

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

Chapleau Cree First Nation

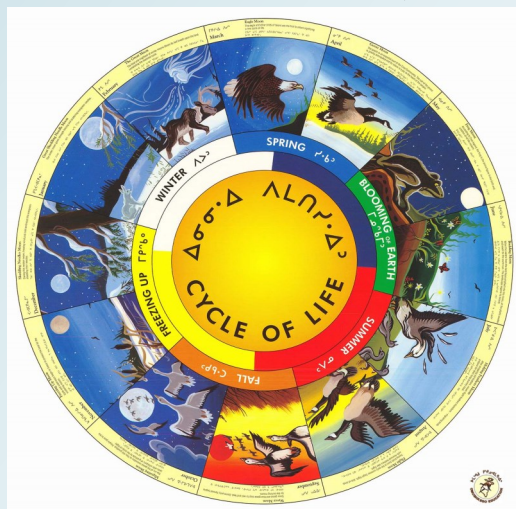
P.O. Box 400
828 Fox Lake Road
Chapleau ON
P0M 1K0
Phone: 705-864-0784
Fax: 705-864-1760
E-mail: reception@chapleaucree.ca

Life's Sacred Journey

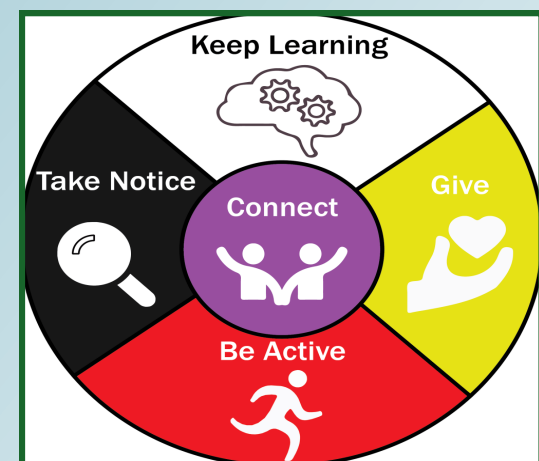
P.O. Box 400
814 Fox Lake Road
Chapleau ON
P0M 1K0
Phone: 705-860-0003
Fax: 705-860-0004
E-mail: bandrep@lifessacredjourney.ca

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



 <https://www.facebook.com/groups/118989737892773>



For the week of:
**December 2 to
December 8, 2024**

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

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:

- Kids Christmas Diamond Painting
- Elders Christmas Tree Lighting Party
 - Seniors' Christmas Dinner
 - Reflexology
- CCFN Community Christmas Tree Lighting



Shedding Needles Moon
During this weaker moon, freezing wind and cold embraces the evergreen
shedding their needles.

December

Oški-kīšikāw
MONDAY
Piwahtakini-Pisim
December 2



Kids Christmas
Diamond Painting



5:30pm-8pm @ Health



Nīso-kīšikāw
TUESDAY
Piwahtakini-Pisim
December 3



Town Run
10:00 a.m.
Call **Health** at
705-864-0200 before 9am
to get picked up

Elders Christmas Tree
Lighting Party



5:30pm-7:30pm @ Mukeso House



Apihtawan
WEDNESDAY
Piwahtakini-Pisim
December 4



Senior's Christmas
Dinner



5:30pm-7:30pm @ Band Office



Nēwi-kīšikāw
THURSDAY
Piwahtakini-Pisim
December 5

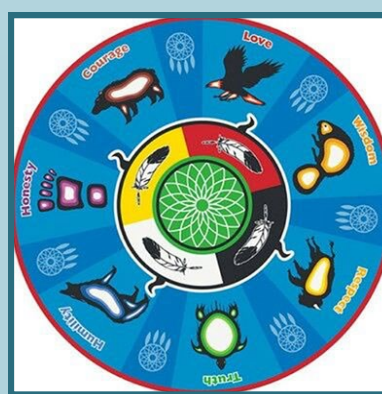


Town Run
10:00 a.m.
Call **Health** at
705-864-0200 before 9am
to get picked up

REFLEXOLOGY



3pm-8pm @ Health

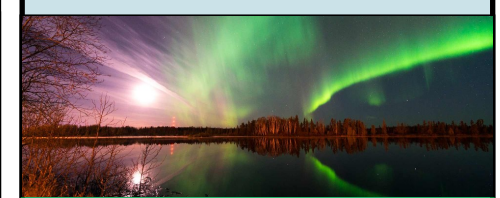


Pahkwēšikani-kīšikāw
FRIDAY
Piwahtakini-Pisim
December 6



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
Piwahtakini-Pisim
December 7



CCFN Community
Xmas Tree Lighting



5:30pm-8pm @ Fox Lake Arena

Ayamihêwi-kīšikāw
SUNDAY
Piwahtakini-Pisim
December 8





Kids



christmas diamond painting activity



PIZZA

DECEMBER 2, 2024
5:30PM - 8:00PM
HEALTH CENTRE



SNACKS

TO REGISTER CALL HEALTH -
705-864-0200
FOR INQUIRIES CALL NATHALIE -
EXT. 203



open to CCFN Band Members
waitlist welcomed
activity for children 8 years old and older





Elders' Christmas Tree Lighting Party

**DECEMBER 3, 2024 -
5:30PM - 7:30PM**


MUKESO HOUSE

To register, call health - 705-864-0200

ELDERS OF OUR COMMUNITY, COME AND JOIN US
FOR THE LIGHTING OF THE TREE AND A LIGHT MEAL IN
THE MUKESO HOUSE COMMON ROOM.



YOU ARE INVITED TO A
Christmas
Dinner for Seniors



DECEMBER 4TH, 2024
5:30 PM
At the Band Office

MUST CALL TO REGISTER 705 864 0200





REFLEXOLOGY

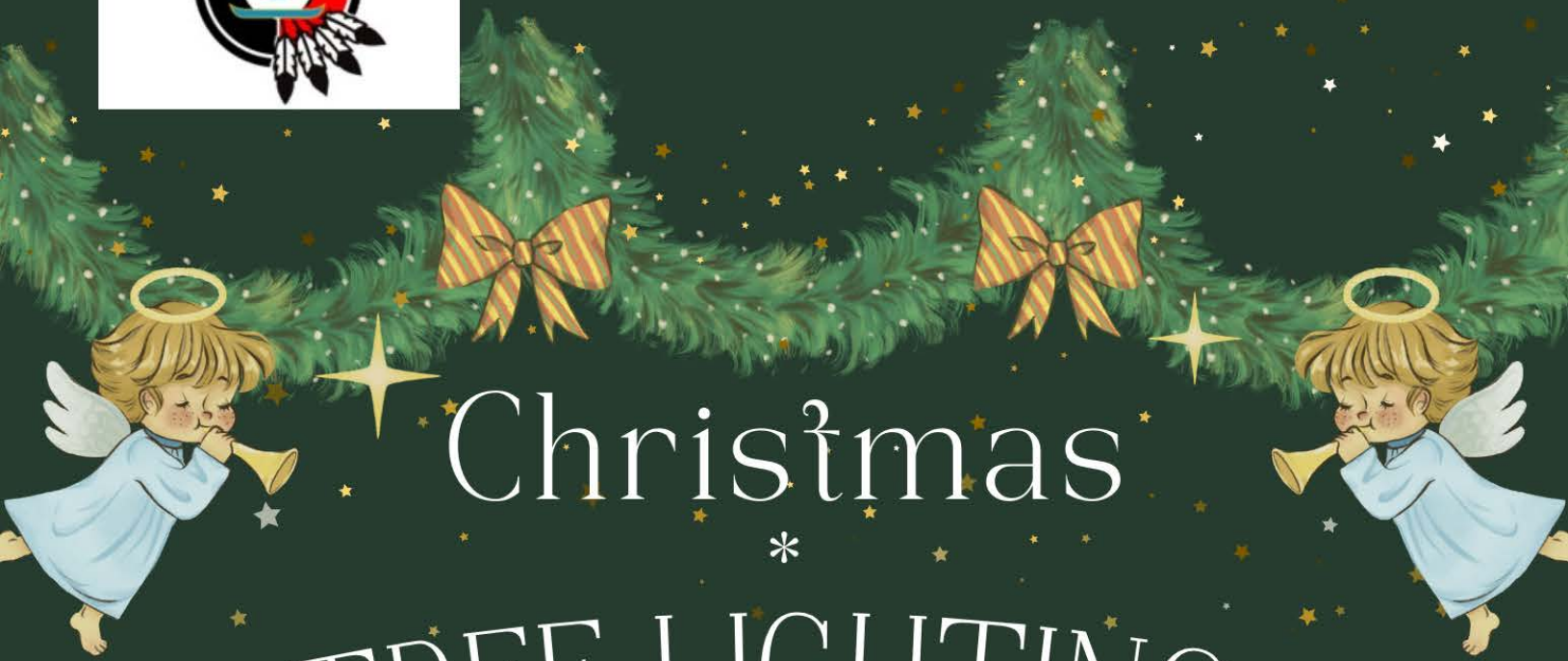
with Kathleen Bouchard

*December 5, 2024
3:00 PM-8:00 PM
at Health Centre*

*Call Health to book
your appointment.
Priority CCFN
Members, waitlist
welcomed.*

705-864-0200





Christmas * TREE LIGHTING

DECEMBER* 7TH, 2024

FROM 5:30 PM TILL 8:00 PM

OUTDOOR RINK AREA

LOTS OF FOOD, SNACKS AND
GAMES

Please register for this event at

HEALTH CENTRE

705-864-0200

FOR MORE INFO CONTACT
TRACY





CHRISTMAS CRAFT FOR ADULTS

December 9, 2024
6:00pm - 9:00pm
Health Centre

To register call Health - 705-864-0200
For inquiries call Nathalie - ext. 203
15 participants only
open to CCFN Band Members
Waitlist welcomed



Haircut Day

Jennifer Hoover-Simon

December 10th
2024

FREE of charge
Gratuity encouraged

CALL HEALTH 705-864-0200 TO
BOOK YOUR APPOINTMENT

CCFN Members. Waitlist Welcome.





NUTRITION BINGO CHRISTMAS SPECIAL

Dec 11th, 2024

Bring your BINGO dabbers as we will be playing on real cards. Don't forget your grocery bags to carry all your winnings home.

GAME | NIGHT | FUN

Band Office
Starts at 7:00 PM



CALL HEALTH 705 864 0200 TO REGISTER





Massage Day

with Kathleen Bouchard

December 12th, 2024
3:00 PM - 8:00 PM
at Health Centre.



*Call Health to book your
appointment 705-864-0200
Priority CCFN Members.
Waitlist welcomed.*



Chapleau Cree First Nation

would like to invite you to our

Community Christmas Dinner

December 14th, 2024

Doors open at 5:30 PM for appetizers

**Band Complex Hall
828 Fox Lake Road**

Please confirm your attendance by either calling

705-864-0784 ext 221 or emailing reception@chapleaucree.ca

Kris Kringle, please remember to bring gift(s) for the child(ren)

ON-RESERVE

Christmas Light Contest

1st Place \$500

2nd Place \$400

3rd Place \$300

Prizes will be awarded to the top three winners, so grab your decorations and have your outdoor decorations ready and lit up for voting on the evening of December 16th. One voting ballot per household. Ballots will only be available at Health on December 16th. All voting ballots are to be submitted by Dec 17th at 4:30 PM. Winners will be announced Dec. 18th.



Must register your home to be entered into contest. Only registered homes will be eligible for voting.

Register at Health 705-864-0200





BOWEN

with Dorcas Barnes

December 17th appointments

1:00 PM–8:00 PM

December 18th appointments

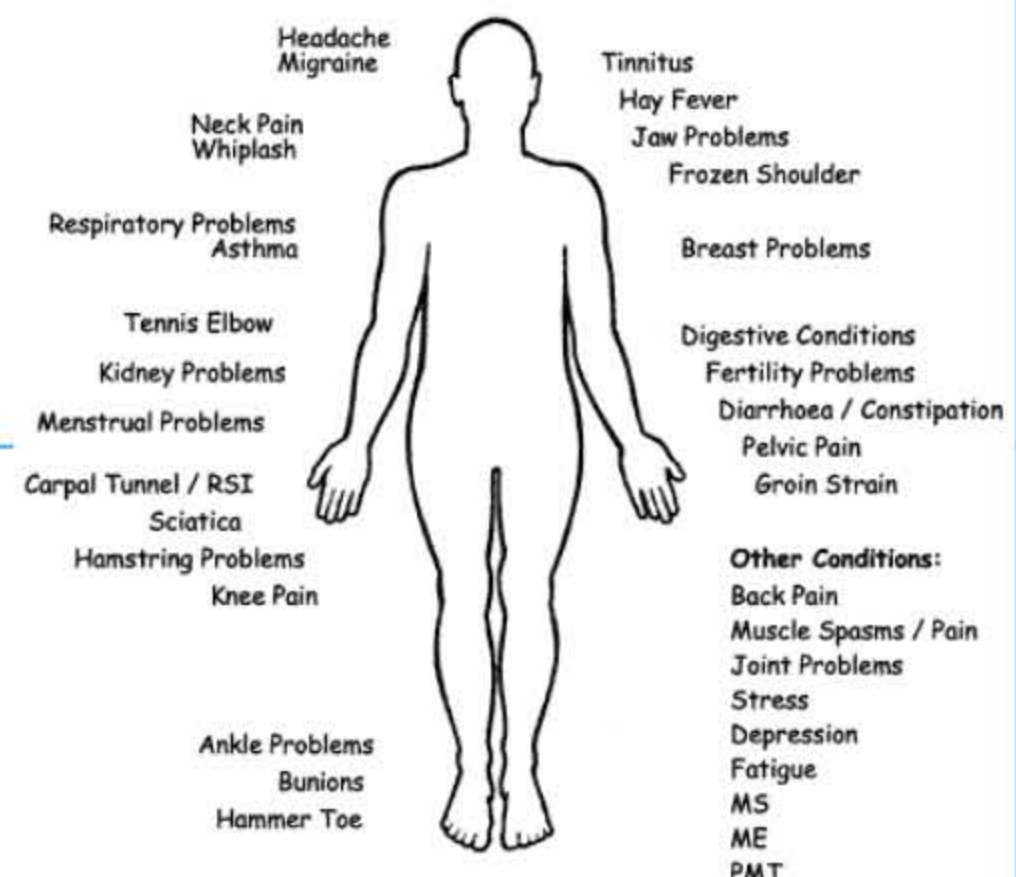
10:00 AM–5:00 PM

at Health Centre

Bowen Therapy

The Bowen Technique is a gentle non-invasive, holistic therapy. It can benefit adults and children of all ages

Conditions Which Have Responded to The Bowen Technique



Call to book your appointment at Health
705-864-0200
Priority CCFN Members, waitlist welcomed



Christmas Cookie Exchange & Social



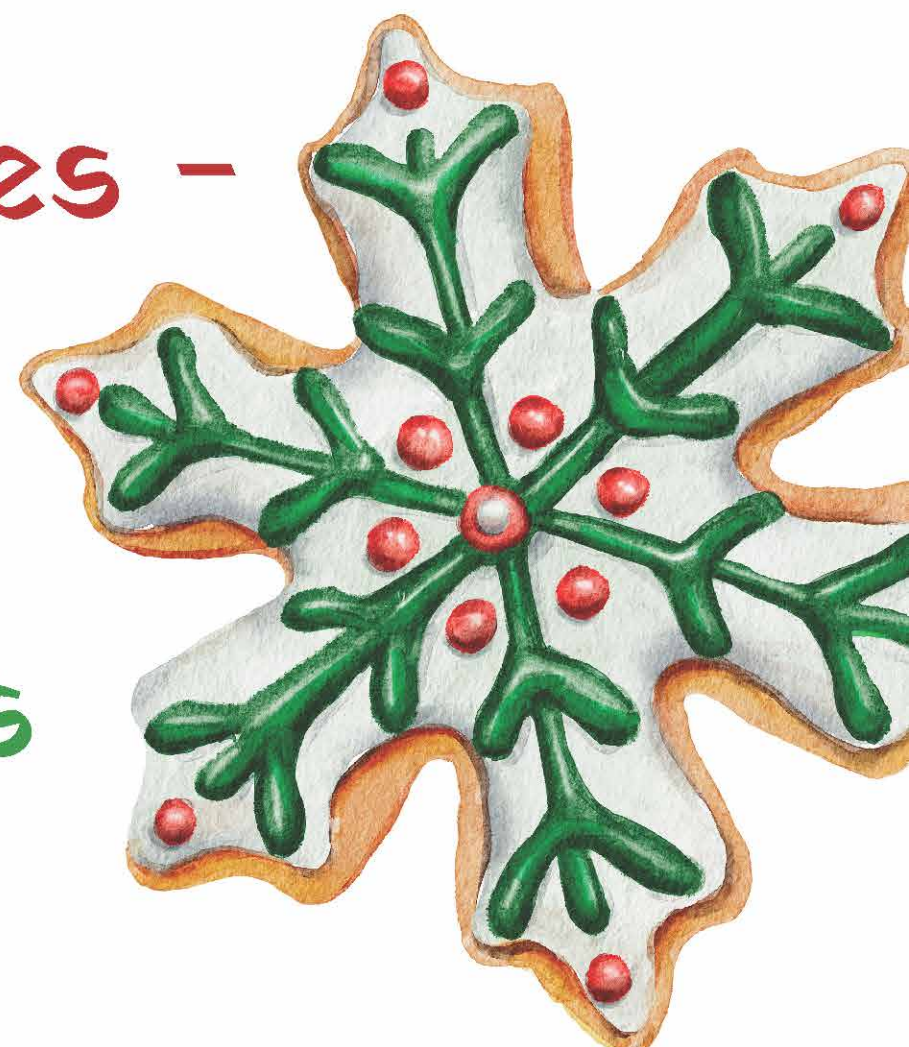
December 18, 2024
7:00pm - 8:30pm

to register call health -
705-864-0200

registration deadline -
December 6, 2024

call Nathalie for inquiries -
ext. 203

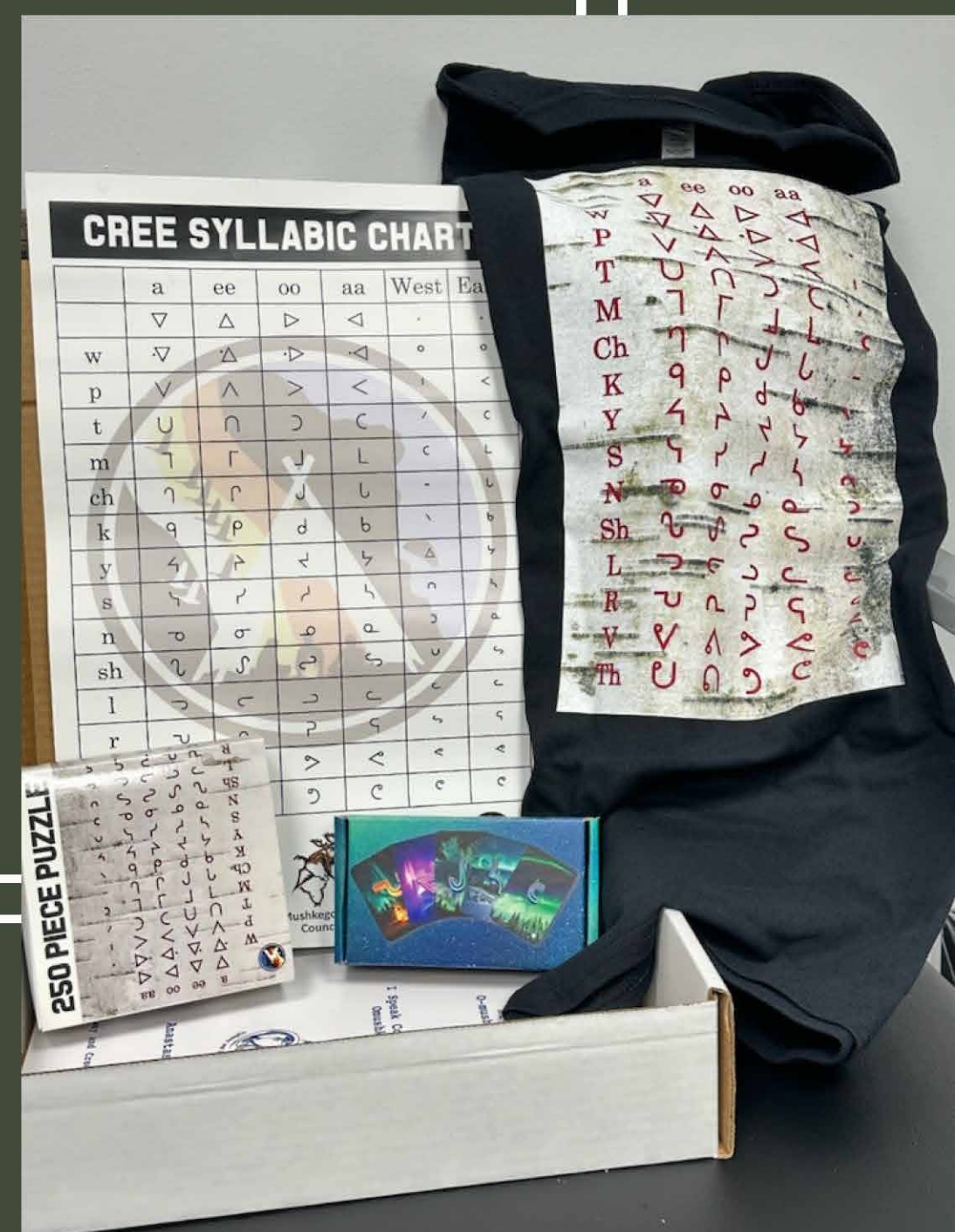
10 adult participants
only



FREE OMUSHKEGO CREE LANGUAGE TOOL KIT

While supplies last
 Available for pick up ONLY at Health

Box includes:
 Cree Syllabic Chart
 One x-large t-shirt
 250 piece puzzle
 Syllabics flash cards
 Conversational Omushkego Cree Workbook
 CCFN decal





P.O. Box 400 ♦ Fox Lake Reserve, Ontario ♦ P0M 1K0
Ph (705) 864-0784 ♦ Fax (705) 864-1760
adminassist@chapleaucree.ca

Chapleau Cree First Nation Status Children's Activity Fund 2023-2024

A Youth Activity Fund has been created to help families
with the cost of status youth activities

Parents are encouraged to submit copies of original receipts for sport/cultural/extra-curricular activities their status children have participated in. Receipts must be dated between **December 1, 2023 and November 30, 2024** to be eligible for this program.

Please send a letter with the name of the child(ren) along with copies of your receipts before **Friday, December 6, 2024**.

** Only cost for fees associated with youth activities are eligible;
Equipment and supply costs will not be considered.*

***This lottery process is based on number of submissions received.**



**If you have any questions or concerns, please contact
Edith Larocque, Band Administrator at (705)864-0784 ext. 226.**

bandadmin@chapleaucree.ca

December 2024

Meals on Mocs Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1		2	3	4	5	6
		Tossed Salad Italian Wedding Soup Spaghetti and Meatballs Butterscotch Pudding	Cucumber Salad Tomato Soup Roast Beef Mashed Potatoes Gravy Apple Pie	Greek Salad Pea Soup Sausages with Hashbrown Casserole Oatmeal Cookies		7
8		9	10	11	12	13
		Coleslaw Corn Chowder Fish with Baked Potato Eclairs	Spinach Salad Minestrone Soup Mongolian Beef with Oven Fried Rice Date Squares	Broccoli Salad Beef Barley Soup Meatloaf Mashed Potatoes, Gravy Corn Strawberry Shortcake		14
15		16	17	18	19	20
		BLT Salad Chicken Noodle Ham and Scalloped Potatoes Fruit	Caser Salad Cream of Potato Philly Cheesesteak Tortellini Casserole Chocolate Cake	Tossed Salad Hamburger Mac. Soup Perogies with Bacon and Onions Shortbread Cookies		21
22		23	24	25	26	27
		Christmas Eve	Merry Christmas			
29		30	31			
		New Years Eve	Happy New Year			