



JULY 2026

HBMI

NEWSLETTER

A Fourth of July Parade to remember!



For the second straight year, the Houlton Band of Maliseet Indians entered a float into the Town of Houlton's July 4th parade. We thank the crew who decorated and the many youths who agreed to participate in the parade!

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Bingocize Fall Session

Elder Fall Prevention date is set

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Back to School Bash

Wabanaki Community Survey



Tai Chi

for Health and Balance

A WORKSHOP FOR ALL AGES



TUESDAYS & THURSDAYS
10:00 AM – 11:00 AM

STARTING

September 1st

SEPTEMBER:

1st, 3rd, 8th, 10th,
15th, 17th, 22nd, 29th

OCTOBER:

1st, 6th, 13th, 15th,
20th, 22nd, 27th, 29th

NOVEMBER:

3rd, 5th, 10th,
12th



Come learn the
12 Basic and Advance
Forms of Tai Chi
for Health and Balance.



If you have questions,
please call Michelle or Krystal at
207-532-2240

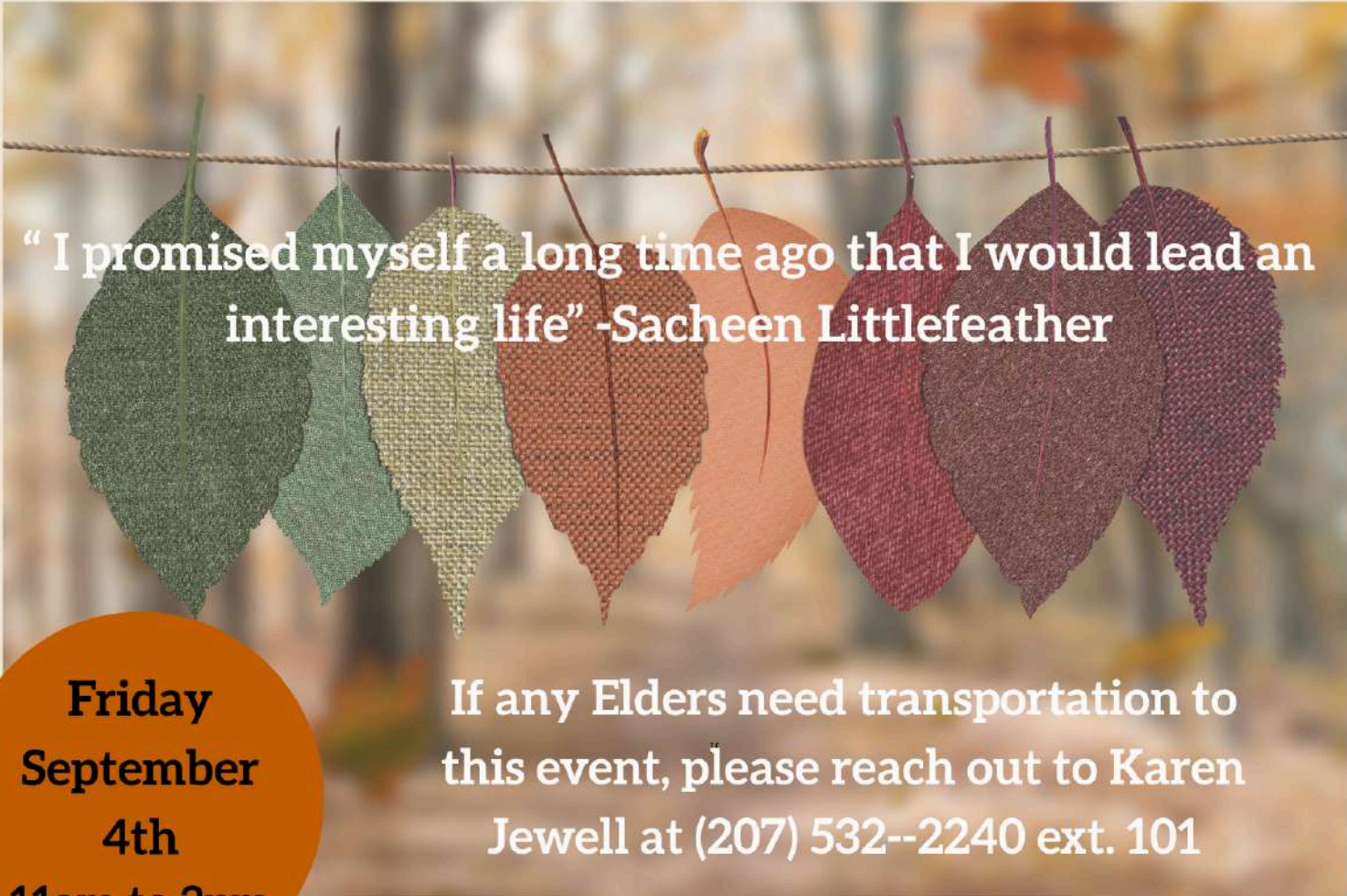
MALISEET
HEALTH AND WELLNESS CENTER

*Building a Stronger, Healthier Community
in Mind, Body, and Spirit*



MALISEET HEALTH AND WELLNESS CENTER

2ND ANNUAL ELDER FALL PREVENTION EXPO



“ I promised myself a long time ago that I would lead an interesting life” -Sacheen Littlefeather

**Friday
September
4th
11am to 2pm**

If any Elders need transportation to this event, please reach out to Karen Jewell at (207) 532--2240 ext. 101

Many Resources Available
T-shirts for our Elders,
Prizes, Snacks, and a
Bingocize Session

654 North Street
Our New Resource Building next to
our Wolastoq Inn in Houlton
call (207) 532-2240 ext. 150 for
more information.



Elders' Calendar

August 2026

Elder Center phone # -- 532-7780

Elder Coordinator -- Danya Boyce

Cook -- Mark Lewis

All regular meals begin at 11 a.m.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4 Spaghetti & Meatballs Green Salad w/choice of dressing Italian Bread Jello w/Cool Whip	5	6 Baked Pork Chops Mashed Potatoes w/gravy Stove Top Stuffing Mixed Vegetables Rolls & Cookies	7	8
9	10	11 Taco Tuesday w/ all the fixings Cook's Choice Dessert	12	13 Chicken Patties on a Bun w/cheese Coleslaw Pudding w/Cool Whip	14	15
16	17	18 Shepherd's Pie Spinach Whole Wheat Bread Fruit Salad	19 BOSTON TRIP! 	20 No Meal	21	22
23 / 30	24 / 31	25 Cheeseburgers Hot Dogs Potato Salad Summer Squash Regular or Blueberry Applesauce	26	27 BINGO! Soup N' Sandwiches Assorted fixings Pies	28	29





BINGOCIZE

Workshop

FOR FALLS PREVENTION

Bingo and *Exercise!*



HAVE FUN!

Enjoy a unique combination of bingo, exercise, and health education.



IMPROVE HEALTH!

Build strength, balance, and flexibility.



REDUCE FALL RISK!

Take steps to stay active, independent, and safe.



STARTS

SEPTEMBER 29TH

AT 5:00PM

TUESDAYS AND THURSDAYS

— FOR 10 WEEKS —

20 SESSIONS



AT THE

**MALISEET HEALTH
AND WELLNESS CENTER**

Strength, Balance, and Fun — All in One!



Call Krystal Caron at 207-532-2240 ext. 150

for more information or to reserve your spot!

Let's move together for a healthier, stronger future!

August 2026

SUMMER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 Closed Restock	28 Pantry Pick up 8am-4pm	29 pantry pick up 8am-4pm	30 Elders Delivery	31	1
2	3 Closed Restock	4 Pantry Pick up 8am-4pm	5 pantry pick up 8am-4pm	6 Elders Delivery	7	8
9	10 Closed Restock	11 Pantry Pick up 8am-4pm	12 pantry pick up 8am-4pm	13 Elders Delivery	14	15
16	17 Closed Restock	18 Pantry Pick up 8am-4pm	19 Closed Wabanaki Public Health Food Distribution 1pm to 4pm	20 Closed for Staff Appreciation day!	21	22
23	24 Closed Restock	25 Pantry Pick up 8am-4pm	26 pantry pick up 8am-4pm	27 Elders Delivery	28	29
30	31 Closed Restock	Notes				

MALISEET FOOD PANTRY

WABANAKI COMMUNITY SURVEY

Interested in participating?

START BY FILLING OUT A SHORT INTEREST FORM. TO GET STARTED, SCAN

WHAT is the survey?

- A community survey about food systems & community health
- 30-60 minutes to complete
- \$50 gift card for participants

WHO can participate?

- Wabanaki community members 18 years or older

HOW does it work?

- Scan the QR code to fill out our short interest form or call (207) 401 - 6843 to schedule a time to take the survey
- We'll contact you to complete the survey online or by phone



OR USE LINK
TINYURL.COM/4C
RTA2KR
OR CALL
(207) 401-6843

Questions About the Survey?

Contact Dr. Leigh Neptune at Ineptune@wabanakiphw.org

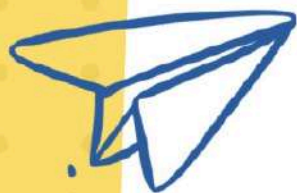
Questions About Your Rights as a Participant?

Contact Washington State Univesity at irb@wsu.edu



Wabanaki Public
Health & Wellness
Center for Wabanaki Research,
Knowledge, and Innovation





◆◆ BOYS & GIRLS CLUB OF MALISEETS ◆◆
PRESENTS

BACK TO SCHOOL BASH

Kick off the school year with
fun, friends, and festivities!

- ✓ Signup for Fall BGC
- ✓ Club Tour
- ✓ Games & Prizes
- ✓ School Supply Giveaway
- ✓ Teacher Supply Table
- ✓ Hair Cut Voucher

AUGUST 15TH 10AM-12PM

618 Foxcroft Rd, Houlton, ME.

Register here!



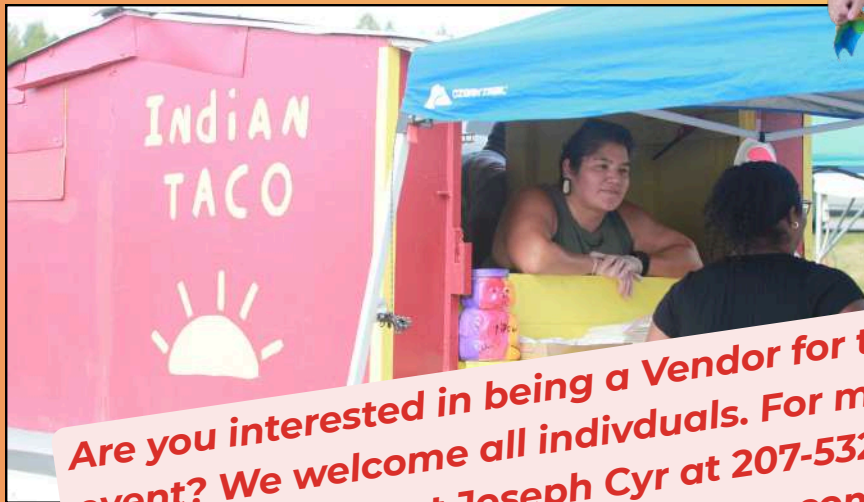
Food Distribution Program on Indian Reservations (FDPIR)

August 2026

*Call Carrie Peterson at 207-532-8919 for more
information.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
						CLOSED
2	3	4	5	6	7	8
CLOSED	7 a.m. - 5 p.m.	7 a.m. - 5 p.m.	7 a.m. - 5 p.m.	Produce Delivery 7 a.m. - 5 p.m.	CLOSED	CLOSED
9	10	11	12	13	14	15
CLOSED	7 a.m. - 5 p.m.	7 a.m. - 5 p.m.	7 a.m. - 5 p.m.	7 a.m. - 5 p.m. Closed 11:30 a.m.-1:30 p.m. for Private event	CLOSED	CLOSED
16	17	18	19	20	21	22
CLOSED	Closed for Midwestern FDPIR Conference	Closed for Midwestern FDPIR Conference	Closed for Midwestern FDPIR Conference	Closed for Midwestern FDPIR Conference	CLOSED	CLOSED
23	24	25	26	27	28	29
CLOSED	7 a.m. - 5 p.m.	7 a.m. - 5 p.m.	7 a.m. - 5 p.m. Warehouse Delivery	7 a.m. - 5 p.m. Last day of issuances	CLOSED	CLOSED
30	31					
CLOSED	Closed for inventory					

46th annual Metaksonekiyak Community Days are coming Sept. 5-6!



Are you interested in being a Vendor for this event? We welcome all individuals. For more information, contact Joseph Cyr at 207-532-4273 ext. 238 or email jcyr@maliseets.com

