

# TYENDINAGA HOME SUPPORT NEWS



## REMEMBERING THE ELDERS

# March 2024

## Ennisko:wa (Much Lateness)

She:kon,

**Friday, March 29th/Good Friday - Office Closed**

We are coming to the end of Winter and soon going to enter into Spring later this month. The season of growth, Mother Nature awakening from her slumber.

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

Kentara' shón:a - Clans

Wakathahónni - I am Wolf Clan

Wakeskaré:wake - I am Bear Clan

Wakeniáhton - I am Turtle Clan

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 maybe 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.**

# Shopping Trips for March

## Kingston Shopping

**Register before March 7**

**When:** Thursday, March 7

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

**Returning:** Approximately at 3pm

**Cost:** \$5.00

**Limit: 12 people and 3 wheelchairs**

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



## Napanee Shopping

**Registration Opens: Wednesday, March 13**

**When:** Thursday, March 21

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

**Returning:** Approximately at 3pm

**Cost:** \$5.00

**Limit: 12 people and 3 Wheelchairs**

Will be stopping at No Frills or Metro for groceries, Giant Tiger and Country Traditions.

We will be eating lunch in Napanee at your own expense.

## Deseronto Run

**When:** Friday, March 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.



# Intergenerational Chat Session

Topics that we will be learning about for this full day event are  
Addiction and Financial Planning.

**Hosted by:** Good Minds Program

**Registration Opens:** Friday, March 8 at 8:30am

**Registration Closes:** Tuesday, March 12 at 4:30pm

**When:** Thursday, March 14

**Where:** Community Centre

10am to 11:30am—**Breaking the Stigma on Addiction**

1pm to 3pm – **The Essentials of Financial Planning**

**Lunch is included**



# Maple Sugar

**Learn how to make maple sugar and take a sample home with you.**

**Facilitated by:** Barbara Wall

**Registration Opens:** Friday, March 8 at 8:30am

**Limit: 10 people**

**When:** Thursday, March 28

**Time:** 1pm to 3pm

**Where:** Ball Diamond



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.**

## Blood Pressure Clinic

**Hosted by :**

Tyendinaga Community Health

**When:** Monday, March 18

**Where:** Elders Lodge

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

## Sequence



Are you up for some fun and a challenge?

This game is for you!

**When: Wednesday, March 6 & 20**

**Time:** 1pm to 3pm

**Where:** Elders Lodge

**Cost:** \$2.00



## Fresh Produce Market

For those that need transportation

**When:** Monday, March 4

**Time:** Pick up will start at 2:30pm

**Where:** At the New Fire Hall

**Returning:** Approximately at 4pm

Please bring **CASH**

## Afternoon at Movies

**Feature Movie:** Lesson in Chemistry part 3 of series .

**Rating:** PG 13

**When:** Friday, March 15

**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.

## Zoom Bingo

**March Bingo Dates:**

Tuesday the 5 & 19

**Sign-Up-for April Zoom Bingo**

**When:** Tuesday, March 26

(Payment is due on this date)

**Payment can be made at :**

Community Wellbeing Centre

**Cost:** \$5.00

**April Bingo Dates:**

Tuesday 2 & 16

at 1pm to 3pm via zoom

## Fitness Program

You can do programs in person or via zoom. A Par-Q questionnaire form will need to be filled out before you are able to attend program.

**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, March 6, 13, 20, 27

**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, March 4, 11, 18, 25

**Yoga and Meditation**

**Facilitated by:** Linda Dudas

**In-Person Limit:** 8people

**Time:** 10am to 11am

**Where:** Tyendinaga Fitness Resource Centre

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

**Walking Fitness Program**

**Facilitated by:** Cindy Loft

**In Person limit:** 8 people

**Time:** 10am to 10:30am

**Where:** Tyendinaga Fitness Resource Centre

**When:** Friday, March 1, 8, 15, 22



**LET'S GET MOVING**





**Friendly Visiting Activities**

When: March 12<sup>th</sup> and 26<sup>th</sup>

Where: Elders Lodge

Cost: \$2.00

Time: 1-3pm

Sign up starts March 4<sup>th</sup>.

**Friendly Visit- Outing**

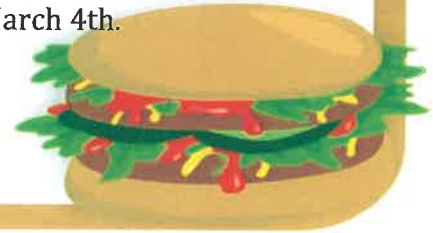
When: March 8<sup>th</sup>

Where: iHOP Belleville for 1:30pm

Cost: \$5.00 for transportation

**\*\*Lunch at your expense\*\***

Sign up March 4<sup>th</sup>.



**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 March 22<sup>nd</sup>**

Time: 1-3pm

No cost. No sign up required.



**Diamond**

**Art Sign**

Friendly Visting

**\*\*no pick-ups**

**When: Friday March 1<sup>st</sup> 1-3 pm**

**Where: Elders Lodge**

**Cost: \$5.00**

**Call to sign up.**

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



**A Service Canada Representative will be in our community at the Community Wellbeing Centre (Social Side) March 22<sup>nd</sup> 9-3 for the following services:**

Employment Insurance  
Pensions-CPP, OAS, GIS  
Passports-General, renewal, child  
Social Insurance Numbers  
General Questions.

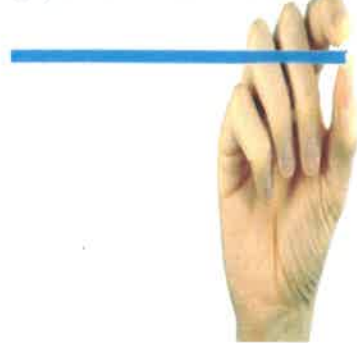
**Booking appointments today! Please call 613-967-0122 ext. 141 for further information and reserve your spot as space is limited!**

\*Please ensure that you have your passport application completed with new photos in order for the agent to process. Forms can be found at Canada.ca under Passport Applications.

\*SIN-please bring your Canadian Birth Certificate or Canadian Citizenship with a secondary ID- i.e. Status Card, Driver's Licence etc.

\*Government ID's **will not** be accepted if expired.

INCOME TAX



**Volunteer income tax will be running again this year.**

Please contact Patty Sager at 613-967-0122 ext 141 to sign up

By appointment only!

Individuals must have **a modest income and a simple tax situation.**

Single person < \$35000 annually

Couple < \$45,000 annually.

**\*\*\*\*Dates to be announced\*\*\*\***

# 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.

Please contact Angela D. Maracle 613-967-0122 ext. 135 or cell 613-813-1055 if you require more information regarding this program.

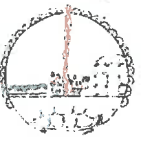


Frozen meal orders will be done on a quarterly basis. See chart below! Please call Angela D. Maracle 613-813-1055 for any inquiries.

April	orders due March 26th	delivered April 2nd
July	orders due June 25th	delivered July 2nd
October	orders due Sept. 24th	delivered Oct 1st
Jan	orders due Dec. 17th	delivered Jan 7th



# 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: March 28th, 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](mailto:chrcwb@mbq-tmt.org)  
Runs the last Thursday of every month  
Register by March 22nd, 2024

Funded by



Indigenous  
Services Canada

# DRUMS ALIVE

New!  
Starting  
March!

TUESDAYS & THURSDAYS  
7:15AM-8:00AM  
@TYENDINGAGA FITNESS  
RESOURCE CENTRE

FOR REGISTRATION AND INQUIRIES:  
[TYFITNESSRESOURCECENTRE.ORG](http://TYFITNESSRESOURCECENTRE.ORG)






Sun	Mon	Tue	Wed	Thu	Fri	Sat
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					1 <b>Walking Fitness</b> <b>Meals on Wheels</b> <i>Diamond Art</i>	2
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3	4 <b>Cardio Fitness</b> <b>Wii Bowling</b> <b>Produce Market</b>	5 <b>Yoga Fitness</b> <b>Meals on Wheels</b> <b>BINGO</b>	6 <b>Circuit Fitness</b> <b>Meals on Wheels</b> <i>Sequence</i>	7 <b>Kingston Shopping</b> <b>Meals on Wheels</b>	8 <b>Walking Fitness</b> <b>Meals on Wheels</b> <i>FV Outing</i>	9 <b>Women's Day</b>
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10	11 <b>Cardio Fitness</b> <i>Wii Bowling</i>	12 <b>Yoga Fitness</b> <b>Meals on Wheels</b> <i>FV Activities</i>	13 <b>Circuit Fitness</b> <b>Meals on Wheels</b> <i>Scrapbooking</i>	14 <b>Meals on Wheels</b> <b>Workshop with GM</b>	15 <b>Walking Fitness</b> <b>Deseronto Run</b> <b>Meals on Wheels</b> <i>Afternoon at Movies</i>	16
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17 	18 <b>Cardio Fitness</b> <b>Wii Bowling</b> <b>BP Clinic</b>	19 <b>Yoga Fitness</b> <b>Meals on Wheels</b> <b>BINGO</b>	20 <b>Circuit Fitness</b> <b>Meals on Wheels</b> <i>Sequence</i>	21 <b>Napanee Shopping</b> <b>Meals on Wheels</b>	22 <b>Walking Fitness</b> <i>Service Canada</i> <b>Meals on Wheels</b> <i>FV Drop In</i>	23
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24	25 <b>Cardio Fitness</b> <b>Wii Banquet</b>	26 <b>Yoga Fitness</b> <b>Meals on Wheels</b> <i>FV Activities</i>	27 <b>Circuit Fitness</b> <b>Meals on Wheels</b> <i>Scrapbooking</i>	28 <b>Meals on Wheels</b> <b>Maple Sugar Workshop</b> <i>Memory Cafe</i>	29 <b>GOOD FRIDAY</b> <b>OFFICE CLOSED</b>	30
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