

# RIEL ISSUES

## NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

October 2024



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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

**SCHOOL WORK  
STRESSING YOU  
OUT? WE CAN HELP!**

**Miywasin Friendship Centre is  
now offering Tutoring for  
Indigenous youth Gr. 7-12**

**WHERE: MIYWASIN KITCHEN  
WHEN: EVERY WEDNESDAY 6PM - 8PM  
STARTING SEPTEMBER 18, 2024  
(UNLESS OTHERWISE POSTED)  
\*LIGHT SNACK WILL BE PROVIDED\*  
Drop in basis - limited spots available**

**FOR MORE INFORMATION PLEASE  
CALL/EMAIL:  
CATHY 403-526-0756  
OR  
CATHY@MIYWASINCENTRE.NET**

**\*Miywasin Friendship Centre is not responsible for  
lost/stolen items\***



## SENIORS 2024 LUNCHEON MENU

Friday, September 06, 2024

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

Friday, October 25, 2024

Baked Tacos, Caesar Salad, Mixed Berry Tarts & Whipping Cream

Friday, November 15, 2024

Pork Loin, Apple Sauce, Mashed Potatoes, Mixed Vegetables, Lemon Meringue Tarts

Friday, December 13, 2024

Quiche, Farmers Sausage, Tossed Salad, Chocolate Ice Cream Sundae

Friday, January 17, 2025

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

## 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 six months), transportation - bus pass/taxi voucher, prescriptions, utility arrears, phone bill arrears and support with filling in forms /applications. These supports are available based on income and need, through intake only, you must book an appointment with Sandra Ebach, 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

## OCTOBER 2024

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
	<i>Thanksgiving</i> Office Closed					
20	21	22	23	24	25	26
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

**DUE TO FUNDING THE GROCERY GIFT CARD PROGRAM WILL ONLY BE AVAILABLE TO THOSE 65+ EVERY TWO MONTHS. PLEASE BOOK AN INTAKE WITH SANDRA EBACH TO DETERMINE IF YOU ARE ELIGIBLE.**



**Friday, October 25th, 2024 - Baked Tacos, Caesar Salad, Mixed Berry Tarts & Whipping Cream**

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

PLEASE KEEP A LOOK OUT ON OUR FACEBOOK PAGE FOR FUTURE WORKSHOPS!

Cathy Roulette  
 WWFL Coordinator

Cathy@miywasincentre.net  
 (403)580-9916 - Text/Call

# Weaving Wichitowin For Learning

# OCTOBER 2024



SUN	MON	TUE	WED	THU	FRI	SAT
		1 No Programming	2 Tutoring 6 - 8 PM	3 No Programming	4 BEADED BEYCHAM LANYARDS 1-4 PM REGISTRATION REQUIRED	5
	7 No Programming	8 No Programming	9 Tutoring 6 - 8 PM	10 BATTLE MAKING WORKSHOP 10R 2 4:30 - 6 PM REGISTRATION REQUIRED	11 No Programming	12
	<b>Thanksgiving Day Miywasin Closed</b>	15 No Programming	16 Tutoring 6 - 8 PM	17 BATTLE MAKING WORKSHOP 2 OF 2 4:30 - 6 PM REGISTRATION REQUIRED	18 No Programming	19
	21 No Programming	22 <b>Miywasin Event</b>	23 <b>Miywasin Event</b>	24 No Programming	25 No Programming	26
	28 No Programming	29 No Programming	30 Tutoring 6 - 8 PM	31 <b>Happy Halloween!</b>	1	2



## Miywasin Youth Development Program



### OCTOBER 2024

**Tutoring programming**  
Every Wednesday from  
6:00pm-8:00pm drop in  
tutoring for grades 7-12.  
Contact Cathy Roulette for  
more information  
(403) 580-9916

### Gym Night

Please wear CLEAN-non marking  
running shoes.

Please meet at St.Louis School at  
6:00pm or contact for  
transportation in advance.

Provincial Family  
Resource Networks



Community  
Foundation  
of Southeastern Alberta



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Ages 11-17</b> <b>*Events are subject to change*</b>	1 No Programming	2 No Programming	3 Medicine Wheel Program 4:30pm-6:00pm	4 No Programming	5
6	7 No Programming	8 Medicine Wheel Program 4:30pm-6:00pm	9 Gym Night 6:00pm-7:00 pm	10 Medicine Wheel Program 4:30pm-6:00pm	11 No Programming	12
13	14 Office Closed/ No Programming	15 Medicine Wheel Program 4:30pm-6:00pm	16 No Programming	17 Medicine Wheel Program 4:30pm-6:00pm	18 No Programming	19
20	21 No Programming	22 Miywasin Event /	23 Office closed.	24 No programming	25 No Programming	26
27	28 No Programming	29 Medicine Wheel Program 4:30pm-6:00pm	30 No Programming	31 <b>Happy Halloween</b>	<b>All events are FREE!!</b>	

**Thank you to our funders and supporters:**



**Registration is required**

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

**Miywasin Friendship**

**Centre**

**517-3rd St. SE**

**Medicine Hat,**

**Alberta**

**T1A 0H2**

**Contact: Addison Dehart**

**Phone or text: (403) 878-5548**



# Caregiver Education Program



## OCTOBER 2024

### 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		



**CULTURAL KIDS-3-8YRS.**  
HELPS CHILDREN EXPLORE CULTURE WHILE NAVIGATING THEIR PARENT/CAREGIVER WITH THEM (PARENTS MUST STAY ON SITE) AFTER SCHOOL TIME 3-5 PM!

**CULTURAL EXPLORERS-9-13YRS.**  
HELPING INQUIRY AND TOOLBOXES EXPLORE AND EXPERIENCE CULTURE THROUGH READING, CRAFTING AND CULTURAL ACTIVITIES WHILE HAVING THEM PARENT/CAREGIVER WITH THEM (PARENTS MUST STAY ON SITE)

**TRADITIONAL PARENTING.**  
PARENTS/CAREGIVERS CONNECT BACK TO TRADITIONAL TEACHINGS WHILE PASSING THE TRADITIONAL VALUES A TEACHINGS TO THEIR KIDDOOS. REGISTRATION REQUIRED AFTERSCHOOL HOURS (4-5:30)

**Miywasin Friendship Centre:**  
Call:(403) 526-0756  
text:(403) 952-9605  
Email: [Shelby@mnywasincentre.net](mailto:Shelby@mnywasincentre.net)



### "Miywasin Friendship Centre"



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

**Miywasin Children's Centre**  
435-3rd St. SE  
Medicine Hat, Alberta  
(Programming Address)



# Cultural Connections And Wellness Program

## October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Bannock & Tea 1:00-3:00 pm	I AM A KIND MAN 5:00-7:00	No Program	No Program	5
6	7 No Program	Bannock & Tea 1:00-3:00 pm	I AM A KIND MAN 5:00-7:00	No Program	11 AHS Outreach Medical Service 9:30-11:30am	12
13	14 Closed for Thanksgiving	Bannock & Tea 1:00-3:00 pm	I AM A KIND MAN 5:00-7:00	No Program	18 No Program	19
20	21 Drum Circle 10:30-11:45	Bannock & Tea 1:00-3:00 pm	No Program	No Program	25 AHS Outreach Medical Service 9:30-11:30am	26
27	28 Drum Circle 10:30-11:45	Bannock & Tea 1:00-3:00	I AM A KIND MAN 5:00-7:00	No Program		

Contact us for more information:

**I AM A KIND MAN**  
**Andrew SpottedBull**  
 Cell: 403-866-2717  
 Email: [andrew@miywasincentre.net](mailto:andrew@miywasincentre.net)



All activities are **FREE** thank you to our funders.

