



MICHIPICOTEN FIRST NATION



Community Flyer



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Monday, October 19, 2015

Affirmation for the week

I am blessed with an incredible family and wonderful friends.

~2015~	Monday Oct 19	Tuesday Oct 20	Wednesday Oct 21	Thursday Oct 22	Friday Oct 23	Saturday Oct 24	Sunday Oct 25
Weather Conditions 6am-6pm							
	A few clouds	Mainly sunny	Light rain	A mix of sun and clouds	Sunny	Light rain	Cloudy with sunny breaks
High	12°C	5°C	6°C	4°C	7°C	9°C	6°C
Low	3°C	2°C	2°C	-1°C	3°C	5°C	1°C
24 hr rain	—	-1mm	-5mm	—	-1mm	1-3mm	—

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 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



The Diabetes Prize Bingo was a blast, we would like to thank all participants who attended and congratulations to all our winner's.

See you again on Thursday, November 19, 2015 @ 6:30pm

All are welcome to attend.

Thank you.

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”





Prenatal Program

Topic: Infant development

Time: October 22, 2015 @ 11am

Where: Complex

~Followed by a luncheon~

* Preferably new baby, Mom, & Dad attend



CHR will be out of the Office from October 26-30, 2015

If you require any assistance please see Chris Wilson or
call (705)856-1993 ext # 228

Shirley Hale

Shirley Hale will be in the community on the
following days for anyone wishing to see her.

Mon, Oct 26, 2015 from 9-3pm

Mon, Nov 16, 2015 from 9-3pm



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?!!

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

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

the rink

PRIZES for best costume, most creative & scariest

Ages 13 yrs & up \$10
12 & under \$5

Adult Night: October 31st, 9-11 pm



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



For more info, contact

Wendy Peterson at

705-856-1993 ext. 219

There will be strobe lights!

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





MFN POW-WOW / Y&E GATHERING FUNDRAISING

SET OF HAND-STITCHED NATIVE PICTURES IN
WOODEN FRAMES
18" x 20"

**TICKETS AVAILABLE AT BAND HALL
and MEDICAL CENTRE**

DRAW DATE: DEC. 17, 2015
(IN TIME FOR A NICE CHRISTMAS GIFT!)

\$2.00 EACH OR 3 FOR \$5.00
LICENSE #: MFN001-RAF-2015



Presentation Implementation Stage

MICHIPICOTEN FIRST NATION

Band Hall

Tuesday, November 24th, 2015

1 – 3 p.m.

For more information, please contact
Judy Binda, Project Coordinator
705.856.2335 Ext. 3153 or 1.866.832.3321 or email jubinda@dhc.com

Thank you for your participation!



SHOW ME HOW & LET'S DO IT!



WEDNESDAY, OCTOBER 21 / 2015
4 - 5:30PM



@ the Cultural Lodge!



EVERYONE WELCOME!

**SIGN UP- Please call 705-856-7354 or
705-856-1993 ext 219, for more info.**

Weekly Activities

- **Flash Mob Dance @ Queen's Park** at 1:00 pm, Oct. 20th
- **Beach Walk @ 10:00 am.** Meet us at the library, Oct. 21st
- **Exercises - From Soup to Tomatoes.** 10:30 am in the library, Oct. 22nd
- **X-Box Dance Central - 4:00-5:00 pm** in the library, Oct. 26th.
- **Badminton - @ the beach 4:00-5:00 pm,** Oct. 27th
- **Beach Walk - @ 10:00 am.** Meet us at the library, Oct. 28th
- **Basketball @ the rink, 4:00-5:00 pm,** Oct. 28th
- **Exercises - From Soup to Tomatoes.** 10:30 am in the library, Oct. 29th.

Flash Mob

Tuesday, October 20th

10:00-10:20am

At Queen's Park

5
or more
fruits and
vegetables

1
hour or more
of physical
activity

2
hours or less
recreational
screen time



0
sugary
drinks,
more water

Let's Go 5-2-1-0!!

Bring your school colours and join the Defined Movement Dance team, the Wawa Family Health Team, the Algoma Health Unit, Michipicoten First Nation as well as the SCC team for a great dance party!

Everyone is welcome!

Week of the Child Is October 17th - 25th