MESSAGE FROM THE CHIEF

Sge:no,

As the seasons continue to change, so do the activities that we can engage in. The Six Nations Health Services Leisure Guide Winter Edition 2020 outlines a number of activities and events you can get involved in. It is your guide to living a healthy, active and fulfilling winter. We encourage you to be active and to sign up and try something new or continue doing something that you already love. Not only will these activities be good for your overall health, they will give you an opportunity to have some fun with other community members.

I would also like to thank and commend the Six Nations Health Services staff for their fine work in planning and running these activities. Your knowledge and capacity are valued assets for our community that we are all thankful for.

CHIEF MARK B. HILL
Six Nations of the Grand River

MEMBERS OF COUNCIL

Chief Mark B. Hill
Audrey Powless-Bomber
Hazel Johnson
Helen Miller
Kerry Bomber
Melba Thomas
Michelle Bomber
Nathan Wright
Sherri-Lyn Hill Pierce
Wendelyn Johnson

COUNCIL DEPARTMENTS

CENTRAL ADMINISTRATION  |  1695 Chiefswood Road, Ohsweken  |  519-445-2201
FIRE & EMERGENCY SERVICES  |  17 Veterans Lane, Ohsweken  |  519-445-4054
HEALTH SERVICES  |  1745 Chiefswood Road, Ohsweken  |  519-445-2418
HOUSING  |  67 Bicentennial Trail, Ohsweken  |  519-445-2235
LANDS & MEMBERSHIP  |  67 Bicentennial Trail, Ohsweken  |  519-445-4613
PARKS & RECREATION  |  1738 Fourth Line, Ohsweken  |  519-445-4311
PUBLIC WORKS  |  1953 Fourth Line, Ohsweken  |  519-445-4242
SIX NATIONS GRAND RIVER ONTARIO WORKS  |  12 Sunrise Court, Ohsweken  |  519-445-2084
SOCIAL SERVICES  |  16 Sunrise Court, Ohsweken  |  519-445-0232

1695 Chiefswood Road, P.O. Box 5000, Ohsweken ON N0A 1M0
# Right To Play Programs

# Six Nations Canada Prenatal Nutrition Program

# Edwadeko:ni

## Facility Rental Fees (Six Nations Parks & Recreation)

- Six Nations Community Hall Rental Fees
- Gaylord Powless Arena Rental Fees
- Six Nations Ball Diamonds Rental Fees
- Dajoh Youth & Elders Centre Booking Information

## 2020 Events Calendars

- January
- February
- March
- April

## Community & Annual Events

## Workshops & Cooking Classes

## Support Groups

## Getting Active & Movement

## Community & Outdoor Activities

- Tree of Life Food Guide
- Diabetes Wellness Team
- Adult Day Centre Health Services
- Six Nations Home and Community Care Program
- Six Nations Student Nutrition Program
- Cannabis Education
RIGHT TO PLAY

WHEN CHILDREN PLAY, THE WORLD WINS

In partnership with Six Nations Health Promotion presents:

YOUTH LEADERSHIP PROGRAM

Youth are the minds of tomorrow and each possess the passion and vision to become empowered community members looking for change.

With the help of “Right to Play” Health Promotion is creating a group of local youth to play, run and evaluate their own events and activities created by the youth held here in Six Nations.

Group ages will be set between 11-17 years of age.

Youth will build positive leadership skills, teamwork and self-confidence.

Tackling issues that effect everyday life here in the community working with others, sharing their ideas and participating collaboratively.

Contact Us

Charley Hill
Child & Youth Worker
Health Promotion
Phone: 519.445.2809
Email: erinhill@sixnations.ca
Healthy Spirits Youth Group

For Youth Ages 11-17

Mondays & Tuesdays · On-going

Dajoh Youth & Elders Centre
(1738 Fourth Line)

CONTACT US:
519-445-4779
“Improved health of mothers and infants”

The CPNP aims to help mothers make wise decisions during pregnancy and motherhood.

It is available to pregnant moms, breastfeeding & non-breastfeeding moms, infants, and supporting family and friends.

On your first visit you get a nutritious food basket!

Call 519.445.2226 today to book an appointment or email prenatal@sixnations.ca to see how we can help you and your baby!
We will make food for ourselves

In partnership with the ‘Good Food Box’ Program

What you will get?
Each Ḥn̓x̣̓ẉ̓l̓x̣̓ʔən̓ bag will contain a selection of fruit and vegetables chosen according to seasonal availability and price. Bags will also include Ḥn̓x̣̓ẉ̓l̓x̣̓ʔən̓ foods such as: Fiddleheads, corn bread, seeds and live greens.

*Items may differ each month

Price per Bag

Community Member/Family $10 (suitable for 4-5 people)
Community Organizations $20

*You can also pre-order ahead of time for future months

*NOTE: If your bag is not picked up by 6:00pm on the pick-up date, it will be DONATED to a community organization. NO REFUNDS. Thank you

<table>
<thead>
<tr>
<th>Payment Deadline (by 4:30 pm)</th>
<th>Pick-up Date (2-6 pm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 8, 2020</td>
<td>January 15, 2020</td>
</tr>
<tr>
<td>February 12, 2020</td>
<td>February 19, 2020</td>
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<tr>
<td>March 11, 2020</td>
<td>March 18, 2020</td>
</tr>
<tr>
<td>April 8, 2020</td>
<td>April 15, 2020</td>
</tr>
</tbody>
</table>

Drop off your order payment at: White Pines Wellness Centre
Health Promotion & Nutrition Services, 1745 Chiefswood Rd., Monday to Friday 8:30 am to 4:30 pm. For more information call 519-445-2809.

Bags will be available for pick-up in the lobby of White Pines. Deliveries are available. Please request delivery at time of order.
Six Nations Animal Control Services Presents

“Dog Food Days”

Six Nations community members will receive 1 bag of dog food & cat food if available

First Come First Served, Donations Vary Monthly

Held every 3rd Friday of the month
@ the Animal Control Shelter
2470 4th Line[LANDFILL]

9:00AM - 12:00PM

For more information call (519) 445 - 4818
For more information on Parks & Recreation Facility Rental Fees Please Contact: (519) 445-4311

Six Nations Community Hall | Rental Fees
Rates are Effective May 1, 2019 to April 31, 2020

<table>
<thead>
<tr>
<th>Room Description</th>
<th>Hourly Fee 1 to 3 Hours</th>
<th>Hourly Fee 1 to 7 Hours</th>
<th>Total Fee for Booking of 4 Hours Only</th>
<th>Hourly Fee 8 Hours Plus</th>
<th>Total Fee for Booking of 8 Hours Only</th>
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<tbody>
<tr>
<td>Main Hall</td>
<td>$48.00</td>
<td>$43.20</td>
<td>$172.80</td>
<td>$38.40</td>
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<tr>
<td>Kitchen</td>
<td>$34.00</td>
<td>$30.60</td>
<td>$122.40</td>
<td>$27.20</td>
<td>$217.60</td>
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<tr>
<td>Sports Den</td>
<td>$31.00</td>
<td>$27.90</td>
<td>$111.60</td>
<td>$24.80</td>
<td>$198.40</td>
</tr>
</tbody>
</table>

Deposit to Confirm Booking: $25.00

Security Deposit: $250.00

Procedures for Community Hall Bookings:

1. Effective April 1, 2014 the Community Hall will only be rented in 1 hour increments.

2. Booking must be made a minimum of 3 business days prior to the requested date(s).

3. To reserve a Rental Date less than the 3 business days in advance must be approved by the Director of Recreation.

4. The Confirmation Deposit of $25.00 must be paid in CASH within 2 days of making the Booking Request to guarantee the requested Rental Date.

5. Failure to pay the $25.00 Confirmation Deposit within 2 days will forfeit the requested Rental Date.

6. The Confirmation Deposit will be applied to the Rental Fee Total when an invoice is issued for the Community Hall booking.
For more information on Parks & Recreation Facility Rental Fees Please Contact: (519) 445-4311

Gaylord Powless Arena | Rental Fees
Rates are Effective April 1, 2020 to March, 2021

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>6 - 7am</td>
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<tr>
<td>7 - 8am</td>
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<tr>
<td>8 - 9am</td>
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</tr>
<tr>
<td>9 - 10am</td>
<td></td>
<td></td>
<td>Summer: $59</td>
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</tr>
<tr>
<td>10 - 11am</td>
<td></td>
<td></td>
<td>Summer (3 persons or less): $31</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11 - 12pm</td>
<td></td>
<td></td>
<td>Winter: $78</td>
<td></td>
<td></td>
<td>Prime Time Rates</td>
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<tr>
<td>12 - 1pm</td>
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</tr>
<tr>
<td>1 - 2pm</td>
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<td></td>
<td>Winter (3 skaters or less): $44</td>
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<tr>
<td>2 - 3pm</td>
<td></td>
<td></td>
<td>Winter (SN Schools/New Credit): $57</td>
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<tr>
<td>3 - 4pm</td>
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<tr>
<td>4 - 5pm</td>
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<td>5 - 6pm</td>
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<tr>
<td>6 - 7pm</td>
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<td>7 - 8pm</td>
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<td>8 - 9pm</td>
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</tr>
<tr>
<td>9 - 10pm</td>
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</tr>
<tr>
<td>10 - 11pm</td>
<td></td>
<td></td>
<td>Game Admission Services: $13</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>11pm - 12am</td>
<td></td>
<td></td>
<td>SN Minor Associations</td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

**Non-Prime Time Rates**

- Summer: $59
- Winter: $78

**Prime Time Rates**

- Summer: $104 per hour (SN Minor Associations: $73)
- Winter: $146 per hour (SN Minor Associations: $102)

- Fundraiser Food Booth Fee: S.N. Minor Organization – $31 • Junior, Adult & Seniors Teams - $56 per day

**Note:** An Ice Rental Hour is defined as 50 minutes. Closed on all Statutory Holidays as designated in the SN Council’s Employment Policy, unless Special Permission is obtained from the Recreation Director. Security Deposit–$250.00. There will be a Fundraising Food Booth Fee and procedures for requesting to setup a food booth will remain the same.

**Reservation Procedures:**

1. Reservations must be made a minimum of 3 working days in advance of the requested dates. Special permission to reserve time less than 3 working days in advance must be approved by the Recreation Director.
2. All individuals and/or groups must advance a CASH deposit of $25.00 in order to guarantee a booking. This deposit must be paid within 2 days of making the request. Failure to pay the $25.00 deposit within 2 days will result in the forfeit of the rental fee.
3. The CASH deposit will be applied to the Rental Fee Total when an invoice is issued for the ice/floor booking.
**Six Nations Ball Diamonds | Facility Rental Fees**

Rates are Effective April 1, 2020 to March 31, 2021

<table>
<thead>
<tr>
<th>Facilities Description</th>
<th>Rental Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Games / Practices with lights</td>
<td>$40 per hour</td>
</tr>
<tr>
<td>Games / Practices without lights</td>
<td>$29 per hour</td>
</tr>
<tr>
<td><strong>For SN Minor Softball Team Only</strong></td>
<td></td>
</tr>
<tr>
<td>Games / Practices with lights</td>
<td>$25 per hour</td>
</tr>
<tr>
<td>Games / Practices without lights</td>
<td>$20 per hour</td>
</tr>
<tr>
<td>Tournament Fee</td>
<td>$102 per day</td>
</tr>
</tbody>
</table>

**Tournament Fees**

- Both diamonds from 9am - 8pm: $134 per day
- If lights are required after 8pm: $32 per hour

**Batting Cage**

- Non-Contract Customers: $10 per hour
- SN Parks & Rec Seasonal Contract Customer (Minors & Adult Teams): Free

**Game Admission Service**: $13 per hour

**Fundraising Food Booth Fees**

- SN Minor Organization or Teams: $31 per day
- Adult and Senior Teams: $56 per day

- Security Deposit: $250
- Deposit to Confirm Booking: $25

**Reservation Procedures:**

1. Reservations for diamond time must be made a minimum of 3 working days in advance of the requested dates. Special permission to reserve time less than the 3 working days in advance must be approved by the Recreation Director.

2. All individuals and/or groups who intend to reserve the Diamonds only for 1 or 2 days (e.g. Tournaments) must advance a CASH deposit of $250 in order to guarantee the booking. This deposit must be paid within 2 days of making the request. Failure to pay the $25 deposit within 2 days will result in the forfeit of the requested rental date.

3. The Confirmation Deposit will be applied to the Rental Fee Total when an invoice is issued for the Diamond booking.

4. The Customers must pay the Fee and submit a Permission Form to setup a Fundraising Food Booth Fee to the Six Nations Parks and Recreation Department 3 days in advance of the event.
For more information on Parks & Recreation Facility Rental Fees Please Contact: (519) 445-4311

Dajoh Youth & Elders Centre | Booking Information
For more information please contact: (519) 445-4311 ext. 5245

<table>
<thead>
<tr>
<th>Rooms</th>
<th>Equipment Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Tuscarora Multi-Purpose Room 1</td>
<td>• Basketballs</td>
</tr>
<tr>
<td>• Cayuga Multi-Purpose Room 2</td>
<td>• Badminton</td>
</tr>
<tr>
<td>• Tuscarora &amp; Cayuga Joined</td>
<td>• Volleyball</td>
</tr>
<tr>
<td>• Mohawk Office</td>
<td>• Dodgeballs</td>
</tr>
<tr>
<td>• Onondaga Gym – Full</td>
<td>• Sponge Baseballs</td>
</tr>
<tr>
<td>• Onondaga Gym – Half</td>
<td>• Sponge Polo</td>
</tr>
<tr>
<td></td>
<td>• Floor Hockey [kids only]</td>
</tr>
<tr>
<td></td>
<td>• Tchoukball</td>
</tr>
<tr>
<td></td>
<td>• Kickball</td>
</tr>
<tr>
<td></td>
<td>• Pickle Ball</td>
</tr>
</tbody>
</table>

Spring/Summer Dajoh Hours

| Dajoh Drop-In Gym: 1:00pm – 6:00pm         | Senior Games Room: Pool, Shuffleboard, Darts |
| Drop-In Oneida Room: 1:00pm – 9:00pm      | Mon & Wed: 8:30am - Noon                   |
|                                          | Wednesday: 4:00 - 6:00pm                   |
|                                          | Thursday: 8:30am - 6:00pm                  |
|                                          | Friday: 8:30am - 4:00pm                    |

Holiday Hours

1:00pm – 5:00pm | Closed: Christmas Eve, Christmas, Boxing Day, New Years Eve, New Years Day, Easter Sunday & Thanksgiving Day

Booking Procedure:

- Booking for the rooms must be a minimum of 3 working days in advance of the requested dates. Special permission to reserve time less than 3 working days in advance must be approved by the Director of Recreation.

- All individuals and/or groups who intend to book must advance a VISA, Debit or cash damage deposit of:
  - Gym: $250
  - Multi Purpose Rooms/ Drop-In Room/Office: $100

- The Damage Deposit is required for all private events. The Damage Deposit will be refunded within 15 working days after the permit expires and the Post-Facility Report shows that there were not any damages made at the Dajoh.
Background

Jordan’s Principle ensures that First Nations children living on or off reserve can get essential health, education, or social services where and when they need them. Jordan’s Principle is named in memory of Jordan River Anderson, a First Nations child from Norway House Cree Nation in Manitoba. He was born with complex medical needs, and spent the first two years of his life in hospital. When he was ready to come home the province of Manitoba and the federal government argued over who should pay for his home care. Jordan sadly passed away in hospital at the age of five never spending a day in his family home.

Under Jordan’s Principle, We Can:

- Inform families about the help available for their child and how to access it.
- Coordinate access to products, services and supports.
- Provide funding when it’s needed to make sure products, services and supports are accessed without delay.

How Can I Find Out More?

The Jordan’s Principle Navigator is someone who can help you figure out if your child is eligible for funding. They can also guide you through the Jordan’s Principle Process to ensure that you submit all the documents you need for approval.

How Do I Get Started?

1. You find out that your child 0-18 needs a health care/education or social service that is not usually covered. Contact the Jordan’s Principle Navigator to see if your child would be eligible for funding. They can also guide you through the Jordan’s Principle Process to ensure that you submit all the documents you need for approval.

Contact the Jordan’s Principle Navigator

Six Nations Health Services
1745 Chiefswood Road, Ohsweken, N0A 1M0
Phone: 519-445-4983 Email: jordansprinciple@sixnations.ca

For more information you can also call the Jordan’s Principle hotline at 1-855-572-4453 or visit www.canada.ca/jordans-principle
# January 2020 Programs

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Tea &amp; Beading</td>
<td>7 Women's Sharing Circle</td>
<td>8 Everyone Can Cook</td>
</tr>
<tr>
<td>Alcoholics Anonymous Meeting</td>
<td>Self Care for the Care Giver</td>
<td>Second Wind</td>
</tr>
<tr>
<td>Breathe Easy</td>
<td>Drop-in Pickleball</td>
<td>Self Defense</td>
</tr>
<tr>
<td>Mommy Bootcamp</td>
<td>Family Swim</td>
<td>Public Skate</td>
</tr>
<tr>
<td>LunchFIT</td>
<td>Aqua Fit Exercise Program</td>
<td>LunchFIT</td>
</tr>
<tr>
<td>Badminton</td>
<td>Sit to be Fit</td>
<td>Equipment Servicing Clinic</td>
</tr>
<tr>
<td>Second Wind</td>
<td>Knit/Crochet Circle</td>
<td>Edwadeko:ni Order Deadline</td>
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<tr>
<td>Public Skate</td>
<td>Karaoke</td>
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<tr>
<td>Old Mush Singers</td>
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</tr>
<tr>
<td>13 Tseh Niyogwai:ho'de: Program</td>
<td>14 Batch Cooking</td>
<td>20 Ohahase &quot;New Path&quot; Program</td>
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<tr>
<td>Tea &amp; Beading</td>
<td>Women's Sharing Circle</td>
<td>Second Wind</td>
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<td>Alcoholics Anonymous Meeting</td>
<td>Self Care for the Care Giver</td>
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<td>Drop-in Pickleball</td>
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<td>Family Swim</td>
<td>LunchFIT</td>
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<tr>
<td>LunchFIT</td>
<td>Aqua Fit Exercise Program</td>
<td>Edwadeko:ni Pick-up</td>
</tr>
<tr>
<td>Badminton</td>
<td>Sit to be Fit</td>
<td>After School [ILT &amp; Kawennio]</td>
</tr>
<tr>
<td>Second Wind</td>
<td>Knit/Crochet Circle</td>
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<tr>
<td>Public Skate</td>
<td>Karaoke</td>
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<tr>
<td>Family Fun Night</td>
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<td></td>
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<tr>
<td>After School [OMS &amp; ECG]</td>
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<tr>
<td>Country Music</td>
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</tr>
<tr>
<td>20 Tseh Niyogwai:ho'de: Program</td>
<td>21 Baby Food Making</td>
<td>22 Ohahase &quot;New Path&quot; Program</td>
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<tr>
<td>Tea &amp; Beading</td>
<td>Women's Sharing Circle</td>
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<tr>
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<td>Public Skate</td>
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<td>Mommy Bootcamp</td>
<td>Family Swim</td>
<td>LunchFIT</td>
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<tr>
<td>LunchFIT</td>
<td>Aqua Fit Exercise Program</td>
<td>After School</td>
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<tr>
<td>Badminton</td>
<td>Sit to be Fit</td>
<td>[ILT &amp; Kawennio]</td>
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<tr>
<td>Second Wind</td>
<td>Knit/Crochet Circle</td>
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<td>Public Skate</td>
<td>Karaoke</td>
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<td>Family Fun Night</td>
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<tr>
<td>After School [OMS &amp; ECG]</td>
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</tr>
<tr>
<td>27 Tseh Niyogwai:ho'de: Program</td>
<td>28 Baby Food Making</td>
<td>29 Hunter's Dinner</td>
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<td>Karaoke</td>
<td>[ILT &amp; Kawennio]</td>
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<tr>
<td>Family Fun Night</td>
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<td>After School [OMS &amp; ECG]</td>
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<tr>
<td>THURSDAY</td>
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| • Family No:ia Celebration | • Co-ed Relapse Prevention  
• Tai Chi  
• Public Skate | • Narcotics Anonymous |
| 9        | 10     | 11             |
| • Kids Cooking Class  
• Wellbriety Group  
• Tai Chi  
• Moccasin Walkers  
• Mommy Bootcamp  
• Movie Nights | • Co-ed Relapse Prevention  
• Tai Chi  
• Arthritis Class  
• Public Skate | • Narcotics Anonymous  
• Public Skate |
| 16       | 17     | 18             |
| • Youth Cooking Project  
• Wellbriety Group  
• Tai Chi  
• Moccasin Walkers  
• Mommy Bootcamp  
• After School [Everlasting Tree, Jamieson & JC Hill]  
• Movie Nights | • Co-ed Relapse Prevention  
• Dog Food Days  
• Tai Chi  
• Arthritis Class  
• Public Skate | • Narcotics Anonymous  
• Public Skate |
| 23       | 24     | 25             |
| • Youth Cooking Project  
• Wee Ones Cooking Class  
• Wellbriety Group  
• Tai Chi  
• Moccasin Walkers  
• Mommy Bootcamp  
• Public Skate  
• After School [Everlasting Tree, Jamieson & JC Hill]  
• Movie Nights | • Co-ed Relapse Prevention  
• Tai Chi  
• Arthritis Class  
• PA Day Camp  
• Food Bank Trip | • Narcotics Anonymous  
• Public Skate |
| 30       | 31     |                 |
| • Youth Cooking Project  
• Wellbriety Group  
• Breastfeeding Social Group  
• Tai Chi  
• Moccasin Walkers  
• Mommy Bootcamp  
• After School [Everlasting Tree, Jamieson & JC Hill]  
• Stories Around the Fire | • Co-ed Relapse Prevention  
• Tai Chi  
• Arthritis Class  
• Public Skate  
• Food Bank Trip | |
# February 2020 Programs

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<th>MONDAY</th>
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</table>
| • Tea & Beading  
• Alcoholics Anonymous Meeting  
• Ohahase "New Path" Program  
• Breathe Easy  
• Mommy Bootcamp  
• LunchFIT  
• Badminton  
• Second Wind  
• Public Skate  
• Family Fun Night  
• After School (OMS & ECG)  
• Old Mush Singers | • Baby Food Making  
• Women's Sharing Circle  
• Self Care for the Care Giver  
• Lil Miss Empowerment Program  
• Drop-in Pickleball  
• Family Swim  
• Aqua Fit Exercise Program  
• Sit to be Fit  
• Knit/Crochet Circle  
• Karaoke | • Ohahase "New Path" Program  
• Infant Series  
• Second Wind  
• Self Defense  
• Public Skate  
• LunchFIT  
• After School (ILT & Kawennio) |
| 10     |         |           |
| • Tseh Niyogwai:ho'de: Program  
• Alcoholics Anonymous Meeting  
• Ohahase "New Path" Program  
• Messy Baby Play  
• Mommy Bootcamp  
• LunchFIT  
• Badminton  
• Second Wind  
• Public Skate  
• Family Fun Night  
• After School (OMS & ECG)  
• Bluegrass Music | • Baby Food Making  
• Women's Sharing Circle  
• Self Care for the Care Giver  
• Lil Miss Empowerment Program  
• Drop-in Pickleball  
• Family Swim  
• Aqua Fit Exercise Program  
• Sit to be Fit  
• Knit/Crochet Circle  
• Karaoke | • Everyone Can Cook  
• Ohahase "New Path" Program  
• Infant Series  
• Second Wind  
• Self Defense  
• Public Skate  
• LunchFIT  
• Equipment Servicing Clinic  
• Edwadekoni Order Deadline  
• After School (ILT & Kawennio) |
| 17     |         |           |
| Family Day  
• Tseh Niyogwai:ho'de: Program  
• Alcoholics Anonymous Meeting  
• Public Skate  
• Country Music | • Baby Food Making  
• Soup Share  
• Women's Sharing Circle  
• Self Care for the Care Giver  
• Lil Miss Empowerment Program  
• Drop-in Pickleball  
• Family Swim  
• Aqua Fit Exercise Program  
• Sit to be Fit  
• Knit/Crochet Circle  | • Cook As a Family Workshop  
• Ohahase "New Path" Program  
• Mom & Talks  
• Idle Hands Program  
• Infant Series  
• Second Wind  
• Self Defense  
• Public Skate  
• LunchFIT  
• Edwadekoni Pick-up  
• After School (ILT & Kawennio) |
| 24     |         |           |
| • Tseh Niyogwai:ho'de: Program  
• Alcoholics Anonymous Meeting  
• Ohahase "New Path" Program  
• Messy Baby Play  
• Mommy Bootcamp  
• LunchFIT  
• Badminton  
• Second Wind  
• Public Skate  
• Family Fun Night  
• After School (OMS & ECG) | • Baby Food Making  
• Soup Share  
• Women's Sharing Circle  
• Self Care for the Care Giver  
• Lil Miss Empowerment Program  
• Drop-in Pickleball  
• Family Swim  
• Aqua Fit Exercise Program  
• Sit to be Fit  
• Knit/Crochet Circle  
• Karaoke | • Ohahase "New Path" Program  
• Mom & Talks  
• Infant Series  
• Second Wind  
• Self Defense  
• Public Skate  
• LunchFIT  
• After School (ILT & Kawennio) |
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<td>After School [Everlasting Tree, Jamieson &amp; JC Hill]</td>
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<td>Stories Around the Fire</td>
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Legend:  
- [ ] Community Events  
- [ ] Workshops & Cooking Classes  
- [ ] Getting Active/Movement  
- [ ] Community & Outdoor Activities  
- [ ] Support Groups
# March 2020 Programs

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<tr>
<td>Tseh Niyogwai:ho’de: Program&lt;br&gt;Alcoholics Anonymous Meeting&lt;br&gt;Ohahase &quot;New Path&quot; Program&lt;br&gt;Breathe Easy&lt;br&gt;Mommy Bootcamp&lt;br&gt;LunchFIT&lt;br&gt;Badminton&lt;br&gt;Second Wind&lt;br&gt;Public Skate&lt;br&gt;After School (OMS &amp; ECG)&lt;br&gt;Old Mush Singers</td>
<td>Batch Cooking&lt;br&gt;Soup Share&lt;br&gt;Women's Sharing Circle&lt;br&gt;Self Care for the Care Giver&lt;br&gt;Lil Miss Empowerment Program&lt;br&gt;Drop-in Pickleball&lt;br&gt;Family Swim&lt;br&gt;Aqua Fit Exercise Program&lt;br&gt;Sit to be Fit&lt;br&gt;Knit/Crochet Circle&lt;br&gt;Karaoke</td>
<td>Nutrition Month 2020&lt;br&gt;Ohahase &quot;New Path&quot; Program&lt;br&gt;Mom &amp; Talks&lt;br&gt;Second Wind&lt;br&gt;Self Defense&lt;br&gt;Public Skate&lt;br&gt;LunchFIT&lt;br&gt;After School (ILT &amp; Kawennio)</td>
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<td>Tseh Niyogwai:ho’de: Program&lt;br&gt;Alcoholics Anonymous Meeting&lt;br&gt;Ohahase &quot;New Path&quot; Program&lt;br&gt;Mommy Bootcamp&lt;br&gt;LunchFIT&lt;br&gt;Badminton&lt;br&gt;Second Wind&lt;br&gt;Public Skate&lt;br&gt;After School (OMS &amp; ECG)&lt;br&gt;Bluegrass Music</td>
<td>Soup Share&lt;br&gt;Women's Sharing Circle&lt;br&gt;Self Care for the Care Giver&lt;br&gt;Lil Miss Empowerment Program&lt;br&gt;Drop-in Pickleball&lt;br&gt;Family Swim&lt;br&gt;Aqua Fit Exercise Program&lt;br&gt;Sit to be Fit&lt;br&gt;Knit/Crochet Circle&lt;br&gt;Karaoke</td>
<td>Everyone Can Cook&lt;br&gt;Ohahase &quot;New Path&quot; Program&lt;br&gt;Mom &amp; Talks&lt;br&gt;Second Wind&lt;br&gt;Self Defense&lt;br&gt;Public Skate&lt;br&gt;LunchFIT&lt;br&gt;Equipment Servicing Clinic&lt;br&gt;Edwadeko:ní Order Deadline&lt;br&gt;After School (ILT &amp; Kawennio)</td>
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<td>March Break&lt;br&gt;Alcoholics Anonymous Meeting&lt;br&gt;Ohahase &quot;New Path&quot; Program&lt;br&gt;Badminton&lt;br&gt;Second Wind&lt;br&gt;Public Skate&lt;br&gt;Country Music</td>
<td>Soup Share&lt;br&gt;Women's Sharing Circle&lt;br&gt;Self Care for the Care Giver&lt;br&gt;Family Swim&lt;br&gt;Aqua Fit Exercise Program&lt;br&gt;Sit to be Fit&lt;br&gt;March Break Program&lt;br&gt;Knit/Crochet Circle</td>
<td>Ohahase &quot;New Path&quot; Program&lt;br&gt;Mom &amp; Talks&lt;br&gt;Second Wind&lt;br&gt;Self Defense&lt;br&gt;Public Skate&lt;br&gt;March Break Program&lt;br&gt;Edwadeko:ní Pick-up</td>
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<td>Tseh Niyogwai:ho’de: Program&lt;br&gt;Alcoholics Anonymous Meeting&lt;br&gt;Mommy Bootcamp&lt;br&gt;LunchFIT&lt;br&gt;Badminton&lt;br&gt;Second Wind&lt;br&gt;Public Skate</td>
<td>Baby Food Making&lt;br&gt;Soup Share&lt;br&gt;Women's Sharing Circle&lt;br&gt;Self Care for the Care Giver&lt;br&gt;Lil Miss Empowerment Program&lt;br&gt;Family Swim&lt;br&gt;Aqua Fit Exercise Program&lt;br&gt;Sit to be Fit&lt;br&gt;Knit/Crochet Circle&lt;br&gt;Karaoke</td>
<td>Mom &amp; Talks&lt;br&gt;Idle Hands Program&lt;br&gt;Second Wind&lt;br&gt;Self Defense&lt;br&gt;Public Skate&lt;br&gt;LunchFIT&lt;br&gt;Two Row on the Grand Information Night</td>
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<td>Tseh Niyogwai:ho’de: Program&lt;br&gt;ASIST Training&lt;br&gt;Alcoholics Anonymous Meeting&lt;br&gt;Mommy Bootcamp&lt;br&gt;LunchFIT&lt;br&gt;Badminton&lt;br&gt;Second Wind&lt;br&gt;Little Green Thumbs&lt;br&gt;Animal Tracks &amp; Snacks</td>
<td>ASIST Training&lt;br&gt;Baby Food Making&lt;br&gt;Soup Share&lt;br&gt;Women's Sharing Circle&lt;br&gt;Self Care for the Care Giver&lt;br&gt;Lil Miss Empowerment Program&lt;br&gt;Family Swim&lt;br&gt;Knit/Crochet Circle&lt;br&gt;Karaoke</td>
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**Legend:**
- Community Events
- Workshops & Cooking Classes
- Getting Active/Movement
- Community & Outdoor Activities
- Support Groups

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<td>• Kids Cooking Class</td>
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# April 2020 Programs

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| 1 • Triple P Program  
• Mom & Talks  
• Infant Series  
• Second Wind  
• LunchFIT | 1  
• Alcoholics Anonymous Meeting  
• Breathe Easy  
• Mommy Bootcamp  
• LunchFIT  
• Badminton  
• Second Wind  
• Old Mush Singers  
• Animal Tracks & Snacks | ![Image](image3.png) |
| 6 • Alcoholics Anonymous Meeting  
• Breathe Easy  
• Mommy Bootcamp  
• LunchFIT  
• Badminton  
• Second Wind  
• Old Mush Singers  
• Animal Tracks & Snacks | 7 • Baby Food Making  
• Soup Share  
• Women's Sharing Circle  
• Self Care for the Care Giver  
• Lil Miss Empowerment Program  
• Knit/Crochet Circle  
• Karaoke | ![Image](image4.png) |
| 13 • Alcoholics Anonymous Meeting  
• LunchFIT  
• Second Wind  
• Bluegrass Music | 14 • Baby Food Making  
• Soup Share  
• Women's Sharing Circle  
• Self Care for the Care Giver  
• Lil Miss Empowerment Program  
• Knit/Crochet Circle  
• Karaoke | ![Image](image5.png) |
| 20 • Alcoholics Anonymous Meeting  
• Second Wind  
• Badminton  
• Country Music | 21 • Baby Food Making  
• Women's Sharing Circle  
• Self Care for the Care Giver  
• Knit/Crochet Circle | ![Image](image6.png) |
| 27 • Alcoholics Anonymous Meeting  
• Second Wind  
• Badminton  
• Little Green Thumbs | 28 • Baby Food Making  
• Women's Sharing Circle  
• Self Care for the Care Giver  
• Knit/Crochet Circle  
• Karaoke | ![Image](image7.png) |
| 28 • Hunter's Dinner  
• Batch Cooking  
• Second Wind | 29 |
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Are You at Risk for Falls?

MAJOR CAUSES OF FALLS:

- Change in walking, balance or mobility or muscle weakness
- Vision problems
- Cognitive changes (changes to your memory, concentration or attention)
- Urinary Incontinence
- Complications of diabetes including low blood sugar or decreased sensation to feet/legs.
- Hazards at home/ enviro – loose rugs, clutter, pets, stairs, ice
- Heart or breathing conditions
- Certain prescribed medications
- Alcohol or other drugs

PREVENTION IS KEY!

TIPS TO PREVENT FALLS:

- Ask your doctor or pharmacist to review your medications and their side effects.
- Get your eyes checked by an eye doctor at least once a year.
- Reduce or eliminate alcohol or other drugs.
- Speak to your family doctor or specialist to manage the complications of diabetes, heart and breathing conditions.
- Make your home environment safer by reducing tripping hazards, increasing lighting, adding grab bars in or out of the shower, railings on ramps/ stairs and clearing ice.
- Exercise regularly if approved by a physician. Focus on increasing leg strength and balance. See below for how to get connected to a Physiotherapist and Occupational Therapist at Therapy Services.

Call Therapy Services for an appointment

519-445-4779

Six Nations Health Services
COMMUNITY & ANNUAL EVENTS

Family No:ia Celebration
Join Child and Family Services for a family celebration of the New Year and learn about programs and services available in the community. Ages: Familles - All Ages.

Date: Thursday, January 2, 2020
Location: Iroquois Lacrosse Arena [2320 2nd Line]
Time: 11:00am-2:30pm
Contact: (519) 445-2950

Hunters Dinner
Calling all experienced hunters, new hunters, never been a hunter but want to hunt. Join us for a DELICIOUS DINNER and BRAINSTORMING SESSION about hunting, connecting hunters together and helping to rebuild the hunting skills in our community! All Ages.

Date: Wednesday, January 29, 2020
Location: Six Nations Community Hall [1738 4th Line]
Time: 6:00pm
Contact: (519) 445-4779

Qgwatseno:ni: Gohsrehneh awa:dó (We are all happy it has become winter)
Let’s all get together and celebrate winter with fun and knowledge sharing! We will have snaring demonstrations, snowsnake demonstrations and practice ice fishing. Enjoy some yummy hot chocolate, snacks, maple syrup snowcones, PRIZES and much more! All Ages.

Date: Friday, February 7, 2020
Location: Six Nations Community Hall [1738 4th Line]
Time: 2:30pm-6:30pm
Contact: (519) 445-4779

Valentines Day Social
Valentines Day Social, Dinner Games and Prizes! All Ages. Transportation is available upon request. Registration between January 27 - February 13, 2020.

Date: Thursday, February 13, 2020
Location: Six Nations Community Hall [1738 4th Line]
Time: 6:00pm-9:00pm
Contact: (519) 445-2809 or jadejohnson@sixnations.ca

Nutrition Month 2020: Celebrating Sustenance from an Indigenous Perspective
A fun-filled evening with speakers, prizes and a scrumptious dinner focusing on healthy living with traditional foods. All Ages. Transportation is available upon request. Registration starts February 10.

Date: Wednesday, March 4, 2020
Location: Six Nations Community Hall [1738 4th Line]
Time: 5:00pm-8:00pm
Contact to Register: (519) 445-2809

Anti-Bullying/School Violence Event
Community Members - All Ages welcome!

Date: April 2020
Location: Six Nations Community Hall [1738 4th Line]
Time: 11:00am-3:00pm
Contact: (519) 445-2950
WORKSHOPS & COOKING CLASSES

Tséh Niyógwai:ho’dé: (Our Haudenosaunee Way of Life) Youth Program  *NEW*
This program provides youth with an introduction to Haudenosaunee social singing and dancing, history, teachings & skills. The program will foster a connection to culture and practices to promote wellness. Youth will be able to learn a number of skills including rattle making, drum making, songs, dances and languages/speeches. Ages: Youth 10+. Registration starts January 3, 2020. Transportation is available.

Date: Mondays, January 6, 13, 20, 27 / February 10, 17, 24 / March 2, 9, 23, 30
Time: 4:00-6:00pm
Location: Dajoh Youth & Elders Centre (1738 Fourth Line)
Contact to Register: Cam Hill (226) 227-9990

Tséh Niyógwai:ho’dé: (Our Haudenosaunee Way of Life) Workshop
This workshop is an introduction to Haudenosaunee knowledge, history, teachings, ceremonies & traditional medicines. The workshop focuses on providing participants with the tools to incorporate culture into their every day lives to help foster peace and wellness. Ages: 18+. Registration starts January 6, 2020.

Date: Thursday, February 20 - Friday, February 21, 2020
Time: 9:30am-3:30pm
Location: TBA
Contact to Register: Cam Hill (226) 227-9990

Tea and Beading
Learn to bead while chatting and having a cup of tea and snacks. Learn to make earrings. Ages: 10+. Register between December 9 - January 6, 2020. Transportation is available upon request.

Dates: Mondays, January 6 - February 3, 2020
Location: TBA
Time: 5:00-7:00pm
Contact to Register: (519) 445-2809 or jadejohnson@sixnations.ca

Prenatal Class
For expectant parents, a weekend of information sessions on how to transition from a couple to a family. Teachings of nutrition, labour and birth, comfort measures, newborn care, postpartum care, breastfeeding and self care. Ages: Expectant Moms of All Ages.

Dates: Saturday, March 21 - Sunday, March 22, 2020
Location: Six Nations Maternal & Child Centre
Time: 9:00am-3:30pm – Snacks & lunch provided
Contact to Register: Ashley King (519) 445-4922
Registration Start Date: February, 2020
WORKSHOPS & COOKING CLASSES

ASIST - Applied Suicide Intervention Skills Training
Free 2 day training workshop. You will learn to recognize signs, provide intervention and develop a safety plan. Ages: 16+.

Dates: Monday, March 30 - Tuesday, March 31, 2020
Location: TBA
Time: 8:30am-4:00pm
Contact to Register: [519] 445-2143  Registration Start Date: March 2, 2020

SafeTalk Training
Suicide intervention training. Learn how to recognize the signs and symptoms of suicide. Ages: 13+.

Dates: Thursday, April 16, 2020
Location: White Pines Wellness Centre [1745 Chiefswood Rd]
Time: 5:00-8:00pm
Contact to Register: [519] 445-2143 ext. 2657 or nakols@sixnations.ca

Cooking Classes for Kids

Everyone Can Cook
Join us for an inclusive cooking class featuring adaptive kitchen tools, small class size and easy to follow nutritious recipes. Teaching food literacy skills to help build a more inclusive, healthier community. Ages: 4-18.

Dates: Wednesdays: January 8, February 12 & March 11, 2020
Location: Child & Youth Board Room [2nd Floor of White Pines] [1745 Chiefswood Rd]
Time: 5:00-7:00pm
Contact to Register: Angelie or Kyleigh [519] 445-4983 ext. 2613
Registration Start Date: Dec 2, 2019

Kids Cooking Class
Kids will prepare a healthy meal for themselves and one adult guest. Kids will learn the basics of safe food handling, kitchen safety, meal preparation skills and have lots of fun too! Kids ages 7-11.

Dates: Thursdays: January 9, February 6, March 5 or April 2, 2020
Location: White Pines Wellness Centre [1745 Chiefswood Rd]
Time: 4:30-7:00pm
Contact to Register: [519] 445-4779  Registration Start Date: Jan 2, 2020
WORKSHOPS & COOKING CLASSES

Cooking Classes for Kids (cont)

Youth Cooking Project: With Emphasis on Self-Care
Let us be mindful of a positive relationship with healthy, nutritious food. This class was designed to build food skills and awareness to a variety of foods. Enjoy food that you make weekly and participate in various activities. In addition to the food that you get to enjoy there is also a spa day planned on March 7, to Hamilton. **Preteen/Teens Ages: 13-18 years.**

**Date:** Thursday: January 16, 23, 30 & February 6, 13, 20, 27, 2020  
**Location:** Child & Youth Health Boardroom [2nd Floor of White Pines] [1745 Chiefswood Rd]  
**Time:** 5:00-7:00pm  
**Contact to Register:** Angelie or Kyleigh (519) 445-4893 ext. 2613  
**Registration Start Date:** Dec 2, 2020

**Wee Ones Cooking Class**
A class specially designed for our littlest chefs. Kids will prepare a healthy meal for themselves and one adult guest. Kids will learn the basics of safe food handling, kitchen safety, meal preparation skills and have lots of fun too! **Kids ages 4-6.**

**Dates:** Thursdays: January 23, February 27, March 26 or April 30, 2020  
**Location:** White Pines Wellness Centre [1745 Chiefswood Rd]  
**Time:** 4:30-7:00pm  
**Contact to Register:** (519) 445-4779  
**Registration Start Date:** January 2, 2020

Cooking Classes for Adults & Families

**Batch Cooking**
Join us in making freezer meals that you can have ready in no time on busy days! Childcare is available. **Ages: Busy Families. Transportation Is available.**

**Location:** Family Gatherings at Stoneridge [18 Stoneridge Circle]  
**Registration Start Date:** December 2019  
**Contact to Register:** (519) 445-4779  
**Contact for Transportation:** (519) 445-2565

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WORKSHOPS & COOKING CLASSES

Baby Food Making
During this 6-week series, parents/caregivers will learn to prepare baby food for their babies. Parents and caregivers of babies approx. 6 months of age. Transportation is available.

Dates: Tuesdays: January 21 - February 25 or March 24 - April 28, 2020
Location: Family Gatherings at Stoneridge (18 Stoneridge Circle)
Time: 10:00am-12:00pm  Registration Start Date: January 6, 2020
Contact to Register: (519) 445-4779  Contact for Transportation: (519) 445-2565

Soup Share
Nothing warms the soul like a warm bowl of soup. Join us to make a selection of different soups every week. We will make the soups, taste and enjoy them. You will take soup home and recipes for all the different soups. Ages: 16+.

Dates: Tuesdays: February 18, 25 / March 3, 10, 17, 24, 31 / April 7, 14, 2020
Location: White Pines Wellness Centre - Kitchen 2nd Floor (1745 Chiefswood Rd)
Time: 5:00-8:00pm  Registration Start Date: January 20, 2020

Cook As a Family Workshop  *NEW*
Come together and cook as a family! Learn how to navigate the grocery store on a budget while learning to make some nutritious foods. Enjoy a small class size and receive one on one support while cooking. Childcare will be provided if necessary at the facility. Families with or without children.

Dates: Wednesday, February 19, 2020
Location: Stoneridge Daycare (18 Stoneridge Circle)
Time: 5:00-7:00pm
Contact to Register: Angelie or Kyleigh (519) 445-4893 ext. 2613
Registration Start Date: January 15, 2020

Edwadeko:ni Cooking Class
Learn to make wholesome meals from the Edwadeko:ni bag. Take home recipes, leftovers from class and a Edwadeko:ni bag. Age: 16+. Transportation is available for the morning class only.

Dates: Thursdays: February 20, March 19 & April 16, 2019
Location: White Pines Wellness Centre - The Gathering Place on the 2nd Floor (1745 Chiefswood Rd)
Time: 10:00am-1:00pm and 5:00-8:00pm
Contact to Register: (519) 445-4779  Registration Start Date: January 1, 2020
WORKSHOPS & COOKING CLASSES

Ogwakwi:yô
Ogwakwi:yô is an 8 week lifestyle program designed to teach you: food education, how to prepare food & ways to be physically active. Ages: Adults. Transportation is available.

Dates: Thursdays: March 5 - April 23, 2020
Location: White Pines Wellness Centre - The Gathering Place on the 2nd Floor (1745 Chiefswood Rd)
Time: 5:00-8:00pm
Contact to Register: (519) 445-2809
Registration Start Date: February 10, 2020

SUPPORT GROUPS

Co-Ed Relapse Prevention Sharing Circle *NEW*
Drop in sharing circle for men and women to support and discuss relapse prevention strategies. Ages: Adults and Seniors.

Dates: Fridays: December, 2019 ongoing [except holidays]
Location: Egowadiya’dagenha’ Land Based Healing Centre (1546 Chiefswood Rd.)
Time: 7:00-9:00pm
Contact to Register: (226) 446-9902

Narcotics Anonymous *NEW*
Drop in support group to assist those struggling with drug addiction. Ages: Adults and Seniors.

Dates: Saturdays: December, 2019 ongoing [except holidays]
Location: Egowadiya’dagenha’ Land Based Healing Centre [1546 Chiefswood Rd.]
Time: 2:00-4:00pm
Contact to Register: (226) 446-9902

Alcoholics Anonymous Meeting *NEW*
Drop in support group for those struggling with alcohol addiction. Ages: Adults and Seniors.

Dates: Mondays: December, 2019 ongoing [except holidays]
Location: Egowadiya’dagenha’ Land Based Healing Centre [1546 Chiefswood Rd.]
Time: 6:00-8:00pm
Contact to Register: (226) 446-9902
Women’s Sharing Circle  *NEW*
Drop in sharing circle for women to support each other. **Ages: Adults and Seniors [Female].**

**Dates:** Tuesdays: December, 2019 ongoing [except holidays]
**Location:** Egowadiya’dagenha’ Land Based Healing Centre [1546 Chiefswood Rd.]
**Time:** 7:00-9:00pm
**Contact to Register:** [226] 446-9902

**Breathe Easy**
Support program for individuals with life-long lung diseases. Individuals will have opportunity to connect and explore resources available to manage breathing conditions and other aspects of life. Monthly class run by Occupational Therapist and Traditional Wellness Co-ordinator. **Open to Individuals with Lifelong Lung Diseases. Transportation Is Available.**

**Dates:** Mondays: January 6, February 3, March 2 & April 6, 2020
**Location:** Dajoh Youth & Elders Centre [1738 Fourth Line]
**Time:** 11:00am-12:00pm
**Contact to Register for Transportation:** [519] 445-4779 ext. 2288

**Self Care for the Care Giver**
The importance of self care to restore yourself. Self care is an essential process to rejuvenate your body, mind & spirit, especially when you are caring for a family member. **Ages: 18+**

**Dates:** Tuesdays: January 7 - April 28, 2020
**Location:** Dajoh Youth & Elders Centre [1738 Fourth Line]
**Time:** 12:00-3:00pm
**Contact to Register:** [519] 445-4779

**Wellbriety Group**
12 Step and Medicine Wheel Teachings. **Ages: 18+ [co-ed]**

**Dates:** Thursday Evenings: January 9 - March 27, 2020
**Location:** Six Nations Mental Health and Addictions Team Building
**Time:** 6:30pm - 8:30pm
**Contact to Register:** Barry Miller [519] 445-2143. Register anytime prior to January 9, 2020.
SUPPORT GROUPS

Ohahase "New Path" Treatment Program
A 10-week addiction treatment program. Gaining knowledge, and awareness of learned behaviours and unhealthy choices. Creating opportunities to make healthier changes. Ages: 18+ [co-ed]. Transportation is available.

Dates: Monday and Wednesday Mornings: January 13 - March 18, 2020
Location: Six Nations Mental Health and Addictions Team Building
Time: 9:00am-12:00pm

Dog Food Days
Six Nations community members will receive 1 bag of dog food & cat food if available. All Ages

Dates: Every 3rd Friday: January 17, February 21, March 20 & April 17, 2020
Location: Landfill Site - Animal Control Shelter [2470 Fourth Line Rd.]
Time: 9:00am-12:00pm or until food runs out
Contact: [519] 445-4818

Breastfeeding Social Group
All who support breastfeeding are welcome to share and support. Join is for lunch. Ages: All who support breastfeeding - mothers, grandmothers, aunts, uncles, daughters, sons, fathers, grandfathers.

Dates: Last Thursday of month: January 30, February 27, March 26 & April 30, 2020
Location: Stoneridge Resource Centre (18 Stoneridge Circle)
Time: 12:00-1:30pm
Contact: Stephanie [519] 445-4922

Lil Miss Empowerment 10 Week Program
This program encourages and fosters self-efficacy, self-expression, authenticity in relating to themselves and others, internal empowerment, decision-making skills and increased self-esteem. Age: Girls 9-12

Dates: Tuesdays: February 4 - April 14, 2020
Location: White Pines Wellness Centre - The Gathering Place [1745 Chiefswood Rd]
Time: 4:30-7:00pm [Dinner provided]
Contact to Register: [519] 445-2809 or [519] 445-4779 Registration Start Date: Jan 15-29, 2020
SUPPORT GROUPS

Infant Series
A group to support the needs, growth and development of babies ages 0-1 years old. **Age: Parents, Caregivers & Guardians. Transportation is available with 24 hours notice.**

**Dates:** Wednesdays: February 5, 12, 19, 26 & April 1, 8, 15, 22, 2020
**Location:** Family Gatherings at Stoneridge (18 Stoneridge Circle)
**Time:** 10:00am-12:00pm
**Contact to Register:** [519] 445-2565

Relapse Prevention Program
"Stay the Course" A program to gain awareness of high-risk situations and triggers that can lead to a relapse. Create a plan to avoid a relapse and make healthier choices. **Age: 18+ [co-ed]**

**Dates:** Friday Evenings: February 7 - March 27, 2020
**Location:** Six Nations Mental Health and Addictions Team Building
**Time:** 6:30-8:30pm
**Contact to Register:** Barry Miller [519] 445-2143. Register anytime prior to February 7, 2020.

Messy Baby Play
Time to get messy! Come and join us for an interactive sensory play for your baby. **Ages: Parents, Caregivers & Guardians. Transportation is available with 24 hour notice.**

**Dates:** Mondays: February 10 & 24, 2020
**Location:** Family Gatherings at Stoneridge (18 Stoneridge Circle)
**Time:** 1:30-2:30pm
**Contact to Register:** [519] 445-2565

Idle Hands
Idle Hands is an alternative program for those wanting to learn about preventative ways to quit smoking during these 3 months. This program will encourage participants to refrain from smoking for a few hours while we learn how to work on small project[s] once a month by keeping your hands busy. There will be a new project each month starting from February to April, 2020. There will be a light lunch served to those who participate. We will have 10 spots available, we look forward to working with you and sharing information but also learning a new project[s] over the next 3 months. **Adults 18+**

**Dates:** Wednesdays: First 3 month begins February 19, March 25 & April 22, 2020
**Location:** White Pines Wellness Centre - The Gathering Place (1745 Chiefswood Rd)
**Time:** 10:00am-2:00pm [Lunch Provided]
**Contact to Register:** [519] 445-4779

Registration Start Date: Feb & Apr, 2020
SUPPORT GROUPS

Mom & Talks
A fun, social program for moms to meet other moms, to share their knowledge and learn different topics such as cooking, sewing and crafts. Moms of all ages welcome!

Dates: Wednesday Evenings: February 19 - April 1, 2020
Location: Six Nations Maternal & Child Centre
Time: 5:00pm-8:00pm [light supper provided]
Contact to Register: Ashley King [519] 445-4922
Registration Start Date: January 2020

Mom & Tots
A fun social program for moms to meet other moms, to share their knowledge and learn different topics such as cooking, sewing and crafts. Childcare provided. Moms of all ages welcome!

Dates: Friday Mornings: February 21 - April 3, 2020
Location: Six Nations Maternal & Child Centre
Time: 9:30am-12:00pm [Snacks and materials provided]
Contact to Register: Ashley King [519] 445-4922
Registration Start Date: January 2020

Triple P - Positive Parenting Program
The Triple P - Positive Parenting Program is a parenting and family support system designed to prevent, as well as treat, behavioural and emotional problems in children. Open to Parents, Caregivers & Guardians. Transportation is available with 24 hour notice.

Dates: Thursdays: March 5, 12, 19 & 26, 2020
Location: Family Gatherings at Stoneridge (18 Stoneridge Circle)
Time: 9:30am-12:00pm
Contact to Register: [519] 445-2565
Registration Start Date: February 2020

FAMILY GATHERINGS TOO
“Early On Drop-in Centre”

Hours:
Mon-Fri: 9am-12pm
Tues & Thur Evening: 4:30-7:30pm
1790 1st Line, Ohsweken, ON

For more information: 519.445.2565
GETTING ACTIVE & MOVEMENT

Tai Chi
Tai Chi for Beginners. **Ages: Adults**
**Dates:** Fridays: January 3 - February 7, 2020
**Time:** 10:30-11:30am
**Location:** Dajoh Youth & Elders Centre (1738 Fourth Line)
**Contact:** Leigh Thompson [519] 445-4311 ext. 5226 or leighthompson@sixnations.ca

Mommy Bootcamp
A fitness group for pre and post-natal moms of all fitness levels. **Open to Pre/Post-Natal Moms.** **Transportation is available.**
**Dates:** Monday & Thursdays: January 6 - April 9, 2020 (No class on Family Day or during March Break)
**Time:** 10:00-11:00am
**Location:** Dajoh Youth & Elders Centre - Gym (1738 Fourth Line)
**Contact:** [519] 445-4779 for info or 519-445-2565 for transportation.

LunchFIT
Lunch time fitness circuit for anyone 18 years of age and older. Come for 30 minutes or stay for the whole hour, whatever suits your needs. **Ages: Adults 18+.**
**Dates:** Mondays & Wednesdays: January 6 - April 15, 2020 (No class on Family Day, during March Break or Easter Monday)
**Time:** 12:00-1:00pm
**Location:** Dajoh Youth & Elders Centre - Gym (1738 Fourth Line)
**Contact:** [519] 445-4779

Badminton
Drop-in badminton. **Open to families and adults.**
**Dates:** Mondays: January 6 - April 27, 2020 (No class on February 17 or April 13)
**Time:** Family Time: 7:30-8:00pm  |  Adult Time: 8:00-9:00pm
**Location:** Dajoh Youth & Elders Centre - Onondaga Gymnasium (1738 Fourth Line)
**Contact:** Leigh Thompson [519] 445-4311 ext. 5226 or leighthompson@sixnations.ca

Second Wind
Exercise program for individuals with life-long lung diseases. Individuals will learn to exercise in a safe environment and continue to be healthy and active. Twice weekly class run by Kinesiologist, Occupational Therapist. **Open to Individuals with lifelong lung diseases. Transportation is available.**
**Dates:** Monday and Wednesday: January 6 - April 29, 2020 (No class on February 17 or April 10)
**Time:** 10:00 - 11:00am
**Location:** Dajoh Youth & Elders Centre (1738 Fourth Line)
**Contact to Register:** [519] 445-4779 ext. 2288
GETTING ACTIVE & MOVEMENT

**Drop-In Pickleball**
Recreational drop-in pickleball. **Open to All Ages.**
**Dates:** Tuesdays: January 7 - March 10, 2020
**Time:** 7:30-9:00pm
**Location:** Dajoh Youth & Elders Centre - Onondaga Gymnasium [1738 Fourth Line]
**Contact:** Leigh Thompson [519] 445-4311 ext. 5226 or leighthompson@sixnations.ca

**Family Swim**
Bring the family out and enjoy an evening of free swimming! **All Ages.**
**Dates:** Tuesdays: January 7 - March 31, 2020
**Time:** 7:00-8:30pm
**Location:** Wayne Gretzky Sports Centre [254 N Park St, Brantford]
**Contact to Register:** [519] 445-4779. Registration occurs before each night of swimming.

**Aqua Fit Exercise Program**
Aqua Fit is a water exercise program to help with arthritis, post-knee surgery or those who want to stay active. **Ages: Adults & Seniors. Transportation Is available.**
**Dates:** Tuesdays: January 7 - March 24, 2020
**Time:** 10:30-11:30am
**Location:** Wayne Gretzky Sports Centre – Pool [254 North Park St. Brantford]
**Contact to Register:** [519] 445-4779 ext. 2288  **Transportation Registration Start Date:** Dec 16, 2019

**Sit To Be Fit**
A free, drop-in exercise program geared towards your health and well-being. This program uses Therabands and therapy balls all while sitting in a chair. This will give you a feeling of accomplishment and good mind. In partnership with the Alzheimer’s Society. **Ages: Adults & Seniors. Transportation Is available.**
**Dates:** Tuesdays: January 7 - March 24, 2020
**Time:** 2:00-3:00pm
**Location:** Dajoh Youth & Elders Centre [1738 Fourth Line]
**Contact to Register:** [519] 445-4779 ext. 2288  **Transportation Registration Start Date:** Dec 16, 2019
**GETTING ACTIVE & MOVEMENT**

**Self Defense Classes**
It is important to know how to react to dangerous situations to keep yourself safe. Learn simple techniques to develop confidence, courage and skills. **Ages: 10+**

**Dates:** Wednesdays: January 8 - February 12, 2020 | February 19 - March 25, 2020

**Time:** 6:00-7:00pm

**Location:** Six Nations Community Hall - Sports Den (1738 Fourth Line)

**Contact to Register:** (519) 445-4779  
**Registration Start Date:** Jan 6 & Feb 3, 2020

**Tai Chi**
Tai Chi helps improve balance in the areas of leg strength, flexibility, range of motion and reflexes. It is a gentle form of exercise. **Ages: Adults & Seniors**

**Dates:** Thursdays: January 9 - March 26, 2020

**Time:** 10:30-11:30am

**Location:** White Pines Wellness Centre - Adult Day Centre (1745 Chiefswood Rd)

**Contact to Register:** (519) 445-4779  
**Registration Start Date:** Jan 6, 2020

**Moccasin Walk Program**
Come on out to join the on-going walking exercise program at Dajoh. Walk at your own pace around the gym, using a walker or cane if needed. Our goal is to provide a safe, stable environment for you as you gain strength, mobility and coordination to continue your wellness journey. **Adults & Seniors. Transportation is available.**

**Dates:** Thursdays: January 9 - March 26, 2020

**Time:** 11:00am-12:00pm

**Location:** Dajoh Youth & Elders Centre – Gym (1738 Fourth Line)

**Contact:** (519) 445-4779 ext. 2288

**Arthritis Class**
Exercise class with a focus on community members with hip/knee osteoarthritis to improve function, strength, ROM. Suitable next step for those finishing physiotherapy after hip/knee surgery. **Ages: Community members with hip/knee arthritis. Transportation is available.**

**Dates:** Fridays: January 11 - April 26, 2020 (No class April 10, 2020)

**Time:** 2:00-3:00pm

**Location:** White Pines Wellness Centre - Adult Day Centre (1745 Chiefswood Rd)

**Contact to Register for Transportation:** (519) 445-4779 ext. 2288
GETTING ACTIVE & MOVEMENT

Free Public Skating
Open ice for public skate. All Ages.
Dates: January 3 - March 28, 2020
Time: Mondays, Wednesday & Fridays: 12:00-1:00pm
Saturdays: 7:00-8:20pm [7:00-7:30pm Beginners  |  7:30-8:20pm All Ages]
Thursdays: 12:00-1:00pm [January 22, February 27 & March 12 - School booked Fridays]
Location: Gaylord Powless Arena
Contact: Leigh Thompson [519] 445-4311 ext. 5226 or leighthompson@sixnations.ca

March Break Program
Dates: March 17 - 18, 2020
Time: 9:00am-3:00pm
Location: Dajoh Youth & Elders Centre (1738 Fourth Line)
Contact to Register: Leigh Thompson [519] 445-4311 ext. 5226 or leighthompson@sixnations.ca
Registration Start Date: February 25, 2020

Family Snowshoeing
Snowshoeing for community members of all skill levels. Please watch Healthy 6Nay on Facebook for dates and times after big snowfalls for program updates. Ages: 8+ for snowshoes, but all welcome!
Dates: TBD - After large snowfalls
Time: TBD
Location: TBD
Contact: [519] 445-4779

Two Row on the Grand Information Night
Wednesday, March 25, 2020
5-8pm • Six Nations Community Hall
Come on out for a TROTG Information Night!
Prizes • Dinner • Everyone Welcome!
For more information: (519) 445-2809
COMMUNITY & OUTDOOR ACTIVITIES

Equipment Servicing Clinic
Service clinic for clients with mobility equipment eg. walkers, manual wheelchairs, scooters and power wheelchairs. Bring own equipment to WPWC and have them serviced by Roultsons Service technicians. Nb. If can be serviced/fixed on-site there is no charge. **Open to individuals with Mobility Equipment that requires service. Transportation is available.**

**Dates:** 2nd Wednesdays of the Month: January 8, February 12, March 11 & April 8, 2020  
**Location:** White Pines Wellness Centre - Therapy Services Gym [1745 Chiefswood Rd]  
**Time:** 11:00am-12:00pm  
**Contact to Register for Transportation:** (519) 445-4779 ext. 2288

Edwadeko:ni - In Partnership with the 'Good Food Box' Program
Each bag will contain a selection of fruits and vegetables to seasonal availability and price. Also will include Hodinohshoni foods. Each bag must be pre-paid. Items vary every month. Delivery is available, request upon payment. Community members $10/month. Organizations $20/month. **All Ages.**

**Payment Order Deadline (4:30pm):** January 8, February 12, March 11 & April 8, 2020  
**Pick-up Dates:** January 15, February 12, March 11 & April 15, 2020  
**Pick-up Time:** 1:00-6:00pm  
**Location:** White Pines Wellness Centre - Lobby [1745 Chiefswood Rd]  
**Contact to Register:** (519) 445-2809

Family Fun Night
Enjoy a fun night out with your family! Dinner is provided. **All Ages, families welcome!**

**Dates:** Mondays: January 13 - February 24, 2020 [No program Feb 17]  
**Time:** 6:00-8:00pm  
**Location:** Six Nations Child & Family Services Gym [15 Sunrise Court]  
**Contact:** (519) 445-2950

After School Program - OMSK & Emily C. General
Ages: 6-13. Transportation only provided from the school to the Social Services Building.  
**Dates:** Mondays: January 13 - March 9, 2020 [No program Feb 17]  
**Time:** 3:30-5:00pm  
**Location:** Six Nations Child & Family Services Gym [15 Sunrise Court]  
**Contact to Register:** (519) 445-2950
COMMUNITY & OUTDOOR ACTIVITIES

After School Program - Kawenni:io & I.L. Thomas
Ages: 6-13. Transportation only provided from the school to the Social Services Building.
Dates: Wednesdays: January 15 - March 11, 2020
Time: 3:30-5:00pm
Location: Six Nations Child & Family Services Gym [15 Sunrise Court]
Contact to Register: (519) 445-2950

After School Program - Everlasting Tree, Jamieson & J.C. Hill
Ages: 6-13. Transportation only provided from the school to the Social Services Building.
Dates: Thursdays: January 16 - March 12, 2020 (No program Feb 27)
Time: 3:30-5:00pm
Location: Six Nations Child & Family Services Gym [15 Sunrise Court]
Contact to Register: (519) 445-2950

PA Day Camp
Ages: 6-12
Dates: Fridays: January 24 & April 24, 2020
Time: 9:00am-4:00pm
Location: Six Nations Child & Family Services Gym [15 Sunrise Court]
Contact to Register: (519) 445-2950

Food Bank Trips - Winter 2020
On the 3rd Thursday of each month we go to Ohsweken Food Bank. On the 4th Thursday of the month we go to the Brantford Food Bank. Ages: 18+. Transportation is available.
Dates: Thursdays: January 24 & 31, February 21 & 28, March 21 & 28, April 18 & 25, 2020
Time: 10:00am Pickup - Ohsweken | 12:00pm Pickup - Brantford
Contact to Register: Robin or Jerica 519] 445-2143
Registration Start Date: December 2019

Stories Around the Fire
Come and have a bowl of soup and listen to some fabulous storytellers sharing new and old tales. Just as we would have done long ago. Despite the cold, it's warm and toasty in our little building, with lights and heat. All Ages.
Dates: Thursdays: January 30 - March 5, 2020
Time: 5:00-7:00pm
Location: Community Garden Building [End of Sunrise Court]
Contact to Register: (519) 445-4779
COMMUNITY & OUTDOOR ACTIVITIES

Animal Tracks and Snacks
Let’s learn about tracking and sharing. We will hike, look for tracks, make our own stamps and snacks! 
Ages: 6-12.
Dates: Mondays: March 30 - April 6, 2020
Time: 4:30-6:00pm
Location: Six Nations Community Garden [End of Sunrise Court]
Contact to Register: [519] 445-4779

Little Green Thumbs
A learn to grow program. Ages: 6-11.
Dates: Mondays: April 27 - June 8, 2020
Time: 4:00-5:30pm [no class on Bread & Cheese Day]
Location: Six Nations Community Garden [End of Sunrise Court]
Contact to Register: [519] 445-4779 Registration Start Date: April 1, 2020

Ohwahda Teachings *NEW*
Join us for a morning to learn about everything maple. From identifying trees, tapping, boiling and traditional teachings with Cam Hill & Jordon Sandy. Enjoy a pancake & maple syrup breakie too! All Ages
Dates: TBD - Early Spring 2020 [Watch for event flyer]
Time: TBD
Location: TBD
Contact to Register: [519] 445-4779 Registration Start Date: February 1, 2020

Movie Nights
Join us for a great evening and fine selection from classic collections to new releases. Ages: Mature Youth - Older Adults
Dates: Thursdays [Except the 4th Thursday of the month]
Time: 7:00pm
Location: Iroquois Lodge - Dining Room [1755 Chiefswood Rd]
Contact: [519] 445-2224 ext. 2524
COMMUNITY & OUTDOOR ACTIVITIES

Old Mush Singers - Iroquois Social Songs
It's time to rock your mocs! **Ages: Youth - Older Adults**
**Dates:** 1st Monday of Every Month
**Time:** 7:00pm
**Location:** Iroquois Lodge - Dining Room [1755 Chiefswood Rd]
**Contact:** (519) 445-2224 ext. 2524

Knit/Crochet Circle
For the love of yarn! Creativity at its finest. We learn from one another. We decide together what community projects we will focus our efforts on! **Ages: Mature Youth - Older Adults**
**Dates:** Tuesdays
**Time:** 9:30-11:30am
**Location:** Dajoh Youth & Elders Centre - Gym [1738 Fourth Line]
**Contact:** (519) 445-2224 ext. 2524

Karaoke
Share your voice, all for the love of music! **Ages: Mature Youth - older Adults**
**Dates:** Tuesdays [Except the 3rd Tuesday of each month]
**Time:** 7:00pm
**Location:** Iroquois Lodge - Dining Room [1755 Chiefswood Rd]
**Contact:** (519) 445-2224 ext. 2524

Bluegrass Music
3 piece band providing bluegrass style music. **Ages: Mature Youth - Older Adults**
**Dates:** 2nd Monday of Every Month
**Time:** 7:00pm
**Location:** Iroquois Lodge - Dining Room [1755 Chiefswood Rd]
**Contact:** (519) 445-2224 ext. 2524

Country Music
Country sugar and Old Spice. A variety of country music with a great selection of guitars, fiddles, bass and banjo. **Ages: Mature Youth - Older Adults**
**Dates:** 3rd Monday of Every Month
**Time:** 7:00pm
**Location:** Iroquois Lodge - Dining Room [1755 Chiefswood Rd]
**Contact:** (519) 445-2224 ext. 2524
Fentanyl can be used and abused in different forms, both prescribed and non-pharmaceutical including:

- Pills
- Powder
- Liquid
- Patch
- Lollipop/Sucker– mixed with Other Substances

Fentanyl is a highly potent synthetic opioid (painkiller).

- Fentanyl acts as a depressant, slowing down the messages travelling between the brain and body.
- Fentanyl is 50 to 100 times more powerful than morphine.
- Fentanyl is impossible to detect – it is odorless, colorless, tasteless, and can lead to overdose in minimal consumption.
- Fentanyl is unique in that it can be knowingly & unknowingly mixed in with other drugs.
- Fentanyl is very, very highly addictive!

- Similar to fentanyl, carfentanil is 100 times stronger and used to sedate large animals– It is not used for human consumption.

- Those who may be at risk of exposure or their family members are asked to take precaution by picking up a Naloxone Kit available cost-free at a local pharmacy.

Please work with us to help our community

Let Your Loved Ones Know About FENTANYL

For more information on opioids or if you or someone you know is battling with substance use contact Mental Health and Addictions Services at (519) 445-2143. If you have questions after-hours call the Six Nations Crisis Line 1-866-445-2204
11. Strawberry Ceremony
   June for 1 day

10. Completing the Planting Season
    May for 1 day

9. Blessing of the Seeds
   May for 1 day

8. Moon Chant
   April for 1 afternoon

7. Sun Ceremony
   April for 1 morning

6. Medicine Mask Society
   April for 1 day

5. Feast for the Dead
   April for 1 afternoon

4. Drying of the Trees
   April for 1 day

3. Thunder Dance
   April for 1 day

2. Honoring the Trees (Maple)
   February for 1 day

15. Ceremony for Gathering Sustenance
    October for 1 day

16. Medicine Mask Society
    October for 1 day

17. Feast of the Dead
    October for 1 afternoon

1. Mid-Winter Ceremonies
   January for 5-8 days

13. Small Green Corn
    August for 1 day

14. Green Corn
    September for 4 days
Come visit your Diabetes Wellness Team

What we can do for you:

- Provide education about diabetes and its effect on your body
- Explain how your medications lower your blood sugar
- How to make healthy lifestyle choices
- How to prevent complications
- Teach you how to manage the highs and lows
- Help you with adjusting your insulin dose
- Recommend treatment options
- Office, home and evening appointments available

What we can do for your family:

- Provide family education sessions at our office or your home
- Offer cooking classes for the family
- Share the challenges of living with diabetes
- Explain how to prevent diabetes

What we can do for you Community:

- Offer education at community events
- Offer diabetes prevention education at schools
- Individual risk assessments for diabetes at community events

For more information or to book an appointment call
(519) 445-2226
Adult Day Centre Health Services Home & Community Care Program

**Location:** White Pines Wellness Centre - Adult Day 1st Floor (1745 Chiefswood Rd.)
**Hours:** Monday to Friday 8:30pm – 4:00pm
**Phone:** (519) 445-1867 | **Fax:** (519) 445-2259

The mission and belief of the Centre is that all individuals, regardless of their physical challenges or situations, have the right to live a useful and active life. The Centre assists individuals to gain a sense of achievement and improve their overall wellness through the provision of meaningful social, recreational and therapeutic activities in a friendly and caring environment.

The Six Nations Adult Day Centre is a community based day program providing social, recreational and therapeutic activities to:

- Adults with various physical disabilities;
- Frail Elderly;
- Those in early stages of Alzheimer disease and other progressive cognitive disorders or dementia of aging;
- Caregiver respite.

**Working Together We Can Make A Difference**

It is our intention to provide a safe environment for elders and persons with mild cognitive disabilities to enjoy group and 1-on-1 activities at their own pace.

Community consultation has suggested that we deliver the following components through the Adult Day Program:

- Respite Supervision
- Activation
- Lunch
- Personal Care
- Counselling
- Social/Recreational Programs
- Senior-geared exercise

**Referral Process**

Call the Case Management Office at (519) 445-0077.
Six Nations Home and Community Care Program
Community Support Services

Address: P.O. Box 211 Ohsweken, Ontario, Canada N0A1M0
Location: 29 Cao Lane @ the Jay Silverheels Complex
Office Hours: Monday to Friday 8:30pm – 4:30pm
Phone: [519] 445-4055 | Fax: [519] 445-4599

The Six Nations Community Support Services offers many different services to seniors (65+) and disabled persons who are residents and registered band members of the Six Nations of the Grand River. The objective of the program is to assist the frail and elderly persons and limited services to those less than 65 years of age who have physically disabling conditions, but still living in their own homes.

The following is a list of services offered: [some services may have a minimal monetary fee]

**Meals on Wheels:** Delivery of a hot nutritious meal to the clients homes five (5) days per week.

**Transportation:** Every Monday and Friday there is group transportation [van] to local centres for the purpose of shopping and banking.

**Home Maintenance & Repairs:** Provide general home maintenance and repairs.

**Home Help:** Workers assist with light housekeeping.

**Friendly Visiting:** Workers will visit seniors while in their homes to keep them socially involved in community events and news.

**Security (Telephone Reassurance):** Workers will make regular telephone contact to seniors in their homes.

**Diners Club (Silver Fox):** Recreational and social group activities are offered every Tuesday and Thursday at a setting location. Transportation and meal are provided.

If you do not receive any of the listed above services, you will need an assessment done by a Case Manager.

For more information regarding these services, please call [519] 445-0077.
Six Nations
Student Nutrition Program

Needs YOU to volunteer!

The student nutrition program relies on the amazing dedication of volunteers to help offer a nourishing morning meal to all elementary and high school students living on Six Nations territory.

We’re looking for more volunteers to help make the program successful for the school year!

- All training needed is provided free to volunteers
- Hours are flexible
- Choose what you are interested in helping with (food prep, serving and much more!)

To volunteer or for more information about the program contact:
Lacey Hill, Student Nutrition Program Coordinator
519-445-2809 or email: laceyhill@sixnations.ca
If you choose to use, lower your risk.

Know Your Cannabis
Different levels of Cannabinoids found in Cannabis affect its potency.

Age Matters
Under 25, your brain is still growing. Cannabis use can have long-lasting, damaging effects.

When to Say Pass
If you are living with Mental Health issues, responsible for the safety of others, pregnant or breastfeeding, it’s best to say No!

Hand Over the Keys
Driving high puts you, and others in danger. Impaired driving, is impaired driving.

All Things in Moderation
Start low and go slow. Limit to occasional use. Daily use can increase health and social problems.

Breastfeeding is the healthiest choice for babies. THC passes into breastmilk and is stored for weeks in the fat cells & brain cells of babies.
(Best Start, 2017)

For more information on Cannabis call Mental Health & Addictions Team—Cannabis Street Team 519-445-2143
If you have questions after hours call the crisis line 1-866-445-2204
Six Nations Mental Health & Addictions
Monday to Friday - 8:30am-4:30pm
Walk-in Crisis Services available
1769 Chiefswood Road, Ohsweken
519-445-2143

Six Nations Mobile Crisis Line
24/7 days a week
519-445-2204 or 1-866-445-2204

Six Nations Social Services
Monday to Friday - 8:30am-4:30pm
Walk-in Crisis Services available
15 Sunrise Court, Ohsweken
519-445-2071

Cahohkwasa Family Assault Support Services
24/7 hour support line
519-445-4324

First Nations & Inuit Hope for Wellness Help Line
24/7
Toll Free: 1-855-242-3310
Website: Hopeforwellness.ca – online chat available

Kids Help Line
Call: 1-800-668-6868
Text: CONNECT to 686868
Website: kidshelpphone.ca (online chat available)