NOVEMBER- 2026

Nimiipuu Health

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11 NIMIIPUU HEALTH CLOSED Veterans Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 NIMIIPUU HEALTH - CLOSED Thanksgiving Holiday	27	28
29	30					

Hours caram@nimiipuu.org

Clinics: M-F 8am-4:30pm
Pharmacy: M-F 8am-5:30pm
Fitness Center: M-Th 6am-7pm
F 6am-3:30pm

Key

- Community Cooking Class Lapwai Conf Rm 4:30pm
- Spin Class -Dr. Capawana 12pm
- Zumba Dance Class-Kristine Fitness Center 5:30pm
- Kamiah Resistance Band Class Wa-A'Yas 12pm
- Pilates - Marissa Lapwai B&G Club 12pm
- Wellness Support Group Lapwai Conf Rm 5pm
- Lapwai Mileage Club LHS Track 12pm
- Lapwai Fit & Fall Proof Class Lapwai Conf Rm Wed-2:30pm/Thur-1pm
- Kam-Alz & Diabetes Awareness Walk Wa-A'Yas 1pm
- Turkey Trot/Mileage Club 12pm Kam-Wa-A'Yas Lap-LHS Track
- Spin Class Cara 6am
- Mobile Food Pantry Distribution LHS 9am
- Kamiah Fit & Fall Proof Class-Wa-A'Yas 1pm
- Medicare Workshop Pi-Nee-Waus 10am
- Kamiah Mileage Club Inside Wa-A'Yas 12pm
- Resistance Band Class Fitness Center 12pm
- Lap-Alz & Diabetes Awareness Walk LHS Track 12pm

waq'iswíisa Events!

(I am becoming well)

— EVERYONE —
Welcome!

Community Support Group | 5pm-6pm | NMPH Conf. Rm.

Join Diabetes Program Coordinator, Marissa & Kiara, LMSW

Tue. November 3 - Holiday Survival Guide

Practical strategies for parties, family gatherings, travel, leftovers, desserts, & busy schedules



On Temporary Pause for December

Will be back in January!

Community Cooking Class | 4:30pm-6pm | NMPH Conf. Rm.

Join Nutritionist, Julie & Diabetes Program Coordinator, Marissa



Thur. November 12 - Healthy Holiday Traditions

Learn how to enjoy your favorite holiday dishes while making small modifications that support blood sugar management & overall wellness

On Temporary Pause for December

Will be back in January!

This is a Nimiipuu waq'iswíisa (I am Becoming Well) Wellness Program Event. For more info/to sign up contact Marissa: marissav@nimiipuu.org or 208.843.2271 ext.2849

Stay Active w/Nimiipuu Health!

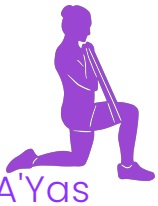
NOV. 2026

Classes/Opportunities — Description

RESISTANCE BANDS W/KRISTINE
Mon. & Wed. | 12-12:45pm | Fitness Center

KAMIAH

Nov. 6, 20 & Dec. 4, 18 | 12pm-12:45pm | Wa-A'Yas



Full-body strength class w/resistance bands for strength, stability, & mobility

ZUMBA DANCE CLASS W/KRISTINE
Thur. | 5:30pm-6:15pm | Fitness Center



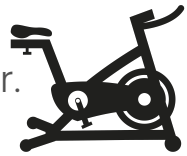
Upbeat dance fitness class w/simple steps & cardio exercise to improve endurance & get you moving

SPIN CLASSES
W/DR. CAPAWANA

Nov. 6, 13 & Dec. 11 | 12-12:45pm | Fitness Cntr.

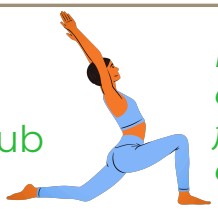
W/CARA

Mon. Wed. Fri. | 6-7am | Fitness Center



Energetic indoor cycling w/music for cardio fitness, endurance, & strength for all fitness levels

PILATES W/MARISSA
Nov. 3, 5, 10, 12 | 12-12:45pm | Lapwai B&G Club



Low-impact, full-body w/ core strength, balance, flexibility, posture & controlled movement

FIT & FALL PROOF CLASSES (FOR OLDER ADULTS)
Wed. 2:30pm & Thur. 1pm | Lrg. Conf. Room

KAMIAH

w/Sonya - Mon. & Wed. | 1-1:45pm | Wa-A'Yas



Low-impact exercises for strength, balance & mobility to prevent falls & support independence

MILEAGE CLUB
Nov. 2, 12, 17, 23(Turkey Trot) | 12pm | LHS Track

KAMIAH

Each Wed.(Turkey Trot 11/18) | 12pm | Wa-A'Yas



Supportive walking club. Walk, stay active, & earn charms too!

Available for Checkout at the Fitness Center!

See staff for details during open hours

PICKLE BALL GEAR ✦ AGILITY LADDER/CONES ✦ BIKES ✦ SPEED PARACHUTE

TENNIS EQUIPMENT ✦ LOCKERS ✦ YOGA MATS ✦ CORNHOLE SETS



Fitness Center Hours
Mon-Thur | 6am-7pm
Fri | 6am-3:30pm

For more info call: 208.843.2271

Fitness Center Desk: Ext.2847 | Kristine Riggers: Ext.2977 | Marissa Verduci: Ext.2849

Medicare Workshop

Turning 65 soon? Leaving group health insurance?

This event is FREE & open to everyone



DOORPRIZES & REFRESHMENTS!

WED. NOV. 18
10:30AM-12PM
PI-NEE-WAUS

LEARN ABOUT:

- Medicare Advantage Plans
- Prescription Drug Plans
- Part A & Part B
- Medigap/Supplements

SHIBA (800) 247-4422

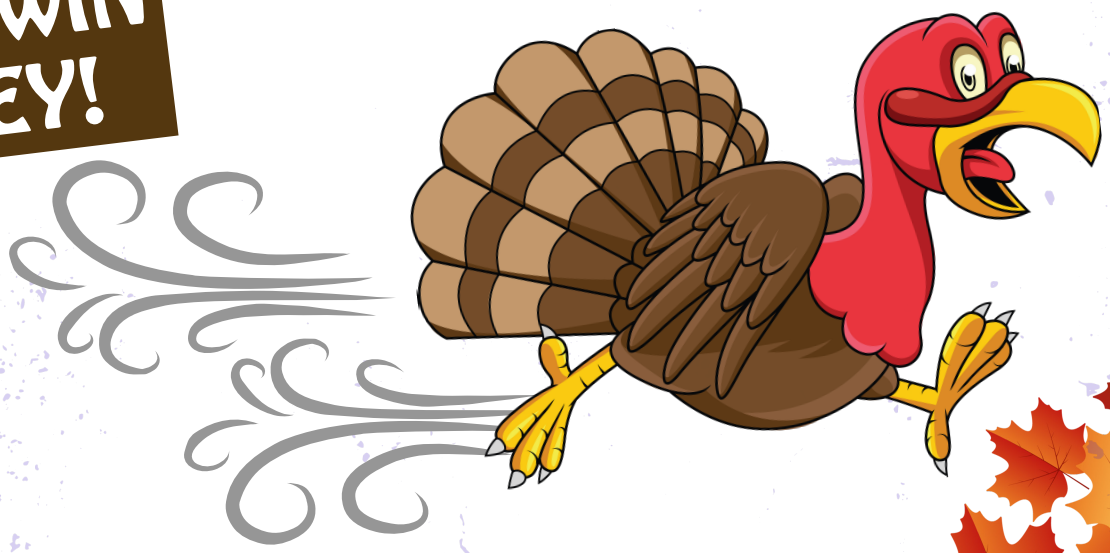
102 Agency Rd., Lapwai, ID 83540

TURKEY TROTS!

-LAPWAI- Mon. Nov. 23 | 12pm-1pm | LHS Track

-KAMIAH- Wed. Nov. 18 | 12pm-1pm | Wa-A'Yas

Walk for a chance to WIN A TURKEY!



MILEAGE CLUB

FOR MORE INFO- KAMIAH- SONYA OR TAMI 208.935.0733 | LAPWAI- CRISSY OR JULIE 208.843.9375

STEPS
for Strong Minds & Healthy Blood Sugars

Alzheimer's & Diabetes Awareness walk, brought to you by the Diabetes Program & Memory Care

Lapwai

WED. NOV. 18
12PM-1PM
LHS TRACK

Kamiah

FRI. NOV. 20
1PM-2PM
WA-A'YAS

Healthy snack bags & water!

Complete 4 laps & be entered into a drawing to win a $25 gas card! (2 winners from each location)



For more information please contact Jessica at 208.843.2271 ext. 2915

Nimiipuu Health
waqiswisa Wellness Program



FOOD PANTRY

The Idaho Food Bank will be providing a Mobile Food Pantry distribution in Lapwai

Tuesday, November 10

Approximately 9 AM

*****While Supplies Last*****

HIGH SCHOOL GYMNASIUM PARKING LOT

Any questions please contact
Thunder 208-843-7306, Nez Perce Tribe Food & Nutrition
Or
Crissy 208-843-9375 ext. 2948, NMPH Community Health

Fit and Fall Proof®

FREE EXERCISE CLASSES FOR OLDER ADULTS

Wednesdays 2:30-3:30pm &
Thursdays 1:00-2:00pm
Community Health – Large Conference Room
111 Beaver Grade, Lapwai, ID

Mondays & Wednesdays 1:00-1:45pm
Wa-A'Yas Community Center
401 Idaho Street, Kamiah, ID

Improve your balance · Reduce your risk of falls

Meet new friends · Have fun!

208-799-0379
Juile Haringa
Fit and Fall Proof® Coordinator

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