

Monday, March 18, 2019



### Meals on Mocs

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Maamwesying Introduction to the  
New Canadian Food Guide with Vicki  
12:00 PM @ Health

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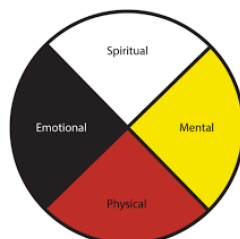
Homework Club Fatima Students  
3:30 - 4:30 PM @ Band Office



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Waa Zah Zaa Nourishing the Soul.  
6:30 – 8:30 PM @ Health to book  
your Self-Care appointments  
throughout the week.

Tuesday, March 19, 2019



### Meals on Mocs /Town Run

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Waa Zah Zaa  
Lunch & Learn 12:00 PM  
Community Dinner 6:00 PM  
Workshops. See poster enclosed for  
additional details.

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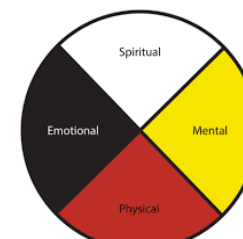


Youth Bingo  
6:30 PM @ Band Office

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Body Groove Dancercise  
Cancelled

Wednesday, March 20, 2019



### Meals on Mocs

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Waa Zah Zaa  
Lunch & Learn 12:00 PM  
Community Dinner 6:00 PM  
Workshops. See poster enclosed for  
additional details.

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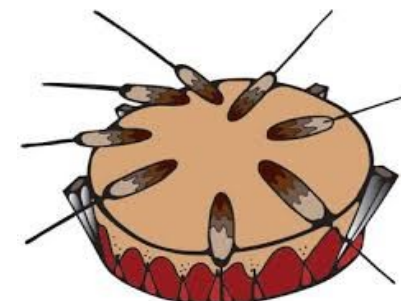
Crafts with Senior's  
2:00 PM @ Mukeso House

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Homework Club Public School  
3:30 - 4:30 PM @ Band Office

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Women's Drumming  
7:00 PM @ Band Office



**Thursday, March 21, 2019**

Meals on Mocs/Town Run

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Waa Zah Zaa

Community Dinner 6:00 PM

Workshops. See poster enclosed  
for additional details.

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Youth Self Esteem Program

7:00 PM @ Health

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Reflexology With Kathleen

Cancelled

**Friday, Mar 22, 2019**

Waa Zah Zaa

Lunch & Learn 12:00 PM

Workshops. See poster enclosed  
for additional details.

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Cree Language Learning Classes

With Annie Metat

7:30 - 9:30 PM @ Band Office

Adults and Youth 14+

Please call Health to register by  
March 20th. See poster enclosed

**Saturday, Mar 23, 2019**

Cree Language Learning Classes

With Annie Metat



**Sunday, Mar 24 2019**

Sea Pie Community Cooking

2:00 PM @ Band Office



**For the week of  
Mar 18 – Mar 24, 2019**

**Winter Hours  
Monday - Friday  
8:30 AM - 4:30 PM**

**Activities/Events/Programs  
participation & feedback is  
always welcomed  
& greatly appreciated**

**Eagle Moon**

**The Eagle and other birds of talons  
are the first to return signifying a  
new cycle of life.**

**Please come join the  
interesting/interactive  
activities, events and programs  
offered in our community.**