

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

January 2023



INSIDE THIS ISSUE:

Elders Lunch Menu.....	Page 2
Seniors Program Calendar.....	Page 3
Cultural Addictions & Wellness Program Calendar.....	Page 4
Youth Development Program Calendar.....	Page 5
Caregiver Education Program Calendar.....	Page 6
Metis Money Moves Poster.....	Page 7

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



SENIORS 2024 LUNCHEON MENU

Friday, January 19, 2024

Perogies, Cabbage Rolls, Sausage, Tossed Salad, Blueberry Cheesecake

Friday, February 16, 2024

Pork Loin, Apple Sauce, Mashed Potatoes, Mixed Vegetables, Lemon Squares

Friday, March 15, 2024

Steak n' Peppers in Tomato Sauce, Rice, Tossed Salad, Apple Crumble & Ice Cream

Friday, April 19, 2024

Tomato Sausage Polenta, Coleslaw, Pineapple Slice

Friday, May 17, 2024

Deep Dish Taco Squares, Caesar Salad, Mixed Berry Tarts & Whipping Cream

Friday, June 21, 2024

Bison Chili, Potato Salad, Macaroni Salad, Fresh Fruit, Assorted Cookies & Squares

SENIORS SUPPORTS

All seniors welcome to come to Miywasin Friendship Centre for once-a-month hot meal program. We are continuing other supports for seniors 65+ for rent supplements (max \$200/month for as long as funding lasts), punch cards for Leisure Centre/YMCA, transportation -bus pass/taxi voucher, prescriptions, utility arrears, phone bill arrears and support with filling in forms/applications. These supports are available through intake only, you must book an appointment with Carol Syrette, MSW, RSW Counselor at Miywasin 403-526-0756.

For Income Tax Filing and Seniors Activity Programs, please call Marlene Cadotte at 403-952-8100.





New Horizons for Seniors

JANUARY 2023

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

**FRIDAY, JANUARY 19TH 2024 - PEROGIES,CABBAGE ROLLS, SAUSAGE, TOSSED SALAD & BLUEBERRY
CHEESECAKE**



Cultural Addictions

And Wellness Program

January 2024

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

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
	1 Office Closed/ No Programming	2 Office Closed/ No Programming	3 No Programming	4 No Programming	5 No Programming	6
7	8 No Programming	9 Medicine Wheel Program 4:30pm-6:00pm	10 Gym Night 6:30pm-7:30pm	11 No Programming	12 Family Swim 6:00pm-8:00pm	13
14	15 No Programming	16 Filling Our Tips 4:30pm-6:30pm	17 Medicine Wheel Program 4:30pm-6:00pm	18 Filling Our Tips 4:30pm-6:30pm	19 No Programming	20
21	22 No Programming	23 Filling Our Tips 4:30pm-6:30pm	24 Gym Night 6:30pm-7:30pm	25 Filling Our Tips 4:30pm-6:30pm	26 No Programming	27
28	29 No Programming	30 Filling Our Tips 4:30pm-6:30pm	31 Medicine Wheel Program 4:30pm-6:00pm	All events are FREE!! *Events are subject to change*		

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:



JANUARY 2024

Filling Our Tips

(January - February 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 March
2024

Gym Night

Please wear CLEAN-non
marking running shoes.

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

Caregiver Education Program

All programs require registration.

All activities are FREE thanks to our funders.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	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	31			



"Miywasin Friendship Centre"

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

JANUARY 2024



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 WITH THEM AFTER SCHOOL TIME.

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

FAMILY PROGRAMMING

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

Miywasin Friendship Centre:

Call:(403) 526-0756

text:(403) 952-9605

Email- Shelby@miywasincentre.net



Metis Money Moves

MAKING CHANGE FOR
THE NEXT SEVEN GENERATIONS

Budgeting 101

In this FREE course, you will learn how to:
create a household budget
manage your income
pay down debt build savings find motivation

Wednesday, January 17th 1-3pm

In-person @ Miywasin kitchen

Register: Call 403-526-0756 or
email: metismonymoves@gmail.com

Created by



JoLynn Parenteau

Hosted by

