




Wahnapiitae First Nation Community Newsletter

Inside this issue:

JULY 2021

P2: Letter to Community



WAHNAPIITAE FIRST NATION
259 TAIGHWENINI TRAIL ROAD
CAPREOL, ONTARIO P0M 3H0
Phone: (705) 858-0610 Fax: (705) 858-5570
www.wahnapiitae1stnation.com

June 20, 2021

Aanii Wahnapiitae First Nation members,
Re: Second term appreciation

Chi miigwech for your trust and for allowing me the privilege to serve as your Chief for a second term. I'm honoured and pleased to be able to continue work with you to improve the lives of all members of Wahnapiitae First Nation. That also means building on the incredible things we've done together so far, and I'm excited to continue these important efforts in the coming year.

This includes following up on the things we achieved together in my first term:

- Land claim successes with Canada and Ontario for financial settlements and discussions to return our lands
- New housing on reserve, and establishment of a safe house for families
- Opening of a new on-reserve medical clinic, with a nurse practitioner
- Consistent positive reviews of our audits and financial management
- A new Communications department to better connect with members, and an HR department to improve administration
- Became the leading First Nation in Ontario for Affordable self-governance, with zero

Chief Roque issued a letter to the community highlighting the accomplishments of Council during his first term in office.



A Message to Members

Now that we are in the thick of summer, with its warmer temperatures, days full of sunshine, and nights glowing with all the stars and cozy campfires, it's time for a few friendly reminders.

WATER SAFETY

As a sacred gift, the water must be respected, and enjoying it means paying due attention. Boaters must wear or have easily available their personal flotation device and whistle for emergency situations. All anglers should also let a friend or family member know when they are heading out on the water, where they expect to go and when to expect their return. Parents and guardians should follow all water safety protocols when bringing children to local beaches, pools, and rivers. Staying alert can save lives.

FIRE SAFETY

As most of us already know, WFN has already experienced a community-wide fire ban. The WFN Fire Dept. remains on alert and in touch with the Ministry of Natural Resources & Forestry, monitoring conditions. Should it be necessary, WFN will issue warnings, bans, and fines. Failing to make sure campfires are fully extinguished could result in hefty fines and devastating destruction. Remember to never leave a fire unattended.

FINDING THE LIGHT

In the last month, this country has been reminded of its darkest history. The Indigenous peoples in Canada have known about the numerous unmarked graves spread across the country for generations. Unfortunately, it has taken the recent uncovering of these sites to focus the attention of Canadians on this tragedy. We pray to the Creator to keep these children, their families, and their communities in his care. WFN stands with the survivors of the Indian Residential Schools System and their families as the recoveries begin and wounds are refreshed to be healed properly.

As always, WFN calls on its members and neighbours to learn the history, language and culture of the Anishinaabe as we continue to bring these injustices to the light.

Miigwech,
Chief Larry Roque

P6: Chief and Council




Following election day, Chief and Council have begun work.

P12: New Clinic Hours

NORMAN RECOLLET HEALTH CENTRE

**NURSE PRACTITIONER CLINIC
HOURS OF OPERATION**



NRHC Nurse Practitioner Clinic hours have been updated.

P19: Traditional Teachings

 HIBWAKAAWIN	 ZOONCIDE'WIN	 DIBAADENZOWIN	 ZAAG'IDIWIN
 DEBWEWIN	 CWATAROWAADIZWIN	 MANAA'JIWEWIN	

Seven Grandfathers Teachings flashcards.

COMMUNITY UPDATE



WAHNAPIITAE FIRST NATION

259 TAIGHWENINI TRAIL ROAD
CAPREOL, ONTARIO P0M 1H0

Phone: (705) 858-0610 Fax: (705) 858-5570
www.wahnapiitaeirstnation.com

June 10, 2021

Aanii Wahnapiitae First Nation members,

Re: Second term appreciation

Chi-miigwetch for your trust and for allowing me the privilege to serve as your Chief for a second term.

I'm honoured and pleased to be able to continue work with you to improve the lives of all members of Wahnapiitae First Nation. That also means building on the incredible things we've done together so far, and I'm excited to continue these important efforts in the coming years.

This includes following up on the things we achieved together in my first term:

- Land claim successes with Canada and Ontario for financial settlements and discussions to return our lands
- New housing on reserve, and establishment of a safe house for families
- Opening of a new on-reserve medical clinic, with a nurse practitioner
- Installation of fibre internet at WFN, which will be complete this summer
- Education Hubs for students during COVID-19
- Preliminary work for a new education centre, a new family wellness centre, and a landfill
- Passage of our own laws, starting with a Cannabis Law
- Contracts with the mining industry to protect the environment
- Emergency generator at the Band Hall
- Consistent positive reviews of our audits and financial management
- A new Communications department to better connect with members, and an HR department to improve administration
- Became the leading First Nation in Ontario for Anishinaabe self-governance, with pre-implementation work nearly complete
- Initiated the process of First Nation land management
- Became a leading First Nation in asset management
- Support for members during the pandemic, including: a community food bank; a financial support program; and coordination of COVID-19 testing and vaccination.
- OPG rip-rap wall to be done by Spring 2022

Again, I'm looking forward to continuing this incredibly important work, and I can't wait to see what we can do together in the next four years.

Chi-miigwech,

A handwritten signature in blue ink that reads "L Roque".

Chief Larry Roque
Wahnapiitae First Nation

ELECTION RESULTS

Form 6

OFFICIAL STATEMENT OF RESULTS OF ELECTION

Candidate Name	Votes
Mike Teddy	110
Adam Roque	117
Geoffrey Cosh	66
Stefanie Recollet	77
Mary Nicholls Russell	30
Bob Pitfield	145
Marlene Roque	27
Craig Tyson	111
Erika Gollan	56
Derek Roque	68

Number of ballots cast: 233

Number of rejected ballots: 4

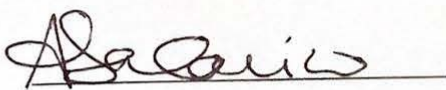
Number of spoiled ballots: 0

Number of mail-in ballots cast: 172

Number of in person ballots cast: 61

The following candidates were declared Councillors on June 19th, 2021:

- 1) Bob Pitfield
- 2) Adam Roque
- 3) Craig Tyson
- 4) Mike Teddy



Signature of Electoral Officer

Angela Talarico

Print Name

June 20, 2021

Date

COVID-19 UPDATE

COVID-19 Resource Contacts

Norman Recollet Health Centre
Phone: (705) 858-7700

Public Health Sudbury & Districts
Phone: (705) 522-9200
Website: www.phsd.ca

Telehealth Ontario
Phone: 1-866-797-0000
Website: [covid-19.ontario.ca/
self-assessment](http://covid-19.ontario.ca/self-assessment)

Hope for Wellness Helpline
Phone: 1-855-242-3310
Website: hopeforwellness.ca

Health Sciences North COVID-19 Assessment Centre:

Phone: (705) 671-7373
Patients will be screened by a nurse over the telephone, and referred to one of three options if testing is necessary (by appointment only):

- COVID-19 Assessment Centre, 56 Walford Road, with drive-through testing option;
- NEOMO Medical, 885 Prete Street, with drive-through testing option;
- Primacy Medical Centre, 1485 Lasalle Boulevard, with drive-through testing option

The Wahnapiatae First Nation Community Newsletter is published the 1st Wednesday of every month.

Wahnapiatae First Nation
259 Taigwhenini Trail Road
Capreol, Ontario | P0M 1H0
Phone: (705) 858-0610

FEELING UNEASY ABOUT RETURNING TO PRE-PANDEMIC ACTIVITIES?

Here are some tips to help!



1 REMEMBER, WE MAY ALL HAVE DIFFERENT REACTIONS TO RE- OPENING

Some people will be excited and relieved about returning to pre-pandemic activities. Others will feel unease and worry. And many will feel a mix of emotions. All are normal!



2 BE KIND TO YOURSELF AND OTHERS

We have all been in the same storm, but we were in different boats. We don't know what others have weathered to get here, just as other don't know what you have weathered.



3 THINK ABOUT WHAT HAS HELPED YOU COPE WITH STRESS IN THE PAST

Pause and reflect. Think of what has helped you in other difficult situations. It might be things like getting quality sleep, eating healthy foods that give you energy, connecting with nature, or talking to someone you trust.



4 START LOW AND SLOW

This suggestion applies here too! If you are feeling nervous about returning to pre-pandemic activities, take your time.



5 IT'S OKAY NOT TO BE OKAY

Reach out for help when you need it. Talk to someone you trust or reach out to community services like: the Norman Recollet Health centre at 705-858-7700, Hope For Wellness Helpline at hoeforwellness.ca or Wellness Together Canada at wellnesstogether.ca.

COVID-19 UPDATE

Ontario Roadmap to Reopening Stage 2: Permit with restrictions

INDOOR

- Social gatherings and organized public events for up to 5 people
- Essential and other select retail permitted at 50% capacity
- Non-essential retail capacity at 25%
- Stores in shopping malls open, with restrictions
- Larger religious services, rites, or ceremonies, including wedding services and funeral services at 25% capacity
- Overnight camps
- Personal care services where face coverings can be worn at all times at 25% capacity
- Public libraries permitted at 25% capacity

OUTDOOR

- Social gatherings and organized public events for up to 25 people
- Dining for up to 6 people per table
- Religious services, rites, or ceremonies, including wedding services and funeral services, capped at the number of people that can maintain a physical distance of two metres
- Fitness classes are capped at the number of people who can maintain 3 metres of distance
- Meeting and event spaces at 25% capacity
- Amusement and water parks at 25% capacity
- Sports games, leagues and events at 25% capacity
- Cinemas, performing arts, live music events and attractions at 25% capacity
- Horse racing and motor speedways at 25% capacity

COVID-19 Statistics (as of July 5, 2021)

Sudbury District:

Total Tests: 261,842

Confirmed Cases: 2,171

Resolved: 2,164

Deaths: 31

Ontario:

Total Tests: 15,976,211

Total Cases: 546,217

Resolved: 535,110

Deaths: 9,224

Hospitalized: 202

In ICU: 168

Canada:

Total Tests: 37,043,709

Total Cases: 1,417,639

Active Cases: 5,812

Recovered: 1,385,459

Deaths: 26,368

Stay Connected, Stay Safe

For the most up-to-date information and updates about Wahnapiatae First Nation, including safety measures, check us out online as below:



WEBSITE: www.wahnapiataefirstnation.com



MAIN PAGE: www.fb.me/wahnapiataefirstnation



YOUTH PAGE: www.fb.me/WFNYouthPage

For up-to-date figures, be sure to check the following websites:

Sudbury:
tinyurl.com/phsddata

Ontario:
covid-19.ontario.ca/data

Canada:
tinyurl.com/canadacvd19

CHIEF AND COUNCIL

Election Results

The results are in! Following the election held on June 19 and the signing of the official oaths of office, Wahnapiatae First Nation's Chief and Council have begun their official roles.

Chief Larry Roque and Councillors Bob Pitfield, Adam Roque, Craig Tyson, and Mike Teddy will hold office for the 2021-2025 term, representing WFN members and acting as

stewards of the community as it continues to grow.

Miigwech to all who participated in this election as candidates and as voting members. There were ten candidates, four of whom were women.



Front row, L to R: Chief Larry Roque and Councilor Mike Teddy
Back row, L to R: Councilors Craig Tyson, Adam Roque and Bob Pitfield

Contact Information

Chief Larry Roque

Phone: 705-858-0610, ext.
Email: larry.roque@wahnapiataefn.com

Councillor Bob Pitfield

Email: bob.pitfield@wahnapiataefn.com

Councillor Adam Roque

Email: adam.roque@wahnapiataefn.com

Councillor Mike Teddy

Email: mike.teddy@wahnapiataefn.com

Councillor Craig Tyson

Email: craig.tyson@wahnapiataefn.com

COMMUNITY UPDATE



**EVERY
CHILD
MATTERS**

A sacred fire was held on June 2 at the Centre of Excellence tipi in honour of the 215 children found in Kamloops, BC. Community members hung orange ribbons in trees surrounding the tipi.

COMMUNITY UPDATE

Health Committee Members Needed

Wahnapitae First Nation is seeking members for its Health Committee.

The committee acts in an advisory capacity and is to provide support and direction to the Norman Recollet Health Centre, located in Wahnapitae First Nation, on behalf of the members and community. It will be comprised of one Elder, one youth aged 18 to 25, one on-reserve member, and one off-reserve member.

The health committee will make recommendations to staff regarding vision, objectives, programming, including public safety for WFN members. These recommendations will be brought forward to Chief & Council and the Executive Director for implementation in accordance with WFN NRHC policies, WFN Governance policies and operational procedures to ensure sustainable health services.

The Role of the Health Committee:

- Adhering to the vision of Norman Recollet Health Centre and ensure implementation of the vision and mission statements.

- Develop and support implementation of the strategic plan for the Norman Recollet Health Centre including:
 - Provide support with the accreditation process;
 - Set short and long term goals;
 - Policy review;
 - Review the annual evaluation of the strategic plan; and
 - On an annual basis review the Terms Of Reference.

Please submit why you would like to be a part of the Health Committee by July 22 to Jessica.baillargeon@wahnapietaefn.com. The first Health committee meeting will be held on July 29.



THE ORANGE SHIRTS

a symbol of hope and reconciliation

Orange Shirt Day is the legacy of the St. Joseph Mission (SJM) Residential School (1891-1981) Commemoration Project and Reunion events that took place in Williams Lake, BC, Canada, in May 2013.

Phyllis (Jack) Webstad, a former student, shared her story of how the new orange shirt her grandmother bought her was taken away from her on her first day of residential school when she was six years old.

Phyllis's story resonated with other Residential School Survivors and opened the door to the discussion of the harm done to generations of children by residential schools and the healing journey of survivors and their families.

Today, we wear orange in affirmation of our commitment to reconciliation and anti-racism, and the belief that every child matters.

Available to WFN Members! Order yours today!

Contact Emily Roque at 705-858-0610 ext. 201 or emily.roque@wahnapietaefn.com to place your order.



T-shirt: \$15



Hoodie: \$30

COMMUNITY UPDATE

WAHNAPITAE FIRST NATION

WANTS TO CONNECT WITH YOU

Stay up to date on what's happening at WFN by signing up for email communications, using the link below.

This will let you receive the newsletter digitally, provide more timely feedback on important community projects and receive links to virtual community engagement sessions.

WWW.TINYURL.COM/WFN-EMAIL

If you have any thoughts or questions, please let us know at monica.dorion@wahnapitaefn.com

WANT TO BE A GREAT NEIGHBOUR?

Fireworks are a lively and exciting way to celebrate and have a good time.

Let your neighbours know you intend to set off fireworks.

Be aware of noise and fireworks bylaws and their implications.

Be safe and ensure the safety of those in attendance.

Enjoy responsibly.

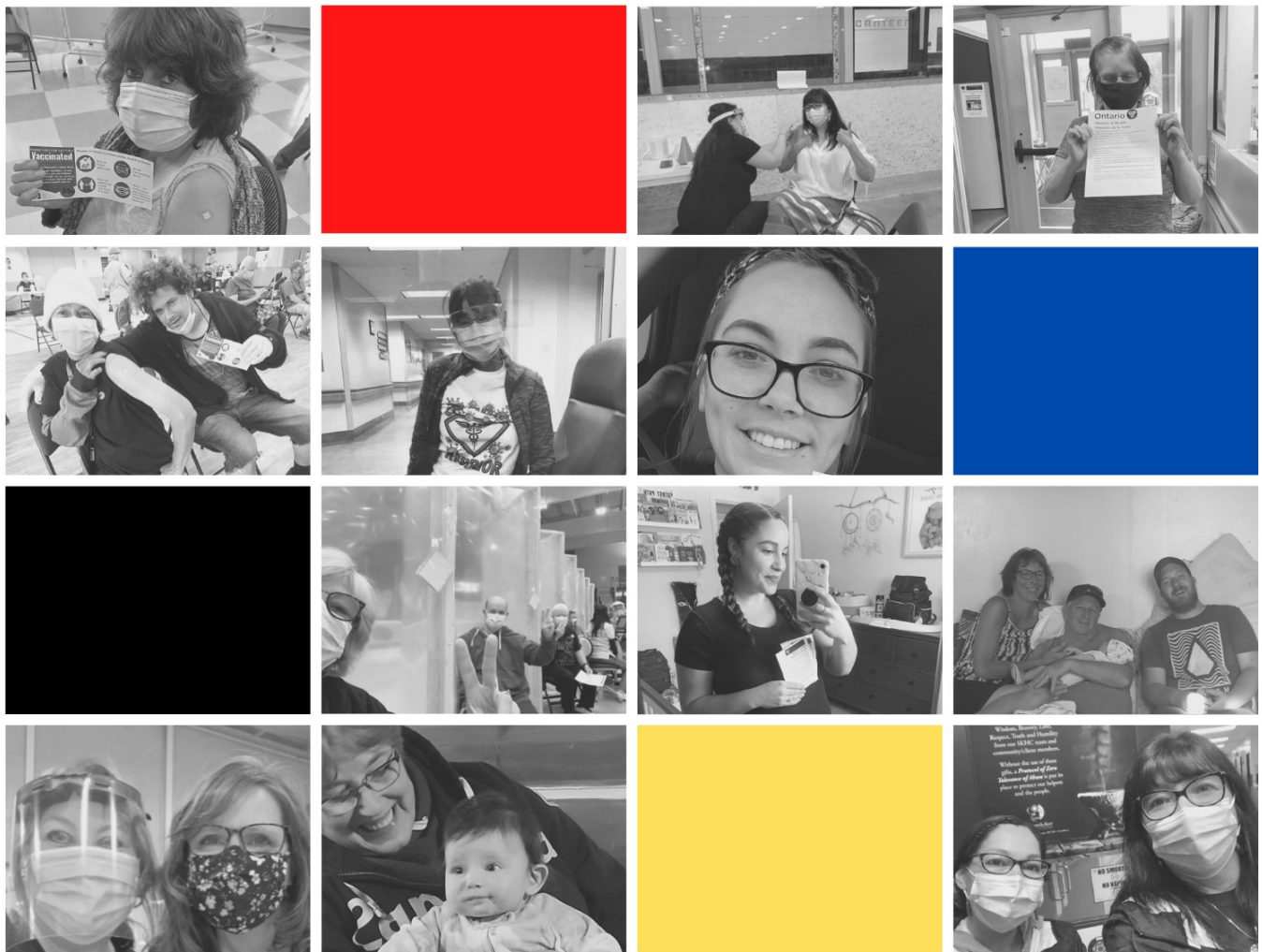
Congratulations!



The recipient of the 2020/21 Norman Recollet Health Centre \$500 Bursary is St. Charles College Grade 8 graduate and Wahnapitae First Nation member Joseph Roque. Joseph successfully passed all criteria and also received an Indigenous Studies award.

Congratulations, Joe! You are awesome and an inspiration to others. Keep up the good work!

COMMUNITY UPDATE



KEEPING EACH OTHER SAFE

COVID-19 VACCINE STORIES

The Norman Recollet Health Centre put out a call for vaccination stories and our members were happy to share!

Congratulations to grand prize winner Debbie Plain-McGregor.

COMMUNITY EVENTS



WAHNAPITAE FIRST NATION

National Indigenous Peoples Day

JUNE 21, 2021



MIIGWECH, NORMAN RECOLLET
HEALTH CENTRE!

HEALTH UPDATE

NORMAN RECOLLET HEALTH CENTRE

NURSE PRACTITIONER CLINIC HOURS OF OPERATION



Tuesdays

- in-person appointments
- @ NRHC
- 8:00 AM to 4:30 PM

Wednesdays

- Ontario TeleHealth Network
- video call @ NRHC
- 10:00 AM to 3:00 PM



All requests must be made during in-person appointments, including blood work requisitions, referrals and all other paperwork.



Norman Recollet Health Centre
Wahnapiatae First Nation

259 Taighwenini Trail Road
Capreol, ON P0M 1H0
705-858-7700





Children Oral Health Initiative (COHI)

The COHI program will be offered to children at Wahnapiatae First Nation, aged 0 to 18, as well as pregnant or breastfeeding mothers, and elders with Diabetes.

COHI is the first phase of the Dental Program being offered at Wahnapiatae First Nation.

To sign up for COHI please contact: Jessica Baillargeon CDA II (Certified Level II Dental Assistant) and COHI aid @ Jessica.baillargeon@wahnapiataefn.com or 705 858 7700 ext 220.

Service: Screening	
<ul style="list-style-type: none"> • A COHI oral health professional checks the health of your child's teeth, gums, and mouth 	<ul style="list-style-type: none"> • Provides a fun, gentle and easy way for your child to be introduced to oral health care. • Identifies if your child needs to see a dentist for immediate oral health care.
Service: Fluoride Varnish	
<ul style="list-style-type: none"> • A protective coating applied to teeth 	<ul style="list-style-type: none"> • Helps prevent cavities. • Quick and easy to apply. • Safe to use with young children and pleasant tasting.
Service: Dental Sealants	
<ul style="list-style-type: none"> • Thin plastic coating applied to the chewing surfaces of baby and adult teeth 	<ul style="list-style-type: none"> • Creates a protective barrier on teeth. • Effective in helping to prevent tooth decay. • Simple to apply.
Service: Temporary Fillings	
<ul style="list-style-type: none"> • Small temporary fillings applied to baby teeth with cavities. • Gentle procedure, does not require freezing 	<ul style="list-style-type: none"> • Stops baby teeth with cavities from decaying further. • Reduces amount of harmful tooth decay-causing bacteria in the mouth. • Note: A follow-up visit to a dentist may be needed after temporary filling is applied.
Service: Healthy Oral Health Habits	
<ul style="list-style-type: none"> • Oral health care instruction like tooth brushing, and healthy food choices. 	<ul style="list-style-type: none"> • Helps to build healthy oral health habits that need to be encouraged and practiced at home
Service: Silver Diamine Fluoride	
<ul style="list-style-type: none"> • Treatment option for cavities, applied to the tooth surface using a microbrush. • Simple, quick, painless; does not require freezing. 	<ul style="list-style-type: none"> • Helps stop cavities from growing larger in teeth. • May help relieve tooth pain and sensitivity. • Note: a follow-up visit to a dentist may be needed after silver diamine fluoride is applied.



Norman Recollet Health Centre
259 Taighwenini Trail Road



Wahnapiatae First Nation
259 Taighwenini Trail Road

EDUCATION UPDATE

Construction and Funding and Summer Fun

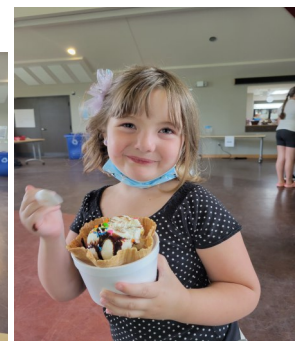
As most of you know, the Education department, along with input from the community, completed a feasibility study for an education center. We have applied to Indigenous Community Capital Grants to move into the next stage of development, which means having tender-ready documents prepared and being ready to seek funding for construction. We are still awaiting response to this proposal.

Very recently, we became aware of a possible new funding source, called Green and Inclusive Community Buildings program, through Infrastructure Canada. With the deadline timeframe being so short, and with the approval of Chief and Council, the Education team has hired an architect to proceed with submitting this application. We have a good start with the feasibility study completed, but now would like to add on to this building, meeting a major request from the community: a gross motor skills room which could be used as a gym. If we receive this funding, we will host additional community engagement sessions to gather more input. With any luck, we can begin construction within the next year.

In other news, the Education department was able to renovate the Gazebo, almost doubling its size! We are just waiting for our furniture to come in. We will have an opening ceremony and will send out notices once we have a date set. It looks awesome, and our youth are going to truly enjoy the new space.

Great news! Our Summer Camp will be operating in person this year! We still need to keep in mind COVID-19 restrictions, so this year we are going to have youth aged 7-9 attend on Mondays and Tuesdays, and ages 10-15 attend on Wednesdays and Thursdays. Cinnamon is very excited to have in person programming this year. If you missed registration day, please contact Cinnamon at Cinnamon.cyr@wahnapietaefn.com to get your registration forms and COVID-19 Summer Camp Policy.

Our Education Hubs wrapped up on June 24, with a fun filled day along with a BBQ. We would like to send out a thank you and farewell to our wonderful teachers: Jana Bolton who taught JK & SK, and Shandel Valiquette who assisted our youth in Grades 1-8. Ladies, we wish you luck in your new endeavors.



ROCKY'S UPDATE



ENJOY THESE DISCOUNTS TODAY!

**\$5 OFF
FUEL**

JULY 2021

Applies to all fuel purchases.

**25% OFF
ESCARGOT**

JULY 2021

ESCARGOT IS BACK!

**FREE APP WITH
PURCHASE OF 2
ENTREES**

JULY 2021

COMBO PLATTERS NOT INCLUDED

**ICE CREAM
BOGO**

JULY 2021

BUY ONE SCOOP, GET THE SECOND
FREE
MONDAY-THURSDAY ONLY

MUST PROVIDE COUPON TO SERVER OR GAS BAR ATTENDANT FOR
DISCOUNTS!


705-858-0500

OPEN 11-8 THURSDAY-SUNDAY

EMPLOYEE SPOTLIGHT



Nick Stewart



Nick is Wahnapiatae First Nation's Communications Director and the Project Manager for facilitating and implementing the Anishinabek Nation Governance Agreement at WFN.

Nick is one of our greatest assets and we are very fortunate to have him on our team, working tirelessly towards growth and governance for the Wahnapiatae First Nation community.

EMPLOYEE SPOTLIGHT



Kayla & Zoe!

Our Rocky's Graduates!!!

Please join us in congratulating Kayla and Zoe on their recent high school graduation! These young women worked at Rocky's while in school and have shown resilience and dedication to both. Both are wonderful, hard working employees who we are so fortunate for!

The future is yours, ladies!



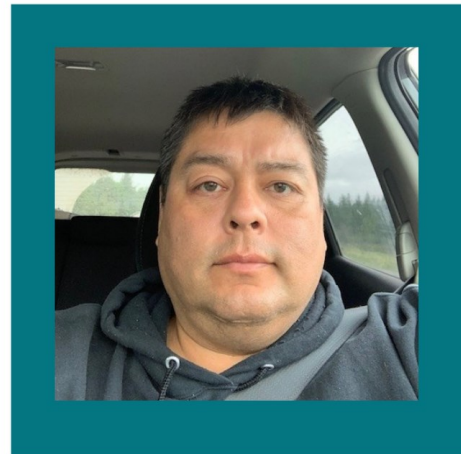
Grant Peltier



SECOND BAND REP!

Aanii, Kina Wiiya, "Hello everyone". My name is Grant Peltier, and I am excited to have been selected for the position of Band Representative for your community of Wahnapiatae First Nation. I am a Band member of Wikwemikong First Nation, a father of three children ages 12, 18, and 20.

My employment background is extensive in many capacities of providing preservation and protection services to individuals and families ranging from infancy to adulthood. I am looking forward to this journey in working with the membership in educating and walking with each individual, and family through the process of Child Welfare. I am here to provide supportive direction in any way I can when it comes to navigating community services and referrals.



How to contact Grant:
By phone: 705-920-9106
By email: grant.peltier@wahnapiataefn.com

COMMUNITY NOTICES



hurt your helmet, not your head

The bike helmet law in Ontario requires every cyclist under the age of 18 to wear an approved bicycle helmet. If you are a parent of a child younger than 16 years of age, responsibility falls to you to ensure they are equipped.

E-bike laws require that all e-bike operators must be 16 years of age or older and all must wear an approved bicycle helmet that fits properly.

All passengers must be wearing helmets on both ATVs and in side-by-sides, must be wearing seat belts in side-by-sides, and be over the age of 8.



call for submissions

WFN MEMBERS

Are you a carver or weaver? A photographer or painter? Perhaps you are a poet or a seamstress making beautiful ceremonial clothing?

If so, we want to showcase your talents!

Send your submissions to Monica @
monica.dorion@wahnapietaefn.com

Leash & Scoop



Help keep
Wahnapietae First Nation
clean and friendly.

DID YOU KNOW?

Wahnapietae
First Nation
hosts a job board
on its website

[wahnapietaefirstnation.com/
external-job-opportunities/](http://wahnapietaefirstnation.com/external-job-opportunities/)

On this page, you'll find off-
reserve job offerings, training
courses, and internships

Check out the rest of the website while you're
there!

TRADITIONAL TEACHINGS

LOVE



ZAAGI'DIWIN

SEVEN GRANDFATHERS
FLASHCARDS

*Anishinaabemowin provided by
David Bouchard's "Seven Sacred Teach-*

HUMILITY



DIBA ADENZOWIN

RESPECT



MANAAJI'IEWIN

COURAGE



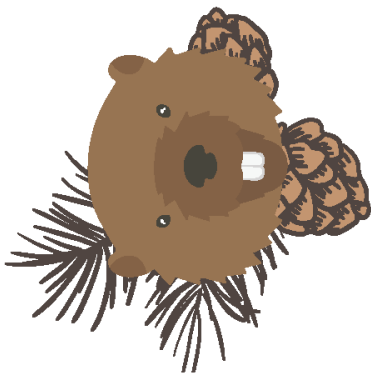
ZOONGIDE'EWIN

HONESTY



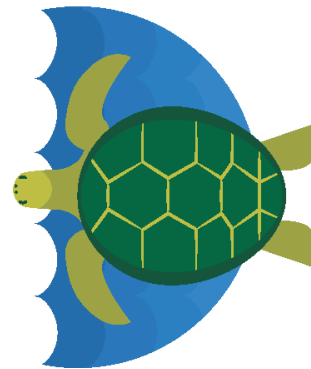
GWAYAKOWAADIZIWIN

WISDOM



NIBWAKA AWIN

TRUTH



DEBWEWIN

FAMILY WELL-BEING UPDATES

Supporting Our Community

We would like to thank all community members that took time to paint orange grandfathers and distribute them around the community. Megan Macdonald has offered her services to paint and distribute to community members home if they would like to have some for their yard.

“I started this project,” explains Megan, “so that every child will find a rock and know that their souls are

welcome in that home.”

Miigwech to all who have in one way or another acknowledged these children with their own personal memorials. May our ancestors protect and give strength to our fellow brothers and sisters that are feeling the effects of these recent finds.



HEALTHY RECIPE OF THE MONTH



**WEDNESDAY, JULY 21, 2021
4 P.M. - 6 P.M.**

PLEASE NOTE: The address for pick-up has changed to the following:

259 Taighwenini Trail Rd.

Bring your own bags!

EVENT UPDATES

Good Food Boxes



Order by 2nd Wed. each month
Delivered 3rd Wed. each month
Small Box: \$10 | Large Box: \$19
Call Wendy or Heather to order:
(705) 858-7700

CONGREGATE DINING

(MUST BE 55+)
THURSDAY, AUGUST 5, 2021



DELIVERY BETWEEN
5 P.M. - 6 P.M.

**CALL WENDY OR HEATHER
FOR MEAL DELIVERY:
(705) 858-7700**



VIRTUAL NUTRITION BINGO

5:30 P.M.

THURSDAY THURSDAY
JULY 8 JULY 15

PRIZES ARE THE SAME. CARDS WILL BE BAGGED
FOR PICKUP.
PAYMENT DUE ON PICKUP.

CALL WENDY OR HEATHER TO
RESERVE YOUR SPOT:
(705) 858-7700



SOUP'S ON!

NEW: CURBSIDE ONLY
EVERY TUESDAY

CALL BY 12 P.M. | PICK UP BY 1 P.M.

CALL HEATHER TO PLACE ORDER: (705) 858-7700

EARLY YEARS PROGRAMS - JULY 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Location: At home Please note: Weekly activities are posted on the WFN Tiny Tots and Early Years Facebook group. Monthly package deliveries with the required materials will be dropped off at the address provided on registration forms.				1	2	3
4	5 Package Deliveries! Making banana bread!	6	7	8	9	10
11	12 Sand play!	13	14	15	16	17
18	19 Water fun activities!	20	21	22	23	24
25	26 Experimenting with flotation! Making a mini boat!	27	28	29	30	31



Sun Mon Tue Wed Thu Fri Sat

Location: Gazebo Ages 7-9 on Monday and Tuesday; Ages 10-15 on Wednesday and Thursday Time: 9:00-11:30/1:00-3:30 (youth will go home for lunch from 11:30-1:00) Please note: Calendar is subject to change according to COVID-19 restrictions				1	2	3
4	5	6	7	8	9	10
11	12 Orientation Day! Outdoor group games! Age 7-9	13 Exploring Design! Age 7-9	14 Orientation Day! Outdoor group games! Age 10-15	15 Exploring Design! Age 10-15	16	17
18	19 3 Sisters Garden Age 7-9	20 Cultural Day Age 7-9	21 3 Sisters Garden Age 10-15	22 Cultural Day Age 10-15	23	24
25	26 Species at Risk Day Age 7-9	27 Water Day! Swimming at the pow wow grounds TBD on lifeguard Age 7-9	28 Species at Risk Day Age 10-15	29 Water Day! Swimming at the pow wow grounds TBD on lifeguard Age 10-15	30	31

WFN EVENT CALENDAR - JULY 2021

Please be sure to use this calendar as your official reminder for these events, and to help plan your month.

SUN	MON	TUE	WED	THU	FRI	SAT
				1 CLOSED	2 CLOSED	3
4	5	6 Soup's On!	7 Diabetes Circle	8 Virtual Nutrition Bingo	9 CLOSED	10
11	12	13 Soup's On!	14 Good Food Order Deadline Diabetes Circle	15 Virtual Nutrition Bingo	16 CLOSED	17
18	19	20 Soup's On!	21 Good Food Delivery Day Healthy Recipe of the Month Diabetes Circle	22	23 CLOSED	24
25	26	27 Soup's On! Sue Chartrand	28 Diabetes Circle	29	30 CLOSED	31

Sue Chartrand will be here for footcare and massages per the calendar. If interested, contact Line @ 705-858-7700 ext 218.

Please call 708-858-7700 to order your Good Food Box, to register for Congregate Dining, or to register for Nutrition Bingo.

Diabetes Circle: Every Wednesday, 1 to 3 pm.