

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS

NOVEMBER 2022

Kentenko:wa (Time of Much Poverty)

She:kon,

Friday, November 11th - Remembrance Day/Office Closed

Winter is approaching, and we have lots of great activities both online and in person to help keep you busy!

Be sure to check out all the great information inside for more details!

In an effort to reduce paper waste we are offering the monthly newsletter via email. If you are currently receiving a mailed paper copy and would like to switch to email copy, please call Jessica with your email address to get it switched.

Nia:wen

Tyendinaga Home Support Program

613-967-0122



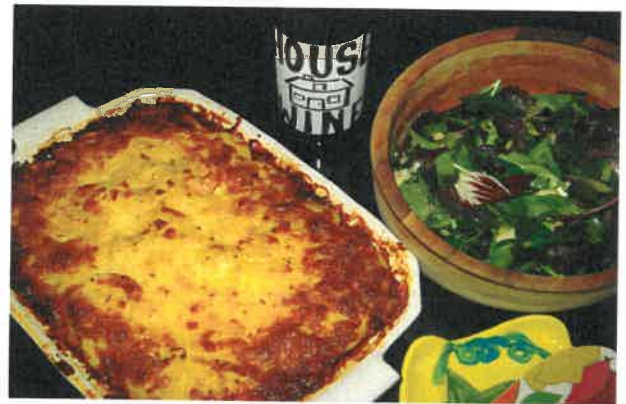
For Seniors 55+ and physically disabled adults 18+ residing on the Tyendinaga Mohawk Territory.

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

Meals on Wheels Program

If you are an adult 55 or older or an adult 18 or older with a physical challenge you are eligible for this program. We provide a hot nutritious meal delivered to your home by our wonderful volunteer drivers on Tuesday, Wednesday, Thursday and Friday between the hours of 11:30-12:30. If you require more information regarding this program please contact Angela D. Maracle 613-967-0122 ext. 135 or cell 613-813-1055.

Nia:wen



We have been working hard to provide exceptional meals to our clients. We currently are serving between 60-65 people per meal day. We have started to make our own buns in house. We enjoy coming up with new and inventive meals but sometimes this is difficult. If you have any suggestions for menu item please feel free to contact myself Angela D. Maracle 613-967-0122, ext. 135 or cell 613-813-1055.



CHRISTMAS DINERS

Drive Thru



**Turkey or ham dinner
with all the fixings**

WHEN: Thursday, Dec 8th

WHERE: Home Support Activity Centre

1794 York Rd.

TIME: between 4-5:30

COST: \$5.00 PER TICKET

PAYMENT DEADLINE: Friday, December 2nd

Please call Jessica Brant 613-967-0122 ext. 126 to sign up. She will give you a pick up time and instructions. There will be some deliveries available to those who do not have own means of transportation.



Flower Art Craft Kit

Registration opens: Nov. 7th at 8:30 am

When: Tuesday Nov. 29th

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.

Leaves: onerahte

Please call/text/Email Patty:

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

Friendly Visiting Activities for November

Cost: \$2.00

When: Nov. 8th and 22nd 1-3pm

Location: Elders Lodge

Registration begins: Nov. 7th at 8:30 am



Friendly Visiting Outing- join us for lunch and conversation!

When: Nov. 18th pick up starts at 12pm

Lunch at your expense

Location: Spuds Restaurant Napanee

Registration begins: Nov. 7th at 8:30am



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

Enyonka'nikonhriyohriyohake



& NNADAP



Rat Race

A Las Vegas casino tycoon entertains his wealthiest high rollers. A group that will bet on anything. By pitting six ordinary people against each other in a wild dash for \$2 million jammed into a locker hundreds of miles away.

Rating- **PG-13**



Free Movie Night

When: Friday, November 25

Time: 6pm to 9pm

Where: Community Centre (1807 York Rd)

Please Bring Your Own Chair

Ceramic Christmas Wreath



Facilitated by: Marleen Murphy

Registration Open: Tuesday, Nov 8

When: Wednesday, Nov 23

Where: Via Zoom

Time: 1pm to 4pm

Cost: \$10.00 (includes all supplies)

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

Zoom Christmas Bingo



Registration Open: Wednesday, Nov 17th

When: Thursday, Dec 8

Time: 6:30pm to 8:30 pm

Where: via Zoom

Pick up Bingo cards on: Thursday, Dec 8 at 9am to 12pm at
Community Wellbeing Centre

Winning Bingo players can pick up there prize on
Friday, Dec 9 at 1pm to 4pm at Community Wellbeing Centre



National Air Force Museum

Registration sign-up: Wednesday, Nov 2 at 8:30am



When: Wednesday, Nov 9
Leaving CWC at 8:30am for client pick ups

Tour Time: 10am

Cost: \$5.00

Limit: 15 people



We will be stopping for lunch at Momma's Diner at your own expense.

Shopping Trips for November

Belleville Shopping

When: Thursday, Nov 3

Time: Pick up will start at 9am

Returning: Approximately at 3pm

Sign-Up-Deadline: Wednesday, Nov 2

Cost: \$5.00

Will be stopping at Quinte Mall and Walmart. We will be eating lunch at Quinte Mall at your own expense.

Kingston Shopping

When: Thursday, Nov 24

Time: Pick up will start at 9am

Returning: Approximately at 3pm

Sign-Up-Deadline: Wednesday, Nov 23

Cost: \$5.00

Will be stopping at Cataraqui Centre, Canadian Tire and Farm Boy. We will be eating lunch at Cataraqui Centre at your own expense

Deseronto Run

When: Friday, Nov 18

Time: Pick up will start at 9am

Returning: Approximately at 11am

Sign-Up-Deadline: The Thursday before trip

Will be stopping at the post office, I.D.A and grocery store

Painting with Theresa



Facilitated by: Theresa Brant

Registration sign-up: Friday, Nov 4 at 8:30am

Limit: 15 people

When: Friday, Nov 25

Where: Elders Lodge

Time: 1pm to 4pm

Cost: \$10.00 (includes all supplies)

Round Table

WITH JODI JOHN

Exploring Mohawk values and relationship building with healthcare providers in Tyendinaga.

Registration sign-up: Tuesday, Nov 8

When: Thursday, Nov 10

Time: 10am to 12pm

Where: Elders Lodge



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**.

Zoom Fitness Program

Yoga and Meditation

Facilitated by: Linda Dudas

When: Tuesday, Nov 1, 8, 15, 22, 29

Time: 10am to 11am

Cardio Ball Drumming

Facilitated by: Nancy Morgan

Equipment will be supplied
when signing up.

When: Monday, Nov 7, 14, 21, 28

Time: 11am to 12pm

Seniors Cardio Fitness

Facilitated by: Cindy Loft

When: Friday, Nov 4, 18, 25

Time: 10am to 11am



Cooking with Jodi



All ingredients will be provided for this recipe:

Recipe: Three Sisters Chili

Registration Open: Tuesday, Nov 8 at 8:30am

When: Thursday, Nov 17

Where: via Zoom

Time: 2pm to 4pm

Curb Side Pick Up: Wednesday, Nov 16 at 1pm to 3pm at
Activity Centre(1794 York Rd)



Zoom Bingo

Join us for an afternoon of BINGO.

When: Tuesday, Nov 1 and 15

Time: 1pm to 3pm

Where: via Zoom

Let's play and have fun !!

Bingo winners pick up is

Wednesday at 9am to 12pm

on social side Community Wellbeing Centre.

Fun & Games

Join us with the H.O.P.E students for some laughs and
making new memories with our youth.

When: Wednesday, Nov 2 and 30

Where: H.O.P.E school at 14 York Rd

Time: 11:30am to 12:30pm

Let's get our euchre faces on and have some fun!!

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**.

Alzheimer Society

H A S T I N G S - P R I N C E E D W A R D

Free Alzheimer Society Services in Tyendinaga Mohawk Territory
No diagnosis required--no referral needed

The last Thursday of the month
Tyendinaga Elders Lodge - 301 Bayshore Rd

Support/Information Appointments
from 9am-12:30pm

Book an appointment to speak to Education & Support Coordinator
Lorraine Ross and ask questions, receive support, information and resources

Appointments required

*To make an appointment call 613-476-2085 or email
Lorraine.ross@alzheimerhpe.ca

www.alzheimer.ca.hpe

Facebook.com/AlzheimerHPE

613-962-0892



Alzheimer Society

H A S T I N G S - P R I N C E E D W A R D

MBQ Community Health and Home Support Programs, in partnership with the
Alzheimers 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
November 24th 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 November 18th 2022

Funded by
 Indigenous
Services Canada



TYENDINAGA FOOD RESOURCE CENTRE

Tuesdays & Thursdays
9 a.m. - 12 p.m. & 1 p.m. to 4 p.m.



AS OF SEPTEMBER 5, THE TFRC WILL RUN TUESDAYS AND THURSDAYS RATHER THAN MONDAYS AND FRIDAYS IN ORDER TO STREAMLINE OPERATIONS. NYÁ:WEN IN ADVANCE FOR YOUR PATIENCE DURING THIS TRANSITION.

mbq-tmt.org/social-services/food-resource



November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Yoga Fitness Meals on Wheels BINGO	2 Meals on Wheels Fun & Games	3 Belleville Shopping Meals on Wheels	4 Cardio Fitness Meals on Wheels	5
6	7 Cardio Ball Drumming Wii Bowling	8 Yoga Fitness Meals on Wheels FV Activities	9 Air Force Museum Meals on Wheels	10 Meals on Wheels Round Table Talk	11 Remembrance Day OFFICE CLOSED	12
13	14 Cardio Ball Drumming Wii Bowling	15 Yoga Fitness Meals on Wheels BINGO	16 Scrapbooking Meals on Wheels	17 Meals on Wheels Cooking with Jodi	18 Deseronto Run Cardio Fitness Meals on Wheels FV Outing	19
20	21 Cardio Ball Drumming Wii Bowling	22 Yoga Fitness Meals on Wheels FV Activities	23 Meals on Wheels Ceramic Wreath	24 Kingston Shopping Meals on Wheels Memory Cafe	25 Cardio Fitness Meals on Wheels Painting with Theresa Free Movie Night	26
27	28 Cardio Ball Drumming Wii Bowling	29 Yoga Fitness Meals on Wheels Flower Craft	30 Scrapbooking Meals on Wheels Fun & Games			