

# Six Nations of the Grand River

## Leisure Activities Guide Fall 2022





## MESSAGE FROM THE 58<sup>TH</sup> ELECTED CHIEF

Sge:no

I am happy to introduce to you all the Fall 2022 edition of the Six Nations Health Services Leisure Guide. We have endured a tough few years as a community, but I am very happy to see us ease back into hosting the events and activities we all look forward to.

As the world changed rapidly and we had to make personal sacrifices for our health and safety, many of us became isolated from the people we loved and the activities that kept us grounded and close to our culture. The pandemic caused some of us to become disconnected as we had to adjust how we continued our practices and traditions. Now that it is safe for us to gather once again and we begin rebuilding those connections, I encourage you all to take the time to look through this Leisure Guide and take advantage of everything our community has to offer.

That being said, fall also brings with it cold and flu season. Please make sure you are continuing to practice public health guidelines to protect yourself and others from illness, whether it be seasonal sicknesses or COVID-19.

On behalf of Six Nations of the Grand River Elected Council, I would like to say nia:wen all the staff at Health Services and the Health Promotions team for putting this guide together, and to all those organizations and individuals who work tirelessly to plan these events for our community. I look forward to ushering in the fall season and seeing all of you out and about once more.

Until next time, stay safe, stay healthy, and enjoy!

Nia:wen,

Chief Mark B. Hill, Six Nations of the Grand River

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### Members of the 58<sup>th</sup> Elected Council

Elected Chief Mark B. Hill  
Audrey Powless-Bomberry  
Hazel Johnson  
Helen Miller  
Kerry Bomberry

Melba Thomas  
Michelle Bomberry  
Nathan Wright  
Sherri-Lyn Hill

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### 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 | 15 Sunrise Court, Ohsweken | 519-445-0232

**1695 Chiefswood Road, P.O. Box 5000, Ohsweken, Ontario N0A 1M0**

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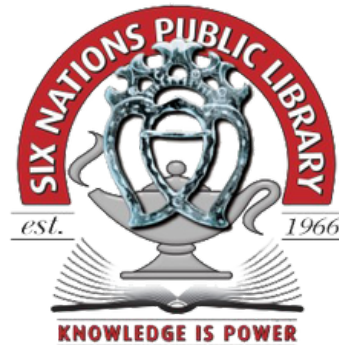
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# Tech Help!



Software

Make an appointment with library staff if you would like an introduction into technology.  
Let us know what you want to learn.

Mobile

Some ideas:

- Learn how to use email, social media and other websites.
- Learn how to use eReaders, tablets, computers.
- Learn how to use library computers.
- Bring your own devices for best results.

Please share  
this flyer with  
friends &  
relatives!

Websites



Call to make an  
appointment: 519-  
445-2954

Laptops



# SIX NATIONS PRENATAL/POSTNATAL DIETITIAN

*"Improved health of mothers and infants"*

## What is it?

The Prenatal Dietitian supports mothers with making wise decisions during pregnancy and motherhood.

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

On your first visit, you get a nutritious food basket!



## See a Registered Dietitian for :

- Prenatal nutrition
- Diet assessments
- Nutrition education
- Food baskets
- Completing ODSP forms
- Help with cooking, baby food making, etc.
- Referring moms as needed

"Working with Britney for the past year has been awesome. She is kind and always helpful. She takes the time to explain everything to me"

"Britney's services were truly amazing... She helped me have a healthy pregnancy and is now supporting healthy eating for my 8 month old baby"

Call **519-761-0013** today to book an appointment or email **[britneyrogerson@sixnations.ca](mailto:britneyrogerson@sixnations.ca)** to see how we can help you and your baby!



# Tentewatá:ton

den-day-wa-DA-doon "we will trade with each other"

# Dędwadado'

dan-dwa-da-doh "we all will trade"

**The Community Market will be  
selling fresh fruits & vegetables  
every Wednesday from  
2-6 pm (or until sold out)**

## **LOCATION:**

**SIX NATIONS PUBLIC LIBRARY**

**1679 Chiefswood Rd, Ohsweken**

**We will be relocating in the Winter, check  
Healthy6Nay on Facebook for updates.**

Pre-packed bags will no longer be offered. Instead, we will have vendors set up for community members to browse and purchase produce, food, and other goods. Bring your own bags. CASH ONLY.

For more information call 519-445-2809.

# Fall 2022 Updates



# Jordan's Principle

## What is Jordan's Principle?

- Jordan's Principle is a child-first initiative which ensures that First Nations children receive equitable supports and services.
- The funding is available to First Nations children under the age of 18 and is application based. Each application requires supporting documentation/ letters of support along with costs.
- The goal of Jordan's Principle is to meet the needs of First Nations children and youth as well as to fill any service gaps.

## Updates

- Jordan's Principle has funded a variety of supports and services for our children and families. If your child(ren) has an unmet need, is experiencing hardship or is experiencing a service gap, please reach out to one of our navigators who will be able to assist you with a request or a referral to local supports.
- Remember to say Jordan's name when referring to Jordan's Principle — to pay respect to his life and legacy.
- Please be advised that there is a large volume of requests submitted in the On-tario region. Files are reviewed in the order that they are received, unless the request is urgent or time-sensitive. Urgent requests are defined as "Child re-quires urgent assistance, is in palliative care, or a risk of irremediable harm is reasonably foreseeable."
- The Child and Youth Health office is now open and accepting walk-ins. Office is located at the White Pines Wellness Center at 1745 Chiefswood Road, Ohsweken

### What can be covered?

- Medical Equipment
- Therapies
- Tutoring
- Respite
- NIHB Denied Services
- Assessments
- Assistive Devices
- Emergency Supports
- Recreation
- & Much More!

### Six Nations Jordan's Principle Contacts

To inquire about a possible Jordan's Principle application please contact the Child and Youth Health Office at 519-445-4983

*You may also call the Jordan's Principle hotline directly at 1-855-JP-CHILD (1-855-572-4453) or visit [www.canada.ca/jordans-principle](http://www.canada.ca/jordans-principle)*



# SIX NATIONS HOSPICE PALLIATIVE CARE VOLUNTEERS NEEDED

- ARE YOU COMPASSIONATE, KIND AND COMMITTED?
- INTERESTED IN OPTIMISING THE QUALITY OF LIFE TO THOSE WHO HAVE A LIFE LIMITING ILLNESS?
- LOOKING TO BE A FRIENDLY VISITOR WITH PALLIATIVE INDIVIDUALS?

\*MUST BE OVER 18 YEARS OF AGE, AND HAVE A CLEAN  
VULNERABLE POLICE CHECK\*

CONTACT DAYNA PHIBBS FOR FURTHER INFORMATION  
[DAYNAFAIRHURSTPHIBBS@SIXNATIONS.CA](mailto:DAYNAFAIRHURSTPHIBBS@SIXNATIONS.CA)





FREE

# PUBLIC SKATE



Starting October 12,  
2022

Tentative subject  
to change

Mondays, Wednesdays, Thursdays @12pm-1pm  
Saturdays @7pm-8:30pm

Ice is in until March 31, 2023

For more info, please contact [cthomas@sixnations.ca](mailto:cthomas@sixnations.ca) or 519-445-4311





# WEST NILE VIRUS

West Nile virus (WNV) is a mosquito-borne virus that can cause serious human illness.

WNV is transmitted to humans through the bite of an infected mosquito, which has acquired the virus from an infected bird.



## WHAT CAN YOU DO?

### ✓ PREVENT BEING BITTEN BY MOSQUITOES

- use mosquito repellent that contains DEET or other approved ingredients
- wear light-coloured, long-sleeved shirts, pants and a hat if you are going camping, hunting or into a wooded or swampy area
- make sure window and door screens fit tightly and have no holes

### ✓ CLEAN UP SOURCES OF STANDING WATER

(mosquitoes can lay their eggs in even a small amount of standing water)

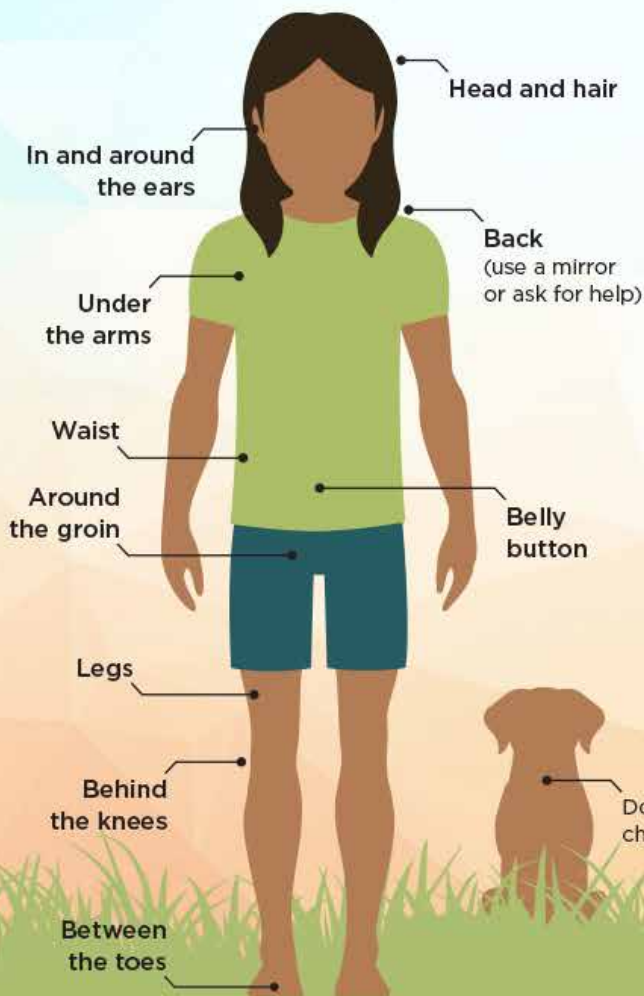
- store larger outdoor items like canoes, wheelbarrows and wading pools upside down
- get rid of standing water around your house by emptying water from old tires, flower pots, rain barrel lids, toys and other outdoor objects
- replace water in outdoor pet dishes and other containers at least twice a week
- encourage your neighbours to clean up too

For more information on West Nile virus, visit your local Community Health Centre or contact your local Environmental Health Officer.



# TOP 10 TICK HIDING SPOTS ON YOUR BODY

Tick checks are one of the ways you can prevent Lyme disease and other infections spread by ticks.  
**Check your entire body**, especially:



## WHAT TO LOOK FOR?

Feel for **bumps** and look for tiny **dark spots**. Look carefully, most ticks are very small!



Photo: © iStockphoto, Dennis Cooley  
© Her Majesty the Queen in Right of Canada, reproduced by permission of Health Canada  
C.S. 148, 3272-23-01-1/05-11/2005/01-01/05-11/2007

Don't forget to also check your pets

Found a tick?  
Remove it immediately to reduce the risk of infection.

[Canada.ca/LymeDisease](https://Canada.ca/LymeDisease)

PARTICIPATORY PHOTOVOICE PROJECT

SIX NATIONS YOUTH 13-25

# DO YOU TAKE PHOTOS OF YOUR FOOD?

## WE WOULD LOVE TO HEAR FROM YOU!

Take photos with provided cameras (1-3 hours) and participate in an interview (1 hour) to share photos and stories about food in our territory.

You will receive a **\$50 gift card** for your time and participation.

*This study has been reviewed and received ethics clearance through a University of Waterloo Research Ethics Board and the Six Nations Council Research Ethics Committee.*



PARTICIPATORY PHOTOVOICE PROJECT

SIX NATIONS ADULTS 50+

# SHARE YOUR STORIES ABOUT FOOD

Take photos with provided cameras (1-3 hours) and participate in an interview (1 hour) to share photos and stories about food in our territory.

You will receive a **\$50 gift card** for your time and participation.

*This study has been reviewed and received ethics clearance through a University of Waterloo Research Ethics Board and the Six Nations Council Research Ethics Committee.*



## CONTACT

Kaya Hill (Community Research Assistant) [kaya.hill@uwaterloo.ca](mailto:kaya.hill@uwaterloo.ca)  
Hannah Neufeld (University of Waterloo Assistant Professor) [hannah.neufeld@uwaterloo.ca](mailto:hannah.neufeld@uwaterloo.ca)





Six Nations Child and Family Services :

# UPCOMING SNAP PROGRAM

**Now Accepting boys and girls ages 6-11**

**Next Group: September 13, 2022**



Six Nations of the Grand River  
Child and Family Services

Do you have  
a child who  
has:

- Difficulty making and maintaining relationships
- Displays aggressive behaviour
- Difficult family relationships
- Lack of self-control and problem-solving skills

**If you answered yes to any of the questions, we  
can help!**



Heather: 519-445-0230 ext. 4297 (c) 519-732-5487

Ashlee: 519-445-0230 ext. 4296 (c) 519-732-6476

Eric: 519-445-0230 ext. 4295 (c) 519-732-3552



heatherlewis@sixnations.ca

ashleewilliams@sixnations.ca

ericmartin@sixnations.ca

# Falls Prevention: Fall/Winter Edition



Fall and Winter can bring quick changes to weather and temperature. **Be aware** of the changes so you can plan for fall hazards that might occur.

**Use handrails** on stairs and walkways for extra support and balance.



**Keep walkways clear of debris and salted.** Walk slowly and try to avoid piles of leaves and ice patches. Keep salt and a shovel by your doorway.



**Use a cane or walker** if you have one. Some have the option of adding picks to the bottom for additional grip.

When you leave the house, **tell someone where you are going and when you will be back.**



Make sure all areas in your home are **well lit**, even at night.

**Have a plan** for who to contact when there is a fall. Keep your phone handy or consider using an emergency fall device if you have a history of falls.



Walk like a penguin!  
**Take lots of little steps**

**Wear appropriate footwear with non-slip soles.**

Adding non-slip mats to slippery areas can improve traction.



**Enlist the support of friends and family.** Talk to your friends and family about how they can help you in stay falls free.



**Keep Active:** physical activity helps to prevent future falls. Try to go for daily walks outside or around the house.

Wellness Check: make sure to have your annual **eye exam and hearing screen**



# What to do if a fall happens:

## If you **CAN** get up

1. PREPARE 2. RISE 3. SIT



**Do NOT get up** quickly. If you are hurt, call for help!



**Push your upper body up.** Lift your head, pause, and steady yourself.



**Find something sturdy** such as a piece of furniture.



**Rise slowly** onto your hands and knees. Crawl to something sturdy.



**Roll onto your side,** turning your head, shoulders, hips, and then leg.



**Slide one foot forward** so that it is flat on the floor. Use furniture for support.



**Come into a kneeling position** with one leg forward and the other on the floor.



**Pull yourself up to rise slowly and turn your body** to sit in the chair.



**Sit for a few minutes and take deep breaths** before trying to do anything else. Call for help if you are injured.

## If you **CANNOT** get up

1. Call for Help 2. Be Heard 3. Stay Calm



**Call out for help** if you can be heard



**Try to scotch yourself towards a phone or somewhere you can be heard.**



**Wait for help** in the most comfortable position



**Use your emergency call device or phone** (if you have access to one).



**Make noise** with your cane or another object to attract attention.



**If possible, stay warm** by covering yourself with a blanket and place a pillow under your head.



**Try to gently move your joints** to promote circulation and prevent stiffness.

## If you are the **WITNESS**

Resist the urge to get the person up immediately!  
First check their condition:

Is the person *conscious or unconscious*?  
Does the person *appear injured*?  
**Reassure the person.**

**If the person CANNOT get up: call for help and administer first aid.** Help the person find a comfortable position and keep him or her warm using an item of clothing or a blanket.

**If the individual is ABLE to get up: follow the steps below with care:**  
\*It is important that the fallen person does the work when getting up.\*



**1. Help the person turn onto one side** and bend their top leg.



**2. Bring a chair in front of the person, then help the person to a kneeling position** with both of their hands on the chair.



**3. While kneeling and holding onto the chair, the person should bring their stronger leg in front.** You may help by guiding their leg.



**4. With a firm grip on the persons hips, help them to stand, turn and sit on the chair.**




# September 2022 Programs

MONDAY	TUESDAY	WEDNESDAY
<b>5 Labour Day</b>	<b>6</b> <ul style="list-style-type: none"> <li>• Relapse Prevention Program</li> <li>• Family Meal Prep Made Simple</li> <li>• Chair Yoga</li> <li>• Paddle on the Grand</li> <li>• Bike the Rail Trail</li> <li>• Walking Book Club</li> <li>• Fall Archery</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>• StrollerFIT</li> <li>• Fall Wellness Walks</li> </ul> 
<b>12</b> <ul style="list-style-type: none"> <li>• Men's Health Clinic</li> <li>• Second Wind</li> <li>• LunchFIT</li> <li>• Let's Get Moving</li> <li>• Badminton</li> <li>• Magic Machine Book Club</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>• Chair Yoga</li> <li>• Paddle on the Grand</li> <li>• Sit To Be Fit</li> <li>• Pickleball</li> <li>• Mocc &amp; Walks</li> <li>• Bike the Rail Trail</li> <li>• Walking Book Club</li> <li>• Fall Archery</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>• Packing Lunches for School</li> <li>• Narrative Therapy: Writing as Healing Workshop</li> <li>• StrollerFIT</li> <li>• Let's Be Active</li> <li>• Community Beautification</li> </ul>
<b>19</b> <ul style="list-style-type: none"> <li>• Women's Wellness Group</li> <li>• Second Wind</li> <li>• LunchFIT</li> <li>• Let's Get Moving</li> <li>• Badminton</li> <li>• Magic Machine Book Club</li> </ul> 	<b>20</b> <ul style="list-style-type: none"> <li>• Chair Yoga</li> <li>• Paddle on the Grand</li> <li>• Sit To Be Fit</li> <li>• Pickleball</li> <li>• Mocc &amp; Walks</li> <li>• Bike the Rail Trail</li> <li>• Walking Book Club</li> <li>• Fall Archery</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>• Packing Lunches for School</li> <li>• Baby Food Making</li> <li>• Narrative Therapy: Writing as Healing Workshop</li> <li>• StrollerFIT</li> <li>• Fall Wellness Walks</li> <li>• Let's Be Active</li> </ul>
<b>26</b> <ul style="list-style-type: none"> <li>• Second Wind</li> <li>• LunchFIT</li> <li>• Let's Get Moving</li> <li>• Badminton</li> <li>• Magic Machine Book Club</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>• Plant Based Eating</li> <li>• Chair Yoga</li> <li>• Paddle on the Grand</li> <li>• Sit To Be Fit</li> <li>• Pickleball</li> <li>• Mocc &amp; Walks</li> <li>• Bike the Rail Trail</li> <li>• Walking Book Club</li> <li>• Fall Archery</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>• Safe Food Handling</li> <li>• Packing Lunches for School</li> <li>• Narrative Therapy: Writing as Healing Workshop</li> <li>• StrollerFIT</li> <li>• Let's Be Active</li> <li>• Community Beautification</li> </ul>



# Legend:

- Community Events
- Getting Active/Movement
- Workshops & Cooking Classes
- Community & Outdoor Activities
- Support Groups

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<b>1</b> <ul style="list-style-type: none"> <li>Tentewatá:ton Dędwadado Market Cooking</li> <li>Evening Stand Up Paddle</li> </ul>	<b>2</b>	<b>3</b>
<b>8</b> <ul style="list-style-type: none"> <li>LunchFIT</li> <li>Evening Stand Up Paddle</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>Let's Get Moving</li> </ul> 	<b>10</b>
<b>15</b> <ul style="list-style-type: none"> <li>Seniors Centre Without Walls</li> <li>Second Wind</li> <li>LunchFIT</li> <li>Rising Stars Basketball</li> <li>Youth 3 Pitch</li> <li>Evening Stand Up Paddle</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>Let's Get Moving</li> </ul>	<b>17</b>
<b>22</b> <ul style="list-style-type: none"> <li>Autumn Equinox Dinner</li> <li>Seniors Centre Without Walls</li> <li>Second Wind</li> <li>LunchFIT</li> <li>Rising Stars Basketball</li> <li>Youth 3 Pitch</li> <li>Evening Stand Up Paddle</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>Let's Get Moving</li> </ul>	<b>24</b>
<b>29</b> <ul style="list-style-type: none"> <li>Breastfeeding Support Group</li> <li>Seniors Centre Without Walls</li> <li>Second Wind</li> <li>LunchFIT</li> <li>Rising Stars Basketball</li> <li>Youth 3 Pitch</li> <li>Evening Stand Up Paddle</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>Let's Get Moving</li> </ul>	

# October 2022 Programs

MONDAY	TUESDAY	WEDNESDAY
<b>3</b> <ul style="list-style-type: none"> <li>Men's Health Clinic</li> <li>Family Meal Prep Made Simple</li> <li><b>Ohahase Day Program</b></li> <li>Second Wind</li> <li>LunchFIT</li> <li>Let's Get Moving</li> <li>Badminton</li> <li>Magic Machine Book Club</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li><b>Circles of Support: Understanding Emotional Eating</b></li> <li>Chair Yoga</li> <li>Paddle on the Grand</li> <li>Sit To Be Fit</li> <li>Pickleball</li> <li>Mocc &amp; Walks</li> <li>Bike the Rail Trail</li> <li>Walking Book Club</li> <li>Fall Archery</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>Baby Food Making</li> <li>Cooking with Traditional Foods</li> <li>Narrative Therapy: Writing as Healing Workshop</li> <li><b>Ohahase Day Program</b></li> <li>StrollerFIT</li> <li>Fall Wellness Walks</li> <li>Let's Be Active</li> </ul>
<b>10 Thanksgiving</b> 	<b>11</b> <ul style="list-style-type: none"> <li>Chair Yoga</li> <li>Paddle on the Grand</li> <li>Sit To Be Fit</li> <li>Pickleball</li> <li>Mocc &amp; Talks</li> <li>Bike the Rail Trail</li> <li>Walking Book Club</li> <li>Fall Archery</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>Narrative Therapy: Writing as Healing Workshop</li> <li><b>Ohahase Day Program</b></li> <li><b>Lil Miss Empowerment Group</b></li> <li>StrollerFIT</li> <li>Let's Be Active</li> <li>Community Beautification</li> </ul>
<b>17</b> <ul style="list-style-type: none"> <li>Women's Wellness Group</li> <li><b>Ohahase Day Program</b></li> <li>Second Wind</li> <li>LunchFIT</li> <li>Let's Get Moving</li> <li>Badminton</li> <li>Magic Machine Book Club</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>Food Skills &amp; Budgeting</li> <li>Chair Yoga</li> <li>Paddle on the Grand</li> <li>Sit To Be Fit</li> <li>Pickleball</li> <li>Mocc &amp; Walks</li> <li>Bike the Rail Trail</li> <li>Walking Book Club</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>Baby Food Making</li> <li>Cooking for Balanced Blood Sugars</li> <li>Narrative Therapy: Writing as Healing Workshop</li> <li><b>Ohahase Day Program</b></li> <li><b>Lil Miss Empowerment Group</b></li> <li>StrollerFIT</li> <li>Fall Wellness Walks</li> <li>Let's Be Active</li> </ul>
<b>24</b> <ul style="list-style-type: none"> <li><b>Ohahase Day Program</b></li> <li>Second Wind</li> <li>LunchFIT</li> <li>Let's Get Moving</li> <li>Badminton</li> <li>Magic Machine Book Club</li> </ul> 	<b>25</b> <ul style="list-style-type: none"> <li>Plant Based Eating</li> <li>Chair Yoga</li> <li>Sit To Be Fit</li> <li>Pickleball</li> <li>Mocc &amp; Walks</li> <li>Bike the Rail Trail</li> <li>Walking Book Club</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>Safe Food Handling</li> <li>Narrative Therapy: Writing as Healing Workshop</li> <li><b>Ohahase Day Program</b></li> <li><b>Lil Miss Empowerment Group</b></li> <li>StrollerFIT</li> <li>Let's Be Active</li> <li>Community Beautification</li> </ul>
<b>Halloween 31</b>		

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20 <ul style="list-style-type: none"> <li>Wellbriety Program</li> <li>Seniors Centre Without Walls</li> <li>Second Wind</li> <li>LunchFIT</li> <li>Rising Stars Basketball</li> <li>Youth 3 Pitch</li> </ul>	21 <ul style="list-style-type: none"> <li>Relapse Prevention Program</li> <li>Let's Get Moving</li> </ul>	22 <ul style="list-style-type: none"> <li>Cooking Around the Fire with My Family</li> </ul>
27 <ul style="list-style-type: none"> <li>Breastfeeding Support Group</li> <li>Wellbriety Program</li> <li>Seniors Centre Without Walls</li> <li>Second Wind</li> <li>LunchFIT</li> <li>Rising Stars Basketball</li> <li>Youth 3 Pitch</li> </ul>	28 <ul style="list-style-type: none"> <li>Relapse Prevention Program</li> <li>Let's Get Moving</li> </ul> 	29



# November 2022 Programs

MONDAY	TUESDAY	WEDNESDAY
	<b>1</b> <ul style="list-style-type: none"> <li>• Circles of Support: Understanding Emotional Eating</li> <li>• Chair Yoga</li> <li>• Sit To Be Fit</li> <li>• Pickleball</li> <li>• Walking Book Club</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• Baby Food Making</li> <li>• Cooking with Traditional Foods</li> <li>• Narrative Therapy: Writing as Healing Workshop</li> <li>• Ohahase Day Program</li> <li>• Lil Miss Empowerment Group</li> <li>• Let's Be Active</li> </ul>
<b>7</b> <ul style="list-style-type: none"> <li>• Men's Health Clinic</li> <li>• Family Meal Prep Made Simple</li> <li>• Ohahase Day Program</li> <li>• Second Wind</li> <li>• Let's Get Moving</li> <li>• Badminton</li> <li>• Magic Machine Book Club</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>• Family Feud</li> <li>• Chair Yoga</li> <li>• Sit To Be Fit</li> <li>• Pickleball</li> <li>• Walking Book Club</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>• Narrative Therapy: Writing as Healing Workshop</li> <li>• Ohahase Day Program</li> <li>• Lil Miss Empowerment Group</li> <li>• Let's Be Active</li> <li>• Pre/Post Natal Yoga</li> <li>• Community Beautification</li> </ul>
<b>14</b> <ul style="list-style-type: none"> <li>• Women's Wellness Group</li> <li>• Ohahase Day Program</li> <li>• Second Wind</li> <li>• Let's Get Moving</li> <li>• Badminton</li> <li>• Magic Machine Book Club</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>• Chair Yoga</li> <li>• Sit To Be Fit</li> <li>• Pickleball</li> <li>• Walking Book Club</li> </ul> 	<b>16</b> <ul style="list-style-type: none"> <li>• Baby Food Making</li> <li>• Narrative Therapy: Writing as Healing Workshop</li> <li>• Ohahase Day Program</li> <li>• Grief Recovery Program</li> <li>• Lil Miss Empowerment Group</li> <li>• Let's Be Active</li> <li>• Pre/Post Natal Yoga</li> </ul>
<b>21</b> <ul style="list-style-type: none"> <li>• Ohahase Day Program</li> <li>• Second Wind</li> <li>• Let's Get Moving</li> <li>• Badminton</li> <li>• Magic Machine Book Club</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>• Plant Based Eating</li> <li>• Chair Yoga</li> <li>• Sit To Be Fit</li> <li>• Pickleball</li> <li>• Walking Book Club</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>• Safe Food Handling</li> <li>• Ohahase Day Program</li> <li>• Grief Recovery Program</li> <li>• Lil Miss Empowerment Group</li> <li>• Let's Be Active</li> <li>• Pre/Post Natal Yoga</li> <li>• Community Beautification</li> </ul>
<b>28</b> <ul style="list-style-type: none"> <li>• Ohahase Day Program</li> <li>• Second Wind</li> <li>• Let's Get Moving</li> <li>• Badminton</li> <li>• Magic Machine Book Club</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>• Chair Yoga</li> <li>• Sit To Be Fit</li> <li>• Pickleball</li> <li>• Walking Book Club</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>• Baby Food Making</li> <li>• Ohahase Day Program</li> <li>• Grief Recovery Program</li> <li>• Lil Miss Empowerment Group</li> <li>• Let's Be Active</li> <li>• Pre/Post Natal Yoga</li> </ul>



# Legend:

- Community Events
- Workshops & Cooking Classes
- Getting Active/Movement
- Community & Outdoor Activities
- Support Groups

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<b>3</b> <ul style="list-style-type: none"> <li>Tentewatá:ton Dędwadado Market Cooking</li> <li>Wellbriety Program</li> <li>Seniors Centre Without Walls</li> <li>Second Wind</li> <li>Rising Stars Basketball</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>Relapse Prevention Program</li> <li>AquaFIT</li> <li>Let's Get Moving</li> </ul>	<b>5</b>
<b>10</b> <ul style="list-style-type: none"> <li>Wellbriety Program</li> <li>Seniors Centre Without Walls</li> <li>Second Wind</li> <li>Rising Stars Basketball</li> </ul>	<b>11 Remembrance Day</b> 	<b>6</b>
<b>17</b> <ul style="list-style-type: none"> <li>Wellbriety Program</li> <li>Seniors Centre Without Walls</li> <li>Second Wind</li> <li>Rising Stars Basketball</li> </ul> 	<b>18</b> <ul style="list-style-type: none"> <li>Relapse Prevention Program</li> <li>AquaFIT</li> <li>Let's Get Moving</li> </ul>	<b>12</b>
<b>24</b> <ul style="list-style-type: none"> <li>Breastfeeding Support Group</li> <li>Wellbriety Program</li> <li>Seniors Centre Without Walls</li> <li>Second Wind</li> <li>Rising Stars Basketball</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>Relapse Prevention Program</li> <li>AquaFIT</li> <li>Let's Get Moving</li> </ul>	<b>13</b>
		<b>19</b>
		<b>20</b>
		<b>26</b>
		<b>27</b>

# December 2022 Programs

MONDAY	TUESDAY	WEDNESDAY
<b>5</b> <ul style="list-style-type: none"> <li>• Men's Health Clinic</li> <li>• Family Meal Prep Made Simple</li> <li>• Ohahase Day Program</li> <li>• Second Wind</li> <li>• Let's Get Moving</li> <li>• Badminton</li> <li>• Magic Machine Book Club</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>• Circles of Support: Understanding Emotional Eating</li> <li>• Chair Yoga</li> <li>• Sit To Be Fit</li> <li>• Pickleball</li> <li>• Walking Book Club</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>• Cooking with Traditional Foods</li> <li>• Ohahase Day Program</li> <li>• Grief Recovery Program</li> <li>• Lil Miss Empowerment Group</li> <li>• Let's Be Active</li> <li>• Pre/Post Natal Yoga</li> </ul>
<b>12</b> <ul style="list-style-type: none"> <li>• Women's Wellness Group</li> <li>• Second Wind</li> <li>• Let's Get Moving</li> <li>• Badminton</li> <li>• Magic Machine Book Club</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>• Chair Yoga</li> <li>• Sit To Be Fit</li> <li>• Pickleball</li> <li>• Walking Book Club</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>• Baby Food Making</li> <li>• Grief Recovery Program</li> <li>• Lil Miss Empowerment Group</li> <li>• Let's Be Active</li> <li>• Pre/Post Natal Yoga</li> </ul>
<b>19</b> <ul style="list-style-type: none"> <li>• Second Wind</li> <li>• Badminton</li> <li>• Magic Machine Book Club</li> </ul> 	<b>20</b> <ul style="list-style-type: none"> <li>• Plant Based Eating</li> <li>• Chair Yoga</li> <li>• Sit To Be Fit</li> <li>• Pickleball</li> <li>• Walking Book Club</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>• Grief Recovery Program</li> <li>• Let's Be Active</li> <li>• Pre/Post Natal Yoga</li> </ul>
<b>26</b>	<b>27</b>	<b>28</b> <ul style="list-style-type: none"> <li>• Grief Recovery Program</li> <li>• Let's Be Active</li> </ul>

# Legend:

- Community Events
- Getting Active/Movement
- Workshops & Cooking Classes
- Community & Outdoor Activities
- Support Groups

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<b>1</b> <ul style="list-style-type: none"> <li>Tentewatá:ton Dędwadado Market Cooking</li> <li>Wellbriety Program</li> <li>Seniors Centre Without Walls</li> <li>Second Wind</li> <li>Rising Stars Basketball</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>Relapse Prevention Program</li> <li>AquaFIT</li> <li>Let's Get Moving</li> </ul>	<b>3</b>
<b>8</b> <ul style="list-style-type: none"> <li>Wellbriety Program</li> <li>Seniors Centre Without Walls</li> <li>Second Wind</li> <li>Rising Stars Basketball</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>Relapse Prevention Program</li> <li>AquaFIT</li> <li>Let's Get Moving</li> </ul>	<b>4</b>
<b>15</b> <ul style="list-style-type: none"> <li>Seniors Centre Without Walls</li> <li>Second Wind</li> <li>Rising Stars Basketball</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>AquaFIT</li> <li>Let's Get Moving</li> </ul> 	<b>11</b>
<b>22</b> <ul style="list-style-type: none"> <li>Seniors Centre Without Walls</li> <li>Second Wind</li> <li>Rising Stars Basketball</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>AquaFIT</li> </ul>	<b>17</b>
		<b>18</b>
		<b>24</b> 
		<b>Christmas 25</b>
<b>29</b> <ul style="list-style-type: none"> <li>Seniors Centre Without Walls</li> <li>Rising Stars Basketball</li> </ul>	<b>30</b> 	<b>31 New Years Eve</b>

## COMMUNITY & ANNUAL EVENTS

### Autumn Equinox Dinner **\*NEW\***

Bring your family to enjoy a meal as we welcome in the fall months, a free meal of seasonal ingredients will be provided as long as supplies last. **All Ages.**

**Dates:** Thursday, September 22, 2022

**Time:** 4:30pm - 7:30pm

**Location:** White Pines Wellness Centre Kitchen

**Contact:** Child & Youth Health | [519] 750-3370 or kfarmer@sixnations.ca

### School Archery Tournament **\*NEW\***

School Archery Tournament for ages 10yrs to 13yrs old. Equipment will be provided or bring your own. Experience is recommended but not necessary. Maximum number of archers will be limited to 50 participants. **Ages: Preteen (9-11), Young Teens (12-14). Registration starts October 3, 2022.**

**Dates:** Saturday, October 15, 2022

**Time:** 10:00am - 2:00pm

**Location:** Emily C. General School

**Contact:** Health Promotion | [519] 445-2809 or [519] 754-5826

### Family Feud **\*NEW\***

Diabetes Wellness Program will be hosting Family Feud as part of our Diabetes Month Event. Get a family of 4-5 together and come join us for supper at 5:00 pm at the Gathering place followed by a fun filled night of Family Feud. We are looking forward to seeing you all. Please Call the Diabetes Wellness Program to register your team. **Ages: Teens 15-17, Adults 18+, Seniors 55+. Registration starts September 1, 2022. Contact for Transportation.**

**Dates:** Tuesday, November 8, 2022

**Time:** 5:00pm - 8:00pm

**Location:** The Gathering Place

**Contact:** Diabetes Wellness Program | [519] 445-2226 or Jordynjohnson@sixnations.ca



**S**  
Stay at home if you are sick.

**K**  
Keep commonly touched places clean & disinfected. Keep washing your hands.

**O**  
Obey public health advice & social distancing.

**D**  
Do not touch your face.

**E**  
Emergency situations call 911.

**N**  
Nose & mouth etiquette. Cough and sneeze into your elbow or a tissue. Throw tissue into garbage and wash your hands.





**SCAN FOR  
SIX NATIONS  
COVID-19  
UPDATES**



## WORKSHOPS & COOKING CLASSES

### Family Meal Prep Made Simple **\*NEW\***

Join us in a meal prepping class where we plan and make meals that you can have ready in no time on busy days. **All Ages. Registration starts September 1, 2022.**

**Dates:** Mondays: September 6, October 3, November 7 & December 5, 2022 [No class Sept 5]

**Location:** White Pines Wellness Centre Kitchen

**Time:** 12:00pm - 1:00pm

**Contact:** Community Health & Wellness | [519] 761-0013 or britneyrogerson@sixnations.ca

### Tentewatá:ton Dędwadadq' Market Cooking

Please join us to learn how to make delicious, seasonal meals using the produce from the Tentewatá:ton Dędwadado market. Participants will receive a coupon for the market for participating. **Ages: 18+. Registration starts August 22, 2021.**

**Dates:** First Thursday of the Month

**Location:** White Pines Wellness Centre Kitchen

**Time:** 4:30-6:30pm

**Contact:** Community Health & Wellness | [519] 445-2226 or dep@sixnations.ca

### Plant Based Eating

Learn how to prepare vegetarian and vegan meals that are nutritious and satisfying. All ingredients are provided. This class is appropriate for anyone wanting to include more plants on their plate. **Ages: Adults 18+. Contact for Transportation.**

**Dates:** Tuesdays: September 27, October 25, November 22 & December 20, 2022

**Location:** White Pines Wellness Centre

**Time:** 5:00pm - 6:30pm

**Contact:** Community Health & Wellness | Keri Howell [519] 754-7405 or dietitian@sixnations.ca

### Cooking for Balanced Blood Sugars

Join us for a diabetes focused cooking class where we will be preparing a meal together and learning about how to create a balanced meal for better blood sugar control. **Ages: 18+. Contact for Transportation.**

**Dates:** Wednesday, October 19, 2022

**Location:** White Pines Wellness Centre Kitchen & Boardroom

**Time:** 4:30pm - 6:00pm

**Contact:** Health Promotions & Diabetes Wellness Program | [519] 445-2226

### Baby Food Making

During this program parents/caregivers will learn to prepare baby food for their babies that are approximately 6 months of age to 12 months of age. We will focus on making recipes together that are iron-rich and delicious for your infant. **Ages: Families with children ages 6-12 months. Registration is ongoing.**

**Dates:** Wednesdays: September 21 - December 14, 2022

**Location:** Stoneridge Children's Center

**Time:** 12:00pm - 1:00pm

**Contact:** Community Health & Wellness | [519] 761-0013 or britneyrogerson@sixnations.ca

## WORKSHOPS & COOKING CLASSES

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### Packing Lunches for School **\*NEW\***

Children ages 4-8 will learn what constitutes a balanced lunch, easy school lunch ideas, and how to pack a school lunch. **Ages: Preschoolers [3-5], Middle Childhood [6-8]. Contact for Transportation.**

**Date:** Wednesdays: September 14, 21 & 28, 2022

**Location:** White Pines Wellness Centre

**Time:** 5:00pm - 6:00pm

**Contact:** Child & Youth Health | Kyleigh Farmer: [519] 750-3370 or kfarmer@sixnations.ca

### Safe Food Handling

This free certification course is open to all Six Nations Community Members! Learn the general principals of safe food handling. Topics include: Temperature Control, Cross-Contamination, Personal Hygiene, Cleaning and Sanitizing Certification expires in 5 years. Please bring a paper and pen to take notes. **Ages: Adults 18+. Registrations starts May 1, 2022.**

**Date:** Wednesdays: September 28, October 26 & November 23, 2022

**Location:** Six Nations Parks & Recreation Boardroom [1748 4th Line]

**Time:** 8:30pm - 5:00pm

**Contact:** Health Promotion | [519] 445-2809 or michellejamieson@sixnations.ca

### Cooking with Traditional Foods (Junior) **\*NEW\***

Join us for one session as we prepare and share a meal together using traditional ingredients - squash [October], lyed corn [November] and wild game [December]. **Ages: Preteen [9-11], Young Teens [12-14]. Registration starts September 28, 2022. Contact for Transportation.**

**Dates:** Wednesdays: October 5, November 2 & December 7, 2022

**Location:** Virtual

**Time:** 5:00pm - 6:30pm

**Contact:** Child & Youth Health | Kyleigh Farmer: [519] 750-3370 or kfarmer@sixnations.ca

### Cooking Around the Fire with My Family **\*NEW\***

Join us with your family members to cook and share a meal around a fire at the community garden! Please register for one date only. **Ages: Families with Children under 18. Registration starts October 11, 2022.**

**Dates:** Saturdays: October 15 & 22, 2022

**Location:** Six Nations Community Garden

**Time:** 11:30am - 1:00pm

**Contact:** Child & Youth Health | Kyleigh Farmer: [519] 750-3370 or kfarmer@sixnations.ca

## WORKSHOPS & COOKING CLASSES

### Food Skills & Budgeting for Parents **\*NEW\***

Parents will learn basic food skills to make them more comfortable and confident in the kitchen and using food items/ingredients they are not familiar with. In addition, parents will learn some budgeting tips to help them better manage their finances to be able to afford food and other basic living necessities. **Ages: Parents with kids.**

**Dates:** Tuesday, October 18, 2022

**Location:** White Pines Wellness Centre

**Time:** 4:00pm - 7:30pm

**Contact:** Child & Youth Health | Kyleigh Farmer: [519] 750-3370 or kfarmer@sixnations.ca

### Narrative Therapy: Writing as Healing Workshop

Join us for a 10-week writing workshop. Guided, creative writing can not only help us process what we've been through and assist us in envisioning a better life; it can lower our blood pressure, strengthen our immune systems, and decrease anxiety and depression. Writing as healing can increase our general sense of well-being, improve our sleep and performance, and bring us greater focus and clarity as it quiets our mind. Light refreshments will be provided. **Ages: Adults 18+.**

**Registration starts August 15, 2022.**

**Dates:** Wednesdays: September 14 - November 16, 2022

**Location:** Dajoh

**Time:** 10:00am - 12:00pm

**Contact:** Family Health Team | Dawn C. Hill [519] 445-4019 or fhtsocialworker@sixnations.ca

### Men's Health Clinic

Monthly Men's Health Clinic to support healthy lifestyle changes involving exercise, nutrition, body health stats, stress management, smoking cessation, dental and feet exam. Special guest will speak about a topic for 30 minutes. **Ages: Adults 18+.**

**Dates:** Mondays: September 12, October 3, November 7 & December 5, 2022 [No class Sept 5]

**Location:** White Pines Wellness Centre

**Time:** 5:00pm - 6:30pm

**Contact:** Health Promotion | [519] 445-2809 or [519] 754-5826

### Women's Wellness Group

The purpose of the group will be to talk about changes within their health as they start menopause. The group is to actively take charge of their health and wellness involving exercise, nutrition, body health stats, stress management, traditional medicine to support women make healthy lifestyle changes. There will be a guest speaker to talk about a topic for 30min. **Ages: Ideal for Women over 40 who are beginning menopause.**

**Dates:** Mondays: September 19, October 17, November 14 & December 12, 2022 [No class Oct 10]

**Location:** White Pines Wellness Centre

**Time:** 6:00pm - 7:30pm

**Contact:** Health Promotion | [519] 445-2809 or [519] 754-5826

## SUPPORT GROUPS

### Seniors Centre Without Walls

Seniors participate in weekly 2-3pm over the phone programming session in the convenience of their homes. **Ages: Seniors 55+ Adults with physical disabilities who find it difficult to leave home.** Registration starts August 22, 2022.

**Dates:** Thursdays [ongoing]: Starting September 15, 2022

**Location:** Over the Phone

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

**Contact:** Parks & Recreation | Leigh Thompson [519] 445-4311 or Leighthompson@sixnations.ca

### Breastfeeding Support Group

All who support breastfeeding are welcome to join, share and support each other. A light lunch/nourishing snack will be provided. **Ages: All who support breastfeeding. Registration starts September 6, 2022.**

**Dates:** Thursdays: September 29, October 27 & November 24, 2022 [No class Dec 29]

**Location:** Stoneridge Children's Center

**Time:** 12:00pm - 1:00pm

**Contact:** Community Health & Wellness/Birthing Center | [519] 445-4922 or sgeorge@sixnations.ca

### Ohahase "New Path" Day Treatment Program

This program is dedicated to helping community members identify underlying issues through self-exploration, leading to substance use/abuse in a culturally relevant and respectful manner. **Ages: Co-ed 18+. Registration starts October 6, 2022.**

**Dates:** Mondays & Wednesdays: October 3 - December 7, 2022 [No class Oct 10]

**Location:** The Crisis Hub [1546 Chiefswood Rd]

**Time:** 9:00am-12:00pm

**Contact:** Mental Health & Addictions | Barry Miller [519] 445-2143 or [519] 717-3467

### Circles of Support: Understanding Emotional Eating **\*VIRTUAL\***

A virtual support group to help you understand and manage emotional eating. Join us on zoom, where we help you better understand your eating behaviours, your relationship with food and learn how to trust yourself around food. **Ages: Adults 18+.**

**Dates:** Tuesdays: October 4, November 1 & December 6, 2022

**Location:** Virtual - Zoom

**Time:** 12:00-1:00pm

**Contact:** Community Health & Wellness | Keri Howell [519] 754-7405 or dietitian@sixnations.ca

### Wellbriety Program

A Medicine Wheel and 12 Step Program tailored to the needs of individuals in recovery from addictions of any kind. To help create a common ground and to encourage the attention of wellness. **Ages: Co-ed 18+. Registration starts September 6, 2022.**

**Dates:** Thursdays: October 6 - December 8, 2022

**Location:** The Crisis Hub [1546 Chiefswood Rd]

**Time:** 6:30-8:30pm

**Contact:** Mental Health & Addictions | Barry Miller [519] 445-2143 or [519] 717-3467

## SUPPORT GROUPS

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### Lil Miss Empowerment Group

Lil' Miss Empowerment encourages and fosters self-efficacy, self-expression, authenticity in relating to themselves and others, internal empowerment, decision-making skills and increased self-esteem. **Ages: 9-12 years. Register anytime prior to start date.**

**Dates:** Wednesdays: October 12 - December 14, 2022

**Location:** White Pines Wellness Centre

**Time:** 5:00-7:00pm

**Contact:** Child & Youth Health | Kelly Trudeau [519] 761-2696 or kellytrudeau@sixnations.ca

### Relapse Prevention Program "Stay the Course"

A program to help gain awareness of high-risk situations, awareness of cravings and urges. Acquire different techniques to help stop a relapse. Learn to change unhealthy behaviours to healthier ones. Develop confidence and self-esteem through a self-designed plan. **Ages: Co-ed 18+. Register anytime prior to start date.**

**Dates:** Fridays: October 21 - December 9, 2022 [No class Nov 11]

**Location:** The Crisis Hub [1546 Chiefswood Rd]

**Time:** 6:30-8:30pm

**Contact:** Mental Health & Addictions | Barry Miller [519] 445-2143 or [519] 717-3467

### Grief Recovery Program

The action plan for moving beyond death, divorce and other losses. This group can help to recover from significant emotional loss. Regain happiness and joy. End isolation & self-sabotage. Discover the myths about grief and what was taught to us, growing up. **Ages: Co-ed 18+. Registration starts October 5, 2022.**

**Dates:** Wednesdays: November 16 - January 11, 2023

**Location:** Mental Health and Addictions Team Office [1769 Chiefswood Rd.]

**Time:** 6:30-8:30pm

**Contact:** Mental Health & Addictions | Barry Miller [519] 445-2143 or [519] 717-3467

## GETTING ACTIVE & MOVEMENT

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### Paddle on the Grand

Join us to paddle the Grand River. All skill levels are welcome. Children 10+ are welcome to paddle with an adult. Canoes, kayaks, and gear provided for the session. **Ages: Adults 18+ (10+ with an adult). Registration starts August 30, 2022.**

**Dates:** Tuesdays & Fridays: September 6 - October 18, 2022

**Time:** Tuesdays: 5:00pm - 7:00pm | Fridays: 10:00am - 12:00pm

**Location:** Chiefswood Park

**Contact:** Health Promotion | Baillie Schmitz [226] 387-9284 or hphlc@sixnations.ca



## GETTING ACTIVE & MOVEMENT

### Chair Yoga **\*NEW\***

Join us for a class that adapting yoga poses with a chair. This class will put a focus on pain reduction, breath work, and stretching. **Ages: Seniors 55+. Registration starts August 29, 2022.**

**Dates:** Tuesdays: September 6 - December 20, 2022

**Location:** Dajoh Youth & Elders Centre

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

**Contact:** Health Promotion | Baillie Schmitz [226] 387-9284 or hphlc@sixnations.ca

### Fall Wellness Walks

Join us for a bi-weekly walk on local trails to get out and enjoy the beautiful autumn scenery. **All Ages. Registration starts September 1, 2022.**

**Dates:** Wednesdays: September 7 - October 19, 2022

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

**Location:** Sept 7, 2022: LaFortune Park [30 Onondaga Townline Rd.]  
 Sept 21, 2022: Seneca Park & Rotary Riverside Trail [651 Caithness St. E.]  
 Oct 5, 2022: 1285 Hwy 52 Jerseyville Rd.  
 Oct 19, 2022: 2730 Jerseyville Rd. Parking lot along rail trail.

**Contact:** Health Promotion | Baillie Schmitz [226] 387-9284 or hphlc@sixnations.ca

### StrollerFIT

An 8 week lunch time exercise class for individuals with young children. This cardio and strengthening class will run once a week and is open to individuals of all fitness levels. **Ages: Individuals with young children. Registration starts April 18-29, 2022.**

**Dates:** Wednesdays: September 7 - October 26, 2022

**Location:** Blue Track

**Time:** 12:30pm - 1:30pm

**Contact:** Health Promotion | Baillie Schmitz [226] 387-9284 or hphlc@sixnations.ca

### LunchFIT

An 8 week lunch time exercise program for adults to fit into their busy schedules. This is a cardio and strength training class open to individuals of all fitness levels. **Ages: 18+. Registration starts September 1, 2021.**

**Dates:** Mondays & Thursdays: September 8 - October 10, 2022

**Location:** Blue Track

**Time:** 12:00pm - 1:00pm

**Contact:** Health Promotion | Baillie Schmitz [226] 387-9284 or hphlc@sixnations.ca

### Let's Get Moving

Total body exercise class for community members wanting to get active and start an exercise program to improve function, strength, range of motion [mobility] and balance. Suitable next step for those finishing physiotherapy or anyone wanting to prevent falls. **Ages: Seniors 55+. Registration starts September 1, 2022.**

**Dates:** Mondays & Fridays: September 9 - December 16, 2022 [No sessions Sept 5 or Nov 11]

**Location:** White Pines Wellness Centre [Adult Day Centre]

**Time:** 1:30pm - 2:30pm

**Contact:** Therapy Services & Health Promotion | Julie Villamere [519] 754-5730 or hpk8@sixnations.ca

## GETTING ACTIVE & MOVEMENT

### Badminton

Family Badminton. **All Ages.**

**Dates:** Mondays: September 12, 2022 [ongoing]

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

**Location:** Dajoh Youth & Elders Centre

**Time:** Adult 7:00pm - 8:30pm

**Contact:** Parks & Recreation | [519] 445-4311 or Leighthompson@sixnations.ca

### Second Wind

An exercise program for individuals with chronic or life long lung diseases. Individuals will learn to exercise in a safe environment and continue to be healthy and active. The classes will run twice weekly by the Kinesiologist and Occupational Therapist. **Ages: 18+ People with chronic/life long lung diseases. Registration starts September 6, 2022. Transportation is available, please call.**

**Dates:** Mondays & Thursdays: September 12, 2022 [ongoing]

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

**Location:** Dajoh Youth & Elders Centre

**Contact:** Health Promotion | Baillie Schmitz [226] 387-9284 or hphlc@sixnations.ca

### AquaFIT

Join us for a great 8 week low impact exercise in the pool. AquaFIT is great for those with arthritis, recovering from knee surgery, seniors, and those inactive and looking to get active. **Ages: Seniors 55+. Registration starts August 30, 2022. Transportation is available, please call.**

**Dates:** Fridays: November 4 - December 23, 2022

**Time:** 10:45pm - 11:45pm

**Location:** Wayne Gretzky Centre, Brantford

**Contact:** Health Promotion | Baillie Schmitz [226] 387-9284 or hphlc@sixnations.ca

### Sit To Be Fit

This is an exercise program performed sitting in a chair and is designed to maintain function and total body strength to help prevent falls. This is an excellent next step for community members that have completed the Falls Prevention program. The program will provide a guided, monitored exercise routine, performed sitting in a chair by an exercise facilitator from the Canadian Alzheimer's Society. **Ages: Seniors 55+. Transportation is available, please call.**

**Dates:** Tuesday, September 13, 2022

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

**Location:** Dajoh Youth & Elders Centre - Seneca Room

**Contact:** Therapy Services & Health Promotion | Julie Villamere [519] 754-5730 or hpk8@sixnations.ca

### Mocc & Walks

Join us outside this Fall for community walks around the track. A safe, flat environment to get outside and get active while enjoying the fall weather. This program is for individuals 55+ and/or those with limited mobility. **Ages: 55+. Registrations starts Sept 6, 2022.**

**Dates:** Tuesdays: September 13 - October 25, 2022

**Location:** Blue Track

**Time:** 12:00pm - 12:45pm

**Contact:** Health Promotion | Baillie Schmitz [226] 387-9284 or hphlc@sixnations.ca

## GETTING ACTIVE & MOVEMENT

### Pickleball

All Ages, individuals and families.

**Dates:** Tuesdays: September 13, 2022 [ongoing]

**Location:** Dajoh Youth & Elders Centre

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

**Contact:** Parks & Recreation | [519] 445-4311 or Leighthompson@sixnations.ca

### Let's Be Active

Dates	Ages	Time	Location
Wednesdays, Sept 14 - Oct 19	Ages 5 & 6	6:00 - 7:00pm	Dajoh Youth & Elders Centre
Wednesdays, Oct 26 - Dec 7	Ages 7 & 8		Registrations starts August 22, 2022
Wednesdays, Jan 11 - Feb 15	Ages 9 & 10		
Wednesdays, Feb 22 - Mar 29	Ages 11 & 12		
<b>Contact:</b> Parks & Recreation   (519) 445-4311 or Leighthompson@sixnations.ca			

### Youth 3-Pitch

**Ages:** 9-17 years. **Registration starts August 22, 2022.**

**Dates:** Thursdays: Sept 15 - Oct 27, 2022

**Location:** Ohsweken Ball Diamond

**Time:** 6:00pm - 7:00pm [Girls] | 7:00pm - 8:00pm [Boys]

**Contact:** Parks & Recreation | [519] 445-4311 or Leighthompson@sixnations.ca

### Rising Stars Basketball

Divisions: U10 and U14 travel teams, Gr 2-4, Grade 5 & 6, Grade 7 & 8, Girls division. **Ages: 6-14 years.**  
**Registration starts August 22, 2022.**

**Dates:** Thursdays: September 15, 2022 [ongoing]

**Location:** Dajoh Youth & Elders Centre

**Time:** 5:00pm - 9:00pm

**Contact:** Parks & Recreation | [519] 445-4311 or Leighthompson@sixnations.ca

### Dajoh 55+

Seniors ages 55 and up can participate in activities every Thursday. **Ages: 55+.**

**Dates:** Thursdays: September 15, 2022 [ongoing]

**Location:** Dajoh Youth & Elders Centre

**Time:** 10:00am - 12:00pm

**Contact:** Parks & Recreation | [519] 445-4311 or Leighthompson@sixnations.ca

### Pre/Post Natal Yoga

Join us for pre/post natal yoga classes where we will focus on helping prepare pre-natal parents for childbirth by relaxing the body and moving through safe techniques and poses for all stages of pregnancy. Babies and young children are welcome to attend! Yoga mats will be provided. **All Ages.**

**Dates:** Wednesdays: November 9 - December 21, 2022 [Registration starts Nov 2]

**Location:** Dajoh Youth & Elders Centre

**Time:** 12:30pm - 1:30pm

**Contact:** Health Promotion | Baillie Schmitz [226] 387-9284 or hphlc@sixnations.ca

## COMMUNITY & OUTDOOR ACTIVITIES

### Evening Stand Up Paddle Program

Stand Up Paddle is a dynamic board that allows you to sit, stand, lay down or kneel on the board. You can paddle on the river for stress relief, social interaction, spiritual connection to the environment, develop core strength as a physical exercise. **Ages: Preteen (9-11), Young Teens (12-14), Teens 15-17, Adults 18+, Seniors 55+.**

**Dates:** Thursdays, Sept 1 - Oct 13, 2022

**Location:** Chiefswood Park Dock

**Time:** 6:00pm - 8:00pm

**Contact for Info:** Health Promotion | [519] 445-2809 or [519] 754-5826

### Magic Machine Book Club **\*NEW\***

Borrow an eReader from SNPL and learn how you can access books digitally. Meet MONTHLY to choose our book club title, have snacks and discuss the book. Meetings are currently Mondays at 5PM at the library but this is subject to change depending on group needs. **Ages: Adults 18+, Seniors 55+.**

**Contact to Register.**

**Dates:** Mondays [ongoing]

**Location:** Six Nations Public Library

**Time:** 5:00pm - 6:00pm

**Contact for Info:** Six Nations Public Library | 6languages@snpl.ca or [519] 445-2954

### Bike The Rail Trail

Come out and bike the local Rail Trails. This fall we will be completing the final distance of the Hamilton to Port Dover trail ride. We will continue to ride 15-20km return trip each gathering. Participants will need to provide their own bike and must wear a helmet for the duration of the ride. Bells and reflectors are also required for safety purposes. If you are unable to acquire the necessary equipment, please discuss these needs when registering. **Ages: 18+. Registration starts September 1, 2022.**

**Dates:** Tuesdays: Sept 6 - Oct 25, 2022

**Location:** Various locations along the trail

**Time:** 1:00pm - 3:00pm

**Contact for Info:** Health Promotion | Julie Villamere [519] 754-5730 or hpk8@sixnations.ca

### Fall Archery

Archery practice to prepare for tournament or learn new skills. **All Ages.**

**Dates:** Tuesdays: Sept 6 - Oct 11, 2022

**Location:** ILT School

**Time:** 5:00pm - 6:00pm

**Contact for Info:** Health Promotion | [519] 445-2809 or [519] 754-5826



## COMMUNITY & OUTDOOR ACTIVITIES

### Walking Book Club

Walking Book Club at the Blue track until the weather gets cold then will meet on zoom to discuss the book titled, "And Grandma Said..." by Tom Porter. **Ages: 18+. Registration starts August 8, 2022.**

**Dates:** Tuesdays: Sept 6 - Jan 31, 2023

**Location:** Blue Track

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

**Contact for Info:** Health Promotion & SNPL | [519] 445-2809 or [519] 754-5826

### Community Beautification

A bi-weekly active community improvement program that encourages healthy living and caring for our surroundings. This program will allow adults to mentally, emotionally, spiritually & physically focus on their health while beautifying the gardens around the community. Participants will be provided with gardening gloves and tools. **Ages: 18+.**

**Dates:** Wednesdays (bi-weekly): Sept 14 & 28, Oct 12 & 26, Nov 9 & 23, 2022

**Location:** Iroquois Lodge & other gardens in the community

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

**Contact for Info:** Health Promotion | Julie Villamere [519] 754-5730 or hpk8@sixnations.ca



# SOUP FOR SENIORS

Free for our community elders  
and seniors (age 55+)

## OPEN 11 AM UNTIL SOUP IS GONE!



**Adult Day Center  
White Pines Wellness Center  
Back Parking Lot  
Drive-thru only  
Every Tuesday**



# MAKE AN APPOINTMENT TODAY WITH YOUR DIABETES WELLNESS TEAM!

## Foot Care

- Treating many foot care complications that can be associated with diabetes: Nail care, wound prevention, corn and callus removal, treatment of ingrown nails, minor surgery, diabetes education, vascular and neurological assessment, treating and preventing infection.
- Chiropodist: Specialist educated exclusively in the assessment and treatment of the foot.
- Foot Care Nurse: Registered Practical Nurse with additional education in basic and advanced foot care.

## Registered Nurse

- Provides diabetes and nutrition education, health coaching, and goal setting to support you on your wellness journey.
- Offering virtual and in-person visits.

## Registered Dietitian

- Provides diabetes and nutrition education, health coaching, and goal setting to support you on your wellness journey.
- Offering virtual and in-person visits.

**WE ARE HERE TO SUPPORT YOU!**

*Contact us to make an appointment!*

519-445-2226





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# ENJOY THE OUTDOORS, WITHOUT A TICK

**Lyme disease** is spread by the bite of infected blacklegged ticks. These ticks are often found in and near areas with trees, shrubs, tall grass or piles of leaves.

**Follow these tips when heading outside:**



01

## PREVENT

- ✓ Use bug spray with DEET or icaridin (always follow directions).
- ✓ Wear closed-toe shoes, long sleeves and pants.
- ✓ Tuck your shirt into your pants, and your pants into your socks.
- ✓ Walk on paths.



02

## CHECK

- ✓ Do a daily full body tick check on yourself, your children, your pets and your gear.
- ✓ Shower or bathe as soon as possible after being outdoors.
- ✓ Put your clothes in a dryer on high heat for at least 10 minutes.



03

## TAKE ACTION

- ✓ Use tweezers to immediately remove attached ticks by slowly pulling them straight out. Try not to twist or squeeze the tick.
- ✓ Wash the bite area with soap and water or alcohol-based sanitizer.
- ✓ Contact your health care provider if you're not feeling well or if you are concerned after being bitten by a tick.
- ✓ Keep the tick in a closed container and bring it with you if you go see your health care provider.

For more information, visit  
**Canada.ca/LymeDisease**

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# PROTECT YOUR PETS FROM TICKS AND LYME DISEASE

**Lyme disease** is spread by the bite of infected blacklegged ticks. These ticks are often found in and near areas with trees, shrubs, tall grass or piles of leaves.

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Cat: H14-322A-2019E-PDF | ISBN: 978-0-660-30834-0 | Pub. # 0028



The best way to protect your pets against Lyme disease is by avoiding tick bites:

- ✓ Check your pets for ticks after being outdoors. Ticks often attach to the head, neck and ears of dogs and cats.
- ✓ Carefully remove attached ticks immediately with tweezers and wash the bite area with soap and water, or alcohol-based sanitizer.
- ✓ Talk with your veterinarian about tick-prevention products for pets and Lyme disease vaccines for dogs.

For more information on how to protect yourself and your pet visit

**[Canada.ca/LymeDisease](https://Canada.ca/LymeDisease)**

Canada

# The Cannabis Education Program Presents



## ONE ON ONE SESSIONS



### DO YOU HAVE QUESTIONS LIKE:

What is Cannabis? What are the potential benefits & harms?

Are there safe ways to consume Cannabis?

Is Cannabis addictive & can I overdose on it?

What are the effects of Cannabis as I get older?

How do I talk to my child about Cannabis?

### We can help by

- Providing factual information to help you make a safe & informed decision
- Having an open conversation about your experiences and opinions
- Providing additional resources & materials keep you informed & safe
- Providing education on how to talk to others about Cannabis & use

### To make an appointment, email:

[courtneyreece@sixnations.ca](mailto:courtneyreece@sixnations.ca)

[julieking@sixnations.ca](mailto:julieking@sixnations.ca)

Or call **519-445-2143**







## **Six Nations Mobile Crisis Services**


is proud to announce we are now offering

# **Texting & Live Chat**

Six Nations Mobile Crisis Services is now offering new ways to connect for Crisis Support.

We will continue to provide service through our  
**telephone line 24/7**  
 **519-445-2204 or 866-445-2204**

To text us please contact   
**Text: 226-777-9480**  
**Available on weekdays from 8:30am - 4:00pm**

The Live Chat feature will be available on the  
**Six Nations COVID 19 website:**  
**<https://www.sixnationscovid19.ca/>**   
**Available on weekdays from 8:30am - 4:00pm**



SNHS Diabetes Wellness Program  
presents:



Join us Tuesday November 8th from 5pm-8pm at  
The Gathering Place  
2593 Chiefswood Rd. Ohsweken ON

Get a family of 5 together and come join us for supper at  
5:00 pm followed by a fun filled night of Family Feud!



Call SNHS Diabetes Wellness Program  
at 519-445-2226 to register!



Find updates on the Healthy 6Nay Facebook page



# Adult Day Centre Health Services Home & Community Care Program

## Location:

White Pines Wellness Centre - Adult Day 1st Floor [1745 Chiefswood Rd.]

- **Non-Dementia Client Programming Days** are from Tuesday-Wednesday, 10am-2:30pm
- **Dementia Client Programming Days (Precious Minds)** are Thursdays, 11am-3pm

The Six Nations Adult Day Centre is a community based day program. Which provides supervised activities in a group setting for seniors/adults with mild to moderate disabilities to assist in achieving and maintaining their maximum level of functioning. The goal is to provide the necessary support to assist individuals in being able to stay at home as long as possible and at the same time providing respite and support for caregivers. 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, caring and safe environment.

## Those Eligible:

- Adults with Various Physical Disabilities
- Frail Elderly
- Those in Early Stages of Dementia
- Caregiver Respite

## Services Provided:

- Respite Supervision
- Lunch
- Social/Recreational Programs
- Senior-geared exercise
- Client advocacy/Referrals



## Precious Minds:

- For dementia specific clients only
- Available for dementia clients between the stages of 1 to 4, as per the Alzheimer stages
- Thursdays 11am-3pm

## Referral Process:

- Call the Home & Community Care Case Management Office at [519] 445-0077.

Due to COVID-19 Guidelines, client space is limited.  
Programming subject to change as per COVID-19 Safety Guidelines.

**For more information please call: [519] 445-1867**

## 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.



# Crisis Hotlines

NEED HELP? CALL:



## **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**

Walk-in Crisis Services—TBD

15 Sunrise Court, Ohsweken

**519-445-2071**



## **Ganohkwasra Family Assault Support Services**

24/7 Hour Support Line

**519-445-4324**

## **Kids Help Line**

Call: **1-800-668-6868**

Text: **CONNECT to 686868**

Website: [kidshelpphone.ca](http://kidshelpphone.ca)  
(online chat available)

## **First Nations & Inuit Hope for Wellness Help Line**

24/7

Toll Free: **1-855-242-3310**

Website: [Hopeforwellness.ca](http://Hopeforwellness.ca) - online chat available

