

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS



MAY 2018

Onerahtohko:wą (Time of Big Leaf)

She:kon,

Monday, May 21st - Victoria Day/Office Closed

Spring has finally sprung! Be sure to check out all the upcoming groups, trips and events inside along with other great information.

If you are interested in any of our programs and would like to sign up or need more information be sure to give us a call! We would be happy to help!

Nia:wen

Tyendinaga Home Support Program

613-967-0122



PLEASE CALL THE OFFICE TO SIGN UP FOR ANY OF THE MEAL PROGRAMS SO THAT WE CAN ENSURE YOU GET A SEAT.



WEDNESDAY, MAY 9TH, 23RD & 30TH



WHAT: DINERS/BINGO

WHERE: COMMUNITY CENTRE, DOWNSTAIRS

TIME: LUNCH 12-1 BINGO 1-3

COST: LUNCH \$3.50 BINGO .50 PER CARD OR 6 CARDS
(MAX) FOR \$2.00

FRIDAY, MAY 25TH

WHAT: BREAKFAST CLUB

WHERE: ACTIVITY CENTRE

TIME: 8-9:30

COST: CASH DONATION



Meals on Wheels,



We deliver a hot nutritious meal to your door on Tuesday, Thursday and Friday between 11:30-12:30.

If you have interest in this program please call Angela D. Maracle at 613-967-0122 ext. 135

Please insure that if you require transportation for any of the above programs that you call in by 4:30 on the day prior to the event. Pick ups start at 10:30 for Diner/Bingo and 7:30 for Breakfast club and 4:00 for Supper Club. Please be ready and waiting!

TYENDINAGA HOME SUPPORT HOME MAINTENANCE PROGRAM

The Tyendinaga Home Maintenance program offers assistance around the yard and home to Seniors 55+ and physically disabled 18+ who are unable to perform the task themselves and have no one residing within the household capable of completing the task.

Our Home Maintenance workers can perform essential tasks like; grass cutting, weed eating, raking. If time is available after essential services, we MAY be able to cover some other tasks, such as; washing walls/windows.

Clients are to provide all necessary tools and supplies to complete the job requested.

We cannot do household chores like vacuuming, dishes, sweeping, laundry, etc.

Any jobs requiring professional services cannot be done by our program.

If you are interested in this program, please call Jessica Brant @ 613-967-0122 for more information or to sign up.

All work must be set up through the Home Maintenance Coordinator and the client must be home while job is being done for client and worker safety. This is not a same day or even same week service. We book and complete jobs as we are able too based on number of jobs and worker availability.

****Please ensure all animals are properly restrained while Home Maintenance worker is at your home completing a job.**



Napanee Shopping

When: Thursday, May 3, 2018

Time: Pick up will start at 9:00am

Limit: 12 people

Cost: \$5.00

Sign-Up-Deadline: Wednesday, May 2, 2018

Returning: Approximately at 3:00pm

Will be stopping at Giant Tiger, No Frills and Country Tradition. We will be having lunch at Itty Bitty Restaurant at your own expense. If you would like to attend, please contact **Cindy Loft** at **613-967-0122**



Belleville Shopping

When: Thursday, May 24, 2018

Time: Pick up will start at 9:00am

Cost: \$5.00

Sign-Up-Deadline: Wednesday, May 23, 2018

Returning: Approximately at 4:00pm

We will be stopping at Dollar store, Quinte Mall and Walmart. We will be eating lunch at the Quinte Mall at your own expense. If you would like to attend, please contact **Cindy Loft** at **613-967-0122**.



Deseronto Run

When: Friday, May 4, 11, 18, 25

Time: Pick up will start at 9:00am

Returning: Approximately at 11:30am

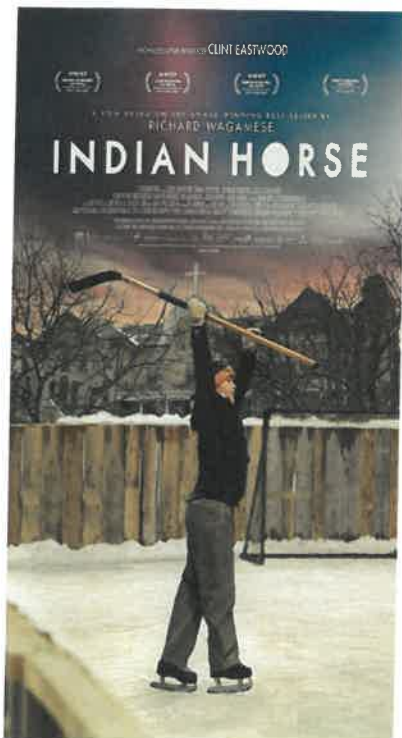
Sign-Up-Deadline: The Thursday before trip

Will be stopping at Griddle Me This for breakfast, Post Office, I.D.A and grocery store. If you would like to attend, contact **Cindy Loft** at **613-967-0122**.

Note: Won't be going to Griddle Me This on Friday, May 25, 2018



Supper & Movie



Movie Title: Indian Horse

Follows the life of Canadian First Nations boy, Saul Indian Horse, as he survives residential school and life amongst the racism of the 1970s. A talented hockey player, Saul must find his own path as he battles stereotypes and alcoholism.

Rated: 14A

When: Monday, June 18, 2018

Time: Leaving Baseball Diamond at 4:00pm

Where: Boulder House Cinema Napanee

Cost: \$6.00 (money is non-refundable)

Limit: 20 people

Sign-Up-Deadline: Friday, June 1, 2018

We will be stopping for supper at Napanee Fish & Chips at your own expense.
If you would like to attend, contact [Cindy Loft](mailto:CindyLoft@napanee.ca) at 613-967-0122.



Quoits



Quoits is a ring toss game that is played outside so please dress according to weather. The Home Support staff will randomly pick teams and all team members will get schedule on first day.
Come out and enjoy the fun game of Quoits.

When: Every Tuesday starting June 19th and ending Aug 7th

Time: 9:30am to 11:00am

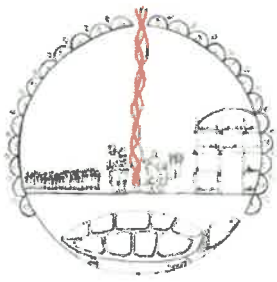
Where: Community Wellbeing Centre (Teaching Lodge)

Limit: 16 people

Sign-Up-Deadline: Tuesday, May 29, 2018

If you would like to attend, contact [Cindy Loft](mailto:CindyLoft@napanee.ca) at 613-967-0122.





Alzheimer Society

HASTINGS - PRINCE EDWARD



MBQ Community Health and Home Support Programs are partnering with the Alzheimer Society of Hastings-Prince Edward to offer

Memory Café

This month we will be taking a trip to the Brockville Railway Tunnel. Will be stopping for lunch (at your own expense) before we start tour.

May 31st , 2018
10:00am - aprox
4:30pm

Meeting at
Baseball
Diamonds on
York Rd



Refreshments provided
Transportation available

To register for the event or if you require transportation please contact:

Hannah Hill [613-967-3603](tel:613-967-3603) ext #166

Will run the last Thursday of every month

Chit Chat With Matt

Are you or someone you know dealing with cancer?

Come join us this month where special guest Dr. Hugh Langley will be here to lead the discussion

Come and get your “CANSWERS” and join us for coffee and have conversations about cancer and prevention

When: Thursday May 17th, 2018

Time: 10:00am-11:00am

Where: Community Wellbeing Teaching Lodge



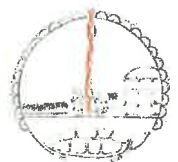
To register for the event or if you require transportation please contact: **Hannah Hill at CWC @ 967-3603 ext.166**

*****Will continue to be a monthly event*****



**South East
Regional Cancer Program**

in partnership with Cancer Care Ontario



May



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Meals on Wheels Bean Bag Toss	2 Euchre	3 Hapanee Shopping Meals on Wheels	4 Deseronto Run Meals on Wheels	5
	6	7 Ceramics	8 Meals on Wheels Bean Bag Toss	9 Diners Club Bingo	10 Meals on Wheels FV Outing	11 Deseronto Run Meals on Wheels Scrapbooking
13	14 Ceramics	15 Meals on Wheels Bean Bag Toss	16 Garden Club Euchre	17 Meals on Wheels Chit Chat with Matt	18 Deseronto Run Meals on Wheels	19
20	21 OFFICE CLOSED Victoria Day	22 Meals on Wheels Bean Bag Toss	23 Diners Club Bingo	24 Belleville Shopping Meals on Wheels	25 Breakfast Club Deseronto Run Meals on Wheels Scrapbooking	26
27	28 Ceramics	29 Meals on Wheels Bean Bag Toss	30 Garden Club Diners Club	31 Memory Café (Trip) Meals on Wheels	Scrapboking 10am-3pm @ Activity Centre Euchre 1:30-3:30pm @ Activity Centre Ceramics 1-3:30pm @ Activity Centre Bean Bag Toss 1:30-3pm @ CWC	