

Oktoabr/October 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, October 14th****

Book Club:

The next book club meeting will take place on Saturday, October 5th from 11:30AM-1:00PM, lunch will be provided, and we will be discussing, *A Grandmother Begins the Story* **by Michelle Porter**. Free for NIMA womxn.

Reclaiming the Matriarch:

Mamawi will take place on Saturday, October 5th from 1:00PM-3:00PM. In October we will be making either a beaded pumpkin pin or a ghost pin. Please contact the office to RSVP. . Free for NIMA womxn.

Mxn's Programming

The next Mxn's Group session will be taking place on October 26th from 12:00PM-3:00PM. Lunch will be provided. Please RSVP if you would like to attend.

50+ Programming

Coffee Group

Join Lisa-Marie for weekly coffee group, on Tuesdays from 9:30AM-11:00AM. Meet at the Willow Point Tim Hortons. Please contact the office for more information. ****There will be no coffee group on October 8th. ****

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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).

NIMA Health Fair: On Friday, October 18th, 2024, at Robron. Drop-in between 2:00PM-8:00PM. There will be health tables, speakers, and a full immunization clinic. Dinner will be served at 5:00PM by registration only.

Nutrition group: This group is led by a registered dietician and will cover nutritional information to help you manage chronic disease and maintain a healthy lifestyle. Each month will be a different topic, and the next nutrition group will take place on Tuesday, Oct 29th from 5:00PM-6:00PM

Yoga: the next yoga sessions will be on Thursday, Oct 3rd & Oct 17th 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.

Culture

Southern Michif Language Group

On Tuesday, October 29th from 6:00PM-8:00PM we will review lessons 1-5 of Unit 1 and going over lessons 6-12 in 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.

Lispaas:

Drop by the first Friday of the month to work on unfinished projects. The next session will be held on Friday, October 4th from 1:00PM-3:00PM.

Pihtikway:

PLEASE NOTE, there will be no session in October due to the Health Fair on October 18th.

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Laarb Kawmaekit 2.0

October Session

- Mushroom Foraging, Saturday, October 19th

Louis Riel Day

On Saturday, November 16th, NIMA will host Louis Riel Day events at Robron Centre, join us from 1:00pm-6:00pm. Get your team together for our 2nd 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 – 2:00pm check-in and mingling

2:00pm -Voyageur games start

5:00pm – 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 8th and the deadline to sign up for dinner is Nov 13th.



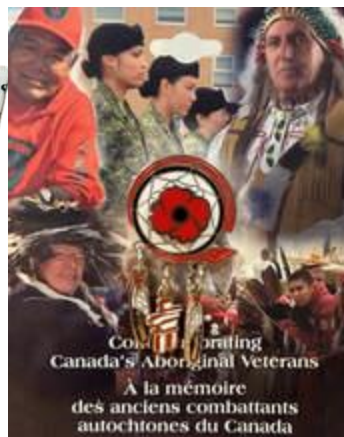
After School Programming

After-school group: Thursdays, from 2:30PM-5:00PM, in the gym at Robron Centre. This program is open to all Métis kids ages 9-12. This group will run from September 19th, 2024-March 27th, 2024. Each session will include a physical activity component, cultural learning, and students will be completing the Home Alone Program. There is no cost for this program, a healthy snack will be included (please provide a water bottle for your child). Please contact the office to sign up.

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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. A NEW October themed ghost bead kit is available as well as gloves, socks, & toques to help you stay warm this season. Head over to our website 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.



October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Coffee and Conversation Location TBD 9:30AM-11:30AM	2	3 After School Group At Robron 2:30PM-5:00PM Yoga on Zoom 7:00PM-8:00PM	4 Lispaas at Robron 1:00PM-3:00PM	5 Book Club at Robron 11:30AM-1:00PM Mamawi at Robron 1:00PM-3:00PM
6	7 Wild Womxn at Pure 4:30PM-5:30PM	8	9	10 After School Group At Robron 2:30PM-5:00PM	11	12
13	14	15 Coffee and Conversation Location TBD 9:30AM-11:30AM	16	17 After School Group At Robron 2:30PM-5:00PM Yoga on Zoom 7:00PM-8:00PM	18 Health Fair at Robron 2:00PM-8:00PM	19 Mushroom Foraging TBD
20	21 Wild Womxn at Pure 4:30PM-5:30PM	22 Coffee and Conversation Location TBD 9:30AM-11:30AM	23	24 After School Group At Robron 2:30PM-5:00PM	25	26 Crocheting a HBC Toque at Robron 10:00AM-3:00PM Mxnx's Group at Robron 12:00PM-3:00PM
27	28 Wild Womxn at Pure 4:30PM-5:30PM	29 Coffee and Conversation Location TBD 9:30AM-11:30AM Diefician at Robron 5:00PM-6:00PM Michif Circle 6:00PM-8:00PM	30	31 After School Group At Robron 2:30PM-5:00PM		

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 Location TBD 9:30AM-11:30AM	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 Location TBD 9:30AM-11:30AM	13	14 After School Group At Robron 2:30PM-5:00PM Louis Riel Day in Port Hardy	15 Piihtikway 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-11:30AM	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 Location TBD 9:30AM-11:30AM Piihtikway at Robron 6:00PM-8:00PM	27	28 After School Group At Robron 2:30PM-5:00PM	29	30 ASIST Program at Robron 8:30AM-4:30PM