

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:  
**July 14, to  
July 20, 2025**

**Summer Hours:**

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

**Friday  
8AM - Noon**

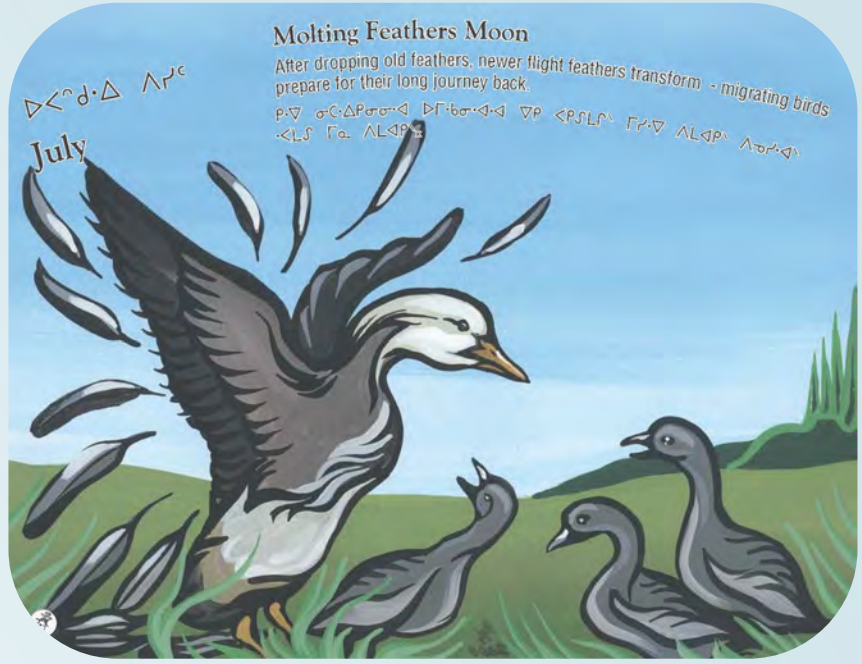
Participation and Feedback on  
Activities/Events/Programs is  
always welcomed

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



**This Week's Highlights:**

- **Adult Regalia Making Social**
- **Safe Food Handler Course**
  - **Nutrition BINGO**
  - **Chiropractor Visit**
- **Youth Regalia Workshop**
- **Pleasure Craft Operator Course**





**Oški-kīšikâw**  
**MONDAY**  
**Opaskowi-Pisim**  
**July 14**



**MONDAY.**

**IT'S A GOOD  
WEEK TO  
HAVE A  
GREAT WEEK!**

**REGALIA  
MAKING  
SOCIAL**



**6:30pm-9pm@ Health**



**Nīso-kīšikâw**  
**TUESDAY**  
**Opaskowi-Pisim**  
**July 15**



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

**Safe Food Handler  
Course**



**9am-5pm @ Health**

**Nutrition Bingo**



**7-9pm @Band Office**



**Apihtawan**  
**WEDNESDAY**  
**Opaskowi-Pisim**  
**July 16**

**Chiropractor in Spa  
Room**



**10am-3pm @ Health**

**YOUTH REGALIA  
WORKSHOP**



**6pm-9pm @ Health**



**Nēwi-kīšikâw**  
**THURSDAY**  
**Opaskowi-Pisim**  
**July 17**



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



**Pahkwēšikani-kīšikâw**  
**FRIDAY**  
**Opaskowi-Pisim**  
**July 18**



**Pleasure Craft  
Operator Course**



**4pm-9pm @ Health**

**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 inbox**

**Matinawe-Kisikaw**  
**SATURDAY**  
**Opaskowi-Pisim**  
**July 19**

**Pleasure Craft  
Operator Course**



**10am-12pm @ Health**



**Ayamihêwi-kīšikâw**  
**SUNDAY**  
**Opaskowi-Pisim**  
**July 20**







# Adult Regalia Making Social

## 16+

Come work on your regalia,  
socialize, learn , share  
knowledge.

Mondays - July 14 & 28 , 2025  
6:30pm - 9:00pm

To register call health - 705-864-0200  
For inquiries call Nathalie - ext. 203

10 participants only  
Open to CCFN Band  
members  
Waitlist welcomed







# SAFE FOOD HANDLER Course 15 +

With Environmental Public Health Officer  
Adam King

July 15<sup>th</sup>, 2025  
9AM - 5PM  
at Health  
Centre

Register Now

Tracy @ 705-864-0200

Max 20 participants







# NUTRITION BINGO NIGHT

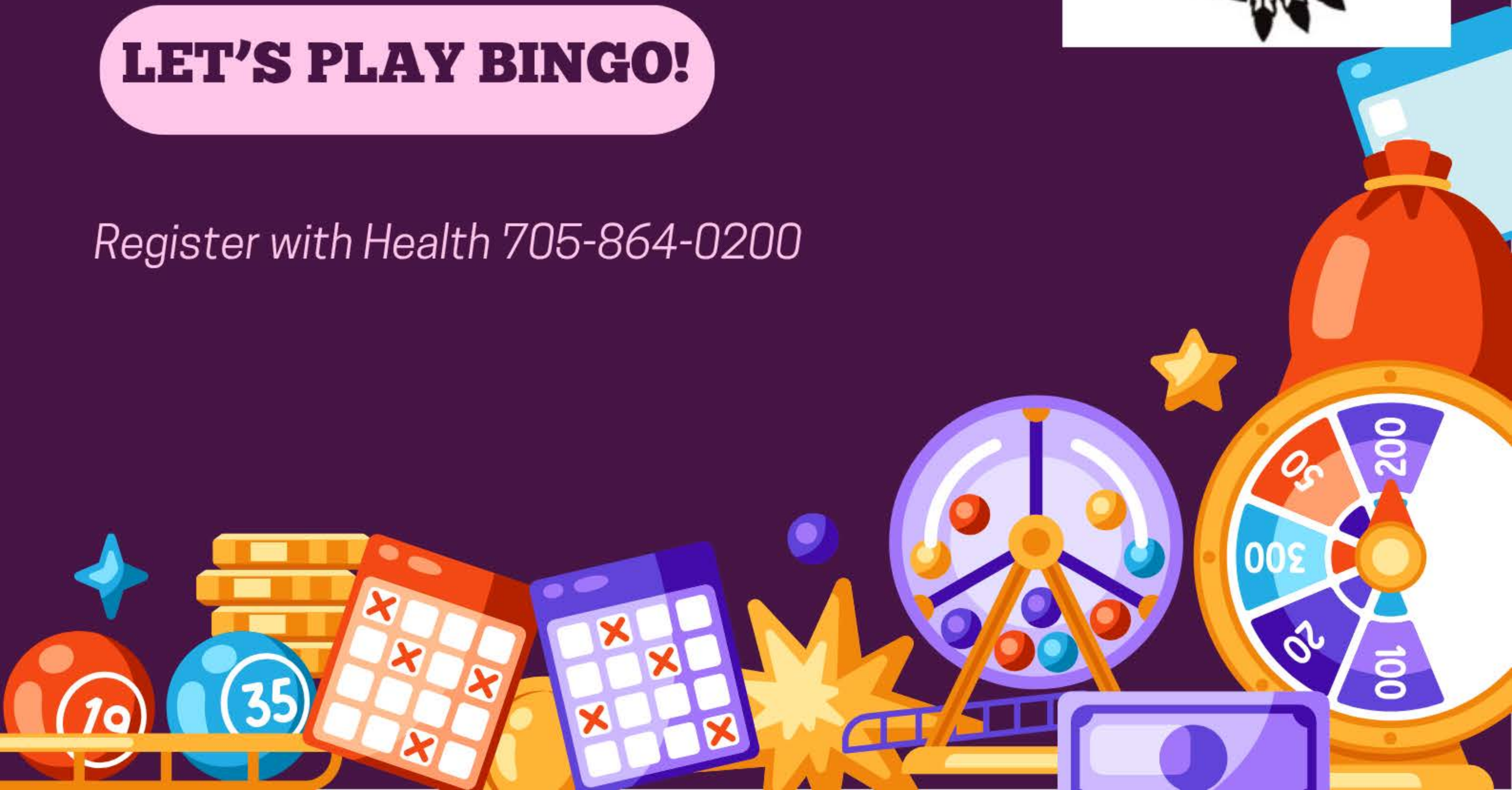
JULY 15<sup>TH</sup> AT 7:00 PM

BAND OFFICE

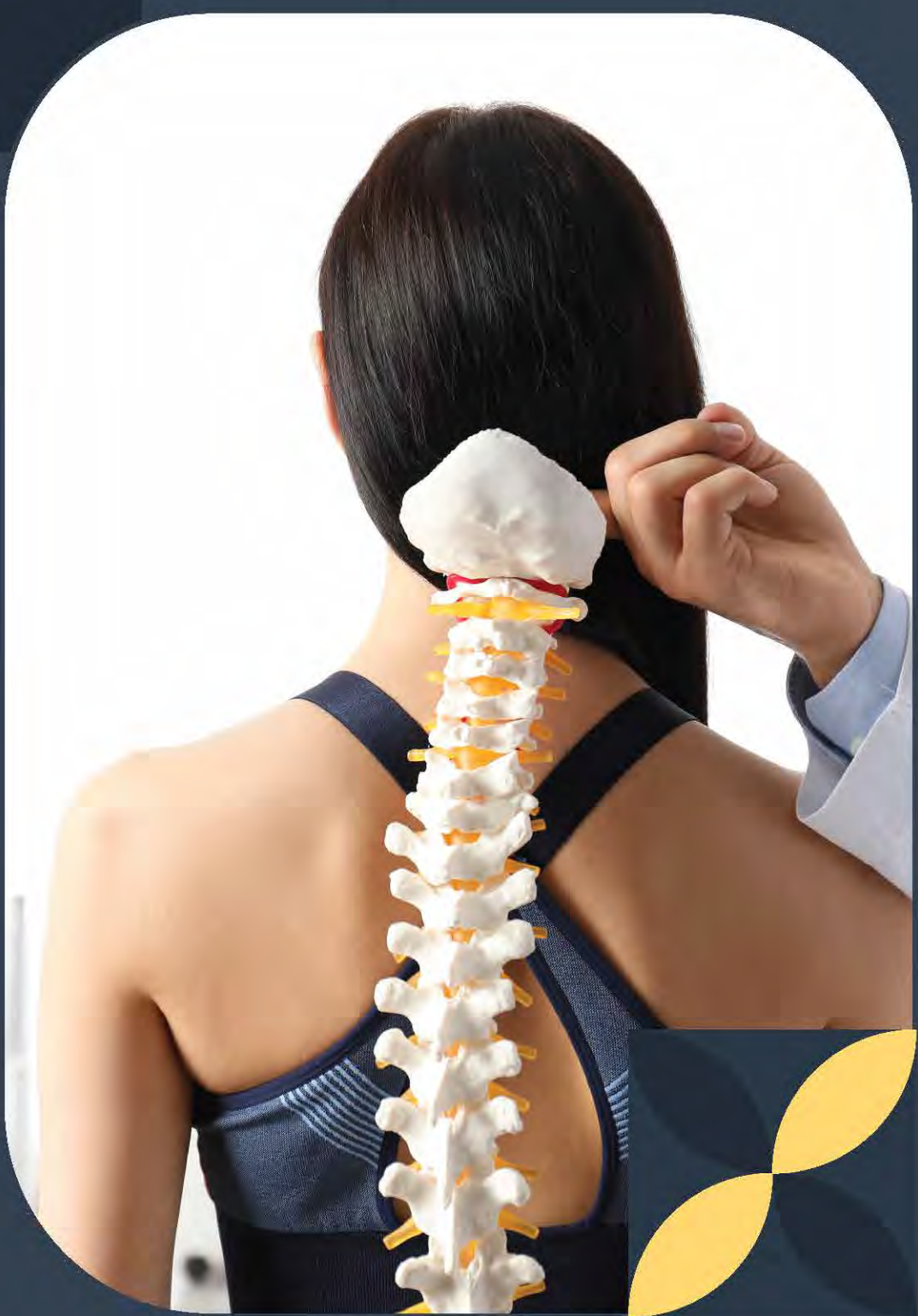
Bring your reuseable grocery bags

**LET'S PLAY BINGO!**

Register with Health 705-864-0200







# 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

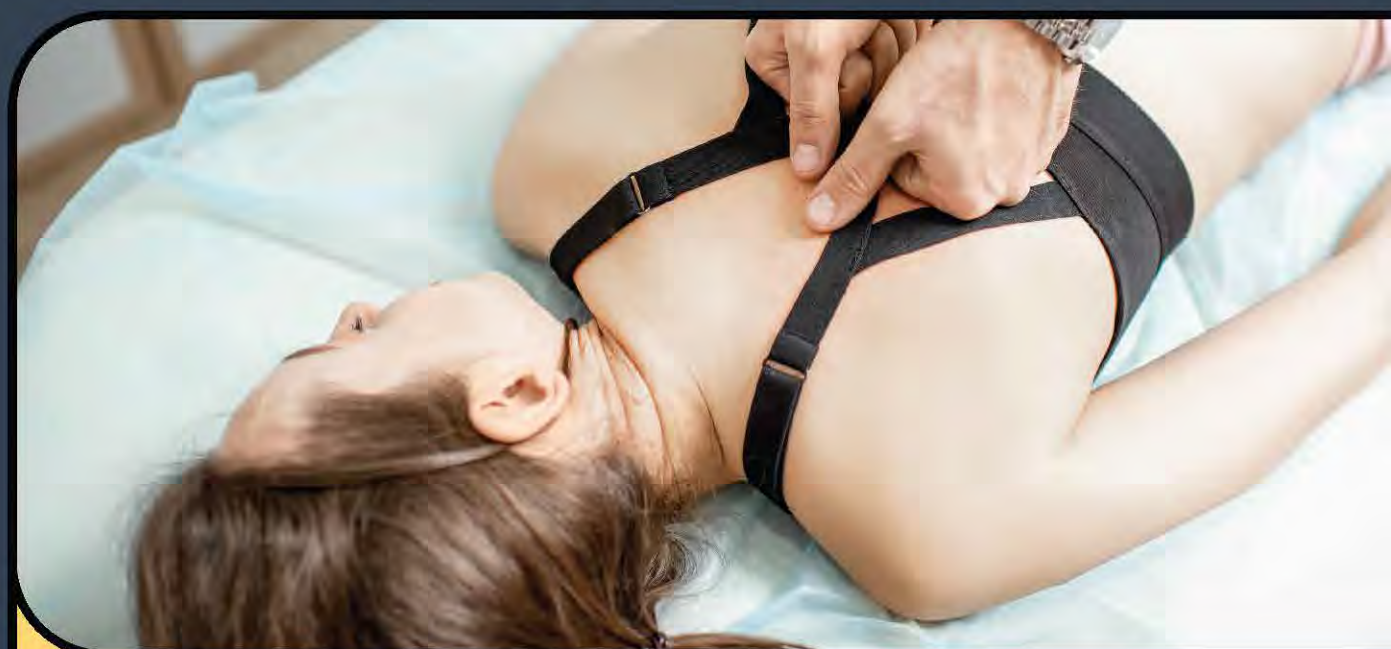
Strengthen and enhance your body's natural healing abilities.

## Meet Our Expert

### DR. David Popovic

Expert Chiropractor

July 16, 2025 10:00  
am to 3:00 pm



Ready to prioritize your well-being? Contact us today

### HEALTH CENTRE



705 864 0200

CCFN Members Waitlist for others Welcome.







# Youth Regalia Workshop

Date: Wednesday, July 16, 2025  
Tuesday, July 29, 2025

For Who:

- Youth who need regalia, but need help making it
- Parents wishing to make regalia but need help
- Kookums and Aunties who wish to help making regalia for youth

Location - Health Centre  
6:00pm - 9:00pm  
10 participants max.

To register, call Health at 705-864-0200  
For inquiries, call Nathalie, ext. 302







# PLEASURE CRAFT OPERATOR COURSE (PCOC)

**Get your Official Canadian Boating License and learn the following:**

- ***the minimum safety equipment required on board your boat***
- ***what Canadian buoys look like and what they mean***
- ***how to share waterways***
- ***a review of regulations that relate to pleasure boating; and***
- ***how to respond in an emergency***

Maximum of 20 participants  
Priority to CCFN youth and  
band members, 12 years old  
and older  
Waitlist welcomed!

Date: Friday July 18 - 4:00pm to 9:00pm  
Saturday July 19 - 10:00am to 12:00pm  
at Health Center  
To register, call  
705-864-0200  
for inquiries call Nathalie, ext. 203







# Massage Day

with Kathleen Bouchard

July 24, 2025  
3:00 PM - 8:00 PM  
at Health Centre.

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





**Tuesday July 22nd**  
**Wednesday July 23rd**  
**Thursday July 24th**

**Chapleau Arena**

## **VOLUNTEERS NEEDED**

**Sacred Fire Keepers—Three Shifts—Tuesday to Thursday**

07:00 a.m. to 12:00

12:00 to 5:00 p.m.

5:00 p.m. to 10:00 p.m.



**Drivers**

Sunday the 20th to Saturday the 26th

**Helpers at the Arena**

Monday the 21st to Friday the 25th

Please contact Padraic Taaffe at **705-864-0784** or  
**edo@chapleaucree.ca**





*Algoma*  *Highlands*

**Strawberry U-Pick**  
and  
Pre-picked (limited quantities)

**OPEN**

**JULY 11th**  
8am-6pm\*

\*Please arrive no later than 5:30pm  
OPEN DAILY UNLESS  
WE POST OTHERWISE!  
**705-852-0947**



*Algoma*  *Highlands*

**Strawberry U-Pick**  
and  
Pre-picked (limited quantities)

STRAWBERRY  
U-Pick  
\$20/3 litre Basket

Pre-Picked  
(limited quantities)  
\$25/3 litre Basket

**OPENING JULY 11th!**  
then DAILY 8am-6pm\*

\*please arrive no later than 5:30pm  
OPEN DAILY UNLESS WE POST OTHERWISE!



# Strawberry Picking Adventure

July 16<sup>th</sup>, 2025

Depart from Health at 10:45 AM.

Lunch at Big Bear.

Call Tracy at Health to register 705-864-0200

Limited seating in van.