

What's Happening On

# Six Nations

Programming, Community Events & Services

Leisure Activities Guide *Winter 2023*







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

Sge:no

As we move into the colder months, I am pleased to introduce to you all the Winter 2022/2023 edition of the Six Nations Health Services Leisure Guide. We as a community have faced many challenges over the past few years and wintertime can be especially difficult for some. This guide contains a wealth of events, activities, and resources that provide an opportunity to maintain a good mind throughout the season and stay connected to the things and people that we love.

As always, I want to extend a big nia:wen on behalf of Elected Council to the Health Services and Health Promotions teams for compiling this valuable resource, and to all organizations and individuals who work tirelessly to provide these opportunities for our community.

As you explore what our community has to offer, please keep in mind that we are still in the fight against COVID-19 and other seasonal viruses. Please be conscious of your personal health and safety and take steps to protect yourself and others from illness, especially our little ones.

I encourage you all to take the time to review this guide and take advantage of the services offered to the community, learn a new hobby, or help those in need this winter. I wish you all a wonderful holiday season with your loved ones, and I look forward to seeing you all in the new year!

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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# January 2023 Programs

MONDAY	TUESDAY	WEDNESDAY
<p><b>2</b></p> <ul style="list-style-type: none"> <li>• Our Beading Hearts</li> </ul>	<p><b>3</b></p>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>• Grief Recovery Program</li> <li>• Tentewata:ton Community Market</li> <li>• Onondaga Lang Study Circle</li> <li>• Silent Book Club</li> </ul>
<p><b>9</b></p> <ul style="list-style-type: none"> <li>• Ohahase Day Program</li> <li>• LunchFIT</li> <li>• Let's Get Moving</li> <li>• Morning Spark</li> <li>• Second Wind</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>• Meal Prep Made Simple</li> <li>• Sit To Be Fit</li> <li>• Chair Yoga</li> <li>• Haudenosaunee Language Meet</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>• Feeding Your Baby</li> <li>• Ohahase Day Program</li> <li>• Grief Recovery Program</li> <li>• Morning Spark</li> <li>• Winter Wellness Walks</li> <li>• Tentewata:ton Community Market</li> <li>• Onondaga Lang Study Circle</li> <li>• Silent Book Club</li> </ul>
<p><b>16</b></p> <ul style="list-style-type: none"> <li>• Ohahase Day Program</li> <li>• 55+ Craft Group</li> <li>• LunchFIT</li> <li>• Let's Get Moving</li> <li>• Morning Spark</li> <li>• Second Wind</li> <li>• Our Beading Hearts</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>• Building Emotional Resilience</li> <li>• Sit To Be Fit</li> <li>• Chair Yoga</li> <li>• Haudenosaunee Language Meet</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>• Health Card Renewal</li> <li>• Feeding Your Baby</li> <li>• Ohahase Day Program</li> <li>• Grief Recovery Program</li> <li>• Morning Spark</li> <li>• Tentewata:ton Community Market</li> <li>• Onondaga Lang Study Circle</li> <li>• Silent Book Club</li> </ul>
<p><b>23</b></p> <ul style="list-style-type: none"> <li>• Ohahase Day Program</li> <li>• LunchFIT</li> <li>• Let's Get Moving</li> <li>• Morning Spark</li> <li>• Second Wind</li> </ul> <p>• Morning Spark</p> <p>• Let's Get Moving</p> <p>• LunchFIT</p> <p>• 55+ Craft Group</p> <p>• Magic Machines Book Club</p> <p><b>30</b></p>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>• Plant Based Eating</li> <li>• Building Emotional Resilience</li> <li>• Sit To Be Fit</li> <li>• Chair Yoga</li> </ul> <p>• Chair Yoga</p> <p>• Sit To Be Fit</p> <p>• Building Emotional Resilience</p> <p><b>31</b></p>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>• Feeding Your Baby</li> <li>• Ohahase Day Program</li> <li>• Morning Spark</li> <li>• Winter Wellness Walks</li> <li>• Tentewata:ton Community Market</li> <li>• Onondaga Lang Study Circle</li> <li>• Silent Book Club</li> </ul>

# Legend:

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

THURSDAY	FRIDAY	SATURDAY/SUNDAY
		<b>New Years Day 1</b>
<b>5</b> <ul style="list-style-type: none"> <li><span style="color: lightblue;">•</span> Tentewata:ton Market Cooking</li> <li><span style="color: purple;">•</span> Haudenosaunee Language Meet</li> </ul>	<b>6</b>	<b>7</b> <ul style="list-style-type: none"> <li><span style="color: purple;">•</span> Saturday Matinee</li> </ul>
		<b>8</b>
<b>12</b> <ul style="list-style-type: none"> <li><span style="color: lightblue;">•</span> Introduction to Baking</li> <li><span style="color: pink;">•</span> Wellbriety Program</li> <li><span style="color: green;">•</span> LunchFIT</li> <li><span style="color: green;">•</span> Second Wind</li> <li><span style="color: purple;">•</span> Haudenosaunee Language Meet</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li><span style="color: green;">•</span> Let's Get Moving</li> </ul>	<b>14</b>
		<b>15</b>
<b>19</b> <ul style="list-style-type: none"> <li><span style="color: lightblue;">•</span> Making Sweet &amp; Savory Pies</li> <li><span style="color: pink;">•</span> Wellbriety Program</li> <li><span style="color: green;">•</span> LunchFIT</li> <li><span style="color: green;">•</span> Second Wind</li> <li><span style="color: purple;">•</span> 6N Film Club</li> <li><span style="color: purple;">•</span> Haudenosaunee Language Meet</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li><span style="color: pink;">•</span> Relapse Prevention Program</li> <li><span style="color: green;">•</span> Let's Get Moving</li> <li><span style="color: purple;">•</span> Share Your Garden</li> </ul>	<b>21</b>
		<b>22</b>
<b>26</b> <ul style="list-style-type: none"> <li><span style="color: pink;">•</span> Wellbriety Program</li> <li><span style="color: pink;">•</span> Breastfeeding Social Group</li> <li><span style="color: green;">•</span> LunchFIT</li> <li><span style="color: green;">•</span> Second Wind</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li><span style="color: orange;">•</span> PA Day Family Drop-in</li> <li><span style="color: pink;">•</span> Relapse Prevention Program</li> <li><span style="color: green;">•</span> Let's Get Moving</li> </ul>	<b>28</b>
		<b>29</b>

# February 2023 Programs

MONDAY	TUESDAY	WEDNESDAY
		<b>1</b> <ul style="list-style-type: none"> <li>• Feeding Your Baby</li> <li>• Healthy Habits</li> <li>• Ohahase Day Program</li> <li>• Morning Spark</li> <li>• Tentewata:ton Community Market</li> <li>• Onondaga Lang Study Circle</li> <li>• Silent Book Club</li> </ul>
<b>6</b> <ul style="list-style-type: none"> <li>• Ohahase Day Program</li> <li>• LunchFIT</li> <li>• Let's Get Moving</li> <li>• Morning Spark</li> <li>• Second Wind</li> <li>• Our Beading Hearts</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>• Building Emotional Resilience</li> <li>• Sit To Be Fit</li> <li>• Chair Yoga</li> <li>• Haudenosaunee Language Meet</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>• Healthy Habits</li> <li>• Ohahase Day Program</li> <li>• Morning Spark</li> <li>• Winter Wellness Walks</li> <li>• Tentewata:ton Community Market</li> <li>• Onondaga Lang Study Circle</li> <li>• Silent Book Club</li> </ul>
<b>13</b> <ul style="list-style-type: none"> <li>• Ohahase Day Program</li> <li>• 55+ Craft Group</li> <li>• LunchFIT</li> <li>• Let's Get Moving</li> <li>• Morning Spark</li> <li>• Second Wind</li> </ul>	<b>14 Valentine's Day</b> <ul style="list-style-type: none"> <li>• Meal Prep Made Simple</li> <li>• Building Emotional Resilience</li> <li>• Sit To Be Fit</li> <li>• Chair Yoga</li> <li>• Haudenosaunee Language Meet</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>• Health Card Renewal</li> <li>• Healthy Habits</li> <li>• Ohahase Day Program</li> <li>• Morning Spark</li> <li>• Tentewata:ton Community Market</li> <li>• Onondaga Lang Study Circle</li> <li>• Silent Book Club</li> </ul>
<b>20 Family Day</b>	<b>21</b> <ul style="list-style-type: none"> <li>• Cooking for Balanced Blood Sugars</li> <li>• Sit To Be Fit</li> <li>• Chair Yoga</li> <li>• Haudenosaunee Language Meet</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>• Healthy Habits</li> <li>• Gardening Workshop Series</li> <li>• Safe Food Handling</li> <li>• Ohahase Day Program</li> <li>• Morning Spark</li> <li>• Winter Wellness Walks</li> <li>• Tentewata:ton Community Market</li> <li>• Onondaga Lang Study Circle</li> <li>• Silent Book Club</li> </ul>
<b>27</b> <ul style="list-style-type: none"> <li>• Ohahase Day Program</li> <li>• 55+ Craft Group</li> <li>• LunchFIT</li> <li>• Let's Get Moving</li> <li>• Morning Spark</li> <li>• Second Wind</li> <li>• Magic Machines Book Club</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>• Plant Based Eating</li> <li>• Sit To Be Fit</li> <li>• Chair Yoga</li> </ul>	

# Legend:

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

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<b>2</b> <ul style="list-style-type: none"> <li>• Tentewata:ton Market Cooking</li> <li>• Wellbriety Program</li> <li>• LunchFIT</li> <li>• Second Wind</li> <li>• Haudenosaunee Language Meet</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• Relapse Prevention Program</li> <li>• Let's Get Moving</li> </ul>	<b>4</b> <div style="text-align: right; padding-right: 10px;"><b>5</b></div>
<b>9</b> <ul style="list-style-type: none"> <li>• Wellbriety Program</li> <li>• LunchFIT</li> <li>• Second Wind</li> <li>• Haudenosaunee Language Meet</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>• Relapse Prevention Program</li> <li>• Let's Get Moving</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>• Saturday Matinee</li> </ul> <div style="text-align: right; padding-right: 10px;"><b>12</b></div>
<b>16</b> <ul style="list-style-type: none"> <li>• Wellbriety Program</li> <li>• LunchFIT</li> <li>• Second Wind</li> <li>• 6N Film Club</li> <li>• Haudenosaunee Language Meet</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>• Relapse Prevention Program</li> <li>• Let's Get Moving</li> <li>• Share Your Garden</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>• Saturday Matinee</li> </ul> <div style="text-align: right; padding-right: 10px;"><b>19</b></div>
<b>23</b> <ul style="list-style-type: none"> <li>• Wellbriety Program</li> <li>• Breastfeeding Social Group</li> <li>• LunchFIT</li> <li>• Second Wind</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>• Relapse Prevention Program</li> <li>• Let's Get Moving</li> </ul>	<b>25</b> <div style="text-align: right; padding-right: 10px;"><b>26</b></div>

# March 2023 Programs

MONDAY	TUESDAY	WEDNESDAY
		<b>1</b> <ul style="list-style-type: none"> <li>• Winter Art Show</li> <li>• Healthy Habits</li> <li>• Ohahase Day Program</li> <li>• Morning Spark</li> <li>• Tentewata:ton Community Market</li> <li>• Onondaga Lang Study Circle</li> <li>• Silent Book Club</li> </ul>
<b>6</b> <ul style="list-style-type: none"> <li>• March Break Language Activity Kits</li> <li>• Ohahase Day Program</li> <li>• Let's Get Moving</li> <li>• Morning Spark</li> <li>• Second Wind</li> <li>• MuscleFIT</li> <li>• Our Beading Hearts</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>• March Break Language Activity Kits</li> <li>• Meals in a Jar</li> <li>• Sit To Be Fit</li> <li>• Mommy Boot Camp</li> <li>• Beginner Vinyasa Yoga</li> <li>• Haudenosaunee Language Meet</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>• March Break Language Activity Kits</li> <li>• Healthy Habits</li> <li>• Intl Women's Day Lunch &amp; Learn</li> <li>• Ohahase Day Program</li> <li>• Morning Spark</li> <li>• Winter Wellness Walks</li> <li>• Tentewata:ton Community Market</li> <li>• Onondaga Lang Study Circle</li> <li>• Silent Book Club</li> </ul>
<b>13</b> <ul style="list-style-type: none"> <li>• March Break Language Activity Kits</li> <li>• Ohahase Day Program</li> <li>• 55+ Craft Group</li> <li>• Let's Get Moving</li> <li>• Second Wind</li> <li>• MuscleFIT</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>• March Break Language Activity Kits</li> <li>• Meal Prep Made Simple</li> <li>• Sit To Be Fit</li> <li>• Mommy Boot Camp</li> <li>• Beginner Vinyasa Yoga</li> <li>• Haudenosaunee Language Meet</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>• Health Card Renewal</li> <li>• March Break Language Activity Kits</li> <li>• Ohahase Day Program</li> <li>• Tentewata:ton Community Market</li> <li>• Onondaga Lang Study Circle</li> <li>• Silent Book Club</li> </ul>
<b>20</b> <ul style="list-style-type: none"> <li>• Let's Get Moving</li> <li>• Second Wind</li> <li>• MuscleFIT</li> <li>• Our Beading Hearts</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>• Sit To Be Fit</li> <li>• Mommy Boot Camp</li> <li>• Beginner Vinyasa Yoga</li> <li>• Haudenosaunee Language Meet</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>• Safe Food Handling</li> <li>• Winter Wellness Walks</li> <li>• Tentewata:ton Community Market</li> <li>• Onondaga Lang Study Circle</li> <li>• Silent Book Club</li> </ul>
<b>27</b> <ul style="list-style-type: none"> <li>• 55+ Craft Group</li> <li>• Let's Get Moving</li> <li>• Morning Spark</li> <li>• Second Wind</li> <li>• MuscleFIT</li> <li>• Magic Machines Book Club</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>• Plant Based Eating</li> <li>• Sit To Be Fit</li> <li>• Mommy Boot Camp</li> <li>• Beginner Vinyasa Yoga</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>• Gardening Workshop Series</li> <li>• Morning Spark</li> <li>• Tentewata:ton Community Market</li> <li>• Onondaga Lang Study Circle</li> <li>• Silent Book Club</li> </ul>



# Legend:

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

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<b>2</b> <ul style="list-style-type: none"> <li>Tentewata:ton Market Cooking</li> <li>Wellbriety Program</li> <li>Second Wind</li> <li>Haudenosaunee Language Meet</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>Relapse Prevention Program</li> <li>Let's Get Moving</li> </ul>	<b>4</b>          <b>5</b>
<b>9</b> <ul style="list-style-type: none"> <li>March Break Language Activity Kits</li> <li>Wellbriety Program</li> <li>Second Wind</li> <li>Haudenosaunee Language Meet</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>March Break Language Activity Kits</li> <li>Relapse Prevention Program</li> <li>Let's Get Moving</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>Saturday Matinee</li> </ul>          <b>12</b>
<b>16</b> <ul style="list-style-type: none"> <li>March Break Language Activity Kits</li> <li>Wellbriety Program</li> <li>Second Wind</li> <li>6N Film Club</li> <li>Haudenosaunee Language Meet</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>March Break Language Activity Kits</li> <li>Let's Get Moving</li> <li>Share Your Garden</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>Saturday Matinee</li> </ul>          <b>19</b>
<b>23</b> <ul style="list-style-type: none"> <li>Breastfeeding Social Group</li> <li>Second Wind</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>Let's Get Moving</li> </ul>	<b>25</b>          <b>26</b>
<b>30</b> <ul style="list-style-type: none"> <li>Second Wind</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>Let's Get Moving</li> </ul>	

# April 2023 Programs

MONDAY	TUESDAY	WEDNESDAY
<b>3</b> <ul style="list-style-type: none"> <li>• 55+ Craft Group</li> <li>• Let's Get Moving</li> <li>• Morning Spark</li> <li>• Second Wind</li> <li>• MuscleFIT</li> <li>• Our Beading Hearts</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>• Sit To Be Fit</li> <li>• Mommy Boot Camp</li> <li>• Beginner Vinyasa Yoga</li> <li>• Haudenosaunee Language Meet</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>• Morning Spark</li> <li>• Tentewata:ton Community Market</li> <li>• Onondaga Lang Study Circle</li> <li>• Silent Book Club</li> </ul>
<b>10 Easter Monday</b>	<b>11</b> <ul style="list-style-type: none"> <li>• Meal Prep Made Simple</li> <li>• Sit To Be Fit</li> <li>• Beginner Vinyasa Yoga</li> <li>• Haudenosaunee Language Meet</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>• Morning Spark</li> <li>• Tentewata:ton Community Market</li> <li>• Onondaga Lang Study Circle</li> <li>• Silent Book Club</li> </ul>
<b>17</b> <ul style="list-style-type: none"> <li>• How You Eat: Intuitive Eating</li> <li>• 55+ Craft Group</li> <li>• Let's Get Moving</li> <li>• Morning Spark</li> <li>• Second Wind</li> <li>• MuscleFIT</li> <li>• Our Beading Hearts</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>• Sit To Be Fit</li> <li>• Haudenosaunee Language Meet</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>• Health Card Renewal</li> <li>• Morning Spark</li> <li>• Tentewata:ton Community Market</li> <li>• Onondaga Lang Study Circle</li> <li>• Silent Book Club</li> </ul>
<b>24</b> <ul style="list-style-type: none"> <li>• How You Eat: Intuitive Eating</li> <li>• Let's Get Moving</li> <li>• Morning Spark</li> <li>• Second Wind</li> <li>• Magic Machines Book Club</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>• Plant Based Eating</li> <li>• Sit To Be Fit</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>• Safe Food Handling</li> <li>• Gardening Workshop Series</li> <li>• Morning Spark</li> <li>• Tentewata:ton Community Market</li> <li>• Onondaga Lang Study Circle</li> <li>• Silent Book Club</li> </ul>

# Legend:

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

THURSDAY	FRIDAY	SATURDAY/SUNDAY
		<b>1</b>    <div style="border-top: 1px dotted black; width: 100%;"></div> <b>2</b>
<b>6</b> <ul style="list-style-type: none"> <li>• Tentewata:ton Market Cooking</li> <li>• Second Wind</li> <li>• Haudenosaunee Language Meet</li> </ul>	<b>7 Good Friday</b>	<b>8</b> <ul style="list-style-type: none"> <li>• Saturday Matinee</li> </ul> <div style="border-top: 1px dotted black; width: 100%;"></div> <b>9</b>
<b>13</b> <ul style="list-style-type: none"> <li>• Second Wind</li> <li>• Haudenosaunee Language Meet</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>• Let's Get Moving</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>• Saturday Matinee</li> </ul> <div style="border-top: 1px dotted black; width: 100%;"></div> <b>16</b>
<b>20</b> <ul style="list-style-type: none"> <li>• Second Wind</li> <li>• 6N Film Club</li> <li>• Haudenosaunee Language Meet</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>• Let's Get Moving</li> <li>• Share Your Garden</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>• Earth Day</li> </ul> <div style="border-top: 1px dotted black; width: 100%;"></div> <b>23</b>
<b>27</b> <ul style="list-style-type: none"> <li>• Breastfeeding Social Group</li> <li>• Second Wind</li> </ul>	<b>28</b>	<b>29</b> <div style="border-top: 1px dotted black; width: 100%;"></div> <b>30</b>

## COMMUNITY & ANNUAL EVENTS

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### Health Card Renewal - OHIP (Health Administration)

Service Ontario visits White Pines Wellness Center every third [3rd] Wednesday of the month to provide/assist Six Nations Community members with renewing their Health Cards. **All Ages.**

**Dates:** Every third [3rd] Wednesday

**Time:** 10:00am - 3:00pm

**Location:** White Pines Wellness Centre [1st floor]

**Contact to Register:** Darian Churchill | 519) 445-2418 or HSRT@sixnations.ca

### Earth Day

Show us how you care for Mother Earth and all our relations by sharing with SNPL an image, a video or a story. Ideas: do a clean up, recycle, reduce your waste, measure your plastic waste or even borrow from the library. All entries will be entered into a draw and shared on social media in order to promote care and love for all of our relatives. **All Ages.**

**Dates:** Saturday, April 22, 2023

**Time:** 5:00pm

**Location:** Six Nations Public Library

**Contact:** Six Nations Public Library | 519) 445-2954 or info@snpl.ca

### March Break Language Activity Kits

Pick up your March Break Language Activity Kit to take home with you. Choose between Mohawk or Cayuga. While supplies last. **Register by March 6, 2023.**

**Dates:** Monday-Friday, March 6-17, 2023

**Time:** Library Hours

**Location:** Six Nations Public Library

**Contact to Register:** Six Nations Public Library | 519) 445-2954 or info@snpl.ca

### PA Day Family Drop-in

Come to the library to participate in fun and interesting activities at the library. **Families with children. Registration starts January 9, 2023.**

**Dates:** Friday, January 27, 2023

**Time:** 10:00am - 3:00pm

**Location:** Six Nations Public Library [upstairs]

**Contact to Register:** Six Nations Public Library | 519) 445-2954 or info@snpl.ca

### Winter Art Show

Art Show! The theme is community. Your choice of artistic medium. Entries accepted until March 1, 2023. All entries will be entered into a prize draw and will be displayed virtually and in the library. **All Ages.**

**Dates:** Submit between January 9 and March 1, 2023

**Location:** Six Nations Public Library

**Contact:** Six Nations Public Library | 519) 445-2954 or info@snpl.ca

### Nutrition Month Night Market: *Gathering Traditional Food Knowledge & Celebrating Food Supports Within the Community*

Come out and connect with food with your community alongside the Tentewatá:ton Dedwadado' Community Market. **All Ages. Contact if transportation is needed.**

**Dates:** Wednesday, March 2023 [TBD]

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

**Location:** TBD

**Contact to Register:** Six Nations Health Services | [519] 732-8537 or araynak@sixnations.ca



## WORKSHOPS & COOKING CLASSES

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### Tentewatá:ton Dędwadadę' Market Cooking

Please join us the first Thursday of the month for Tentewatá:ton Dędwadadę Market Cooking. We will learn how to make nutritious and delicious meals using seasonal ingredients. Participants will receive a \$10.00 market voucher for the Community Market. **Ages: 15+. Registration starts December 12, 2021.**

**Dates:** Thursdays: January 5, February 2, March 2, April 6, 2023

**Location:** White Pines Wellness Centre Kitchen

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

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

### Meal Prep Made Simple Cooking Classes

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 January 1, 2023.**

**Dates:** Tuesdays: January 10, February 14, March 14 & April 11, 2023

**Location:** White Pines Wellness Centre

**Time:** 1:00pm - 2:00pm

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

### Feeding Your Baby

Feeding your baby classes are designed to help parents/caregivers transition your 6 months [or older] baby to starting solids. Learn to prepare foods for your baby that are nutritious, safe and cost effective. All food and supplies will be provided during this 4 week program. **Ages: Families, new mothers.**

**Dates:** Wednesdays: January 11 - February 1, 2023

**Location:** Family Gatherings

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

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

### Introduction to Baking **\*NEW\***

Come out and learn the basics concepts, skills and techniques of baking with your little one. Emphasis will be placed on utilizing various whole grains in our items. **Ages: 4-8 year old with a parent or caregiver. Registration starts December 5, 2022. Contact if transportation is needed.**

**Dates:** Thursday, January 12, 2023

**Location:** White Pines Wellness Centre Kitchen

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

**Contact:** Child & Youth Health | [519] 750-3370 or kfarmer@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 if transportation is needed.**

**Dates:** Tuesdays: January 24, February 28, March 28 & April 25, 2023

**Location:** White Pines Wellness Centre

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

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

## WORKSHOPS & COOKING CLASSES

### Making Sweet & Savory Pies **\*NEW\***

Lets learn the necessary skills to make a pie crust and filling for both a sweet and a savory pie. After we make the items we will enjoy our recipes together as a group! **Ages: 14-18. Registrations starts January 9, 2023. Contact if transportation is needed.**

**Date:** Thursday, January 19, 2023

**Location:** White Pines Wellness Centre

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

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

### Healthy Habits **\*NEW\***

Healthy Habits is a healthy lifestyle program, designed to teach its participants food handling and cooking skills, food knowledge and introduce physical activity. During each session over 6 weeks, we will participate in physical activity, cook, share a meal, and learn together. **Ages: Adults 18+. Registrations starts January 16, 2023.**

**Date:** Wednesdays: February 1 - March 8, 2023

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

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

**Contact:** Community Health & Wellness | Kaya Hill hpcfa2@sixnations.ca

### Meals in a Jar **\*NEW\***

Lets learn how to utilize pantry staples to make a meal in a jar for your family as well as a family in need. This program will teach on meal planning and how to effectively budget for food this winter season! **Ages: Families. Registration starts January 16, 2023.**

**Dates:** Tuesday, February 7, 2023

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

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

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

### Cooking for Balanced Blood Sugars

Join us in this diabetes-focused cooking class where we will be preparing a meal together and learning about how different foods impact our blood sugars. **Ages: 18+/People with diabetes. Contact if transportation is needed.**

**Dates:** Tuesday, February 21, 2023

**Location:** White Pines Wellness Centre

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

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

### Safe Food Handling

This free certification course is open to all Six Nations Community Members! Learn general principals of safe food handling. Topics include: Temperature Control, Cross-Contamination, Personal Hygiene, Cleaning and Sanitizing. Certification expires in 5 years. Please bring paper and pen to take notes. **Ages: 18+. Registration starts January 11, 2023.**

**Dates:** Wednesdays: February 22, March 22 & April 26, 2023

**Location:** Six Nations Parks and Recreation Conference Room [1748 4th Line]

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

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

## WORKSHOPS & COOKING CLASSES

### How You Eat: Intuitive Eating Group **\*NEW\***

Join us for a 5-week group where we help you better understand your eating behaviours, strengthen your relationship with food, and learn how to trust yourself around food so that you can enjoy your favourite foods again. Learning materials and a traditional meal is provided. **Ages: Adults 18+. Contact if transportation is needed.**

**Dates:** Mondays: April 17, & 24, May 1, 8 & 15, 2023

**Location:** White Pines Wellness Centre

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

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

### Gardening Workshop Series by Mother Bear's Garden **\*NEW\* \*VIRTUAL\***

Join this 3-part garden workshop series with Lucas Smith from Mother Bear's Garden. We'll learn how to plan our garden crops, how and when to start seeds for the planting season, and some early care tips for starting your garden in the spring. Participants must register for all 3 parts of this workshop series. **All Ages. Registration starts February 1, 2023.**



**Dates:** Wednesdays: February 22, March 29 & April 26, 2023

**Location:** February is virtual. March & April are at Mother Bear's Garden [2211 Seneca Rd, Ohsweken]

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

**Contact:** Community Health & Wellness | Kaya Hill hpcfa2@sixnations.ca

### International Women's Day Lunch and Learn **\*NEW\* \*VIRTUAL\***

Do you find it difficult to find credible nutrition information geared towards women? Join Registered Dietitians for a virtual lunch and learn on International Women's Day to uncover topics related to women's health along the lifecycle. Please contact for more information/to register for the webinar and submit any questions beforehand. A prize draw will be conducted at the end of the session. **Ages: Women of all ages. Registration starts January 2, 2023.**

**Dates:** Wednesday, March 8, 2023

**Location:** Virtual

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

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

### Our Beading Hearts

Beaded group. Meet on the first and third Monday of the month to learn how to bead with Shillene Dale, those who already know how to bead are welcome to attend and join in or bring their own projects. **Registration is ongoing.**

**Dates:** The First and Third Mondays of the Month

**Location:** TBD

**Time:** 6:30pm

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

## SUPPORT GROUPS

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### 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 November 10, 2022.**

**Dates:** Mondays & Wednesdays: January 9 - March 15, 2023

**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

### 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 November 10, 2022.**

**Dates:** Thursdays: January 12 - March 16, 2023

**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

### 55+ Craft Group

Various Crafts will be taught. All supplies provided. **Ages: Seniors 55+. Registration starts January 5, 2023.**

**Dates:** Mondays [bi-weekly]: January 16 & 30, February 13 & 27, March 13 & 27, April 3 & 17, 2023

**Location:** 727 Third Line

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

**Contact:** Mental Health & Addictions | Tiffany [519] 750-4480 or tiffanyvanevery@sixnations.ca

### Building Emotional Resilience Program **\*NEW\***

This program is designed to help individuals learn coping tools and strategies to build emotional maturity and intelligence. Each week, we'll work together to unlearn unhealthy habits, strengthen relationships, and create a balanced, happy lifestyle. **Ages: Adults 18+. Registration starts November 14, 2022. Contact if transportation is needed.**

**Dates:** Tuesdays: January 17 - February 14, 2023

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

**Time:** 9:30am - 12:00pm

**Contact:** Crisis Hub | Hailey Anderson [226] 446-9902 or mhwc3@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+. Registration starts November 10, 2022.**

**Dates:** Fridays: January 20 - March 10, 2023

**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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### 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 January 2, 2023.**

**Dates:** Thursdays: January 26, February 23, March 23 & April 27, 2023

**Location:** Stoneridge Children's Center

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

**Contact:** Child & Youth Health | [519] 445-4922 or sgeorge@sixnations.ca

### 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 November 10, 2022.**

**Dates:** Wednesdays: November 23 - January 18, 2023

**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

## GETTING ACTIVE & MOVEMENT

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### LunchFIT

An 6 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. Drop ins welcome! **Ages: 18+. Registration starts December 20, 2022.**

**Dates:** Mondays & Thursdays: January 9 - February 27, 2023 [No program Feb 20]

**Location:** Dajoh Youth & Elders Centre Gym

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

**Contact:** Community Health & Wellness | 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 December 12, 2022. Transportation is available, please call.**

**Dates:** Mondays & Fridays: January 9 - April 26, 2023 [No program Feb 20, April 7 & 10]

**Location:** Dajoh - Cayuga Room

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

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

## GETTING ACTIVE & MOVEMENT

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### Morning Spark **\*NEW\***

This is a morning drop-in program. Participants can arrive at their preferred time to start their routine independently. This program is a combination of walking, jogging and strength training. Participants will walk or jog the perimeter of the gym to develop cardiovascular endurance. Circuit training exercises will be arranged in the middle of the gym to develop strength, balance and body awareness. This program is being offered to community members who would like to stay active, indoors during the winter months. Some equipment will be given out to participants for home use and for sanitation purposes. This equipment is to be brought to each session. **Ages: 18+. Registration starts December 12, 2022.**

**Dates:** Mondays & Wednesdays: January 9 - April 26, 2023  
[No program Feb 20, March 13, 15, 20, 22 & April 10]

**Location:** Social Services Gym [15 Sunrise Court]

**Time:** 7:00am - 9:00am

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

### Second Wind

An exercise program for seniors and/or individuals with chronic/life long conditions such as lung disease, COPD, asthma, diabetes, etc. Participants will learn to exercise in a safe environment that promotes a healthy and active lifestyle. **Ages: Seniors 55+, people with chronic illnesses. Registration starts December 19, 2022. Transportation is available, please call.**

**Dates:** Mondays & Thursdays: January 9 - April 27, 2023 [No program on Feb 20 or April 10]

**Location:** Dajoh Youth & Elders Centre

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

**Contact:** Community Health & Wellness | 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+. Registration starts December 12, 2022. Transportation is available, please call.**

**Dates:** Tuesdays: January 10 - April 25, 2023

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

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

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

### Chair Yoga

An 8 week gentle practice in which yoga poses are adapted to be done utilizing a chair or in a seated position. Participants will learn different breathing techniques and become familiar with the yoga practice. This class will put a focus on pain reduction, joint-freeing movements, and stretching. **Ages: Seniors 55+. Registration starts December 19, 2022.**

**Dates:** Tuesdays: January 10 - February 28, 2023

**Location:** Social Services Gym [15 Sunrise Court]

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

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

## GETTING ACTIVE & MOVEMENT

### AquaFIT 1 & 2

A great 6 week low impact exercise class in a pool. AquaFIT is great for those with arthritis, recovering from knee surgeries, seniors, and those who are inactive and looking to get active. **Ages: Adults 18+.** **Registration - Aqua 1: Dec 19, 2022. Aqua 2: Feb 15, 2023. Transportation is available, please call.**

**Dates:** Fridays: Early January - Mid February [or] Early March - Early April [No class April 7]

**Time:** 10:45am - 11:45am

**Location:** Wayne Gretzky Centre, Brantford

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

### Winter Wellness Walks/Snowshoeing

Join us for a bi-weekly walk on local trails to get out and enjoy the winter weather. Depending on weather some weeks we may be able to walk utilizing snowshoes instead. **Ages: 18+. Registration starts December 26, 2022.**

**Dates:** Wednesdays [bi-weekly]: January 11 - March 22, 2023

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

**Location:** Local Trails - TBD

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

### MuscleFIT \*NEW\*

A program focusing on strength based exercises to help participants develop muscular strength and endurance. This class will be an introduction to lifting techniques utilizing weight. Exercises may use dumbbells, weighted bars, and/or kettlebells. Individuals of all fitness levels are welcome. **Ages: 18+.** **Registrations starts February 27, 2023.**

**Dates:** Mondays: March 6 - April 17, 2023 [No program April 10]

**Location:** Dajoh Youth & Elders Centre

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

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

### Mommy Boot Camp

A fitness class for pre and post-natal moms of any fitness level looking to get active. Young children [under 2 years of age] and babies are welcome! **Ages: Pre/post-natal moms. Registration starts February 28, 2023.**

**Dates:** Tuesdays: March 7 - April 4, 2023

**Location:** Social Services Gym [15 Sunrise Court]

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

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

### Beginner Vinyasa Yoga \*NEW\*

An introduction to fitness style yoga class which will focus on improving strength and flexibility through a series of both standing, seated, and floor poses while linking breath with movement. Participants must be able to get up from the floor without assistance. Yoga blocks and straps will be provided. **Ages: 18+. Registration starts February 21, 2023.**

**Dates:** Tuesdays: March 7 - April 11, 2023

**Location:** TBD

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

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

## COMMUNITY & OUTDOOR ACTIVITIES

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### Tentewatá:ton Dędwadą' Community Market

The weekly Market offers fresh fruit & vegetables to the community. **All Ages.**

**Dates:** Wednesdays [Closed December 21 - January 4 for winter holidays]

**Location:** Social Services Gym [15 Sunrise Court]

**Time:** 1:00pm - 5:00pm

**Contact:** Community Health & Wellness | Grace Hess [519] 750-4908 or gracehess@sixnations.ca

### 6N Film Club **\*NEW\***

Exploring the films of various genres and filmmakers. Anyone can drop-in. Register to receive updates from the 6N Film Club. **Ages: 18+. Registration is ongoing.**

**Dates:** Every third Thursday

**Location:** Dajoh Youth & Elders Centre

**Time:** 6:00pm - 8:30pm

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

### Community Art Journal

Borrow the Library's Community Art Journal and complete 1- 4 pages at a time with your art. Use writing, drawings, painting, mixed media etc... Complete in the library or take home and borrow it. This book is available at the library and once full and complete it will be made available for borrowing and display. **All Ages.**

**Dates:** Ongoing

**Location:** Six Nations Public Library

**Time:** N/A

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

### Dial-A-Story

To listen to a story call Dial-a-Story at 519-900-0908. Suitable for all ages. A mix of stories for adults, youth and children. Available 24/7. Contact the library for more information about becoming a reader for Dial-a-Story or about how your organization can utilize Dial-a-Story. **All Ages.**

**Dates:** Ongoing

**Location:** Phone Required to Access

**Time:** 24/7

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

### Haudenosaunee Language Meet **\*VIRTUAL\***

A Zoom meeting space for language speakers and learners to use as they choose. Network, socialize, share or practice. Those in attendance choose how to use the space. Participants from all over Haudenosaunee territory and beyond are welcome to join in. Please contact the library if you are interested in being a volunteer facilitator. **All Ages. Registration is ongoing.**

**Dates:** First, Second and Third Tuesdays and Thursdays of the Month

**Location:** Zoom

**Time:** 7:00pm

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



## COMMUNITY & OUTDOOR ACTIVITIES

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### Magic Machines Book Club

Borrow and read with a Kobo eReader for free. Read or listen with KoboPlus and your library card. We can show you how. Meet monthly to discuss our chosen books. EReaders are excellent for many types of readers. Readers who don't have access to the internet can use the library's Kobo eReaders! **Ages: Adults. Registration is ongoing.**

**Dates:** Last Monday of the Month

**Location:** Six Nations Public Library Boardroom

**Time:** 5:00pm

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

### Onondaga Language Study Circle

The circle is a study space for Onondaga language learners. Guest speakers are invited but there will not be an official language instructor. The collective goal of the circle is to help one another become speakers and effective learners. **Ages: Adults. Registration is ongoing.**

**Dates:** Wednesdays

**Location:** Six Nations Public Library

**Time:** 5:30pm

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

### Silent Book Club

Meet in the library boardroom. First 5 minutes, approximately, share what you are reading, drink hot chocolate, read and in the last 5 minutes share on your chosen book or continue reading. This is a relaxed environment for reading. High school volunteer hours are available for submitting a book review.

**Dates:** Wednesdays

**Location:** Six Nations Public Library

**Time:** 6:30pm

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

### Saturday Matinee

Our Matinee series is a licensed showing of classic, new releases or National Film Board films that are family friendly. Movies are shown on the 3rd and 4th Saturdays of the month September-April. Bring Your Own Popcorn! Requests for specific movies are welcome. **All Ages.**

**Dates:** The Second and Third Saturdays of the Month

**Location:** Six Nations Public Library Boardroom

**Time:** 1:00pm

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

### Share Your Garden

Meet once a month at various locations or on Zoom. Discuss, share and learn about gardening and help to encourage gardening and growing within the community. **Registration is ongoing.**

**Dates:** Every Third Friday of the Month

**Location:** Various Locations and/or Zoom

**Time:** TBD

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

## 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:** Tuesday-Wednesday, 10am-2:30pm
- **Dementia Client Programming Days (Precious Minds):** Mondays & 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-gearred 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 8:30am –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 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**





# 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!

# Building Emotional Resilience Program



**Description:** To help individuals learn coping tools and strategies to build emotional maturity and intelligence. Each week, we'll work together to unlearn unhealthy habits, strengthen relationships, and create a balanced, happy lifestyle.

**Dates:** Every Tuesday from 10:00AM – 12:00PM starting  
**January 17th, 2023**

**Location:** Crisis Hub @ 1546 Chiefswood Road

**Requirements:** Adults 18+

**To Register Call:  
(226) 446-9902**



# THE SIX NATIONS COMMUNITY HEALTH SURVEY

## What is it?

- The Six Nations Community Health Survey is a survey covering a wide range of topics that impact community health.

## Benefits to Six Nations

- Identify health priorities
- Evaluate our programs & services
- Advocate for funding
- Better meet the needs of our community members in achieving and maintaining wellness



If you'd like more information, please contact  
Community Health Survey  
Community Engagement Coordinator

Jane Cavan Henhawk  
chwec@sixnations.ca



Look for updates in the  
Spring Leisure Guide!

# How Well is Your Well

## Get your cistern & well water tested

Pick up a test bottle at Six Nations Health Promotion's office, or in the lobby at White Pines Wellness Centre, 1745 Chiefswood Rd. Ohsweken

Drop off water sample at the Health Promotions office by 2:00pm Monday through Thursday.

If you are an elder, call us and we will come out and collect your water sample.



For more information contact the  
Community Educator's Office

519-445-2809





# Six Nations and New Credit Surgical Outreach

Toronto Humane Society joined our partner, Grand River Veterinary Hospital, for our fourth outreach trip of 2022. Here's a summary our impact.

## 56

### Dog Spay and Neuter Surgeries

34 dogs were spayed, and 22 dogs were neutered. All dogs also received a physical exam, and vaccinations, heartworm, flea & tick prevention, and heartworm & tick disease testing if needed.



## 56

### Cat Spay and Neuter Surgeries

36 cats were spayed, and 20 cats were neutered. All cats also received a physical exam, and vaccinations, heartworm, flea & tick prevention if needed.



## 4%

### Of Dogs Tested Positive for Heartworm

Difficult and expensive to treat, prevention is essential in areas where heartworm is common.



## 4%

### Of Dogs Tested Positive for Exposure to Lyme Disease

Ticks carrying Lyme disease can infect humans and dogs. Prevention is key.



## 86

### Animal Microchips

were given. Microchips are small implants that help lost pets find their way back home.



"Lack of access to vet care puts pets and people at risk"  
- ASPCA





**STARTS  
OCTOBER 15,  
2022**

**FREE  
All  
AGES**

# **PUBLIC SKATE**

**Mondays & Weds & Thurs  
12pm-12:50pm  
SATURDAYS 7PM-8:20PM**

1738 FOURTH LINE  
Six Nations Sports & Cultural Memorial Centre  
Formerly known as Gaylord Powless Arena / GPA



For more info contact [Chenhawk@sixnations.ca](mailto:Chenhawk@sixnations.ca)



# SOUP FOR SENIORS

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

**OPEN 11 AM UNTIL  
SOUP IS GONE!**



**White Pines Wellness Center  
(1745 Chiefswood Rd, Ohsweken)  
Adult Day Center  
Drive-Thru Only  
Every Tuesday**



# Let's Be Active

DAJOH YOUTH & ELDERS CENTRE

Wednesdays  
6:00pm-7:00pm

REGISTRATION STARTS  
**October 11, 2022**

<del>Sept 14 - Oct 19</del>	<del>Ages 5&amp;6</del>
Oct 26-Dec 7	Ages 7&8
Jan 11- Feb 15	Ages 9&10
Feb 22-Mar 29	Ages 11&12

FOR MORE INFO CONTACT LEIGHTHOMPSON@SIXNATIONS.CA OR 519-445-4311

Made with PosterMyWall.com

EVERYONE WELCOME

# BADMINTON MONDAYS

STARTING JANUARY 9, 2023

**6PM-7:30PM**

DAJOH YOUTH & ELDERS CENTRE  
1738 FOURTH LINE

FOR MORE INFO CONTACT LEIGHTHOMPSON@SIXNATIONS.CA

## THE SIX NATIONS COVID COMMUNITY STUDY

### DATA COMPLETION REMINDER!

ARE YOU ENROLLED IN THE STUDY AND STILL NEED TO:

- 1 COMPLETE SURVEYS
- 2 COMPLETE 2ND DBS SAMPLE

NOTE: YOU WILL RECEIVE THE NEXT \$25 GIFT CARD ONCE ALL OF YOUR DATA IS COMPLETE!

TO COMPLETE YOUR REMAINING DATA:

CONTACT BRIANNE @ (289)-684-4104  
OR  
SNCVIDCOMMUNITY1@GMAIL.COM

## DAJOH 55+

Seniors Centre Without Walls  
Presents In-person programming  
Starts: September 15, 2022 every Thursday  
TIME: 10 am to 12pm

Wii Bowling	Shuffle board	Bingo
Pool table	Puzzles	

1738 Fourth Line For More Information  
Dajoh Youth & Elders Centre 519-445-4311

# COMMUNITY DIETITIAN

## Turkey and Wild Rice Soup

### Ingredients

- 2 Carrots, Chopped
- 2 Celery Stalks, Chopped
- 1 Medium Onion, Chopped
- 2 Garlic Cloves, Minced
- 1 C. Wild Rice, Uncooked
- 1 Tsp. Dried Thyme
- 1 Bay Leaf
- 6 1/2 C. Reduced Sodium Vegetable Broth
- 2 C. Turkey Breast, Cooked & Shredded or Cubed
- Salt & Pepper to Taste

### Directions

1. Place the carrots, celery, onion and garlic into a large stock pot along with 1/2 c. of the broth.
2. Sauté over medium heat for about 10 minutes or until the onion is translucent and the vegetables are tender.
3. Add in the rest of the broth, along with the wild rice, thyme, and bay leaf. Bring the pot to a boil.
4. Cover the pot, reduce the heat to medium-low and cook for 25-30 minutes.
5. When the rice is tender, add in the turkey, Cook for 15-20 minutes.
6. Remove the bay leaf and season with salt and pepper.

## What Does a Registered Dietitian Do?

- Support you in creating and achieving realistic nutrition goals
- Connect individuals to community programs to improve access to food
- Provide on-going support to enhance nutrition knowledge and strengthen relationship with food
- Promote and encourage Haudenosaunee foods within your diet that suit your lifestyle

Call 519.445.2226 today to book an appointment or email [dietitian@sixnations.ca](mailto:dietitian@sixnations.ca) to see how we can help you reach your nutrition goals!



# Addictions Outreach Program

## Who we are

Our goal is to educate community members on substance use and reduce barriers by providing outreach services to people who are not able to access our services.

The Addictions Outreach Team is made up of an Addictions Outreach Worker, two Cannabis Education Workers and a Coordinator.

## What we do

We offer workshops and programming on the following topics:

- Overdose Response & Naloxone Training
- Harm Reduction and Anti-Stigma
- Drug Paraphernalia Training
- Cannabis/Vaping and Effects
- General Substance Use Training
- Much More!

## Contact Information

For more information or to book a workshop please call or text Eve at 548-328-2038 or email [sndrugstrategy@sixnations.ca](mailto:sndrugstrategy@sixnations.ca)



# TENTEWATÁ:TON DĘDWADADO'

## COMMUNITY MARKET

**EVERY WEDNESDAY  
1 - 5 PM**

**SN SOCIAL SERVICES GYM  
15 SUNRISE CRT, SIDE ENTRANCE**



For more information call 519-445-2809.



# Winter 2023 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)



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 ANIMAL CONTROL

CURRENT HOURS OF OPERATION  
MONDAY - FRIDAY 8:30AM - 4:30PM

PHONE: 519-445-4818

OFFICE LOCATION  
1979 4TH LINE  
OHSWEKEN ON  
NOA 1M0

KENNEL LOCATION  
2470 4TH LINE  
OHSWEKEN ON  
NOA 1M0



# 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



# Tech Help!



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

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!



Call to make an appointment: 519-445-2954

Software

Mobile Devices

Accessing Websites

Using Laptops



**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**

**DIAL- A- STORY**  
**519-900-0908**



**CALL ANYTIME TO  
HEAR A STORY!**

Dial-A-Story is the library's prerecorded phone line for library story sharing! Updated and changed regularly.

Hear children's stories, traditional knowledge, local history and our languages all read and shared by community members.

If you would like to contribute contact the library for more information: [info@snpl.ca](mailto:info@snpl.ca), 519-445-2954



[www.snpl.ca](http://www.snpl.ca)

Getting the COVID-19  
Vaccine while planning to  
become pregnant is safe,  
effective and highly  
reccommended

To book a COVID-19  
Vaccine, please visit  
[sixnationscovid19.ca](http://sixnationscovid19.ca) or  
by calling 226-227-9288



Getting the  
**COVID-19 Vaccine**  
while breastfeeding  
is safe, effective  
and highly  
recommended

To book a COVID-19  
Vaccine, please visit  
[sixnationscovid19.ca](http://sixnationscovid19.ca)  
or by calling  
226-227-9288





# COVID-19 Vaccine Myth Busters

Information available on the internet can be full of fact and fiction. It can be a challenge to filter through what is fact and what is fiction, especially with something so new like the potential vaccine of COVID-19. Here are some myths and facts about the potential COVID-19 vaccine.

## Myth #1: Antibiotics can prevent/cure COVID-19

**Fact:** Antibiotics are used to treat bacterial infections. **COVID-19 is caused by a virus**, not bacteria. Therefore, antibiotics do not work against the COVID-19 virus itself. However, if you had COVID-19, it actually weakens your immune system. This could lead to you being more susceptible to bacterial infections; so in turn, antibiotics would be used for those more severe COVID-19 cases that also have bacterial infections occurring at the same time.

## Myth #2: Pneumonia and influenza (flu) vaccines provide protection against COVID-19

**Fact:** Pneumonia and flu vaccines may not protect you against COVID-19, as the virus is new and different. However, receiving the annual flu vaccine can help to protect you from influenza. If you had the influenza virus at the same time as the COVID-19 virus, it could lead to a more severe outcome and complications.

## Myth #3: Currently there is a medication licensed to prevent/cure COVID-19

**Fact:** Currently there is no licensed medication to prevent or cure COVID-19. Although, according to the World Health Organization (WHO) there are 31 candidate vaccines in clinical evaluation worldwide.

## Myth #4: The potential COVID-19 vaccine will be unsafe and ineffective because it was rushed to develop

**Fact:** All vaccines must go through a rigorous course of testing and meet regulatory requirements to ensure public safety and the benefits to make the vaccine public outweigh the potential risks when a vaccine is released.

## Myth #5: The vaccines being tested to treat/cure COVID-19 have caused people to die

**Fact:** To date there have been no deaths related explicitly to any of the potential COVID-19 vaccines currently in clinical evaluation.

## Myth #6: The COVID-19 vaccine will include a tracking microchip

**Fact:** The claim that the COVID-19 vaccine will include a tracking microchip has been denied by researchers. There is also no evidence to support this claim for the vaccines in clinical evaluation.

## Myth #7: The COVID-19 vaccine will change your DNA

**Fact:** None of the candidate vaccines in clinical evaluation will alter human DNA.



In rare cases, vaccines have the potential to cause adverse effects in some individuals. Myths and fictional information can be dangerous and can effect the practices needed to protect and keep our community safe. Get to know the facts and talk to your health care provider if you have any concerns or questions about vaccines.

### Resources:

- [1] World Health Organization. (2020, September). Mythbusters. Retrieved September 11, 2020, from [https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters?gclid=Cj0KCQjws536BRDfARIsANeUZ5-0PBvRSi2VZOG1eFXJS2OvtRZHEziVWJR0r6hz8XW8PyoSi9ds2COaAuidqEALw\\_wcB#medicines](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters?gclid=Cj0KCQjws536BRDfARIsANeUZ5-0PBvRSi2VZOG1eFXJS2OvtRZHEziVWJR0r6hz8XW8PyoSi9ds2COaAuidqEALw_wcB#medicines)
- [2] World Health Organization. (2020, September 9). Draft landscape of COVID-19 candidate vaccines. Retrieved September 11, 2020, from <https://www.who.int/publications/m/item/draft-landscape-of-covid-19-candidate-vaccines>
- [3] Health Canada. (2020, June). Clinical trials and drug safety. Retrieved September 11, 2020, from <https://www.canada.ca/en/health-canada/services/clinical-trials.html>
- [4] World Health Organization. (2020, September). DNA Vaccines. Retrieved September 11, 2020, from <https://www.who.int/biologicals/areas/vaccines/dna/en/>
- [5] Reuters. (2020, March 31). Retrieved September 11, 2020, from <https://www.reuters.com/article/uk-factcheck-coronavirus-bill-gates-micr/false-claim-bill-gates-planning-to-use-microchip-implants-to-fight-coronavirus-idUSKBN2113EC>



Updated: September 17, 2020



# 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





