

What's Happening at Westside



March

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

West Dental
306-384-6363



Happy St. Patrick's Day



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

Baked Apple and
Banana Oatmeal
Breakfast



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

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.



Winds of March



Winds of March, we welcome you,
there is work for you to do.
Work and play and blow all day,
Blow the winter cold away.



Unknown

March 2019

SUN	TMON	TUES	WED	Thu	Fri	Sat
					1	2 SWITCH 12:30—3 pm Community Kitchen with Mackenzie
3	4 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM Child Support with FLAC	5 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM <i>PATHWAYS TO WELLNESS</i> 10 am – 12:15 pm <i>Stress Management</i>	6 SWITCH 5:30 - 8 PM Bullying Be an Encourager and not a Discourager with Jackie	7 Fitness, Food & Fun 10 am -12 noon <i>PATHWAYS TO WELLNESS</i> 10 am – 12:15 pm <i>D..I. Y. Stress Balls</i>	8	9 SWITCH 12:30—3 pm Managing Mental Health: Creating Balance with Chalaine– Presented by the Princess Shop
10	11 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM Custody & Access with FLAC SWITCH Kids—Nursing Students	12 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM <i>PATHWAYS TO WELLNESS</i> 10 am – 12:15 pm Nutrition with Calysta	13 SWITCH 5:30 - 8 PM Job Searching with Katelyn & Ashley	14 Fitness, Food & Fun 10 am -12 noon <i>PATHWAYS TO WELLNESS</i> 10 am – 12:15 pm <i>Cooking Day!</i>	15	16 SWITCH 12:30—3 pm Hidden Disabilities & Access with Len
17	18 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM Keeping Connected Pt 1 with Jacinda	19 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM <i>PATHWAYS TO WELLNESS</i> 10 am – 12:15 pm Triggers, Cravings, and Relapse	20 SWITCH 5:30 - 8 PM Housing Searching with Katelyn & Ashley	21 Fitness, Food & Fun 10 am -12 noon <i>PATHWAYS TO WELLNESS</i> 10 am – 12:15 pm <i>Healing Arts</i>	22	23 SWITCH 12:30—3 pm Understanding FASD — with FASD Network
24	25 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM Keeping Connected Pt 2—Jacinda SWITCH Kids — Nursing Students	26 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM <i>PATHWAYS TO WELLNESS</i> 10 am – 12:15 pm Anger Management	27 SWITCH 5:30 - 8 PM Diabetes Care with Hien & Christine & Kelly	28 Fitness, Food & Fun 10 am -12 noon <i>PATHWAYS TO WELLNESS</i> 10 am – 12:15 pm Certificates and Celebration	29	30 SWITCH 12:30—3 pm TBA
31						



DIABETES CANADA



Nutritional Information Per Serving

BAKED APPLE AND BANANA OATMEAL BREAKFAST

Tips

You can substitute berries for apples if you prefer.

- Makes 8 servings
- Serving size 1/2 cup 125 ml
- Cooking Time: Bake for 45 minutes

Per Serving

Calories 69270

Total Fat 7 g

Saturated Fat 0.5 g

Cholesterol 25 mg

Carbohydrates 33g

Fiber 3 g

Sugars 15 g

Protein 5 g

Sodium 170 mg

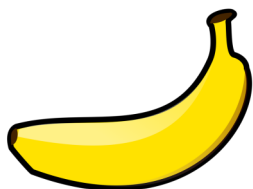
Potassium 182 mg

Ingredients

75 ml	
3/4 teaspoon vanilla extract	4 ml
Canola oil cooking spray	
2 cups rolled oats	500 ml
1/2 teaspoon baking powder	7 ml
1 teaspoon cinnamon	5 ml
1/4 teaspoon salt	1 ml
1 apple diced	
1 banana sliced	
1 egg	
1 cup skim milk	250 ml
3 tablespoons canola oil	45 ml
1/3 cup maple syrup or brown sugar	

Instructions

1. Pre heat oven to 350 °F 180 °C
2. In large bowl, mix together oats, baking powder, cinnamon, and salt. Stir in apples and bananas.
3. In another bowl, whisk together egg, milk, canola oil, maple syrup or brown sugar and vanilla extract. Pour over dry mixture and gently stir to combine
4. Spray 8 x 8 inch (20 x 20 cm) baking dish with canola oil spray. Pour mixture into baking dish and bake for 45 minutes or until golden brown.



Notes

Recipe courtesy of canolainfo.org, featured in the *Canadian Diabetes Association's 2014 Healthy Living Calendar*. To download the latest recipes, visit diabetes.ca/calendar.

Across

- **1.** Kind of point
- **6.** It moves stars from point to point
- **10.** One-armed bandit
- **14.** Wise saying
- **15.** Ufa's mountains
- **16.** Give as a reference
- **17.** Simpleton
- **18.** Palatable refinement
- **20.** "Prior to," poetically
- **21.** "Glengarry ____ Ross" (1992)
- **23.** Pulitzer-winning novelist Glasgow
- **24.** Atropos, for one
- **26.** IRS quarry
- **28.** Bit of social elegance
- **32.** Kind of cat
- **33.** Moment of forgetfulness
- **34.** Japanese caldera
- **37.** Spock's mind-____
- **38.** Rumanian region
- **39.** Word with fly or clap
- **40.** Oriental sauce
- **41.** Evidence for Sherlock
- **42.** Hobbits' home, with "The"
- **43.** Classic film (with "The")
- **45.** Bordeaux wine
- **47.** Drying chamber
- **48.** Snail trail
- **49.** House of Lords member
- **51.** A Thomas Gray work
- **54.** View from the tent
- **57.** Aggregate
- **59.** Seed case
- **60.** Cayuse controller
- **61.** Island that processed immigrants
- **62.** Check chaser
- **63.** Songstress Fitzgerald
- **64.** She was an angel on TV

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54							55	56				57	58		
59												61			
62							63					64			

DOWN

- **1.** Fortune partner
- **2.** Something fishy?
- **3.** Tenderly
- **4.** Many moons ____
- **5.** Drawn-out
- **6.** Sled for two
- **7.** Word with fist or will
- **8.** Long March leader
- **9.** No spring chicken
- **10.** Burns with steam
- **11.** Strong cotton thread
- **12.** "Animal House" character
- **13.** Arcade patron, perhaps
- **19.** Harass
- **22.** Uncle on "Seinfeld"
- **25.** Served well?
- **26.** Texas city
- **27.** Gargantuan
- **28.** Highlands headgear
- **29.** Butter alternative
- **30.** Show off
- **31.** Flogged, Singapore-style
- **34.** Pupil of Plato
- **35.** Indian garment
- **36.** Oil cartel
- **38.** Like Marge Simpson's hair
- **39.** In this manner
- **41.** Reactor parts
- **42.** Brighter
- **43.** Item in a sales kit
- **44.** Darius, to Alexander
- **45.** Barton of the Red Cross
- **46.** Ceiling
- **48.** Take for a ride?
- **49.** TV Dr.
- **50.** It blew its stack in 475 B.C.
- **52.** Roast platform
- **53.** Choice word?
- **55.** Dander
- **56.** Hair gook
- **58.** Cheer for a matador

Puzzle Solution © OnlineCrosswords.net

F	O	C	A	L		L	I	M	O		S	L	O	T	
A	D	A	G	E		U	R	A	L		C	I	T	E	
M	O	R	O	N		G	O	O	D	T	A	S	T	E	
E	R	E		G	L	E	N				E	L	L	E	N
		F	A	T	E			E	V	A	D	E	R		
T	O	U	C	H	O	F	C	L	A	S	S				
A	L	L	E	Y		L	A	P	S	E		A	S	O	
M	E	L	D		B	A	N	A	T		T	R	A	P	
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S	L	I	M	E		P	E	E	R		O	D	E		
C	A	M	P	S		I	G	H	T		T	O	T	A	L
A	R	I	L		R	E	I	N			E	L	L	I	S
M	A	T	E		E	L	L	A			R	E	E	S	E