



MICHIPICOTEN FIRST NATION



Community Flyer



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Monday, September 28, 2015

Affirmation for the week

Today is the **future** I created **yesterday**.

~2015~	Monday Sept 28	Tuesday Sept 29	Wednesday Sept 30	Thursday Oct 1	Friday Oct 2	Saturday Oct 3	Sunday Oct 4
<u>Weather Conditions</u> 6am-6pm							
	Light rain	Sunny	Sunny	A mix of sun & clouds	Mainly sunny	Mainly sunny	Chance of a shower
<u>High</u>	17°C	12°C	14°C	12°C	12°C	13°C	13°C
<u>Low</u>	5°C	6°C	5°C	5°C	4°C	5°C	5°C
<u>24 hr rain</u>	Close to 5mm	—	—	—	—	—	1mm

BINGO NIGHT ON THE REZI!

TUESDAY EVENING BINGO SOCIAL

10-PLEX COMMON ROOM

At 6:30pm

**SEE
YOU
THERE!**

Only 16 years of age and older please.

“From Soup to Tomatoes”

A Chair-Based Exercise Program

EVERY Thursday, Oct 1,8,15,22,29.

@10:30-11:00am

at the MFN Public Library!

Come join us!

For more information, contact Wendy Peterson ext 219 or Christina Bekintis. Miigwetch!

Brought to you by the Niiwin Apaabowenan (4 seasons) FUNdamentals -
Mobility, Activity & Physical Literacy Program

Diabetes Prize Bingo

The next Diabetes Bingo will be on
Thursday, October 15, 2015 @ 6:30pm
At the Complex - snacks provided.

Community Breakfast

The next Community Breakfast will be on Thursday,
October 22, 2015 @ 7:30am in the Band Hall
(will be open for anyone wishing to cook,
volunteer basis for now)

“All Welcome”



"Ambe gagwe-gikendandaa ji-anishinaabemoyang"

"Come on, let's learn to speak Anishinaabemowin"

MICHIPICOTEN FIRST NATION Ojibwe/Anishinaabemowin Language Courses

Mondays & Wednesdays

6:00 pm-7:30 pm

Starting October 5th, to March 2016

In class & online

Cultural Lodge at MHS

Live Streaming details to follow

For more Information and Registration

Contact: John-Paul Chalychkoff or

Christina Bekintis

ALL@michipicoten.com

705-856-1993 ext. 219

Cultural Lodge - 705-856-4464 ext. 67577

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MFN Youth Council invites you to the...

FREAK SHOW

Halloween Trail

AT MICHIPICOTEN FIRST NATION

Are you brave enough to walk the trail of TERROR?!!

Opening Day: October 17th, 6-9pm

Ages 7 yrs & up \$10
6 & under \$5

October 23rd, 24th & 30th 6-9 pm

Free FAMILY DANCE: Oct. 30th, 7-10pm @the rink

PRIZES for best costume, most creative & scariest

Adult Night: October 31st, 9-11 pm



For more info, contact
Wendy Peterson at
705-856-1993 ext. 219

Remember to wear good
running shoes as you will be
walking through the wilderness.



Oct. 17th - judging at 9pm
PUMPKIN CARVING CONTEST
PRIZES in each age category
Ages: 0-12, 13-18, 19 & up

There will
be strobe
lights!

All proceeds go to MFN Youth Council. Thanks for supporting our youth!

DORE FALLS MEDICINE WALK

Friday,
October 2nd
@10am

C'mon out to gather up some sage for the winter and pick cedar.

Let's get
ACTIVE!

PICNIC
INCLUDED!

The van will be leaving the Band Hall at 10:00 am.

We will be walking & medicine picking until 12:00 pm.

Please contact Wendy or Tima (705)856-1993 Ext 219 for more info. Miigwetch!

Weekly Events

- ★ Thursday, Oct. 1st - **Soup to Tomatoes**, 10:30 am
- At MFN library
- ★ Friday, Oct. 2nd - **Medicine Walk @ Dore Falls** 10 am
- Meet at MFN library for 10 am *Picnic included*
- ★ Tuesday, Oct. 6th - **Badminton @ the Beach**, 4-5 pm
- Meet at the end of the beach by the sacred area.
- ★ Wednesday, Oct 7th - **MFN Beach Walk**, 10 am
- Meet at MFN library for 10 am
- ★ Thursday, Oct 8th - **Soup to Tomatoes**, 10:30 am
- In the library
- ★ Friday, Oct 9th - **Valley Park Hike in Wawa**, 10am
- Meet at MFN library at 10 am *Picnic included*



Please call to sign up for Medicine Walk at Dore Falls & the Valley Park Hike.

Contact Wendy Peterson or Christina Bekintis at **705-856-1993**, ext. 219

17th Annual Take Back the Night Event



**Come out and
demonstrate your
commitment to Ending
Violence Against Women!**

Date: Thursday, October 1st, 2015

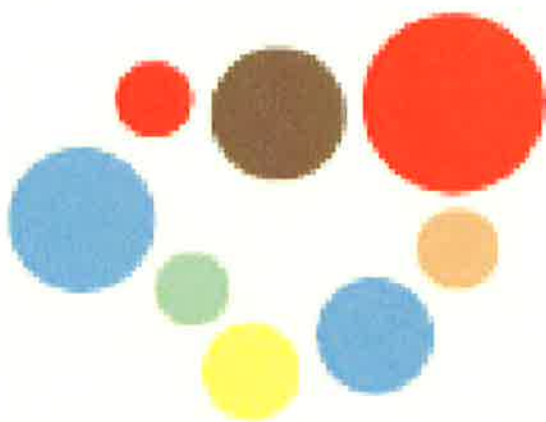
Time: 7:00 p.m.

Location: We will gather at the Lion's Beach Pavilion and walk to the Dr. Rose Beach for a gathering.

Refreshments will be served.

Please bring a food item for CHADWIC Home's food cupboard.

Our community van will meet everyone in the Health Centre parking lot at 6:30 pm. If you require a pick up please call Marcel at 705-856-1993 ext. 230 by noon on October 1, 2015.



DIABETES CONVERSATIONS

**An information
series for adults
living with
diabetes**

Join the conversation!

**Tuesday afternoons from October 6th to October 27th 2015
1:00 pm - 2:30 pm
at the Lady Dunn Health Centre
Boardroom (lower level)**

For more information, or to register,
please contact Renée Mellish at 705-856-2335 ext 3108

