

November 2019



# AIB NEWSLETTER

Benches have been installed around the community. A BIG Thank you to all who generously sponsored them!



Ashcroft Electric, Belkorp Environmental Services, Coyote Valley Contracting, Craig Nixon Law Corporation, Extreme Excavating, Home Hardware Ashcroft, South Cariboo Elizabeth Fry Society, Susanj Family, Thiebeault Contracting, Trout Creek Enterprises & Urban Systems.



The Community Mosaic has been completed and installed and it looks Amazing!

Thank you to the AIB Members & Staff who came out to help design and create this beautiful piece of art.

The Mosaic is located in between the Round house and new 6-Plex. Please stop by and have a look and find the blended cultural elements within the artwork!



A Big Thank You to Artist **Marina Papais** and her partner **Daniel Collett**, for their creativity, direction and hard work. A Big Thank You as well to **New Relationship Trust** for their generous Sponsorship!

We are pleased to announce that (6) **25 MPH SPEED SIGNS** have been installed throughout the Community!



With more and more children living within the Community, we are happy to be able to provide extra safe guards for all. Please encourage everyone to continue to drive safely!

As a reminder ...

Next S.A. will be on Wed.,  
November 20, 2019

### AIB's Education Policy Draft

Please view the draft on the website [www.ashcroftband.ca](http://www.ashcroftband.ca) and submit comments or other written responses regarding the draft Education Policy to the Band Office on or before November 12, 2019.

The Band Office and The Health Centre will both be closed Monday November 11th in observance of Remembrance Day.



There is a Legion Poppy Donation Box at the Band Office, if anyone would like one!



## November Events at the Health Centre/ Band Hall:



- \* November **04, 13, 18 & 27** - “ZUMBA” with Nicole at the Band Hall from 6:30—7:30! Bring your water bottle, comfy shoes and a little rhythm. For Band members and employees aged 10 and up!
- \* November 04 - **Crafts with E-Fry** 12:30 –3:00 PM at the Health Centre
- \* November 06 - **Lunch** at the Health Centre
  - **Paint Night** at 6:00 PM at the Band Hall (Snacks provided)
- \* November 11 - **Remembrance Day**. Both, The Band Office and the Health Centre will be closed.
- \* November 12 - **Healthy Cooking** at the Health Centre from 10:00 AM—2:00 PM
- \* November 13 - **Lunch** at the Health Centre.
  - **ZUMBA** at 6:30 PM at the Band Hall
- \* November 14 - **Christmas Cake Baking** from 9:00 AM—3:00 PM
  - **Flu Clinic:** Get your flu shot between 1:00 PM—3:00 PM Today
- \* November 18 - **Crafts with E-fry** from 12:30 pm—3:00 PM
  - **ZUMBA** at 6:30 PM at the Band Hall
- \* November 20 - **Lunch** at the Health Centre
- \* November 25 - **Crafts** 1:00 PM—3:00 PM.
- \* November 26 - **Reflexology** at the Health Centre. Limited space is available so be sure to book your appointment. If you can't make your appointment, please call to cancel in advance so someone else can take the spot. Thank you!
- \* November 27 - **Lunch** at the Health Centre.
- \* November 28 - **Beading** at the Health Centre from 3:30 PM—5:30 PM.

**Get your Flu Shot!**



**ZUMBA** at the Band Hall 1x per week in  
November **04, 13, 18 & 27** 6:30 - 7:30



### **\*\*CONTESTS\*\***

The Health Centre will be having a Christmas Coloring Contest starting Wed November 20th.

With prizes for Best Adult and Best Child.

See Cheryl for details!!

There will also be a prize for the BEST Decorated House in the Community for Christmas this year!! We are looking forward to seeing all the creativity and Christmas spirit.

### **Introducing AIB's Community Supplemental Meal Program**

Designed to help Elders, or Ailing Community Members in need. In order to be approved for this program, you must first be assessed by our Home & Community Care Nurse, Angie. Contact the Centre for more info.