



# MICHIPICOTEN FIRST NATION



## Community Flyer



Diabetes Bingo	2
Closed	3
Show Me How & Let's Do It	4
Valley Park Hike	5
Freak Show Halloween Trail	6
Free Indoor Walking Program-Wawa	7
Diabetes Conversations	8

Thanksgiving Day-Monday, October 12, 2015

### Monday, October 5, 2015

### Affirmation for the week

*I am always thankful for what I am given.*

~2015~	Monday Oct 5	Tuesday Oct 6	Wednesday Oct 7	Thursday Oct 8	Friday Oct 9	Saturday Oct 10	Sunday Oct 11
<b>Weather Conditions</b> 6am-6pm							
	A mix of sun & clouds	A mix of sun & clouds	Mainly sunny	Cloudy with showers	A mix of sun & clouds	Light rain	Mainly sunny
<b>High</b>	12°C	14°C	11°C	11°C	10°C	11°C	9°C
<b>Low</b>	9°C	7°C	6°C	5°C	6°C	3°C	8°C
<b>24 hr rain</b>	—	—	—	1-3mm	—	2-4mm	—

# **BINGO NIGHT ON THE REZ!**

## **TUESDAY EVENING BINGO SOCIAL**

### **10-PLEX COMMON ROOM**

#### **At 6:30pm**

**SEE YOU THERE!**

*Only 16 years of age and older please.*

A cluster of several bingo balls in the top left corner, with numbers like 15, 21, and 92 visible.

### **“From Soup to Tomatoes”**

A Chair-Based Exercise Program

**EVERY Thursday, Oct 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 29, 2015 @ 7:30am in the Band Hall  
(will be open for anyone wishing to cook,  
volunteer basis for now)

**“All Welcome”**

A single brown egg sitting in a clear glass egg holder.

## Closed

All Band Buildings will be closed for the Thanksgiving Statutory Holiday on Monday, October 12, 2015 in accordance to the Personnel Policy. We will resume for our regular business hours on Tuesday, October 13, 2015 at 8:00am

**"Happy Thanksgiving"**



## Prenatal Program

Topic: Infant development

Time: October 22, 2015 @ 11am

Where: Complex

Followed by a luncheon

\* Preferably new baby, Mom, & Dad attend



# IT'S a POTLUCK

bring something to share

Wednesday, October 21, 2015

At the Band Hall

6:30PM

superior children's centre  
centre supérieur d'enfants



BestStartHub  
CarrefourMeilleurDépart  
Connecting Children and Families with Community Teachers at Schools  
Faisant le lien entre les familles avec les services éducatifs de nos écoles locales

# SHOW ME HOW & LET'S DO IT!



~ HALLOWEEN CRAFTS ~

Helping with YC Halloween Trail!

WEDNESDAY, OCTOBER 7/ 2015

4 - 5:30PM @ the MFN Library!

EVERYONE WELCOME!

Please call 705-856-7354 or

705-856-1993 Ext 219, for more info.

# Valley Park



# Hike



**OCTOBER 9th @ 10:00 am**

The van will be leaving Michipicoten  
First Nation **medical center** at  
**10:00** am for a hike at  
**Valley Park** in **Wawa**

Contact Wendy Peterson or  
Christina Bekintis for more  
info & to sign up at  
**705-856-1993** ext **219**

**Sign up deadline is**  
**Thursday October 8th**



**\*PICNIC\***  
**& WATER**  
**INCLUDED**



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

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

6 & under \$5

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

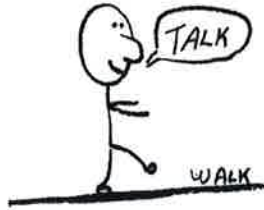
Remember to wear good  
running shoes as you will be  
walking through the wilderness.



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!



## **Free Indoor Winter Walking Program**

**Where?** Michipicoten High School

**When?** Starting October 13, 2015

4:30 pm until 7:30 pm.

Every Monday, Tuesday, Wednesday and Thursday

### **What to do?**

- **Wear comfortable clothing and shoes.**
- **Leave your valuables at home.**
- **Remember the talk test.**  
**If you can't walk and talk you should slow down.**
- **Unsure how to get started?**  
**Call Shelley or Shirley at 705-856-1313.**

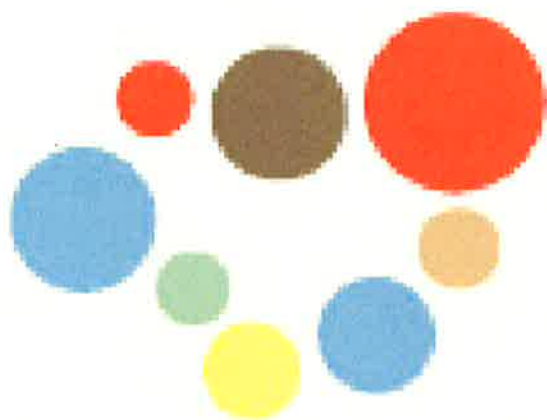
### **Thanks to:**

- **Shelley for your enthusiastic support all these years**
- **Algoma District School Board and their caring MHS staff**
- **Ministry of Health Nurse Practitioner Program**
- **Lady Dunn Health Centre**
- **Wawa Family Health Team**

**Bring the whole family. Have fun and stay fit.**

***Shirley Hale NP PHC***

***Nurse Practitioner***



# 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**

