

NBIFC PRESENTS

MEMBERSHIP FEAST

DECEMBER 13 @ 5:00 PM

NORTH BAY INDIGENOUS FRIENDSHIP CENTRE
980 CASSELLS STREET

VISIT FROM SANTA DOOR PRIZES

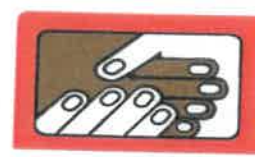
Please be advised
NO MEMBERSHIPS WILL BE SOLD THE WEEK OF FEAST

| EXT | NAME | PROGRAM |
|------------|------------------------|-----------------------------------|
| 200 | Krystal Meawasige | Reception/Admin. |
| 201 | Kathy Fortin | Executive Director |
| 202 | Steve Guilbeault | Apatisiwin Emp. Councillor |
| 203 | Shelly Storie-Gregorie | Community Counsellor Probation |
| 204 | Jennifer Simpson | Healthy Babies |
| 205 | Brenda Roberts | FAS Community Support |
| 206 | Lori-Anne Stanger | Administrative Assistant |
| 207 | Shelly Boucher | Community Justice |
| 208 | Adrian Trudeau | Youth Life Promotions |
| 209 | George Hughie | Health Outreach Worker |
| 210 | Tammy Cayer | Family Support |
| 210/212 | Michele Longshaw | Prenatal/Family Support Assistant |
| 211 | Board Room | Board Room |
| 212 | Annette Manuel | Prenatal Nutrition Program |
| 213 | Theresa Hall | Nishnawbe Aski Legal |
| 214 | Lily Couchie | Life Long Care Program |
| 215 | Bernice Kooseses | Life Long Care Program |
| 216 | Dan Desrochers | Kizhaay Anishnaabe Niin |
| 217 | Lois Demers | Drug & Alcohol Worker |
| 218 | Kitchen | Kitchen |
| 219 | May Recollet-Goulais | Healing & Wellness |
| 220 | Simon Mathias | Wasa Nabin |
| 221 | Serena Koostachin | Akwe:Go |
| 222 | Jennifer Seguin | Akwe:Go Enhancement |
| 223 | Trina Rickard | Healthy Living Program |
| 224 | Ruth Rozicki | Bookkeeper |
| 225 | Employment | Employment |
| 226 | Vacant | Bookkeeping Assistant |
| 227 | Syke Matthews | Waaban |
| 228 | Alex Degagne | Urban Aboriginal Strategy |
| 207 | Shelley Boucher | Community Justice |
| 230 | Roger Assiniwe | Cultural Resource |
| 242 | Miranda Jensen | Medicine Wheel Healthy Way Clinic |
| 242 | Michelle Fuerst | Medicine Wheel Healthy Way Clinic |
| 243 | Mary Pearce | Suswin Housing |
| 244 | John Hamilton | Suswin Housing |
| 245 | Lori Hatch | Family Court Worker |
| 246 | Angela Neault | Criminal Court Worker |
| 247 | Maria Milne | Children's Mental Health |
| 248 | John Gore | Children's Mental Health |
| 253 | Andrew Smith | UAHLK Kids |

December NEWSLETTER



"Wolf Guardian"-Maxine Noel



NORTH BAY INDIGENOUS FRIENDSHIP CENTRE

"To improve the quality of life for First Nation, Metis, and Inuit people in the urban environment"

NOTE
Please use the extension list on page to register/follow-up on who to contact for each event and/or activity.

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Each activity will have an extension
Example - Pilates (#223) @ 10am (Every Mon) =
"(#223) Trina Rickard -UAHLP"



NORTH BAY INDIGENOUS FRIENDSHIP CENTRE

980 Cassells Street
North Bay, ON, P1B 4A8
☎: (705) 472-2821
✉: (705) 472-5251
🌐: www.nbifc.org

December 2018

December 1st – December 8th

DECEMBER 3th

- **CRAFT NIGHT (Ext. 208)** From 6:00-8:00 pm Youth from ages 13-24
- **ELDERS PILATES (Ext. 223)** at 10:00 am
- **YOGA (Ext. 223)** at 6:00 pm
- **YOUTH DRUMMING (Ext. 253)** from 4-5 pm
- **TEEN DRUMMING (Ext. 253)** from 5-6 pm

DECEMBER 4th

- **GUITAR CLASSES (Ext. 227)** From 4:30-6:00 pm Youth from ages 12-18
- **YOGA (Ext. 223)** at 12:00 pm

DECEMBER 5th

- **HAND DRUM MAKING WORKSHOP (Ext. 229)** From 4-8 pm Youth from ages 12-24 *PRE-REGISTRATION REQUIRED*
- **ELDERS PILATES (Ext. 223)** at 10:00 am
- **ZUMBA (Ext. 223)** at 6:00 pm

DECEMBER 6th

- **BIRCH BARK WORKSHOP (Ext. 229/227)** Making of Christmas Ornaments from 4 pm-8 pm (Youth from ages 12-24)
- **YOUTH DROP IN (Ext. 227)** from 4 pm 6 pm (Youth from ages 12-24)

December 9th – December 16th

DECEMBER 9th

- **YOUTH CHRISTMAS PARTY (Ext. 253)** From 3:00-7:00 pm

DECEMBER 10th

- **CRAFT NIGHT (Ext. 208)** From 6:00-8:00 pm Youth from ages 13-24
- **ELDERS PILATES (Ext. 223)** at 10:00 am
- **YOGA (Ext. 223)** at 6:00 pm

DECEMBER 11th

- **GUITAR CLASSES (Ext. 227)** From 4:30-6:00 pm Youth from ages 12-18
- **HAND DRUM JAM TEACHINGS/SINGING (Ext. 208)** From 6:00-7:30 pm Youth from ages 13-24
- **YOGA (Ext. 223)** at 12:00 pm

DECEMBER 12th

- **YOUTH CHRISTMAS COOKING/ DINNER (Ext. 229)** From 12:30 pm- 4:30 pm Youth from ages 12-24 *PRE-REGISTRATION REQUIRED
- **ELDERS PILATES (Ext. 223)** at 10:00 am
- **ZUMBA (Ext. 223)** at 6:00 pm

DECEMBER 13th

- **MEMBERSHIP FEAST** Doors open at 5:00 pm
- ***NOTE*** No Memberships will be sold the week of Feast

DECEMBER 14th

- **BALL HOCKEY (Ext. 253)** From 3:30 pm- 4:30

December 17th – December 21st

DECEMBER 17th

- **CRAFT NIGHT (Ext. 208)** From 6:00-8:00 pm Youth from ages 13-24
- **ELDERS PILATES (Ext. 223)** at 10:00 am
- **YOGA (Ext. 223)** at 6:00 pm

DECEMBER 18th

- **GUITAR CLASSES (Ext. 227)** From 4:30-6:00 pm Youth from ages 12-18
- **HAND DRUM JAM TEACHINGS/SINGING (Ext. 208)** From 6:00-7:30 pm Youth from ages 13-24

DECEMBER 19th

- **ELDERS PILATES (Ext. 223)** at 10:00 am
- **ZUMBA (Ext. 223)** at 6:00 pm

DECEMBER 20th

- **YOUTH APPRECIATION FEAST (Ext. 227)** From 3:30-7:00 pm Youth from ages 13-24
- **HAND DRUM JAM TEACHINGS/SINGING (Ext. 208)** From 6:00-7:30 pm Youth from ages 13-24

DECEMBER 21st

- ***OFFICE CLOSURE***
- **At 12:00pm**

December 24th – December 31st

HOLIDAY OFFICE CLOSURE

December 24th – January 2nd, 2019
“SEE YOU ALL IN 2019!”

