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