

Disaambr/December 2024 Newsletter



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*NIMA office will be closed for Christmas holidays from December 23rd and will reopen on January 7th, 2025.
We would like to wish you & your family happy holidays!*



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Womxn's Programming

Kick Boxing:

Monday kickboxing classes are held at Pure Martial Arts and Fitness from 4:30PM-5:30PM. These classes are open to all NIMA womxn. ****There will be no class on Monday, December 23rd & 30th. Class will resume on Monday, January 6th****

Book Club:

The next book club meeting will take place on Saturday, December 21st from 12:00PM-1:00PM, lunch will be provided, and we will be discussing, *The Break* by *Katherena Vermette*. Free for NIMA womxn.

Reclaiming the Matriarch:

Mamawi will take place on Saturday, December 21st from 1:00PM-3:00PM. We will be making beaded Christmas ornaments. Please contact the office to RSVP. Free for NIMA womxn.

Mxn's Programming

Mxn's group will take place on Saturday, December 21st from 12:00pm – 3:00pm. Lunch will be provided.

50+ Programming

The next Kayhkway Chi Miichihk will be taking place on Saturday, December 7th, 2024, from 11:00AM-3:00PM. Lunch will be provided, and the topic of discussion will be handling holiday blues. There will also be some crafty options to partake in after discussion.

Health Programming

Do you, or someone in your household, need a Family Doctor or Nurse Practitioner? Please reach out to Eric and he will assist you with getting connected.

Would you like to discuss any health needs/concerns or learn about funding and programming available for health-related services? You can phone to book an appointment with Lisa-Marie Szonyi (Health & Housing Navigator) or Eric De Montarnal (Health Manager)

Nutrition group:

This group is led by a registered dietician and will cover nutritional information to help you manage chronic disease and/or maintain a healthy lifestyle. **There is No session in December.**

Yoga:

The next yoga sessions will be on Thursday December 5th & December 19th from 7:00PM-8:00PM. Please email events@nimetis.com to receive the Zoom link. These classes are free for all NIMA members and associates.

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Asist Workshop:

Learn how to recognize when someone may be thinking about suicide, and how to provide a skilled intervention. This is a two-day workshop taking place at Robron Centre on **Saturday, November 30th & Sunday, December 1st from 8:30AM – 4:30PM.** Breakfast & lunch will be provided, as well as a \$100 gift card to Tim Hortons or Walmart (your choice). Please call the office to register.

Culture

Southern Michif Language Group:

There is no session in December.

Lispaas:

Drop by the first Friday of the month to work on unfinished projects. The next session will be held on Friday, December 6th from 1:00PM-3:00PM.

Pihtikway:

Drop in the third Friday of the month to work on your projects. Our next session is December 20th from 6:00PM-8:00PM.

Laarb Kawmaekit 2.0: No more sessions until 2025.

Santa Breakfast:

Join us at Robron Center on Saturday, December 21st from 9:00AM – 11:30am for our Santa breakfast. Santa will be there to help us celebrate and if the weather permits, there will be snowshoeing. Please call to register.

Coffee Group:

Join Lisa-Marie for weekly coffee group, on Tuesdays from 9:30AM-11:00AM. Meet at the Willow Point Tim Hortons. Coffee group is open to all NIMA member & associate adults. Next meet up will be December 3rd & December 10th.



North Pole Skate:

Join NIMA as our guest at Strathcona gardens on Saturday, December 28th from 11:00am – 1:00pm for drop in skate. Please bring your own helmets if you have them as ones provided by Strathcona are limited.



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NIMA has what you need for that special Métis in your life for Christmas! From pins, clothing, bead kits, beads, to various items for stocking stuffers, you're sure to find something. Head over to our website www.nimetis.com to check it out or stop by the office Tuesday-Saturday 9:30AM-1:30PM to see all our amazing items.



December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 ASIST Program at Robron 8:30AM-4:30PM	2 Wild Womxn at Pure 4:30PM-5:30PM	3 Coffee and Conversation Willow Point Tim Hortons 9:30AM-11:00AM	4	5 After School Group At Robron 2:30PM-5:00PM Yoga on Zoom 7:00PM-8:00PM	6 Lispaas at Robron 1:00PM-3:00PM	7 Christmas Stocking Session Two at Robron 9:00AM-11:00AM Kayhkwai Chi Miichihk at Robron 11:00AM-3:00PM
8	9 Wild Womxn at Pure 4:30PM-5:30PM	10 Coffee and Conversation Willow Point Tim Hortons 9:30AM-11:00AM	11	12 After School Group At Robron 2:30PM-5:00PM	13	14
15	16 Wild Womxn at Pure 4:30PM-5:30PM	17	18	19 After School Group At Robron 2:30PM-5:00PM Yoga on Zoom 7:00PM-8:00PM	20 Piihtikway at Robron 6:00PM-8:00PM	21 Santa Breakfast + Snowshoeing at Robron 9:00AM-11:30AM Book Club at Robron 12:00PM-1:00PM Mxn's Group at Robron 12:00PM-3:00PM Mamawi at Robron 1:00PM-3:00PM
22	23	24	25	26	27	28 Skating at Strathcona Gardens 11:00AM-1:00PM
29	30	31	OFFICE CLOSED FOR STAFF HOLIDAYS			

Zhaanvyii/January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
		OFFICE CLOSED FOR STAFF HOLIDAYS				
5	6 Wild Womxn at Pure 4:30PM-5:30PM	7	8	9 After School Group At Robron 2:30PM-5:00PM Yoga on Zoom 7:00PM-8:00PM	10	11 Book Club at Robron 11:30AM-1:00PM Mamawi at Robron 1:00PM-3:00PM
12	13 Wild Womxn at Pure 4:30PM-5:30PM	14	15	16 After School Group At Robron 2:30PM-5:00PM	17 Piihtikway at Robron 6:00PM-8:00PM Frugal 101- Budgetting at Robron 6:00PM-8:00PM	18
19	20 Wild Womxn at Pure 4:30PM-5:30PM	21	22	23 After School Group At Robron 2:30PM-5:00PM Yoga on Zoom 7:00PM-8:00PM	24	25
26	27 Wild Womxn at Pure 4:30PM-5:30PM	28 Dietician at Robron 5:00PM-6:00PM Michif Language Circle at Robron 6:00PM-8:00PM	29	30 After School Group At Robron 2:30PM-5:00PM	31	