



Wahnapitae First Nation Community Newsletter

Inside this issue:

November 2021

P2: Vaccine QR Shortcuts



Learn how to save Ontario's new vaccine certificate to your smartphone in a few easy steps.

P4: Member Poem

*My first start, I'm not so proud
Caged forever like some unwanted pet,
Hidden away as if trying to forget,
That I existed and yearned to be seen,
Like you, like everyone, a human being.*
*Instead I faced from humanity,
Became invisible because of the depravity,
Made taken with every blow,
I feel my heart weaken and begin to slow.*
*"Would anyone care if I died?"
"Did anyone care when I cried?"
"Is anyone coming to rescue me?"
"Will anyone ever try to set me free?"
Lost in the wilderness of the world.*

A WFN member shares a poem inspired by Every Child Matters.

P14: Drum Stick Knowledge



Members learned to make drum sticks at a Oct. 17 event.

P16: Bear Fat Rendering



Learn how to process and render bear fat at a WFN-hosted workshop on Nov. 4.



A Message to Members

As the holidays start to approach and public health restrictions continue to lift, our thoughts begin to turn away from safety measures and protections. Instead, we start to think of gatherings with friends and family, offering us an end to this long, difficult period of lockdowns and limitations.

However, we must be mindful that COVID is still among us. If you plan to attend any get-togethers in the coming weeks and months, please continue to stay safe: practice social distancing, wear a mask, and keep washing your hands. We are nearing the end of this dark tunnel, and visiting and celebrating with others in a mindful way will help to keep our spirits bright.

Safety isn't the only thing to keep in mind this month: Remembrance Day is the one day of the year that the world pauses its busy pace to reflect on the ultimate sacrifice made by so very many for people they would never meet or know. On November 11, please take a moment to remember those who served for us – for our peace and prosperity. Though not spoken about widely, Canadian First Nations members have served in every major conflict over the last century, and our veterans, our active peacekeepers, and their families deserve a moment of quiet contemplation.

Let's all offer our thoughts and prayers to all of them, and especially to those who didn't make it home.

Miigwetch,
Chief Larry Roque

COVID-19 UPDATES

COVID-19 Statistics

(as of November 1, 2021)

Sudbury District:

Total Tests: 306 185

Confirmed Cases: 2 834

Resolved: 2 622

Deaths: 32

Fully vaxxed: 123 459

Ontario:

Total Tests: 18,981,582

Total Cases: 600,377

Resolved: 587,344

Deaths: 9,874

Hospitalized: 134

In ICU: 133

Fully vaxxed: 11,022,859

Canada:

Total Tests: 46,092,234

Total Cases: 1,712,128

Active Cases: 25,227

Recovered: 1,657,949

Deaths: 28,952

Fully vaxxed: 29,613,930

For up-to-date figures, check:

Sudbury:

tinyurl.com/phsddata

Ontario:

covid-19.ontario.ca/data

Canada:

tinyurl.com/canadacvd19

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

Wahnapiatae First Nation
259 Taighwenini Trail Road
Capreol, Ontario | P0M 1H0

Phone: (705) 858-0610

Fax: (705) 858-5570

Vaccine QR Code Now Available

Vaccine certificates with your personal QR code are now available for all Ontarians to download. This new certificate is a new official document to use when you require to show proof of vaccination.



This way is much quicker and easier to use as you can save it to your phone. This QR code can also be printed as well for those without smartphones.

Smartphone Downloaded

In order to get the electronic version simply go to: <https://covid-19.ontario.ca/get-proof/> and enter your **Health card, date of birth, and postal code** information. You will receive your new official receipt, which you can save to your phone.

iPhones

Save QR code to Apple Health

Only iPhones running iOS 15 or later can save the QR code to Apple Health at this time. After you've downloaded and opened your enhanced vaccine certificate on your desktop computer:

1. Open your iPhone camera.
2. Point the camera at the QR code. Once the QR code is in focus and centered on your screen, your phone will scan it automatically.
3. Once it scans the code, save it to your Apple Health.

Printed Version

In order to get a paper copy of your certificate you follow the same steps. Once you receive your new official receipt, which you can print a paper copy. **It is recommended that you laminate your QR code to prevent damaging it.**

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

COVID-19 & NIHB UPDATES

A Plan to Safely Reopen Ontario and Manage COVID-19 for the Long Term

Fall 2021	Winter 2021-2022	Spring 2022						
<p>September 22, 2021</p> <ul style="list-style-type: none"> Begin to require proof of vaccination in higher-risk indoor settings <p>September 25, 2021</p> <ul style="list-style-type: none"> Begin easing capacity limits in certain settings 	<p>October 9, 2021</p> <ul style="list-style-type: none"> Lift capacity limits in certain settings where proof of vaccination is required <p>October 22, 2021</p> <ul style="list-style-type: none"> Enhanced vaccine certificate with official QR code and Verify Ontario app launched <p>October 25, 2021</p> <ul style="list-style-type: none"> Lift capacity limits where proof of vaccination is required in: <ul style="list-style-type: none"> restaurants and bars sports, recreational fitness facilities (such as, gyms), physical fitness training and waterparks casinos, bingo halls, and other gaming establishments meeting and event spaces (indoor) Permit certain settings to lift capacity limits if they require proof of vaccination, including but not limited to: <ul style="list-style-type: none"> museums, galleries, etc. religious services, rites, or ceremonies tour and guide services personal care services, including barber shops, salons, body art 	<p>March 28, 2022 (and onwards)</p> <ul style="list-style-type: none"> All remaining public health and workplace safety measures in businesses and organizations lifted, including masking Revoke public health Emergency Orders under the Reopening Ontario Act Recommendations on where masking could be maintained (such as transit) 						
<p>November 15, 2021</p> <ul style="list-style-type: none"> Lift capacity limits in other high-risk settings where proof of vaccination is required: <ul style="list-style-type: none"> food or drink establishments with dance facilities such as, night clubs, wedding receptions in meeting/event spaces where there is dancing strip clubs bathhouses and sex clubs 	<p>January 17, 2022</p> <ul style="list-style-type: none"> restaurants and bars sports and recreational fitness facilities (such as, gym and waterparks) casinos, bingo halls, etc. <p>February 7, 2022</p> <ul style="list-style-type: none"> night clubs strip clubs bathhouses and sex clubs <p>March 28, 2022</p> <ul style="list-style-type: none"> meeting and event spaces sporting events concerts, theatres and cinemas racing venues commercial and film productions with studio audiences 	<p>In the absence of concerning trends, begin to lift vaccine certificate requirements, starting with the lowest risk settings, as follows:</p> <p>Also begin to lift CMOH directives and capacity limits in settings where proof of vaccination is not required.</p>						
<p>Monitoring COVID-19</p> <ul style="list-style-type: none"> As the province safely reopens, the government will monitor trends in COVID-19 (provincial) and local public health and health system indicators, including: <table border="0" style="margin-left: 20px;"> <tr> <td>ICU admissions</td> <td>test positivity</td> </tr> <tr> <td>and hospitalizations</td> <td>weekly cases incidence rates</td> </tr> <tr> <td>effective reproduction number</td> <td>vaccination coverage rates</td> </tr> </table> It will be particularly important to monitor trends in indicators over the winter holidays and as students return to schools in January 	ICU admissions	test positivity	and hospitalizations	weekly cases incidence rates	effective reproduction number	vaccination coverage rates	<p>Managing COVID-19 for the long term</p> <ul style="list-style-type: none"> As the province manages COVID-19 for the long term, responses will be localized and tailored based on local context and conditions Local indicators will also inform any decision to apply additional measures to specific public health regions at the discretion of the local medical officer of health 	<p>Key principles:</p> <ul style="list-style-type: none"> ongoing monitoring and testing infrastructure in place to manage outbreaks targeted, localized measures based on local context and conditions minimize disruption to business and individuals <p>Sample measures that may be implemented locally or regionally could include:</p> <ul style="list-style-type: none"> reintroduce capacity limits and/or physical distancing requirements (percent and/or hard caps) add settings where proof of vaccination is required reduce gathering limits apply public health and workplace safety measures in specific settings where transmission is occurring recommend or require work from home, where possible
ICU admissions	test positivity							
and hospitalizations	weekly cases incidence rates							
effective reproduction number	vaccination coverage rates							

Non-Insured Health Benefits program updates (NIHB)

October 2021 Update

Positive Airway Pressure (PAP) equipment update

Updates to the Non-Insured Health Benefits program (NIHB) were made this October. The changes made now includes CPAP And Positive Airway Pressure (PAP) equipment. NIHB now provides coverage of CPAP, BPAP and ventilator devices and supplies listed on the medical supplies and equipment respiratory benefits list.

Additional updates included the recall of certain Philips Respironics CPAP, BPAP and ventilator devices. Clients who use this machine were contacted in the July 2021 program update and advised them to contact their provider for assistance with the process for repair and replacement of their device through Philips Respironics. If you have any further questions, you should contact your provider for assistance.

New Pharmacy benefit listings

Redesca and Inclunox (enoxaparin sodium) are now listed as open benefits with prior approval not required. These medications are used to treat and prevent deep vein thrombosis and pulmonary embolism. These medications are biosimilar, meaning they have been found to work in a same way with similar effectiveness.

Check the NIHB program updates page here: <https://tinyurl.com/47jxwdpu>

MEMBER SUBMISSION

Every Child Matters by Marlene Roque

Finally I have been found!
They dug my bones up out of the ground.
For years there seemed to be no one around,
My life so silent, so muted, no sound.

Caged forever like some unwanted pet,
Hidden away as if trying to forget,
That I existed and yearned to be seen,
Like you, like everyone, a human being.

Instead I faded from humanity,
Became invisible because of the depravity.
Hope taken with every blow,
I felt my heart weaken and begin to slow.

Would anyone care if I died?
Did anyone care when I cried?
Is anyone coming to rescue me?
Did anyone ever try to set me free?
Lost in the senselessness of the crime,
I'm lost in a world where there's just no time.
Too many to count who are just like me,
Trapped and waiting, praying to be

Taken from a life we did not choose,
Hoping against hope that we won't lose
This fight to live, this fight to survive,
So many like me who never made it out alive.

Will someone go and look for them?
Will their names be remembered in a requiem?
Or has this world become too busy to see,
The forgotten children who, just like me

Wanted to be a kid, to run and play,
To have a childhood, to have a say.
We are the souls who cry out from the ground,
All we ever wanted was just to be found!

HUMAN RESOURCES UPDATE

Meet Taylor Bertrim

Aanii! My name is Taylor Bertrim, and I am the new Communications Assistant for Wahnapiatae First Nation. My family is from Sharbot Lake, a community north of Kingston, Ontario. My father is a member of the Shabot Obaadjiwan First Nation. However, I was born and raised in Sudbury.

This June, I graduated from Cambrian College with an advanced diploma in Public Relations. Going to Cambrian gave me lots of hands-on experience.

While completing my diploma, I had the opportunity to work closely with the college's marketing team. This gave me plenty of experience with producing newsletters,



managing social media, and creating marketing pieces, including video production, script writing, etc.

I am very much a homebody. Some activities that I like to do in my spare time are teaching myself how to bead and going to the gym.

If I am not at the gym or beading, you can find me teaching myself a new language.

I am very honoured to be able to work at Wahnapiatae First Nation. I hope to make a positive difference to the community and to continue learning and growing during my time here.



HEALTHY RECIPE OF THE MONTH

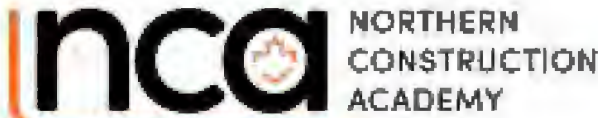
WEDNESDAY, NOVEMBER 24
4 P.M. - 6 P.M.

PLEASE NOTE: THE ADDRESS FOR PICK-UP HAS CHANGED TO THE FOLLOWING:

259 TAIGHWENINI TRAIL RD.

BRING YOUR OWN BAGS!

TRAINING OPPORTUNITIES



1 Caesar Road, Sudbury, Ontario
705-674-1444 or 1-866-NCA-GRAD
northernconstructionacademy.com



Born from the need for training in Northern Ontario; one of Northern Construction Academy's priorities is to lessen the skills gap by providing training that will allow students to succeed at a career in the Construction, Transportation Training Industries.

Program and Course Offerings

DZ Truck Training MELT Z Truck Training AZ Truck Training
Four Piece Heavy Equipment + MELT Z

Heavy Equipment
Articulated Truck Operator
Bulldozer (TTT) Operator
Grader Operator

Four Piece Heavy Equipment
Backhoe Operator
Excavator Operator
Loader Operator

Common Core Surface Miner
Airbrakes

Transportation of Dangerous Goods
Generic First Line Supervisory Common Core

****NEW PROGRAMS STARTING EVERY MONDAY****
Can't find what you are looking for? Call us today and let us see what we can do!



Corporate & Group Training
Available



Registered as a Private Career College under
the Private Career Colleges Act, 2005.

Sept
2021

NALOXONE TRAINING

Learn how to recognize the signs of an opioid overdose and take the proper steps to save a life.

***Friday, November 19, 2021
10 to 11AM***

Maan Doosh Gamig

Training provided by Reseau Access Network



In 2017, approximately 11 lives were lost each day because of opioid overdoses. Increased naloxone (Narcan) access and training is a key tool for preventing overdose deaths.

Register by November 17 by calling Heather
at (705) 858-7700

COMMUNITY NOTICES

Elders Christmas Dinner

*Monday, December 5
3 to 6 PM
Maan Doosh Gamig*



**Elders aged 55+ must reserve their seat by
Monday, November 27
Contact Wendy or Heather
(705) 858-7700**

COMMUNITY NOTICES

Leash & Scoop



Help keep
Wahnapiatae First Nation
clean and friendly.

DIABETES circle

peer support
management strategies
healthy recipes
take charge of your health



every wednesday
1 to 3 pm
norman collet
health centre

Looking for a Volunteer!

We are looking for a community member that holds knowledge on trapping, specifically snaring, that would be interested in sharing their knowledge with our youth leadership program (ages 12-18).

This would take place on a Thursday from 3:30-5:30PM.

If interested please contact Sierra Crooks by cellphone at 705-988-1461 or email at sierra.crooks@wahnapiataefn.com



MAAN DOOSH GAMIG

Nutrition Bingo December 9

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

CALL WENDY OR HEATHER TO RESERVE YOUR
SPOT. PLEASE INDICATE VIRTUAL OR IN-
PERSON ATTENDANCE:
(705) 858-7700

Virtual or In-Person

COMMUNITY UPDATES

Learning About Drum Sticks

Members of WFN were able to learn about drum culture and process during a Drum Stick Workshop on October 17.

Held at Maan Doosh Gamig, this event featured teachings led by Vera Coulombe, and

her knowledge and wisdom was greatly appreciated by all.

Many thanks to all who attended. We can't wait to see the results from the second Drum Workshop.



COMMUNITY UPDATES

Spooky Celebrations at WFN

Visitors to WFN's Band Office on October 28 were welcomed by some spooky sights, as WFN staff decorated their doors with Halloween themes.

This door decorating contest saw staff members team and compete to create the best seasonal scares.



TRADITIONAL TEACHINGS

MAKING MEDICINES

keeping traditions alive

**TEACHING THE RENDERING OF BEAR
FAT AND MAKING MINIGAN**



**With Perry McLeod-Shabogesic
at WFN Centre of Excellence**

Please dress according to the weather – these teachings will be outside

**RENDERING THE BEAR FAT
THURSDAY, NOVEMBER 4
12-5 PM**

**MAKING THE MEDICINE MINIGAN
TUESDAY, NOVEMBER 9
12-5 PM**

Members of the WFN
Youth Group are
invited to attend each
session from
3:30 to 5 PM.

Covid-19 guidelines
will be followed.



**For more information
and to register by
November 3, please
contact Line at
(705) 858-7700**

Lunch and snacks
will be provided.
Prizes will be
awarded throughout
each session.

TRADITIONAL TEACHINGS

KEEPING TRADITIONS ALIVE

TRADITIONAL CORN HARVESTING WORKSHOP

TEACHING BY DAN KIMEWON



**Saturday, November 20
10AM to 4PM
At WFN Centre of Excellence
Dinner Provided**

Registration required by November 16.
Call Line at (705) 858-7700 to confirm your spot.

*Please dress according to weather conditions as this
teaching will take place outside.*

There will be prizes
throughout the session!

COMMUNITY EVENTS



INTRODUCTION TO BEADING & MOCCASINS SERIES

Please join us for an introductory beading and moccasin workshop. Participants will complete a pair of moccasins with beading by the end of the series.

Participants must attend all workshops in order to learn different beading techniques and complete their moccasins.

Teachings by Julia Pegahmagabow

Workshops:

6 PM to 8:30 PM
Maan Doosh Gamig

Wednesday, November 10 & 17
Wednesday, December 1 & 8

Wednesday, January 12, 19, & 26
Wednesday, February 2

Registration required by November 5, 2021 to ensure adequate supplies.
Please contact Tammy Chevrette to register via email at
tammy.chevrette@wahnapiataefn.com or by phone at 705-920-9488.

COMMUNITY EVENTS

CONGREGATE DINING

Delivery between
5P.M. - 6P.M.
November 4

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



Curbside Only

SOUP'S ON!

Every Tuesday
Call by 12p.m. / Pick up by 1p.m.
Call Heather to place order:
(705)858-7700



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



MAAN DOOSH GAMIG

**Prizes are the same. Cards
will be bagged for pickup.
Payment due on pickup.**

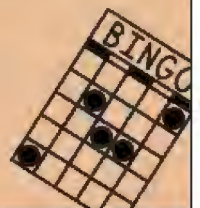
NUTRITION BINGO

**CALL WENDY OR HEATHER TO
RESERVE YOUR SPOT. PLEASE
INDICATE VIRTUAL OR IN-PERSON
ATTENDANCE:
(705) 858-7700**

Thursday, November 4 & Thursday November 18

5:30 P.M

**VIRTUAL
OR
IN-PERSON**



COMMUNITY NOTICES

MMIWG2S+

TREE OF HOPE:

Tree lighting ceremony in remembrance of our MMIWG2S+

Contact Info:

Sgt. Josh Rickard
705-675-9171 ext. 2611
joshua.rickard@gsp.ca

Sunday, November
14th, 2021.
6-7:30pm
190 Brady Street
(Greater Sudbury
Police Service)

6:00 Prayer, Smudge, drumming

6:15 Dignitaries: Chief of Police Paul Pedersen,
Wahnapitae FN Gimaa Roque, Atikameksheng
Anishnawbek Gimaa Nootchtai

6:25 Speakers: Nokomis Martina Ozawamick, Tanya
Debassige (FILU), Marie Meawasige (NNFC)

7:00 Tree Lighting

COVID-19 safety protocols will be followed.
-Masks are mandatory when social distancing can
not be maintained.

Refreshments provided by Kuppajo Espresso Bar
Star provided by students from St-Charles College

KUPPAJO
ESPRESSO BAR



COMMUNITY NOTICES

For Sale by Silent Auction

Wahnapitae First Nation is selling equipment and materials it no longer requires



AUCTION LOT ONE

Finger Docks

Sold as is, as presented in these photos

Bidding starts at \$150.00



AUCTION PROCESS

- Auction will run November 1 to 30, 2021
- Sealed bids with no name on envelope must be submitted to the Administration office
- Bid envelopes will be opened day of closing
- Highest bid wins
- Items are pick-up only

Viewing of goods and items can be arranged through Sam Corbiere at 705-458-0610 ext. 229 during regular business hours.



For Sale by Silent Auction

Wahnapitae First Nation is selling equipment and materials it no longer requires.



AUCTION LOT TWO

Double Docks

Sold as is, as presented in these photos

Bidding starts at \$300.00



AUCTION PROCESS

- Auction will run November 1 to 30, 2021
- Sealed bids with no name on envelope must be submitted to the Administration office
- Bid envelopes will be opened day of closing
- Highest bid wins
- Items are pick-up only

Viewing of goods and items can be arranged through Sam Corbiere at 705-458-0610 ext. 229 during regular business hours.



For Sale by Silent Auction

Wahnapitae First Nation is selling equipment and materials it no longer requires.



AUCTION LOT THREE

Dodge Truck with Flow
Sold as is, as presented in these photos

Bidding starts at \$500.00



AUCTION PROCESS

- Auction will run November 1 to 30, 2021
- Sealed bids with no name on envelope must be submitted to the Administration office
- Bid envelopes will be opened day of closing
- Highest bid wins
- Items are pick-up only

Viewing of goods and items can be arranged through Sam Corbiere at 705-458-0610 ext. 229 during regular business hours.



For Sale by Silent Auction

Wahnapitae First Nation is selling equipment and materials it no longer requires.



AUCTION LOT FOUR

Glass Door with Sidelights
Sold as is, as presented in these photos

Bidding starts at \$400.00



AUCTION PROCESS

- Auction will run November 1 to 30, 2021
- Sealed bids with no name on envelope must be submitted to the Administration office
- Bid envelopes will be opened day of closing
- Highest bid wins
- Items are pick-up only

Viewing of goods and items can be arranged through Sam Corbiere at 705-458-0610 ext. 229 during regular business hours.



COMMUNITY NOTICES



TINY TOTS PROGRAM IS BACK!



Starting Tuesday, November 9, 2021
Every Tuesday at 9:30-11:30am
Location: Gazebo



BRING YOUR LITTLE ONES AND YOURSELF TO LEARN AND PLAY.

For children aged 3 and under

To register please contact Natalie Goring, Healthy Babies Healthy Children Worker,
at natalie.goring@wahnapietaefn.com.



Snacks will be provided



WFN's Early Years Program is back!

Bring your kids and yourself to learn, play and
laugh.

Starting Tuesday, November 9, 2021

Every Tuesday from 3:30-5:30pm

Location: Gazebo

OPEN to WFN families with children aged 4 to 6

To register, contact:

Natalie Goring,
Healthy Babies Healthy Children Worker
natalie.goring@wahnapietaefn.com

Snacks will be provided



AFTER SCHOOL PROGRAM

November

2021

After School & Youth Leadership Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	ASP We Are All Treaty People 3:30-5:30PM <i>Treaty Week</i>		ASP The Gift of Giving 3:30-5:30PM	YLP Rendering Bear Fat with Perry McLeod 3:30-5:30PM		
	ASP STEM Challenges 3:30-5:30PM	YLP Making the Medicine Minigan @ MDG Hall 3:30-5:00PM	ASP Planting Honesty with Lyndsay 3:30-5:30PM	NO PROGRAM BAND OFFICE CLOSED <i>Weekend Service Day</i>		
	ASP Making Moccasins With Tammy* 3:30-5:30PM		ASP The Gift of Giving Cont'd 3:30-5:30PM	YLP Listening to Your Physical Self 3:30-5:30PM		
	ASP Music & Dance Party 3:30-5:30PM		ASP Personal Shepard's Pie 3:30-5:30PM	YLP Mental Wellness 3:30-5:30PM		
	ASP Nature Walk & Scavenger Hunt 3:30-5:30PM					

WEEKLY CHALLENGES SENT HOME ON WEDNESDAY & THURSDAY EVERY WEEK

WFN EVENT CALENDAR - NOV 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	2 Soup's On Sue Chartrand Boys Drum Group	3 Diabetes Circle	4 Congregate Dining Nutrition Bingo Bear Fat Workshop	5 CLOSED	6
7	8	9 Soup's On Boys Drum Group Tiny Tots Medicine Minigan Early Year Program	10 Diabetes Circle Order Good Food Box Beading Workshop	11	12 CLOSED	13
14	15	16 Soup's On Sue Chartrand Boys Drum Group Tiny Tots Early Year Program	17 Diabetes Circle Pick up: Good Food Box Beading Workshop	18 Nutrition Bingo	19 CLOSED Naloxone Training	20 CLOSED Hominy Corn Workshop
21	22	23 Soup's On Boys Drum Group Tiny Tots Early Year	24 Diabetes Circle Healthy Recipe of the Month	25	26 CLOSED	27
28	29	30 Soup's On Sue Chartrand Boy Drum Group Tiny Tots				

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.