



# T'Sou-ke First Nation Newsletter

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

## February 2024



Do you want to  
receive your newsletter by email?

Please call the  
office or email  
secretary@tsoukenation.com to  
be added to the email list.

Photo:  
2023 Santa Parade



### 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, Jessica Kisby**

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—dubzdu@gmail.com

Councilor Bonnie Hill—bonniehill@tsoukenation.com

### Sum-SHA-Thut Lellum

Teachers Jennifer Dumont and Soleil Saxelby

sumsha@tsoukenation.com

250-642-2263

### Fisheries

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

Guardian, Dave Planes— guardian1@tsoukenation.com

### 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

### **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 .

## Health Department

Admin Health Coordinator, Rose Dumont—Ext. 237

rosedumont@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  |
|------------------|---------------------|-------------------|
| February 2024    | February 9, 2024    | February 14, 2024 |
| March 2024       | March 15, 2024      | March 20, 2024    |
| April 2024       | April 12, 2024      | April 17, 2024    |
| May 2024         | May 10, 2024        | May 15, 2024      |

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

## February 2024 Meal Menu

### Monday, February 5

Italian Sausage Soup, Green Salad, Whole Wheat Bun, Mousse, & Milk or Juice.

### Wednesday, February 7

Seafood Chowder, Green Salad, Yogurt with Berries, Whole Wheat Bun, & Milk or Juice.

### Monday, February 12

Baked Macaroni & Cheese, Broccoli, Rutabaga, Carrots, Pineapple Surprise, & Milk or Juice.

### Wednesday, February 14

Hot Chicken Salad, Whole Wheat Bun, Cinnamon Apple, & Milk or Juice.

### Monday, February 19

Closed for Family Day

### Wednesday, February 21

Chili, Rice, Green Salad, Cottage Cheese with Fruit Cup, & Milk or Juice.

### Monday, February 26

Nuts & Bolts Stir Fry, Rice, Peach Cobbler, & Milk or Juice.

### Wednesday, February 29

Pasta with Shrimp, Linguini Sauce, Caesar Salad, Berry Trifle, & 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

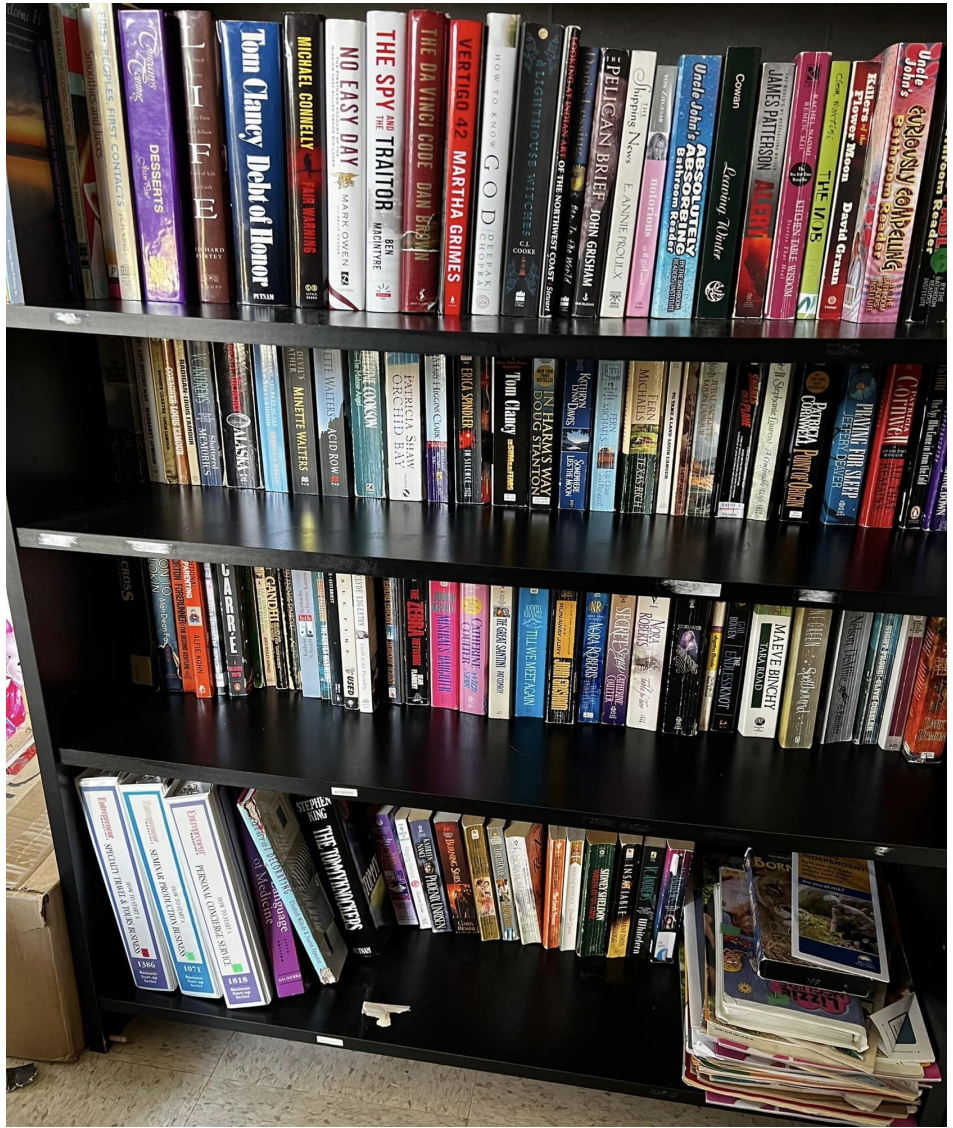
Our book bin was refilled.

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.



### 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.



## **Dr Kluges Next Clinic - EXPANDED HOURS**

Dr Kluges Clinics have expanded to a full day. His next Clinic will be held on  
**Thursday, February 15, 2024.**

Please connect with our office if you wish to make an appointment.

Dr Kluge's clinics are for our members and their families.

Too book and appointment, please call our Health Centre at 250-642-3957 for  
Rose (ext. 237) Daphne (ext. 235) or Nurse Jen (ext. 238) or leave us a  
message here.

**\*\*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 us time to  
connect with those that maybe on a waiting list to see the doctor.\*\***

### **\*\*Attention\*\* Expired Naloxone kits**

Some Naloxone kits previously distributed by the T'Sou-ke Nation Health Office have expired.  
Please check the date of your kits.

If your kit has expired, please stop in at the health office to receive either a new kit or replace the  
Naloxone in your existing kit.

If you wish to receive training, please contact Nurse Jenn to set up an appointment.

### **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.**





## **LETS TALK MENOPAUSE – LADIES NIGHT**

THURSDAY, FEBRUARY 29<sup>TH</sup>, 2024

from 6:00 pm – 8:00 pm

Please join us for an evening with Dr Donna. She will talk about Menopause and introduce some main medical information about it. Then we will have an open discussion and give space to ask questions.

Appies and refreshments will be served

We look forward to seeing our ladies there! 😊



# T'Sou-ke Nation Health Department in-house Counselling Services at our Main Health Centre

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](mailto: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](mailto: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](mailto:info@seatotree.ca) or call 778-352-3115.



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.

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.

**HÍSWKE!**

We look forward to seeing you there.

## 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](mailto: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.



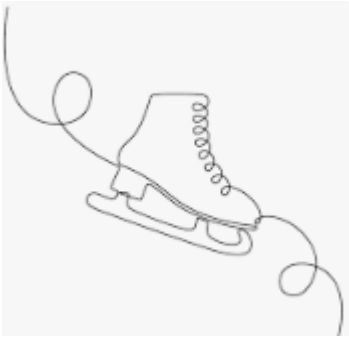
Kelly is a practicum student currently completing her Master's in Counselling Psychology through Yorkville University. Using a compassionate, strengths-based approach to therapy, Kelly's goal is to foster meaningful connection and curiosity that evokes personal growth and empowerment. Kelly aims to establish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



## **Youth & Culture**

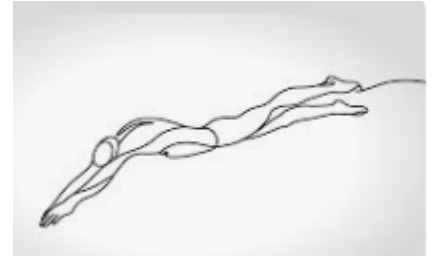
778-352-3957

**Youth Worker, Brandy Daniels**—[youthcentre@tsoukenation.com](mailto:youthcentre@tsoukenation.com)



### **Youth Seaparc Outing**

Tuesdays  
7:00-8:15pm.



### **Arts & Crafts**

Thursdays  
3:30-5:00PM  
At the Youth Centre

### **STEM**

Mondays  
See Calendar

### **Tutoring Available**

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

**Mt. Washington Tubing and Snowshoeing Youth Day Trip**

**February 16, 2024**

See flyer in this newsletter for more information.



Watch the  
Youth Facebook page for upcoming events!

# 2024 February



## Youth Centre Activities

| Sunday | Monday                               | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday |
|--------|--------------------------------------|--|---|---|---|----------|
| 28     | 29                                   | 30   | 31  | 01<br>Arts & Crafts<br>3:30-5 PM                      | 02  | 03       |
| 04     | 05<br>STEM<br>3:30-4:45PM            | 06<br>SeaParc 7-8:15PM   | 07<br>Tutoring<br>3:30-5:30PM                                     | 08<br>Arts & Crafts<br>3:30-5 PM                      | 09  | 10       |
| 11     | 12<br>STEM<br>3:30-4:45PM            | 13<br>SeaParc 7-8:15PM   | 14<br>Tutoring Cancelled  | 15<br>Arts & Crafts<br>3:30-5 PM                      | 16<br>Mt Washington<br>Snowshoeing<br>Tubing Day Trip | 17       |
| 18     | 19<br>Closed for<br>Family Day       | 20<br>SeaParc 7-8:15PM   | 21<br>Tutoring<br>3:30-5:30PM                                     | 22<br>Arts & Crafts<br>3:30-5 PM<br>Rides Unavailable | 23  | 24       |
| 25     | 26<br>STEM<br>3:15-6:30PM<br>at Uvic | 27<br>SeaParc 7-8:15PM   | 28<br>Tutoring<br>3:30-5:30PM<br>Community Dinner<br>5:30-7:00 PM | 29<br>Arts & Crafts<br>3:30-5 PM                      | 01  | 02       |
| 03     | 04                                   | <b>Notes:</b><br>Any members that would like to attend free boxing classes, please connect with Sookle Boxing, (250) 634-4941, for times or connect with Brandy if you'd like assistance with this.<br>This calendar will be reposted as new items are added |   |   |   |          |



# T'Sou-ke Nation Mt. Washington Youth Snowshoeing/Tubing Day Trip

Friday, February 16th

Registration for this trip will **begin on Friday, February 2, 2024**  
**and closes on Wednesday, February 7, 2024 at 4:30 PM.**

Registration forms will be available for pick up at the front  
office or by contacting Brandy Daniels at  
[youthcentre@tsoukenation.com](mailto: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 40 seats.

**Leaving at 6:00 AM, Returning at 6:00 PM**







# Indigenous Scholarships & Awards

## Helping Indigenous Students Succeed

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The Society offers Indigenous Award programs for students pursuing post-secondary education in BC. They are available to students who identify as Indigenous – First Nations (Status or Non-Status), Métis or Inuit. All are renewable in order to provide sustained funding over multiple years.

**Indigenous Student Awards:** \$1000-\$5000 (renewable annually) for students pursuing trades training, apprenticeship, diploma, certificates, degree or post-degree programs.

**Application Deadline:** April 4, 2024

BC Scholarship Society

<https://www.bcscholarshipsociety.ca/indigenous-awards/about-this-award/>

# **CALL FOR APPLICATIONS**

## **2024 YVR Art Foundation Scholarship Programs**

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### **Emerging Artist Scholarships**

**Application Deadline: Friday, February 23 at 11:59 pm PST**

<https://www.yvraf.com/our-program-resources/emerging-artists-scholarships/>



## Marine Team

778-352-0011




Marine Field Tech, Joanne Routhier—[marineliaison1@tsoukenation.com](mailto:marineliaison1@tsoukenation.com)

Com. Relations Coord., Eva Shaffer—[marineliaison2@tsoukenation.com](mailto:marineliaison2@tsoukenation.com)

Marine Field Tech, Louis Sudlow—[lsudlow@snekecentre.ca](mailto:lsudlow@snekecentre.ca)

Marine Field Tech, Edward Chutter—[echutter@gmail.com](mailto:echutter@gmail.com)



  BIOSCAN Canada   University of Victoria

# MAPPING THE FORESTS OF T'SOU-KE

JOIN US FOR AN EVENING OF SHARING STORIES AND MAKING MAPS WITH UVIC RESEARCHERS!

Community members are invited to contribute their knowledge, stories, and ideas for the forests of T'Sou-ke, specifically for *CEDAR TREES* and *WILDLIFE*.

This event contributes to the UVic-T'Sou-ke partnership supporting biodiversity conservation and monitoring.

**ALL ARE WELCOME!**  
**FREE FOOD AND BEVERAGES PROVIDED!**

**COMMUNITY MEETING**  
**5:30-7:30PM - FEBUARY 22ND, 2024**  
T'SOUKE NATION BANDHALL  
2154 LAZZAR RD., SOOKE IR, BC

**RSVP BY EMAIL HERE:**  
[MARINELIAISON2@TSOUKENATION.COM](mailto:MARINELIAISON2@TSOUKENATION.COM)



## **T'Sou-ke First Nation Notice of Election**

Notice is hereby given to the electors of the T'Sou-ke First Nation that a poll will be held to elect a chief and 3 councillors on Thursday, February 8, 2024, from 9 a.m. to 8 p.m. at the T'Sou-ke First Nation Band Hall, 2154 Lazzar Rd., Sooke, BC V9Z 0X4.

Any elector may vote by mail-in ballot by submitting a *Request for Mail-in Ballot* form, which can be obtained from the electoral officer, along with a copy of identification, by Wednesday, February 2, 2024.

All ballots cast at this election will be counted at the T'Sou-ke First Nation Band Hall immediately following the close of the poll on Thursday, February 8, 2024.

Given under my hand this 9<sup>th</sup> day of January 2024.

A handwritten signature in blue ink, appearing to read "Sandra Sprinkling", is written over a horizontal line.

Sandra Sprinkling  
Electoral Officer

P.O Box 677 Sooke STN Main, BC V9Z 1H6

Phone: 250-818-7111 Fax: 250-642-7808

E-mail: [sandyandjamie@shaw.ca](mailto:sandyandjamie@shaw.ca)

## T'Sou-ke First Nation Election February 8, 2024

### Candidates For Chief

| <u>Candidate's Name:</u>    | <u>Nominator's Name:</u> | <u>Seconder's Name:</u> | <u>Notes:</u> |
|-----------------------------|--------------------------|-------------------------|---------------|
| 1. Rosie Holmes (Planes)    | Amanda Planes            | David L. Planes         |               |
| 2. Gordon Planes            | Ryan Planes              | John E. Planes          |               |
| 3. Lawrence Duane Underwood | Daphne Underwood         | Sarina Underwood-Lazzar |               |

### Candidates For Council

| <u>Candidate's Name:</u>   | <u>Nominator's Name:</u> | <u>Seconder's Name:</u> | <u>Notes:</u> |
|----------------------------|--------------------------|-------------------------|---------------|
| 1. Brandy Daniels          | Rosanne Holmes           | Jacqueline DeYaeger     | DECLINED      |
| 2. Rose Marie Dumont       | Daphne Underwood         | Valencia Tryon          |               |
| 3. Ed Hale                 | Evan Hale                | Debra Lazzar            |               |
| 4. Bonnie Hill             | Edward Hale              | Debra Lazzar            |               |
| 5. Jeni Knoll (Sutherland) | Megan Barker             | Rosanne Holmes          |               |
| 6. Debra Lazzar            | Valencia Tryon           | Bonita Hill             |               |
| 7. Monique Pat             | Rose Dumont              | Daphne Underwood        |               |
| 8. Amanda Planes           | Willow Dodge             | Jennifer Knoll          |               |
| 9. David W. Planes         | Amanda Planes            | Willow Dodge            |               |
| 10. Rosie Planes           | Allan Planes             | John E. Planes          |               |





# 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

## 2024

## FEBRUARY

| Sunday                                 | Monday   | Tuesday | Wednesday   | Thursday  | Friday   | Saturday |
|--|--|---------|---|---|--|----------|
| 28                                     | 29   | 30      | 31  | 01  | 02   | 03       |
|  |  |         |   |   | Rise & Shine Fitness 6-7 AM<br>Yoga 12-1:00 PM |          |
| 04                                     | 05   | 06      | 07  | 08  | 09   | 10       |
| All Candidates Meeting<br>3:00-5:00 PM | Rise & Shine Fitness 6-7 AM<br>Books for Breakfast 9:30-11AM<br>Full Body Fitness 7:30-8:30 PM |         | Rise & Shine Fitness 6-7 AM<br>Full Body Fitness 7:30-8:30 PM                                     | Election Day  | Rise & Shine Fitness 6-7 AM<br>Yoga 12-1:00 PM |          |
| 11                                     | 12   | 13      | 14  | 15  | 16   | 17       |
|  | Rise & Shine Fitness 6-7AM<br>Full Body Fitness 7:30-8:30 PM                                   |         | Rise & Shine Fitness 6-7 AM<br>Full Body Fitness 7:30-8:30 PM<br>Community Meal Bag Delivery      |   | Rise & Shine Fitness 6-7 AM<br>Yoga 12-1:00 PM |          |
| 18                                     | 19   | 20      | 21  | 22  | 23   | 24       |
|  | Closed for Family Day  |         | Rise & Shine Fitness 6-7 AM<br>Full Body Fitness 7:30-8:30 PM                                     | Mapping the Forests of T'Sou-ke<br>5:30-7:30 PM     | Rise & Shine Fitness 6-7 AM<br>Yoga 12-1:00 PM |          |
| 25                                     | 26   | 27      | 28  | 29  | 01   | 02       |
|  | Rise & Shine Fitness 6-7AM<br>Full Body Fitness 7:30-8:30 PM                                   |         | Rise & Shine Fitness 6-7 AM<br>Full Body Fitness 7:30-8:30 PM<br>Community Dinner<br>5:30-7:00 PM | LETS TALK MENOPAUSE<br>LADIES NIGHT<br>6:00-8:00 PM |  |          |