

**Please register for the programs,
activities and events offered**

Chapleau Cree First Nation

P.O. Box 400
828 Fox Lake Road
Chapleau ON
P0M 1K0

Phone: 705-864-0784
Fax: 705-864-1760
E-mail: reception@chapleaucree.ca

Chapleau Cree Health Centre

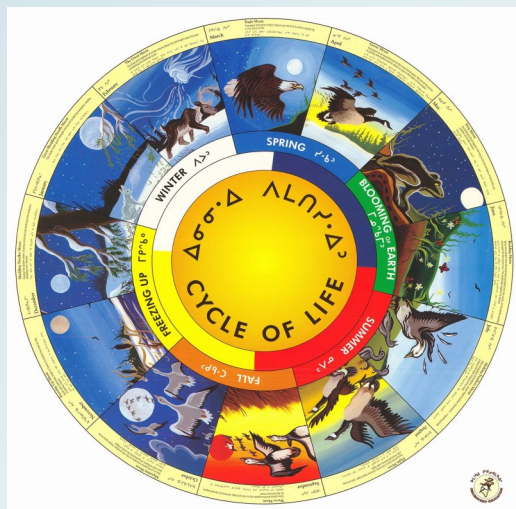
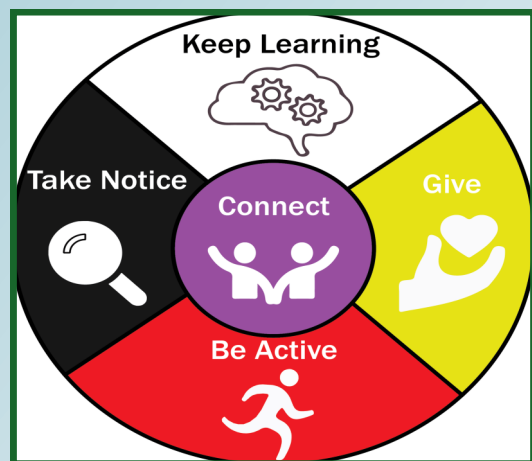
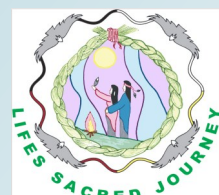
P.O. Box 400
801 Fox Lake Road
Chapleau ON
P0M 1K0

Phone: 705-864-0200
Fax: 705-864-0206
E-mail: h.adminassist@chapleaucree.ca

Life's Sacred Journey

P.O. Box 400
814 Fox Lake Road
Chapleau ON
P0M 1K0

Phone: 705-860-0003
Fax: 705-860-0004
E-mail: bandrep@lifessacredjourney.ca



For the week of
**July 1 to
July 7, 2024**

Summer Hours:

**Monday - Thursday
8:00AM - 5:00PM**

**Friday
8:00AM - NOON**

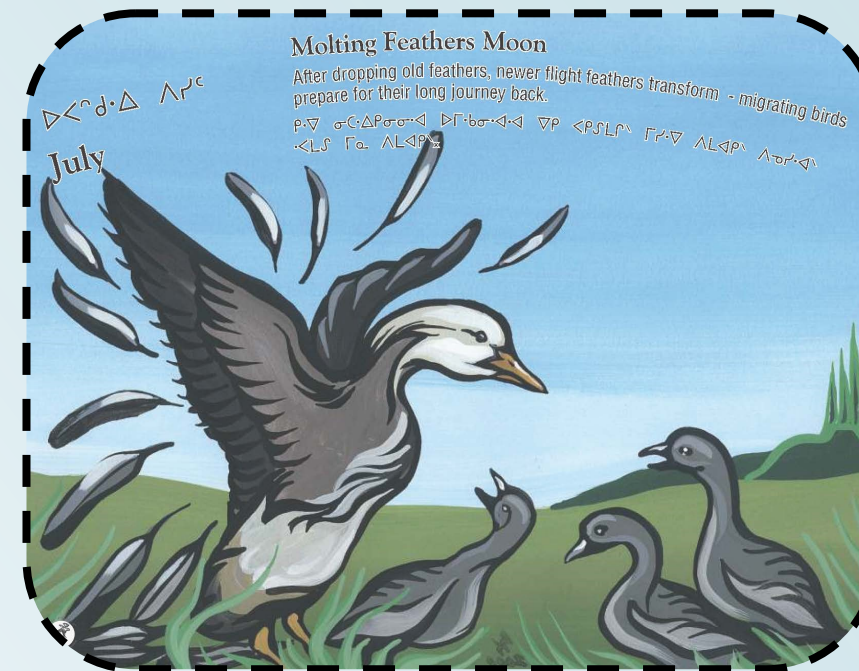
Participation and Feedback on
Activities/Events/Programs is
always welcomed

Please submit feedback to
Kyle Corston @ 705-864-0784 or
communityrelations@chapleaucree.ca



This Week's Highlights:

- **CANADA DAY**
(STAT HOLIDAY—Offices Closed)
- **Beauce Carnival (Timmins)**
- **REFLEXOLOGY w/ KATHLEEN**



Oški-kīšikâw
MONDAY
Opaskowi-Pisim
July 1

STAT HOLIDAY
(Offices Closed)



CANADA DAY



Nīso-kīšikâw
TUESDAY
Opaskowi-Pisim
July 2



Town Run
10:00 a.m.
Call **Health** at
705-864-0200 to get
picked up



Apihtawan
WEDNESDAY
Opaskowi-Pisim
July 3

BEAUCE CARNIVAL



@ Timmins



Nēwi-kīšikâw
THURSDAY
Opaskowi-Pisim
July 4



Town Run
10:00 a.m.
Call **Health** at
705-864-0200 to get
picked up

BEAUCE CARNIVAL



@ Timmins

**REFLEXOLOGY w/
KATHLEEN**



3pm-8pm @ Health



Pahkwēšikani-kīšikâw
FRIDAY
Opaskowi-Pisim
July 5

BEAUCE CARNIVAL



@ Timmins



Not Receiving the
Weekly Pamphlet in a
timely manner?
Call **Kyle Corston** at the
Band Office 705 864 0784
and give your email—
you'll
receive the pamphlet
right to your in-box

Matinawe-Kisikaw
SATURDAY
Opaskowi-Pisim
July 6

BEAUCE CARNIVAL



@ Timmins



Ayamihêwi-kīšikâw
SUNDAY
Opaskowi-Pisim
July 7

BEAUCE CARNIVAL



@ Timmins



EFFECTIVE JUNE 26, 2024

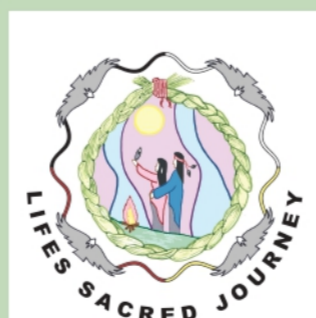
Notice of Dinners & Events

Please be mindful,
Our Community Dinners & Event Functions
will no longer be providing Take Outs,

With Utmost respect, the Host will deliver
plates to our Community Elders, should we
have additional.

During our Presentations, we kindly ask for
families and children to be seated, in order
to allow the Presentation to take place

On Behalf of CCFN
Departments



FAMILY YOUTH CAMP @ GRASSY LAKE

JULY 18-21, 2024



GET READY FOR LOTS OF FUN!

For CCFN members, families with youth ages 0-18 yrs of age.

Youth must be accompanied with a parent/guardian

Bring your own tent, sleeping bag, camp chair and snacks.

Breakfast, lunch and supper will be provided.

OUR FUN ACTIVITIES

- ✓ Camping
- ✓ Outdoor Activities
- ✓ Bonfire
- ✓ Storytelling

FOR MORE INFO & REGISTRATION:
CONTACT HEALTH @ 705-864-0200
Deadline to Register July 10, 2024

BEAUCE CARNIVALE

JULY 3-7 IN TIMMINS, ON



CCFN members only

\$100 Gas Voucher for Pimii Kamik

\$75 per person for food & Carnival

Hotel Claim, one night/standard room up to \$275

Reimbursement upon returned receipts

Please Register BEFORE your departure, by contacting:

Debbie O'Brien @ 705-864-0200

Hilary Broomhead @ 705-860-0001



Sponsored By



REFLEXOLOGY



Thursday July 4, 2024

3:00-5:00 PM & 7:00-8:00 PM

30 minute Reflexology Appointments available

With Kathleen Bouchard

By Appointment ONLY.

CCFN Members, Waitlist welcomed for others.

Please call **Health** at **705-864-0200** to book your session.



DANCERS FOR CCFN POW WOW

REGALIA BELT MAKING

WITH TESSA PIZZALE

Limited registrations, applies to CCFN dancers



10 Participants maximum

5 sets of adults/5 sets of children Belts

Must be a Dancer for PowWow

July 13 & 14, 2024

9:30-4:00

Band Office Basement



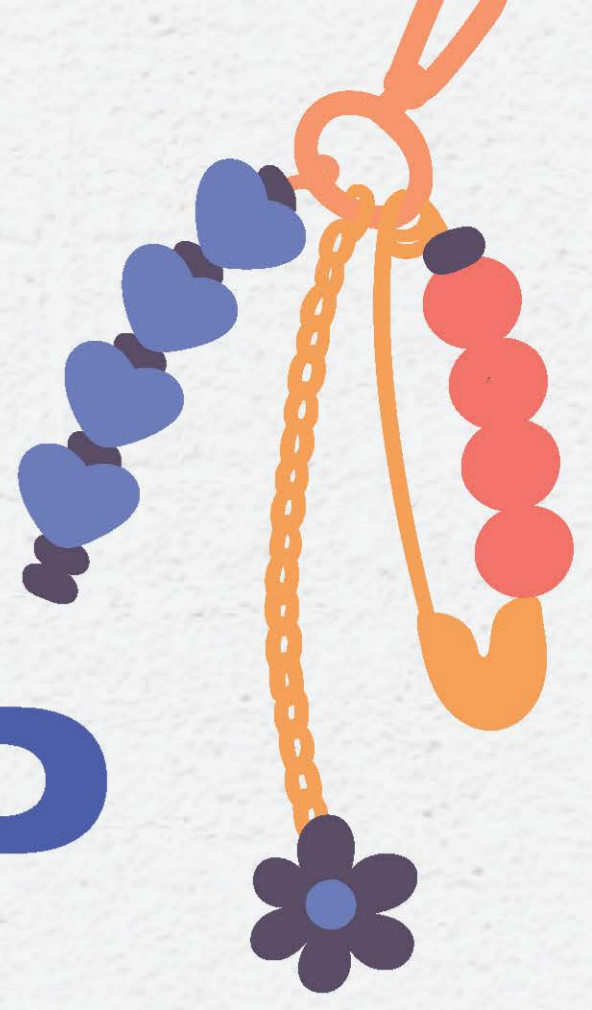
Registration at Health

Due to volume of participants.

selection may be reviewed.

Further inquiries, please contact Marlene

BEADING WORKSHOP



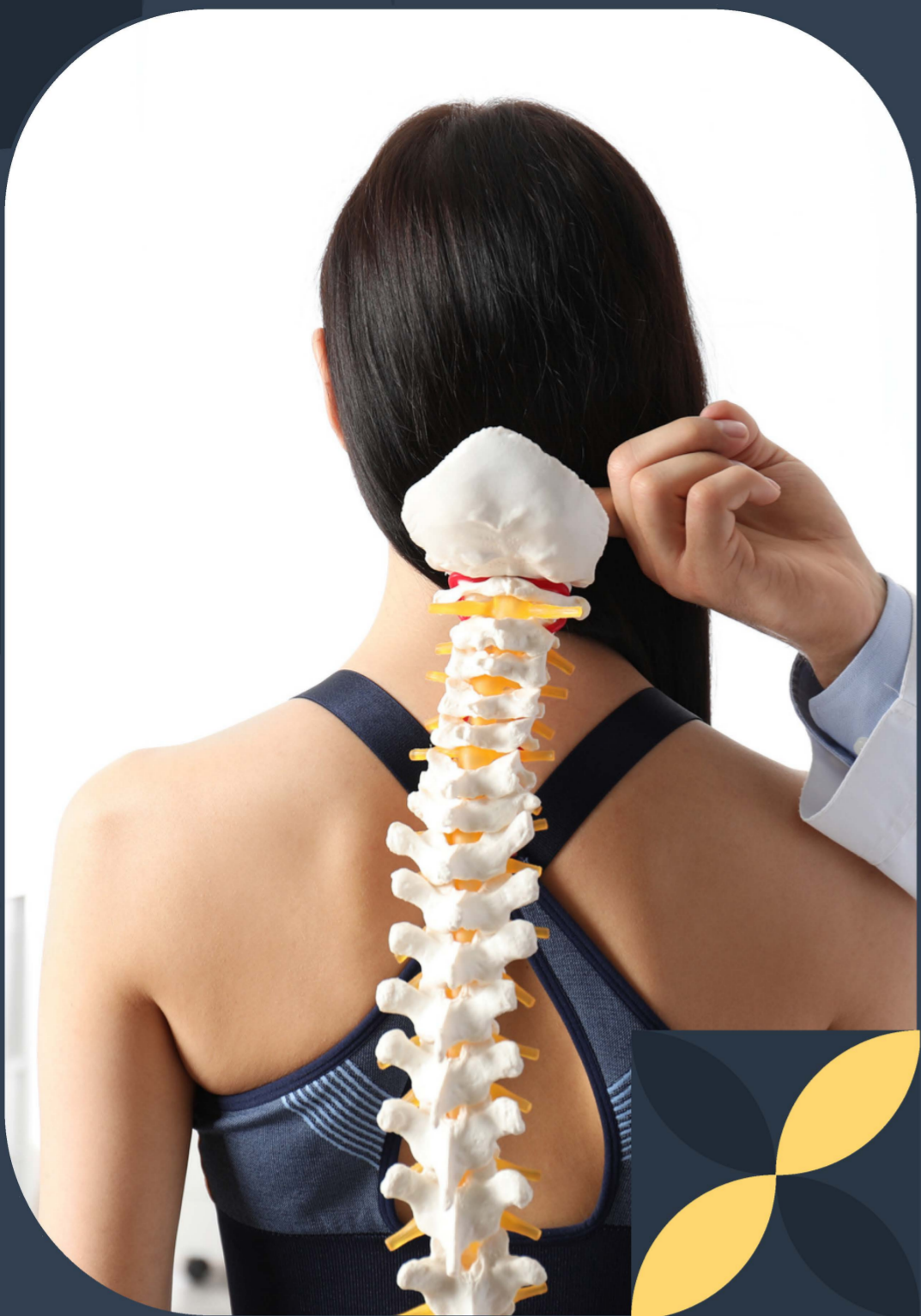
FACILITATED BY LILLIAN FARIES OF MUSHKEGOWUK



JULY 15 & 16, 2024
6-9 PM
HEALTH OFFICE

REGISTER AT HEALTH
FURTHER INQUIRIES,
CONTACT MARLENE
10 PARTICIPANTS
CCFN MEMBER, WAITLIST WELCOMED





WELLNESS THROUGH CHIROPRACTIC CARE

Welcome to Mushkegowuk Health , where we prioritize your well-being through personalized chiropractic care. Our experienced team is dedicated to helping you achieve optimal health and vitality.

Services Offered



Spinal Adjustments

Expert chiropractors restoring balance to your spine.



Peripheral Joint

Relax and rejuvenate with therapeutic massages.



Rehabilitation Exercises

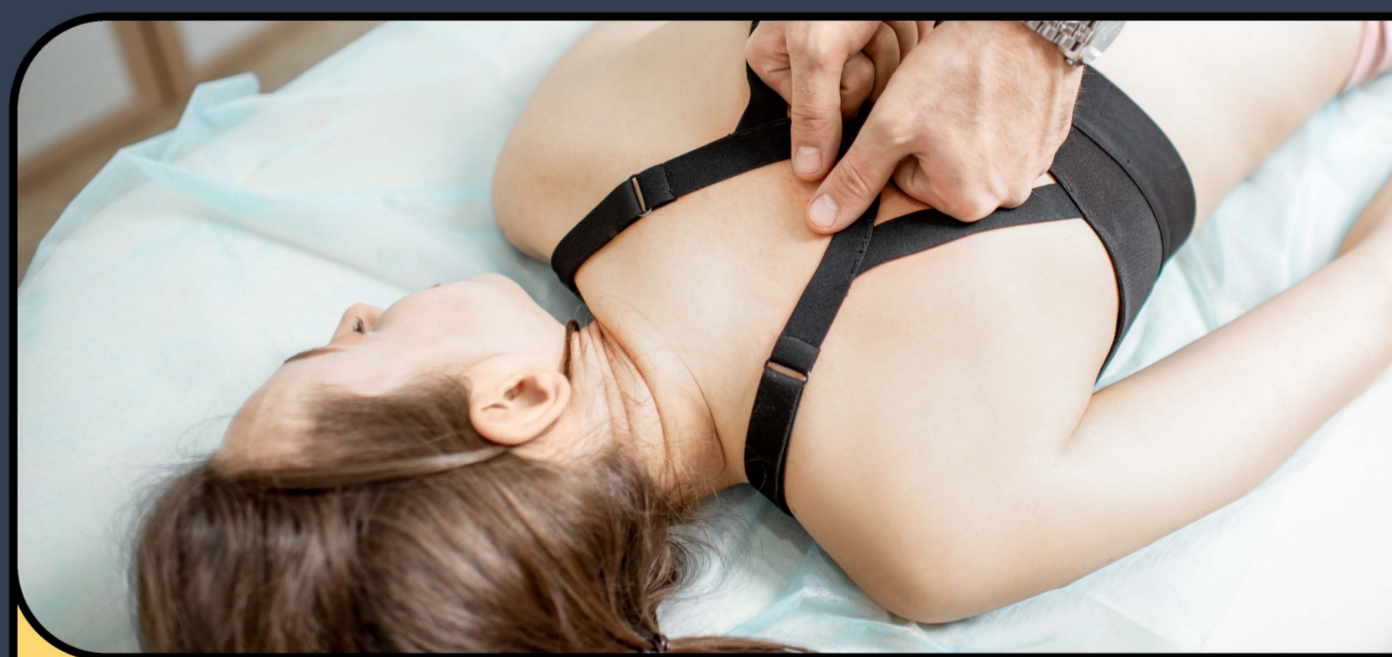
Strengthen and enhance your body's natural healing abilities.

Meet Our Expert

DR. David Popovic


Expert chiropractor

July 17, 2024 10:00 am to 4:00 pm



Ready to prioritize your well-being? Contact us today

HEALTH CENTRE

 705 864 0200

CCFN Members Waitlist for others Welcome.





JOIN US FOR THE

COMMUNITY Dinner



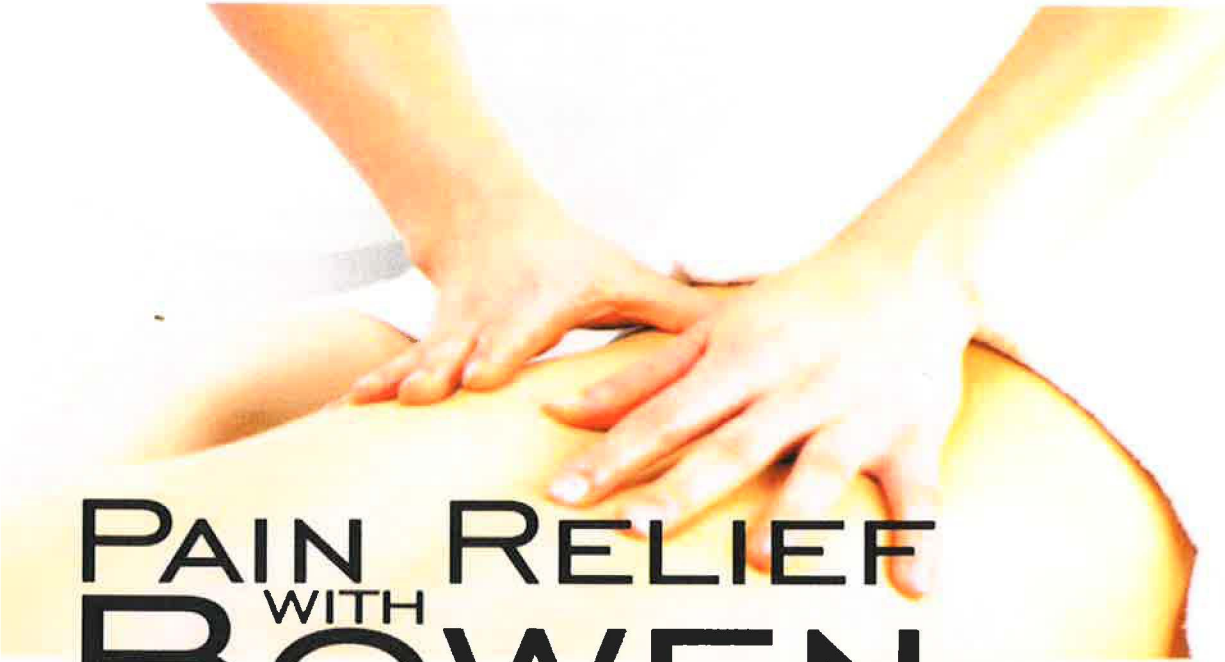
FOOD, DRINK, GOOD MOOD

July 31, 2024

Band Office: 5:30



**CALL HEALTH AT 705 864 0200,
YOU MUST REGISTER FOR THE
COMMUNITY DINNER.**



**PAIN RELIEF
WITH
BOWEN
THERAPY**

Did you have a back pain, sciatica, arthritis, migraines, fibromyalgia, frozen shoulder or any other pain?

1:1 Appointments Available

Bowen Therapy with Dorcas Barnes

July 30, and 31, 2024

@ Health Centre

1:00 pm – 8:00 pm on July 30th

10:00 am - 5:00 pm on July 31st

Please call Health to book your 1 hour session 705-864-0200.

CCFN Members Others Waitlist Welcome

July 2024
Meals on Mocs Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		Tossed Salad Cream of Tomato Soup Perogies and Sausage Carrot Cake	Coleslaw Pea Soup BBQ Ribs and Rice Bread Pudding	Spinach Salad Hamburger Soup Shake and Baked Chicken Hashbrown Casserole Raspberry Cookies		
7	8	9	10	11	12	13
		Tex. Mex. Salad Corn Soup Tacos Strawberry Cheesecake Chimichangas	Cucumber/Tomato Salad Chicken Rice Soup Pork Chops Twice Baked Potato Casserole Strawberry Shortcake	Beef Barley Soup Greek Salad Chicken Pot Pie Rice Pudding		
14	15	16	17	18	19	20
		BLT Salad Cream of Mushroom Soup Ham and Scalloped Potatoes Peach Cobbler	Tossed Salad Minestrone Soup Mongolian Beef with Buttered Noodles Pineapple Upside Down Cake	Apple Feta Salad Italian Wedding Soup Chicken Bacon Ranch Casserole Coconut Cream Pie		
21	22	23	24	25	26	27
		Tossed Salad Beef Stew and Bannock Oatmeal Cookies	Chinese Noodle Soup Asian Coleslaw Sweet and Sour Chicken balls Vegetable Fried Rice Vanilla Pudding	Caesar Salad Vegetable Soup Baked Tortellini Fresh Fruit		
28	29	30	31			
		Beef Noodle Soup Potato Salad Macaroni Salad Baked Beans Ham Cherry Pie	Community Dinner			