

# TYENDINAGA HOME SUPPORT NEWS



## REMEMBERING THE ELDERS

# FEBRUARY 2023

## Enniska (Lateness)

She:kon,

**Family Day - Monday, February 20th/Office Closed**

With the winter weather upon us comes inclement weather. We make every attempt to contact clients should a program need to be cancelled due to weather. If you haven't been contacted and are unsure please call Home Support before heading to the program.

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.

# Shopping Trips for Feb

## Belleville Shopping

**When:** Thursday, Feb 2

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

**Returning:** Approximately at 3pm

**Sign-Up Deadline:** Wednesday, Feb 1

**Cost:** \$5.00

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

## Napanee Shopping

**When:** Thursday, Feb 16

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

**Returning:** Approximately at 1 pm

**Sign-Up Deadline:** Wednesday, Feb 15

**Cost:** \$5.00

Will be stopping at No Frills or Metro for groceries, Country Tradition and Bulk Food Station.

## Deseronto Run

**When:** Friday, Feb 10

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

**Returning:** Approximately at 11am

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

Will be stopping at the post office, I.D.A , grocery store and Lily Doll's Farm.

## Cooking with Jodi

All ingredients will be provide for this recipe

**Recipe:** Fish Taco ( Walleye)

**Registration Opens:** Tuesday, Feb 7 at 8:30am

**When:** Wednesday, Feb 22

**Where:** via Zoom

**Time:** 5:30pm to 6:30pm

**Limit:** 20 people

**Curb-Side-Pick up:** Tuesday, Feb 21 at 2pm to 4pm at Activity Centre 1794 York Rd



## Emergency Preparedness

Are you prepared? Before, During & After

So joins us to be prepared and not scared.

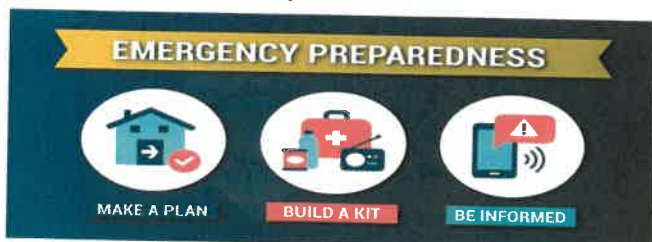
**Registration:** Wednesday, Feb 1 at 8:30am

**When:** Wednesday, Feb 8

**Where:** Elders Lodge

**Time:** 5:00pm to 7:30pm

**Limited Space Available**



## First Aid/CPR/AED Training

Learn a Life Saving Skill

**Registration:** Tuesday, Feb 7 at 8:30am

**When:** Tuesday, Feb 14

**Where:** Sports Complex

**Time:** 1pm to 4pm

**Limited Space Available**



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**.

# Smudging & Traditional Medicine



**Facilitated by:** Tracey Gazley

Smudge kits and Traditional Medicine will be given to those that join us for the afternoon

**Registration Open:** Friday, Feb 17

**Limit:** 10 people

**When:** Thursday, Feb 23

**Time:** 1pm to 3pm

**Where:** Elders Lodge

Tyendinaga Home Support Program is in partnership with Community Health

## Zoom Fitness Program

### Weights & Bands Fitness

**Facilitated by:** Nancy Miller-McKenzie

**When:** Monday, Feb 6, 13, 27

**Time:** 11am to 12pm

### Yoga & Meditation

**Facilitated by:** Linda Dudas

**When:** Tuesday, Feb 7, 14, 21, 28

**Time:** 10am to 11am

### Seniors Cardio Fitness

**Facilitated by:** Cindy Loft

**When:** Friday, Feb 3, 10, 17, 24

**Time:** 10am to 11am

## Zoom Bingo

**February Bingo dates:** Tuesday, Feb 7 & 21 from 1pm to 3pm on Zoom

### Sign-Up for March Zoom Bingo

**When:** Tuesday, Feb 28 (payment is due on this date)

**Time:** 1pm to 4pm

**Payment:** Community Wellbeing Centre on Social Side

**Cost:** \$5.00 for the month

### March Bingo Dates

Tuesday, March 7 & 21 from 1pm to 3pm on Zoom

## Fun Little Melody



**Facilitated by:** Tracey Gazley

For more info call **Cindy Loft** at 613-967-0122 ext 109

**When:** Thursday, Feb 2 & 16

**Where:** Elders Lodge

**Time:** 1pm to 2:30pm

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** 613-967-0122 ext 109



Meals on Wheels,

We are a program that provides a hot nutritious meal for adults 55+ and adults 18+ with a physical challenge. Meals are delivered to your home by our wonderful volunteer drivers on Tuesday, Wednesday, Thursday & Friday between the hours of 11:00am-12:30pm.

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



To the Friendship Quilters & Marilyn Brant for again providing our seniors with these beautiful placemats. This year these will be sent out with the "Cooking with Jodi" session for January as well as other prizes at random.



## **FRIENDLY VISITING ACTIVITIES FOR FEBRUARY**

**When: Feb. 14 and 28<sup>th</sup>**

**Where: Elders Lodge**

**Cost: \$2.00**

**Time: 1-3pm**



## **FRIENDLY VISITING OUTING**

**When: Feb. 24<sup>th</sup>**

**Where: Quinte Restaurant**

**Cost: \$5.00 and lunch at your expense**

**Pick up starts at 12pm**



## **FRIENDLY VISITING DROP IN \*NEW\***



**WOODEN PUZZLES AVAILABLE FOR \$5.00**

**DROP IN FOR COFFEE, TEA AND A VISIT**

**WHEN: FEB. 17<sup>TH</sup> 1-3PM**

**WHERE: ELDERS LODGE**

**COST: NO COST UNLESS PURCHASING A PUZZLE**

Call/text/email Patty at [pattys@mbq-tmt.org](mailto:pattys@mbq-tmt.org) 613-813-1667,  
613-967-0122 ext. 141.

**I am Happy – Wakatshennón:ni**

**Sign up for above Friendly Visiting programs starts Feb. 6<sup>th</sup> at 8:30am**



# Influenza Walk In Clinic



\*For anyone 6 months and older

# COVID-19 Vaccine Walk In Clinic

\*For anyone 12 older

## Upcoming Clinics

Tuesday January 31st

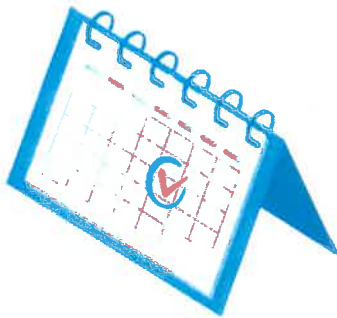
130pm-330pm

Tuesday February 22nd

130pm-330pm

**Masks Mandatory**

Location: Community Wellbeing Centre



Free  
**FGSD Breakfast for Dinner**

**FEBRUARY 17, 2023 - 5 PM-7 PM AT THE COMMUNITY CENTER**

**Feeding your minds and your stomachs**

## MOHAWK WORDS OF THE MONTH

Akohserá:ke - Winter

Anón:warore - Hat

A'niá:nawen - Mittens

Teyonthonwenhtákhwa - Sled



# Valentine's Day



arrow

candy

cinnamon

cupid

fourteenth

huge

roses

balloons

P	S	C	D	F	J	E	S	A	F	T	B	P	Z	O	H	T	O	E	S
U	O	I	Z	N	D	L	T	E	C	G	Z	A	Z	L	R	A	N	R	T
F	E	B	R	U	A	R	Y	I	I	Z	U	W	L	A	Q	I	B	O	N
S	D	R	A	C	D	B	N	G	H	K	E	N	E	L	T	F	E	S	E
H	Z	V	J	R	N	N	F	O	E	W	O	H	H	N	O	E	A	E	C
H	P	I	N	K	A	Z	C	N	T	G	O	O	E	A	Q	O	R	S	K
E	T	Y	D	M	C	R	Y	T	A	L	I	L	C	C	F	U	N	Y	L
U	L	N	O	S	R	E	W	O	L	F	A	F	J	P	U	X	G	S	A
W	V	N	E	S	W	J	R	E	O	V	G	C	T	C	D	P	E	W	C
D	O	K	S	E	N	D	Z	V	C	D	M	J	I	G	N	D	I	R	E
Z	Z	G	F	V	T	G	X	O	O	F	P	W	O	Y	E	Q	Q	D	B
K	U	V	N	C	Z	R	A	L	H	A	R	R	O	W	I	B	Y	S	Z
H	U	G	A	W	W	G	U	K	C	R	W	Q	V	E	R	B	Q	O	I
V	Y	N	Z	C	A	I	D	O	E	X	U	T	D	O	F	I	T	K	J
J	D	S	U	R	G	P	M	D	F	S	B	U	K	M	E	G	U	E	T
Y	X	A	N	C	E	P	Q	G	D	Q	D	E	J	I	G	S	N	U	I

bear

chocolate

February

flowers

friend

red

heart

white

gift

necklace



love

pink

Valentine

# FEBRUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Meals on Wheels	2 Belleville Shopping Meals on Wheels Fun Little Melody	3 Cardio Fitness Meals on Wheels	4
5	6 Weights & Bands Fitness Wii Bowling	7 Yoga Fitness Meals on Wheels Bingo	8 <del>Scrapbooking</del> Meals on Wheels Emergency Preparedness Info	9 Meals on Wheels	10 Deseronto Run Cardio Fitness Meals on Wheels	11
12	13 Weights & Bands Fitness Wii Bowling	14 Yoga Fitness Meals on Wheels First Aid/CPR/AED Training Friendly Visiting	15 Meals on Wheels Winter Picnic	16 Napanee Shopping Meals on Wheels Fun Little Melody	17 Cardio Fitness Meals on Wheels FU Drop In	18
19	20 Family Day Office Closed	21 Yoga Fitness Meals on Wheels Bingo	22 <del>Scrapbooking</del> Meals on Wheels Cooking with Jodi	23 Meals on Wheels Smudging Session	24 Cardio Fitness Meals on Wheels FU Outing	25
26	27 Weights & Bands Fitness Wii Bowling	28 Yoga Fitness Meals on Wheels Friendly Visiting				

