

TYENDINAGA HOME SUPPORT NEWS



REMEMBERING THE ELDERS

OCTOBER 2017

KENTENHA (Time of Poverty)

She:kon,

Monday, October 9th - Thanksgiving / Office Closed

For everyone who signed up for Wii Bowling, it starts this month. Please note new day and time, Tuesdays beginning the 17th from 2 - 4pm.

Be sure to check out all our program ads inside. Any questions or would like to sign up for something? Give us a call!

Nia:wen

Tyendinaga Home Support Program

613-967-0122



Belleville Shopping

When: Thursday, October 19, 2017

Time: Pick up will start at 9:00am

Sign-Up-Deadline: Wednesday, October 18, 2017

Returning: Approximately at 4:30pm

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, contact **Cindy Loft** at **613-967-0122**.



Napanee Shopping

When: Thursday, October 5, 2017

Time: Pick up will start at 9:00am

Limit: 12 people

Cost: \$5.00

Sign-Up-Deadline: Wednesday, October 4, 2017

Returning: Approximately at 3:00pm

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



Deseronto Run

When: Friday, October 6, 13, 27

Time: Pick up will start at 9:00am

Returning: Approximately at 11:30am

Sign-Up-Deadline: The Thursday before trip

Will be stopping at post office, I.D.A , grocery store and Griddle Me This for breakfast at your own expense. If you would like to attend, contact **Cindy Loft** at **613-967-0122**.



Notice

Friday, October 20th we will be taking part in our breakfast program before our Deseronto Run.

Cost for breakfast: Donation

Pick up time will start at : 7:30am



Simply Fit



Our fitness program will include **20 minutes cardio**, muscle endurance, muscle strengthening, balance, stretching with a fully qualified and experienced instructor. It doesn't matter if you have never exercised before, if you are looking for a fun and friendly program to improve your health, this is the class for you!

Must register before starting class.

When: Every Monday and Wednesday starting on Wednesday, Oct 4th program running for 20 weeks.

Time: 10am –11am

Where: Tyendinaga Fitness Resource Centre

If you have any questions please contact **Cindy Loft** at **613-967-0122**.

Low-Impact Fitness Class

Our fitness program will include the cardio in chairs as needed, muscle endurance, muscle strengthening, balance and stretching with a fully qualified and experienced instructor. It doesn't matter if you have never exercised before, if you're looking for a fun friendly program to improve your fitness this is the class for you. Make sure you wear proper foot wear and bring water bottle.

Must register before starting class.

When: Every Tuesday starting Tuesday, Oct 3rd for 20 weeks

Where: Activity Centre

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



Harvest Festival

When: October 17th 9am-noon

Where: Moira Secondary School

Singing, Dancing, Lacrosse, Story
Telling

Lunch provided! No Cost. Limited space

Organized by the Mohawk Class

Transportation available. Please call
Patty Sager at 613-967-0122 sign up

Ceramics



Time: 1pm- 3:30 pm

Cost: \$2.00 (includes the use of supplies)

Location: Home Support Activity Centre

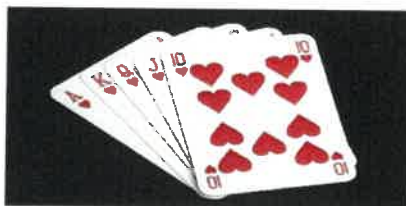
Dates: Oct. 2nd, Oct. 16th and Oct. 23rd, Oct. 30th

Come and enjoy an afternoon of conversation and painting.

*Please call Patty Sager if you require transportation.

* Snacks provided

Euchre



Euchre is free and we play for fun *Prizes *Snacks

Activity Centre 2-4pm ***** NEW TIME*****

Date: Wed. October 4th and Wed. October 18th

Please call Patty Sager the day before the event if you require transportation 613-967-0122 ext. 141



October

Meal Programs

FRIDAY, OCT 20TH

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

IT'S BACK



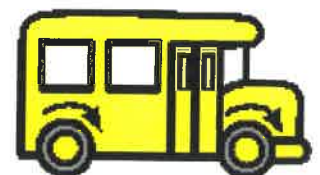
WEDNESDAY, OCT 11TH & 25TH

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

Meals on Wheels,

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

Please insure 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 and 4:00 for Supper Club. Please be ready and waiting!



Canada



Service Canada



You can apply for the Old Age Security (OAS) up to one year before you turn 65.

Are you or your spouse turning 65 this year?

Do you need to complete an application for the Guaranteed Income Supplement (GIS)?

Do you need to complete an application for the Canada Pension Plan (CPP)?

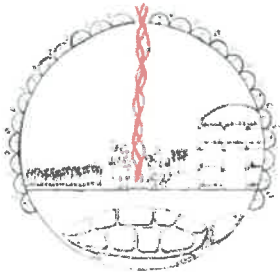
**Friday Nov. 17th at the Community
Wellbeing Centre**

A Service Canada representative will be available for a pension clinic (private individual appointments**)**

- Complete your pension application (OAS, CPP, GIS) or Allowance and Allowance for the survivor

****Transportation may be available upon request****

Call Home Support by Nov. 15th at 613-967-0122 ext. 141 to sign up.



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
October 26th, 2017
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 ext #166

Will run the last Thursday of every month



Seniors Ceramics Class

Come and enjoy tea and coffee with
Tyendinaga Fitness Resource Centre on
November 23, 2017 from 9:15 AM - 11:15 AM

***Special Guest Marlene Murphy will lead
our painting craft.***

To sign up contact Jayna at 613-962-2822

Spaces limited. Please sign up by
October 23rd 2017



OCTOBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Ceramics	3 Low-Impact Fitness Meals on Wheels	4 Simply Fit Euchre	5 Japanese Shopping Meals on Wheels	6 <i>Deseronto Run</i> Meals on Wheels	7
8	9 OFFICE CLOSED THANKSGIVING	10 Low-Impact Fitness Meals on Wheels	11 Simply Fit Diners Club BINGO	12 Meals on Wheels FV Outing	13 <i>Deseronto Run</i> Meals on Wheels Scrapbooking	14
15	16 Simply Fit Ceramics	17 Low-Impact Fitness Meals on Wheels Harvest Festival Trip WII BOWLING	18 Simply Fit Euchre	19 Belleville Shopping Meals on Wheels	20 <i>Deseronto Run</i> Breakfast Club Meals on Wheels	21
22	23 Simply Fit Ceramics	24 Low-Impact Fitness Meals on Wheels WII BOWLING	25 Simply Fit Diners Club BINGO	26 Meals on Wheels Memory Cafe	27 <i>Deseronto Run</i> Meals on Wheels Scrapbooking	28
29	30 Simply Fit Ceramics	31 Low-Impact Fitness Meals on Wheels WII BOWLING	Ceramics @ Activity Centre 1 to 3:30pm Euchre @ Activity Centre 2 to 4pm Scrapbooking @ Activity Centre 10am to 3pm Wii Bowling @ Activity Centre 2 to 4pm			