

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS

APRIL 2024

Onerahtokha (Budding Time)

She:kon,

Monday, April 1st/Easter - Office Closed

Welcome Spring, we are so happy to see you! The time of year where the world starts to awaken and new growth begins.

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.

NOTE: Please see individual ads for change in contact information to sign up.

Nya:wen

Tyendinaga Home Support Program

613-967-0122

Mohawk Words of the Month

Ononhwará:weron - Groundhog

Tehahonhtané:ken - Rabbit

Tsaní:to - Beaver

Tsítsho - Fox

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.

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Meals on Wheels

Meals on Wheels,

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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 volunteer drivers on Tuesday, Wednesday, Thursday & Friday between the hours of 11:00-12:30.

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

Reminder this program is now income based, you must meet the income qualifications.

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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 613-813-1127** or via email cindyloft@mbq-tmt.org.

Fitness Programs

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

Strength Training

Facilitated by: Fitness Resource Centre

Registration Opens: Tuesday, Apr 2

When: Wednesday, Apr 3, 10 & 24
Friday, Apr 19

Where: Tyendinaga Fitness Resource Centre

Time: 10am to 11am



Walking

Weathering Pending

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

Where: Tyendinaga Township Walking Trail 1.5 km
363 McFarlane Rd, Shannonville

Leaving CWC at: 9:30am

Returning at: 11:30am



Pickleball



Are you interested in learning
a new recreational activity?

You will only need
a pair of inside running shoes
and a bottle of water.

Registration Opens: Tuesday, Apr 2

When: Tuesday, Apr 2, 16 & 30

Cost: \$2.00 for each session

Where: Quinte Mohawk School

Time: 4:30pm to 6pm

Tyendinaga Home Support is in partnership with C.A.R.A.
For seniors 55+ and physically disabled adults 18+ residing
on the Tyendinaga Mohawk Territory.

If you would like to attend please,
contact **Cindy Loft at 613-967-0122 ext 109**



Zoom Bingo →

April Bingo Dates: Tuesday, 2 & 16

Sign-up for May Zoom Bingo

When: Tuesday Apr, 30

(Payment is due on this date)

Payment can be made at: Community Wellbeing Centre

Cost: \$5.00

May Bingo Dates:

Tuesday, May 7 & 21 at 1pm to 3pm

BINGO CARD EXCHANGE!!!

It's your chance to exchange those unlucky
bingo cards. When your exchanging bingo cards
you must exchange both cards.

When: Tuesday, Apr 30th

Time: 9am to 12pm

Where: Community Wellbeing Centre
(on the Social Side)

If you would like new cards
please call **Cindy Loft at 613-967-0122 ext 109**

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 613-813-1127** or via email cindy@mbq-tmt.org.

Afternoon at Movies

Feature Movie: Lesson in Chemistry
part 4 last of series

Rating: PG 13

When: Thursday, Apr 11

Time: 1pm to 3pm

Where: Elders Lodge

Cost: \$2.00

Please bring favorite
lawn chair.



Sequence

Are you up for some fun and a
challenge?

This game is for you!

When: Friday, Apr 5 & 19

Time: 1pm to 3pm

Where: Elders Lodge

Fresh Produce Market

For those that need transportation

When: Monday, Apr 15

Time: Pick up will start at 1:30pm

Where: At the New Fire Hall

Returning: Approximately at 1:30pm

Please bring **CASH**



Afternoon With Elvis



When: Saturday, April 6

Where: Mohawk Community Centre

Time: 1:00pm to 3:00pm

Doors Open at 12:00pm

Cost: \$2.00

Free Coffee/Tea and light snacks will be provide

Dust off those Blue Suede Shoes and
It's Now or Never to enjoy this amazing event.



Tyendinaga Home Support is in partnership
with C.A.R.A. for this event.

Macauley Museum

The accessibility for wheelchairs at Macauley Museum is
limited to the lower floors of the church and house.

Registration Opens: Tuesday, April 2 at 8:30am

Limit Space

Cost: \$5.00

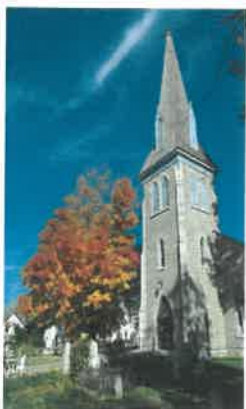
Leaving at: 9:00am

Tour time starts at 10:00am

When: Wednesday, April 17

Where: Macauley Museum in Picton

We will be eating lunch at Coaches Pub and Grillhouse
at your own expense.



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 613-813-1127** or via email cindyl@mbq-tmt.org.

Shopping Trips for April

Napanea Shopping

Registration Opens: Tuesday, April 2

When: Thursday, Thursday, April 18

Time: Pick up will start at 9am

Returning: Approximately at 1pm

Sign-Up Deadline: Tuesday, Aug 29

Cost: \$5.00

Limit: 12 people and 3 Wheelchairs

Will be stopping at No Frills or Metro,
Giant Tiger and Country Tradition.

We will be eating lunch at

Denny's at your own expense.



Deseronto Run

When: Friday, April 26

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

Registration Opens: Tuesday, April 2

When: Thursday, April 4

Time: Pick up will start at 9am

Returning: Approximately at 3pm

Sign-Up Deadline: Tuesday, Aug 1

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.



TYENDINAGA HOME SUPPORT HOME MAINTENANCE PROGRAM

The Tyendinaga Home Maintenance program offers assistance around the yard and home to Seniors 55+ and physically disabled 18+ who are unable to perform the task themselves and have no one residing within the household capable of completing the task or family members who can help.

This service is income based and includes both taxable and non-taxable income qualifications. Proof of income is required.

If you are interested in this service, please call Jessica @ 613-961-9844 or email jessicab@mbq-tmt.org. We are going through an automatic rotation for lawn cutting to keep it fair for everyone.

The cost for this service is \$5/hour.

We also have list of name/numbers of other lawn maintenance businesses. Contact Jessica for the list if you are interested.

(Set up and payment would be between you and the business).

Friendly Visiting Activities

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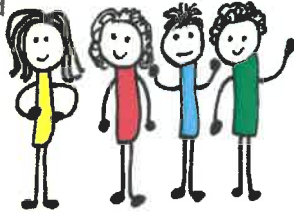
When: April 9th and 23rd

Where: Elders Lodge

Cost: \$2.00

Time: 1-3pm

Sign up starts April 5th at 8:30am



Diamond Art Activity

When: April 30th

Time: 1-3pm

Location: Elders Lodge

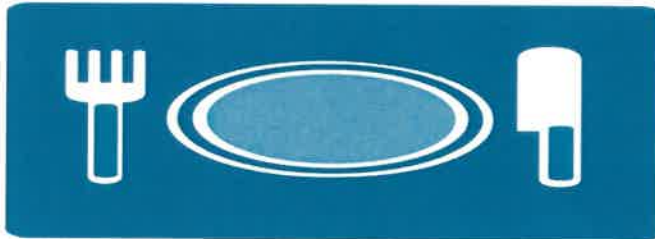
Cost: \$5.00

Sign up start April 5th

Wind Chimes

no pick ups

Friendly Visiting Outing



When: April 12th

Where: Buffet Garden Belleville

Time: pick up starts at 12:15

Cost: \$5.00 for bus and lunch at your expense

Sign up starts April 5th

Drop in for coffee/tea and visit

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

****Internet and iPads also available for use****

Location: Elders Lodge common Room April 26th


Time: 1-3

No cost. No sign up required.



Please contact Patty Sager if you are interested in the Friendly Visiting programs- sign up starts on April 5th at 8:30am. 613-813-1667 or email pattys@mbq-tmt.org

IT'S THAT TIME OF YEAR



TO FILE YOUR INCOME TAX



Your income tax form will be completed and filed by a professional volunteer for **FREE**. This is a community based program designed to help **low-income individuals** with **simple tax situations** complete their income tax, free of charge.

Total family income limits: 1 person \$35,000, 2 persons \$45,000

***LOW INCOME INDIVIDUALS**

***SIMPLE TAX SITUATIONS**

These sessions are available **ONLY** to seniors 55+ and 18+ with a physical challenge (those under 55 must be receiving a pension related to the physical disability):

***** Thursday, April 18th 5:00pm-7:00pm**

***** Saturday, April 13th 9:00am-3:30pm**

By Appointment ONLY

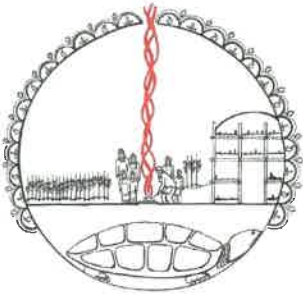
Location: Community Wellbeing Centre (Social Side)

Please call **Patty at Home Support** 613-813-1667 or email pattys@mbq-tmt.org to make an appointment.

What date is your return due? before April 30th

Note:

If you file your return after April 30, 2023, your GST/HST credit (including any related provincial credit), Canada Child Tax Benefit payments (including those from certain related provincial or territorial programs), and Old Age Security benefit payments may be delayed.



Community Health
presents in
conjunction with



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

**Happening at the Community Wellbeing Centre (Health side)
Tuesday May 22 and Wednesday May 23.**

Have you heard about valvular heart diseases?

Valvular heart diseases are dysfunctions of the doors that direct blood flow within the heart. These diseases affect hundreds of thousands of people in Canada.

Heart valve problems are often undetected, and late detection may have severe consequences. Our mobile screening program offers early detection, diagnosis and treatment.

A free screening for people 65+ with no known heart issues is available near you.

Your 30- to 60-minute appointment involves:

- a mini ultrasound of your heart
- questioning, measurements, and rapid finger poke blood tests to evaluate your cardiovascular risk factors

A cardiologist will review the results and recommendations will be provided at the end of your visit.

Space is limited! Schedule your appointment today

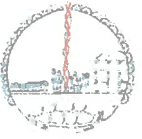
call 613-967-3603 ext 118 or

email chn@mbq-tmt.org

Suzanne Maracle-Dye Reg.N. Community Health Nurse



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: April 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 April 19th, 2024

Funded by



Indigenous
Services Canada

Spring Wordsearch

BUNNY
 CANDY
 CHICKS
 CHOCOLATE
 EASTER
 EGGS
 FLOWERS
 GREEN
 RAIN
 SPRING

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April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 EASTER MONDAY OFFICE CLOSED	2 Meals on Wheels BINGO Pickleball	3 Strength Training Meals on Wheels	4 <i>Bellaville Shopping</i> Meals on Wheels	5 Meals on Wheels Sequence	6 Afternoon with Elvis
7	8 Walking Program	9 Meals on Wheels FV Activities	10 Strength Training Meals on Wheels Scrapbooking	11 Meals on Wheels Afternoon at Movies	12 Meals on Wheels FV Outing	13 Income Tax
14	15 Walking Program <i>Produce Market</i>	16 Meals on Wheels BINGO Pickleball	17 Meals on Wheels Macauley Museum	18 <i>Napanee Shopping</i> Meals on Wheels Income Tax	19 Strength Training Meals on Wheels Sequence	20
21	22 Walking Program	23 Meals on Wheels FV Activities	24 Strength Training Meals on Wheels Scrapbooking	25 Meals on Wheels	26 <i>Deseronto Run</i> Meals on Wheels Drop In	27
28	29 Walking Program	30 Meals on Wheels Diamond Art Pickleball				