

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS

OCTOBER 2026

Monday, October 12th - Thanksgiving/Office Closed

Autumn is in full swing and with it comes cooler temperatures, sunsetting a little earlier and the changing of colour and falling of the leaves.

With Autumn comes many wonderful programs. Be sure to check out the advertisements inside this issue.

If you would like to receive the newsletter via email, please contact Jessica to give your email address and make the switch. It helps to save paper!



Nya:wen
Tyendinaga Home Support Program
613-967-0122

MOHAWK WORDS OF THE MONTH

Tsi Tehontenonhweratons - Thanksgiving

Skawerowane - Turkey

Yowihsto - Chilly

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.

CELEBRATE FALL

FRIENDLY VISITING

OCT. 2026

FV ACTIVITIES

WHEN: OCT. 27

TIME: 1-3PM

WHERE: ELDERS LODGE

COST:\$2.00

**SIGN UP STARTS OCT. 1
AT 8:30 AM**

FV Outing-Oct. 21 Iron Rooster

Leaving the Lodge at 10:45am

Reservation is for 12pm

Cost:\$5.00 for bus

Lunch at your expense

sign up starts Oct. 1 at 8:30am

FV- DROP IN

ELDERS LODGE/COST \$2.00

Drop in : 16th 1-3pm

Halloween drop-in:
30th 1-3pm Dress up,
Prizes for costume!

**CALL/TEXT/EMAL
PATTY SAGER**

FV- DIAMOND ART

WHEN: OCT. 13

TIME:1-3PM

COST:\$5.00

SMALL WOODEN MUSIC BOX!

SIGN UP STARTS OCT. 1 AT 8:30AM

**613-813-1667 or
pattys@mbq-tmt.org**

SERVICE CANADA

A Service Canada Representative will be in our community at the Community Wellbeing Centre (Social Side) for the following services for Home Support clients

- ✓ Pensions-CPP, OAS, GIS
- ✓ Allowance for the spouse/survivor
- ✓ Passports-general, renewal

**BOOK A PRIVATE APPOINTMENT AT
CWC OCTOBER 8TH 9:30AM-2:30PM**

Call/text/email Patty



613-813-1667



pattys@mbq-tmt.org

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.

Pumpkin spice season is here. Try this latte!



- 2 cups milk (dairy or plant-based like oat, almond, or soy)
- 4 tablespoons pumpkin puree (100% pumpkin, not pie filling)
- 2 teaspoons sugar or maple syrup (adjust to taste)
- ½ teaspoon pumpkin spice mix (or a blend of cinnamon, nutmeg, ginger, and cloves)
- 1 teaspoon vanilla extract
- 2 shots espresso or ¼ cup strong brewed coffee
- ½ cup whipped cream (optional)
- Optional garnishes: cinnamon stick, star anise, or extra pumpkin spice for sprinkling

Instructions

1. **Heat the milk and pumpkin:** In a small saucepan over medium heat, whisk together milk, pumpkin puree, sugar, and pumpkin spice. Warm for 3–4 minutes until hot but not boiling
2. **Add vanilla:** Stir in vanilla extract off the heat to preserve its flavor
3. **Prepare coffee:** Brew espresso or strong coffee while the milk mixture heats.
4. **Combine:** Pour the espresso into mugs, then add the hot pumpkin milk mixture. Stir gently.
5. **Froth (optional):** Use a milk frother, whisk, or jar to create a foamy top for a café-style finish
6. **Garnish:** Top with whipped cream and a sprinkle of pumpkin spice or cinnamon. Add a cinnamon stick for extra flair

BELLEVILLE SHOPPING

Sign Up Opens: Tuesday, Sept 29 @ 8:30am

When: Thursday, 1

Time: Pick up will start at 8:45am

Where: Walmart

Returning: Approximately 1pm

Cost: \$5.00

Limited Space

NAPANEE SHOPPING

Sign Up Opens: Monday, Oct 5 @8:30am

When: Thursday, Oct 22

Time: Pick up will start at 8:45am

Where: No Frills & Country Butcher

Returning: Approximately at 1pm

Cost: \$5.00

Limited Space

DESERONTO RUN

Sign up Opens: Monday, Oct 5 @ 8:30am

When: Friday, Oct 16

Time: Pick up will start at 9am

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

Returning: Approximately 11:30am

OCT ZOOM BINGO

Tuesday, Oct 6 & 20

Sign up for Nov zoom bingo

When: Tuesday, Oct 20

(Payment is due on this date)

Payment to be made at: Band Office

Cost: \$5.00

Nov Bingo: Tuesday 3 & 24

Trunk or Treat

CALLING ALL FUN-LOVING ELDERS!

WE'RE LOOKING FOR VOLUNTEERS TO HELP DECORATE OUR HANDI-VAN,

HAND OUT TREATS, AND MAKE HALLOWEEN SPECIAL FOR THE KIDS!

DRESSING UP IS A MUST!

PLANNING DATES: THURSDAY, OCT 8 & 15 AT 10AM TO 12PM

FRIDAY, OCT 23 AT 1PM TO 3PM

LOCATION: ELDERS LODGE

THE BIG EVENT: TRUNK OR TREAT

TRUNK OR TREAT WILL BE ON SATURDAY, OCT 31 SET UP TIME: 11AM TO 12:30PM

WHERE: BAYSHORE PARK

WITCHES AND GOBLINS WILL START AT 1PM TO 3PM



FOOD HANDLER COURSE

Join us for a fun and friendly Food Handler Course!

Learn simple food safety tips, refresh your kitchen skills,
and enjoy some laughs along the way.

Certification option available for those who would like to take the test!

Registration Open: Monday, Oct 5 @8:30am

Registration Closes: Monday, Oct 5 @4:30pm

Facilitator: Lindsay MacDonald

When: Wednesday, Oct 7 Time: 9:30am to 3pm

Location: Elders Lodge

Lunch included





Home Support & Community Health Presents!

HANNAH SAID IT, CINDY CONFIRMED IT!

Monthly conversations around health related topics

September Topic: Kidney Health
Guest Speaker: Vanessa Williams



That's a
Fact!
Check!
Check!

Did
you
know?

Hannah Said It!



When: Thursday October, 29th

Time: 10:00am-12:00pm

Where: Elders Lodge

301 Bayshore Rd, TMT

**** Lunch to follow before Memory
Cafe****

Chicken salad or Ham & Cheese

Cindy Confirmed it!!



Registration opens October 6th @ 8:30am and closes October 23rd @ 4:30pm

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

**** Transportation available ****

Canada



Transportation may be available to those without transportation to utilize services. If you would like to attend one of these programs please contact **Cindy Loft** at **613-967-0122 ext 217**

Chair Yoga & Meditation

Facilitated by: Linda Dudas

In-person or Virtual

When: Every Monday starting Oct 19 to Dec 14

Time: 10am to 11am

Where: Tyendingaga Fitness Centre or via Zoom



Circuit Fitness

Facilitated by: Tyendingaga Fitness Centre

In-person

When: Every starting Wednesday Oct 7 to Dec 16

Time: 10am to 11am

Where: Tyendingaga Fitness Centre

Limit: 12 people

FITNESS FOR OCTOBER

Cardio Ball Drumming

Facilitated by: Jennifer VanClief

In-person

When: Every Tuesday starting Oct 6 to Dec 15

Time: 11am to 12pm

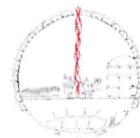
Where: Tyendingaga Fitness Centre

Let's Get Active

**Don't forget your water, your indoor
shoes and of course your
motivation.**



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: October 29th, 2026

Where: Elders Lodge

Time: 1:00pm-3:00pm

REGISTRATION OPENS October 6th
@ 8:30am

To register & for transportation contact: Hannah Hill 613-967-3603, ext. #166 or

email chrcwb@mbq-tmt.org

Runs the last Thursday of every month

Register by October 23rd @ 4:30pm

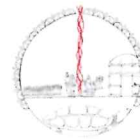
Funded by



Indigenous
Services Canada



Alzheimer Society



HASTINGS - PRINCE EDWARD

MBQ Community Health and Home Support Programs, in partnership with the Alzheimers Society of
Hastings Prince Edward offer:

Minds in Motion



A physical activity and brain stimulation program for people with dementia & their care partners and anyone concerned with their memory

GIVE YOUR MIND AND BODY A BOOST

This program combines physical activity and social stimulation for individuals

2 hour program offered weekly

45-60 minutes of physical exercise led by a certified Exercise facilitator

45-60 minutes of mentally stimulating activities

**limited
spaces!**

REGISTRATION OPENS October 6th
@ 8:30am

October 30th WEAR YOUR
COSTUME



When: Fridays October 2, 9, 16, 23 & 30th

Where: Elders Lodge

Time: 10:00am-12:00pm

TO REGISTER and for TRANSPORTATION: HANNAH HILL 613-967-3603 ext. 166 or chrcwb@mbq-tmt.org



COLD AND FLU SEASON

(Remember it is allergy season)

Stay safe and prevent the spread

Wash your hands often

Wear a mask in crowded areas

Get vaccinated

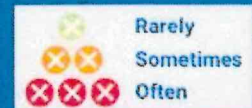
Stay home if you're sick



**Here are some key differences between
Colds, Flu, COVID-19 and RSV**



Common symptoms may include cough, headaches, sneezing, runny nose, and congestion. Different symptoms may include:

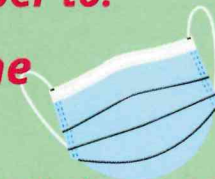


	COLD	FLU	COVID-19	RSV
ACHES	XX	XXX	XX	X
DIFFICULTY BREATHING	X	X	XXX	XX
FATIGUE	XX	XXX	XXX	X
FEVER	X	XXX	XX	XX
LOSS OF TASTE OR SMELL	X	X	XX	X
SORE THROAT	XXX	XX	XXX	X
WHEEZING	X	X	X	XXX

**If you experience any symptoms
please remember to:**



Stay Home



Wear a Mask if you have to go out

Wash your hands

**Clean & disinfect high-touch surfaces
often**



**Covid-19, Flu & RSV Vaccines
will be Available
at the CWC**

**More info will be provided
when the vaccines become
available**

**Continue to watch social
media for details**



Community Health



OCTOBER 2026

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 MOW Belleville Shopping	2 Minds in Motion MOW	3
4	5	6 Cardio Ball Drumming MOW Zoom Bingo	7 Circuit Fitness MOW Food Handlers Course	8 MOW Trunk or Treat Planning	9 Minds in Motion MOW	10
11	12 THANKS GIVING OFFICE CLOSED	13 Cardio Ball Drumming MOW Diamond Art	14 Circuit Fitness MOW Scrapbooking	15 MOW Trunk or Treat Planning	16 Minds in Motion Deseronto Run MOW FV Drop In	17
18	19 Chair Yoga	20 Cardio Ball Drumming MOW Zoom Bingo	21 Circuit Fitness MOW FV Outing	22 MOW Napanee Shopping	23 Minds in Motion MOW Trunk or Treat Planning	24
25	26 Chair Yoga	27 Cardio Ball Drumming MOW FV Activities	28 Circuit Fitness MOW Scrapbooking	29 Hannah Said It, Cindy Confirmed MOW Memory Cafe	30 Minds in Motion MOW FV Drop In	31 Trunk or Treat