



## The Township of Sioux Narrows-Nestor Falls Community Newsletter October 2025



Join us for



### *Seniors Fall Harvest Dinner*

Thursday October 16th

From 5pm

Nestor Falls Community Hall

Dinner funded by the Nestor Falls Recreation Committee

## RSVP



Call (807) 631-2670 to reserve your plate. Transportation  
may also be provided to and from hall or delivery  
available if necessary (within Nestor Falls)



### Landfill Winter Hours

October 1st—April 30th

Open: Tuesday, Thursday & Saturday

Sioux Narrows Landfill: 9:00 am—11:30 am

Nestor Falls Landfill: 1:30 pm—4:00 pm

Closed All Civic Holidays

## IT'S TIME TO GET SCREENED FOR CANCER



The Screen for Life Coach is visiting

**Sioux Narrows**

Location: Sioux Narrows Community Centre

October 18, 2025

### Screening for Breast, Cervical, and Colon Cancer

#### **Breast**

Mammograms for  
people age 40 to 74

#### **Cervical**

Cervical screening for people  
with a cervix age 25 to 69

#### **Colon**

FIT kits for people  
age 50 to 74

To book your appointment call (807) 684-7777

### Lake of the Woods Chapel

Sunday services will be October 5th & 12th at 2:30 pm.

October 12th will be our Thanksgiving service and the last service until May 3, 2026.

The Chapel will become a summer community of faith with services each week May through October.

Local contact is [lowc.faith@gmail.com](mailto:lowc.faith@gmail.com).

“To everything there is a season”. Blessings to all.

We look forward to welcoming everyone back in the spring!



### Mobile Mental Health and Addictions Clinic (MMHA)

The Mobile Mental Health and Addictions Clinic is a clinic on wheels that travels to participating rural and remote communities to increase access to mental health and addictions care.

Sioux Narrows: October 6th & 20th

Nestor Falls: October 8th & 22nd

Call 807-468-1838, press 5 to book an appointment or online at [www.cmhak.on.ca](http://www.cmhak.on.ca)



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### *"Beyond the Bridge II" What's Your Story?*

As the summer comes to an end, folks are encouraged to write their story for submission in the "Beyond the Bridge II" book.

Stories submitted before October 15, 2025 are entered into the early bird draw for a free book.

Email your stories and up to five photos to [beyondthebridge2@gmail.com](mailto:beyondthebridge2@gmail.com)

### **Sioux Narrows-Nestor Falls Council Meetings**

Meetings are held on the first Tuesday of the month and begin at 2:00 p.m., unless otherwise posted or updated. The locations alternate between the Sioux Narrows Municipal Office and the Nestor Falls Municipal Office. Everyone is welcome to attend these public meetings. For more information, please visit the municipal website at [www.snnf.ca](http://www.snnf.ca)

October 7th – Sioux Narrows

November 4th– Sioux Narrows

### **Health Hub—10 Fickas Road, Sioux Narrows**

The Health Hub is an initiative to bring additional supplemental Health Services to our community. We now have a naturopathic doctor practising twice monthly, additional footcare services and workshops being held in the space.

October Practitioners:

#### **DR. CHRIS BROWN, ND**

To book appointments, please call 807-683-7287 or online at  
Thunder Bay Naturopathic Clinic ([janeapp.com](http://janeapp.com))

#### **SHANNON MATHESON, RPN, FOOTCARE NURSE**

SERVICES: \*Thickened nail reduction \*Ingrown nail treatment \*Fungal nail \*Corn and calluse reduction  
\*Lower leg assessment \*Education, referrals and more

To book appointments, please call 807-0407-7767 or online at  
[healedsole@gmail.com](mailto:healedsole@gmail.com)

### **Sioux Narrows Nursing Station**

#### **DR. KERRY ANDERSON, MD**

Friday, October 3rd 9:30 am—3:30 pm  
Friday, October 10th 9:30 am—3:30 pm  
Friday, October 17th 9:30 am—3:30 pm

#### **DR. MAXINE CARLISLE, MD**

Monday, October 6th 10:00 am—4:00 pm  
Monday, October 20th 10:00 am—4:00 pm

#### **DR. ROWENA LASS, MD**

Tuesday, October 2nd 8:45 am—2:45 pm

#### **LIFE LABS**

Tuesday, October 7th 10:00 am—1:00 pm  
Tuesday, October 21st 10:00 am—1:00 pm

#### **SUSAN MCLEOD, RN FOOTCARE SPECIALIST—TBD**

Please call 807-226-1081 during business hours to book appointments

Ambulance, Fire and Police—CALL 911