

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS

December 2023

Tsiothohrha (The Cold)

She:kon,

Happy Holidays!! The Christmas season is upon us. With that comes some great programs and activities 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

Tsiothóhrha - December

Onekwénhtara - Red

Óhonte - Green

Kenrá:ken - White

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 INFO REGARDING THIS PROGRAM PLEASE CONTACT ANGELA D. MARACLE 613-967-0122 EXT. 135 OR CELL 613-813-1055.

Nia:wen

PEANUT BUTTER BALLS

1 CUP PEANUT BUTTER

1 CUP ICING SUGAR

2-3 TSPS. BUTTER

1/4 TSP VANILLA

1 1/2 CUPS RICE KRISPIES

MIX WELL LET REST IN REFRIGERATOR FOR 1/2 HR THEN SHAPE INTO BALLS AND ROLL IN ICING SUGAR.





Christmas Baking



Come out and help bake some easy Christmas treats!

Everyone will go home with some fresh baked goods!

Limited spots available

When: Dec. 6th 1-4pm

Where: Elders Lodge kitchen/common room

Cost: \$2.00

Registration begins Dec. 1st Call/text/email Patty at pattys@mbq-tmt.org 613-967-0122 ext 141 or 613-813-1667



Friendly visiting outing

Where: The Dugout Restaurant

When: Dec. 8th

Pick up starts at 12:00pm Cost: \$5.00

Lunch at your own expense

Diamond Art Christmas ornaments

When: Dec. 20th 1-3pm

Where: Elders Lodge Common Room

Cost: \$5.00

Pick-up or stay and complete them.

****Registration for Friendly visiting outing, Christmas ornaments and Activities begins: Dec.4th
Call/text/email Patty 613-967-0122 ext. 141/613-813-1667 or pattys@mbq-tmt.org****



Friendly Visiting Activities

Christmas Fun!

Cost: \$2.00

When: Dec. 12th 12-3pm

Location: Elders Lodge

Registration begins Dec. 4th

Friendly Visiting Drop-In

When: Dec. 15th 1-3pm

Location: Elders Lodge

No Sign up. No Cost

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**.

Zoom Fitness Program

Yoga and Meditation

Facilitated by: Linda Dudas
When: Tuesday, Dec 5, 12, 19
Time: 10am to 11am



Circuit Fitness In-Person or Zoom

Facilitated by: Fitness Resource Centre
In-person limit: 8 people
Time: 10am to 10:30am
Where: Tyendinaga Fitness Resource Centre
(In-person only for 8 people) or on ZOOM
When: Wednesday, Dec 6, 13, 20

Shopping Trips for December

Seniors independent shopping assistance is limited

Belleville Shopping

When: Thursday, Dec 7
Time: Pick up will start at 9am
Returning: Approximately at 3pm
Sign-Up Deadline: Tuesday, Dec 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.

Deseronto Run

When: Friday, Dec 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.

Community Shopping

Visiting 9 Businesses
When: Friday, Dec 1
Time: Pick up will start at 9am
Returning: Approximately at 3pm
Cost: \$5.00
Limit: 12 people and 3 wheelchairs
Please keep in mind some of these businesses only do cash or debit and accessibility is limited in some stores. Will be eating lunch at United Restaurant for lunch at your own expense.

Napanee Shopping

When: Thursday, Dec 21
Time: Pick up will start at 9am
Returning: Approximately at 3pm
Sign-Up Deadline: Tuesday, Dec 19
Cost: \$5.00

Limit: 12 people and 3 Wheelchairs
Will be stopping at No Frills or Metro for groceries, Giant Tiger, County Butcher and Country Traditions. We will be eating lunch at Swiss Chalet/KFC or Pita Pit at your own expense.

Zoom Bingo

Dec Bingo Dates:

Tuesday the 5th & 19th

Sign-Up-for January Zoom Bingo

When: Tuesday, Dec 19
(Payment is due on this date)
Payment can be made at :
Community Wellbeing Centre
Cost: \$5.00

January Bingo Dates:

Tuesday the 16th & 30th
at 1pm to 3pm via zoom



Blood Pressure Clinic

Hosted: Tyendinaga Community Health
When: Monday, Dec 18
Where: Elders Lodge
Time: 1:30pm to 2:30pm

Fresh Produce Market

When: Monday, Dec 11
Time: Pick up will start at 2:30pm
Where: At the New Fire Hall
Returning: Approximately at 4pm
Please bring cash



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**.



Christmas Bingo via Zoom

Registration Open: Friday, Dec 8

When: Wednesday, Dec 20

Time: 6:00pm to 8:00pm

Where: via Zoom

Limited Space

Pick up Bingo cards on: Wednesday, Dec 20 at 9am to 12pm
at Community Wellbeing Centre

Winning Bingo players can pick up their prize on
Thursday, Dec 21 at 1pm to 4pm at Community Wellbeing Centre



55+ ALIVE DRIVER



Refresher Course

Renew your driving skills for today's traffic. With aging, changes occur in hearing, vision, flexibility and reaction time. You can learn to adjust your skills to compensate for those changes.



Registration Opens: Tuesday, Dec 12

Facilitated by: David Fox

When: Thursday, Jan 18

Time: 9am to 2pm

Location: Elder Lodge



Must have 5 or more people registered for this course to run.



Christmas Light Tour

Let's tour our community as we get into the Christmas spirit and enjoy the beautifully decorated houses.

Registration: Tuesday, Dec 12

When: Thursday, Dec 14

Time: Leaving CWC at 4:30pm

Limited Space

Home Support Program is
in partnership with C.A.R.A

We will be eating supper at Sentimental Journey at your own expense and heading out afterward to enjoy a Christmas light tour.



Alzheimer Society



HASTINGS - PRINCE EDWARD

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, practice brain boost strategies and gentle movement.

ALL WELCOME-PLEASE JOIN US

When: December 14th, 2023

Where: Elders Lodge

Time: 1:00-3:00pm

*please note date change for this month***

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 24th, 2023

Funded by



Indigenous
Services Canada



TYENDINAGA HOME SUPPORT — HOME MAINTENANCE PROGRAM



Winter is approaching and the Home Maintenance program offers assistance around the home and yard to Seniors 55+ and physically disabled 18+ who are unable to perform the task and have no family within the community capable of completing the task.

Our Home Maintenance worker may be able assist with snow removal from walkways, decks, ramps and steps upon availability. We can also salt and/or sand these areas based on worker availability.

****This service is income based and proof of income is required.****

We do not provide snow plowing services for driveways, but do have a list of local snowplowers.

If you would like contact names and numbers, please give Jessica a call and she can provide that information.

Set up and payment is between provider and client.

If you are interested or have any questions, please call Jessica Brant @ 613-967-0122 for more information and/or to see if you qualify.



PROGRAM CANCELLATIONS DUE TO INCLEMENT WEATHER

With the winter weather approaching upon us comes unpredictable 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 to verify before heading to a program.

MERRY CHRISTMAS

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

BOW	FAMILY	NORTH POLE	SNOW
CANDY CANE	GIVING	PRESENTS	STAR
CAROLS	JINGLE	REINDEER	STOCKINGS
CHRISTMAS	JOY	SANTA	TREES
ELF	LIGHTS	SLEIGH	



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Meals on Wheels Community Shopping	2
3	4 Wii Bowling	5 Yoga Fitness Meals on Wheels Bingo	6 Meals on Wheels Christmas Baking Pickleball	7 Belleville Shopping Circuit Fitness Meals on Wheels	8 Strength Training Meals on Wheels FV Outing	9
10	11 Strength Training Wii Bowling Fresh Produce Shop	12 Yoga Fitness Meals on Wheels FV Activities	13 Circuit Fitness Meals on Wheels Scrapbooking Pickleball	14 Meals on Wheels Memory Cafe Christmas Light Tour	15 Deseronto Run Meals on Wheels FV Drop In	16
17	18 Wii Bowling	19 Yoga Fitness Meals on Wheels Bingo	20 Circuit Fitness Meals on Wheels Christmas Ornaments Christmas Bingo	21 Napanee Shopping Meals on Wheels	22 Meals on Wheels	23
24	25	26	27	28	29	30
CLOSED FOR CHRISTMAS HOLIDAYS						
31						