SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY SATURDAY
October 2019		Migrating Moon The cry of the geese resonates as they bid goodbye. People gaze to the skies with whispers of gratitude to the birds of flight.			
		1	2	3	4 5
		Mental Illness Awareness Week.	Sept. 30 th – Oct. 4 th Please	see attached schedule of activ	vities.
	stop STIGMA of mental illness	Meals on Mocs/Town Run ****** Girl's Drumming 3:30 – 4:30 PM @ Turtle Lodge	Meals on Mocs ****** Bingo with Senior's 2:00 PM @ Mukeso ******* Homework Club Public School 3:30 - 4:30 PM @ Band Office ****** Snack & Yak 6:30 PM @ Health Deadline to register is 12:00 PM ******* Women's Drumming 7:00 PM @ Turtle Lodge	Meals on Mocs/Town Run ****** Boy's Drumming 3:30 – 4:30 PM @ Health ******* Parent/Caregiver Support Group (Life's Sacred Journey) 6:30 – 8:30 PM @ Health	
6	7	8	9	10	11 12
		Cultural Ha	rvest @ Grassy Lake October 7-11		
13	14 Thanksgiving	15 Meals on Mocs/Town Run *******	16 Meals on Mocs	17	18 19
Winter Hours Start 8:30 AM – 4:30 PM Mon. – Fri.	CCFN Offices Closed	Youth Program (Life's Sacred Journey) 3:30 – 4:30 PM ****** Pregnancy & Infant Loss Remembrance Dinner & Healing With Anne Marie 5:30 PM @ Health ******* Chief & Council Meeting 6:00 PM @ Band Office	Paint with Senior's 2:00 PM @ Mukeso House ******* Homework Club Public School 3:30 - 4:30 PM @ Band Office ******* Parent/Caregiver Support Group (Life's Sacred Journey) 6:30 - 8:30 PM @ Health	Meals on Mocs/Town Run ****** Service Canada Workshop 1:00 PM @ Health ****** Reflexology 1:00 - 4:30 PM	Murder Mystery co-ed Weekend Oct. 18-20
20	21 Meals on Mocs ******* Youth Bingo 6:30 PM @ Band Office	22 Meals on Mocs/Town Run ******* Open Workshop Secure Certificate of Indian Status Application 10:00 AM @ Band Office ******** Girl's Drumming 3:30 – 4:30 PM @ Turtle Lodge ******** Ladies Beading Circle Session 2 of 2. 7:00 PM @ Health	23 Meals on Mocs ****** Bingo with Senior's 2:00 PM @ Mukeso House ******* Homework Club Public School 3:30 - 4:30 PM @ Band Office ******* Building our Bundle Dinner & Workshop 5:30 PM @ Band Office	24 Meals on Mocs/Town Run ******* Boy's Drumming 3:30 – 4:30 PM @ Health ******* Nutrition Bingo 7:00 PM @ Health	25 Women's Breast Cancer Awareness Dinner & Presentation 5:30 PM @ Health 5:30 PM @ Health 5:30 PM @ Health 5:30 PM @ Health 5:30 PM @ Health 6 Band Office Fri. Oct. 25 th 7:00 – 9:00 PM Sat. Oct. 26 th 10:00 AM – 3:00 PM Younger Youth Sat. 2:00 – 3:00 PM
27	28 Meals on Mocs ******* Homework Club Fatima School 3:30 - 4:30 PM @ Band Office ******* Youth Movie Night 4:30 PM @ Band Office *******	29 Meals on Mocs/Town Run ******* Nature Walk in Community Identifying Plants & Wildlife Learning & Using Cree Words 3:30 – 4:30 PM ******* Parent/Caregiver Support Group	30 Meals on Mocs ****** Tea & Treats trip with Senior's 2:00 PM depart from Mukeso House ******* Homework Club Public School 3:30 - 4:30 PM @ Band Office ******* Community Dinner 5:30 PM @ Band Office	31 Meals on Mocs/Town Run ****** Foot Care with Barb 9:00 AM – 4:00 PM Halloween	
	Women's Sharing Circle 7:00 PM @ Health	(Life's Sacred Journey) 6:30 – 8:30 PM @ Health	Women's Drumming 7:00 PM @ Health	min	