

July 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
Nooaitch/Shackan Boys Group	Varies	Tuesdays, Wednesdays, and Thursdays	Varies

This Month's Activities	Location	Date	Times
Women's Group: Moccasin Making	KLC Gym	July 20 & 22, 2026	4-8 PM
Men's Group Huckleberry Harvest	TBA	July 31 st 2026	8:30AM-6:00PM



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



CLIPPER



Men's Group Huckleberry Harvest

JULY 31ST 2026 | TIME: 8:30AM-6:00PM | PLACE: TBA

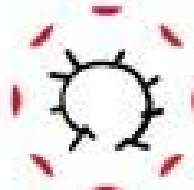
For any questions email: Jason.Ermineskin@scwexmx.com or help with registering, contact our front desk by calling (250) 378-2771

Join the Men's Group on July 31st for Huckleberry harvesting! The Men's Group is taking men for some well deserved time on the land, we will be enjoying some activities that rejuvenate cultural practices rooted in food sovereignty.

Please click the link in the description, or scan the QR code to register! We will be providing a meal, and drinks for this on the land day!

We also ask that participants bring their appropriate clothing and footwear, sunscreen, bug spray, and a chair!

Participants are also encouraged to bring hand drums!
Drug and Alcohol Free Event



FEEL THE BEAT Summer 2026 Update:

Due to a busy and eventful summer schedule, Feel the Beat will be postponed until September 2026.

Please keep an eye out for the upcoming **On the Land Days**, and we hope that everyone has a healthy, safe and fun summer! The Culture Team will be supporting community initiatives throughout the summer, we look forward to seeing you in community!

[/SCWEXMXCHILDANDFAMILY](#) | [SCWEXMX.COM](#) | (250) 378-2771

We welcome you to our monthly:

Women's Group

July 20 & 22nd, 2026 | 4:00-8:00PM | KLC Gym - 2475 Merritt Ave

Moccasin Making

Our Women's Group comes together once a month 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!

This month we will be making moccasins with Molly Toodlican! The first 25 women to register will be invited to work on making their very own pair of moccasins! Dinner, snacks, and drinks will be provided! Spaces are limited to 25 participants, so don't miss out!

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

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



Register Now

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

Coldwater Band Upcoming Activities



Weekly Activities	Location	Day of the Week	Times
Summer youth activities will be starting up at the Coldwater Health Centre after the field trips wrap up			

This Month's Activities	Location	Date	Times
Coldwater Women's Group: Leather Workshop w/ Phillip Chillihitzia	Coldwater Health Building	July 14 th 2026	5:00PM-7:00PM
Possesion and Acquisition License (PAL) Training (CNA)	Coldwater Health Building	July 18 th & 19 th 2026	
Coldwater Culture Camp	Gwen Lake	July 24 th , 25 th 2026	
Coldwater Women's Group: Sharing Circle Dinner	Coldwater Health Building	July 28 th 2026	5:00PM-8:00PM



SCHSS
SCW'EXMX COMMUNITY
HEALTH SERVICES SOCIETY



Contact

Main office

Phone

250-378-6174

Address

301- 230th Street
Coldwater Reserve #1



Scw'exmx
Child & Family

Coldwater Band Upcoming Activities



Citxw
Nlaka'pamux
Assembly

POSSESSION AND ACQUISITION LICENSE (PAL) TRAINING

- Participants will learn:
- ✓ Evolution of firearms, major parts, types, and actions
 - ✓ Basic firearms safety practices
 - ✓ Operating firearm actions
 - ✓ Safe handling and carrying procedures
 - ✓ Firing techniques and procedures
 - ✓ Care and maintenance of non-restricted firearms



Coldwater Health building
July 18 & 19

Anyone interested in enrolling in this training, please contact the
CNA Employment & Training Department
administration@cna-trust.ca 250-378-1864

The logo for Coldwater Indian Band features a stylized sun and mountains within a circular frame, with the text "COLDWATER INDIAN BAND" below it.

Coldwater Women's Group

The logo for SCWEXMX Child & Family is a circular emblem with a central sun-like symbol and the text "SCWEXMX Child & Family" around it.

July 2026

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1	2	3	4
Any questions please reach out to: Harmony Williams, Community Prevention Worker SCFSS: 250-378-2771 harmony.williams@scwexmx.com						
5	6	7	8	9	10	11
12	13	14	15	16	17	18
	A small icon of a leather bag with the text "GENUINE 100% LEATHER" inside.	Leathercraft Workshop w/ Philip Chillihitzia Snacks CW Health 5PM-8PM	A small icon of a leather bag with the text "GENUINE 100% LEATHER" inside.			
19	20	21	22	23	24	25
					Coldwater Culture Camp Gwen Lake IR3	Coldwater Culture Camp Gwen Lake IR3
26	27	28	29	30	31	1
Coldwater Culture Camp Gwen Lake IR3		Sharing Circle Dinner CW Health 5PM-8PM				



Nooaitch Band Upcoming Activities

Upcoming Activities and Events	Location	Day of the Week	Times
Nooaitch Summer Drop-In	2901 Petit Creek Rd	Tuesdays & Thursdays	10:00AM-4:00PM
Nooiatch Summer Drop-In	Youth Centre	Wednesdays	10:00AM-4:00PM
Nooaitch Boys Group	Nooaitch Band Hall	Tuesdays, Wednesdays, and Thursdays	Various
Weekly Beginner Language Class	Nooaitch Band Hall	Tuesday Evenings	6:30PM-8:30PM

**Check Nooiatch Community or Sha-Noo Facebook group for changes. Programming may be subject to weather and wildfire conditions*

Monthly Event	Location	Date	Time
n̓eʔkepmxcín Graduation Celebration	Nooaitch Band Hall	July 17 th 2026	5:00PM-8:00PM



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



NOOAITCH BOYS' GROUP MEET & GREET



JULY 10, 2026



5:30 PM – 7:30 PM



NOOAITCH BAND HALL



WHO CAN ATTEND?

POSTPONED

- July 14 – August 6, 2026
- Tuesdays, Wednesdays & Thursdays



GROUP FOCUS

- Language & Culture
- Identity & Belonging
- Self-Esteem
- Weekly Outings
- Participation Incentives



JOIN US TO

- Meet the Facilitators
- Learn About the Program
- Complete Registration
- Win Door Prizes



DINNER WILL
BE PROVIDED



DOOR PRIZES!

COLLABORATING PARTNERS



NOOAITCH SUMMER DROP-IN AGES 7-14

JULY 7TH – AUGUST 20TH
10 AM – 4 PM

TUESDAYS &
THURSDAYS

LOCATION:
2901 Petit Creek Rd.



FUN CRAFTS,
GAMES, AND
POOL TIME!

WEDNESDAYS

LOCATION:
Youth Centre.



BRIGHT DAYS,
GOOD VIBES,
AND A SAFE SPACE
FOR YOUTH ALL
SUMMER LONG!

Lunch and snacks will be provided



FOR MORE INFORMATION, PLEASE CONTACT JAYLEY
youthsupport@nooaitchband.ca

Nooaitch Band Upcoming Activities



Sebastian Dexel



Savannah Munro



Andrew Dexel



Esther Shackelly



Joan Shackelly



A Celebration of Nte?kepmxcín Graduates

Art Sam



Esther Voght



June Shackelly



Joella MacKenzie

Amelia Washington



Nte?kepmxcín
GRADUATION
Celebration
JULY | 17 | 2026



5-8 PM
Nooaitch Band Hall

Lower Nicola Band Upcoming Activities



*See Attached Monthly Recreation Calendar

Monthly Activities	Location	Date	Times
Planting the Future: Preparing the Ground Session 1	Online - Call Kirsten at Community Services to get Zoom link	July 2 nd 2026	6:00PM-7:30PM
Paint Night	Rocky Pines Community Centre	July 9 th 2026	5:30PM-7:00PM
Planting the Future: Preparing the Ground Session 2	Rocky Pines Community Centre	July 12 th 2026	1:00PM-4:00PM
Community Potluck	Rocky Pine Community Centre	July 13 th 2026	5:30AM-7:30PM
LNIB Women's Group Huckleberry Picking	Revelsoke Region	July 30 th 2026	
Wool Bag Weaving Workshop	Shulus Culture Centre	Various - See poster below	9:00AN-3:00PM



Contact
Health Centre

Phone
250-378-5157

Location
230 Hwy 8 West

Lower Nicola Band Upcoming Activities



LOWER NICOLA INDIAN BAND

Paint Night

Looking for a meaningful way to relax, create, and connect with your inner artist?

Join our Paint Night at the rocky pines centre and dive into a colorful world of self-expression; no experience needed!

Children MUST be accompanied by an Adult

9th July, 2026
5:30 - 7:00PM
Rocky Pines Centre

To Register call Marilynne Munro
(250)378-5157



LOWER NICOLA INDIAN BAND

Rocky Pines Splash Pad

Is now OPEN

Household Water

You may notice some discoloration.

Simple Solution:
Run your cold tap water for approximately for 5 minutes

Friendly Reminder

- Keep the area clean
- Always supervise your children
- Play safe & have fun
- Respect other users and the facility
- Please report any maintenance concerns to Public Works

If you have any questions or concerns, please call Public Works at 250-378-5157

The Splash Pad aims to create a fun, healthy, and safe environment for everyone in our community.



LOWER NICOLA INDIAN BAND

YOU'RE INVITED!

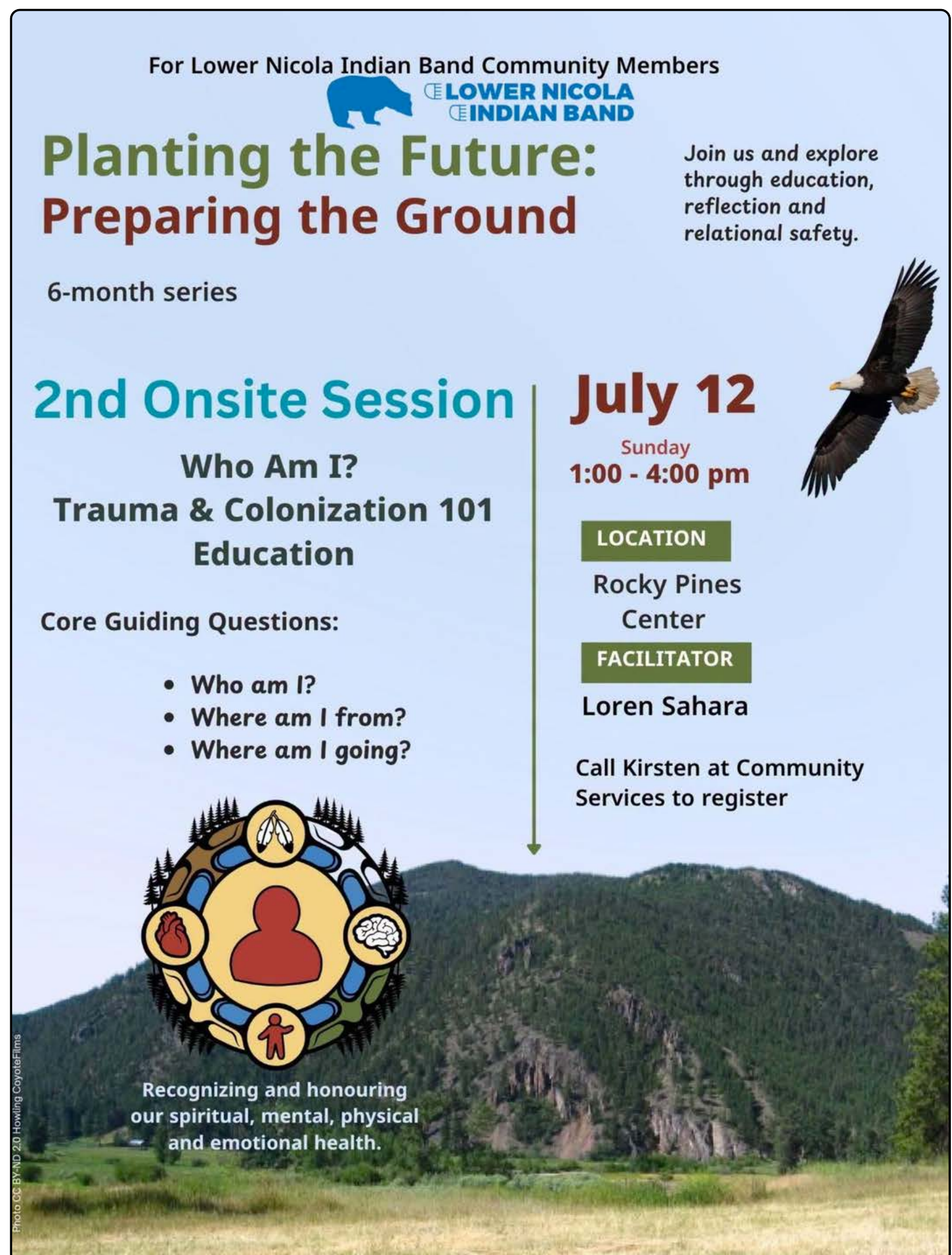
COMMUNITY POTLUCK

BRING YOUR FAVOURITE DISH!

WHEN: July 13, 2026
5:30 PM - 7:30 PM

WHERE: Rocky Pines Community Centre

For more information contact Marilynne Munro (250)378-5157



For Lower Nicola Indian Band Community Members

LOWER NICOLA INDIAN BAND

Planting the Future: Preparing the Ground

Join us and explore through education, reflection and relational safety.

6-month series

2nd Onsite Session

Who Am I?
Trauma & Colonization 101
Education

Core Guiding Questions:

- Who am I?
- Where am I from?
- Where am I going?

July 12
Sunday
1:00 - 4:00 pm

LOCATION
Rocky Pines Center

FACILITATOR
Loren Sahara

Call Kirsten at Community Services to register

Recognizing and honouring our spiritual, mental, physical and emotional health.

Lower Nicola Band Upcoming Activities



Women's Group

**Come join us for a day trip
picking huckleberries in the
Revelstoke region**

Thursday, July 30, 2026

Leave the Health Centre at 7:00 AM

Small snacks and Lunch will be provided

Bring your own bags, *bug spray*, walking
stick and sun screen.

Registration is required as there is limited seating
contact Kirsten to register (250)378-5157



**LNIB &
Community
Members**

Blueberries & Cherries
will be distributed at the
LNIB Health Centre



**Tuesday,
July 14th**

Limited to one per household

Any questions call Kirsten
250-378-5157

PROUD TO BE

LNIB



Wool Bag Weaving Workshop



Join the LNIB Language and Culture Team!
Come learn the beautiful art of weaving and
create your very own wool bag.

Capacity: Limited to 10 participants per session.

Location: Culture Center - Shulus

Thursday - Friday - **July 9 10, 2026** - 9 AM - 3 PM

Saturday - Sunday - **July 11-12, 2026** - 9 AM - 3 PM

Thursday - Friday - **July 23-24, 2026** - 9 AM - 3 PM

Saturday - Sunday - **July 25-26, 2026** - 9 AM - 3 PM

For more information or to register please contact:

Carole Basil carole.basil@lnib.net / (236) 575-2107

or

Ashlee Tom ashlee.tom@lnib.net / (236) 575-2085

Lower Nicola Band Upcoming Activities



Lower Nicola Indian Band

July 2026



July 2026

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1 Statutory Day Off – Canada Day	2 Cliffside Climbing 10:30 – 3:30	3 Office day	4
5	6 Rocky Pines Youth Centre 10:30 – 3:30	7 Lake Day 10:30 – 3:30	8 Disc Golf 10:30 – 1 Bowling 2 – 3:30	9 Kangaroo Park 10:30 -3:30	10 Office day	11
12	13 Rocky Pines Youth Centre 10:30 – 3:30	14 Lake Day 10:30 – 3:30	15 School Gym 10:30 – 1 Bowling 2 – 3:30	16 Scandia 10:30 – 3:30	17 Office day	18
19	20 Rocky Pines Youth Centre 10:30 – 3:30	21 Lake Day 10:30 – 3:30	22 Pool 10:30 – 1 Skate Park 1 – 3:30	23 H2O 10:30 – 3:30	24 Office day	25
26	27 Rocky Pines Youth Centre 10:30 – 3:30	28 Lake Day 10:30 – 3:30	29 Pool 10:30 – 1	30 Waterslides 10:30 – 3:30	31 Office day	

Shackan Upcoming Activities



Weekly Activities	Location	Day of the Week	Times
Shackan/Nooaitch Boys Group	Nooaitch Band Hall	Tuesdays, Wednesdays, and Thursdays	
Shackan Youth are invited to join some of the activities happening in Nooaitch, such as drop-in Weds 10am-4pm at the SCHSS Youth Centre. Please see the ShaNoo Youth Facebook group for updates.			

Monthly Activities	Location	Date	Times
Art & Craft Workshop	Community Wellness Centre	July 6 th , July 13 th , July 27 th 2026	10:00AM-2:00PM
Merritt Library & Bowling	Merritt Library and Merritt Bowling Centre	July 10 th and July 24 th 2026	10:00AM-2:00PM
Merritt Museum and Water Park	Merritt Museum and Rotary Park	July 14 th 2026	10:00AM-3:00PM
Community Drop In Lunch	Community Wellness Centre	July 15 th & July 31 st 2026	12:00PM-2:00PM
Gathering sɣ'wúsm (Soapberries)	TBA	July 9 th and 16 th 2026	TBA

**Check Shackan Facebook Group for Changes, events are subject to weather and wildfire conditions*



Contact Name
Community Wellness
Team
Darlene Rodominski
(SCHSS)

Phone
(250) 378-5410
250-378-2300

Location
Community Wellness Building
SCHSS Satellite office
(across from the Band Hall)

Shackan Upcoming Activities



July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
	Events this week postponed due to the team supporting community with smoke/emergency preparedness.					
	5	6	7	8	9	10
	Drop in crafting: Necklaces 10AM-2PM Drumming 2PM-3PM Nkseytknhetx™ Building	Lake Day: Kentucky Alleyne Lake 11AM-3PM Leave Shackan 9AM		Gathering Day: sx'úsm Surrey lake/ Lac Le Juene area Leave Shackan 9AM	Merritt Library & Bowling 10AM-2:30PM Leave Shackan 10AM	11
	12	13	14	15	16	17
	Drop in crafting: Dreamcatchers 10AM-2PM Drumming 2PM-3PM Nkseytknhetx™ Building	Merritt Museum Tour & Rotary Park Waterpark 10AM-3PM Leave Shackan 9:30AM	Drop in Lunch 12PM-2PM Language Group 2PM-3PM Nkseytknhetx™ Building	Gathering Day: sx'úsm Surrey lake/ Lac Le Juene area Leave Shackan 9AM	Movie Night in Community More info to come!	18
	19	20	21	22	23	24
	Staff Training. Nkseytknhetx™ Building will be closed	Staff Training. Nkseytknhetx™ Building will be closed	Language Group 11am-1pm Nkseytknhetx™ Building Community Dinner 5PM-7PM Band Hall	Coffee with a cop BBQ Lunch 11AM-2PM Drumming 1PM-2:30PM Nkseytknhetx™ Building	Merritt Library & Bowling 10AM-2:30PM Leave Shackan 10AM	25
	26	27	28	29	30	31
	Drop in crafting: Dreamcatchers 10AM-2PM Drumming 2PM-3PM Nkseytknhetx™ Building	Tuckkwiowhum Village Tour Boston Bar area Leave Shackan 7AM	Language Group 11am-1pm Nkseytknhetx™ Building	Gathering Day: k'ece? (Indian tea) Sunset Main area Leave Shackan 9AM	Kamloops Day Trip More info to come!	



All activities can be changed and/or cancelled due to certain circumstances.
For more information, please contact the Community Wellness Team 250-378-6074/Main Band Office 250-378-5410
Please stay tuned with “weekly reminders” on the Shackan Facebook page!

Shackan Upcoming Activities



July 9th and July 16th



Gathering sxusm(soap berries)

Come join the Wellness team out on the land as we gather our traditional foods. Lunch will be provided on this outing.





Merritt Library and bowling.



Join us July 10th and July 24th
10am to 2pm.



Join the Wellness team as we visit the Merritt Library, followed by an afternoon of bowling. Lunch will be provided, and rides will also be provided. Please contact the Wellness team if you would like to join this event.



Citxw Nlaka'pamux Assembly

SHACKAN MONTHLY IN-COMMUNITY EMPLOYMENT AND TRAINING SUPPORTS



FABIAN OPPENHEIM
Shackan Community Engagement Coordinator



STACEY HARDIE
Employment & Training Coordinator



JONATHAN GARCIA
Employment & Training Coordinator



JESANNA HUGHES
Employment & Training Assistant

Members can stop by to access Employment and Training supports including: resume support, employment application support, Teck HVC online application and hiring process support, requests for PPE, bursary application support, interview preparation, training inquiries and registration.



SHACKAN BAND HALL
4943 Potatoeillshie Rd., Shackan Reserve, B.C.



JULY 16TH 2026



TIME: 9:30AM-1:30PM

Anyone who participates will be entered into a monthly draw!
Appointments available but are not required!

CONTACT US!
250-378-1864 | employment.cna-trust.ca | administration@cna-trust.ca

?ex kt kənetwáxw - We will help each other!

ART & CRAFT

WORKSHOP

What we have in house

- July 6th - Necklaces
- July 13th - Dream Catchers
- July 27th - Dream Catchers

Monday the 6th, 13th, 27th

10 am - 2 pm

Lunch included with all the creating days.



Shackan Upcoming Activities



LUNCH TIME



COMMUNITY DROP IN LUNCH

JULY 15TH AND JULY 31ST

12:00pm - 2:00pm

Join us at the community Wellness Center for a light lunch prepared by the Wellness team. Enjoy some food and conversation.



MERRITT MUSEUM AND WATER PARK.

JULY 14TH 2026
10AM TO 3PM

TRANSPORTATION AND MEAL INCLUDED.
WE WILL START OFF WITH A TOUR OF
THE MUSEUM, TIME PERMITTED THE
BAILEY HOUSE, AND THEN OFF TO THE
WATER PARK FOR SOME FUN.



DONT FORGET TO PACK YOUR SUNSCREEN, TOWELS, AND
ANYTHING ELSE YOU WILL NEED FOR THE WATER PARK. PLEASE
CONTACT THE WELLNESS TEAM IF YOU WOULD LIKE TO JOIN.

Upper Nicola Band Upcoming Activities



Monthly Activities	Location	Date	Time
Glimpse Lake nkwr'itkw UNB Youth Leadership Summer Day Camp	Glimpse Lake	Week 1: July 8 -10 Week 2: July 13 - 17 Week 3: July 20 - 21	8:20AM Pickup and 6:00PM End time
Huckleberry Camp	Manning Park, BC	August 4 th - 6 th 2026	

Weekly Activities	Location	Day of the Week	Times
Craft & Meet - evening of scializing, dinner & grafting. All supplies provided, everyone welcome!	Nkwala language Trailer	Tuesdays	5 PM
Fit Nation Workout Program - All fitness levels welcome to attend.	UNB Community Hall	Wednesdays	5:30 - 6:30 PM
Hunting Practice - Weekly sessions to learn how to hunt, site a gun, tell stories and go for a turkey shoot, pending interest.	The old post & rail	Wednesdays	5 PM



Contact

Main office

Phone

250-350-3342



Scw'exmx
Child & Family

Upper Nicola Band Upcoming Activities



UNB RECREATIONAL FUNDING

Each UNB member who is eligible & approved will be reimbursed up to \$300max/Year.
Receipts must be dated between April 1, 2025-March 31, 2026.

Eligible activities (any recreational activity)

- Sports fees & Equipment
- Gym fees & Equipment
- Canning
- Outdoor Activities
- Traditional Supplies
- Bead Work materials
- Hide/Tanning
- Gardening
- Fishing/Hunting
- Powwow materials
- Traditional Supplies
- Etc.

Submit Applications to: Thelma Chillihtzia
officemanager@uppernicola.com



FREE SWIM & GYM

Mon | Wed | Fri
NVAC-Merritt, BC



Program Available for
UNB Membership

Must sign-in



UPPER NICOLA BAND

Save the Date

Join us in the ribbon cutting
and Grand Opening of the
nłqiləmłx Community Centre .

SEPT 2026

21

TIME: TBD

Nicola River Road, Quilchena, BC
RSVP: (250) 350-3342

ca?k^w xast mi wikłmn
(It would be good to see you all)

Upper Nicola Band Upcoming Activities



UNB Family Reunion Gathering Fund



Each main family can receive up to \$2000 towards a family reunion or gathering. Fund can be used for food, supplies, or activities (not including alcohol). Funding will be given for approved costs. Afterwards, receipts need to be submitted.

Family Activities Ideas:

- Work on a family tree
- Socialize & bond
- Tell Stories
- Share a meal
- On-the-land activity
- Camping
- etc

**Deadline to Apply
Extended to
SEPT 2026! Apply Now!**

To Apply, please submit:

- Family name
- Name for payment
- Date of Reunion/Gathering
- Location
- Clear & Concise budget

Send applications or questions to
Sylvester Cohen Jr.
kwustem.assist@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**

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!

*Creating giveaway items for the
ñtqitamlx Community Center.*
Info contact, Linda Holmes
nsyilxcen@uppernicola.com
(250) 350-3370

Coffee with a Cop July 8 | 10am-12pm Kwustemtima, Lakeview Office



A casual gathering and a chance to bring our community and local RCMP together to start our journey of providing a safer environment, ask questions and voice your concerns.
Snacks & Refreshments available

Info contact: Debra Manuel
(250) 378-7575

Upper Nicola Band Upcoming Activities





Glimpse Lake nkwr'itkw

UNB Youth Leadership Summer Day Camp

Registration is open for UNB Youth and
Community Members only. Ages 8 and Up:

Week 1 - July 8th to 10th
Week 2: July 13th to 17th
Week 3: July 20th to 21st

Daily Schedule:
8:45 AM Breakfast
5:45 PM Dinner and Pick Up Time

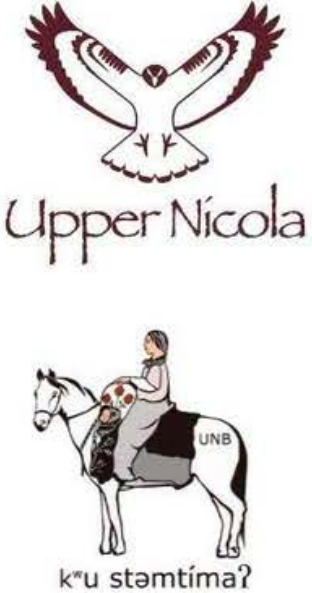
Transportation is available:
The UNB Band Van is available to pick up child(ren) from the Band Office at 8am
and Health Office at 8:20 AM Daily; and return from Glimpse lake at 6pm.
Registration Forms can be picked up at the UNB Office or Health
Centre. Submit Forms ASAP to confirm numbers for meals.

What to bring: own plate, cup, utensils, water bottle as this is an
environmental paperless day camp.

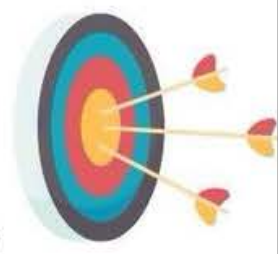
Other items to bring: swimwear, towel, proper footwear, change of
clothes, lawn chair, and personal items.

Camping: There is no overnight camping for students, as in the
evening there will be no supervision available.

Contact:
Buzz Manuel: T: 250-280-3755 E: event.coordinator@uppernicola.com
Kim Fuller: Kwu Stemtima? Assistant: E: kwustem.assist@uppernicola.com



Upper Nicola
k'u stemtima?



Fit Nation Workout Program

Wednesdays | 5:30-6:30
UNB Community Hall

All fitness levels are welcome to attend. Open to UNB & Community members. FitNation is a workout program designed to get everyone active from beginner to advanced.



Info Contact: Buzz Manuel
(250) 280-3755
event.coordinator@uppernicola.com

Hunting Practice

Wednesdays | 5:00 pm
at the old post & rail

Weekly sessions to learn how to hunt, site a gun, tell stories and go for a Turkey Shoot, pending interest



Info Contact: Roger Sheena
(250) 315-5634

Upper Nicola Band Upcoming Activities



Huckleberry Camp

August 4-6th, 2026

Location: Manning Park, BC

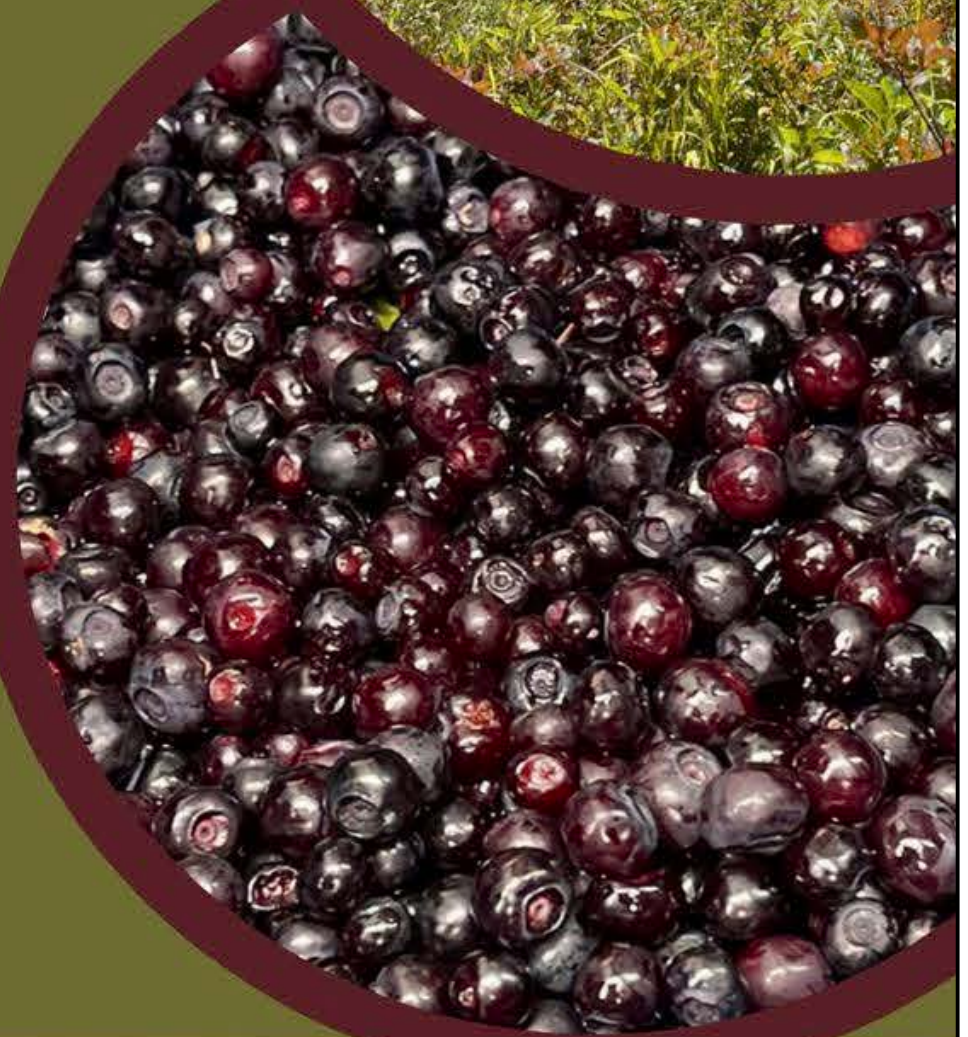
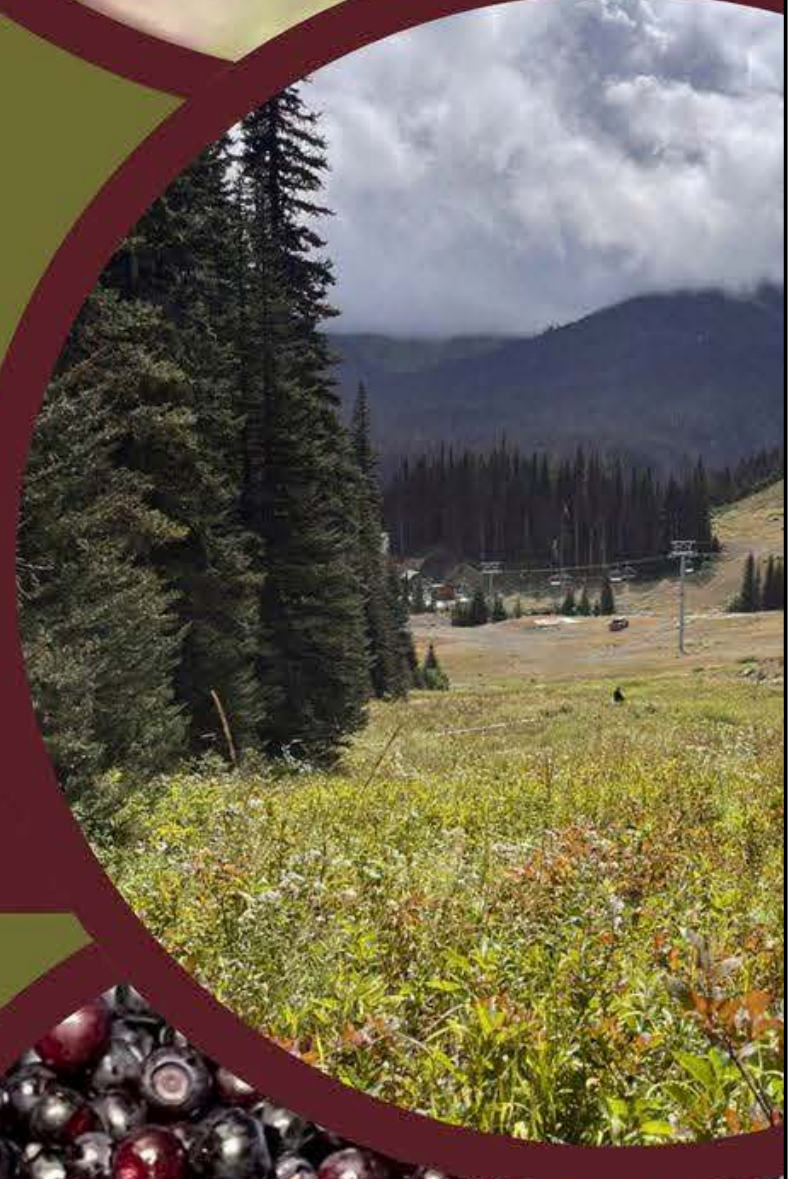
**LIMITED REGISTRATION
FOR ACCOMMODATION
AND TRANSPORTATION**

Additional Activities:

- Crafting
- Knowledge Sharing and More!

Meals will be provided!

Make sure to bring your berry
picking buckets, lawn chairs,
hiking boots, appropriate clothing.



To Register Contact:
Trish Manuel, (250) 575-4907,
community.safety2@uppernicola.com



Urban/Community Partner Upcoming Activities



Scw'exmx Community Health Services Society



FIRST SOLID FOODS PROGRAM

July 8

10:30 a.m. - 1:00 p.m.

COLDWATER HEALTH BUILDING
COLDWATER/SHACKAN/NOOAITCH

250-315-9535

Middleton.k@schss.com

If you have a little one who is ready to start solid foods (around 6 months of age), this program is designed to support you through those exciting first steps.

During the program, we will prepare:

- 1 breakfast meal
- 1 lunch meal
- 1 supper meal

All three meals can be taken home for your baby to enjoy.



We will also prepare an additional meal to enjoy together while we discuss:

- The W's of starting solid foods
- Safe feeding practices for babies
- Making and storing homemade baby food
- Food storage and food safety
- Nutrition through food

If you are interested in attending, please email or call Kristy so we can ensure there is enough food and take-home meals for everyone.

Please RSVP with your information, and baby's name and age.



"A healthy body is a gift from the Creator."



SCHSS NEW BUILDING – 1926 Quilchena Ave.

SCHSS WELLBRIETY GROUP

EVERY THURSDAY

Date	Location	Time
July 2, 2026	SCHSS	6:00PM-7:15PM
July 9, 2026	SCHSS	6:00PM-7:15PM
July 16, 2026	SCHSS	6:00PM-7:15PM
(Wed) July 22, 2026	SCHSS	6:00PM-7:15PM
July 30, 2026	SCHSS	5:30PM-8:30PM

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



Citxw Nlaka'pamux Assembly

 Citxw Nlaka'pamux Assembly

SONG MAKING & DRUMMING



WITH LEO CHARLIE

EVERY THURSDAY IN 2026
5:00PM TO 7:00PM

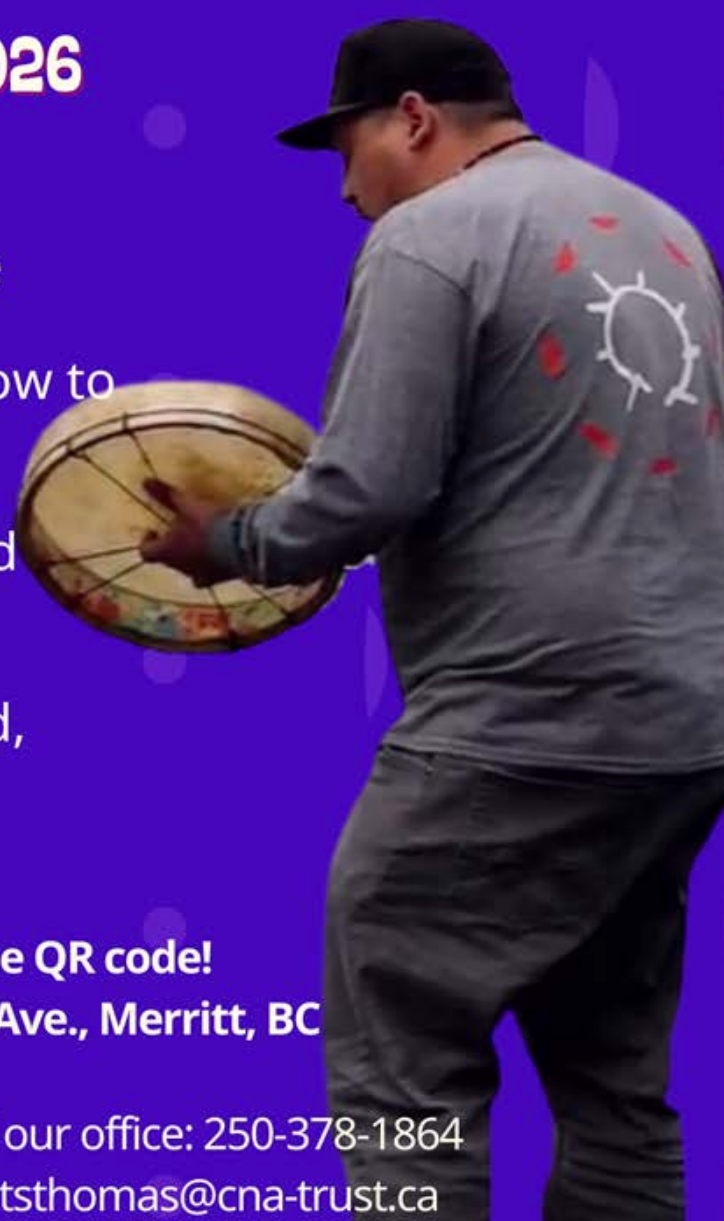
Join us weekly as we explore
nłe?kėpmx songs, practice
drumming protocols, and how to
create your own songs.

Leo Charlie is nłe?kėpmx and
resides in Idaho

Light snacks will be provided,
Open to all nłe?kėpmx!

Available via zoom online, scan the QR code!
or in person at citxw - 1840 Nicola Ave., Merritt, BC

For questions please call our office: 250-378-1864
Ask for Teresa or email tstomas@cna-trust.ca



 Citxw Nlaka'pamux Assembly

 SPUZZUM FIRST NATION

Basic First Aid

Basic First Aid provides essential skills to recognize common injuries and respond appropriately in emergency situations. Ideal for workers in construction, offices, manufacturing, assembly shops, restaurants, and anyone looking to build confidence in basic first aid response.

The Basic First Aid course will cover the following topics:

- How to assess the patient injury
- Wound Assessment and Treatment
- Completion of the First Aid Record
- Decisions on referral to medical aid
- Providing follow-up patient care
- Back Strain
- Wrist Strain
- Burns
- Eye Injuries
- Airway obstruction management
- AEDs and CPR
- Respiratory/Cardiac arrest management
- Shock
- Bleeding emergency management
- Identification and Management of Medical Conditions

Monday, July 27, 2026

Time: 8:30 am - 4:30 pm
Location: Ashcroft Band Hall
414 Cornwall Rd., Ashcroft, BC

*Space is limited
Register today!*

To register for this course, or to inquire about other available training courses, please reach out the the
CNA Employment & Training Department at
administration@cna-trust.ca or call our office at 250-378-1864

 Citxw Nlaka'pamux Assembly

ON THE LAND LANGUAGE

Come learn nłe?kepmxcín with Jerry Voght!

Our nłe?kepmxcín Advisor, Jerry Voght, is taking his language lessons out of the office and onto the land! Join us in practicing, learning, and speaking nłe?kepmxcín while enjoying the sunshine, some excellent company, and the beauty of nature!

Every Wednesday in 2026

Meet up at citxw, 1840 Nicola Ave, Merritt

9:00 AM - 12:00 PM

Light snacks and refreshments will be provided!

STARTING
JULY 1



Have questions?

Please call 250-378-1864 or email us at language@cna-trust.ca

 Citxw Nlaka'pamux Assembly With  SPUZZUM FIRST NATION & 

nłe?kepmxcín LANGUAGE CLASSES

*Mondays &
Wednesdays*

With Leo and Lorraine! These online, virtual lessons are free and open to anyone interested in learning nłe?kepmxcín! Great for beginner learners and for those wanting to brush up on already existing knowledge!

Mondays: Introduction into immersion classes for experienced speakers
Afternoon classes: 1:30 PM - 3:30 PM | Evening classes: 5:30 PM - 7:00 PM

Wednesdays: Beginner classes
1:00 PM - 2:30 PM

We encourage those interested in participating to attend classes regularly to strengthen and grow their language skills!
No registration required! To join scan the provided QR code or follow the link in this post!



For questions, please reach out to Leo Charlie, at lcharlie@cna-trust.ca or call 250-378-1864

Urban/Community Partner Upcoming Activities



Nlaka'pamux Health Services Society



Citxw Nlaka'pamux Assembly

móq'wix 7e sməlmútec
Women's Group
RIBBON JACKET



DATE: SUNDAY
JULY 12, 2026

TIME: 11:00AM - 3:00PM

LOCATION: LOWER NICOLA

- SHULUS HALL
- LUNCH IS PROVIDED
- REGISTRATION IS REQUIRED

IF YOU HAVE A JACKET FROM HOME YOU WOULD LIKE TO WORK ON PLEASE BRING IT

QUESTIONS PLEASE CONTACT:

JULIA MUNRO	TERESA THOMAS
250-280-0078	250-280-2748
	TSTHOMAS@CNA-TRUST.CA

YOUTH WALK AND TALK

Who: Youth ages 13-18

When: Fridays 9:30am-12:00pm
July 17th - August 28th (7 sessions)

Where: Rotary Park, Merritt
(Meet next to the waterpark)

Facilitator: Deborah Willms
(Child and Youth Counsellor)

Please call or email to register:
willms.d@nlxfn.com
(250) 315-9549



**MOVE
TALK
CONNECT**





Hockey in Kanaka Night

Kanaka Outdoor Court

5 PM - 8 PM

June 29, July 6, July 13, July 27

Hockey Sticks Provided

Transportation Available

Contact:
Craig Smith (Youth Coordinator)
Phone: 250-778-9795



CEDAR BARK HAT WEAVING

Join us in Merritt for a three-day Cedar Hat Weaving Workshop led by facilitator Len Williams!

Participants must be from any of our 12 communities and must be available to attend all three days of the workshop.

Pre-registration is required to secure your spot.

July 18-20, 2026
9am-4pm
Nicola Native Lodge
(2640 Spring Bank Avenue)

REGISTER

(250) 280-4940

erminekin.w@nlxfn.com



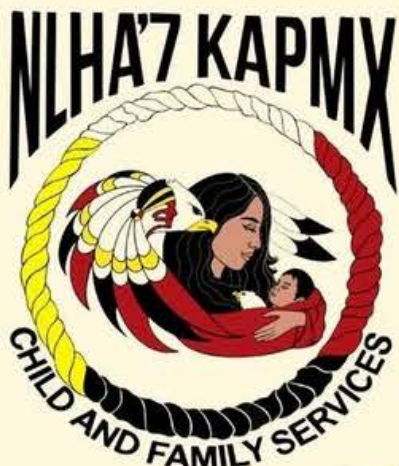
SCAN HERE

Nlaka'pamux Health is proudly servicing: Ashcroft, Coldwater, Cooks Ferry, Kanaka Bar, Lower Nicola, Lytton, Nicomen, Nooaitch, Oregon Jack Creek, Shackan, Siska, and Skuppah.

Urban/Community Partner Upcoming Activities



Other Programs in Community



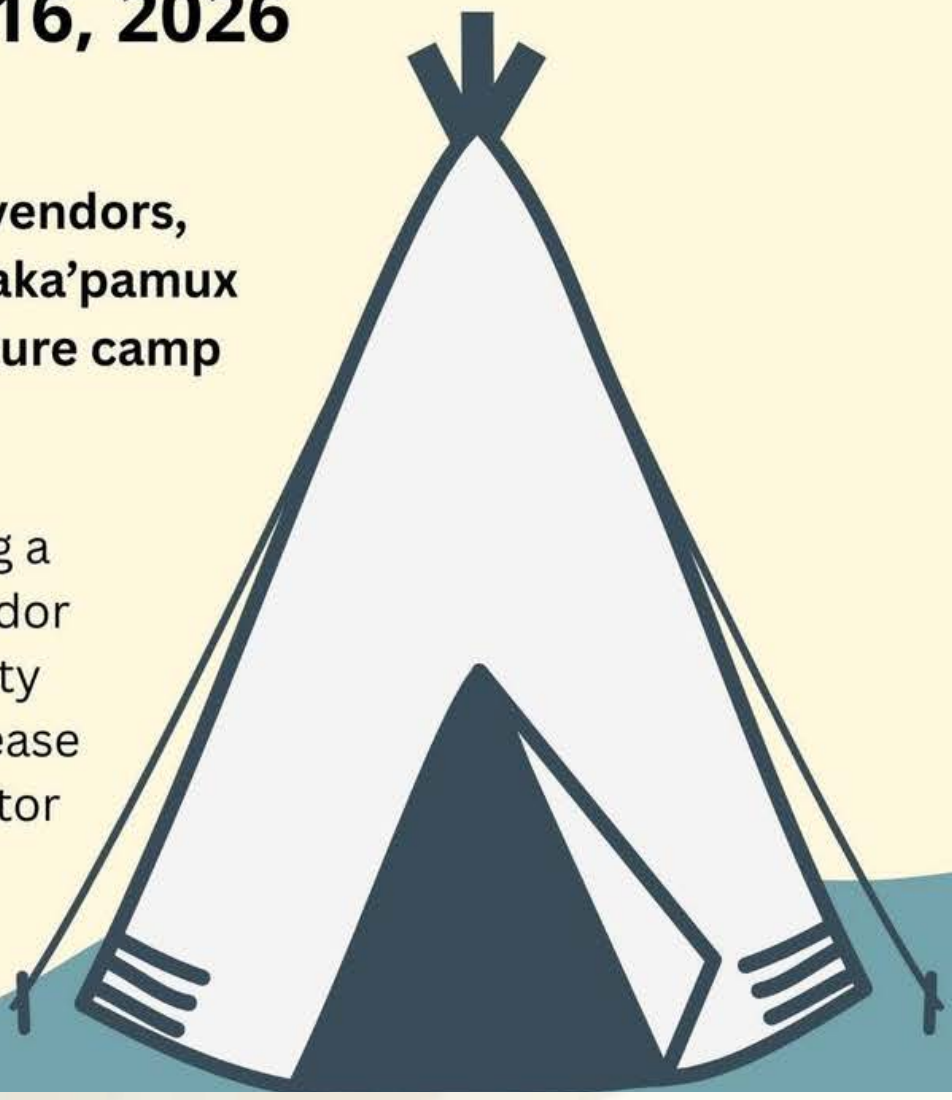
CULTURE CAMP

FUN & CULTURAL ACTIVITIES

DATE
JULY 14, 15, 16, 2026

Call out:
workshop facilitators, vendors,
informational booths, Nlaka'pamux
artists and more for Culture camp
2026

if you are interested in
participation of facilitating a
workshop, setting up a vendor
booth or have a fun activity
that is family orientated please
contact N7 Event Coordinator
250-455-2118







Culture Camp July

Culture Camp Evacuation Plan

Incase of an emergency ,PLEASE DO NOT PANIC.

Muster Point:
LFN Battlefield Community hall and CHECK in with NCFSS Staff

- Locate your group/family you arrived with!
- Utilize the West entrance to evacuate
- DRIVE SAFELY!**

This evacuation plan is meant as a precaution

In the event of an emergency or evacuation, we want to ensure everyone's safety.

Prepared Camper

1. **Plates, Bowls, Cups and Cutlery**
2. **Camping Gear**
e.g. Tent, sleeping gear and chairs
3. **Tarp and rope plus ribbon to mark rope**
4. **Drinking/Cooking water**
5. **Mosquito Repellent/After bite**
6. **Proper Clothing**
7. **Flashlight and Batteries**

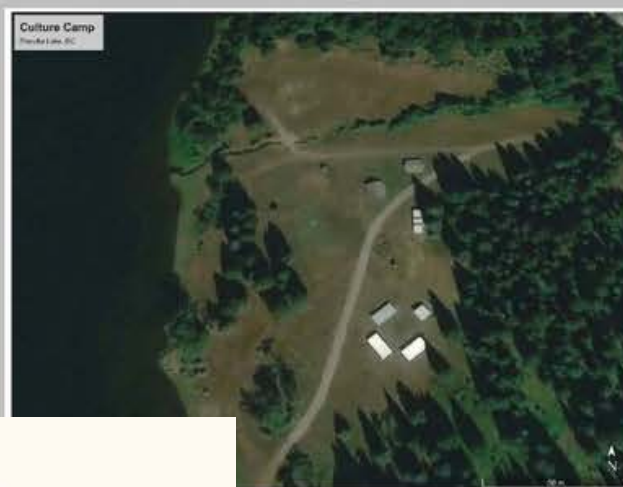
You Are Responsible For Your Belongings

Ground Rules

1. Respect property and grounds
2. Absolutely NO Alcohol/Drugs on camp grounds
3. Children must be accompanied by an Adult during the event at all times
4. LFN band has a fire BAN
5. Swim at your own risk
6. NO ATV/UTV/Dirt bikes/Side by sides
7. All dogs/pets must be on a leash and clean up after animals
8. Sign-in and Register for workshops each day at registration table
9. Reliable Transportation: please call NCFSS if rides needed
10. Workshop/Events/Activities are subject to change
11. NCFSS IS NOT RESPONSABLE FOR ANY INJURIES/LOST/STOLEN/DAMAGE ITEMS

Security on site at ALL times

Any misbehavior at the event YOU may be asked to LEAVE



Nicola Watershed Governance Partnership/ Fraser Basin Council

Youth Summer Camp 2026

Come join us August 17-21, 2026 for a week full of fun and inclusive learning about the Nicola Watershed, building new friendships and connections to the environment around us.

- Drop-off and Pick-up will be at the back parking lot of Scw'exmx Tribal Council each day
- Food and Drinks will be provided
- This camp is free to register and is open to Indigenous and non-indigenous youth
- If you love spending time on the land and water, this camp is for you.

FREE REGISTRATION



Scan the QR code for registration form



For more information email
smcmcaster@scwexmxtribal.org or visit nwgp.ca



Urban/Community Partner Upcoming Activities



Other Programs in Community

Standard First Aid with CPR 'C'

8:30 AM - 4:30 PM | Merritt Campus
2-day course, August 26 - 27, 2026



REGISTER TODAY!

nvit.ca/continuingstudies

ELDER'S AND YOUTH HARVEST CAMP 2026



Date: Tuesday August 4, 2026 to Friday August 7, 2026

Location: Battlefield Community Center
1756 Battlefield Road

Time: 9:30am till 3:30pm Tuesday- Thursday Friday
August 7, 2026 9:30am till 3:00pm

Focus will be on educating Our Youth, Elders and Single parent Families Welcome.

Bring your own jars - no Quart size jars PLEASE

Limit 1 dozen jars will be canned per household, no canning for people not in attendance.

Smoking, salting, wind drying will be taught.

Come join Us Daily for lunch- Fresh fish and Rice and Corn

Bring your own Knives, Own Lids

Carboard - Fish Rags

any Questions - Kevin Duncan

@ nro@nntc.ca



TRU SUMMER CAMP



A Science and Health Science camp for
Indigenous High School Students

Grade 8 to 10 students from around BC

- ✓ Make new friends and fun activities!
- ✓ Learn about careers and training in Science and Health Sciences
- ✓ Hands on experiments in the Science and Nursing labs
- ✓ Visit the Veterinary Technology Building
- ✓ Learning on the Land teachings
- ✓ Learn about traditional Indigenous medicines and plants
- ✓ Secwepemc cultural teachings and language



July 27 - 30, 2026

at TRU Kamloops Campus

Apply by July 1

Late applications may be considered if space available.

Apply now! | tru.ca/camp

Karisa Barker
Indigenous Summer Science Camp Coordinator
250-828-5227 | ined@tru.ca



Brought to you by the
Office of Indigenous Education,
School of Trades and Technology,
School of Nursing
and Faculty of Science



Nicola Valley Farmers Market

ART THERAPY
WITH JENNIFER

Saturday 9:30 - 1:00