November 2026

Upcoming Community Events

- Scw’exmx Child and Family
- Coldwater
- Nooaitch
- LNIB
- Shackan
- Upper Nicola
- Urban (Partner Organizations)

Scw’exmx
Child & Family

Scw'exmx Child & Family Upcoming Activities

Weekly Activities	Location	Day of the Week	Times
Youth Gathering Lodge	KLC Gym - 2475 Merritt Ave., Merritt, B.C.	Thursdays October 1st, 8th, 15th, 22nd, 29th 2026	3:30PM-6:00PM

This Month's Activities	Location	Date	Times
Feel The Beat	Nicola Building - 2099 Nicola Street	November 17th & 24th 2026	4:00PM-8:00PM
Men's Group Coldwater Engagement Dinner	Coldwater Health Centre - 810-200th Street, Coldwater Reserve	November 19th 2026	5:00PM-8:00PM
National Child Day Celebration	Nicola Building - 2099 Nicola St	November 20th 2026	3:30PM-6:00PM
Women's Group Christmas Wreath Making	Nicola Building - 2099 Nicola St	November 23rd 2026	4:00PM-8:00PM

Scw'exmx Child & Family

Contact
Main office

Phone
250-378-2771

Address
1750 Lindley Creek Rd.
Merritt, BC

Scw'exmx Child & Family

Scw'exmx Child & Family Upcoming Activities

FEEL THE BEAT

Feel the Beat is a time to come together to learn, practice, and share language and culture. Our Elders share that learning language and culture is a form of healing as traditional practices naturally connect us to our Indigenous identity. Feel the Beat is open to the communities (Coldwater, Lower Nicola, Nooaitch, Shackan, Upper Nicola, and Urban) and families of Scw'exmx Child & Family Services Society.

This month, we will be hosting a crochet night, beading Christmas ornaments, and making beaded quill earrings!

Please register by scanning or clicking the link or scanning the QR Code below.

We can't wait to see you there, register soon!

Register Now

DINNER & SUPPLIES PROVIDED!





Nov 17, 2026	4-8 PM	Nicola Office (2099 Nicola St.)	Crochet Night & Beaded Christmas Ornaments
Nov 24, 2026	4-8 PM	Nicola Office (2099 Nicola St.)	Beaded Quill Earrings

Men's Group

Coldwater Engagement Dinner


Ryan Deneault

NOVEMBER 19TH 2026 | 5:00PM-8:00PM
COLDWATER HEALTH CENTRE - 810-200TH STREET, COLDWATER RESERVE

For any questions or to register please email: Jason.Ermineskin@scwexmx.com or James.Isaac@scwexmx.com, or contact our front desk by calling (250)-378-2771.

Join the Men's Group for our upcoming Coldwater Engagement Dinner. This is the first of several Community Engagement Dinners we will be hosting as we visit communities to build connections through wellness, culture, and a shared meal!

During the evening, Ryan Deneault will share teachings on reflection and healthy relationships, as well as stories of addiction, recovery, identity, and healing. Participants will learn practical tools that encourage self-reflection and support their personal healing journey.

We have room for 20 participants, this is a drug and alcohol-free event.

Scw'exmx Child & Family Upcoming Activities

National Child Day

- November 20th 2026
- 3:30PM - 6:30PM
- SCF Nicola Office - 2099 Nicola Ave., Merritt, BC
- Open To: Children & Families (under 12 accompanied by an adult)

In honour of National Child Day, we are celebrating our Children.



Our Children are our future, to celebrate we will be making beaded lanyards, and mosaic art using leather and fabric, and DIY puppets! Our focus for the puppets is local wildlife, including the nɬeʔkepmxcín and nsyilxcən to create a language connection with our projects.

LIGHT SNACKS, DRINKS AND DINNER WILL BE PROVIDED!

For any questions, please reach out to Barbara Huston, at Barbara.Huston@scwexmx.com or call us at (250) 378-2771

...welcome you to our monthly:

WOMENS GROUP

November 23, 2026 | 4:00-8:00PM | KLC Gym (2475 Merritt Ave.)

Christmas Wreath Making

Our Women's Group comes together to share a meal, check in, and have a monthly activity. This is open to our five bands and urban. This is a great way to socialize, have fun and work with your hands! Dinner, snacks, and drinks will be provided! *This month we are making Christmas Wreaths with LeSandra Archachan!*

Child minding is available for ages 2 and up, babies are welcome to stay with their mothers.

Maximum is 30 fabulous participants, so don't miss out!

Time	Activity
4:00 PM	Registration & Doors Open
5:00 PM	Dinner
6:00-7:45 PM	Wreath Making!
7:45-8:00 PM	Closing remarks and wrap up

Scan the QR code to register!



Please be aware: If you register but are unable to attend, kindly call our office to remove your name from the list. This allows others the opportunity to participate!

For more info or help with registering call (250) 378-2771

Coldwater Band Upcoming Activities

This Month's Activities	Location	Date	Times
Anxiety & Depression Program	Merritt Civic Centre	November 3rd 2026	6:00PM-7:30PM
Flu & Covid Vaccine Clinic	CW Health Building	November 4th & 5th 2026	10:00AM-6:00PM
Elders Fireside Lunch	CW Health Building	November 12th 2026	11:00AM-1:00PM
CW Women's Group: Sharing Circle Dinner	CW Health Building	November 17th 2026	5:00PM-8:00PM
CNA MRE Engagement	CW Band Hall	November 18th 2026	5:30PM-7:30PM
CW General Band Meeting	CW Band Hall	November 19th 2026	6:00PM
National Addictions Awareness Week Event	Merritt Civic Centre	November 20th 2026	3:30PM-9:30PM
Drop-In Sewing	CW Health Building	November 25th 2026	5:00PM-8:00PM

SCHSS
SCW'EXMX COMMUNITY HEALTH SERVICES SOCIETY

COLDWATER INDIAN BAND

Contact
Main office

Phone
250-378-6174

Address
301- 230th Street
Coldwater Reserve #1

Scw'exmx
Child & Family

Coldwater Band Upcoming Activities

NOVEMBER 2026 COLDWATER CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Anxiety & Depression Program Merritt Civic Centre 6pm-7:30pm	4 Flu & Covid Vaccine Clinic CW Health Building 10am-6pm Drop-In Only!	5 Flu & Covid Vaccine Clinic CW Health Building 10am-6pm Drop-In Only!	6	7
8	9	10	11 STAT Holiday Remembrance Day	12 Elders Fireside Lunch 11am-1pm CW Helath Building	13	14
15	16	17	18 CNA MRE engagement CW Band Hall 5:30-7:30	19 General Band Meeting 6pm Band hall	20 National Addictions Awareness Week Event 3:30pm-9:30pm Civic Center	21
22	23	24	25 Drop-in Sewing 5pm-8pm CW Health Building Contact Desiree 250-280-2950 with any questions	26	27	28 Pre-Xmas Bake Sale 11am-3pm Shulus Hall
29	30					

Coldwater Band Upcoming Activities

COLDWATER INDIAN BAND

November

Coldwater Women's Group 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Harmony Away No Group :(	4	5	6	7
8	9	10	11 Remembrance Day	12 Elders Fireside Lunch 11-1pm CW Health	13	14
15	16	17 Sharing Circle Dinner CW Health 5PM-8PM	18	19 General Band Meeting 6pm Band Hall	20 National Addictions Awareness Event 3:30-9:30pm Civic Center	21
22	23	24	25 Drop-in Sewing w Desiree CW Health 5-8pm	26	27	28 Pre Xmas Bake Sale 11-3 Shulus Hall
29	30					

Questions? Call Harmony Williams, Community Prevention Worker SCFSS:
250-315-3081
harmony.williams@scwexmx.com

Coldwater Band Upcoming Activities



Working together to bring **Government** services to **you**.

Date: **Friday, November 6, 2026**

Time: **9:00am - 2:00pm**

Location:
Coldwater Band Reserve Office
230 Coldwater Reserve
Coldwater, BC V1K 1B8

ID requirements are based on the service offering requested. Please bring a piece of Government issued photo ID.

If you need a SIN, please bring: your birth certificate, certificate of Indian Status and any other forms of federal or provincial identification you may have.

If you are unable to meet with us during this visit, you can request information and assistance through the Outreach Support Centre from 8:30-4:00, Mon-Fri: 1-877-631-2657

Government of Canada / Gouvernement du Canada

Join Us for support with....

-Receive a PAC access code to sign up for a My Service Canada Account (MSCA)

- Receive a Social Insurance Number (SIN)

- Canadian Dental Care Plan (CDCP)

- Employment Insurance (EI)

- Canada Pension Plan (CPP)

- Old Age Security (OAS)

- Guaranteed Income Support (GIS)

- Canada Disability Benefit (CDB)

- Passport Information

- General Government of Canada information

Presented by: Service Canada

Canada

Nooaitch Band Upcoming Activities

Upcoming Activities and Events	Location	Day of the Week	Times
nɬeʔkepmxcín nɬ qʷiysqné - Weekly Beginner Language Classes	Nooaitch Band Hall	Tuesday Evenings	6:30PM-8:30PM
Youth Drop-in	Scw'exmx Health Satellite Office (behind Band Hall)	Tuesday Evenings	*See ShaNoo Youth Facebook Group for details

Monthly Event	Location	Date	Time
Beaded Poppies	Nooaitch Band Hall	November 9th 2026	5:00PM-7:00PM
NEW DATE SCHSS Flu & Covid Vaccine Clinic (drop in only)	Nooaitch Band Hall	November 16th 2026	10:00AM-6:00PM
CNA MRE Engagement	Nooaitch Band Hall	November 25th 2026	5:30PM-7:30PM

SCHSS
SCW'EXMX COMMUNITY HEALTH SERVICES SOCIETY

Contact Name	Phone	Location
Darlene Rodominski (SCHSS)	250-378-2300	SCHSS Satellite office (across from the Band Hall)
Band Office	250-378-6141	2954 Shackelly Road

Scw'exmx
Child & Family

Nooaitch Band Upcoming Activities

nɬeʔkepmxcín nɬ qʷiysqné

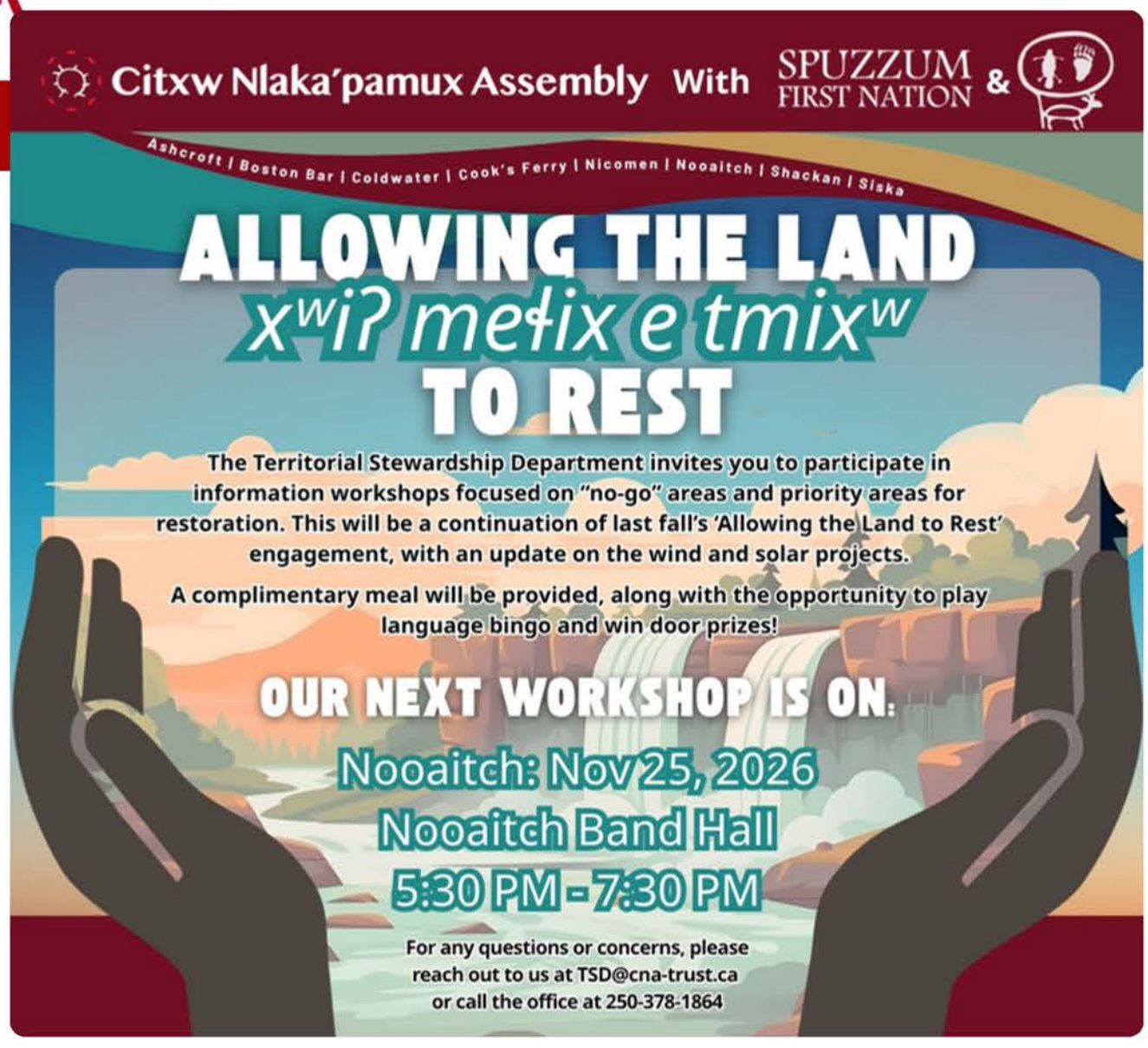
Weekly Beginner Language Classes

Tuesday Evenings

At the Band Hall

6:30-8:30pm

xʷúy ʔe wiktímn - (I will see you all)



Nooaitch Band Upcoming Activities



SCW'EXMX COMMUNITY HEALTH FLU & COVID VACCINE CLINIC

SCHSS Vaccine Clinic: Nooaitch

November 16th 2026

10 am – 6 pm

Nooaitch Band Hall:

NEW!

November 16th 2026

Drop in only, no booking necessary. Reach out to any of the Scw'exmx Community Health nurses for more information at 250-378-9745.

Citxw Nlaka'pamux Assembly

BEADED POPPIES

NOVEMBER 9TH

5-7PM
Nooaitch Band Hall
Dinner Provided

Lower Nicola Band Upcoming Activities

Upcoming Activities and Events	Location	Day of the Week	Times
Culture & Language Drop In	LNIB Culture Centre	Mondays: Nov. 2, 9, 16, 23, 30	1:00PM-7:00PM
Language Learning	LNIB Culture Centre	Wednesdays(biweekly): Nov. 4 & 18	12:00PM-1:00PM 5:00PM-6:00PM

Monthly Activities	Location	Date	Times
Flu Vaccine Clinic	LNIB Health Centre	November 4th & 5th 2026	9:30AM-3:30PM
PAL Course	Rocky Pines Community Centre	November 7th & 8th 2026	8:30AM-4:00PM
Fur Mitten Making	LNIB Culture Building	November 12th & 13th 2026	9:00AM-3:00PM
Moccasin Making	LNIB Culture Building	November 15th & 14th , 26th & 27th , 28th & 29th	9:00PM-3:00PM
Addictions Week Event	Rocky Pines Community Centre	November 16th 2026	1:00PM-3:00PM 6:00PM-8:00PM
Paint Night	Rocky Pines Community Centre	November 16th 2026	5:30PM-7:00PM
Understanding Addictions & Recovery	Rocky Pines Community Centre	November 18th 2026	1:00-3:00PM, 3:00-5:00PM, 5:00-8:00PM
Finding the Magic In You Workshop	Rocky Pines Community Centre	November 23rd 2026	5:00PM-7:00PM
LNIB Women's Group: Salmon Canning Workshop	Rocky Pines Community Centre	November 25th 2026	1:00PM-8:00PM

LOWER NICOLA INDIAN BAND

Contact	Phone	Location
Health Centre	250-378-5157	230 Hwy 8 West

Scw'exmx Child & Family

Lower Nicola Band Upcoming Activities



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
	Drop In **1 PM – 7 PM** Language Recording - FPCC	Operations & Planning Language Recording - FPCC	Language Learning **12 PM - 1 PM** **5 PM - 6 PM**	Strategic Planning		Storytelling - FPCC
8	9	10	11	12	13	14
	Drop In **1 PM – 7 PM** Language Recording - FPCC	Operations & Planning Language Recording - FPCC	**Remembrance Day**	Fur Mitten Making **Workshop 5** **9 AM – 3 PM**		Moccasin Making **Workshop 1** **9 AM – 3 PM**
15	16	17	18	19	20	21
Moccasin Making **Workshop 1** **9 AM – 3 PM**	Drop In **1 PM – 7 PM** Language Recording - FPCC	Operations & Planning Language Recording - FPCC	Language Learning **12 PM - 1 PM** **5 PM - 6 PM**	**Out of Office**		Storytelling - FPCC
22	23	24	25	26	27	28
	Drop In **1 PM – 7 PM** Language Recording - FPCC	Operations & Planning Language Recording - FPCC		Moccasin Making **Workshop 2** **9 AM – 3 PM**		Moccasin Making **Workshop 3** **9 AM – 3 PM**
29	30					
Moccasin Making **Workshop 3** **9 AM – 3 PM**	Drop In **1 PM – 7 PM** Language Recording - FPCC					

LNIB Language and Culture

Carole Basil – carole.basil@lnib.net / 236-575-2107
Ashlee Tom – ashlee.tom@lnib.net / 236-575-2085
William Sandy – william.sandy@lnib.net / 250-410-3047

211 Nawishaskin Lane, Merritt, BC

Lower Nicola Band Upcoming Activities

LOWER NICOLA INDIAN BAND

COMMUNITY GYM

NOW OPEN 24 HOURS A DAY

Fully Operational - Effective immediately

Supporting Healthy Living

LNIB is committed to providing a safe, comfortable, and welcoming gym for community members. Security cameras and access codes are in place to support safety and accountability

Gym Guidelines

Cleanliness: Wipe down equipment after use.
Storage: Return weights and equipment to their proper places.
Footwear: Wear appropriate indoor athletic shoes.
Respect: Treat others, the gym, and equipment respectfully.
Guests: Maximum one guest per gym user.
Conduct: Bullying is not tolerated and may result in loss of gym access.

Quiet Hours

11 PM – 7 AM

Please minimize noise when entering, leaving, using equipment, and gathering outside to respect neighboring residences.

Shared Responsibility

All users are encouraged to follow gym guidelines and help maintain a clean, safe, and respectful facility for everyone.



Questions or Further Information
LNIB Public Works Department
250-378-5157

Thank you for helping maintain a safe and respectful community gym.

Stay Healthy This Season

LOWER NICOLA INDIAN BAND

Come & Get Your Flu Shot!



Protect yourself, your family, and your community by getting your annual flu shot. It's quick, safe, and the best defense against the flu.

November 4
November 5

LNIB Community Services
9:30 am - 3:30 pm



Stop it before it starts!

Don't wait for the flu to find you!

Lunch Break
12:00 - 1:00 pm

Help keep our community strong & healthy

CALL FOR MORE INFORMATION: 250-378-5157
Shaelan Willson, Community Health Nurse

Lower Nicola Band Upcoming Activities

LOWER NICOLA INDIAN BAND

ADDICTIONS WEEK

Presented by Doreen Sterling

Monday, November 16, 2026

Rocky Pines Community Centre

1:00 PM - 3:00 PM (Refreshments provided)

6:00 PM - 8:00 PM (Refreshments provided)

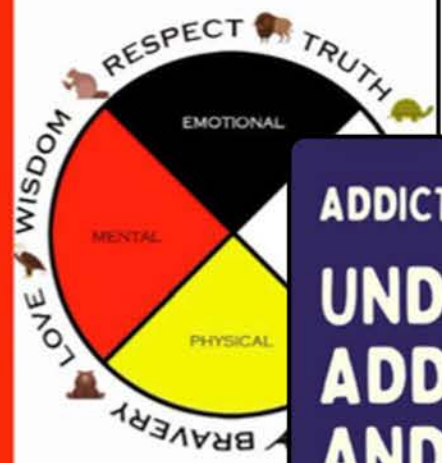
Door prizes!

Last minute walk-ins are more than welcome!

If you have any question's contact Irene Howe

Call Kirsten at the Health Centre to register (250)378-5157

MEDICINE WHEEL WORK SHOP



ADDICTIONS WEEK

LOWER NICOLA INDIAN BAND

UNDERSTANDING ADDICTIONS AND RECOVERY

BY PIERRE MORAIS
A WELL KNOWN KEYNOTE SPEAKER ON ADDICTIONS

A COUNSELLOR WITH 30+ YEARS OF EXPERIENCE WORKING IN THE ADDICTIONS FIELD

WEDNESDAY, NOVEMBER 18, 2026

ROCKY PINES CENTRE

12:00 PM - 4:00 PM
(LUNCH WILL BE PROVIDED)

DOOR PRIZES!

TO SIGN UP CONTACT KIRSTEN AT THE HEALTH CENTRE (250)378-5157



Lower Nicola Band Upcoming Activities

LOWER NICOLA INDIAN BAND

Securiguard

LNIB Members

Basic Security Training Program



More than Basic Security Training — a comprehensive two-week program designed to prepare you for work in the security field.

This program combines Basic Security Training with additional certifications, courses and licensing requirements to give LNIB members more than just the training they need to be ready to pursue employment in the security field.

Program Details

- Duration: Two weeks
- Dates: January 4–15, 2027
- Location: Shulus Hall

We Provide

- Basic Security Training (BST), including training materials and exams
- Intermediate First Aid
- Transportation Endorsement
- Customer Service
- Patrol Tactics & Techniques
- Notetaking & Report Writing
- Tactical Communication
- Emergency Response for Security
- BST review and exam preparation
- Security worker licensing fees
- Fingerprinting fees
- Instructor-led training and support

STING EXECUTIVE GROUP INC.
TRAINING • SCREENING • INVESTIGATIONS

Contact Darcie DeBruyne to register or inquire

(250) 378-5157

darcie.debruyne@lnib.net

LOWER NICOLA INDIAN BAND

PAL COURSE

Possession and Acquisition Licence (PAL) Training

COURSE DATES:

November 7 & 8, 2026

TIME:

8:30 AM – 4:00 PM

LOCATION:

Rocky Pines Community Centre
2790 Cougar Crescent

No Registration or Course Fee

Limited spaces available registration is required.

To Register:

Contact Ryker Vogt
Food Sovereignty Coordinator

236-575-2082
Ryker.vogt@lnib.net

COURSE INFORMATION:

- Two-day PAL course
- Maximum 12 participants
- Participants must attend both days
- Participants must bring valid photo ID
- Course instruction, written testing and firearms-handling components are included
- After successfully completing the course, participants will apply for their Possession and Acquisition Licence (PAL)
- The PAL application includes RCMP eligibility and background screening, which may consider criminal history and other public-safety information
- The instructor will provide guidance on the PAL application process

Additional Course: A second course may be offered November 9–10 depending on community interest.

COURSE IS FOR LNIB MEMBERS AGES 12 AND OLDER

Lower Nicola Band Upcoming Activities

LOWER NICOLA INDIAN BAND

FINDING THE MAJIC IN YOU

A SELF-DISCOVERY AND EMPOWERMENT WORKSHOP FOR MIND, BODY AND SPIRIT

"You are more powerful than you think".



What is this workshop about?

Finding the Magic in You is a gentle, interactive workshop designed to help you reconnect with yourself, your strengths and your dreams. Through journaling, reflection and meaningful conversation, you'll explore what's possible when you let go of limiting beliefs and step into your true self.

Why Attend?

1. Build confidence and self-trust
2. Release old patterns and limiting beliefs
3. Gain clarity on what you want and need
4. Reconnect with your inner strength
5. Feel supported, seen and inspired

Join Us

Date: November 23, 2026
Time: **5:00 – 7:00 PM**
Location: Rocky Pines Community Center

What to expect:

- Simple, powerful journal excercises
- Mindset tools for lasting change
- Guided reflection & sharing (optional)
- A safe, respectful space for your journey

It's not just about finding your magic... it's about remembering it's always been within you.

HEAL, GROW, BELIEVE.

FACILITATOR:
MEGAN HOLLEY WELLNESS & HEALING

Please contact Christie Hill at 250-315-3661 to register or for more information

LOWER NICOLA INDIAN BAND

LNIB Woman's Group

Canning Salmon Workshop

Join the LNIB Women's Group for a day of salmon canning, learning, and sharing knowledge together.

DATE:
Wednesday,
November 25, 2026
TIME: 1:00 PM – 8:00 PM

AVAILABLE SESSIONS:
- 1:00 PM
- 3:00 PM
- 5:00 PM



IMPORTANT INFORMATION:
When registering, please let us know if you require transportation or have any food allergies we should be aware of.

REGISTRATION & INFORMATION
Mindy Garcia - Community Outreach Worker
Phone: 236-575-2220 **Email**: mindy.garcia@lnib.net

Lower Nicola Band Upcoming Activities



Shackan Upcoming Activities

Monthly Activities	Location	Date	Times
Haircuts with Karen	At the Pantry	November 2nd 2026	12:00PM-6:00PM
Wellness Gathering	Community Wellness Building	November 9th & 23rd 2026	5:00PM-7:00PM
Desert Hills Trip	Desert Hills	November 10th 2026	Leave Shackan @10:00PM
Coffee with a Cop Breakfast	Shackan Band Hall	November 12th 2026	10:00AM-12:00PM
Out on the Land (weather permitting)	TBA	November 12th & 26th 2026	10:00AM-2:00PM 12:00PM-2:00PM
Parents and Tots Swimming	NV Aquatic Centre	November 16th 2026	11:00PM-3:00PM
Cookie Baking	Community Wellness Building	November 17th 2026	10:00AM-12:00PM
Community Dinner	Shackan Band Hall	November 19th 2026	5:00PM-7:00PM
Elders Lunch in Merritt	Mr. Mikes Merritt	November 25th 2026	12:00PM-2:00PM

Contact Name
Community Wellness Team

Phone
(250) 378-6074

Location
Community Wellness Building - 4986 Sage Way

Scw'exmx
Child & Family

Shackan Upcoming Activities

October 2026 Shackan Events

NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
2 HAIR CUTS WITH KAREN 12PM-6PM AT THE PANTRY	3	4	5	6 CUT OFF FOR DESERT HILLS SIGN UP
9 WELLNESS GATHERING 5PM-7PM COMMUNITY WELLNESS BUILDING	10 DESERT HILLS TRIP LEAVE SHACKAN 10AM LUNCH AND GIFT CARDS PROVIDED	11 OFFICE CLOSED FOR REMEMBRANCE DAY	12 COFFEE WITH A COP BREAKFAST BAND HALL 10AM-12PM	13 TOWN SHUTTLE - LEAVE SHACKAN 10AM LEAVE TOWN 2PM
16 PARENTS AND TOTS SWIMMING AT THE POOL WITH SCISS 11 - 3 PM	17 COOKIE BAKING DAY AT COMMUNITY WELLNESS. 10AM-12PM	18	19 COMMUNITY DINNER SALMON DINNER 5PM TO 7PM SHACKAN BAND HALL	20
23 WELLNESS GATHERING 5PM-7PM COMMUNITY WELLNESS BUILDING	24	25 ELDERS LUNCH IN MERRITT 12PM-2PM	26 OUT ON THE LAND?) OR CRIB TOURNAMENT AT ASHCROFT INDIAN BAND?) 12PM-2PM	27 TOWN SHUTTLE - LEAVE SHACKAN 10AM LEAVE TOWN 2PM

Shackan Upcoming Activities

Shackan Out on the land

Thursday,
Nov 12th and Nov 26th(?)

Come join the Wellness team out on the land! Ground yourself in nature or wash away your worries at the water.
Weather permitting



Sign up with the Wellness Team 250-378-607

Shackan Indian band GROUP TRIP

DESERT HILLS RANCH

TUESDAY, NOVEMBER 10TH

DESERT HILLS RANCH
ASHCROFT, B.C. CANADA

Join the Wellness team for an Adventure!

We're going on a road trip to Desert Hills to stock up on produce for the winter!

Transportation available please sign up by Friday, November 6th

The Community Wellness Team will be providing:

- Transportation or gas gift cards
- Desert Hills gift cards
- Lunch at the Taco stand

For more information and to sign up for transportation: Please contact the Wellness Team 250-378-6074

Shackan Upcoming Activities

WELLNESS GATHERING

REST • REFLECT • RESET



COME JOIN THE WELLNESS TEAM
FOR A MEAL AND CONVERSATION.
SHARE STORIES AND ENJOY SOME
TIME BONDING AS A COMMUNITY.

Community Wellness Building
Monday, November 9th and
Monday, November 23rd
5PM to 7PM

ON THE 23RD MAY GEORGE FROM SCHSS WILL BE
THERE TO DISCUSS 'WINTER BLUES'

We hope to see you there!

IT'S SHOPPING TIME!



FRIDAY, NOVEMBER 13TH &
FRIDAY, NOVEMBER 27TH

TOWN SHUTTLE FOR COMMUNITY MEMBERS TO DO SHOPPING, BANKING, ETC.

LEAVING SHACKAN AT 10AM
LEAVING TOWN TO RETURN
TO SHACKAN AT 2PM

PLEASE PREBOOK WITH THE WELLNESS TEAM TO SECURE YOUR SPOT
250-378-6074

Shackan Upcoming Activities

HOMEMADE COOKIES



Join the wellness team and come bake some home made cookies.
10AM to 12PM
Community Wellness center.
November 17th 2026

ELDERS LUNCH IN TOWN



WEDNESDAY, NOVEMBER 25TH AT 12:00 PM
MR.MIKES RESTAURANT

CALL THE WELLNESS TEAM FOR MORE INFO: 250-378-6074

Breakfast Time

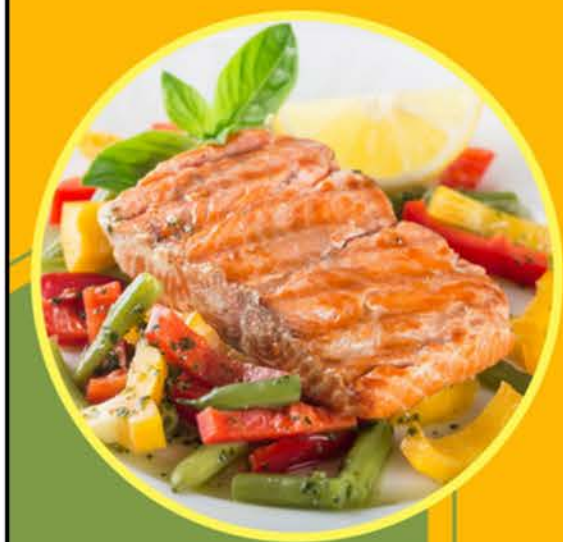
Coffee with a cop breakfast!
Thursday, November 5th 2026
Shackan Band Hall
10am to 2pm

BC RCMP Indigenous Policing Services — Services de police autochtones — GRC en C.-B.

Sxéxn'+ Nkseytknhetxʷ

Salmon

COMMUNITY DINNER
THURSDAY, NOVEMBER 19TH 2026
SHACKAN BAND HALL 5PM TO 7PM



Sxéxn'+ Nkseytknhetxʷ

Shackan Upcoming Activities

MONTHLY HAIRCUTS FOR SXÉXN'X MEMBERS!

We're excited to welcome **Karen Swanson**, who will be offering monthly haircuts for Shackan members!

Starting **Monday, October 5th 2026,**
Karen will be at the Community Wellness Pantry
(next door to the Community Wellness Building)
to provide haircuts for members.
Address: 4990 Sage Way

Home visits will be available for members with limited mobility as well.

Please contact Megan or the Community Wellness Team, if you would like to book:
250-378-6074

We're happy to be able to offer this service to our members!

Upper Nicola Band Upcoming Activities

Weekly Activities	Location	Day of the Week	Times
Free Gym and Swim		Mon/Wed/Fri	
Health & Hockey Program	Shulus Arena	Sundays	4:15-5:30PM
Craft & Meet	Nkwala Language Trailer	Tuesdays	5:00PM

Monthly Activities	Location	Date	Time
Apple Pie & Apple Crisp Making	QCC Building	November 5th 2026	1:00PM until done
Men's Retreat	Manning Park Resort	November 16th - 20th 2026	
Walking in Sacredess Workshop	ńtɬq̓iɬəmĺx Community Centre	November 5th 2026	9:00AM-4:00PM
PAL Course	ńtɬq̓iɬəmĺx Community Centre	November 14th 2026	9:00AM-4:00PM
Drop-in Youth Basketball	N'kwala Gym	November 18th, 2026	4:00-5:00PM
UNB Annual Youth Christmas Party	Quilchena Community Centre	December 13th 2026	9:00AM breakfast followed by performances!

Upper Nicola

Contact

Main office

Phone

250-350-3342

Scw'exmx
Child & Family

Upper Nicola Band Upcoming Activities

YOU ARE INVITED TO

UNB ANNUAL YOUTH

CHRISTMAS *Party*

DECEMBER 13, 2026

AT 9:00 AM BREAKFAST

FOLLOWED BY PERFORMANCES BY

UNB MEMBERS AND SANTA

Quilchena Community Center

For any questions, call Kim Fuller at
250-315-3671.

Scan the QR code
to register

OR

Fill out form and
drop off at QCC
(New Band Office)



Upper Nicola Band Upcoming Activities

Upper Nicola Band
Health + Hockey Program

HEALTH + HOCKEY IS ABOUT

- Safe environment to play hockey and have fun!
- An opportunity to exercise, be fit and get stronger
- It's like Drop-In Hockey but with skills & drills added each session
- Extra ice time / practice time to improve fitness
- Drug and Alcohol Free Environment
- Open to Upper Nicola Band Members
- For ages 16+/ all genders
- Registration is free! Just show up and sign in
- Full hockey gear is required.

Ice times for October to December 2026:

- October 18th and 25th
- November 1st, 8th, 15th, 22nd, and 29th
- December 6th, 13th
- December 20th - FAMILY SKATE!

All Ice Times are from 4:15 - 5:30 PM at Shulus Arena
More Ice Times to follow in the New Year!



For more information contact:
Buzz Manuel T: 250-280-3755
E: event.coordinator@uppernicola.com





Upper Nicola Band Upcoming Activities

FREE SWIM & GYM

Mon | Wed| Fri

NVAC-Merritt,BC



Program Available for
UNB Membership

Must sign-in

Upper Nicola Band

CAREER READY PROGRAM

For post-secondary students, community members, youth and anyone who is interested in joining the workforce.



November 23 & 24

Interested Applicants APPLY ASAP!

Contact: Praharshi Jay
hr@uppernicola.com

Craft & Meet

Tuesdays | 5pm

Nkwala Language Trailer



If you'd like to join us for an evening of socializing, dinner, and crafting, all supplies will be provided, and everyone is welcome to attend!

Info contact, Linda Holmes
nsyilxcen@uppernicola.com
(250) 350-3370

Upper Nicola Band Upcoming Activities

COMMUNITY COOKING GATHERING

Apple Pie & Apple Crisp Making

Hosted by kwustemtima

WHEN

Thursday, November 5, 2026 · 1:00 pm until done

WHERE

QCC Building, Quilchena, BC

WHO

Open to UNB members and community members · Ages 18+

LIMITED SEATS AVAILABLE — Please contact Kim Fuller or Nadine Chillihitzia to register.

For more information contact
Kim Fuller · 250 315 3671 · kwustem.assist@uppernicola.com
Nadine Chillihitzia · 250 280 4752 · Cultural.worker@uppernicola.com



Community Education & Information Sessions

Monthly

Location Varies (Pithouse, Glimpse Lake, etc)

Community members are invited to join a monthly gathering, focused on Mental & Emotional well-being. These sessions are a space to learn, listen & share information about mental health, stress & resilience in a supportive, respectful environment. Mental Wellness is a part of caring for the whole person. This is for any members who are interested in learning about mental health, anxiety & coping skills, supports available, while honoring cultural values.

Some Topics may include:

- Relationship Challenges
- Emotional Wellness Education
- Life Stress Reduction
- Coping & Healing Techniques
- Anxiety Awareness
- Grief/Depression Healing Activities

Contact: Kevin Ward Cell: (250) 919-1417 or Work:(250) 378-5058

TAKING A WARRIOR STAND FOR WELLNESS

With Facilitator

Rod Jeffries

MEN'S RETREAT

Nov 16–20, Manning Park Resort

Accomodations ☆ All meals included ☆ Healing circles ☆ Activities

Limited Seats Avalible

Must be 18+ and committed for full duration

Join us for five intentional days of wellness, personal growth, reflection, and meaningful connection with other men.

Register Now



For More Info Contact

Tim Manuel
(250) 315-3692
OR
Juanita Lindley
syilx3@uppernicola.com

RISE. RECONNECT. RECLAIM. — A Men's Wellness Experience

Upper Nicola Band Upcoming Activities

WALKING IN SACREDNESS – A ONE DAY WORKSHOP



You are invited to join us for a series of one day wellness workshops with counsellor/facilitator Mary. Gregoire

ńłq̓iłəmĺx Community Centre

Time: 9am-4pm

Light snacks and Lunch providedd☆Door prize draws☆

Walking In Sacredness.
Nov. 05 2026

Appreciating My Voice
Dec. 03 2026

Restoring The Gift of Each Other
Jan. 14 2027

For More info
Juanita Syilx3@uppernicola.com
Or
LeSandra Community.safety3@uppernicola.com

sqilx̓ʷɬcawtət Community Safety

PAL COURSE UPPER NICOLA BAND MEMBERS

sqilx̓ʷɬcawtət Community Safety

We would like to invite UNB members 12+ yrs old to a PAL course. Light breakfast and lunch provided.

Nov 14, 9am-4pm

ńłq̓iłəmĺx Community Centre

- Unrestricted possession license
- 12 seats available



Register

LeSandra
250-350-3342

Email
Community.safety3@uppernicola.com

Urban/Community Partner Upcoming Activities

Scw'exmx Community Health Services Society

WELLBRIETY MOVEMENT

SCHSS BUILDING – 1926 Quilchena Ave.

SCHSS WELLBRIETY GROUP

EVERY **THURSDAY**

Date	Location	Time
November 5, 2026	SCHSS	6:00PM-7:15PM
November 12, 2026	SCHSS	6:00PM-7:15PM
November 19, 2026	SCHSS	6:00PM-7:15PM
November 26, 2026	SCHSS	6:00PM-7:15PM

If you have any questions or need a ride, please contact:

Christine Provost, Wellness Counsellor

@ (250) 378-9745.

Transportation & Snacks are provided.

SCHSS
SCW'EXMX COMMUNITY
HEALTH SERVICES SOCIETY

Urban/Community Partner Upcoming Activities

Scw’exmx Community Health Services Society

REGISTRATION OPEN

ANXIETY AND DEPRESSION PROGRAM

Tuesdays 6:00-7:30
September 22, 29
October 6, 13, 20, 27
November 3

Merritt Civic Centre- Room 2

This 7-session wellness program helps participants understand anxiety, depression, and stress while building practical coping skills through culturally informed, strengths-based approaches to healing.

HOSTED BY:

KAREN LARA, MC, CCC & ALYSSA TURIK, MSW, RSW

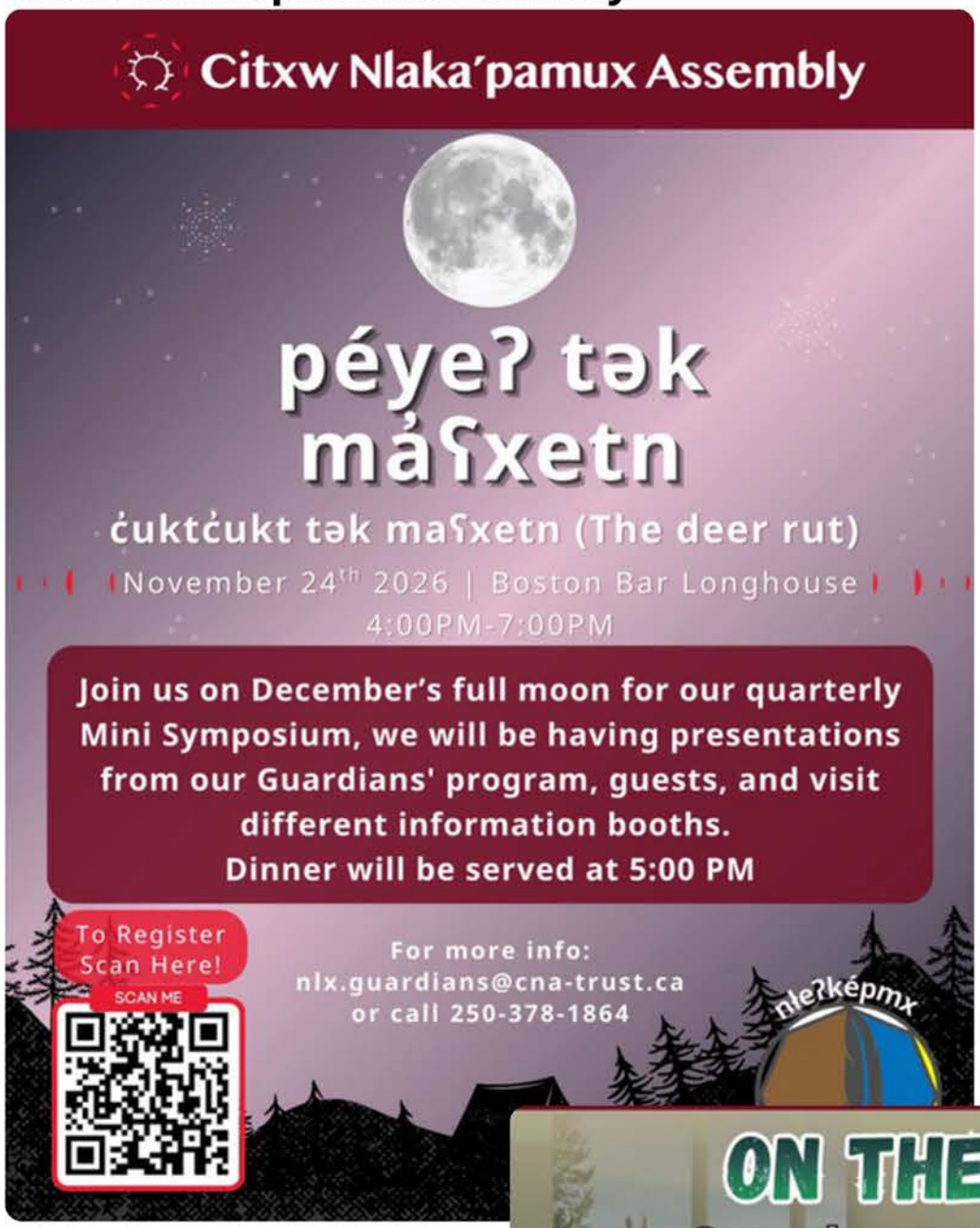
A light dinner and refreshments will be provided

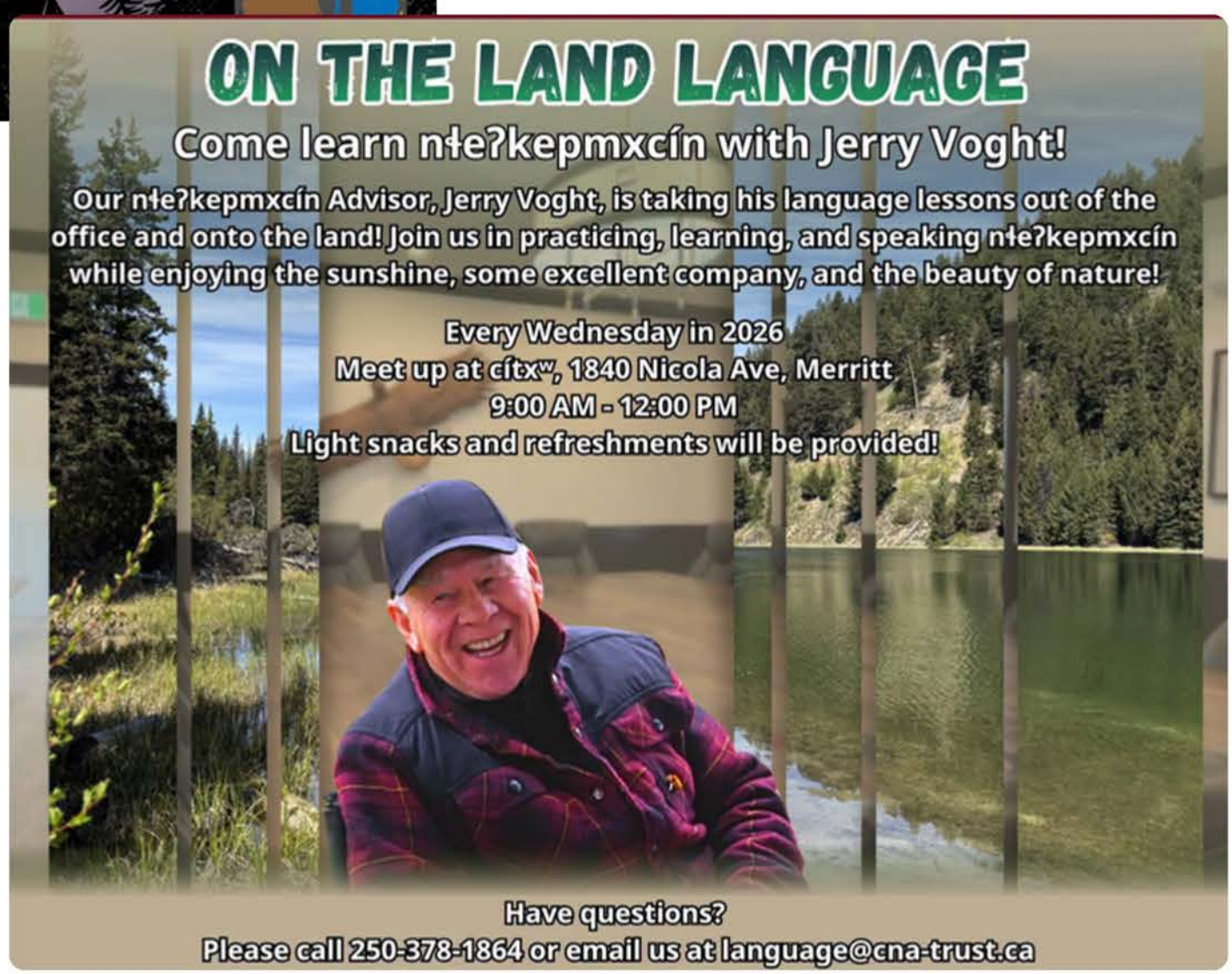
Contact Alyssa Turik at turik.a@schss.com or 250-378-7
register



Urban/Community Partner Upcoming Activities

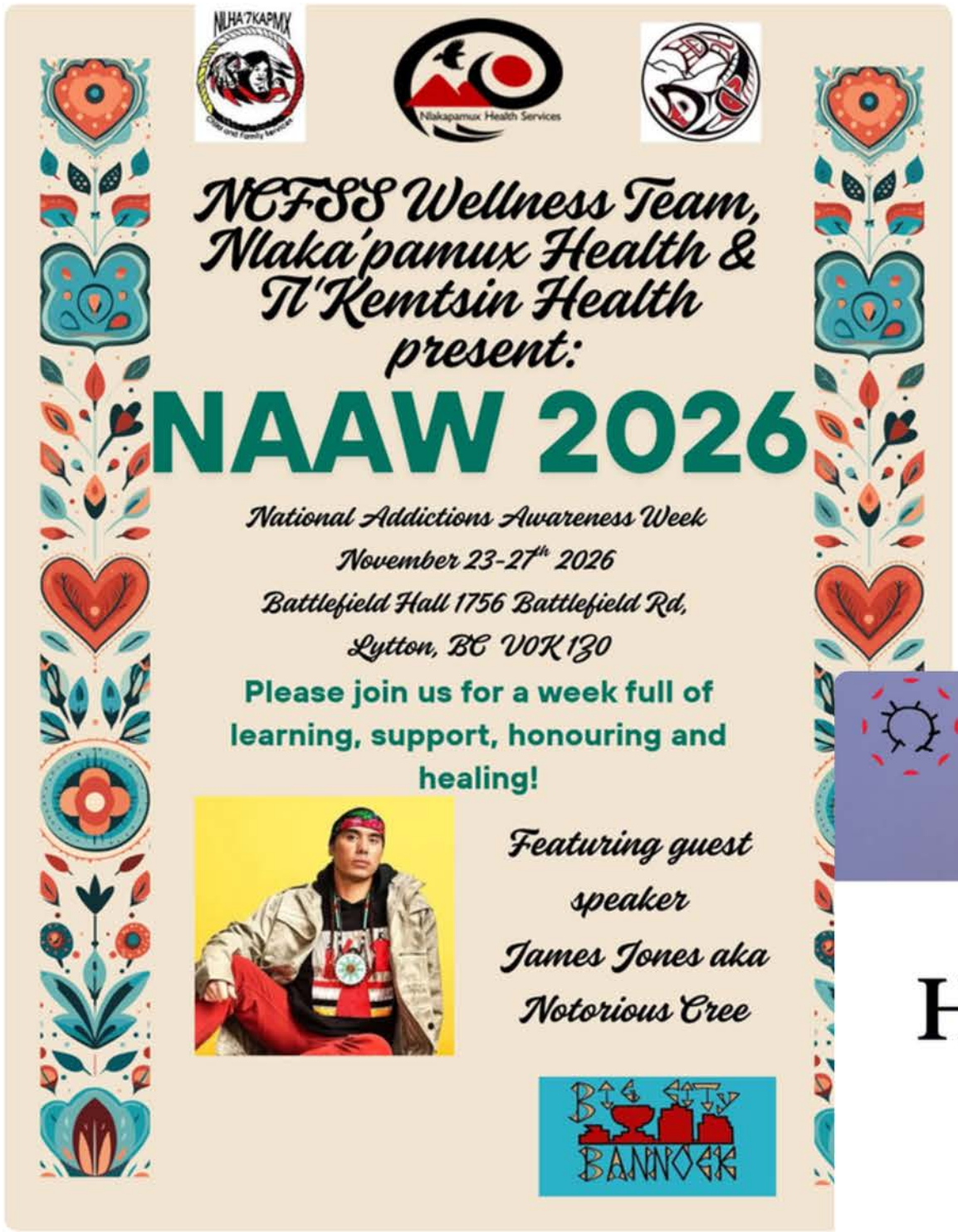
Citxw Nlaka'pamux Assembly

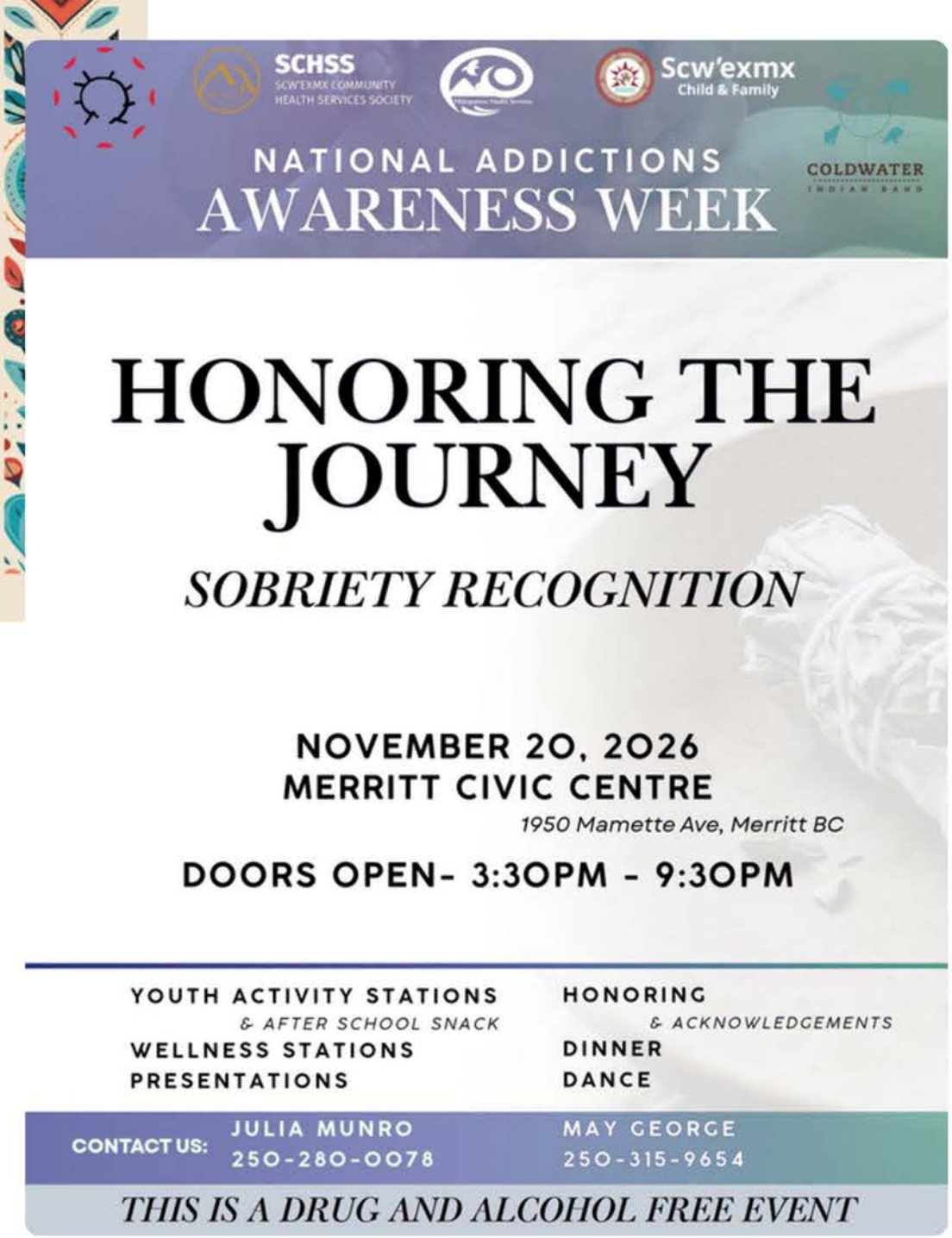




Urban/Community Partner Upcoming Activities

Nlaka’pamux Health Services Society





Urban/Community Partner Upcoming Activities

Other Programs in Community

Youth Emerging Leaders Program

First Nations Energy Summit

An opportunity for **First Nations youth ages 18–35** to participate in the upcoming First Nations Energy Summit in Vancouver.

November 30 – December 1, 2026
Vancouver, BC

Program Support
Selected participants will receive:
- Complimentary Summit registration
- Travel support to attend the Summit

Who Can Apply?
First Nations youth ages 18–35

Interested in Participating?
Learn more about the Youth Emerging Leaders Program and how to apply:
Emerging Leaders Program
https://whova.com/web/mmkb2wLRShufyQ-W5shXXAI3UYr73bzo7pXZisIt-44%3D/Indigenous%20Youth%20Program/

Nicola Valley First Nations Veterans

REMEMBRANCE DAY CEREMONY

Wednesday, November 11, 2026
10:00am - 12:00pm
Neale Road, sulús/Shulus BC

Hand Drummers Welcome



naʔʔip xʷuý ʔesɬəkʼʷminstm (nl)
niʕ ayʼp kʷu cnʼɬekʼʷmist (ns)
WE WILL ALWAYS REMEMBER THEM



Contact Jimmy Isaac 250-378-7700

Urban/Community Partner Upcoming Activities

Other Programs in Community



