



What's Happening at Westside

November 2018



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

Avoid the Flu this year and get your flu shot at Community Clinic—Westside Pharmacy



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

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.

SWITCH Hours

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



Clinic Closed
Saturday November 10 and
Monday, November 12 for
Remembrance Day

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.



Pork Tenderloin with Apricots and Bok Choy

West Dental
Downstairs
306-384-6363



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



Recipe on Page 3



The highest tides in the world occur in the Bay of Fundy in New Brunswick

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Fitness, Food & Fun 10 am -12 noon <i>PATHWAYS TO WELLNESS</i> 10 am – 11 am & 11:15 am – 12:15 pm Collaging	2	3 SWITCH 12:30—3 pm Decolonization With Kelley
4	5 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM Diabetes Awareness Month with Tova Kids: Mindfulness with Kat & Maddy	6 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 Body Positivity	7 SWITCH 5:30 - 8 PM Healthy Relationships with Jackie Kids: Uke with Tope	8 Fitness, Food & Fun 10 am -12 noon <i>PATHWAYS TO WELLNESS</i> 10 am – 11 am & 11:15 am – 12:15 pm Postcards	9	10 CLOSED
11	12 CLOSED 	13 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 Intergenerational trauma	14 SWITCH 5:30 - 8 PM Understanding Consent & Sexual Assault with Stephanie Kids: Cooking with Mackenzie	15 Fitness, Food & Fun 10 am -12 noon <i>PATHWAYS TO WELLNESS</i> 10 am – 11 am & 11:15 am – 12:15 pm Healing Arts	16	17 SWITCH 12:30—3 pm Community Kitchen with Mackenzie
18	19 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM Medicine Bags with Kat, Madeline & Evelyn Birth Control Options with Kelly & Christine Kids: Uke with Tope	20 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 Managing triggers & Cravings	21 SWITCH 5:30 - 8 PM Finding a Job with Danielle and Kristin Kids: Science with Ashley	22 Fitness, Food & Fun 10 am -12 noon <i>PATHWAYS TO WELLNESS</i> 10 am – 11 am & 11:15 am – 12:15 pm Cooking Day	23	24 SWITCH 12:30—3 pm Str8 up with Stan
25	26 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM	27 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 Anger Management	28 SWITCH 5:30 - 8 PM	29 Fitness, Food & Fun 10 am -12 noon <i>PATHWAYS TO WELLNESS</i> 10 am – 11 am & 11:15 am – 12:15 pm Beading	30	

DIABETES CANADA



Nutritional Information Per Serving

Pork Tenderloin with Apricots and Bok Choy

Tips

The good news about pork tenderloin is that it's very low in fat. The bad news is that its low fat content makes it susceptible to drying out when cooked. That's why you should always cook tenderloin quickly over high heat. Use it whole, sliced into medallions and pounded for scaloppini, or cut into strips or cubes for stir-fries or kebabs. Keep in mind when shopping that the smaller the tenderloin, the more tender the meat.

Ingredients:

- 1 cup beef stock or chicken stock 250 mL
- ¼ cup Asian plum sauce 50 mL
- 3 tbsp sweet tomato chili sauce 45 mL
- 1½ tbsp light soya sauce 20 mL
- 2 tsp cornstarch 10 mL
- 8 oz pork tenderloin 250 g
- 1 cup chopped onions 250 mL
- 1½ tsp minced garlic 7 mL
- 1 tsp minced gingerroot 5 mL
- 5 cups sliced bok choy 1.25 L
- ¾ cup chopped dried apricots 175 mL
- 12 oz fettuccine 375 g

Notes

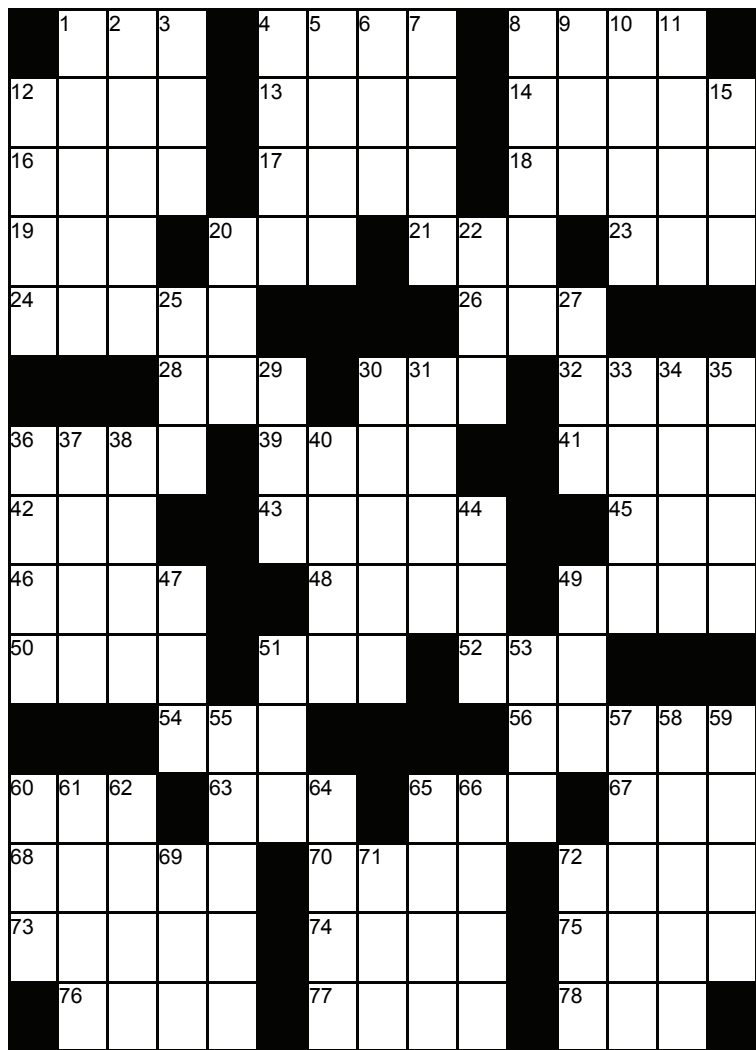
Canada's Choice per Serving: 4 Carbohydrates, 1½ Meat & Alternatives

Per Serving

Calories	344
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	23 mg
Sodium	276mg
Carbohydrates	62 g
Fiber	5 g
Protein	19 g

Instructions

1. **Sauce:** In a bowl combine stock, plum sauce, chili sauce, soya sauce and cornstarch. Set aside.
2. In a nonstick frying pan sprayed with vegetable spray or on a preheated grill, cook pork tenderloin over medium-high heat, turning once, for 15 minutes or until cooked through.
3. Meanwhile, in a large non stick frying pan sprayed with vegetable spray, cook onions, garlic and ginger over medium-high heat for 5 minutes or until softened. Add bok choy and apricots; cook for 3 minutes or until bok choy wilts. Add sauce; reduce heat to medium-low. Cook for 2 minutes or until thickened; remove from heat.
4. In a large pot of boiling water, cook fettuccine for 8 to 10 minutes or until tender but firm; drain. Slice pork tenderloin thinly crosswise. In a large serving bowl, combine pasta, sauce and pork; toss well. Serve immediately.



Across

- 1. Worn on the head
- 4. Italian wine city
- 8. "Get outta here!"
- 12. Half: Prefix
- 13. Avenue or boulevard
- 14. Bank caper
- 16. Spoken
- 17. Calm
- 18. City on the Rhone
- 19. Wt. units
- 20. Talent for music
- 21. Calendar pg.
- 23. Vane dir.
- 24. Written report
- 26. Make do
- 28. Bumped into
- 30. "__-ching!"
- 32. Table supports
- 36. Edible seaweed
- 39. Proficient
- 41. Flames
- 42. Seventh Greek letter
- 43. Saloon fight
- 45. Actress __ Dawn Chong
- 46. Apiece

- 48. Tolstoy's Karenina
- 49. Department store sign
- 50. An entreaty
- 51. Writing liquid
- 52. Graphy or logy prefix
- 54. Doctor (slang)
- 56. Likeness
- 60. Long period of time
- 63. Commandments number
- 65. Texting abbr. for over-sharing
- 67. Morsel
- 68. Depleted
- 70. Niagra river source
- 72. Spoiled kid

Down

- 1. Rosemary and thyme
- 2. Accumulate
- 3. "Shop __ you drop"
- 4. Specialty
- 5. Fly high
- 6. Profs' aides
- 7. New thought
- 8. Ocean predator
- 9. That lady
- 10. Lubricates
- 11. Sugar suffixes
- 12. Food fish
- 15. Philosopher Lao-__
- 20. See with it
- 22. Small round veggie
- 25. Hi-fi component
- 27. Santa's helper
- 29. Computer key, near Caps Lock
- 30. Sword-on-armor sound
- 31. Chopped down
- 33. Emerald isle
- 34. Mom's mom, for short
- 35. Notices
- 36. Hold on to
- 37. List ending abbr.
- 38. Frilly fabric
- 40. Cereal grain
- 44. Chem room
- 47. Owned
- 49. May honoree
- 51. Frozen water
- 53. Clock numeral
- 55. Web-footed mammal
- 57. Main heart artery
- 58. Kind of piano
- 59. Blues singer James
- 60. Double curved letter
- 61. Makes a choice
- 62. Tidy
- 64. Recent information
- 65. Very small
- 66. Dole out
- 69. Gun lobby grp.
- 71. Not in work-force anymore (abbr.)
- 72. Garden spot

