



MFN Health Services Program Calendar

September 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 LABOUR DAY	3 Youth ATV Bike Ride 11:00am (Weather Dependent)	4 Elders Shopping Trip Evening Youth Programming - Call Elaine for more details (Weather Dependent)	5 Elders ATV Ride 11:00am (Weather Dependent) Evening Youth Programming - Call Elaine for more details (Weather Dependent)	6	7
8	9	10 Sweat Lodge Ceremony 2:00pm (flyer with additional details to follow)	11 Youth Programming 6:00pm	12	13	14
15	16	17	18 Community Breakfast 10:00am Evening Youth Programming - Call Elaine for more details (Weather Dependent)	19 Beginner Yoga Class 1:00pm Evening Youth Programming - Call Elaine for more details (Weather Dependent)	20	21
22	23	24	25 Youth Cooking Class 5:00pm	26	27	28
29	30				**Calendar subject to change**	