

KEYANOW F.E.U.		POUNDMAKER FIRST NATION		APRIL 2024		MONTHLY CALENDAR		Program Synopsis/Program Leads	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
<p>Please contact the Team Leads if you require TRANSPORTATION Or Main office @ 306-445-4149</p>	<p>1 EASTER MONDAY HOLIDAY ALL KEYANOW OFFICES CLOSED</p>	<p>2 YEAR END - SPRING CLEAN & INVENTORY</p>	<p>3 YEAR END - SPRING CLEAN & INVENTORY</p>	<p>4 YEAR END - SPRING CLEAN & INVENTORY</p>	<p>5 YEAR END - SPRING CLEAN & INVENTORY</p>	<p>6</p>	<p>Adult Make & Take – Team Lead, Rhonda @ 306-480-9178 - Conversational Cree and making a skirt, beading – moccasins, lanyards, etc. a fun and enjoyable creative break for all adults. Boys Club – Youth Outreach workers - bringing boys and young men together to learn new teachings and lessons to carry with them into manhood. Instilling quality traits to live off the land and to use the outdoors, bringing the kids back to the land! Boys One on One – Team Lead, Kelsey @ 306-441-0174 - focusing on one child at a time to help build self esteem; positive relationships, behaviors; respect for self and others. Mentoring in a safe, culturally appropriate manner. Collective Kitchen / Cooking Outside – Is a Parenting Support Program designed for those who need assistance in cooking healthy and affordable meals. First nation menu will be prepared in an outdoor kitchen. Facilitator, support worker and participants meet once a week Elders Circle – Team Lead, Wilma @ 306-441-2187 – a time to share and listen with elders in communities – an open opportunity for members to connect with elders. Elders Sitting With Young Mothers/aged 18 to 30 years old – an open opportunity for young mothers to gain traditional knowledge in child rearing, relationships, etc. an opportunity to build relationships with elders of the First Nations served. Fine Arts/guitar – kids and youth will learn guitar chords and basic beginner knowledge of the guitar. Fundamentals – Team Lead, Rhonda @ 306-480-9178 - basic home keeping/safety knowledge Iskwewsisak – Team Lead, Trudy @ 306-480-9143- A program for young girls aged 8 to 12 years old - to learn life skills in a fun and adventurous way. Kids and Youth Gym/Physical and Movie Nights – Team Leads; Trudy @ 306-480-9143; Kelsey @ 306-441-0174 – activities for the kids and youth to build social skills; team efforts; positive thinking; physical activity – limited capacity. Landbased Activities – Youth Outreach workers – various outdoor winter activities such as snow shoeing; cross country skiing; snaring; trapping; tracking, etc. focusing on traditional Cree methods of food sovereignty/sustenance. Mens Group – Team Lead, Kelsey @ 306-441-0174 - to give men the opportunity to interact, encourage, a time to reflect, share and encourage empowerment Miyo Oskinikiskwew – Team Lead, Trudy @ 306-480-9143 - A program of life skills and roles in the nehiyaw life cycle for young girls aged 13 – 17 years. Traditional Parenting – Team Lead, Celine @ 306-390-7790 - - A historical view of the life cycle and our roles and responsibilities - in an indigenous perspective. Wi-chi-tah-sow Men and Women's – Team Lead, Wilma @ 306-441-2187 – a program provided separately for men and women to enhance one's self in the emotional, mental, physical and spiritual quadrants. Womens Group - a time to share, reflect and learn. Young Men's Group – focusing on men aged 18 to 30 years old, to give men the opportunity to interact, encourage, a time to reflect, share and encourage empowerment Young Women's Group – focusing on women aged 18 to 30 years old, a time to share, reflect and learn. Young Men & Women's Cooking Class - To enhance cooking skills of our young men and women – enhancing life skills - a way to assist in the home.</p>		
<p>7 YEAR END - SPRING CLEAN & INVENTORY</p>	<p>8 ALL STAFF MEETING FEU MEETING COLLABORATION</p>	<p>9 TRAINING/ SHADOWING WITH NEW STAFF</p>	<p>10 TRAINING/ SHADOWING WITH NEW STAFF</p>	<p>11 TRAINING/ SHADOWING WITH NEW STAFF</p>	<p>12 TRAINING/ SHADOWING WITH NEW STAFF</p>	<p>13</p>			
<p>14 FINE ARTS / LAND BASED 8 – 13 year olds 10:00 – 1:30pm LANDBASED 14 – 25 year olds 2:30 – 5:30pm</p>	<p>15 COLLABORATION FEU MEETING - REDMANE INPUT</p>	<p>16 Fundamentals 10–12pm Young Men's Group (Ages 18-30) 1-3pm Men's Group (Ages 30+) 4 – 7pm Iskwewsisak (LP & PMR) (LP & PMR) 4:30 – 7pm</p>	<p>17 Collective Kitchen (Adults 35+years) 10 – 1pm Young Womens Group (Ages 18-30) 1 – 3pm Miyo Oskinikiskwew (LP & PMR) 4:30 – 7pm Boys Club 4 – 7pm</p>	<p>18 Wichitahsow 10 -3pm (LP&PMR) Community Liaison/Home visits 12 – 3pm Young W/M Cooking 4 – 7pm</p>	<p>19 Elders Circle 10 – 12pm Adult Make & Take 1 – 3:30 pm Programs held @ Poundmaker Outreach</p>	<p>20</p>			
<p>21 FINE ARTS / LAND BASED 8 – 13 year olds 10:00 – 1:30pm LANDBASED 14 – 25 year olds 2:30 – 5:30pm</p>	<p>22 COLLABORATION FEU MEETING - REDMANE INPUT</p>	<p>23 Fundamentals 10–12pm Young Men's Group (Ages 18-30) 1-3pm Men's Group (Ages 30+) 4 – 7pm Iskwewsisak (LP & PMR) (LP & PMR) 4:30 – 7pm</p>	<p>24 Collective Kitchen (Adults 35+years) 10 – 1pm Young Womens Group (Ages 18-30) 1 – 3pm Miyo Oskinikiskwew (LP & PMR) 4:30 – 7pm Boys Club 4 – 7pm</p>	<p>25 Wichitahsow 10 -3pm (LP&PMR) Community Liaison/Home visits 12 – 3pm Young W/M Cooking 4 – 7pm</p>	<p>26 Elders – Sitting with Young Mothers (Aged 18-30) 10 – 12pm Adult Make & Take 1 – 3:30 pm Programs held @ Poundmaker Outreach</p>	<p>27</p>			
<p>28 FINE ARTS / LAND BASED 8 – 13 year olds 10:00 – 1:30pm LANDBASED 14 – 25 year olds 2:30 – 5:30pm</p>	<p>29 IN SERVICE COLLABORATION FEU MEETING</p>	<p>30 Fundamentals 10–12pm Young Men's Group (Ages 18-30) 1-3pm Men's Group (Ages 30+) 4 – 7pm Iskwewsisak (LP & PMR) (LP & PMR) 4:30 – 7pm</p>							

PARENTS PLEASE ENSURE YOUR CHILDREN ARE PROPERLY DRESSED FOR WINTER ACTIVITIES – THOSE NOT PROPERLY DRESSED FOR WINTER WILL BE RETURNED HOME, NO EXCEPTIONS