



What's Happening at Westside

May 2017

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

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

**West Dental
Downstairs
306-384-6363**



SWITCH Hours

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

**Victoria Day
Monday, May 22**

**Westside Clinic,
Dentistry
And
SWITCH
Will be closed**

Services offered here at Westside

Services by Doctors, Nurse Practitioner, Nurse, Physical Therapist, Aboriginal Outreach Worker, Aboriginal Counsellors. 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, Internal Medicine and Psychiatry. We have Pharmacy and X-ray services at our downtown clinic, Saskatoon Community Clinic 455 2nd Avenue North.

**May Recipe
Grilled Asparagus
See Page 3**



OASIS

**Tuesdays & Thursdays
10:00 am —11:30 am
12:40 pm —1:30 pm**

Free Child Care & Lunch

Opportunity
Acceptance
Support
Invitation
Safe



Please
Call
Numbers
Below
for
OASIS
Program
Access
From
12 -1 pm

OASIS Participants

Please call one of the numbers below when the clinic is closed from 12:00 pm —1:00 pm. Westside Staff are not able to let people in during this time.

**Char (306) 370-1293,
Or (306) 664-4336**



Board Membership Opportunity The Saskatoon Community Clinic is seeking nominations for its Board of Directors.

Elected board members are volunteers who represent the people who use our services and are responsible for effective governance. You must be a member of the Saskatoon Community Clinic to run for the Board. Please inquire.

Phone **(306) 664-4243** or
member.relations@communityclinic.ca
for more information



**"The world's favorite season is the spring.
All things seem possible in May."**

- Edwin Way Teale

May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 Fitness, Food & Fun 10 am -12 noon</p> <p>SWITCH 5:30 - 8 PM</p> <p>Fear & Anxiety with Jackie</p>	<p>2 Fitness, Food & Fun 10 am -12 noon</p> <p>Baby Immunization Clinic 1- 4 PM</p> <p><i>OASIS 10:20 -11:30</i> Spa Day with Chris <i>OASIS 12:10 – 1:45</i> <i>Sexual Assault Info Session</i></p>	<p>3</p> <p>SWITCH 5:30 - 8 PM</p> <p>Recognizing & Preventing Lateral Violence with Mike</p> <p>Homework Help Centre</p>	<p>4 Fitness, Food & Fun 10 am -12 noon</p> <p><i>OASIS 10:20 -11:30</i> EGADZ Info Session <i>OASIS 12:10 – 1:45</i> SK Prevention Institute Info Session</p>	<p>5</p>	<p>6 SWITCH 12:30—3 pm</p> <p>Fetal Alcohol Spectrum Disorder (FASD) Network Presentation</p>
<p>7</p>	<p>8 Fitness, Food & Fun 10 am -12 noon</p> <p>SWITCH 5:30 - 8 PM</p> <p>LGBTQ & Sexuality Education With Amanda</p>	<p>9 Fitness, Food & Fun 10 am -12 noon</p> <p>Baby Immunization Clinic 1- 4 PM</p> <p><i>OASIS 10:20 -11:30</i> Housing Information <i>OASIS 12:10 – 1:45</i> Jazzercise with Penny</p>	<p>10</p> <p>SWITCH 5:30 - 8 PM</p> <p>Yoga & Stretching with Danielle</p> <p>Homework Help Centre</p>	<p>11 Fitness, Food & Fun 10 am -12 noon</p> <p><i>OASIS 10:20 -11:30</i> Sexual Health Info Session <i>OASIS 12:10 – 1:45</i> Sexual Health Continued</p>	<p>12</p>	<p>13 SWITCH 12:30—3 pm</p> <p>Healthy Relationships & Sexuality With Natalya</p>
<p>14</p> 	<p>15 Fitness, Food & Fun 10 am -12 noon</p> <p>SWITCH 5:30 - 8 PM</p> <p>The Plaque of the 21st Century: Stress & Cortisone With Flo</p> <p>Resume Building & Interview Skills with Quint</p>	<p>16 Fitness, Food & Fun 10 am -12 noon</p> <p>Baby Immunization Clinic - 4 PM</p> <p><i>OASIS 10:20 -11:30</i> LITE Employment <i>OASIS 12:10 – 1:45</i> Anxiety</p>	<p>17</p> <p>SWITCH 5:30 - 8 PM</p> <p>Understanding Gambling with Jenna</p> <p>Homework Help Centre</p>	<p>18 Fitness, Food & Fun 10 am -12 noon</p> <p><i>OASIS 10:20 -11:30</i> Tobacco Cessation Info Session <i>OASIS 12:10 – 1:45</i> Arts with Heidi</p>	<p>19</p>	<p>20 Closed for Victoria Day Weekend</p> 
<p>21</p>		<p>23 Fitness, Food & Fun 10 am -12 noon</p> <p>Baby Immunization Clinic 1- 4 PM</p> <p><i>OASIS 10:20 -11:30</i> Group Outing <i>OASIS 12:10 – 1:45</i> Group Outing</p>	<p>24</p> <p>SWITCH 5:30 - 8 PM</p> <p>Decolonizing for Healing with Randy</p> <p>Homework Help Centre</p>	<p>25 Fitness, Food & Fun 10 am -12 noon</p> <p><i>OASIS 10:20 -11:30</i> Sturdy Stone Addictions <i>OASIS 12:10 – 1:45</i> Human Nature with Todd</p>	<p>26</p>	<p>27 SWITCH 12:30—3 pm</p> <p>Knitting & Crocheting with the Craft Club</p>
<p>28</p>	<p>29 Fitness, Food & Fun 10 am -12 noon</p> <p>SWITCH 5:30 - 8 PM</p> <p>Responsible Pet Ownership with Saskatoon Animal Control Agency</p>	<p>30 Fitness, Food & Fun 10 am -12 noon</p> <p>Baby Immunization Clinic 1- 4 PM</p> <p><i>OASIS 10:20 -11:30</i> Female Reproductive Info Session <i>OASIS 12:10 – 1:45</i> <i>To Be Confirmed</i></p>	<p>31</p> <p>SWITCH 5:30 - 8 PM</p> <p>Indigenous Peoples' History with Sol</p> <p>Homework Help Centre</p>	<p>Notes: Summer Hours: Wednesdays Evenings only during June, July and August. For all income tax clinic inquiries, please call SWITCH Office at 306-956-2518</p>		

TANGY GRILLED ASPARAGUS



A quick and easy way to prepare vegetables...perfect for barbeque season!

Makes 6 servings

Cooking time: n/a

Ingredients

1/4 cup balsamic vinegar 60 mL

2 Tbsp (30 mL) canola oil

1/2 tsp (2 mL) freshly ground pepper

1 clove garlic, crushed

24 asparagus spears, trimmed

Instructions

1. In a large resealable plastic bag, combine balsamic vinegar, salt, canola oil, pepper and garlic.
2. Add asparagus and lightly squeeze bag to coat asparagus with marinade; seal bag. Let stand for 30 minutes. Remove asparagus from marinade. Discard marinade.
3. Grill asparagus over medium heat on barbeque, turning occasionally, until tender, about 5-7 minutes

Notes

Choices: 1 fat

Yield: 6 servings, Serving size: 4 spears

courtesy of canolainfo.org (<http://canolainfo.org>).

Nutritional Information

Per Serving

TANGY GRILLED ASPARAGUS

Calories 70

Total Fat 4.5 g

Saturated Fat 0 g

(https://crm1.diabetes.ca/bbis_CRMLive/donate)

Nutritional Information

Per Serving

Calories 70

Total fat 4.5 g

Saturated fat 0 g

Cholesterol 0 g

Sodium 0 g

Carbohydrates 0 g

Fiber 2 g

Protein 2 g