



May Calendar 2026

Métis Nation of Ontario Community Wellness Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1.
4.	5.	6. Setting Healthy Boundaries Presentation 1:30 – 2:30 Lutheran Community Care 209 Van Norman St	7.	8.
11.	12.	13. Walk In Wednesday 9:00am – 12:00pm MNO Office 226 May St South	14.	15. Office Closed Early
18. Office Closed	19.	20.	21.	22. World Hunger Day Drop-In 2:00PM – 4:00PM P.A.C.E. 409 George St
25. Out of Town	26. Out of Town	27. Out of Town	28. Out of Town	29. Out of Town

ALL PROGRAMS are FREE to Registered Participants.

If you are interested in attending, please contact:

TJ Hamilton – Community Wellness Coordinator

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