

# Septaambr 2024 Newsletter



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## Womxn's Programming

### Kick Boxing:

Monday kick boxing 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, September 2<sup>nd</sup>\*\*

### Book Club:

The next book club meeting will take place on Saturday, September 7<sup>th</sup> from 11:30AM-1:00PM, lunch will be provided, we will be discussing *The Northwest is Our Mother* by Jean Teillet. Free for NIMA womxn.

### Reclaiming the Matriarch:

Mamawi will take place on Saturday, September 7<sup>th</sup> from 1:00PM-4:00PM. In September we will be making scissor cases. Please contact the office to RSVP.

## Mxn's Programming

The next Mxn's Bushcraft session will be taking place on Saturday, September 14<sup>th</sup> from 3:00PM-5:00PM. On Saturday, September 28<sup>th</sup> Mxn's group will be hosting a build session from 3:00PM-5:00PM. Please RSVP if you would like to attend either or both sessions.

## 50+ Programming

### Coffee Group

Join us for our weekly coffee group, Tuesdays from 9:30AM-11:00AM. There will be no session on Tuesday, September 3<sup>rd</sup>. On September 10<sup>th</sup> you can meet Lisa Marie at the Willow Point Tim Hortons. Please contact the office for more information.

### Kayhkway Chi Miichihk:

Our next Kayhkway Chi Miichihk will be taking place on Saturday, September 28<sup>th</sup> from 11:00AM-3:00PM. There will be two guest speakers; a pharmacist and counselor, who will offer presentations and be available for questions.

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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).

Mark your calendars for our **NIMA Health Fair**, taking place on Friday, October 18<sup>th</sup>, 2024, at Robron. Drop-in between 2:00PM-8:00PM. There will be health tables, speakers, and an immunization clinic. Dinner will be served at 5:00PM.

### Yoga:

**NEW** Starting Thursday, September 19<sup>th</sup> we will be starting online yoga classes. These will run every other Thursday, 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.

## Culture

### Southern Michif Language Group

On Tuesday, September 24<sup>th</sup> from 6:00PM-8:00PM we will be holding our first language circle. In this session we will be going over Unit 1, lessons 1-5 of the Prairies to Woodlands Southern Michif program. If you missed the first session and need help getting set up, please contact the office. Tea and snacks will be provided. 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, September 6<sup>th</sup> from 1:00PM-3:00PM.

### Pihtikway:

Our next Pihtikway will take place on Friday September 20<sup>th</sup> from 6:00pm – 8:00pm and will be held the 3<sup>rd</sup> Friday of every month. **PLEASE NOTE**, there will be no session in October due to the Health Fair.

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## Laarb Kawmaekit 2.0

### September Sessions

- Canning at Robron Saturday, September 14<sup>th</sup> 9:00AM-3:00PM
- Gauntlet Mittens (**Must have attended Rabbit tanning**) Saturday, September 21<sup>st</sup> 9:00AM-3:00PM

## After School Programming

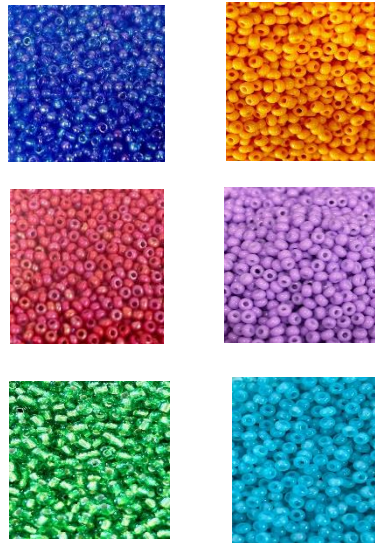
***New after school group starting*** On Thursdays, from 2:30PM-5:00PM, in the gym at Robron Centre. This program is open to all Métis kids ages 9-12. This group will run from September 19<sup>th</sup>, 2024-March 27<sup>th</sup>, 2024. Each session will include a physical activity component, cultural 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 t-shirts and hoodies, available in ADULT and YOUTH sizes. We also have new orange shirts, available in all sizes! New bead kits are available as well! Head over to our website [www.nimetis.com](http://www.nimetis.com) to check them out or stop by the office Tuesday-Friday 9:30AM-1:30PM to check out all our amazing items.



# September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 Lispaas at Robron 1:00PM-3:00PM	7 Book Club at Robron 11:30AM-1:00PM Mamawi at Robron 1:00-3:00
8	9 Wild Womxn at Pure 4:30PM-5:30PM	10 Coffee and Conversation at Willow Point Tim Hortons 9:30AM-11:30AM	11	12	13	14 Canning (Jam and Pickling) at Robron 9:00AM-3:00PM Mxn's Group (Bushcraft) at Robron 3:00PM-5:00PM
15	16 Wild Womxn at Pure 4:30PM-5:30PM	17 Coffee and Conversation Location TBD 9:30AM-11:30AM	18	19 After School Group At Robron 2:30PM-5:00PM Yoga on Zoom 7:00PM-8:00PM	20 Pihhtikway at Robron 6:00PM-8:00PM	21 Gauntlet Mittens (Laarb 2.0) at Robron 9:00AM-3:00PM
22	23 Wild Womxn at Pure 4:30PM-5:30PM	24 Coffee and Conversation Location TBD 9:30AM-11:30AM Michif Circle at Robron 6:00PM-8:00PM	25	26 After School Group At Robron 2:30PM-5:00PM	27	28 Kayhkway Chi Michihk at Robron 11:00AM-3:00PM Mxn's Group (Building) at Robron 3:00PM-5:00PM
29	30 National Day for Truth and Reconciliation					

# 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 Coffee and Conversation Location TBD 9:30AM-11:30AM	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 @ HBC Toque at Robron 10:00AM-3:00PM
27	28 Wild Womxn at Pure 4:30PM-5:30PM	29 Coffee and Conversation Location TBD 9:30AM-11:30AM Michif Circle 6:00PM-8:00PM	30	31 After School Group At Robron 2:30PM-5:00PM		