



T'Sou-ke First Nation Newsletter

tsoukenation.com | 250-642-3957 | Fax: 250-642-7808

September 2023

**Photo of Wyatt in
the foam pit from
our Fun Day held
September 7th,
2023**

**Fun was had by
all!
More pictures
inside!**

Photo credit
Tara Jensen



Administration

Administrator, Michelle Thut Ext.233

administrator@tsoukenation.com

Finance Manager, Sandra Sprinkling Ext.223

admin1@tsoukenation.com

Admin Assistant, Tara Jensen Ext.222

admin2@tsoukenation.com

Secretary, Mona Wall secretary@tsoukenation.com

Office Hours

2154 Lazzar Road

Monday to Friday

8:30 AM to 4:30 PM

Closed during Lunch

12:00 PM to 1:00 PM

Closed Saturday, Sunday, and
Statutory Holidays

Chief and Council

Chief Gordon Planes—chiefplanes@tsoukenation.com

Councilor Rose Dumont—rosedumont@tsoukenation.com

Councilor Bonnie Hill—bonniehill@tsoukenation.com

LADYBUG GARDEN

Garden Coordinator, Christine George

You can keep up to date and get advice by logging onto my Facebook site, by emailing ladybuggarden@tsoukenation.com, or by calling 250-642-3949 .



Do you want to receive your
newsletter by email?

Please call the office to be added
to the email list.

Sum-SHA-Thut Lellum

Teachers Jennifer Dumont and
Soleil Saxelby

sumsha@tsoukenation.com

250-642-2263

Marine Team

778-352-0011

Marine Field Tech, Joanne Routhier—marineliaison1@tsoukenation.com

Communication Relations Coordinator,

Eva Shaffer—marineliaison2@tsoukenation.com

Marine Field Tech, Louis Sudlow—lsudlow@snekecentre.ca

Marine Field Tech, Edward Chutter—echutter@gmail.com

Health Department

Admin Health Coordinator, Rose Dumont—Ext. 237

adminhealth@tsoukenation.com

Health Coordinator, Daphne Underwood—Ext.235

communityhealth@tsoukenation.com

Community Nurse, Jennifer Routhier—Ext.238— nurse1@tsoukenation.com

Social Development Worker, Debbie Ridley—Ext.236

socialdevelopment@tsoukenation.com

Health Care Assistant, Lorissa Orser—Ext. 238

healthcareassistant@tsoukenation.com

Social Development / Employment & Training

For the Month Of	Declarations Due By	Cheque Issue Day
October 2023	October 20, 2023	October 25, 2023
November 2023	November 17, 2023	November 22, 2023
December 2023	December 15, 2023	December 20, 2023

Declarations must be given to Debbie by the due date to avoid any delay in processing cheques. There will be a delay in receiving your cheque if declarations are not received by Debbie on the due date, no exceptions.

A friendly reminder: Provide your income verification slips monthly if you are working. Monthly utility bills need to be provided to be paid in a timely manner.

Friendly reminder to all my clients:

Please print your name clearly on your declaration slip and sign it.



Meals on Wheels

October 2023 Meal Menu

Wednesday, October 4th

Chicken Corn Chowder, Whole Wheat Bun, Green Salad, Mousse & Milk or Juice.

Monday, October 9th

CLOSED THANKSGIVING

Wednesday, October 11th

Meat Loaf, Potatoes, Carrots, Berry Crisp, & Milk or Juice.

Monday, October 16th

Italian Sausage Soup, Baked Bannock, Yogurt with Berries, & Milk or Juice.

Wednesday, October 18th

Pasta with Shrimp Linguini Sauce, Caesar Salad, Berry Trifle, & Milk or Juice.

Monday, October 23rd

Baked Macaroni & Cheese, Broccoli/Rutabaga/Carrot, Bread & Butter Pickles,
Pineapple Surprise, & Milk or Juice.

Wednesday, October 25th

Chicken Pot Pie, Mixed Vegetables, Peach Cobbler, & Milk or Juice.

Monday, October 30th

Chicken Corn Chowder, Whole Wheat Buns, Green Salad, Yogurt with Berries, & Milk or Juice.

Meals are subject to change depending on availability of products.

Please ensure that there is a cooler outside your door, clearly marked for your meals on wheels to go into if you are not home. This keeps your meals safe from animals.

Thank you.

This is a needs-based program. If at any time an Elder or Member requires this service due to medical reasons and/or needs some extra help, this service is offered. To receive this service one of our Nurses will set up appointments for assessments.

REFLEXOGLY

Reflexology is available twice monthly at the health department.

Please connect with our office to book an appointment.

250-642-3957 ext. 237 or email
rosedumont@tsoukenation.com

ACUPUNCTURE

Acupuncture is available once monthly
at the health department.

Please connect with our office to book an appointment.

250-642-3957 ext. 237 or email
rosedumont@tsoukenation.com

BOOK BIN PROGRAM

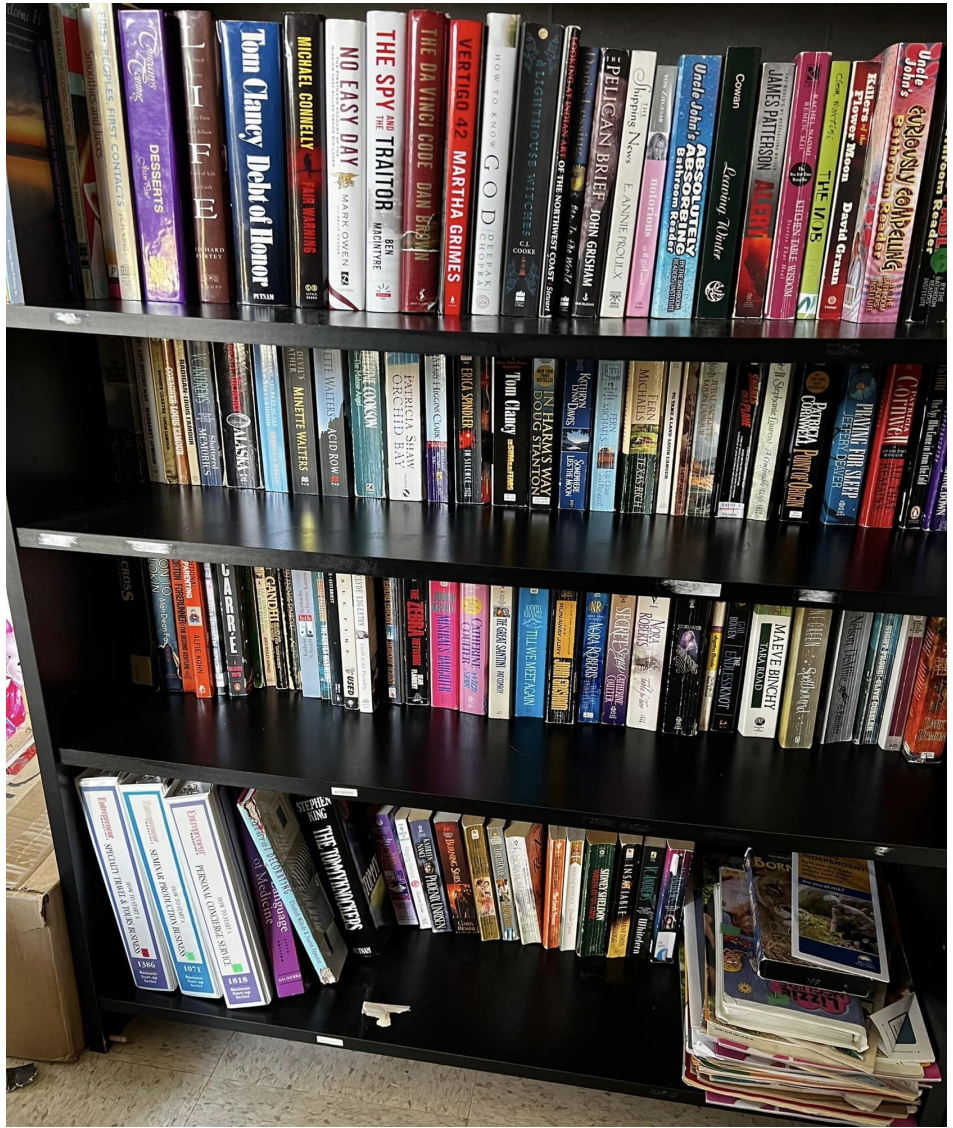
Our book bin was refilled.

Our books are yours to keep or
you can return them.

Come on down and check
them out!

The books are located in our main Health Centre.

Please let our health office staff know if the door is locked and one of us will let you in.



COMING SOON - IN PERSON LANGUAGE CLASSES

Please keep an eye out for our language classes at the health office.

More Information to follow with Dates and Times!

HEALTH OFFICE SCHEDULE

With the exception of nights when our Wednesday Community Dinners are being held. See the calendar at the end of this Newsletter for more information.

Yoga Classes

Fridays

12:00 PM—1:00 PM

Please join us for some relaxing **yoga** with Donna.

Rise & Shine Morning Class

Monday, Wednesday & Friday

6:00 AM— 7:00 AM

If you are an early riser, please join us for this fun exercise class!

Full Body Strength Training

Monday & Wednesdays

7:30 PM- 8:30 PM

Please join us for this full body strength training program!

Foot Care Services/Routine Foot Care

Monthly appointments are available for our Elders (age 60+) and those members and their families who are diabetic.

All services are provided by an RN and are not a substitute for Podiatry Medicine. All instruments are sterilized to BC Best Practice Standards.

Playgroup Dates

Our playgroup will be held on the 4th Tuesday of each month, with the exception of December, from 1:30-3:00 PM at the new Health Office.

For Babies up to 5 Years of Age.

Snack will be provided.

Dates are:

October 24th

November 28th

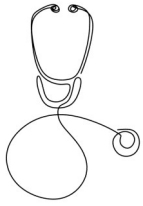
December 12th

Seaparc Passes

Seaparc passes are available at the health office!

Each family is eligible for 4 passes per month

Drop-in schedules are available on the Seaparc website.



**MEDICAL CLINIC WITH DR. KLUGE
FOR ELDERS/MEMBERS ONCE MONTHLY
FROM 1:00 PM - 4:00 PM
BY APPOINTMENT ONLY
AT OUR MAIN HEALTH CENTRE**

Dr. Kluge holds in person monthly clinics at our Main Health Centre usually every 3rd Thursday from 1:00 PM - 4:00 PM for our Elders and members and their families.

To book an appointment please call our Health Centre at 250-642-3957 for Daphne (ext. 235) or Nurse Jen (ext. 238) or leave us a message.

Clinic times are also posted and updated on our Facebook Health Site.

****Please note if you have to cancel your appointment, please ensure to let one of the health office staff know as soon as you can. This will allow time for others to get to our office who maybe on a waiting list to see the doctor.****

We are in planning stage of expanding this service to twice monthly. We will keep you updated.

Flu Shots & Covid Vaccine

With flu season approaching, we wanted to update the T'Sou-ke Nation community that we will be offering both vaccinations as soon as they become available to our community. We are still waiting on information from FNHA and Island Health on possible dates.

Covid-19 Testing (Rapid Antigen Tests)

T'Sou-ke Health office still has rapid testing kits available at the health office for those interested. Please stop in to pick up a kit. If you are sick and would like a kit delivered, please contact the health office and we would be happy to drop a kit off to you.

If you currently have a testing kit at home, please check the expiry date as some of the kits that we have provided in the past are expired or nearing their expiration date.

Routine Immunizations

T'Sou-ke Nation is able to provide all routine immunizations by appointment only.

This includes all infant, school age and influenza (pending availability).

Please contact Nurse Jenn at the health office to book an appointment.

T'Sou-ke Nation Health Department is excited to announce that we will have in-house Counselling Services at our Main Health Centre starting August 1st, 2023.

We have partnered with Sea To Tree Wellness to bring this new service to our Health Department.

Please see attached poster below for further information.

To access this service you can call 778-352-3115 or email info@seatotree.ca— or just to just show up

This new in house service at our Health Centre is for Members, their Spouses, and their children.

If you have any questions with regards to this, please feel free to contact Rose at 250-642-3957 ext. 237 or 250-217-2215 or via email at RoseDumont@tsoukenation.com

COUNSELLING AND WELLNESS SERVICES

Tuesdays 8:30 am - 4:30 pm

Counsellors from Sea to Tree Health & Wellness have been invited to provide **counselling services in the Health Centre** Tuesdays from 8:30am - 4:30 pm, starting August 1st! They work with children, youth, teens, adults, couples, parents and families. They hope to expand services to meet the community's needs and wants.

Community members already seeing a counsellor at Sea to Tree Health & Wellness (Sooke office, Colwood office or online), your services will not be interrupted. Tuesdays at the Health Centre are an additional way to access support.

If you are interested in meeting with Sea to Tree Health & Wellness counsellor at their Sooke or Colwood Centre, please email info@seatotree.ca or call 778-352-3115.



We are here for you in the afternoons (12:30 – 4:30):



Anna

Anna is a Registered Clinical Counsellor who has worked in the mental health field for a decade, with a background in addictions and mental health. Additional areas of practise include eating disorders, intergenerational trauma, relational issues, and child and youth work. Therapies used include Cognitive Behavioural Therapy, Internal Family Systems, and Polyvagal oriented therapy.



Kelly (in August only)

Kelly (she/her) has been a visitor on the lands of the T'Sou-ke Nation for over 15 years. She self-identifies as a member of the Algonquins of the Pikwakanagan First Nation in Ontario. She is a practicum student completing her Master's in Counselling Psychology through Yorkville University. She has vast experience working with children, youth, and families within school and community settings. Kelly values holding a non-judgmental, safe space for clients to continue their unique journey of self-acceptance and healing. Using a compassionate, strengths-based approach to therapy, Kelly aims to foster meaningful connection that encourages growth and empowerment.



Alexi (from September)

Alexi (He/him) is a parent, husband, and Queer man with mixed Indigenous/settler ancestry who comes to Sea to Tree with over 10-years' experience working in the mental health field alongside youth, adults, families, Indigenous communities, LGBTQ+ and folx with diverse abilities. I work from the understanding that we come to know ourselves through our experiences of relationships to many things including: family, culture, community, and the more-than-living natural world around us.

We are here for you in the mornings (8:30 – 12:30):



Andrea

Andrea is a parent of two teenagers and has recently completed a Master of Counselling Degree. She has worked with children, youth and families in schools, community settings, and individually for over 15 years. Andrea believes that people are resilient and hold the capacity to find the changes that they long for. She uses an integrative approach to connect with a variety of ages and stages.



Sherry-Lynn

Sherry-Lynn identifies as Metis from Territory 4 Fort Qu'Appelle Saskatchewan. She is a Registered Clinical Counsellor, Art Therapist, & Children & Family Therapist. Sherry-Lynn approaches her therapeutic practice from an attachment and trauma informed lens. She applies cultural safe and appropriate practices as well as a wholistic approach. She works collaboratively in partnership with the community and incorporates the use of traditional practices as well as integrates guidance from the Elders and Knowledge Keepers within each community she serves.

HÍSWKE!

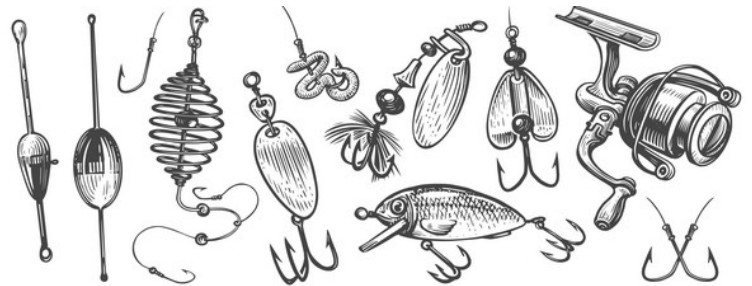
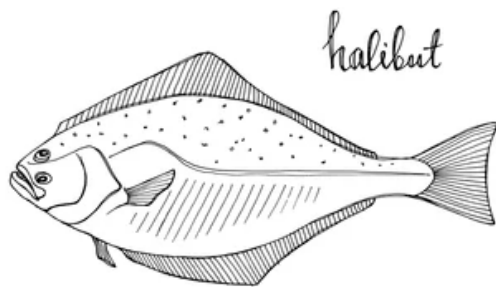
We look forward to seeing you there.

Fisheries

Manager, Frank Sutherland—Ext.228 — fisheries@tsoukenation.com

Guardian, Billy Mobley—guardian2@tsoukenation.com

Guardian, Dave Planes— guardian1@tsoukenation.com



The T'Sou-ke Nation Fisheries Department is working on getting halibut. Our commercial boat is getting this for us, and we are scheduled to receive this in the next little while. We will communicate the dates once we know them.

We have a limited amount of frozen whole in-the-round sockeye in cold storage if any member would like some please email me at fisheries@tsoukenation.com to arrange.

We are also setting up our 28 foot cuddy to bring members out fishing for Sept/Oct 2023. Email me if interested and we will see how to gauge interest and scheduling.

As more information becomes available regarding food fish, we will continue to post updates as needed.

Thank-you,

Frank

T'Sou-ke Fisheries.

Youth & Culture

778-352-3957

Youth Worker, Brandy Daniels—youthcentre@tsoukenation.com

Youth Seaparc Outing

Youth at Seaparc
Tuesdays 7:00-8:15pm.

Community Dinner

October 25th
5:00 - 7:00 PM
Get in touch with Brandy if you
need a ride

Tutoring Available

At the Youth Centre
Wednesdays
3:30-5:30PM

Dinner and a Movie Night

October 13, 2023
5:30-8ish PM

Annual Monster Mash

October 27, 2023
5:30-8PM

**See insert in this newsletter regarding Home Alone and
Babysitter Courses.**

Library Book Read and Craft

Hosted by Natalie at the Sooke Vancouver Island Regional
Library on the last Tuesday of every month.



Watch the
Youth Facebook page for upcoming events like S.T.E.M,
Tutoring and Pro D Day Activities!

2023 October



Youth Centre Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02 Closed for Statutory Holiday	03 SeaParc 7-8:15pm	04 Tutoring 3:30-5:30PM	05	06	07
08	09 Closed Thanksgiving	10 SeaParc 7-8:15pm	11 Tutoring 3:30-5:30PM	12	13 Dinner and a Movie Night 5:30-8 PM	14
15	16	17 SeaParc 7-8:15pm	18 Tutoring 3:30-5:30PM	19	20 Pro D Day Activity 9 AM-3 PM	21
22	23	24 Library Book Read & Craft 5-6pm	25 Tutoring 3:30-5:30PM Community Dinner 5-7PM	26	27 Annual Monster Mash 5:30-8pm	28
29	30	31 SeaParc 7-8:15pm	01	02	03	04
05	06	Please Note: Any members that would like to attend free boxing classes, please connect with Sooke Boxing, (250) 634-4941, for times or connect with Brandy if you'd like assistance with this. This calendar will be reposted as new items are added.				



Galey Farms Trip!!

Friday, October 20th, 2023

Registration for this trip will **begin on Tuesday, October 3, 2023** and **closes on Friday, October 6, 2023 at noon.**

Registration forms will be available for pick up at the front office or by contacting Brandy Daniels at youthcentre@tsoukenation.com or phone 778-352-3957.

Registration will not be available prior to this date and time.

Participation for this trip will be for T'Sou-ke Nation Youth (registered or child of a registered member) & their parents and siblings/step siblings.

Please note that parents are not required to attend for youth aged 7-18 to participate.

We will be capping this event at the bus's capacity of 54 seats.



Home Alone Program

T'Sou-ke Nation has secured funding to offer these courses again this year.

Register early to avoid disappointment

Home Alone Course

Youth Aged 9-12 years old

November 5th, 1:00-4:00 PM

and the

Red Cross Babysitters Course

Youth 11 years old and over

November 18th & 25th, 1:00-5:00 PM

*Note: This is a 2 day course

To register, please call SeaParc at 250-642-8000.

Make sure to let them know that

T'Sou-ke Nation Youth Centre is covering the cost.

Lands, Forestry, Environment

Environment/Forestry, Lawrence Underwood—Ext. 226

forestryandenvironment@tsoukenation.com

Lands Referrals Clerk, Amanda Mobley—Ext. 227

landsandreferralsclerk@tsoukenation.com

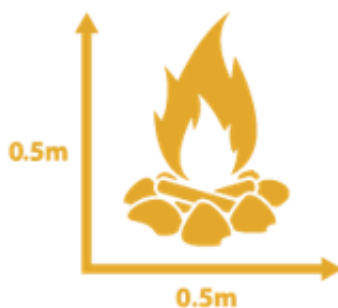
Lands Manager—Ext. 227—landsmanager@tsoukenation.com

As the campfire ban and restrictions are slowly being lifted, T'Sou-ke Nation Lands Department is reminding you about the difference between a campfire and open burning.

Category 1 campfire

A campfire is defined as:

- Any fire no larger than 0.5 metres high by 0.5 metres wide (a fire larger than this is considered a Category 2 fire).
- Used by any person for recreational purposes or by a First Nation for a ceremonial purpose.



Responsible campfire use follows the [British Columbia Campfire Regulations \(PDF, 220KB\)](#).

Avoid having a campfire when it's windy, choose a proper fire pit or make a ring of rocks at least three meters from trees, shrubs, structures, and debris, and do not leave a campfire unattended for ANY amount of time.

T'Sou-ke Nation open burning regulations follow.

Burning Regulations:

Back yard burning in small piles, not larger than 6 ft x 6 ft x 3 ft (for properties up to 2 acres) will be permitted during daylight hours from **October 1 to April 30** when the Ventilation Index as identified by Environment Canada is at a GOOD rating for Southern Vancouver Island.

To obtain the current Smoke Ventilation Index go to the Environment Canada website at www.weatheroffice.pyr.ec.gc.ca/wxhealth/smoke/ or call them at 1-888-281-2992.

- NO OPEN BURNING is permitted when the Smoke Ventilation Index is at a POOR or FAIR rating or when the Fire Danger Rating is at HIGH or EXTREME.
- The use of burn barrels and incinerators is PROHIBITED at all times.

Burning of yard waste ONLY will be permitted during daylight hours from October 1st to April 30th when the Environment Canada Ventilation Index is at a GOOD rating for Southern Vancouver Island.

ITEMS BANNED FROM BURNING:

- Plastics
- household garbage
- tires
- demolition waste, construction waste, drywall, treated lumber
- animal products including manure
- asphalt and asphalt products
- biomedical waste
- railway ties
- paint and paint products
- fuel and lubricant containers
- rubber
- tar paper
- special waste or any other material that gives off noxious fumes.

Weekly Talking Support Circle

Everyone welcome! Join us weekly for a health and wellness talking circle. Led by Facilitators from Sea to Tree Health and Wellness in partnership with T'Sou-ke nation.

When? Tuesdays (beginning October 17)
5 pm to 6:30 pm



For those who...

- are thinking about making a change to usage of any substance (alcohol, drugs, gambling, food struggles, etc).
- are actively making a change to usage.
- are seeking a safe and supportive environment.
- have a family member who struggles with substances.
- are seeking community resources.

Pre-registration is easy! Please email, text or call your name and status number to anna@seatotree.ca or (250) 600-5880. Or come to the health centre on Tuesdays any time between 8:30 am and 4:30 pm to pre-register in person. That's all we need!

We focus on building and maintaining motivation, coping with urges, managing thoughts, feelings and behaviours, and living a balanced life.



Led by Facilitators from Sea to Tree Health & Wellness:



Alexi (he/him) is a Registered Clinical Counsellor (RCC) with Sea to Tree Health & Wellness. He is a parent, husband, and Queer man with mixed Indigenous/settler ancestry. He comes to Sea to Tree with over 10 years' experience working with youth, adults, families, Indigenous communities, LGBTQ+ folx, and people living with disabilities.

Anna is a Registered Clinical Counsellor who holds a Master's of Counselling degree from City University of Seattle. Anna has worked in the mental health field for almost a decade, particularly in small northern British Columbia communities. She recognizes the need for a multicultural and trauma-informed approach with all individuals, especially those from marginalized populations.



Kelly is a practicum student currently completing her Master's in Counselling Psychology through Yorkville University. Using a compassionate, strengths-based approach to therapy, Kelly's goal is to foster meaningful connection and curiosity that evokes personal growth and empowerment. Kelly aims to establish a safe and accepting environment from the beginning of the therapeutic process, where all clients can feel supported and heard.







Member Dinner & Bag Notice

The following is a list of dates which outlines the days our Nation will be hosting

Meal Bag Deliveries and our Community Dinner

~~JUNE 2023~~

~~June 14 – Community – Community Meal Bag Delivery IR#1 and IR#2~~

~~June 28 – Community Dinner – 5:30 pm – 7:30 pm~~

~~JULY 2023~~

~~July 12 – Community Meal Bag Delivery IR#1 and IR#2~~

~~July 26 – Community Dinner – 5:30 pm – 7:30 pm~~

~~AUGUST 2023~~

~~August 9 – Community Meal Bag Delivery IR#1 and IR#2~~

~~August 30 – Community Dinner – 5:30 pm – 7:30 pm~~

~~SEPTEMBER 2023~~

~~September 13 – Community – Community Meal Bag Delivery IR#1 and IR#2~~

~~September 27 – Community Dinner – 5:30 pm – 7:30 pm~~

OCTOBER 2023

October 11 – Community Meal Bag Delivery IR#1 and IR#2

October 25 – Community Dinner – 5:30 pm – 7:30 pm

NOVEMBER 2023

Nov 8 – Community Meal Bag Delivery IR#1 and IR#2

Nov 29 – Community Dinner – 5:30 pm – 7:30 pm

DECEMBER 2023

December 13 – Community Meal Bag Delivery IR#1 and IR#2

JANUARY 2024

January 10 – Community Meal Bag Delivery IR#1 and IR#2

January 31 – Community Dinner – 5:30 pm – 7:30 pm

FEBRUARY 2024

February 14 – Community Meal Bag Delivery IR#1 and IR#2

February 28 – Community Dinner – 5:30 pm – 7:30 pm

MARCH 2024

March 13 – Community Meal Bag Delivery IR#1 and IR#2

March 27 – Community Dinner – 5:30 pm – 7:30 pm

PLEASE NOTE:

We are pleased offer these programs again this fiscal year. A reminder that our Community

Dinners are open to our MEMBERS, THEIR SPOUSES, THEIR CHILDREN AND THEIR SPOUSES CHILDREN



PO Box 307, Sooke B.C., V9Z 1G1
Ph.: 250 642-3957 Fax: 250 642-7808

IR#2 Sanitary Sewer Connection and Subdivision Development Project

As many of you may already know we have obtained funding from Indigenous Services Canada to connect residences on IR#2 to municipal sewer as well as the development of a subdivision. The project commenced in August 2023.

Summer/Fall 2023

You may have seen some activity on IR#2 already if you live in the area, this stage includes mobilization, laydown site clearing and fencing. Clearing and grubbing of the construction area for the subdivision will begin next week. This stage will also include location of existing individual property septic systems.

Fall/Winter 2023

Subdivision work such as rough grading, sanitary works, waterworks. Rough grading of the sewer forcemain from the lift station to DoS sewage treatment plant. Lift station civil works Gravity sewers in existing subdivisions, start service connection pipes.

December 2023 – Break

Winter/Spring 2024

Continue service connection pipes, install the sewer lift station and testing and commissioning.

Spring/Summer 2024

Testing, road patching and paving, road markings signs, and O&M training Septic field decommissioning, cleanup and demobilization will happen in late May 2024.

We anticipate all work to be completed by October 2024.

You might be asking yourself; how does this affect me and my septic system on IR#2. This is what a resident can expect:

- There will be an onsite worker in the next two (2) weeks to locate septic tank and review property infrastructure.
- Septic tank/Field decommissioning
- Road works (Paving, Shoulder Work, etc.)
- Home sanitary sewer connections to the Sanitary Sewer mains in the road allowances.
- Individual Lot restoration and cleanup

We will be providing schedule updates to membership via the T'Sou-ke Nation communications page throughout the project.

If you have any questions or concerns, please do not hesitate to contact our Project Manager, Jeff Frank at pillarpoint24@gmail.com

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02 CLOSED For stat that fell on Sat. Sept 30th	03 Youth Seaparc 7-8:15 PM	04 Rise & Shine Fitness 6-7 AM Full Body Fitness 7:30-8:30 PM Tutoring 3:30-5:30PM	05	06 Rise & Shine Fitness 6-7 AM Yoga 12-1:00 PM	07
08	09 CLOSED Stat Holiday Thanksgiving	10 Youth Seaparc 7-8:15 PM	11 Rise & Shine Fitness 6-7 AM Full Body Fitness 7:30-8:30 PM Tutoring 3:30-5:30PM	12	13 Rise & Shine Fitness 6-7 AM Yoga 12-1:00 PM Youth Dinner and a Movie Night 5:30-8 PM	14
15	16 Rise & Shine Fitness 6-7AM Full Body Fitness 7:30-8:30 PM	17 Youth Seaparc 7-8:15 PM	18 Rise & Shine Fitness 6-7 AM Full Body Fitness 7:30-8:30 PM Tutoring 3:30-5:30PM	19	20 Rise & Shine Fitness 6-7 AM Yoga 12-1:00 PM Pro D Day Activity 9 AM -3 PM	21
22	23 Rise & Shine Fitness 6-7AM Full Body Fitness 7:30-8:30 PM	24 Library Book Read & Craft 5-6pm	25 Rise & Shine Fitness 6-7 AM Tutoring 3:30-5:30PM Community Dinner 5-7:00 PM	26	27 Rise & Shine Fitness 6-7 AM Yoga 12-1:00 PM Annual Monster Mash 5:30-8PM	28
29	30 Rise & Shine Fitness 6-7AM Full Body Fitness 7:30-8:30 PM	31 Halloween	01	02	03	04
Please call the office if you have any questions about an activity and we will direct you to the correct department.						