

# April Newsletter 2017

Didaajimoomazina'gan

Council would like to wish  
the Community Happy Easter



## inside this issue:

Children's Earth Day Paint Night....	2
Alternative Snacks.....	3
Health Equity.....	4
Health Calendar.....	5
Weight Watchers.....	6
Canadian Firearm Safety Course....	7
General Information.....	8
Birthday Wishes.....	9
Kids Fun Pages.....	10-11
Refrigerator Calendar.....	12

# Children's Earth Day Paint Night

We will be hosting a children's paint night with Algoma Childcare Services on April 19<sup>th</sup> from 4:30-6pm to celebrate Earth Day. Supper will be provided downstairs at the health centre.

You must sign up for this event as space is limited.  
Call Angie at 705-842-2670 Children must be accompanied by an adult



# Alternative Snacks



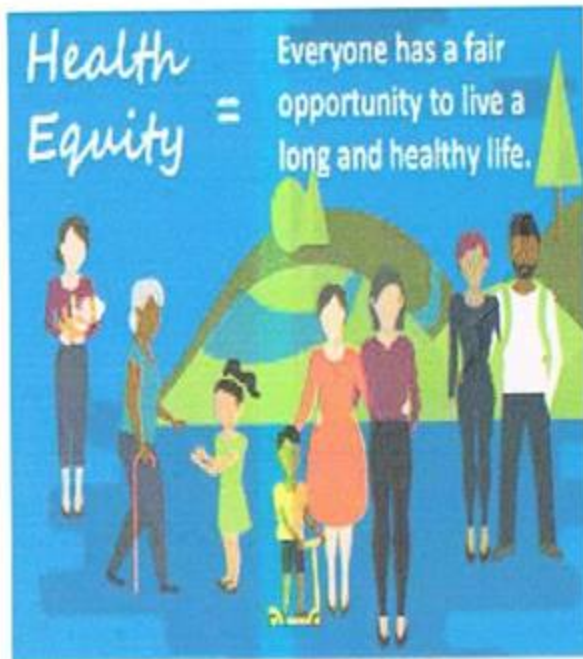
Who: Cooking with children from ages 4-11

When: April 5<sup>th</sup>

Time: 4:30-6pm

Where: Downstairs at the health centre

**CHILDREN MUST BE ACCOMPANIED BY AN ADULT. IF YOU HAVE ANY QUESTIONS CALL ANGIE AT 705-842-2670**



Health Equity  
Lunch and Learn (11am-1pm)  
with Algoma Public Health  
Downstairs at the Health Centre  
on April 12  
If you have any questions please call  
Christine at the health centre

# Health Calendar

# April 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Foot Care - Karolee Gair 3	Dr. Quon 4	*Alternative Snacks- 4:30-6:00 5	NP- Shirley Morley 6 *Smoking Cessation 12:00-1:00	Physiotherapist – Wendy Smith 7
	NP- Martine Teresinski 10 *Health Seminar: Oral Cancer 11:00-12:00 11	*Lunch n Learn: Health Equity 11:00-1:00 12	NP- Shirley Morley 13	CLOSED: GOOD FRIDAY 14
CLOSED: EASTER MONDAY 17	Dr. Quon 18		NP- Shirley Morley 19	
Diabetic Group 24	NP- Martine Teresinski 25 *First Diabetes Clinic		NP- Shirley Morley 26	

## \*INFO:

**\*First Diabetes Clinic:** Meet w our Health Care Team - NP, RN, RPN, Diabetic Nurse Educator, Dietician for a 45m one on one consult for preventing and managing diabetes.

**\*Smoking Cessation:** Support group for information on strategies to quit smoking, Nicotine Replacement Therapies and its correct use. LUNCH PROVIDED.

**\*Health Seminar:** Information on Oral Cancer.

**\*Lunch n Learn:** Health Equity presentation w Algoma Public Health. LUNCH PROVIDED.

**\*Alternative Snacks:** Come out and cook healthy meals. Ages: 4-11, parents to supervise. DINNER PROVIDED.



W  
W

Beyond  
the  
Scale

weightwatchers

Join us  
for this  
community  
series!

See how great you'll

feel!

## THESSALON

Registration/Week 1 Meeting\*

- Date:** Tuesday April 4, 2017.  
**Time:** Registration 6:00 PM  
Meeting 6:30 PM  
**Place:** Thessalon First Nation Public Library

\*Minimum number required to join for the series to begin. Prices vary depending on number of members who join on Week 1.

\*All members are required to pay for the full series on Tuesday April 4, 2017.

\*\*Call 1-800-461-2246 for information and pre-registration discounts.



# Canadian Firearms Safety Course (PAL) and Hunters Ed Course

Fee: 130.00 for Single Course and \$220.00 when signing up for both

PRE-REGISTRATION AND A \$50.00 DEPOSIT REQUIRED TO GUARANTEE  
YOUR SEAT

Maximum seats of First 11 participants

Dates: Friday Evening April 21<sup>st</sup> and  
Saturday April 22<sup>nd</sup>  
Sunday 23<sup>rd</sup> for the Hunters Ed.

If interested contact Bobbi-Jo McColman @  
705 842-2323 or Chris Belisie @ 705 842-2670

TFN Band Office will be closed  
Friday April 14th and Monday April 17th.



Library will be  
Closed Monday  
April 17th.



There will be no tutoring on Tuesday  
April 4th, Wednesday April 5th  
and Monday April 17th.



# Birthday Wishes

Happy 63rd Birthday David Giguere, on April 5th, from Junior & Pat.

---

Happy Birthday David from Mary, Albert, Michelle & Joe.

---

Happy Birthday Paige McColman, on April 4th. Love lots Grandma & Grandpa.

---

I would like to wish my daughter Melanie Bissaillona Happy 18th Birthday, on April 18. Love Mom and Jared.

---

Happy Birthday Darlene, on April 27th. Love Auntie Melva.

---

I would like to wish my oldest sister Darlene a Happy Birthday on April 27th.  
Love Lisa XOXOXO

---

Happy Birthday Auntie Darlene, Love Gabe & Brayden

---

I would like to wish My Auntie Melva a Happy Birthday on April 26th.  
Love Lisa, Hank, Gabriel and Brayden XOXOXO

---

Happy Birthday Darlene, on April 27th. From Michou.

---

Happy birthday to my wonderful husband/dad we love you so much hope u  
have a great birthday Cliff..love Racheal Ryder Damien and your wife xoxo

---

Happy Birthday Cliff on April 11th. From Mom and Dad Bisailon.

---

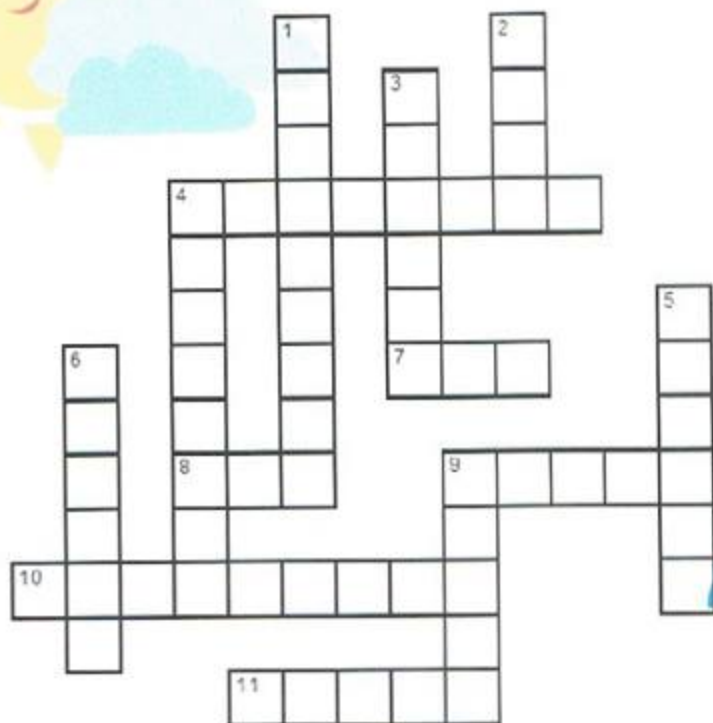
Happy 23nd Birthday Chelsea on April 28th. Love Mom and Dad.

---

Happy Birthday to Lue Mahaffy on April 20th. From Gokum, Albert, Joan, Roy,  
Joe and Michou XXXXX.



# Easter Crossword
















## ACROSS

4. You might do this to eggs for Easter
7. A hen makes this
8. Used to color eggs
9. The hen's baby
10. Colorful candy you might find in an Easter basket
11. Peter Cottontail is one

## DOWN

1. Eggs might be made from this
2. Look for eggs
3. Easter Day event
4. Yellow or white spring flower that grows from a bulb
5. What the Easter Bunny brings
6. A pretty hat worn on Easter
9. Don't eat too much of this or you might get a belly ache

# April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 April's Fool 
2 Library Social 	3	4 Tutoring Cancelled Elders Lunch/Bingo 12-4 pm Weight Watchers 6:00 Paige 	5 Tutoring Cancelled Alternative Snacks 4:30-6:00 pm David 	6 Elders Craft/Social 9:30 am to 3:30 pm	7	8
9 Library Social 	10	11 Elders Lunch/Bingo 12-4 pm Cliff 	12 Health Equity 11 am-1 pm	13 Elders Craft/Social 9:30 am to 3:30 pm	14 Good Friday TFN Band Office and Health Centre are closed	15
16 Easter 	17 Tutoring Cancelled Easter Monday TFN Band office, Library and Health Centre are closed	18 Elders Lunch/Bingo 12-4 pm Melanie 	19 Children Paint Night 4:30-6:00 pm	20 Elders Craft/Social 9:30 am to 3:30 pm Lue 	21 Canadian Firearm Safety Course	22 Canadian Firearm Safety Course
23 Library Social Canadian Firearm Safety Course 	24	25 Elders Lunch/Bingo 12-4 pm	26  Melva	27 Elders Craft/Social 9:30 am to 3:30 pm Darlene 	28  Chelsea	29
30						