



## Musqueam Community Newsletter

Friday JULY 22 , 2022

TOLL FREE: 1-866-282-3261, FAX: 604-263-4212

SAFETY & SECURITY PATROL: 604-968-8058

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### THE CHILDREN' HOUSE

Monday—Friday

7:45 am—5:00 pm

#### PRESCHOOL REGISTRATION

Preschool Registration for children who are ages 3-5 is now open.

If you would like to register your child for preschool,

Please contact Renee Stogan; Manager @ 604-269-3302,

#### THE CHILDREN'S HOUSE STAFF

Renee Stogan—Manager : 604-269-3302 /

E: [childcaresup@musqueam.bc.ca](mailto:childcaresup@musqueam.bc.ca)

#### Infant/Toddler Staff:

Alice Stogan, Christy Friesen,

Kelly Herman

#### Preschool Staff:

Ernestine Herman, Stacy George,

Sherry Point

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#### I.R.S.

Update on the Indian Day School application—they have extended the date for applications until January 13, 2023...(announced on the Global News).

If you need help filling out the forms, you can contact Theresa Hood; Family Outreach C: 604-364-6551.

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# INDIAN RESIDENTIAL SCHOOL SURVIVORS SOCIETY

## SUPPORTING HEALING JOURNEYS

LIVE STREAM EVENT OF THE POPE MEETING WITH INDIGENOUS  
PEOPLES, FIRST NATIONS, MÉTIS AND INUIT  
FORMER ERMINESKIN RESIDENTIAL SCHOOL,  
MASKWACIS, ALBERTA

Doors open at  
8:00am - Day 1  
9:00am - Day 2

### JULY 25TH & JULY 26, 2022

#### VANCOUVER

BRITANNIA COMMUNITY  
CENTRE - GYM D  
1661 NAPIER STREET

#### PRINCE GEORGE

HOUSE OF ANCESTORS  
355 VANCOUVER STREET

#### TERRACE

KITSUMKALUM  
COMMUNITY CENTRE  
14295 HIGHWAY 16

An event to provide emotional and spiritual support to Indian Residential School survivors and students, and their families and loved ones during the pope visit. Traditional events and ceremony will be held. In addition, emotional and traditional support will be available **on-site**.

BREAKFAST,  
SNACKS,  
LUNCH  
PROVIDED



For more info:

**Vancouver** - Christine Johnson  
email: [christinejohnson@irsss.ca](mailto:christinejohnson@irsss.ca)

**Prince George and Terrace** - Veronica Haddon  
email: [veronicahaddon@irsss.ca](mailto:veronicahaddon@irsss.ca)  
phone: 604-985-4464

# **ELDERS' LUNCH WITH VPD** **(aka 'John the cop')**



**Who: Elders and Cst John Gravengard**

**What: Elders' Lunch with VPD**

**Where: Meet at Elder's Centre for  
transportation**

**When: JULY 27<sup>th</sup>, 2022 @ 1145am**

**Why: to ask any questions or concerns you  
have related to safety and security**

***For more information contact Cst John Gravengard: 604.348.6608***





Save the date for...

# MUSQUEAM PRIDE 2022



**Saturday, July 30**

Cultural Centre

More info to come!

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## MUSQUEAM IN VANCOUVER PRIDE PARADE

**Sunday, July 31**

Join us in representing Musqueam in the  
Vancouver Pride Parade!

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Volunteer and float sign-up:  
Tecla Van Bussel  
[tvanbussele@musqueam.bc.ca](mailto:tvanbussele@musqueam.bc.ca)

Organized by Musqueam Pride Committee, a group of community members and staff.  
If you'd like to join the committee, contact Mack Paul at [mack@musqueam.bc.ca](mailto:mack@musqueam.bc.ca).



## **Job Opportunity**

### **Membership Registrar – Mentorship**

Musqueam Indian Band is seeking to develop a Band Member to undergo on the job training in the role of Membership Registrar.

The Membership Registrar develops and maintains an effective and efficient Band registration system. The Registrar's main responsibilities include but is not limited to ensuring the accuracy of the Musqueam Indian Band membership list, voters list, issuing Status Cards, and recording life events (e.g. birth, death, marriage etc.). This position entails working in the office around

three to four days a week under the supervision of the previous Registrar. Assuming the mentorship works, the candidate will progress to receive formal training from Indigenous Service Canada. Following this, it is expected the candidate will take over the role on a full-time permanent basis.

The successful candidate is ideally a community member with a high school degree and some knowledge of office protocols and Microsoft Office. The candidate must also be a “people person” who is comfortable in a community facing role and is willing to advance their education. In addition, the right candidate will be capable of acting with great discretion and protect confidentiality.

The salary rate is \$22 per hour, and will increase if progression milestones are met. Interested candidates should drop off their resumes at the front desk of the Main Office.



## Chief and Council Seeking Band Members for Committees

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Musqueam Chief and Council are seeking community members for the following committee:

### **Lands, Capital and Housing**

Description: To provide policy recommendations and guidance related to Community planning, assets and infrastructure, Housing, Public Works, Capital Projects, Facilities, Membership, Land Code, Land Management and Land Use Planning.

Vacant:

- Elder Community Committee Member
- 1 Community Committee Members

Please submit a cover letter stating the Committee you would be interested in and your qualifications and skills that will make you a contributing member to the committee; please submit via email to the attention of the Council Secretary, Leslie Loubert [bandsecretary@musqueam.bc.ca](mailto:bandsecretary@musqueam.bc.ca)

Appointments would start immediately and honorariums will be provided



# Business Development Update

**Where : Musqueam Cultural Centre**

**When: Wednesday August 16<sup>th</sup>, 2022**

**Dinner served at 5:00**

**Introductions and Presentation to  
follow**

*Join the MCC Business development team for a meal to learn about the  
projects we are involved in and how you or someone you know can get  
involved!*

*We have asked several of our partners to join us so you can learn more!*

**Please contact Camille Robinson if you have any  
questions 604-559-5400**

## Musqueam Education Notice Friday July 22, 2022

**Raspberry Jam making success! Thank you to the youth who came to learn.**

We had two draws

Strawberry Jam Session: \$25 Cineplex card

Winner: Ray Peter

Raspberry Jam Session: \$25 Apple Card

Winner: Ray Peter



**Our next session will be Blueberry Jam.**

**When: July 29, 2022**

**Time: 10:00 a.m. until finished**

**Where: Musqueam Bighouse Kitchen**

**All youth 12 and over are welcome to join us.**



**Riddle: If eleven plus two equals one,  
what does nine plus five equal?**

Answer: 11 o'clock plus 2 hours equals 1 o'clock; 9 o'clock plus 5 hours equals 2 o'clock

### Education Department:

Faye Mitchell, Education Manager:

[fmitchell@musqueam.bc.ca](mailto:fmitchell@musqueam.bc.ca)

April Campbell, Learning Facilitator:

[learningfacilitator@musqueam.bc.ca](mailto:learningfacilitator@musqueam.bc.ca)

Lucetta George-Grant, Education Advocate K-12:

[education.advocate@musqueam.bc.ca](mailto:education.advocate@musqueam.bc.ca)

Cary Campbell, School Bus Driver

Dona Grant, School Bus Supervisor

Ph. # 604 - 263 - 3261 Fax # 604 - 263-4212

Toll free: 1-866-282-3261





PORT of  
**vancouver**

Vancouver Fraser  
Port Authority

# Musqueam Vancouver Fraser Port Authority Scholarship Award

**Value: Up to \$10,000**

## Criteria/Eligibility:

- Musqueam Member.
- Fulltime Student.
- Apprenticeship/Trades, Training/Certificates/Diplomas, Post Baccalaureate Programs/Undergrade/Associate Degree/Law/Medical/Masters/Doctoral.
- Any Areas of Study are Eligible.

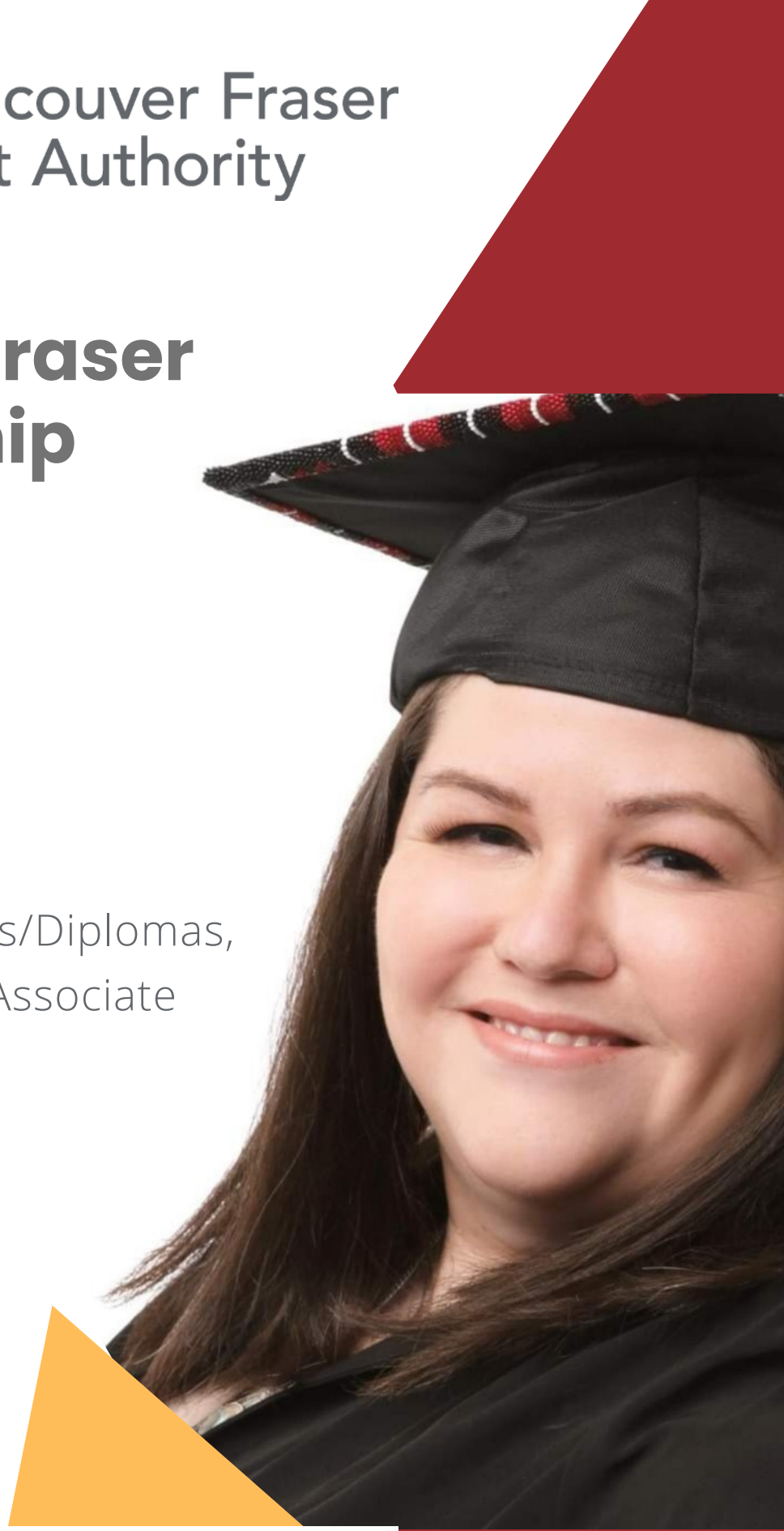
## Apply with Lindsay Gibson!

**When:** Thursday, July 28th, 2022

**Where:** MIB Band Office, Boardroom

**Time:** 2:00pm-4:30pm

If you are not sure if you are eligible, please contact Lindsay Gibson or submit your application so the committee can review it for eligibility.





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# MUSQUEAM HEALTH DEPARTMENT

## NEWSLETTER | JULY 22, 2022 |

### COMMUNITY HEALTH COVID-19:

IF YOU NEED A COVID TEST PLEASE SEE THE FOLLOWING:

- **Covid test kits are available** Rapid antigen testing kits are free at pharmacies. Local pharmacies such as Southlands, Shoppers Drug Mart, & London Drugs.
- **There is NO need to test for clearance.** Some people can continue to test positive for months after contracting Covid-19, but are not contagious to others.
- **COVID-19 Vaccine's: Get your booster dose are free at your local pharmacy.**  
Current eligibility: Seniors and Indigenous people. Call your local pharmacy to Book an appointment for your COVID-19 Vaccine Booster eligibility is: if you are 70 years and older, or 55 years and older and Indigenous. \*Notify booking clerk you are Indigenous & over 55.

Link: <https://www2.gov.bc.ca/gov/content/covid-19/vaccine/booster#second>

**Rapid antigen testing kits** are free for residents of B.C. 18 years and older who have a Personal Health Number (PHN). 1 kit contains 5 individual tests. You are allowed 1 kit every 28 days. This makes sure that everyone who wants a kit can get one. You can't pay for additional kits.

A test should only be used by people who develop symptoms of COVID-19 and want to confirm a positive or negative result. The tests are not suitable for international travel requirements.

#### Pharmacy staff will:

- Ask for your PHN. You can find your PHN on the back of your B.C. driver's license, BC Services Card or Care Card
- A pharmacy should never ask you to pay for a kit. Members residing off reserve may now pick up a test kit at their local pharmacy.
- You can pick up a kit for someone else, like a parent or grandparent. Make sure you know their full name, date of birth and PHN, the pharmacist will ask you for that information.

**Travel:** if you choose to travel and are required to self-isolate by the Canadian Border Services, this is your responsibility and Musqueam Health Department does not provide supports, please make prior arrangements with your family and friends.



**Common allergy symptoms** include sneezing, runny or stuffy nose, itchy or watery eyes, itchy nose or ears, post-nasal drip (which can sometimes cause a mild sore throat), and mild fatigue (not including drowsy-causing allergy medications).



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# MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | JULY 22, 2022 |

## LAND BASED HEALING PROGRAM

Patricia Isaak

### VEGETABLE PICK UP MUSQUEAM ELDERS

Saturdays starting July 9th (15 weeks) until Aug.31, 2022

KPU Richmond farm school is donating (\$2500) in fresh vegetables to the Musqueam health department through the Land Based Healing and Elders Programs. Kymberlee Stogan will deliver the vegetables to the Elders Centre on Saturday for a 6pm pick up. we are in the process of hiring someone to sit outside to support any elders who come by to pick up their vegetables. please bring a shopping bag.

**When: Saturday July 16<sup>th</sup> 6-7pm**

**Where: Musqueam Elders Centre**



### Tea in the Garden

Join us for an informal time in the garden to visit and enjoy the plants.

Where: Elders Centre greenhouse

When: August 15, September 12, 9:30 am

Who: Elders and friends of the garden

What: Tea & Coffee and snacks

## LAND BASED HEALING PROGRAM

**Every Tuesday** until September there will be **GARDEN HARVEST** from the Musqueam Garden at UBC, the harvest will be shared at the Community Centre, outside the gym doors.

**All community members are welcome.**

**Where: Community Centre outside gym doors**

**When: Weekly on Tuesdays**

**Time: 3:30 pm**

If you are unable to pick up for health reasons please contact me and I will arrange a delivery.

Trish: (778)239-4325

email: [lbh@musqueam.bc.ca](mailto:lbh@musqueam.bc.ca)



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# MUSQUEAM HEALTH DEPARTMENT

## NEWSLETTER | JULY 22, 2022 |

### MUSQUEAM PATIENT NAVIGATOR

I am available to assist and support community members on their healthcare journeys.

If you have any questions regarding your health care coverage, FNHA Benefits, or need assistance filling out medical forms for example Jordan's Principel please do not hesitate to contact me.

I am available Monday to Friday from 8:30am to 4:30pm.

Lisa Mitchell, Musqueam Patient Navigator. Phone: 604-764-5349 or email: [navigator@musqueam.bc.ca](mailto:navigator@musqueam.bc.ca)

### COMMUNITY HEALTH

#### MUSQUEAM PRE- AND POST-NATAL GROUP

Are you pregnant or have you recently had a baby?

The Musqueam Health Department offers some valuable incentives to pre-natal and post-natal families:

From the onset of pregnancy, until 3 months postpartum we offer weekly \$25.00 Save-on Foods Gift cards for nutritious foods such as – milk, eggs, cheese, fruits & vegetables to support healthy nutrition during pregnancy and breastfeeding.

- Nursing pads, as needed
- A one-time gift of an Electric Breast pump. **One** per family
- Welcome gift for your new baby

**Due to Public Health Guidelines**, the Pre-Natal program is currently not meeting in person.

Please call Arlene Haldane, Assistant to register for the Prenatal Program, call **Arlene Haldane**:

Phone: 604 269 3354 | Email: [nurseassist@musqueam.bc.ca](mailto:nurseassist@musqueam.bc.ca)

### MUSQUEAM HOME & COMMUNITY CARE PROGRAM

*Romeo Cosio, RN, Musqueam Home Care Nurse & Arlene Haldane, Assistant.*

The Musqueam Home Care Program is available to our community members to assist with hospital discharges, home care aides, all medical supplies & equipment. All Home care services & medical equipment require a note from your doctor with your needs specified.

**HOME CARE CLIENTS:** If you will not be home during your scheduled HCA visit, please contact the Nurse Assistant,

**Home Care Nurse Romeo's Office Hours:** Monday, Wednesday - Friday from 8:30-5:30 Tuesdays - Off

**Phone: 604-269-3463 | Email: [homecare@musqueam.bc.ca](mailto:homecare@musqueam.bc.ca)**

**Arlene Haldane:** Phone: 604 269 3354 | Email: [nurseassist@musqueam.bc.ca](mailto:nurseassist@musqueam.bc.ca)

\*If there is no answer please leave a message. **\*For Emergencies Call 911 \***



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## MUSQUEAM HEALTH DEPARTMENT

### NEWSLETTER | JULY 22, 2022 |

#### MUSQUEAM NATIONAL NATIVE ALCOHOL & DRUG ABUSE PROGRAM (NNADAP)

#### THE MUSQUEAM NNADAP TEAM AND MUSQUEAM PRIMARY CARE CLINIC MEDICATION SUPPORT FOR ADDICTION

The Musqueam Primary Care Clinic offers Musqueam community and band members addiction support through the issuance of prescribed medications. We offer support for opioid addiction (i.e. methadone, suboxone), and for alcohol addiction (i.e. naltrexone), and for overdose prevention (i.e. naloxone).

Call the Primary Care Clinic to make an appointment with the NURSE PRACITIONER or DOCTOR regarding medication support for addiction. Please call to book an appointment at 604-266-0043.

Hours of operation: Mon-Fri, 9:30am-3:30pm (closed 12:00pm-1:00pm for lunch)



**Nicolette Moore** offers support in:

- Addiction support
- Treatment referrals or questions
- Addiction education
- Family Interventions

**Nicolette's hours:** Monday- Friday 8:30-4:30 pm

**T:** 236-558-8482 | **E:** [nnadap.nmoore@musqueam.bc.ca](mailto:nnadap.nmoore@musqueam.bc.ca)



**Brad Morin** provides:

- ✚ One to one, family, and group counselling whenever necessary and can also refer clients to other appropriate professionals. Follows up with clients returning from treatment and continue to offer them support as they maintain their sobriety.
- ✚ Conduct outreach to community and Band Members
- ✚ Makes referrals to detox, recovery houses, and treatment centers.

**Brad's hours:** Wednesday-Friday: 6pm-9pm | Saturday-Sunday: 1pm-5pm

**T:** 604-652-1368 | **E:** [nnadap.bmorin@musqueam.bc.ca](mailto:nnadap.bmorin@musqueam.bc.ca)





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# MUSQUEAM HEALTH DEPARTMENT

## NEWSLETTER | JULY 22, 2022 |

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## MUSQUEAM PRIMARY CARE CLINIC

Musqueam Elders Centre, 4010 Si Lu Drive, Vancouver BC V6N 4K7

Located in the Primary Care Trailer

*(Clinic closed 12:00pm – 1:00pm for lunch)*

| Monday<br>July 25   | Tuesday<br>July 26 | Wednesday<br>July 27                     | Thursday<br>July 28                      | Friday<br>July 29 |
|---------------------|--------------------|--|--|-------------------|
| Natalie Bruneau, NP | Dr. Dumont, GP     | Karen Chandra, NP<br>Natalie Bruneau, NP | Karen Chandra, NP<br>Natalie Bruneau, NP | Karen Chandra, NP |
| 9:30am - 3:30pm     | 9:30am - 3:30pm    | 9:30am - 3:30pm                          | 9:30am - 3:30pm                          | 9:30am - 3:30pm   |

### Call 604-266-0043 to book an appointment

Please leave a voicemail if you cannot get through - we will return your call as soon as possible.



**Missed your telehealth or in-person appointment?** Call us to rebook for the next available date.

Please be available 15 minutes before and after your scheduled appointment call.



**Naloxone kits available.** (Injectable or Nasal Spray)  
Please check to see if your current kit has expired.  
Naloxone training on Wednesdays by appointment only.



**Prescription running low?** Please book an appointment a few days in **advance**. Or, ask your pharmacy to send us a refill request.



Our clinic has reached capacity; however, we are doing our best to accommodate the waitlist. Call the clinic to be added to the **patient waitlist**. Please note that we are **no longer a walk-in clinic**.



**Influenza 'Flu' vaccines** available, call the clinic to schedule an appointment.

### Alternate Resources

#### **FNHA Virtual Doctor of the Day**

Call **1-855-344-3800** to book an appointment.

Available 7 days a week from 8:30 am to 4:30 pm.

Telephone or virtual appointments via zoom.

*Available to First Nations people and their family members, even if those family members are not Indigenous.*

#### **Walk-In Clinics Nearby**

Highroads Medical: 5960 E Boulevard (Kerrisdale)

WELL Health: 2077 W 42<sup>nd</sup> Avenue (Kerrisdale)

Check wait-times for BC Walk-in Clinics at <http://medimap.ca>

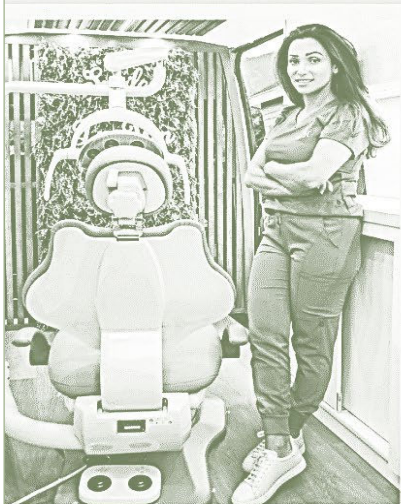
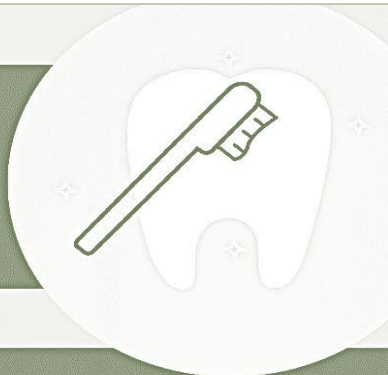


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## MUSQUEAM HEALTH DEPARTMENT

### NEWSLETTER | JULY 22, 2022 |

#### Dental Services at Musqueam in July



What: Dental Hygienist  
When: Friday, July 22nd  
Where: Community Centre

To book an appointment  
with the dental hygienist, call:

**604-340-8442**

What: Denturist  
When: Wednesday, July 27th  
Where: Elders Centre Medical Office

To book an appointment  
with the denturist, call:

**604-558-4867**



#### SAFE DRINKING WATER MONITORING PROGRAM

*Charlene Campbell-Wood*

FNHA

#### **Run until Cold**

Sometimes, tap water can contain small amounts of lead and copper, which can have long-term health effects during the early years for infants and children. **That risk can be reduced by running cold water for 15 to 30 seconds before drinking**



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# MUSQUEAM HEALTH DEPARTMENT

## NEWSLETTER | JULY 22, 2022 |

### MWSU MENTAL WELLNESS COUNSELLOR

*Janice Cross*

This confidential counseling services are available  
Monday-Friday: 8:30- 4:00pm to our Musqueam people  
via phone or virtually. Call or email to and set up a time  
to talk to Janice Cross.

**Email:** [mentalwellness@musqueam.bc.ca](mailto:mentalwellness@musqueam.bc.ca)

**For Private Counseling Call: 236-558-9977**

### ART THERAPY FOR CHILDREN, YOUTH & ADULTS

*Janice Carroll, RCAT*

I am available Monday to Thursday from 8:30am-  
4:30pm, for phone calls, emails or text conversations,  
and also, I can hold sessions via Zoom.

I can be reached on my **cell at:** 778-829-0242 or my

**Email is** [jcarroll@musqueam.bc.ca](mailto:jcarroll@musqueam.bc.ca)

### MUQUEAM ELDERS

*Brenda Campbell, Elders Coordinator* Ph: 604 263 - 6312

Ladies Night

#### Ladies Night

Every Tuesday Evening

Time: 6:00pm-8:00pm

Location: Elders Centre

#### Next Elder's Luncheon:

Wednesday, August 3

Time: 12:00 Noon

Location: Elders Centre



#### Elder's Chair Exercise:

Date: Thursday July 28

Time: 1:00-2:00 pm

Location: Elders Centre

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NEWS**

## Pride at MOA: A poetic celebration

Vancouver Pride Weekend is coming up at the end of the month and MOA will be celebrating by presenting an evening of healing and queer magic-making on July 28. The event begins in MOA's feature exhibition, *Xicanx: Dreamers + Changemakers / Soñadores + creadores del cambio* where poet Angelic Goldsky [t(he?)y], Anjalica Solomon and Chantal Gering invite attendees to contribute offerings of words and incantations to a collective poetic altar.

Following this, join in a poetry cypher—a collaborative, dynamic process of poetry-making—and a procession out to MOA's grounds for a magical offering of poetry and releasing exercise. DJ Coco Madari will close the evening with a dance party in the Haida House.

In another tribute to Pride, watch [this special recorded performance](#) from the *Xicanx* opening night celebrations, this past May. Queer Xicanx artist David Zamora Casas, accompanied by Hadani Ditmars, performs a searing reading entitled *Altar for the Spirit of Rasquachismo/Homenaje a Tomás Ybarra Frausto*.

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Free with museum admission

[Join Us](#)

## Xicanx Exhibition Events



### Not-Your-Average Exhibition Tours

Join Miret Rodriguez, vice president of the Vancouver Latin American Cultural Centre, for a special 30-minute Xicanx exhibition tour.

These monthly special tours are led by a selection of academics, artists, activists and community leaders.

**July 21 | 7 pm**

Free with museum admission

[Join Us](#)

### Xicanx Gallery Guide Tours

These free 30-minute guided tours of MOA's new feature exhibition, Xicanx: Dreamers + Changemakers / Soñadores + creadores del cambio highlight select artworks and featured artists.

You'll gain insights into the themes and ideas of the exhibition, including complex identities, activism and borders.

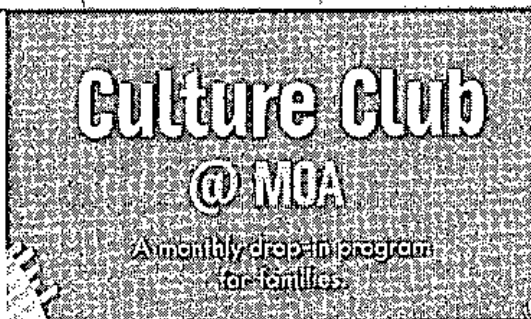
**Wednesday – Sunday | 11 am**

Free with museum admission

[Take a Tour](#)

## Other Upcoming Events



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## Culture Club at MOA: Zine-Making

Join MOA's Native Youth Program student staff who host a drop-in zine-making workshop for families at this month's Culture Club at MOA. The hands-on workshop is designed for youth, but all are welcome to join (children 12 and under must be accompanied by an adult).

**July 31 | 11 am – 1 pm**  
**Free with museum admission**



## Recasting Ainu Indigeneity Through Performing Arts

Join MOA for a lecture and performance by Ainu Indigenous scholar/artist/dancer Dr. Kanako Uzawa. Dr. Uzawa explores Ainu performing arts as an important element of Indigenous knowledge.

**August 3 | 5 – 7 pm**  
**MOA's Haida House (no museum access)**  
**Free**

[Drop-in](#)[Join Us](#)

## COVID-19 Updates

Effective July 1, 2022, as per [UBC's COVID-19 guidelines](#), masks are no longer required in public indoor spaces on campus, including MOA.

Please continue to respect other people's personal space and consider their situations and comfort levels. We look forward to welcoming you safely to the Museum.

[Read MOA's COVID-19 policies](#)

Photo credits (top to bottom): 1) Photos courtesy of the artists. 2) Photo courtesy of Miret Rodríguez. 3) Photo by Sarah Race. 4) Design by Cody Rocko. 5) Photo by Mats Gingvik.

**MOA acknowledges that it is built on  
the traditional, ancestral and unceded land of the Musqueam people.**

## Youth Centre

July 25<sup>th</sup>-29<sup>th</sup> 2022

Sandra Dan at the Youth Centre, 604-269-3452 Cell Phone 604-360-9171






Email: [youthcentre@musqueam.bc.ca](mailto:youthcentre@musqueam.bc.ca)

| Monday<br>July 25 <sup>th</sup><br>syə'lewətnet  | Tuesday<br>July 26 <sup>th</sup><br>sθəmənts  | Wednesday<br>July 27 <sup>th</sup><br>słixʷs  | Thursday<br>July 28 <sup>th</sup><br>sxaʔaθəns  | Friday<br>July 29 <sup>th</sup><br>słqecəss  |
|--|---|---|---|--|
| <b>Hope &amp; Health<br/>Community Soccer<br/>Camp @ BC Place</b><br><br>Leave @ 12:15 pm<br>Return @ 4:00 pm<br><br> | <b>Gardening @<br/>Cultural Centre</b><br>9:30 am –<br>12:00 pm<br><br> | <b>UBC Aquatic Centre</b><br><br>Leave @ 9:15 am<br><br>Return at 3:00 pm<br><br><br><br><i>Activities at UBC<br/>Campus after<br/>swimming so please<br/>wear a backpack and<br/>runners</i> | <b><u>NO</u><br/>PROGRAM</b><br><br><br><br><b>Staff Training Day</b><br><br><i>Indigenous<br/>Communities: Active<br/>for Life Training</i> | <b>UBC Botanical<br/>Garden</b><br>Leave @ 10:00 am<br>Return at 2:00 pm<br><br> |

**The Youth Centre will be with Recreation this week due to the repairs going on in the Youth center**

# Musqueam Summer Recreation Schedule

## July 25<sup>th</sup> – 29<sup>th</sup>, 2022 – UBC Week!

| Monday July 25 <sup>th</sup>   | Tuesday July 26 <sup>th</sup>  | Wednesday July 27 <sup>th</sup>  | Thursday July 28 <sup>th</sup>  | Friday July 29 <sup>th</sup>   |
|--|--|--|---|--|
| <p><b>Hope &amp; Health Community Soccer Camp @ BC Place</b></p> <p>Leave @ 12:15 pm<br/>Return @ 4:00 pm</p>  | <p><b>Gardening @ Cultural Centre</b></p> <p>9:30 am – 12:00 pm</p>  <p><b>Arts and Crafts</b></p> <p>1:00 pm – 3:30 pm</p> | <p><b>UBC Aquatic Centre</b></p> <p>Leave @ 9:15 am<br/>Return at 3:00 pm</p>  <p><i>Activities at UBC Campus after swimming so please wear a backpack and runners</i></p> | <p><b><u>NO PROGRAM</u></b></p>  <p><b>Staff Training Day</b></p> <p><i>Indigenous Communities: Active for Life Training</i></p> |  <p><b>UBC Botanical Garden</b></p> <p>Leave @ 10:00 am<br/>Return at 2:00 pm</p> |
| <p><i>Please email <a href="mailto:cgibson@musqueam.bc.ca">cgibson@musqueam.bc.ca</a> to sign up for Hope &amp; Health</i></p>   | <p><i>Lunch Provided</i></p>   | <p><i>Please bring a lunch/money and remember to bring swimwear</i></p>  |   | <p><i>Please bring a lunch</i></p>   |

If you have any questions please contact Courtenay Gibson, Recreation Manager:  
[cgibson@musqueam.bc.ca](mailto:cgibson@musqueam.bc.ca) or 604-781-1470

*Ages 5 & Up Welcome. Parents/guardians must fill out a registration form*