

# TYENDINAGA HOME SUPPORT NEWS



## REMEMBERING THE ELDERS

# SEPTEMBER 2023

## Seskehko:wa (Time of Much Freshness)

She:kon,

**Monday, September 4th/Labour Day - Office Closed**

**Friday, September 29th/Truth & Reconciliation - Office Closed**

Summer is coming to a close and Autumn will soon be upon us. We hope everyone has enjoyed the summer. We have many great programs running this month! Be sure to check the ads out inside!

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 have it changed.

Nia:wen

Tyendinaga Home Support Program

613-967-0122

### Mohawk Words of the Month

Ó:nenhste - Corn

O'rhótsheri - String Bean

Osahé:ta - Dried Beans

Onon' ónsera - Squash

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.

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

# Community Shopping Day !

Join us as we support some of our local businesses here in our community. Please keep in mind some of these businesses **only do cash or debit only** and **accessibility is limited** in some stores.



## Visiting 15 Businesses

Registration Opens: Tuesday, September 12 at 8:30am

When: Thursday, September 14

Leaving CWC at: 9:30am

Returning at: 2pm

Limit: 15 people

Cost: \$5.00

Will be eating at United Restaurant for lunch at your own expense.



# Shopping Trips for September

## Napanee Shopping

**When:** Thursday, Sept 28

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

**Returning:** Approximately at 1pm

**Sign-Up Deadline:** Tuesday, Sept 26

**Cost:** \$5.00

**Limit:** 12 people and 3 Wheelchairs

Will be stopping at No Frills or Metro for groceries, Country Tradition and Country Butcher Shop.

## Deseronto Run

**When:** Friday, Sept 15

**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 and grocery store.

## Belleville Shopping

**When:** Thursday, Sept 7

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

**Returning:** Approximately at 3pm

**Sign-Up Deadline:** Tuesday, Sept 5

**Cost:** \$5.00

**Limit:** 12 people and 3 wheelchairs

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



# Wii Bowling

## Wii Bowling Registration

**When:** Tuesday, September 12

**Limit:** 24 people

**Cost:** \$10.00(covers banquet dinner)

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

# Harvest Garden Boxes

Join us as we start to harvest and clean up garden boxes for the fall.

**When:** Friday, Sept 8

**Time:** 2pm to 3:30pm

**Where:** Elders Lodge

Transportation may be 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 613-967-0122 ext 109**

# Afternoon at the Movies

**Feature Movie:** Once Were Warriors

**Rated:** R

**When:** Thursday, Sept 21

**Time:** 1pm to 3pm

**Cost:** \$1.00 includes snacks

Please bring your favourite lawn chair



**Storyline:** Set in urban Auckland (New Zealand) this movie tells the story of the Heke family. Jake Heke is a violent man who beats his wife frequently when drunk, and yet obviously loves both her and his family. The movie follows a period of several weeks in the family's life showing Jake's frequent outburst of violence and the effect that this has on his family. The youngest son is in trouble with the police and may be put into a foster home while the elder son is about to join a street

## Yard Games

**Registration Open:** Wednesday, Sept 6 at 8:30am

**When:** Monday, Sept 11, 18, 25

**Time:** 10am to 12pm

**Where:** Elders Lodge Court Yard

**Cost:** \$2.00 each day

**Limit :** 20 people

## Zoom Bingo

**September Bingo Dates:** Tuesday the 5th & 19th

Sign-Up for Oct Zoom Bingo

**When:** Tuesday, Sept 26

**(payment is due on this date)**

**Time:** 1pm to 4pm

**Payment:** Community Wellbeing Centre on social side

**Cost:** \$5.00

**October Bingo Dates:**

Tuesday the 10th & 24th at 1pm to 3pm via Zoom

## Circuit Fitness

**Facilitated by:** Fitness Resource Centre

This will be a full-body circuit workout and is the perfect combination of strength training and cardio.

A Par-Q questionnaire form will need to be filled out before you are able to attend program.

**In-person limit :** 8 people

**Time:** 10am to 11am

**Where:** Tyendinaga Fitness Resource Centre

**(In-person only for 8 people)**

**When:** Tuesday, Sept 5, 12, 19, 26

**Cost:** Free

**Registration Opens:** Thursday, Aug 31 at 8:30am

**You can attend virtually via Zoom or in-person.**



Transportation may be 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**

# Walking Program

**Weathering Pending**

**When:** Friday, Sept 1, 8, 22

**Where:** Belleville Water Front Trail  
behind Belleville hospital

**Leaving CWC at:** 10am

**Returning at:** 12pm



## Alzheimer Society

HASTINGS - PRINCE EDWARD

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

Special Guest  
Marlene Murphy  
joining this  
Month



# 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, practice brain boost strategies and gentle movement.

ALL WELCOME-PLEASE JOIN US

When: September 28th, 2023

Where: Elders Lodge

Time: 1:00-3:00pm

**\*\*LIMITED SPACES this month\*\***

To register contact: Hannah Hill 613-967-3603, ext. #166 or

email [chrcwb@mbq-tmt.org](mailto:chrcwb@mbq-tmt.org)

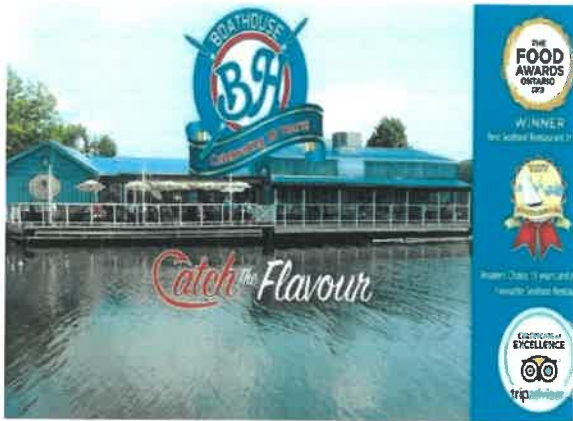
Runs the last Thursday of every month

Register by September 22nd, 2023

Funded by



Indigenous  
Services Canada



## FV Outing- Lunch

**When:** Friday Sep. 15<sup>th</sup>

**Pick up starts at 12pm**

**Where:** Boathouse Restaurant/Patio Belleville

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

**Registration begins Sept. 5<sup>th</sup>.**

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



### Friendly Visiting Activities are Back!

**When:** Tuesday Sept. 12<sup>th</sup> and 26<sup>th</sup>

**Time:** 1-3pm

**Where:** Elders Lodge Common Room

**Cost:** \$2.00

Please contact Patty:

613-813-1667 or 613-967-0122

### **Friendly Visit Drop-In : the Elder's Lodge Common Room**

**When:** Friday Sept. 22<sup>nd</sup>

iPads, and limited crafts/diamond art

**Time:** 1-3pm

New\* wood burning kits available for use

**No cost. No sign up required.**

**I'm lonely: kento'n:nis**

*\*This is a relaxed environment to stop in for coffee or tea, and some conversation\**

# Meals on Wheels

The Meals on Wheels program provides a hot nutritious meal for adults 55 or older or adults 18 or older with physical challenges.

Meals are delivered to your home by our dedicated volunteer drivers on Tuesday, Wednesday, Thursday & Friday between the hours of 11:15-12:45

This program has now moved to income based qualifications. New Clients must meet annual income levels to qualify. Proof of income is required both taxable and non-taxable prior to service implementation.

Qualifying income levels:

Single 32,240.00 or less annually

Couple 48,360.00 or less annually.

Please contact Angela D. Maracle 613-967-0122 ext. 135 or cell 613-813-1055 if you re-

## Frozen meals

**The Home Support also offer Frozen meal options that are prepared by Apetito and are ordered on a 3 month basis.**

**If I have enough interested clients I can order at any time.**

**There are several option to choose from, chicken, beef, pork, vegetarian, vegan, gluten free, low fat and low sodium. Please call Angela D Maracle 613-813-1055 for pricing.**



Community Health Presents

# Kenhteske Health Connection Fresh Produce Market

MBQ Community Members, proof of status/address may be requested



## Mark Your Calendar

Monday August 28

Monday September 18

Monday October 2

Monday October 16

Monday October 30

**NEW  
EXTENDED  
HOURS**

**2-7pm**



Mohawk Fire  
Department-  
39 Meadow Drive



Produce and prices may vary depending on availability and season

TSI KANONHKHATSHERI:YO PRIMARY CARE & MOHAWKS OF THE BAY OF QUINTE PRESENTS

# ROCK YOUR MOCS

Join the IIPCT for this new program with Footcare!

This workshop series includes:  
Crafting your own pair of Moccasins  
Moccasin teachings  
Footcare 101

Materials will be provided to the participants along with a basic Footcare kit!

Sewing experience recommended. Beginners welcomed.

Wednesday October 4, 11, 18, 25

Location: Karonhiak'takie Sports Complex | 1935 York Road, Tyendinaga  
10:30am til 2:30pm (Lunch provided)

**REGISTRATION OPENS MONDAY, SEPTEMBER 18TH  
TO REGISTER, CONTACT**

Sarah Kring, Community Development Worker  
613-813-4236  
sarah.kring@iipct.com







*Community Health Annual*

# WILD GAME DINNER

# SAVE THE DATE

## NOVEMBER 8TH, 2023



*Mohawk Community Centre  
Dinner at 6pm  
Doors Open at 5:30*

*More details to follow.  
Any questions please call  
Vanessa at 613-967-3603 Ext 161*





Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <b>Walking Program</b> Meal on Wheels	2
3	4 <b>LABOUR DAY</b> OFFICE CLOSED	5 <b>Circuit Fitness</b> Meal on Wheels Bingo	6 <b>TFRC Fitness</b> Meal on Wheels	7 <b>Belleville Shopping</b> Meal on Wheels	8 <b>Walking Program</b> Meal on Wheels Harvest Garden Boxes	9
10	11 Yard Games	12 <b>Circuit Fitness</b> Meal on Wheels FV Activities	13 <b>TFRC Fitness</b> Meal on Wheels Scrapbooking	14 <b>Community Shopping</b> Meal on Wheels	15 Meal on Wheels FV Outing	16
17	18 Yard Games	19 <b>Circuit Fitness</b> Meal on Wheels Bingo	20 <b>TFRC Fitness</b> Meal on Wheels	21 Meal on Wheels Afternoon at Movies	22 <b>Walking Program</b> Meal on Wheels Drop In	23
24	25 Yard Games	26 <b>Circuit Fitness</b> Meal on Wheels FV Activities	27 <b>TFRC Fitness</b> Meal on Wheels Scrapbooking	28 <b>Napanee Shopping</b> Meal on Wheels Memory Cafe	29 TRUTH & RECONCILIATION OFFICE CLOSED	30