



MFHT Information...

CNIB Eye Van - The CNIB Eye Van will be here September 9-13th. Everyone who is scheduled for an appointment should have received their letters in the mail by now. Please call to cancel your appointment if you are unable to make it, as we have many people on the wait list.

Common Registration & Information Night - Join us at Common Registration on September 10th to learn more about our services.

Older Adult Exercise - Our Older Adult Exercise program will be resuming September 10th, 2019 at the Community Centre Auditorium. The program incorporates both cardio and strength training exercises, which can be modified for beginners or more advanced individuals. The program will continue to run every Tuesday & Thursday starting at 10:00 am with Wallace!

Craving Change - Do you struggle with emotional eating or stress eating? Do you want to feel more in charge of what and how much you eat? The Craving Change program might be for you! The Craving Change program is not a diet. It does not teach you what, when, where or how much to eat. Rather it focuses on WHY you eat the way you do. As you become more aware of your own personal eating triggers, you will be better able to control your food cravings and change your problematic eating behaviors.

If you are interested in participating in the Craving Change program, please call the FHT by September 20th at 4:00 pm. The program will run over two days, starting Friday, September 27th at 6:00 pm and will resume Saturday, September 28th at 9:00 am, ending mid-afternoon. Call to reserve your spot today, you must attend both Friday and Saturday. Limited spots available.

MyRide - Effective September 3, 2019 the MyRide fees will be increasing to \$5.00 round trip. Please note that MyRide cards that were previously purchased will be honored. We are also in dire need of more MyRide drivers. Stop by the FHT and speak with Courtney to learn more and become a driver!

Mindfulness - Mindfulness Meditation with Trena will be starting October 9th at 4:30 pm and will be running for 6 weeks. Please call the FHT (826-3251) to register. This mindfulness training will be for individuals who have done the training in the past with Trena.

Caring Café - SMH in partnership with Bethany Pentecostal Church will be hosting another Caring Café for caregivers. The Caring Café will be October 3rd starting at noon. Please call the FHT (826-3251) to register.

The Township of Manitouwadge Community Services Department



FORECASTER

September 2019

Su	M	Tu	W	Th	Fri	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Upcoming Programs and Events; September 2019

Volunteer Appreciation

Spaghetti Dinner

Calling all Volunteers &
Volunteer Groups!
Please Join Us...



Monday, September 23rd at 6:00 pm
Community Centre Auditorium

***Please kindly RSVP by September 10th to
admin@manitouwadge.ca or 826-3227 ext. 231***

Do you volunteer within
the community?

If so, we would like to recognize
you and thank you!

Any, & all volunteers, please join us
for an appreciation dinner!

We want to hear from you!

Strategic Plan Review Public Open House

Municipal Council Chambers
Thursday, September 19th

2:00 pm - 4:00 pm

6:00 pm - 8:00 pm



Mayor and Council invite residents to give
their input and ideas to update the
2017 Strategic Plan.

Your participation is important to us!

There will be a short presentation at
2:00 pm and 6:00 pm regarding the current
status and objectives outlined
in the 2017 Strategic Plan.

Visit our website for the 2017 Strategic Plan!



Common Registration & Information Night

Community Centre Auditorium
Tuesday, September 10th 6:00 pm – 7:30 pm



All Groups & Organizations are welcome! There will be something for everyone!!
Come on out to learn about and/or register for some of the programs
that are offered in our community.

If you enjoy volunteering please look for our volunteer table to add your name to a list that will be
available for all groups/organizations in town.

If you would like a table at this event, please contact Reene 826-3227 ext. 226

Child and Family Centre
Early ON
ON y va

Centre pour l'enfant et la famille

All programming is offered free of charge to families.

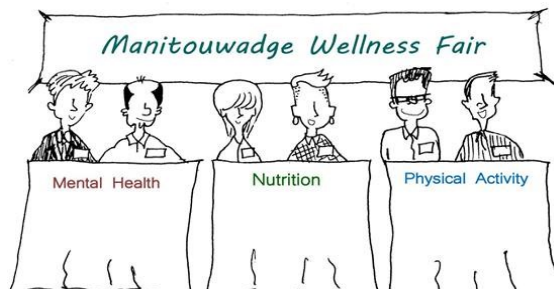
EarlyON provides a welcoming environment for children 0-6 years of age and their parents/caregivers to learn and play together.

Visit your local EarlyON Centre:

Our Lady Of Lourdes School
 7 Flicker Avenue
 (807) 826-2883

For more information visit:
www.brassbell.org

Manitouwadge Wellness Fair



The Santé Manitouwadge Health—Family Health Team, in partnership with the Township of Manitouwadge & the Manitouwadge Library, will be hosting a **Wellness Fair!** Everyone of all ages are invited to check out booths offering demonstrations on wellness for every area of your life. Take charge of your health with hands-on, interactive activities and demonstrations!

Thursday, September 12th, 2019 at
 the Rec Centre
 5:00 pm—8:00 pm



The Library will also be running a craft for children from 6-8pm



Ball Hockey League

Ages 4 - 18 yrs.

Starting the week of September 9th

Caged helmet, gloves, shins and a stick required.

\$20.00 / Player for 3 weeks

Register by Thursday, Sept. 5th at the Municipal office.

This program will need **Volunteer Coaches** in order to run so if you are interested in coaching please email programmer@manitouwadge.ca or call 826-3227 ext. 226.

Meet a Councillor Night!

Location: Municipal Council Chambers

Time: 6:30 pm – 7:30 pm

Dates: September 10th and October 8th
 Once a month, meet with Councillor Arola!

Community Clubhouse Hours

Effective Tuesday, September 3rd

The Clubhouse will be open:

Monday - Friday:

10:00 am- 2:00 pm

4:00 pm–8:00 pm

Saturday & Sunday: 9:00 am – 8:00 pm

**CHASE THE RAINBOW
 2nd Annual PAINT RUN**

September 18th at 5:00 pm

5km run, walk or bike and BBQ

- Registration is now open!
- Stop by SMH to register.
- Early bird registration closes Sept. 6th.
- We will also be at Common Registration if you'd like to register then.

Bethany Pentecostal Church

Kids Connection!

Join us every Thursday starting September 12th from 6:00-7:30 pm at Bethany Pentecostal Church for Kids' Connection.

JK-Grade 8 students will enjoy lively music and dancing, crafts and games, Bible teaching and more. Contact Pastor Peter - 826-3358 or Beth - 228-3900 for more information.

Canada's Double Portion!

We are pleased to welcome back Canada's Double Portion to Manitouwadge. Join us on September 18th at 7:00 pm for a great evening of music!

...At the Manitouwadge Public Library



THANK YOU MANITOUWADGE..... As always you have well exceeded our goal for summer reading! Stop by the library to see some pictures of our events and check out our final page tally! **Thank you to McNeil's Valumart, Patiff Automotive, Freehawk, Manroc and NWMO** for supporting our summer programming this year!!

Parent and Tot will be running Wednesday mornings at 10:30 am.

Lego Club will be moving to Friday this fall. Join us every Friday at 3:30 pm to create something with Lego.

Be sure to stop by our table at **Common Registration Night** to learn about the many programs and services offered by your library.

Do you make your own candles? Your own fishing lures? Do you knit, or crochet, or sew? Do you have a stamp collection or have you visited an interesting location? Have you researched your family history and found you are related to a great king? A famous train robber? A great inventor? The library is looking for people who would be interested in sharing their skills and knowledge. Contact Beth for more information.



Centre de formation

Manitouwadge Learning Centre

This Employment Ontario Literacy and Basic Skills Program is funded in part by the Government of Canada and the Government of Ontario and through the Canada-Ontario Job Fund Agreement.



The Manitouwadge Learning Centre will re-open on Tuesday, September 3rd

and resume Regular hours from:
 Monday to Thursday
 9:00 am to 5:00 pm.



Remember the 39th ANNUAL TERRY FOX RUN, WALK OR JOG takes place in Canada on Sunday, September 15th

For over 10 years our schools have participated; *join them for a walk at a later date...*

24th Annual Community Memorial at the Manitouwadge Cemetery

Sunday, September 15th at 2:00 pm

Refreshments and fellowship to follow at St. Paul's United Church. Contact Marlene 826-3872 for more information.