



What's Happening at Westside

November 2017

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

Clinic Closed November 10
for Remembrance Day

SWITCH 306-956-2518

West Dental
306-384-6363



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



Services offered here at Westside

Services by Doctors, Nurse Practitioner, Nurse, Physical Therapist, Occupational 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.

November Recipe Waldorf Salad



WELCOME BACK
OASIS



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.

Marilyn (306) 370-1293,
Or (306) 664-4336


Fitness, Food and Fun
Monday, Wednesday
and Thursday Mornings



November, the earth is growing quiet. It is making its bed, a winter bed for flowers and small creatures. The bed is white and silent, and much life can hide beneath its blankets.

Cynthia Rylant

November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 SWITCH 5:30 - 8 PM Storytelling with Mike Homework Help Centre	2 Fitness, Food & Fun 10 am -12 noon OASIS 10:20 -11:30 FASD Network OASIS 12:10 – 1:45	3	4 SWITCH 12:30 – 3 pm Parenting with Jacinda
5	6 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM Not your Mama's Sex Talk with Natalya	7 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM OASIS 10:20 -11:30 Sharing Circle OASIS 12:10 – 1:45 Family Law	8 SWITCH 5:30 - 8 PM An Attitude of Gratitude with Jackie SWITCH Kids—What's on Your Hands? Part 1 Homework Help Centre	9 Fitness, Food & Fun 10 am -12 noon OASIS 10:20 -11:30 Healing Arts OASIS 12:10 – 1:45 Healing Arts	10	11 SWITCH CLOSED FOR REMEMBRANCE DAY 
12	13 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM Healthy At Every Size with Jessica	14 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM OASIS 10:20 -11:30 Board Games OASIS 12:10 – 1:45 Healthy Eating with CHEP	15 SWITCH 5:30 - 8 PM Mental Health & Addictions with Paige & Marika SWITCH Kids—Let's Talk Science! Homework Help Centre	16 Fitness, Food & Fun 10 am -12 noon OASIS 10:20 -11:30 Yoga with Norma OASIS 12:10 – 1:45 Laughter with Deb	17	18 SWITCH 12:30 – 3 pm Community Kitchen with Mackenzie
19	20 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM Humour, Laughter, and a Smile with Flo	21 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM OASIS 10:20 -11:30 Self-Defense Workshop OASIS 12:10 – 1:45 Self Defense Workshop	22 SWITCH 5:30 - 8 PM Effective Communication with Rhea SWITCH Kids: What's On Your Hands? Part 2 Homework Help Centre	23 Fitness, Food & Fun 10 am -12 noon OASIS 10:20 -11:30 Cooking with Calysta OASIS 12:10 – 1:45 What is a concurrent Disorder?	24	25 SWITCH 12:30 – 3 pm Custody and Access With FLAC
26	27 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM Assertiveness with Rhea	28 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM OASIS 10:20 -11:30 Saskatoon Trades and Skills OASIS 12:10 – 1:45 Family Law	29 SWITCH 5:30 - 8 PM Gambling Awareness with Jenna SWITCH Kids: PJ & Movie Party Homework Help Centre	30 Fitness, Food & Fun 10 am -12 noon OASIS 10:20 -11:30 Addictions Presentation OASIS 12:10 – 1:45 Strengthening Families		



Waldorf Salad

Tips

In a hurry?

Use the packaged coleslaw mixtures available in the produce sections of supermarkets.

The original salad developed at the Waldorf Astoria Hotel in New York City contained only apples, celery and mayonnaise. Chopped walnuts later became an integral part of the recipe-and here we add cabbage and raisins. Oh, well, recipes are always evolving!

Makes 4 servings

Cooking time: Prep: 15 minutes;

Refrigerate: 30 minutes or longer

Ingredients

2 cups coarsely shredded cabbage (see Tip) 500 mL
½ cup sliced celery 125 mL
2 tbsp. each finely chopped raisins and walnuts 25 mL
¼ cup low-fat plain yogurt 50 mL
2 tbsp. light mayonnaise 25 mL
½ tsp fresh lemon juice 2 mL
2 cups chopped apples (2 medium) 500 mL
Salt and freshly ground pepper

Instructions

1. In bowl, combine cabbage, celery, raisins and walnuts.
2. In small bowl, whisk together yogurt, mayonnaise and lemon juice; stir into cabbage mixture. Season with salt and pepper to taste.
3. Cover and refrigerate for at least 30 minutes so flavours develop. Stir in apples just before serving.

Servings

4 servings 5 cups (1.25 L)

Notes

Recipe reprinted with permission from Canada's 250 Essential Diabetes Recipes, Sharon Zeiler, Robert Rose Inc., 2011,

<http://www.robertrose.ca>

Nutritional Information

Calories	122
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Total Fat	5 g
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Saturated Fat	0 g
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Sodium	74 mg
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Carbohydrates	20 g
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Fiber	3 g
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Protein	2 g
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**DIABETES RESEARCH TODAY
SAVES LIVES TOMORROW**

DONATE NOW