

# TYENDINAGA HOME SUPPORT NEWS



## REMEMBERING THE ELDERS

# JANUARY 2018

## Tsiothohrha (The Cold)

**She:kon,**

The office will be closed the week of January 1st to the 5th. We will be reopen for business on Monday, January 8th @8:30am.

We hope that everyone had a wonderful holiday season and wishing you all the best for 2018! We look forward to working with you!

**Nia:wen**

**Tyendinaga Home Support Program**

**613-967-0122**



# Deseronto Run

**When:** Friday, January 5, 12, 19 and 26

**Time:** Pick up will start at 9:00am

**Returning:** Approximately at 11:30am

**Sign-Up-Deadline:** The Thursday before trip

We will be stopping at Griddle Me This for breakfast on January 12, and 26 only. We will be stopping at post office, I.D.A and grocery store. If you would like to attend, please call **Cindy Loft** at **613-967-0122** to sign up.



**\*\* Note: Sign up deadline for Jan 5 is Dec 22nd**

## BELLEVILLE SHOPPING

**When:** Thursday, January 25, 2018

**Time:** Pick up will start at 9:00am

**Sign-Up-Deadline:** Wednesday, January 24, 2018

**Limit:** 12 people

**Cost:** \$5.00



Will be stopping at Value Village, Quinte Mall and Wal-Mart. We will be eating at the Quinte Mall for lunch at your own expense. If you would like to attend, please call **Cindy Loft** at **613-967-0122** to sign up.

## Napanee Shopping

**When:** Thursday, January 11, 2018

**Time:** Pick up will start at 9:00am

**Returning:** Approximately at 3:00pm

**Sign-Up-Deadline:** Wednesday, January 10, 2018

**Limit:** 12 People

**Cost:** \$5.00

Will be stopping at No Frills, Giant Tiger and Country Tradition. We will be having lunch at Itty Bitty Diner at your own expense. If you would like to attend, please call **Cindy Loft** at **613-967-0122** to sign up.



# Walking Program



**When:** Every Wednesday starting Wednesday, January 17th 2018 and running until the end of March (weather permitting)

**Where:** Quinte Sports & Wellness Centre

**Time:** 10:30am to 11:30am

**Pick up time will start at 9:30am for those needing transportation**

If you would like to attend, please contact **Hannah Hill or Crystal Maracle at 613-967-3603**

**\*\*Limited Spacing—Please sign up by December 22nd in order to determine transportation for those needed\*\***



## Euchre

Wednesday January 17<sup>th</sup> and 31<sup>st</sup>

**\*\*\*\*\*New time 1:30-3:30pm\*\*\*\*\***

**Free! Location: Activity Centre**

Come out and enjoy a game of cards. We play for fun, we have snacks, and we always have prizes!

Please call Patty Sager at 613-967-0122 ext 141 if you require transportation.





# JANUARY



## FRIDAY, JAN 19TH

**WHAT:** BREAKFAST CLUB  
**WHERE:** ACTIVITY CENTRE  
**TIME:** 8-9:30  
**COST:** CASH DONATION

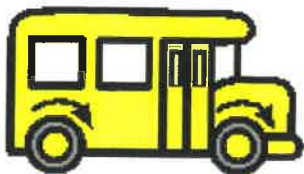


*Meals on Wheels,*

We deliver a hot nutritious meal to your door on Tuesday, Thursday and Friday between 11:30-12:30. If you are interested in this program please call Angela D. Maracle at 613-967-0122 ext. 135

## WEDNESDAY, JAN 10TH & 24TH

**WHAT:** DINERS/BINGO  
**WHERE:** COMMUNITY CENTRE, DOWNSTAIRS  
**TIME:** LUNCH 12-1 BINGO 1-3  
**COST:** LUNCH \$3.50 BINGO .50 PER CARD OR 6 CARDS (MAX) FOR \$2.00



Please ensure that if you require transportation for any of the above programs that you call in by 4:30 on the day prior to the event. Pick ups start at 10:30 for Diner/Bingo and 7:30 for Breakfast club. Please be ready and waiting!

# Good Food Box



## Calendar For 2018

Order By and Paid By 4:00pm	Order Arrives
January 9, 2018	January 17, 2018
February 13, 2018	February 21, 2018
March 13, 2018	March 21, 2018
April 10, 2018	April 18, 2018
May 8, 2018	May 16, 2018
June 12, 2018	June 20, 2018
July 10, 2018	July 18, 2018
August 7, 2018	August 15, 2018
September 11, 2018	September 19, 2018
October 9, 2018	October 17, 2018
November 13, 2018	November 21, 2018
December 11, 2018	December 19, 2018



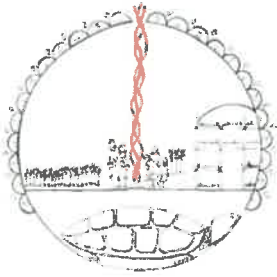
For more info call  
Vanessa, at CWC  
613-967-3603

**Large Food Box \$15.00**

**Singles Box \$10.00**

**Fruit Bag \$5.00**

**COMMUNITY HEALTH**



# Alzheimer Society

HASTINGS - PRINCE EDWARD



**MBQ Community Health and Home Support Programs are partnering with the Alzheimer Society of Hastings-Prince Edward to offer**

## Memory Café

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, practise brain boost strategies and gentle

**ALL WELCOME  
PLEASE JOIN US**

*\*Gentle Movement\**

Jan 25th, 2018

2:00 - 3:30pm

**Teaching Lodge  
at the Community  
Wellbeing Centre**

50 Meadow drive,  
Deseronto



**Refreshments provided**

**Transportation available**

**To register for the event or if you require transportation please contact:**

**Hannah Hill [613-967-3603](tel:613-967-3603) ext #166**

**Will run the last Thursday of every month**



# Chit Chat With Matt

*Are you or someone you know dealing with cancer?*

Start the conversation and come join us where we talk with **Matt Del Grosso** who is the Integrated Cancer Screening Coordinator @ Kingston General Hospital

**Come and get your “CANSWERS” and join us for coffee and have conversations about cancer and prevention**

**When:** Thursday January 18th, 2018

**Time:** 10:00am-11:00am

**Where:** Community Wellbeing Teaching Lodge



To register for the event or if you require transportation please contact:

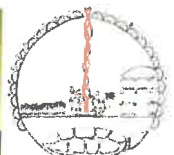
**Hannah Hill at CWC @ 967-3603 ext.166**

**\*\*Will continue to be a monthly event\*\***



**South East  
Regional Cancer Program**

in partnership with Cancer Care Ontario



# January



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 <b>DESERONTO RUN</b>	6
<b>OFFICE CLOSED FOR THE WEEK</b>						
7	8 <i>Simply Fit</i> <b>Ceramics</b>	9 <i>Low-Impact Fitness</i> <i>Meals on Wheels</i> <i>Wii Bowling</i>	10 <i>Simply Fit</i> <b>Diners Club</b> <b>Bingo</b>	11 <i>Napanee Shopping</i> <i>Meals on Wheels</i>	12 <b>DESERONTO RUN</b> <i>Meals on Wheels</i> <b>Scrapbooking</b>	13
14	15 <i>Simply Fit</i> <b>Ceramics</b>	16 <i>Low-Impact Fitness</i> <i>Meals on Wheels</i> <i>Wii Bowling</i>	17 <i>Simply Fit</i> <b>Euchre</b>	18 <i>Meals on Wheels</i> FV outing	19 <b>Breakfast Club</b> <b>DESERONTO RUN</b> <i>Meals on Wheels</i>	20
21	22 <i>Simply Fit</i> <b>Ceramics</b>	23 <i>Low-Impact Fitness</i> <i>Meals on Wheels</i> <i>Wii Bowling</i>	24 <i>Simply Fit</i> <b>Diners Club</b> <b>Bingo</b>	25 <i>Belleville Shopping</i> <i>Meals on Wheels</i> Memory Cafe	26 <b>DESERONTO RUN</b> <i>Meals on Wheels</i> <b>Scrapbooking</b>	27
28	29 <i>Simply Fit</i> <b>Ceramics</b>	30 <i>Low-Impact Fitness</i> <i>Meals on Wheels</i> <i>Wii Bowling</i>	31 <i>Simply Fit</i> <b>Euchre</b>	Ceramics @ Activity Centre 1-3:30pm Euchre @ Activity Centre 1:30-3:30pm Wii Bowling @ Activity Centre 1:30-3:30pm Scrapbooking @ Activity Centre 10am-3pm		