

What's Happening at Westside

May 2018

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

SWITCH Summer Hours
Wednesday's 5:30—8 pm
We look forward to resuming the
Monday and Saturday Hours in
the fall.



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



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.

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

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.

**PLEASE CONTACT
MARILYN 306-370-1293**

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

Clinic Closed Monday, May 21



Sweet Pepper Hash Brown Baked Eggs




Fitness, Food and Fun
Monday, Wednesday and
Thursday Mornings



"Rough winds do shake the darling buds of May"
William Shakespeare

May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 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 – 12:30 pm Tools for a Balanced Life	2 SWITCH 5:30 - 8 PM Life Skills Pt 1 Goal-Setting with Jackie Tax Clinic 6 - 8 pm	3 Fitness, Food & Fun 10 am -12 noon <i>PATHWAYS TO WELLNESS</i> 10 am – 11 am & 11:15 am – 12:30 pm Crafts & Support	4	5 NO SWITCH
6	7 Fitness, Food & Fun 10 am -12 noon NO SWITCH	8 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 – 12:30 pm Managing Triggers & Cravings	9 SWITCH 5:30 - 8 PM The Kids are Alright with Natalya Tax Clinic 6 - 8 pm	10 Fitness, Food & Fun 10 am -12 noon <i>PATHWAYS TO WELLNESS</i> 10 am – 11 am & 11:15 am – 12:30 pm Crafts & Support	11	12 NO SWITCH
13	14 Fitness, Food & Fun 10 am -12 noon NO SWITCH	15 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 – 12:30 pm Anger Management	16 SWITCH 5:30 - 8 PM Healing and Empowerment: Tips and Tricks with Randy SWITCH Kids: Grow Your Own Grass Troll Tax Clinic 6 - 8 pm	17 Fitness, Food & Fun 10 am -12 noon <i>PATHWAYS TO WELLNESS</i> 10 am – 11 am & 11:15 am – 12:30 pm Crafts & Support	18	19 NO SWITCH
20	 Victoria Day Clinic Closed	22 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 – 12:30 pm Co-dependency	23 SWITCH 5:30 - 8 PM Documentary Night Just for Men Tax Clinic 6 - 8 pm	24 Fitness, Food & Fun 10 am -12 noon <i>PATHWAYS TO WELLNESS</i> 10 am – 11 am & 11:15 am – 12:30 pm Crafts & Support	25	26 NO SWITCH
27	28 Fitness, Food & Fun 10 am -12 noon NO SWITCH	29 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 – 12:30 pm Relaxation Techniques	30 SWITCH 5:30 - 8 PM Financial Literacy Pt. 2 With The Princess Shop Tax Clinic 6 - 8 pm	31 Fitness, Food & Fun 10 am -12 noon <i>PATHWAYS TO WELLNESS</i> 10 am – 11 am & 11:15 am – 12:30 pm Crafts & Support		

DIABETIC LIVING



Sweet Pepper Hash Brown Baked Eggs

Ingredients:

- **1 20 - ounce package** refrigerated shredded hash brown potatoes
(or 3-4 large potatoes that you shred yourself
to make 20 oz {2 1/2 cups})
- **1 tablespoon** olive oil
- **1 large** green sweet pepper
- **1/2 cup** pizza sauce
- **1/4 cup** finely shredded Parmesan cheese (1 ounce)
- **8** eggs
Freshly ground black pepper and/or snipped fresh basil (optional)

Nutritional Information Per Serving

Calories	179
Total Fat	5 g
Saturated Fat	2 g
Cholesterol	188 mg
Sodium	491 mg
Carbohydrates	14 g
Sugar	2 g
Proteins	9g
Fiber	2 g

Directions

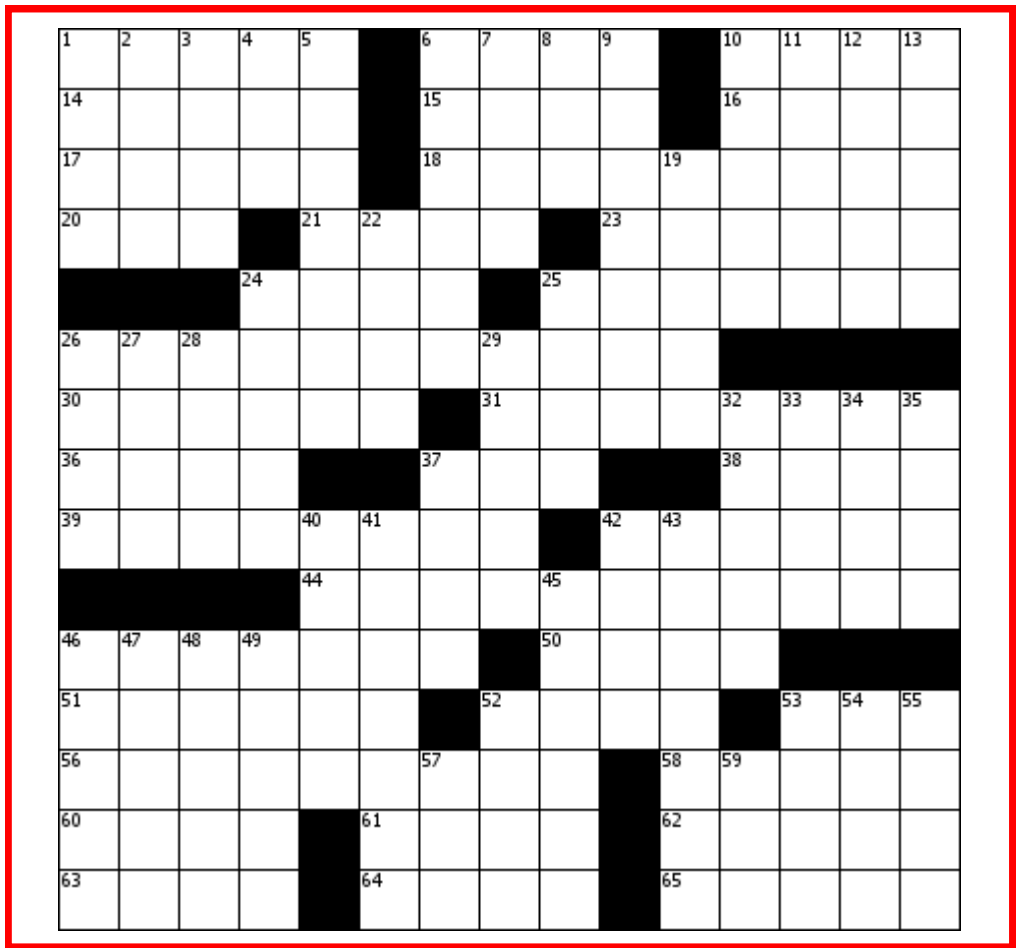
1. Preheat oven to 375 degrees F. Coat a 3-quart rectangular baking dish with cooking spray. Add potatoes to prepared baking dish. Drizzle oil over potatoes; toss to combine. Spread potatoes evenly in the baking dish. Bake for 10 minutes. Stir potatoes; spread evenly in the baking dish again. Bake for 10 minutes more.
2. Meanwhile, slice the sweet green pepper into eight 1/4- to 1/2-inch-thick rings. Remove seeds. Remove potatoes from oven. Reduce oven temperature to 350 degrees F. Arrange pepper rings in two rows on top of the potatoes. Spread 1 tablespoon of the pizza sauce within each pepper ring, then break an egg into each pepper ring. Top each egg with a rounded teaspoon of the shredded Parmesan cheese. Bake for 15 to 20 minutes more or until egg whites are set and yolks begin to thicken but are not hard.
3. If desired, garnish with freshly ground black pepper and/or snipped fresh basil.

Across

- 1. Kind of marker
- 6. Hairy Himalayan
- 10. Follows a cookbook directive
- 14. San Antonio shrine
- 15. Present-day Persia
- 16. Important thing to a golfer
- 17. Cavorts
- 18. Monopoly moneymaker
- 20. "Didn't I tell you?"
- 21. Military melody
- 23. Tamed, as a bronco
- 24. Brief ending?
- 25. Like the last in a dash
- 26. Underdog supporter
- 30. Surrounded by
- 31. Well-read
- 36. Warm and friendly
- 37. Butter lump
- 38. "___ La Douce"
- 39. Football field
- 42. Some are honorary
- 44. Center ice, in hockey
- 46. Ham it up
- 50. Partner in peace
- 51. Zodiac twins
- 52. Ship's staff
- 53. Once around the track
- 56. When radio ad rates are highest
- 58. Taranto's locale
- 60. This, in Spain
- 61. Greek god of love
- 62. Tear down
- 63. Tree house
- 64. Tin can flaw
- 65. This might give you a flat

Puzzle Solution © OnlineCrosswords.net

M	A	G	I	C		Y	E	T	I		A	D	D	S	
A	L	A	M	O		I	R	A	N		G	R	I	P	
R	O	M	P	S		P	A	R	K	P	L	A	C	E	
S	E	E		T	A	P	S		B	R	O	K	E	N	
				C	A	S	E		S	L	O	W	E	S	T
R	E	V	E	R	S	E	S	N	O	B					
A	M	I	D	S	T		L	I	T	E	R	A	T	E	
N	I	C	E			P	A	T			I	R	M	A	
G	R	I	D	I	R	O	N		T	I	T	L	E	S	
				N	E	U	T	R	A	L	Z	O	N	E	
O	V	E	R	A	C	T		A	L	L	Y				
G	E	M	I	N	I		C	R	E	W		L	A	P	
D	R	I	V	E	T	I	M	E		I	T	A	L	Y	
E	S	T	E		E	R	O	S		L	E	V	E	L	
N	E	S	T		D	E	N	T		L	E	A	S	E	



Down

- 1. Utopia Planitia setting
- 2. Succulent houseplant
- 3. Ready for action
- 4. Mischievous sort
- 5. Gere and Roberts, e.g.
- 6. "Wow! I won!"
- 7. Chapters of history
- 8. Old mariner
- 9. Rorschach pattern
- 10. Radiant
- 11. Admiral Sir Francis
- 12. Follows another cookbook directive
- 13. Disbursed, as dollars
- 19. Examine
- 22. CEO's aide
- 24. Gave up
- 25. Irritated state
- 26. Summoned the butler
- 27. Middle Eastern chieftain
- 28. Veni, Vidi, ___
- 29. Handwriting feature
- 32. Posh or snazzy
- 33. Guthrie of song
- 34. Some fed. agents
- 35. Soothe
- 37. Sulk
- 40. Pointless and silly
- 41. Said word for word
- 42. Fish story
- 43. Animosity
- 45. Least available
- 46. Humorous Nash
- 47. Chapter's companion
- 48. Sends out
- 49. Metal fastener
- 52. "Let's go!"
- 53. Fuji's flow
- 54. British brews
- 55. Nabors' role
- 57. Outrage
- 59. Palmer's peg