

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS

JULY 2026

Wednesday, July 1st - Canada Day /Office Closed

There is 2 pages in the monthly Community newsletter dedicated to Mohawk Language teachings. There is words with pictures and QR Codes you can scan to hear and learn more. Be sure to check it out!

If you would like to start receiving the monthly newsletter via email, please contact Jessica to sign up!

Nya:wen

Tyendinaga Home Support Program



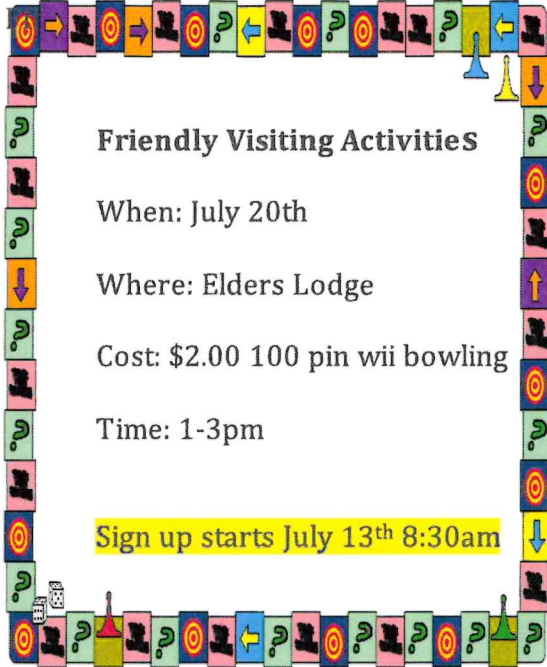
Mohawk Words of the Month

tsiskó:ko – robin

katsikhe'tón:nis - bee

tsiktsinón:nawen - butterfly

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.



Friendly Visiting Activities

When: July 20th

Where: Elders Lodge

Cost: \$2.00 100 pin wii bowling

Time: 1-3pm

Sign up starts July 13th 8:30am



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 July 13th

Time: 1-3pm

Cost \$2.00. No sign up required.

Friendly Visit- Outing

When: Wednesday July 22nd

Where: Napanee Waterfront Pub

Cost: \$5.00 for transportation

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

Bus leaving the Elders Lodge at 11:30am

****Limited seats available****

Outdoor seating. Reservation is at 12pm

Transportation available to the Lodge for
clients who do not drive.

Sign up starts July 13th at 8:30am

Call/text email Patty

613-813-1667

pattys@mbq-tmt.org



Call/text/email Patty at pattys@mbq-tmt.org 613-813-1667 July 13th at 8:30am

Meals On Wheels

The Meals on Wheels program provides a nutritious meal for adults 55+ or adults 18 and older with a physical challenge.

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

This program is income based. New clients must meet the annual income levels to qualify. Proof of income is required both taxable and non-taxable prior to service implementation.

Please contact Lisa Hey, Meal Services Coordinator at cell # 613-813-1055 if you require additional information regarding this program.



TRY IT! *Banana ice cream is a delightful no-bake dessert.*

Ingredients

- 4 ripe bananas , 1 tablespoon [lemon juice](#)
- 1 teaspoon vanilla extract (optional) ,Pinch of salt, Toppings of your choice

Cooking Instructions

1. **Prep the Bananas:** Peel the ripe bananas and slice them into small rounds.
2. **Freeze:** Place the sliced bananas in a single layer on a baking sheet lined with parchment paper and freeze for 2 hours, or until completely solid.
3. **Blend:** Once frozen, transfer the banana slices to a food processor. Add the [lemon juice](#), vanilla extract, and salt. Blend until the mixture becomes creamy and resembles soft serve ice cream.
4. **Serve Immediately or Freeze Again:** If you prefer a softer consistency, serve the banana ice cream immediately. For a firmer texture, transfer to an airtight container and freeze for an additional hour before scooping. Add Toppings and Enjoy!

TRANSPORTATION MAY BE AVAILABLE TO THOSE WITHOUT TRANSPORTATION TO UTILIZE SERVICES. IF YOU WOULD LIKE TO ATTEND ANY OF THE EVENTS ON THIS PAGE, CONTACT CINDY LOFT @ 613-967-0122 EXT 217

BELLEVILLE SHOPPING

Sign Up Opens: Wednesday, July 8 @ 8:30am

When: Thursday, July 9

Time: Pick up will start at 8:45am

Where: Walmart

Returning: Approximately 1pm

Cost: \$5.00

Limited Space

NAPANEE SHOPPING

Sign Up Opens: Wednesday, July 8 @ 8:30am

When: Tuesday, July 28

Time: Pick up will start at 8:45am

Where: No Frills & Country Traditions

Returning: Approximately at 1pm

Cost: \$5.00

Limited Space

DESERONTO RUN

Sign up Opens: Wednesday, July 8 @ 8:30am

When: Friday, July 17

Time: Pick up will start at 9am

Where: Post Office, I.D.A & Grocery Store

Returning: Approximately 11:30am

JULY ZOOM BINGO

Tuesday, July 7 & 21

Sign up for Aug zoom bingo

When: Tuesday, July 21

(Payment is due on this date)

Payment to be made at: Band Office

Cost: \$5.00

Aug Bingo: Tuesday 4 & 18

GENERATIONS GROWING FOOD

Join a garden where generations
grow side by side.

When: Every Tuesday for the month of July

Time: 9am-11am

Where: Atsia Court, Shannonville

REMEMBER WHEN? PICNIC

Let's celebrate the memories that made us! Bring
a childhood keepsake, souvenir, or photo and
share the story behind it.

Sign Up Opens: Wednesday, July 8 @ 8:30am

When: Thursday, July 30

Time: 10am to 3pm

Where: Bayshore Park (Pow Wow Grounds)

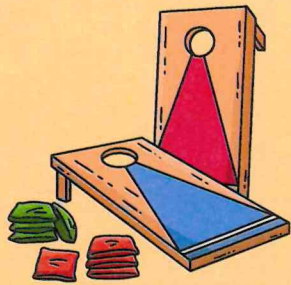
Cost: \$5.00 (includes light lunch)

Bring lawn chair

Payment to be made at Band Office
by Monday, July 27



GENERATION CONNECT: SUMMER EDITION



Fun has no age limit-let the yard games begin!
Registration Opens: Wednesday, July 8 at 8:30am

When: Wednesday, Aug 5 and 19
Time: 10am-1pm
Light Lunch included for both events
Limit: 10 people



Gone Fishing!



This event is currently in the planning stages. Before finalizing details, we would like to know if seniors would be interested in participating.



Registration Opens: Wednesday, July 8 at 8:30am

When: September 8th or 9th

Time: Each charter is 3hr long. There will be a morning and afternoon charter available.

Cost: \$40.00per person

Accessibility is limited

All fishing tackle and equipment will be provided, just bring yourself and enjoy the day!





Home Support & Community Health Presents!

HANNAH SAID IT, CINDY CONFIRMED IT!

Monthly conversations around health related topics

JULY TOPiC: Vaping/Tobacco Awareness

Guest Speaker: Alicia Topp



That's a
Fact!
Check!
Check!

Did
you
know?

Hannah Said It!!



When: Tuesday July 14th
Time: 1:00pm-3:00pm
Where: Elders Lodge
301 Bayshore Rd, TMT

Cindy Confirmed It!!



Registration opens July 2nd @ 8:30am and closes July 10th @ 4:30pm

To register please call Hannah Hill @ 613-967-3603 ext.166 or email chrcwb@mbq-tmt.org

**** Transportation available ****

Canada



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

SUMMER WORD SEARCH

BARBECUE

BEACH

FLIP FLOPS

ICE CREAM

LEMONADE

POOL

SUMMER

SUNGLASSES

SUNSCREEN

SWIMMING

VACATION

WATERMELON





MBQ LONG-TERM CARE HOME

EMBRACING CULTURE, COMMUNITY, AND HOLISTIC CARE

Tsi Thonwatíhsnyes's Long Term Care is located in the heart of Tyendinaga Mohawk Territory, offering 128 beds surrounded by beautifully landscaped grounds just minutes from Belleville. Our commitment is to provide Elders and community members with a place of comfort, dignity, and belonging close to family, community, culture and on the land.

OUR COMMITMENT

- Respecting each resident's individuality and spirit
- Following the Long-Term Care Resident Bill of Rights
- Providing compassionate, person-centered care
- provide Elders and community members with a place of comfort

Residents enjoy beautiful, well-lit rooms designed for comfort and peace of mind, featuring:

- Television
- Comfortable bed
- Armoire
- Side table

At MBQ Long-Term Care Home, we believe every resident deserves:

- Respect and dignity
- Safety and comfort
- Cultural connection and belonging
- A caring and supportive community

**Where tradition, care, and community
come together.**

JULY 2026

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 MOW	2 MOW	3 MOW	4
5	6 Cornhole League	7 Garden Club MOW Zoom Bingo	8 MOW Generation Connect	9 MOW Belleville Shopping	10 MOW	11
12	13 Cornhole League FV Drop In	14 Garden Club MOW Hannah & Cindy Health Chat	15 MOW Scrapbooking	16 MOW	17 MOW Deseron to Run	18
19	20 FV Activities	21 Garden Club MOW Zoom Bingo	22 MOW FV Outing	23 MOW	24 MOW	25
26	27 Cornhole League	28 MOW Napanee Shopping	29 MOW Generation Connect Scrapbooking	30 MOW Remember When Picnic	31 MOW	