

January

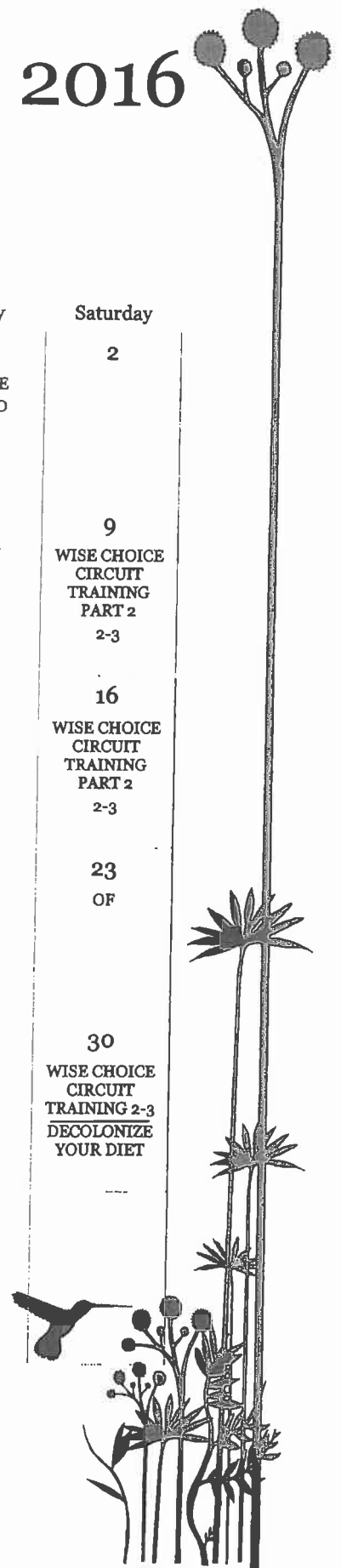
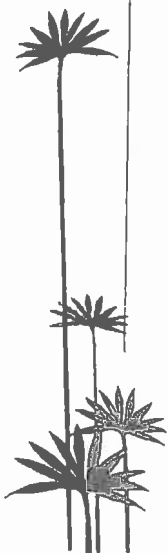
2016

Michelle L. Nahdee Urban Aboriginal Healthy Living

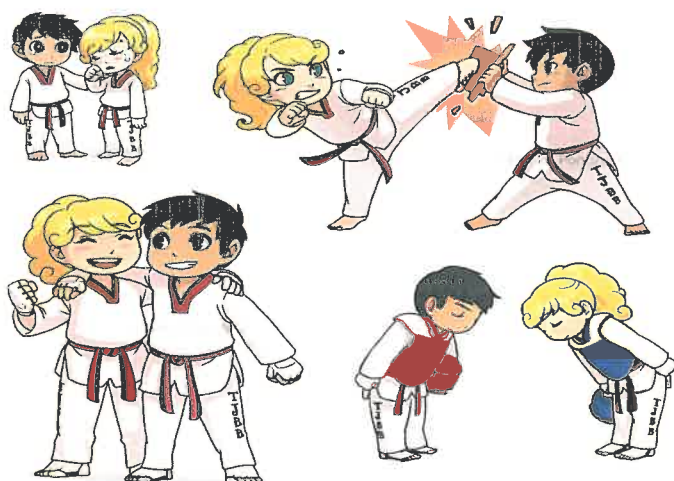
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 CENTRE CLOSED	2
3	4 ADMIN	5 TAE KWON DO 6-7	6 WISE CHOICE CIRCUIT TRAINING 5-6	7 KICKBOXING 6-7	8 ADMIN	9 WISE CHOICE CIRCUIT TRAINING PART 2 2-3
10	11 ADMIN	12 TAE KWON DO 6-7	13 WISE CHOICE CIRCUIT TRAINING 5-6 WINTER COMMUNITY KITCHEN 9-3	14 KICKBOXING 6-7	15 ADMIN	16 WISE CHOICE CIRCUIT TRAINING PART 2 2-3
17	18 ADMIN	19 TAE KWON DO 6-7	20 WISE CHOICE CIRCUIT TRAINING 5-6	21 KICKBOXING 6-7	22 OUT	23 OF
24 TOWN	25 ADMIN	26 TAE KWON DO 6-7	27 WISE CHOICE CIRCUIT TRAINING 5-6	28 KICKBOXING 6-7	29 ADMIN	30 WISE CHOICE CIRCUIT TRAINING 2-3 DECOLONIZE YOUR DIET
31						---

PLEASE CALL FOR MORE DETAILS AND
INFORMATION! 519-253-3243 EXT. 233

Join us on Facebook to keep updated with flyers and
events!



跆拳道	태	TAE	means "Foot", "Leg", or "to step on"
	권	KWON	means "Fist" or "Fight"
	도	DO	means "Way" or "Discipline"



TUESDAYS

JAN 5,12,19,26, 2016

TAE KWON DO



Tuesdays
January 5,12,19,26,
2016

Program requires
children be
accompanied by an adult

6pm until 7pm

For more Info
Contact

Chelsea Cleland-
Trudeau, Ak:wego
Worker ext. 231

Michelle Nahdee,
Healthy Living
Worker ext. 233

**CAN-AM INDIAN
FRIENDSHIP
CENTRE**

2929 Howard Ave.
Windsor, ON
N8X 4W4

www.caifc.ca

Like us on facebook!

519-253-3243

WISE CHOICE

Circuit Training

WHEN: Wednesdays November 18, 2015 –
March 31 2016

No Class on December 23 & 30

WHO: 12 years old +

TIME: 5:00pm

WHERE: Gym, CAIFC

Come learn proper technique and proper nutrition to
maintain a healthy lifestyle

Bring a water bottle and towel if necessary



For more info:
519-253-3243

UAHLP Coord.

Michelle Nahdee,
ext. 233

Healthy Kids Worker

Joanne Mitchell,
ext. 239



KICKBOXING

WHEN: THURSDAYS

January 7,14,21,28, 2016

WHERE: Can-Am Indian Friendship Centre Gym

TIME: 6pm

Contact Michelle, Healthy Living Worker, 519-253-3243 ext. 233

Or Theresa, AHBHC Worker, ext. 228

WISE CHOICE PART 2

Circuit Training

WHEN: SATURDAYS November 21, 2015 –
March 31 2016

No Class on December 26 & January 2

WHO: 12 years old +

TIME: 2:00pm

WHERE: Gym, CAIFC

Come learn proper technique and proper nutrition to
maintain a healthy lifestyle

Bring a water bottle and towel if necessary



For more info:
519-253-3243

UAHLP Coord.
Michelle Nahdee,
ext. 233

Healthy Kids Worker
Joanne Mitchell,
ext. 239

An MNO community program

WINTER COMMUNITY KITCHEN

Winter has settled in so let's make some good comfort food! Come and join us in the kitchen to make a delicious lunch and bring some home for dinner! For those who have the Métis Nation of Ontario aprons, bring them with you so you can personalize them in the afternoon!

Wednesday, January 13

10:00 am - 3:00 pm

Early arrival earns an extra door prize ticket!

St. Paul's United Church
937 Pillette Road
(entrance on Arthur Road)
Windsor

Pre-registration required by January 11.

Only 20 participants will be signed up.

For more information, please contact:

Audrey or October

519-974-0860

Michelle Nahdee or Joanne Mitchell

519-253-3243



WWW.METISNATION.ORG



Metis Nation
of Ontario 



Traditional Community Kitchen

Join us for an interactive cooking workshop for the family. We will be using Indigenous food. There will be food, teachings and activities for everyone!

Lots of awesome door prizes to be won!!

Saturday January 30 & February 27, 2016

10am -2pm

St Paul's Church

937 Pillette Road

(Entrance on Arthur Road)Windsor

Limited spaces!

To register or for information call 519-253-3243

Joanne ext. 239 Ranya ext. 238 or Sasha ext. 225

www.caifc.ca

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