

Monday, February 10, 2020



Heart Health Clinic
2:00 - 4:00 PM @ Health

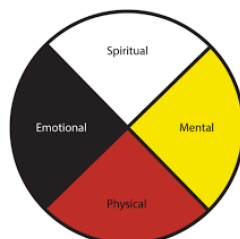


Homework Club
Public & Fatima Schools
3:30 - 4:30 PM @ Band Office

Chief & Council Meeting
6:00 PM @ Band Office

Exercise BINGO (MAAM)
7:00 - 7:45 PM @ Band Office

Tuesday, February 11, 2020

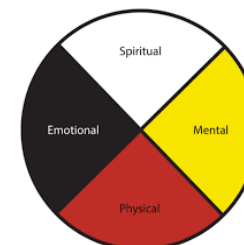


Town Run

Youth Program
3:30 - 5:30 PM @ LSJ

Weight Loss Support Group
2nd Meeting
7:00 PM @ Health

Wednesday, February 12, 2020



Sharing Circle & Lunch with Seniors
12:00 PM @ Mukeso House
with Culture

Homework Club
Public & Fatima Schools
3:30 - 4:30 PM @ Band Office

Youth Game Night
6:30 PM @ Band Office

Community Walk
7:00 PM Meet @ Health

Thursday, February 13, 2020

Town Run

Reflexology with Kathleen

1:00 - 4:00 PM @ Health

LSJ's Building Our Bundle

5:00 - 7:00 PM @ Band Office

"The Spice is Right"

Heart Healthy Cooking Class
(MAAM)

6:30 - 8:30 PM @ Health

Friday, February 14, 2020



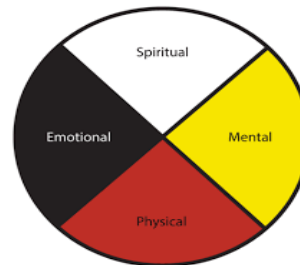
Saturday, February 15, 2020

I.O.O.F Carnival Breakfast

8:00 - 11:00 AM @ Rec. Centre

Carnival Legion Roast Beef Dinner

4:30 - 7:00 PM @ Legion



Sunday, February 16, 2020

I.O.O.F Carnival Breakfast

8:00 - 11:00 AM @ Rec. Centre

CCFN'S 26th Annual

Youth Fish Derby

10:30 AM - 12:30 PM @ Gazebo

Family Day Festivities

BBQ, Sliding, Skating, & Games

12:30 - 2:30 PM @ Outdoor Rink

Carnival Spaghetti Dinner

Chapleau Fire Fighter Assoc.

4:30 - 6:30 PM @ Rec. Centre



For the week of
Feb. 10 - Feb. 16, 2020

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

Activities/Events/Programs
Participation & feedback is
always welcomed
& greatly appreciated

The Great moon

The Final and Mightiest of moons blows
its last breath upon the land completing
the seasonal cycle.

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



**Chief & Council Meeting
Monday, February 10th, 2020
6:00 PM @ Band Office**

Life's Sacred Journey Youth Program



Youth Activities

- **Youth Game Night**

Wed. Feb. 12th

6:30 PM @ Band Office

- **Youth Movie Night**

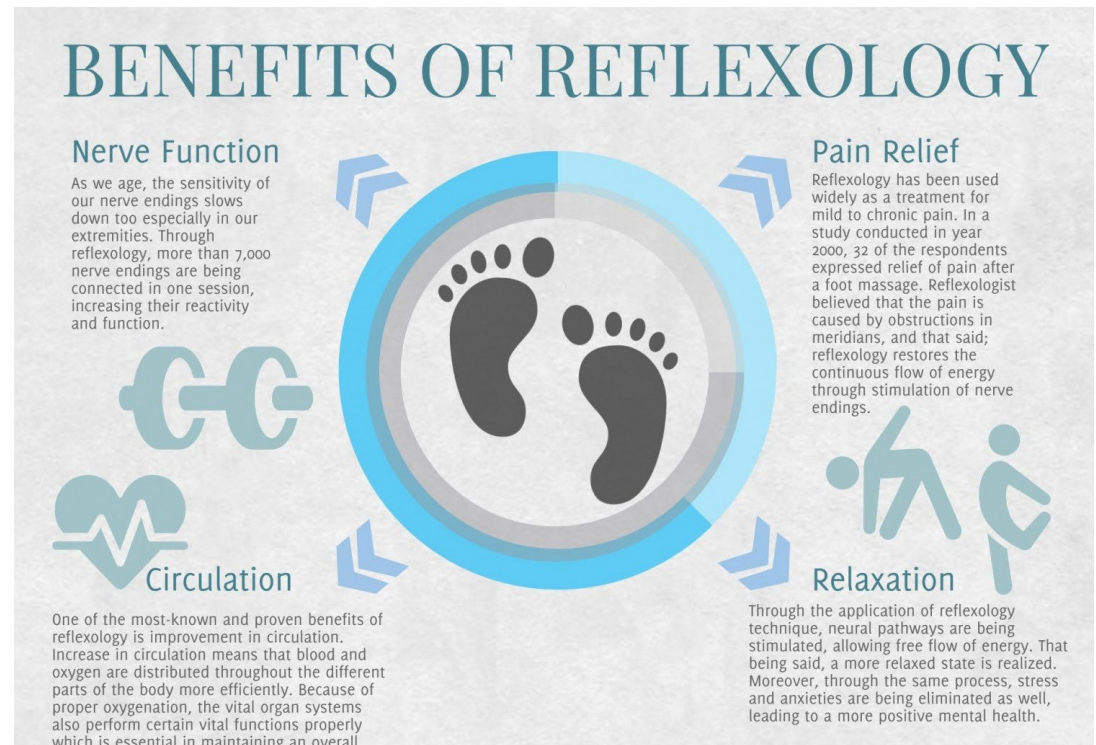
Thurs. Feb. 20th

5:30 PM @ Band Office



Reflexology with Kathleen

- Thurs. Feb. 13th, 2020
- 1:00 – 4:00 PM
- Call Health to schedule an appointment. 705-864-0200



Building Our Bundle

Dinner and Workshop

February 13th and 27th, 2020

Time: 5:00—7:00

Band Office Hall

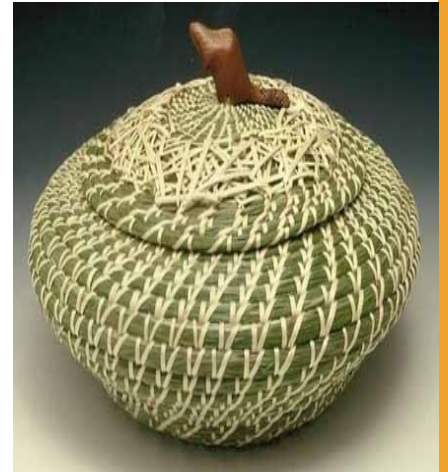
What is in Our bundle?

Our bundle is all of our strengths, knowledge, talents, gifts, and teachings that we have within our community.

We, are rich with culture and traditional teachings that can enhance all our lives.

Let's share our knowledge and support with one another in bringing our community closer together.

For More information please contact Heather Murray
—Band Representative at Lifes Sacred Journey,
CCFN
Tel 705-860-0003
Email : bandrep@lifessacredjourney.ca



THE SPICE IS RIGHT COOKING CLASS



Join Vicki Lee RD for a fun night exploring
the world of spices, how they help our
bodies and reduce salt intake



Chapleau Cree Health Centre
Thursday February 13th 2020
6:30-8:30 pm

Please RSVP @ Health before Feb 6th, 2020
705-864-0200

Chapleau Cree First Nation

26th Annual Youth Fish Derby (Ages 0-16)

& Family Day Festivities



Sunday, February 16, 2020 ~ Fox Lake

***10:30 AM— 12:30 PM Fish Derby @ Beach/Gazebo Area**

***12:30 PM FREE Burgers & Hotdogs & Drinks @ Outdoor Rink**

***12:30—2:30 PM Family Day Festivities: Skating, Sliding & Games, Outdoor Fire, Sharing and Story-telling @ Outdoor Rink**

Please call CCFN Health Centre @ 705-864-0200 to register early for BBQ and to be guaranteed an entry prize for FREE Youth Fish Derby

All youth registered for Fish Derby by February 6th will be guaranteed an entry prize. Special prize for the BIGGEST FISH caught as well as prizes from the three (3) age group categories. Must bring own winter fishing bait, rod and supplies needed. Youth must be accompanied by parent/age appropriate adult/guardian.

Family Day Festivities will be held at the Fox Lake Outdoor Rink @ 12:30 PM, immediately after the Fish Derby with a **FREE BBQ** ~ Hamburgers, Hotdogs, Hot Chocolate/Drinks and Desserts.

2020 Snow Sculpture Contest



January 17th - February 19th, 2020

"Let's decorate our Community"

2020 Snow Sculpture Contest

Our hope is that this contest will be a creative, fun-loving activity for families of all ages.

Rules for Snow Sculpture Contest:

- ◆ Each team will consist of 2 to 8 members with at least one team member being 18 years old or older, but all members need to be listed on original registration. No team members may be substituted during the contest due to injury or illness. Please complete the team registration form and return it by January 17th, 2020. Late registrations will be accepted; however, no extensions will be given.
- ◆ All sculpting must be performed with hand tools only. Teams are responsible to provide their own tools, including ladders and shovels.
- ◆ Only snow, water and ice may be used in the sculpture. Dyes, paints or any other colorants may be used.
- ◆ The team must complete its work between the start date of January 17th at 8:00 AM until the conclusion of the contest on February 19th at 1:00 PM. Judging of the contest will commence at 1:30 PM.
- ◆ Sculptures must be of original conception by the team. Sculptures that are considered to be in poor taste or commercial in nature will be disqualified.
- ◆ Teams will leave a reasonable radius around the sculpture for judge circulation.
- ◆ The sculpture may not exceed an area of 15 feet by 15 feet
- ◆ Use of chemical freezing agents such as Freon or dry ice are not permitted.
- ◆ Due to uncertain weather conditions, teams may submit a minimum of six (6) 8x10 photos of their sculpture from all angles for the purposes of judging.
- ◆ Teams are responsible for the knowledge of the rules. Disqualification of the sculpture and team will be the result of any member(s) of the team choosing not to follow them.

The snow sculptures will be judged on creativity, technique, originality, communication (the power of the sculpture to capture and hold the interest of the viewer) and completion.

Prize Categories:

First Place \$ 400

Second Place \$ 300

Third Place \$ 200

Honourable Mention \$100

Winners will be announced at the Community Information Session Dinner on February 26th, 2020 and prizes will be awarded at that time.

This project is sponsored by the CCHC.

Team Registration Form

Team Name: _____

Participants:

EXERCISE BINGO



Exercise and a chance to win!

Make sure to wear appropriate active wear and shoes.

February 10, 2020 7:00-7:45pm

Chapleau Cree First Nation Band Office -Downstairs



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Schedule subject to change	February 2020					1
2 Melody out of office →	3 Wawa Kasey, Vicki 10:00-2:00pm	4 STWC Kasey, Vicki 8:30-4:30pm	5 BHFN Kasey, Vicki 8:30 -4:30pm	6 Wawa Vicki 10:00-2:00pm	7 Kasey, Vicki -ED —out of office	8
9 Melody out of office →	10 Heritage Day- Out of office	11 STWC Kasey, Vicki 8:30-4:30pm	12 BHFN Kasey, Vicki 8:30 -4:30pm	13 Wawa Kasey, Vicki 10:00-2:00pm STWC Melody- 8:30am-4 pm THE SPICE IS RIGHT COOKING CLASS @ CCHC 6:30-8:30PM	14 Kasey, Vicki –ED —out of office	15
16	17 Family Day- Out of office	18 STWC Kasey, Vicki 8:30-4:30pm Melody 12:30 -9:30pm	19 BHFN Melody 8:30 am-4:00pm Kasey, Vicki 8:30 -4:30pm STWC Melody 4:00pm-9:30pm	20 Wawa Kasey, Vicki 10:00-2:00pm Melody 5:30pm-9:30pm STWC Melody- 8:30am-3:00 pm WAWA FOOT CARE DAY	21 Wawa Melody 8:30am-4:00pm Kasey, Vicki –ED —out of office	22
23 SSM- Melody →	24 Wawa Kasey, Vicki 10:00-2:00pm CCFN EXERCISE BINGO @BAND OFFICE 7PM	25 STWC Kasey, Vicki 8:30-4:30pm	26 BHFN Kasey, Vicki 8:30 -4:30pm BHFN FOOT CARE DAY	27 Wawa Kasey 10:00-2:00pm APANO NUTRITIAN PROGRAM WITH VICKI 11-1PM	28 Kasey, Vicki -ED —out of office	29

