



# MICHIPICOTEN FIRST NATION



## Community Flyer



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Monday, April 3, 2017

### Daily Affirmations

**LOVE** is the energy behind **EVERYTHING**.

~2017~	Monday Apr 3	Tuesday Apr 4	Wednesday Apr 5	Thursday Apr 6	Friday Apr 7	Saturday Apr 8	Sunday Apr 9
<u>Weather Conditions</u> 6am-6pm							
	Cloudy	Cloudy with sunny breaks	Mainly sunny	A mix of sun & clouds	Sunny	Sunny	Rain
<u>High</u>	4°C	8°C	6°C	3°C	8°C	12°C	14°C
<u>Low</u>	-3°C	-1°C	-2°C	-3°C	-5°C	3°C	5°C
<u>24 hr rain</u>	—	—	—	—	—	—	~5mm
<u>24 hr snow</u>	—	—	—	—	—	—	—

## Diabetes Prize Bingo

Diabetes bingo will be held on  
Wednesday, April 12, 2017.

6:30pm @ Complex



## **Breakfast Program**

Thursday, April 20, 2017

7:30am @ Band Hall

~All Welcome~



## **Medical Van / Passenger Van**

If you require transportation to town please call  
(705)856-1993 ext # 229

Please leave your message of when and where you would like to  
be picked up. The driver will check the messages before leaving  
the Medical Centre.

Please do not call the front desk or your message  
may not reach the driver.

## **Poker Loppet Fundraiser**

We will begin our poker loppett again on  
Monday, April 3-13, 2017 @ 1pm

~Winners determined at the end of two weeks~

\$2:00 per play ~ High hand wins 50% pot.

Funds raised will go towards the  
Youth & Elders Gathering ~Open to all~

“Miigwetch for your support”

## All Band Buildings Closed

All Band Buildings will be closed for  
Easter weekend.

Apr 14, 2017– Good Friday &  
April 17, 2017- Easter Monday



“Have a great Long Weekend”



We are looking for someone to deliver the  
**Weekly Community Flyer.**

Delivery day is each Monday (except holidays)

Each delivery will pay \$ 15.00

## United Church Thrift Shop

The United Church Thrift shop begins on  
Thursday, April 27, 2017 @ 5pm







Michipicoten First Nation

~ Community Easter Dinner ~

Monday,

April 10th / 2017

5pm @ Complex

EVERYONE WELCOME!

# Mental Health & Wellness

## **You're invited!!**

Come join us for a Meet & Greet and presentation on the The Seven Grandfather Teachings & a Mental Health and Wellness topic!! Refreshments will be provided.

## **Where is it?**

At the Michipicoten First Nation Complex Hall.

## **When and what time is it?**

On April 5, 2017 from 6-8 PM  
Join us for a chance to win a door prize!!

**\* Elder Fun Day Activities \*  
and Ojibwe language too :)**

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Every Tuesday afternoon 12:30-3pm  
@ the Medical Centre!

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Activities can include –  
knitting, crocheting, beading  
and/or other crafts!  
First one will be kind of a planning  
session organizing what we need.



**ALL WELCOME!**



MFN  
Woman  
Young Ladies  
Baby Girls

## **Sewing Circle**

### **Creating Sacred Skirts**

Circle will start off with:

\*Smudge/prayer

\*Teaching of the Sacredness of  
Woman and wearing their skirts

Where: Miigizi Suswiin Complex

When: Saturday May 13, 2017—Time 9:00—4:00 pm

Sunday May 14, 2017—Time 9:00—2:00 pm

First 10 Michipicoten First Nation Woman, young ladies and babies

In order to hold your seat there will be \$10.00 deposit that will be re-funded upon date of Program start. Non refundable for "no Show"

Lunch and refreshment will be provided for both days

Come out for some love and laughter

Please call Teresa at 856-1993 ext 228 or email [tblack@michipicoten.com](mailto:tblack@michipicoten.com)

**This circle is a circle of friendship and healing.**

Light Snack  
and coffee

