

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS

SEPTEMBER 2022

Seskehko:wa (Time of Much Freshness)

She:kon,

Monday, September 5th - Labour Day/Office Closed

Friday, September 30th - Healing & Reconciliation Recognition/Office Closed

HOME SUPPORT PROGRAMMING NOTICE

The Home Support Team is excited to be able to offer some small in person programming for all community residents. We know many of you are ready to get back together and have some fun. If you are interested in attending any of the in-person programming, please ensure you register on the date the registration opens for each program offered. We will not be able to accommodate extra participants at this time who do not register.

- 1) Screening will still be done upon entering site. **We ask that if you are not feeling well to please stay home.** If someone is ill, or becomes ill during programming, employees will make any necessary arrangements needed to ensure you can return home.
- 2) We encourage everyone to wear a mask and will have some on hand if you do not have one. We want to ensure everyone remains safe and programs can continue to be offered in person.
- 3) Social distancing is encouraged.
- 4) Sanitizing hands regularly is recommended.

Please note that the above requirements are subject to change based upon changes to MBQ COVID requirements and/or public health recommendations at the time the program is offered.

Nia:wen

Tyendinaga Home Support Program, 613-967-0122

For Seniors 55+ and physically disabled adults 18+ residing on the Tyendinaga Mohawk Territory.

All programs are funded by Ministry of Health unless otherwise stated.

Belleville Shopping

Reminder Don't Forget Grocery Bags

When: Thursday, Sept 1

Time: Pick up will start at 9am

Returning: Approximately at 3pm

Sign-Up-Deadline: Wednesday, Aug 31

Cost: \$5.00

Will be stopping at Quinte Mall and Walmart.

We will be eating lunch at

Quinte Mall at your own expense.

If you would like to attend, please

contact **Jessica Brant** at **613-967-0122 ext 126**.

Picton Shopping

Reminder Don't Forget Grocery Bags

When: Thursday, Sept 15

Time: Pick up will start at 9am

Returning: Approximately at 1pm

Sign-Up-Deadline: Tuesday, Sept 13

Cost: \$5.00

Will be stopping at Foodland and Hagerman Farms.

If you would like to attend, please

contact **Cindy Loft** at **613-967-0122 ext 109**.

Quilt Board

Make your own 16x16 quilt board

with **These 4 Walls** in Trenton.

Registration Opens: Tuesday, Sept 6 at 8:30am

When: Wednesday, Sept 28

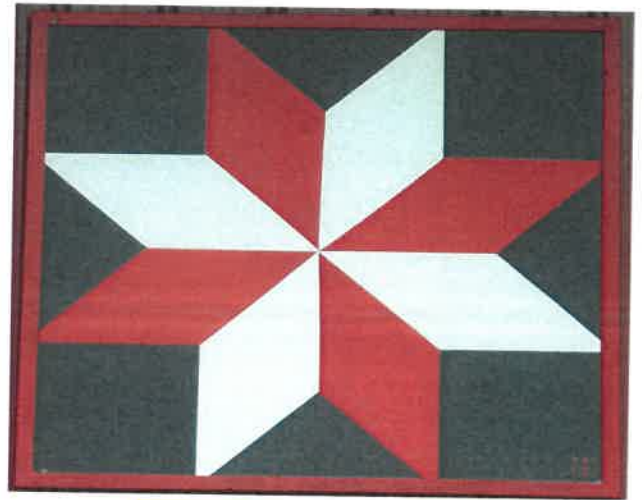
Time: 1pm to 5pm

Limit: 15 people

Cost: \$45.00 (includes all materials, dessert, tea/coffee)

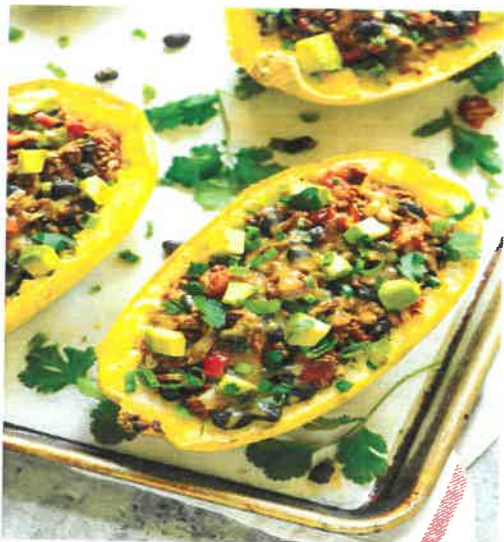
If you would like to attend,

please contact **Cindy Loft** at **613-967-0122 ext 109**



This is only an example

Cooking with Jodi



All ingredients will be provided for this recipe:

Recipe: Spaghetti Squash Taco

Registration Opens: Tuesday, Sept 6 at 8:30am

When: Thursday, Sept 22

Time: 2pm to 4pm

Where: via Zoom

Limit: 20 people

Curb-Side Pick up: Wednesday, Sept 21 at 1pm to 3pm at
Activity Centre at 1794 York rd.

If you would like to attend, please

contact **Cindy Loft** at **613-967-0122 ext 109**.

Gratitude Fast

Facilitated by: Betty Carr-Braint

Join us on a short journey as we experience our gratitude through fasting.

Registration Date: Wednesday, Sept 7

When: Wednesday, September 14

Time: 11am to 1pm

Where: Pow Wow grounds (weather pending)

Feast to follow after our fast please bring feast basket and lawn chairs



Wii Bowling

Wii Bowling Registration

When: Tuesday, September 13

Limit: 24 people

Wii bowling will start up in October and it will be every Monday from 1pm to 3pm

Deseronto Run

When: Friday, Sept. 9 and 23

Time: Pick up will start at 9am

Returning: Approximately at 11am

Sign-Up-Deadline: The Thursday before trip.

We will be stopping at post office, I.D.A, and grocery store.

Zoom Bingo

Join us for an afternoon of BINGO.

Please note that there is no exchanging of cards or switching cards with other players.

When: Tuesday, Sept 6 and 20

Where: via Zoom

Game will start at: 1:00pm to 3:00pm

Let's play and have some fun!!

Bingo winners pick up is every Wednesday at 9am to 12pm on social side at Community Wellbeing Centre



Transportation maybe available to those without transportation to utilize these services. If you would like to attend, any of the events on this page contact **Cindy Loft** at **613-967-0122 ext 109.**

Sharing Our Stories

Join us for the day as we share our stories with each other. On this day we will be make orange material wreathes with dream catcher inside with the help of Tracey Gazley.

Opening Address/Closing done by: Mandy Smart and Crystal Loft



Registration date: Friday, Sept 9

Limit: 25 people

When: Friday, Sept 30

Time: 10am to 3pm

Where: Community Centre

Lunch included: lyed corn soup, bun and dessert

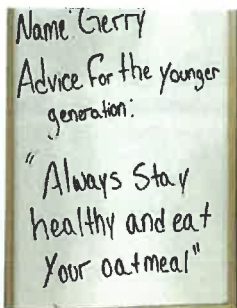


Advice For the Young Generation

This is your chance to inspire our young generation with your very own advice of encouragement.

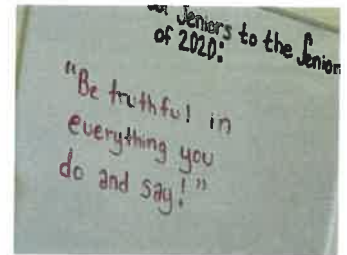
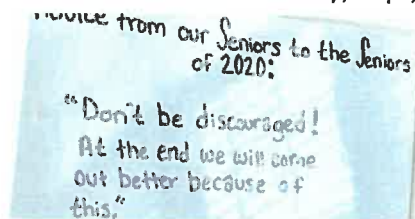
Home Support will come to you and do photo shoot with dry erase board with your message.

Your messages will be shared with community on MBQ social media page.



Registration date: Tuesday, Sept 13

Photo shoot date: Monday, Sept, 26



Transportation maybe available to those without transportation to utilize these services. If you would like to attend, any of the events on this page contact **Cindy Loft** at **613-967-0122** ext **109**.

BRAIN GYM!! CAN YOU SOLVE THE RIDDLES BELOW?

(answers are on the calendar page in the back)



1. What has 13 hearts but no other organ?
2. What occurs once in a minute, twice in a moment, and never in a thousand years?
3. Where can you find cities, towns, stores and streets but no people?
4. When things go wrong, what can you always count on?



Hanging Sign- Diamond Art Painting Kits – Birds

Registration opens: Sept. 6th at 8:30 am

When: Monday September 19th

Time: 1-3pm stay and complete/take home

Location: Elders Lodge Common Room

Cost: \$5.00

Call if you would like to purchase a kit- take it home to complete or stay and complete, limited supplies will be available at the above time and date.

Hummingbird: rao'naon

Please call/text/Email Patty:

pattys@mbq-tmt.org 613-813-1667/
613-967-0122 ext. 141



Friendly Visiting Activities for September

Cost: \$2.00

When: Sept. 13th and 27th 1-3pm

Location: Elders Lodge

Registration begins: Sept. 6th at 8:30 am



Friendly Visiting Outing- join us for lunch and conversation!

When: Sept. 23rd pick up starts at 12pm

Lunch at your expense

Location: Piper Arms Belleville

Registration begins: Sept. 6th at 8:30am



Call/text/email/ Patty at pattys@mbq-tmt.org 613-813-1667/613-967-0122 ext. 141



Alzheimer Society

HASTINGS - PRINCE EDWARD

MBQ Community Health and Home Support Programs, in partnership with the
Alzheimer's Society of Hastings Prince Edward offer:

Memory Cafe

*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 movement.*

ALL WELCOME-PLEASE JOIN US
September 29th from 1-3:00pm
Where: Elders Lodge
Covid protocols are in place

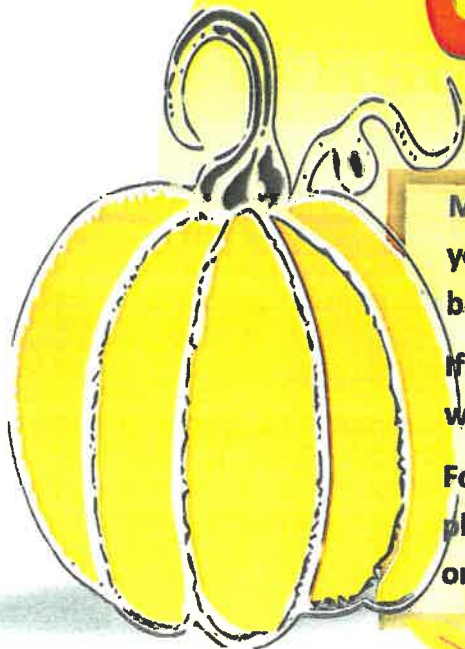
To register contact: Hannah Hill 613-967-3603, ext. #166 or email chrcwb@mbq-tmt.org

Runs the last Thursday of every month
Register by September 23rd 2022



Funded by
Indigenous
Services Canada

September



Meals on Wheels is a hot nutritious meal delivered to your home on Tuesday, Wednesday, Thursday & Friday between the hours of 11:30-12:30.

If you are a senior 55 or older or an adult 18 or older with a physical challenge you qualify for this program.

For more information or to sign up for this program, please call Angela D. Maracle at 613-967-0122, ext. 135 or 613-813-1055



Wild Game Dinner

You are invited to join us
at the

Mohawk Community
Centre

1807 York Road, TMT, ON

Wednesday October 19, 2022

Doors to open at 4:30pm

Opening Address 5:45pm



Traditional
wear
Welcome

"The Menu"

*Venison Roast OR Baked Walleye
Mashed Sweet Potatoes, Wild Rice with Squash
Yellow & Green Beans & Coleslaw
Bun, Pickle & Cheese Trays
Coffee or Tea
Dessert Trays*

Registration **OPENS** August 22 at 9am
closes October 13, 2022 at 430pm

Limited seats available

Register in person at the Community WellBeing Centre on the Health Side
Inquiries call 613-967-3603

Open to Status members residing on Territory and their household
A deposit of \$5.00 per person will be required to hold your ticket and to be
reimbursed at the door.



Sponsored by AIAI Diabetes Education
Hosted by Community Health & Good Minds Programs



September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Belleville Shopping Meals on Wheels	2 Meals on Wheels	3
	Riddle Answers: 1. A deck of cards 2. The letter m 3. A map 4. Your fingers					
4	5 LABOUR DAY OFFICE CLOSED	6 Meals on Wheels BINGO	7 Meals on Wheels	8 Meals on Wheels	9 Deseronto Run Meals on Wheels	10
11	12	13 Meals on Wheels Friendly Visiting	14 Gratitude Fast Meals on Wheels	15 Picton Shopping Meals on Wheels	16 Meals on Wheels	17
18	19 Sign & Diamond Art Craft	20 Meals on Wheels BINGO	21 Meals on Wheels	22 Meals on Wheels Cooking with Jodi	23 Deseronto Run Meals on Wheel Friendly Visiting Outing	24
25	26 Advice for Young Generation Photo Shoot	27 Meals on Wheels Friendly Visiting	28 Meals on Wheels Quilt Board	29 Meals on Wheels Memory Cafe	30 Healing & Reconciliation OFFICE CLOSED Sharing Our Stories	