

# TYENDINAGA HOME SUPPORT NEWS



## REMEMBERING THE ELDERS

# JUNE 2018

## OHIARIHA (RIPENING TIME)

**She:kon,**

Thursday, June 21st - Aboriginal Day/Office Closed

June is Senior's Month and the Home Support Team would like to take this opportunity to acknowledge and thank the Elders of the community for all they have contributed and continue to contribute to the life, culture and vibrancy of this community. Many continue to serve as leaders, mentors and volunteers. Their contributions past and present warrant appreciation and recognition. The health and well-being of our Seniors is in the interest of all and further adds to the health and well-being of our Community as a whole.

**Nia:wen**

**Tyendinaga Home Support Program**

**613-967-0122**



# Deseronto Run

**When:** Friday, June 1, 8, 15, 22 and 29

**Time:** Pick up will start at 9:00am

**Limit:** 12 people

**Sign-Up-Deadline:** The Thursday before trip

**Returning:** Approximately at 11:30am

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, June 15, 2018**



## Napanee Shopping

**When:** Thursday, June 7, 2018

**Time:** Pick up will start at 9:00am

**Limit:** 12 people

**Cost:** \$5.00

**Sign-Up-Deadline:** Wednesday, June 6, 2018

**Returning:** Approximately at 3:00pm

Will be stopping at No Frills, Giant Tiger 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, June 28, 2018

**Time:** Pick up will start at 9:00am

**Cost:** \$5.00

**Sign-Up-Deadline:** Wednesday, June 27, 2018

**Returning:** Approximately at 4:00pm

We will be stopping at Value Village, Quinte Mall and Wal-Mart. 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**.





# FITNESS REGISTRATION



Fitness programs will start in October with more information to follow in September newsletter. If you are interested in our chair exercise program or our cardio program the following will need to be completed and handed in by **Friday, September 21, 2018** to be able to participate in our fitness program.

- **Fitness Physicians Form**
- **Fitness Waiver Form**

The above forms can be picked up at CWC from Tyendinaga Home Support Program. If you would like to attend or have any questions please contact **Cindy Loft** at **613-967-0122**.

## Yard Games and a Picnic

**When:** Thursday, July 26, 2018

**Where:** Springside Park in Napanee

**Time:** 10:00am

**Returning:** Approximately at 4:00pm

**Cost:** \$10.00

**Limit:** 15 people

**Sign-Up-Deadline:** Thursday, July 19, 2018

If you would like to attend, please contact **Cindy Loft** at **613-967-0122**.



## Elders Conference



**When:** August 21-23

**(We will be leaving on Aug 20th day before conference)**

**Where:** Caldwell First Nation

**Cost:** \$25.00

**Limit:** 12 people

**Dress Up Theme:** Your Favorite Musician

**Sign-Up-Deadline:** Monday, July 16, 2018 **(All money must be in on this date)**

More information to follow in July newsletter and if you have any questions please contact **Cindy Loft** at **613-967-0122**.



# Walking Program



**When:** Every Wednesday

**Where:** Quinte Sports & Wellness Centre/Belleville/Napanee Walking Trails

**Time:** 10:00am to 11:00am

**Pick up time will start at 9:00am for those needing transportation**

If you would like to attend, please contact **Hannah Hill or Crystal Maracle at 613-967-3603**

**\*\*Limited Spacing— Transportation waitlist currently started \*\***



The Home Maintenance program is in full swing and already busy and I thank everyone for their patience. Priority for the summer is grass cutting and weed eating. The client must be home while work is being done and sign for date and hours worked which the worker will have a sheet for after completion.

Work scheduled between Home Support and a service recipient is weather permitting. When a cancellation occurs every effort will be made to reschedule service based upon a time convenient for the service recipient and the worker.

**This is not a same day or sometimes same week service. We have a very high volume of clients requiring lawn maintenance with limited workers and nice weather days.**

**\*\*I do have contact numbers for other lawn maintenance businesses that I can give for those who cannot wait for our worker to get there, cost/payment would be between the client and the business.**

For more information or to sign up for the program, please call Jessica Brant at 613-967-0122, ext. 126.

# June



## WEDNESDAY, JUNE 13TH & 27TH



**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, JUNE 15TH

**WHAT:** BREAKFAST CLUB  
**WHERE:** ACTIVITY CENTRE  
**TIME:** 8-9:30  
**COST:** CASH DONATION



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

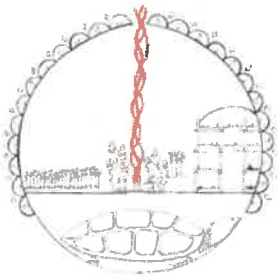
Meals on Wheels,

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!



# 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

Are you worried about your memory and eager to learn ways to boost your brain. Do you have early stage dementia? Join us while we discuss brain health, practise brain boost strategies and gentle

**ALL WELCOME  
PLEASE JOIN US**

*\*Gentle Movement\**

June 28th, 2018

2:00 - 3:30pm

**Teaching Lodge**  
**at the Community**  
**Wellbeing Centre**  
50 Meadow drive,  
Deseronto



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 June 14th 2018

**Time:** 10:00am-11:00am

**Where:** Community Wellbeing Teaching Lodge

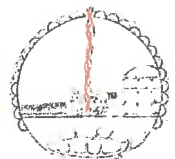


To register for the event or if you require transportation please contact: **Hannah Hill at CWC @ 967-3603 ext.166**

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



**South East  
Regional Cancer Program**  
in partnership with Cancer Care Ontario





Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Euchre 1-3:30pm @ Activity Centre    Garden Club 9-11am @ Activity Centre Ceramics 1-3:30pm @ Activity Centre    Quoits 9:30-11am @ CWC Bean Bag Toss 1:30-3pm @ CWC Scrapbooking 10am-3pm @ Activity Centre					1 <b>Deseronto Run</b> <b>Meals on Wheels</b>	2
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3	4 <b>Ceramics</b>	5 <b>Meals on Wheels</b> <b>Bean Bag Toss</b>	6 <b>Garden Club</b>  EUCHRE	7 <b>Japanese Shopping</b> <b>Meals on Wheels</b>	8 <b>Deseronto Run</b> <b>Meals on Wheels</b>	9
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10	11 <b>Pat's Ceramics</b>	12 <b>Meals on Wheels</b> <b>Bean Bag Toss</b>	13 <b>Diners Club</b> <b>Bingo</b>	14 <b>Meals on Wheels</b> Chit Chat with Matt <b>FV Outing</b>	15 Breakfast Club <b>Deseronto Run</b> <b>Meals on Wheels</b> <i>Scrapbooking</i>	16
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17	18 <b>Ceramics</b> <i>Dinner &amp; Movie</i>	19 <b>Meals on Wheels</b> <b>Quoits</b>	20 <b>Garden Club</b>  EUCHRE	21 <b>OFFICE CLOSED</b> <b>ABORIGINAL DAY</b>	22 <b>Deseronto Run</b> <b>Meals on Wheels</b>	23
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24	25 <b>Ceramics</b>	26 <b>Meals on Wheels</b> <b>Quoits</b>	27 <b>Diners Club</b> <b>Bingo</b>	28 <b>Belleville Shopping</b> <b>Meals on Wheels</b> Memory Cafe	29 <b>Deseronto Run</b> <b>Meals on Wheels</b> <i>Scrapbooking</i>	30
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