

# Noovaambr/November 2024 Newsletter



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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. Reminder these classes are open to all NIMA womxn. **\*\*There will be no class on Monday, November 11th\*\***

### **Book Club:**

The next book club meeting will take place on Saturday, November 2nd from 11:30AM-1:00PM, lunch will be provided, and we will be discussing, *In Search of April Raintree* by *Beatrice Mosionier*. Free for NIMA womxn.

### **Reclaiming the Matriarch:**

Mamawi will take place on Saturday, November 2nd from 1:00PM-3:00PM. We will be making handmade soap. Please contact the office to RSVP. Free for NIMA womxn.

## **Mxn's Programming**

There is no session for November.

## 50+ Programming

The next Kayhkway Chi Miichihk will be taking place on Saturday, December 7<sup>th</sup>, 2024, from 11:00AM-3:00PM

## 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. November's topic will be ***What, When and How Much to Eat*** and will take place on Tuesday, November 26<sup>th</sup> from 5:00PM-6:00PM. Tea and snacks are provided.

### **Yoga:**

The next yoga sessions will be on Thursday November 7<sup>th</sup> & Nov 21<sup>st</sup> from 7:00PM-8:00PM. Please email [events@nimetis.com](mailto: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 30<sup>th</sup> & Sunday, December 1<sup>st</sup> 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.

## **MNBC Housing Engagement Session:**

Taking place on Friday, November 29<sup>th</sup>, 2024, from 5:00PM-8:00PM. Join us for dinner, door prizes and the chance to speak with NIMA and MNBC regarding the new housing and childcare facility. This is your opportunity to ask questions and offer feedback on the design plans. Please RSVP if you are planning to attend.

## **Culture**

### **Southern Michif Language Group:**

On Tuesday, November 26<sup>th</sup> from 6:00PM-8:00PM, Unit 1 of the Prairies to Woodlands Southern Michif program. If you missed the first couple sessions and need help getting set up, please contact the office. All NIMA members are welcome to attend. Tea and snacks are provided.

### **Lispaas:**

Drop by the first Friday of the month to work on unfinished projects. The next session will be held on Friday, November 1<sup>st</sup> from 1:00PM-3:00PM.

### **Pihtikway:**

Drop in the third Friday of the month to work on your projects. Our next session is November 15<sup>th</sup> from 6:00PM-8:00PM.

**Laarb Kawmaekit 2.0:** No more sessions until 2025.

### **Christmas Stocking:**

Join us at Robron Center on Saturday, November 2<sup>nd</sup> from 9:00AM – 11:00AM to begin your design of an HBC Christmas stocking. This will take place over two sessions. Please call to register.

### **Coffee Group:**

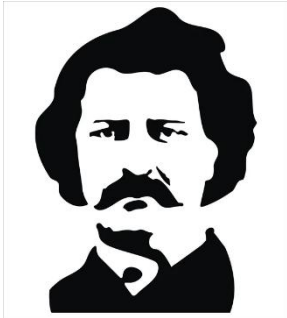
Join Lisa-Marie for weekly coffee group, on Tuesdays from 9:30AM-11:00AM. Meet at the Willow Point Tim Hortons. Coffee group is open to all NIMA member & associate adults.



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## Louis Riel Day



On Saturday, November 16<sup>th</sup>, NIMA will host Louis Riel Day events at Robron Centre, join us from 1:00PM-6:00PM. Get your team together for our 2<sup>nd</sup> annual **VOYAGEUR GAMES COMPETITION** and register your brigade of four to compete for great prizes! If you would like to join the competition, but do not have a team, let us know and we can pair you up with a group. Prizes will be given out based on points earned, and bonus points will be awarded for dressing the part of a voyageur!

Here is the schedule for the afternoon:

1:00PM - Check-in, mingling, pemmican making

2:00PM - Voyageur games start

4:00PM - Sashing of NIMA veterans

4:30PM - Dinner

\*Pemmican station will be available for those who wish to try their hand at pemmican making.  
**Deadline to sign up for Voyageur games is Nov 8<sup>th</sup> and the deadline to sign up for dinner is Nov 13<sup>th</sup>.**

**On Thursday November 14<sup>th</sup>, NIMA will be at the Friendship Centre in Port Hardy from 4:30PM – 8:00PM**



## Flag Raising:

Everyone is welcome at the raising of the Métis flag in celebration of Métis Week.

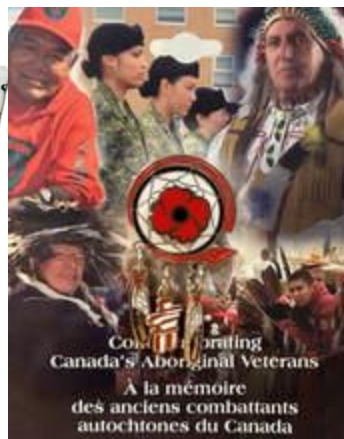
**Campbell River:** NIMA will be at Spirit Square on Wednesday November 13<sup>th</sup> at 11:00PM.

**Port Hardy:** NIMA will be at City Hall on Thursday November 14<sup>th</sup> at 2:00PM.

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NIMA has NEW sash pins & NIMA themed mugs available as well as t-shirts and hoodies in ADULT and YOUTH sizes. Gloves, socks, & toques are available to help you stay warm this season. Head over to our website [www.nimetis.com](http://www.nimetis.com) to check them out or stop by the office Tuesday-Saturday 9:30AM-1:30PM to check out all our amazing items.



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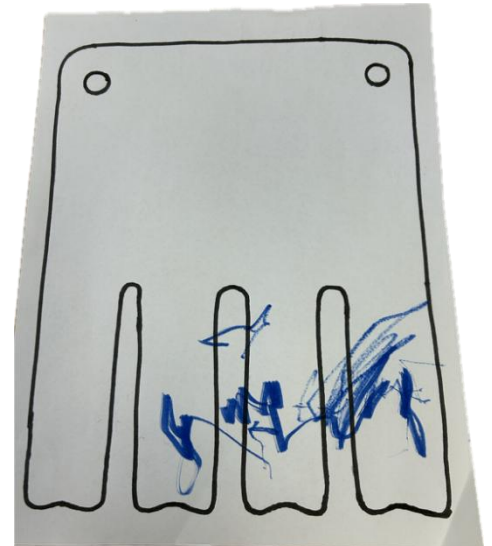
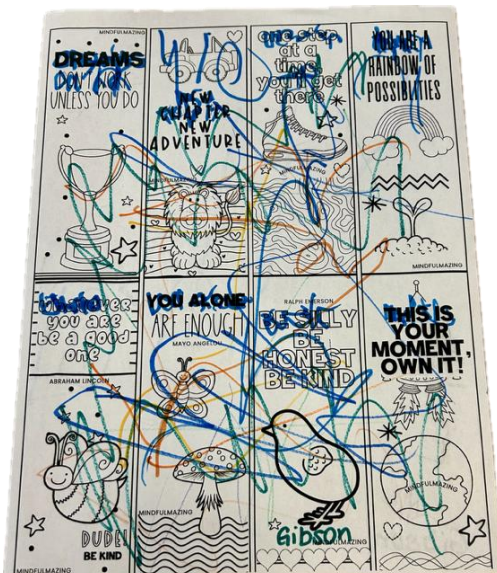
## Health Fair Sponsors

NIMA would like to extend a huge thank you to the following sponsors for their donations of door prizes for our Health Fair which took place on Friday, October 18<sup>th</sup>.

Campbell River PCN  
Campbell River Public Health Unit  
PCN Dental Hygienist  
First Glimpse Ultrasound  
Plume Spa  
MNBC Early Years  
Made by Mara – Métis Artist  
Lisa-Marie Szonyi  
Linda Nobis  
Chelsea Fredrickson

## Colour Contest Winners

Elle, Margot, Gibson



# November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Lispaas at Robron 1:00PM-3:00PM	2 Christmas Stockings Session One at Robron 9:00AM- 11:00AM Book Club at Robron 11:30AM- 1:00PM Mamawi at Robron 1:00PM-3:00PM
3	4 Wild Womxn at Pure 4:30PM-5:30PM	5 Coffee and Conversation Willow Point Tim Hortons 9:30AM-11:00AM	6	7 After School Group At Robron 2:30PM-5:00PM Yoga on Zoom 7:00PM-8:00PM	8	9
10	11 Wild Womxn at Pure 4:30PM-5:30PM	12 Coffee and Conversation Willow Point Tim Hortons 9:30AM-11:00AM	13 Flag Raising at Spirit Square at 11:00AM	14 After School Group At Robron 2:30PM-5:00PM Flag Raising in Port Hardy at 2:00PM Louis Riel Day in Port Hardy 4:30PM-8:00PM	15 Piitihikway at Robron 6:00PM-8:00PM	16 Louis Riel Day at Robron 1:00PM-6:00PM
17	18 Wild Womxn at Pure 4:30PM-5:30PM	19 Coffee and Conversation Location TBD 9:30AM-11:00AM	20	21 After School Group At Robron 2:30PM-5:00PM Yoga on Zoom 7:00PM-8:00PM	22	23
24	25 Wild Womxn at Pure 4:30PM-5:30PM	26 Coffee and Conversation Willow Point Tim Hortons 9:30AM-11:00AM Dielician at Robron 5:00PM-6:00PM Michif Circle 6:00PM-8:00PM	27	28 After School Group At Robron 2:30PM-5:00PM	29 MNBC Housing Engagement Session at Robron 5:00PM-8:00PM	30 ASIST Program at Robron 8:30AM-4:30PM

# 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 Kayhikway Chi Mitichik 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 Piitihikway 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 <b>OFFICE CLOSED FOR STAFF HOLIDAYS</b>	25	26	27	28 Skating at Strathcona Gardens 11:00AM-1:00PM
29	30 <b>OFFICE CLOSED FOR STAFF HOLIDAYS</b>	31 <b>OFFICE CLOSED FOR STAFF HOLIDAYS</b>				