

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS

January 2024

Tsiothohrko:wa (The Big Cold)

She:kon,

Monday, January 1st/New Years Day - Office Closed

The Tyendinaga Home Support Team would like to wish everyone a happy, healthy and prosperous New Year for 2024!!

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

Akohsera'kéhkha Atiá:tawi - Winter Coat

Ahtakwa'ón:we - Traditional Shoes

Teionteniatarenkstahkwa - Scarf

A'niá:nawen - Mittens

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 these services. If you would like to attend any of the events on this page, contact **Cindy Loft 613-967-0122 ext 109**.

Shopping Trips for January

Seniors independent shopping assistance is limited

Belleville Shopping

When: Thursday, Jan 4

Time: Pick up will start at 9am

Returning: Approximately at 3pm

Sign-Up Deadline: Wednesday, Jan 3

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, Jan 19

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.

Napanee Shopping

When: Thursday, Jan 25

Time: Pick up will start at 9am

Returning: Approximately at 3pm

Sign-Up Deadline: Tuesday, Jan 23

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.

Fresh Produce Market

For those that need transportation

When: Monday, Jan 8th

Time: Pick up will start at 2:30pm

Where: At the New Fire Hall

Returning: Approximately at 4pm

Please bring cash

Zoom Bingo

Jan Bingo Dates:

Tuesday the 16 & 30

Sign-Up-for February Zoom Bingo

When: Tuesday, Jan 30

(Payment is due on this date)

Payment can be made at :

Community Wellbeing Centre

Cost: \$5.00

February Bingo Dates:

Tuesday the 6 & 20

1pm to 3pm via zoom

Blood Pressure Clinic

Hosted by :

Tyendinaga Community Health

When: Monday, Jan 15

Where: Elders Lodge

Time: 1:30pm to 2:30pm

Fitness Program

You can do programs in person or via zoom

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

When: Wednesday, Jan 3, 10, 17, 24, 31



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

Walking Fitness Program

Facilitated by: Cindy Loft

In Person limit: 8 people

Time: 10am to 11am

Where: Tyendinaga Fitness Resource Centre

When: Friday, Jan 5, 12, 29, 26

Yoga and Meditation In-Person or Zoom

Facilitated by: Linda Dudas

In-Person Limit: 8 people

When: Tuesday, Jan 9, 16, 23, 30

Time: 10am to 11am

Where: Tyendinaga Fitness Resource

Seniors Cardio Program

In-Person or Zoom

Facilitated by: Cindy Loft

In-person limit: 8 people

Time: 10am to 11am

Where: Tyendinaga Fitness Resource Centre

When: Monday, Jan 8, 15, 22, 29



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**



Midwinter Carnival



Tyendinaga Home Support is in partnership with Community Health

Join us as we learn about midwinter winter ceremony with Mandy Smart and Crystal Loft.

Registration Opens: Wednesday, Jan 3

When: Thursday, Jan 11

Time: 10am to 3pm

Where: Community Centre (down stairs)

This event includes lunch, fun games and prizes

Limit: 20 people



Traditional Salve Workshop

Facilitated by: Seaira Maracle

We will be making decongestant salve.

This work shop includes all supplies and a light lunch.

Registration Opens: Friday, Jan 12

When: Wednesday, Jan 17

Time: 9am to 2pm

Location: Elders Lodge

Cost: \$10.00

Limited Space



Tyendinaga Home Support is in partnership with Community Health

Afternoon at Movies

Feature Movie: Lesson in Chemistry

Rating: PG 13

When: Friday, Jan 19th

Time: 1pm to 3pm

Where: Elders Lodge

Cost: \$2.00

Please bring favorite lawn chair.



Drama- Set in the 1950s, Elizabeth Zott's dream of being a chemist is put on hold when she finds herself pregnant, alone, and fired from her lab.

Sequence

This card game is fun and challenging.

Are you up for some fun?

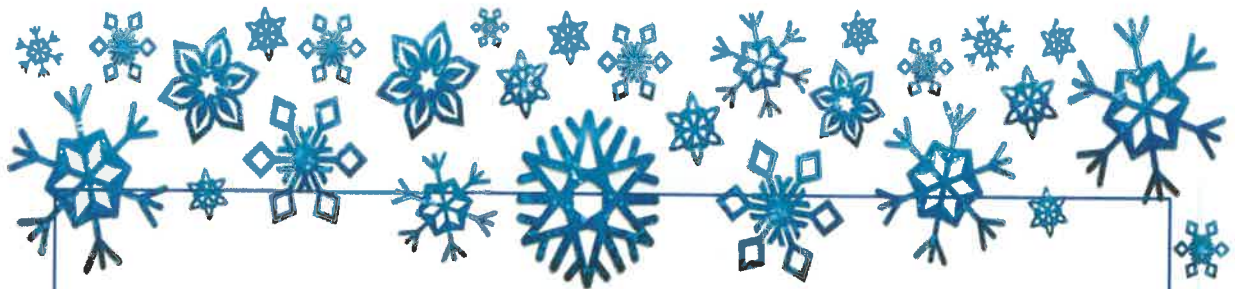
When: Wednesday, Jan 3 & Friday, Jan 5

Time: 1pm to 3pm

Where: Elders Lodge

Cost: \$2.00





Friendly Visiting Activities for January

When: January 9th and 23rd

Games! Fun! Conversation!

Cost: \$2.00 Time: 1-3pm

Where: Elders Lodge Common Room

FV Outing- Jan. 12th

Food! Fun! Conversation!

Lunch at your own expense.

Location: Bourbon Street Pizza Co.

Cost: \$5 for transportation

Pick up starts at 12 pm

Registration begins: Jan. 5th

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



Diamond Art Suncatchers

When: Jan. 31st 1-3pm

Where: Elders Lodge common room

Cost: \$5 (pick up or stay and complete)

Registration begins: Jan. 5th

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

Snow: o'niehte

Sign up starts Jan. 5th at 8:30am



Would you enjoy a phone call/video chat, visit or text from a volunteer or a staff member?

Are you feeling lonely?

We would love to speak to you!

Highlights of the Friendly Visiting Program

- Opportunity for meaningful connections with others
- Visits double as a safety check, providing peace of mind
- Helps combat the negative effects of social isolation

Please contact Patty Sager if you are interested in the Friendly visiting program
613-967-0122 ext. 141/613-813-1667/pattys@mbq-tmt.org

Drop in for a coffee/tea and a visit

Bring a craft to work on or just stop by for a chat (limited puzzles, books and other activities may be available)

Location: Elders Lodge common room Jan. 26th

Time: 1-3pm

No cost. No sign up required.

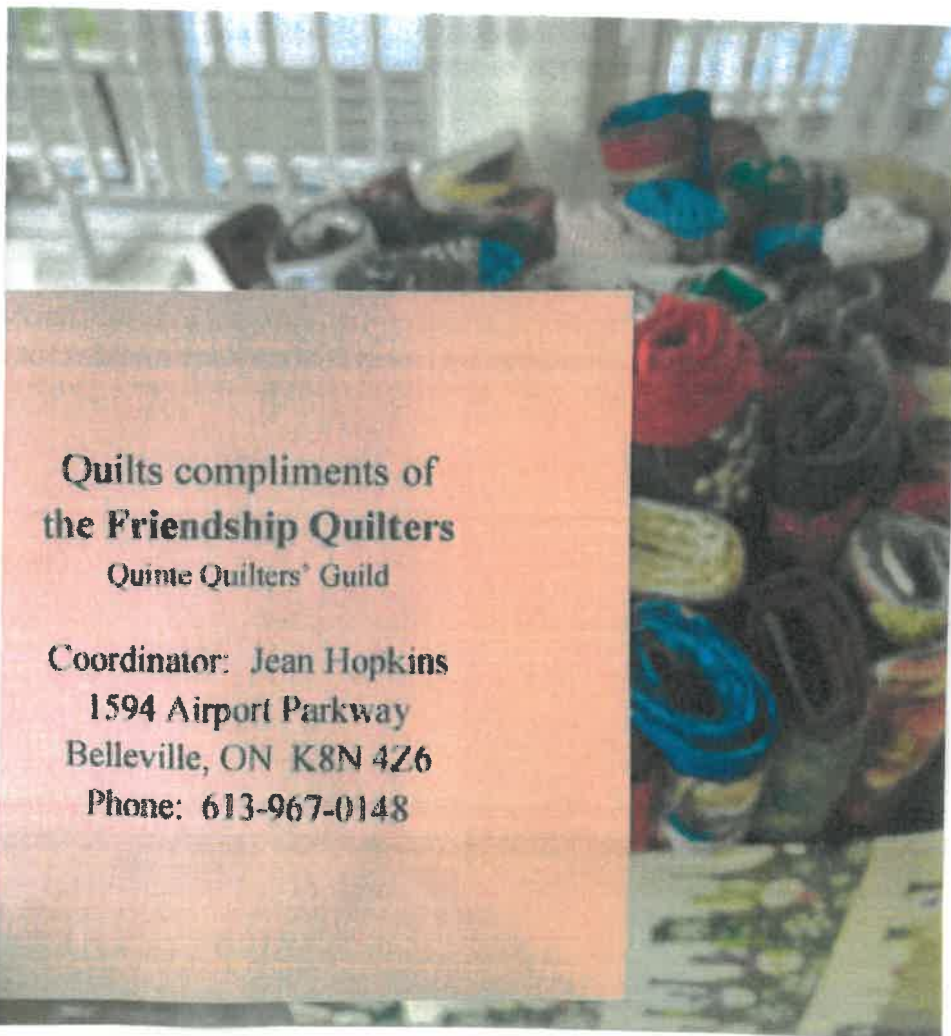
Meals on Wheels Program

If you are an adult 55 or older or an adult 18 or older with a physical challenge you may be eligible for this program.

This program is income based. Proof of income is required.

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 and to see if you qualify, please contact Angela D. Maracle at 613-813-1055.



Quilts compliments of
the **Friendship Quilters**
Quinte Quilters' Guild

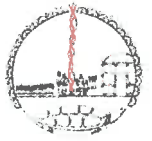
Coordinator: Jean Hopkins
1594 Airport Parkway
Belleville, ON K8N 4Z6
Phone: 613-967-0148

**The Home Support Meals
on Wheels Program would
like to send out a thank
you to the Friendship
Quilters-Quinte Quilters
Guild for their generous
donation of placemats and
lap blankets for our Elders.
It is truly appreciated.**





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: January 25th, 2024

Where: Elders Lodge

Time: 1:00-3:00pm

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 January 19th, 2024

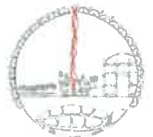
Funded by



Indigenous
Services Canada



Alzheimer Society



HASTINGS - PRINCE EDWARD

Join us for an information session in support of Alzheimer's
Awareness Month

Ben Wright -Education Support Coordinator

&

Jeniece Renaud - Public Education Coordinator

Education on Alzheimer's Disease & other memory issues



ALL WELCOME

When: January 24th, 2024

Where: Mohawk Fire Department (39 Meadow Drive)

Time: 6:00-7:00pm

Prizes!

Register: communityhealth@mbq-tmt.org or call Hannah Hill 613-967-3603 ext. 166



COMMUNITY HEALTH INVITES YOU TO JOIN REZ WALK 2024



REGISTRATION ON LINE WILL OPEN ON DECEMBER 4, 2023,

REGISTER YOUR TEAM ON LINE BY CLICKING THE LINK BELOW



IF YOU ARE UNABLE TO REGISTER WITH THE LINK, PLEASE EMAIL YOUR TEAM NAME & PARTICIPANTS TO THE CHR'S AT COMMUNITYHEALTH@MBO-TMT.ORG



REZ WALK PACKAGES WILL BE AVAILABLE FOR PICK UP ON DECEMBER 9 TILL DECEMBER 22, 2023 AT THE COMMUNITY WELLBEING CENTRE (HEALTH SIDE)

IT'S THAT TIME TO RECRUIT YOUR TEAM OF 4 CAPTAINS ARE RESPONSIBLE FOR REGISTERING THEIR TEAM AND REPORTING THEIR TEAMS STEPS EVERY MONDAY AT 8:30AM SHARP!

BEGIN TO COUNT STEPS ON JANUARY 1, 2024 AND CAPTAINS ARE TO REPORT THEIR TEAMS STEPS ON MONDAY JANUARY 8, 2024 AT 8:30AM SHARP!!

HAVE FUN PARTICIPATING IN REZ WALK

REMINDER OUR OFFICE CLOSSES ON DECEMBER 22, 2023

Contact the CHR's for more information at the CWB at 613-967-3603

HAPPY NEW YEAR
Wordsearch

Search for the words going up, down, left and right.

C	S	L	L	X	N	O	I	T	U	L	O	S	E	R
A	Z	N	A	G	A	V	A	R	T	X	E	I	Q	I
G	G	A	T	H	E	R	I	N	G	W	Z	N	P	N
A	F	O	T	S	W	O	S	D	R	W	L	O	L	V
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CELEBRATION	COUNTDOWN	EXTRAVAGANZA
FIREWORKS	GATHERING	INVITATION
JANUARY	MIDNIGHT	NOISEMAKER
PARTY	RESOLUTION	TRADITION

DOMESTICMOMMYHOOD.COM

JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 HAPPY NEW YEAR!! OFFICE CLOSED	2 Meals on Wheels	3 Circuit Fitness Meals on Wheels Sequence Game	4 Belleville Shopping Meals on Wheels	5 Walking Fitness Meals on Wheels Sequence Game	6
7	8 Cardio Fitness Wii Bowling Produce Market	9 Yoga & Mediation Fitness Meals on Wheels FV Activities	10 Circuit Fitness Meals on Wheels Scrapbooking	11 Midwinter Carnival Meals on Wheels	12 Walking Fitness Meals on Wheels FV Outing	13
14	15 Cardio Fitness Wii Bowling BP Clinic	16 Yoga & Mediation Fitness Meals on Wheels Zoom Bingo	17 Salve Workshop Circuit Fitness Meals on Wheels	18 Meals on Wheels	19 Deseronto Run Walking Fitness Meals on Wheels Afternoon at Movies	20
21	22 Cardio Fitness Wii Bowling	23 Yoga & Mediation Fitness Meals on Wheels FV Activities	24 Circuit Fitness Meals on Wheels Scrapbooking Alzheimer's Info Session	25 Napanee Shopping Meals on Wheels Memory Cafe	26 Walking Fitness Meals on Wheels FV Drop In	27
28	29 Cardio Fitness Wii Bowling	30 Yoga & Mediation Fitness Meals on Wheels Zoom Bingo	31 Circuit Fitness Meals on Wheels FV Diamond Art			