperament with Courtney	TAX CLINCS Please call us to check when the next tax clinic is to be held.		



Nutritional Information Per Serving

Cauliflower with Hazelnut Crumb Topping

- Snowy cauliflower topped with cheese and nuts makes the perfect side dish for a Sunday roast.
- Makes 4 Servings

Ingredients:

- Preheat broiler
- 12- by 8-inch (2.5 L) shallow baking dish, sprayed with vegetable cooking spray
- 1 tbsp. butter 15 mL
- ¼ cup hazelnuts, finely chopped 50 mL
- ½ cup soft fresh bread crumbs 125 mL
- 1 large clove garlic, minced
- ½ cup finely shredded light Swiss or light Cheddar cheese 125 mL
- 2 tbsp. chopped fresh parsley 25 mL
- 1 medium cauliflower, broken into florets

Per Serving

Calories	133
Total Fat	9 g
Saturated Fat	4 g
Cholesterol	18 mg
Sodium	155 mg
Carbohydrates	7 g
Fiber	2 g
Protein	8 g

Tips:

Sprinkle the garlic-crumbs mixture over other vegetables such as broccoli, Brussels sprouts or spinach. Un-blanch almonds, pecans or walnuts can replace the hazelnuts.

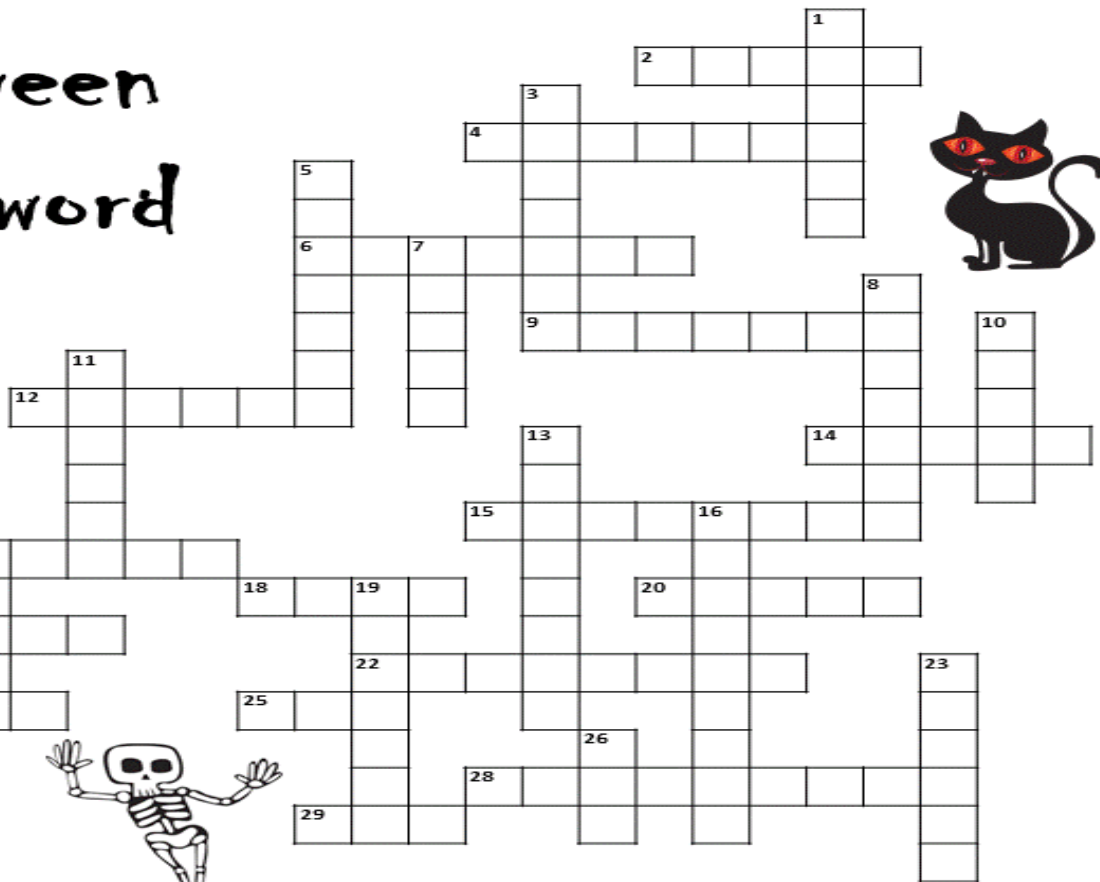
Instructions

1. In a medium nonstick skillet, melt butter over medium heat. Add hazelnuts and cook, stirring, for 1 minute or until lightly toasted. Add bread crumbs and garlic; cook, stirring, for 1 minute more or until crumbs are lightly colored. Remove from heat; let cool.
2. In a bowl, combine crumb mixture, cheese and parsley.
3. In a large saucepan of boiling salted water, cook cauliflower for 3 to 5 minutes or until tender-crisp. Drain well. Place in baking dish; sprinkle with crumb mixture. Place under preheated broiler for 1 to 2 minutes or until topping is lightly browned.

Notes

Canada's Choice per Serving: ½ Carbohydrate, 1 Meat & Alternatives, 1 Fat

Halloween Crossword



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Across

2. Frightening
4. He hates garlic
6. Frankenstein had one
9. The Count
12. Where a vampire sleeps
14. ____ or treat
15. Scare
17. A skeleton is just a bunch of these
18. Mr. O'Lantern

20. What the pot might call the kettle
21. ____ stories
22. A boney sort of fellow
24. Found in Egypt
25. Lives in the belfry
27. Whoo? Whoo?
28. Playground for ghosts
29. What a spider spins

Down

1. When something makes our skin crawl, it's this
3. ____ house
5. Makes a popular pie
7. When ghosts come out to play
8. Fire burn, and ____ bubble
10. Samantha for example
11. Evil or mischevous creature

13. Comes out on full moon nights
16. October 31st
17. Witch transportation
19. Disguise
23. Incey wincey is one of these
24. Might be full, half, or new
26. He swallowed the canary

