

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

December 2023



INSIDE THIS ISSUE:

Holiday Closure Dates Poster.....	Page 2
Seniors Program Calendar.....	Page 3
Caregiver Education Program Calendar.....	Page 4
Cultural Addictions & Wellness Calendar.....	Page 5
Youth Development Program Calendar.....	Page 6

Métis Nation Local 8: (403) 504-4060
Miywasin Friendship Centre (Medicine Hat): (403) 526-0756
Miywasin Centre - 517 3rd Street SE, Medicine Hat, T1A 0H2

**The Miywasin Friendship Centre
will be closed December 19th.
December 22nd open until
12:00pm. Closed from December
23rd, 2023-January 2nd, 2024.**



*Merry
Christmas*

AND HAPPY NEW YEAR

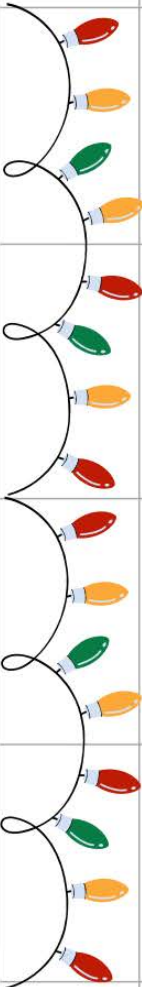




New Horizons for Seniors



DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 	BINGO 1:00-4:00PM	2
3	4	5	6	7	8 GAMES WE PLAY 1:00-3:00PM	9
10	11	12	13	14 GIFT CARD PICKUP 11:00-4:00PM	15 ELDERS LUNCHEON AT THE MIYWASIN KITCHEN 12:00PM	16
17	18	19 OFFICE CLOSED	20	21	22 OFFICE OPEN UNTIL 12:00PM	23
24	25 <i>MERRY Christmas</i>	26 OFFICE CLOSED CHRISTMAS HOLIDAYS	27 OFFICE CLOSED CHRISTMAS HOLIDAYS	28 OFFICE CLOSED CHRISTMAS HOLIDAYS	29 OFFICE CLOSED CHRISTMAS HOLIDAYS	30
31						

CONTACT US FOR MORE
INFORMATION

MARLENE CADOTTE -
SENIORS PROGRAM
COORDINATOR
CELL: 403-952-8100

ALL ACTIVITIES ARE FREE THANK
YOU TO OUR FUNDERS



ANFA AND NEW HORIZONS FOR SENIORS
NATIONAL INDIAN BROTHERHOOD - NIB TRUST
AB CULTURE DAYS

ELDERS LUNCH:

**FRIDAY, DECEMBER 15, 2023 - STUFFED TURKEY LOAF, CRANBERRY SAUCE, MASHED POTATOES, MIXED
VEGETABLES, PUMPKIN PIE & ICE CREAM**



Caregiver Education Program

All programs require registration.

All activities are FREE thanks to our funders.



DECEMBER 2023

Unlock page



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
	READING CIRCLE 10:00-10:45 (STORY: "WINTERS GIFTS")	MOTHER OF TRADITION 1-3PM (LESSON: WELLBRIGHTY MOVEMENT)	CULTURAL EXPLORERS 10:30-12:00PM (ACTIVITY: PINECONE CHRISTMAS TREES & BEADED SNOWFLAKES)	CULTURAL KIDS 1:30-2:30 (ACTIVITY: YARN & STICK CHRISTMAS TREES & XMAS PLAYDOUGH)	FAMILY SWIM BIG MARBLE GO CENTRE 6-8PM	CHILDRENS CHRISTMAS PARTY REGISTRATION REQUIRED 6-8PM																					

READING CIRCLE

COME ENJOY A COFFEE AND READING WITH YOUR LITTLES. ALL INDIGENOUS CHILDREN'S BOOKS WITH TEACHINGS EACH WEEK.

CULTURAL KIDS-3-6YRS.

HELPS CHILDREN EXPLORE CULTURE WHILE HAVING THEIR PARENT/CAREGIVER NEAR.

(PARENTS MUST STAY ON SITE)
REGISTRATION REQUIRED

CULTURAL EXPLORERS 0-3YRS.

HELP YOUR LITTLES EXPLORE CULTURE WITH THEIR PARENT/CAREGIVER BY THEIR SIDE LEARNING AND EXPLORING TOGETHER.
REGISTRATION REQUIRED

MOTHERS OF TRADITION-

HELPING PARENTS/CAREGIVERS CONNECT BACK TO THEIR ROOTS AND BRING TRADITION BACK TO THEIR CHILDREN
REGISTRATION REQUIRED

FAMILY PROGRAMMING.

PROGRAMMING IS OPEN FOR ALL YOUTH, FAMILIES, TO PARTICIPATE IN FREE FAMILY ACTIVITIES.

CHILDREN'S CHRISTMAS PARTY

FAMILIES WITH LITTLES FROM 0-12YEARS COME SEE SANTA AND CELEBRATE A MIYWASIN CHRISTMAS

MUST REGISTER WITH FRONT DESK OR SHELBY



Miywasin Friendship Centre
517-3rd St. SE
Medicine Hat, Alberta
T1A 0H2

Miywasin Friendship Centre:

Call:(403) 526-0756

text:(403) 952-9605

Email- Shelby@miywasincentre.net



Cultural Addictions

And Wellness Program

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 AHS outreach medical service. 9:30-11:30am	2
3	4 Drumming Circle 10:30am - 11:45	5 Bannock & Tea 10:30-11:45 am	6 No Program	7 Warriors Circle Cooking/Nutrition 5:30-7:00pm	8 No Program	9
10	11 Drumming Circle 10:30am - 11:45	12 Bannock & Tea 10:30-11:45 am	13 No Program	14 No Program	15 AHS outreach medical service. 9:30-11:30am	16
17	18 Drumming Circle 10:30-11:45 am	19 Bannock & Tea 10:30-11:45 am	20 No Program	21 Wellbriefly Registered program Ken 403-866-2717 Warriors Circle Cooking/Nutrition 5:30-7:00pm	22 No Program	23
24	25 Christmas Day	26 Closed for Holidays	27 Closed for Holidays	28 Closed for Holidays	29 Closed for Holidays	30
31 New Years Eve						

Contact us for more information:

Ken Turner, Recovery Coach
Cultural Addiction Program
Cell: 403-866-2717
Email: miywasin.kenturner@gmail.com

All activities are FREE thank you to our funders.



Miywasin Youth Development Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Ages 11-17 *Events are subject to change*	All events are FREE!!				1 No Programming
3	4 No Programming	5 Filling Our Tipis 4:30pm-6:30pm	6 Gym Night 6:30pm-7:30pm	7 Filling Our Tipis 4:30pm-6:30pm	8 Family Swim 6:00pm-8:00pm	9
10	11 No Programming	12 Filling Our Tipis 4:30pm-6:30pm	13 Medicine Wheel Program 4:30pm-6:00pm	14 Filling Our Tipis 4:30pm-6:30pm	15 No Programming	16
17	18 No Programming	19 Office Closed/ No Programming	20 Gym Night 6:30pm-7:30pm	21 Filling Our Tipis 4:30pm-6:30pm	22 Medicine Wheel Program TBA	23
24	25 Office Closed/ No Programming	26 Office Closed/ No Programming	27 Office Closed/ No Programming	28 Office Closed/ No Programming	29 Office Closed/ No Programming	30
	31					

Registration is required

Please call or text to sign up for each individual program.

Contact: Addison Dehart

Phone: (403) 526-0756

Text: (403) 878-5548

Miywasin Friendship
Centre
517-3rd St. SE
Medicine Hat, Alberta
T1A 0H2

Thank you to our
funders and
supporters:



Provincial Family
Resource Networks



DECEMBER 2023

Filling Our Tipis

(November-December Cohort)

A project aimed at increasing youth
resiliency through the Cree Tipi
Teachings

Please contact Mekethia to register
at (403) 878-5069

New cohort will begin in January
2024

Gym Night

Please wear CLEAN-non
marking running shoes.

Please meet at St. Louis School
at 6:25pm