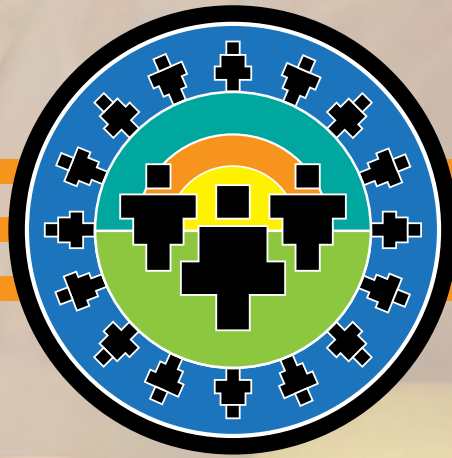


INSIDE:
Community Events,
Programs & Services!



Edwadrohe:k/Entewatia'taro:roke - We Will Gather/Come Together

Fall 2023
Leisure Activities Guide



September 1st - November 30th

MESSAGE FROM THE 58TH ELECTED CHIEF

She:kon,

I am thrilled to welcome you to the Six Nations of the Grand River (SNGR) Fall Leisure Guide. As Chief of our community, I am dedicated to promoting healthy and active lifestyles for all members of our territory. With the arrival of autumn, there are plenty of opportunities to enjoy the outdoors and stay active.

Our Leisure Guide is filled with a variety of programs and events that cater to people of all ages and interests. Whether you are looking to try a new hobby, meet new people, or simply stay active, there is something for everyone in this season's guide.

I encourage you to take advantage of the many programs and events featured in the fall Leisure Guide. Not only will you have fun and stay active, but you will also be supporting our community and the many organizations that make these programs possible.

On behalf of SNGR Elected Council, I wish you a happy and healthy fall season. Enjoy the many opportunities available to you in our community, and I hope to see you soon.

Nia:wen,



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

MESSAGE FROM SNGR's CEO OFFICE

The change of the season is upon us, and the Fall 2023 edition of the Edwadrohe:k/Entewatia'taro:roke (We Will Gather/Come Together) Leisure Guide is here!

I am excited to see that the fall season is packed with events, activities, and resources to help you make the most of this season. I appreciate all the hard work from all Six Nations of the Grand River (SNGR) departments and community organizations in the Six Nations Territory to create unique events, programs, and services for all our community members.

On behalf of the CEO Office and Executive Team, Nia:wen kowa to SNGR Communications and Six Nations Health Promotions for creating another valuable resource guide for the community. To all community members, I encourage you to try something new and to come together at these events.

As always, stay safe, and take care of yourself and each other!

Nia:wen,



Darrin Jamieson, CEO, Six Nations of the Grand River





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DON'T FORGET: Check out the ongoing & multi-day events on pages 65-66!



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Haudenosaunee Language Meet (p. 16) 7 Second Wind (p. 8) Tentewata:ton/Dedwadado Market Cooking Class (p. 18)	Let's Get Moving (p. 7) 8	9
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UPDATE: Community White Corn Picking (p. 15) has moved to October! Visit @Healthy6Nay's social media channels for further info!



COMMUNITY EVENTS & PROGRAMS (SEPTEMBER)

NEW New Event

★ Ongoing/Multi-Day Event

▲ Outdoor Event

6N Film Club

SIX NATIONS PUBLIC LIBRARY

Come watch and discuss some of the best movies you've never heard of every third Thursday of the month. **All ages.**

Dates: September 21, October 19 & November 16 | **Start Time:** 6:30pm

Location: Dajoh - Cayuga Room (1738 Fourth Line)

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

Fall Supper & Social

SNHS' COMMUNITY HEALTH & WELLNESS

Bring your friends and family out to enjoy an evening of supper, social singing and dancing Supper supplied while quantities last. **All ages.**

Date: Tuesday, September 19 | **Time:** 5-7pm | **Location:** Community Hall (1738 Fourth Line)

Contact: Arli Harrison | (519) 754-7359 | aharrison@sixnations.ca

Family Apple Picking ▲

SNHS' HEALTH PROMOTION & SNSS' FAMILY GATHERINGS

Bring your family to pick some apples! Each family will receive one (1) 10lb bag of pick-your-own apples (any extras will be at your own cost). Please bring your own boxes or containers to take your apples home. This is a rain or shine event. Please call between 8:30am-4pm, Monday-Friday to register. **All ages.**

Date: Wednesday, September 27 | **Time:** 8am-6pm

Location: Carluke Orchards (2194 Shaver Road S, Ancaster)

Registration Opens: September 18 | **Contact:** Family Gatherings | (519) 445-2565 (8:30am-4pm)

Family Togetherness: Orange Shirt Day Drive-Thru Event 2023 ▲

CENTRAL ADMINISTRATION

To commemorate Orange Shirt Day (National Day for Truth and Reconciliation), we are hosting an Orange Shirt Drive-Thru Event! Community Members are welcome to pick up a Family Game Night Package with all the items and food they will need to come together as a family and play games together. More details will be on Six Nations of the Grand River social media channels and our website! **All ages.**

Date: Friday, September 29 | **Time:** 5-8pm (or until giveaway bags run out)

Location: Oneida Business Park (50 Generations Drive)

Contact: Leigh Thompson | (519) 445-2201 | sncec@sixnations.ca





COMMUNITY EVENTS & PROGRAMS (SEPTEMBER)

NEW New Event

★ Ongoing/Multi-Day Event

▲ Outdoor Event

Kids LEGO Club

SIX NATIONS PUBLIC LIBRARY

Join us on the first Wednesday of the month to read books and build with old friends, and make new friends too! All LEGOs provided. Please leave yours at home. Previous members are still registered. LEGO donations accepted. **Ages: 6-11**

Dates: September 6, October 4 & November 1 | **Time:** 4:30-5:45pm

Location: Six Nations Public Library (1679 Chiefswood Road)

Registration Opens: August 1 | **Contact:** SNPL Front Desk | (519) 445-2954 | info@snpl.ca

Magic Machine Book Club

SIX NATIONS PUBLIC LIBRARY

The club meets monthly on the last Monday of the month to share and discuss books read via a device. Join to learn how to use an eReader and access books on your phone, tablet or computer. Borrow an eReader from the library, help to choose a book or theme and share your perspective. Access thousands of books whenever you want with an eReader or other device! Read online and offline. Staff will show you how! **Ages: 18+**

Dates: September 25, October 30, November 27 | **Time:** 5-6pm

Location: Six Nations Public Library Board Room (1679 Chiefswood Road)

Registration Opens: August 1 | **Contact:** Six Nations Public Library | (519) 445-2954 | info@snpl.ca

Moment 4 Life Colour Run/Walk ▲

SNHS' COMMUNITY HEALTH & WELLNESS & SIX NATIONS CHILD & FAMILY SERVICES

Join us for the 2023 Moment 4 Life Colour Run / Walk in recognition of World Suicide Prevention Day and to bring awareness to suicide and suicide prevention. Participants at this FREE community event will receive a t-shirt and sunglasses (while quantities last) to keep and wear during the event. Interactive booths from local community organizations will also be on site. **All ages.**

Date: Thursday, September 14 | **Time:** 5-7pm | **Location:** Blue Track (1738 Fourth Line)

Contact: Arli Harrison | (519) 754-7359 | aharrison@sixnations.ca

Tomato & Pepper Picking ▲

SNHS' HEALTH PROMOTION & SNSS' FAMILY GATHERINGS

Bring your family to pick tomatoes and peppers! Each family will receive 1/2 bushel tomatoes and 1/2 bushel peppers (extras will be at your own cost). Please bring your own boxes or containers to take your tomatoes & peppers home. Rain or shine event hosted over two days. **All ages.**

Dates: September 14 & September 15 | **Time:** 8am-6pm | **Registration Opens:** September 5

Location: Austin's Pick Your Own Farm & Market (2591 Cockshutt Road, Waterford)

Contact: Baillie Schmitz | (226) 387-9284 or Kaya Hill | (519) 732-4026

NOTE: No email or voicemail registration. If you cannot reach either phone, please text the numbers listed above and await confirmation.

DAJOH DROP IN HOURS



SEPTEMBER - DECEMBER 2023

Monday 3:00 - 5:45 pm

Tuesday 3:00 - 5:45 pm

Wednesday 3:00 - 5:45 pm

Thursday NO DROP IN

Friday 3:00 - 6:45 pm

Saturday 12:00 - 3:00 pm

Sunday 12:00 - 4:00 pm

DROP IN HOURS ARE SUBJECT TO CHANGE

Dajoh Drop In Closed

September 4—10 and December 23—26



For further information contact
519-445-4311 ext. 5245
1738 Fourth Line Road, Ohsweken





GETTING ACTIVE/MOVEMENT (SEPTEMBER)

NEW New Event

★ Ongoing/Multi-Day Event

▲ Outdoor Event

Archery ▲

SNHS' HEALTH PROMOTION

Afterschool Archery for the family! Join us at the back corner of the green space next to the parking lot and creek at IL Thomas to learn how to shoot traditional and recurve bows! Equipment is provided, but you can bring your own. **Ages: 9+**

Duration: Every Tuesday (September 5-October 10) | **Time:** 6-7pm

Location: IL Thomas School (2120 Cayuga Road)

Registration Opens: August 28 | **Contact:** Cindy Martin | (519) 754-5826 | cindymartin@sixnations.ca

Badminton Drop-In ★

PARKS & RECREATION

Drop-In Badminton for all ages! Racquets available if needed. **All ages.**

Duration: Every Monday (Starting September 11) | **Time:** 6-7:45pm

Location: Dajoh Gym (1738 Fourth Line)

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

Bike the Rail Trail ▲

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Come out and bike the Rail Trail. We will be exploring trails in and around Norfolk County. We will cover a 15-20km round trip of trail each ride. 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: Adults 18+**

Duration: Every Tuesday (September 5-October 31) | **Time:** 10am-12pm

Location: Dajoh Gym (1738 Fourth Line)

Registration Opens: August 14 | **Contact:** Julie Villamere | (519) 754-5730 | hpk8@sixnations.ca

Chair Yoga – Session 1

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

An adaptive yoga class that utilizes a chair to complete poses. A focus will be put on pain reduction, balance, joint-freeing movements, and breath work. **Ages: Seniors 55+**

Duration: Every Wednesday (September 6-October 11) | **Time:** 10-11am

Location: Dajoh Gym (1738 Fourth Line) | **Transportation:** Contact to inquire

Contact: Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca




NEW New Event

★ Ongoing/Multi-Day Event

▲ Outdoor Event

GETTING ACTIVE/MOVEMENT (SEPTEMBER)

Community Beautification ▲

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

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

Duration: Every Wednesday (September 6-November 22) | **Time:** 10-11am

Location: Iroquois Lodge (and other gardens in the community)

Contact: Julie Villamere | (519) 754-5730 | hpk8@sixnations.ca

Ladies Drop-In Basketball

PARKS & RECREATION

Non-competitive, fun drop-in basketball for ladies. **Ages: 15+**

Duration: Every Monday, except holidays (September 11-December 18) | **Time:** 8-9pm

Location: Dajoh Gym (1738 Fourth Line Road)

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

Let's Get Moving

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION & THERAPY SERVICES

A total body exercise class for community members wanting to get active and start a program to improve function, strength, range of motion (mobility) and balance. Suitable next step for those finishing physiotherapy or anyone wanting to prevent falls. Transportation is available upon request. **Ages: Seniors 55+**

Duration: Every Monday & Friday (September 1-November 27)* | **Time:** 1:30-2:30pm

***Holiday Dates (No Program):** September 4 & October 9 | **Transportation:** Available

Location: 1676 Chiefswood Road | **Contact:** Julie Villamere | (519) 754-5730 | hpk8@sixnations.ca

Pickleball Drop-In

PARKS & RECREATION

Pickleball drop-in. Racquets available if needed **Ages: Seniors 55+**

Duration: Every Tuesday (September 12-December 19) | **Time:** 6-7:30pm

Location: Dajoh Gym - Court 1 (1738 Fourth Line)

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

Rising Stars Basketball

PARKS & RECREATION

Basketball skill sessions and house league games! **Ages: 6-18.**

Grades 1-5: 5-6pm | **Grades 6-8:** 6-7pm | **High School:** 5-8pm

Duration: Every Thursday, except holidays (September 14-November 23)

Location: Dajoh Gym (1738 Fourth Line) | **Registration Opens:** September 1

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

Rock Wall

PARKS & RECREATION

3 Rock wall climbing Sessions available. **Ages: 4-13.**

Ages 4-6: 4:30-5:30pm | **Ages 7-9:** 5:30-6:30pm | **Ages 10-13:** 6:30-7:30pm

Duration: Every Tuesday, except holidays (September 12-October 24)

Location: Dajoh Gym (1738 Fourth Line) | **Registration Opens:** September 1

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

Second Wind

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Individuals will learn to exercise in a safe environment utilizing a chair. There is a focus on strengthening using resistance bands and breathwork. Classes will be run with the aid of Occupational Therapists, Kinesiologist, and Healthy Lifestyle Coordinator. **Ages: Seniors 55+ or individuals with chronic illnesses.**

Duration: Every Monday & Thursday, except holidays (September 7-December 18)

Time: 10:30-11:30am | **Location:** Dajoh Gym (1738 Fourth Line)

Transportation: Please contact | **Contact:** Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

Sit to Be Fit

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Designed to maintain function and total body strength to help prevent falls. This is a free drop-in seated exercise program that uses body weight, TheraBand's, therapy balls and free weights. This program is run by an exercise facilitator from the Canadian Alzheimer's Society. **Ages: Seniors 55+**

Duration: Every Tuesday (September 12-November 28) | **Time:** 2-3pm

Transportation: Available | **Location:** 1676 Chiefswood Road

Contact: Julie Villamere | (519) 754-5730 | hpk8@sixnations.ca

Volleyball Drop-In

PARKS & RECREATION

Players 12 years of age and older are welcome to drop-in for a game of volleyball on Tuesday nights starting at 7:30pm! **Ages: 12+**

Duration: Every Tuesday (September 12-December 19) | **Time:** 7:30-9:30pm

Location: Dajoh Gym (1738 Fourth Line)

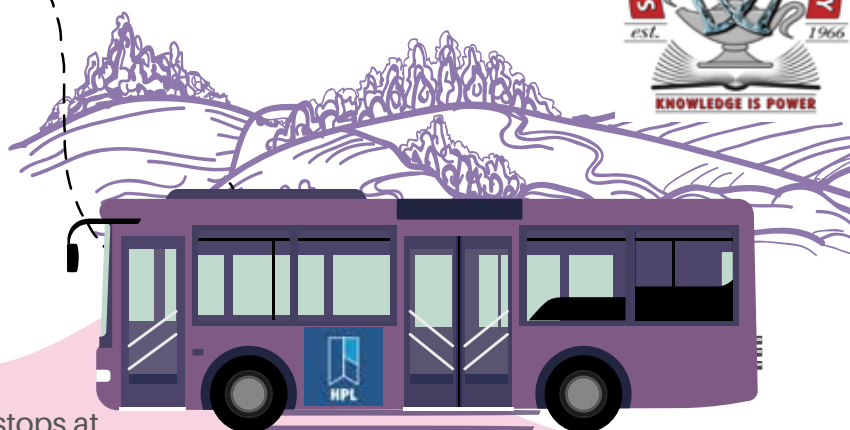
Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca



HPL

BOOKMOBILE

STOPS
@SIX NATIONS
PUBLIC LIBRARY



- Hamilton Public Library Bookmobile stops at Six Nations Public Library
- **Every other Friday** starting July 21, 2023
- **10:30AM - 12PM**
- Collect your holds or browse for new reads.
- HPL cards are available to SNPL card holders.
- Get your library card with the Bookmobile!
- Don't forget to bring your ID.

2023 DATES

September
1, 15, 29

November
10, 24

October
13, 27

December
8, 22

**Dates Subject to Change



Eyagoyadagen:ha
Helping the People

Employer & Client Services

Training on the Job	Employment Supports
Wage Subsidies	Apprenticeships
Job Search Assistance	Career Counselling
E.I Assistance	Workshops & Job Fairs
Recruitment & Hiring Support	

CONTACT US TODAY TO START YOUR CAREER!

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Toll-free: 1-888-218-8230

Your job is out there. We'll help you find it.



Six Nations Health Services

FALLS PREVENTION

Autumn Edition:

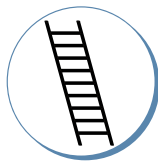
The weather is a mix of cold and warm now and we're preparing for winter during this time. Although there might not be snow, there are other falls risks to consider



Tips to Prevent Falls Risks: Fallen Leaves



The leaves are changing into vibrant colours and beginning to fall from the trees. Watch out for patches of leaves on walkways - they can create a great falls risk, especially if there are leaves



House Maintenance

It's time to get our houses ready for the colder season coming up - this usually means getting up in high places. Always use equipment as instructed, use 3 points of contact and have someone nearby to watch you.



Layering Clothes

It's cold in the morning and then warm in the afternoon - layering our clothes is a great option for this season. Be sure to have clothes that do not limit your movement



Regular Check-ups

A new season is a great time to meet with your physician for a check up. Checking your overall health, any medications you should start or stop taking will help prevent falls risks.





SUPPORT GROUPS (SEPTEMBER)

NEW New Event

★ Ongoing/Multi-Day Event

▲ Outdoor Event

Breastfeeding Social Group

SNHS' COMMUNITY HEALTH & WELLNESS, CHILD & YOUTH HEALTH

All who support breastfeeding are welcome to join this virtual group, to share and support each other. **All ages & open to all who support.**

Dates: September 28, October 26 & November 30 | **Time:** 12-1pm | **Location:** Virtual (Zoom)

Registration Opens: September 1 | **Contact:** Stephanie George | (226) 387-2690 | sgeorge@sixnations.ca

Connections Support Group

SNHS' COMMUNITY HEALTH & WELLNESS, CHILD & YOUTH HEALTH

A support group for parents and guardians of children who have been diagnosed or suspected of Fetal Alcohol Spectrum Disorder. Speakers other service providers along activities for group. Removing the stigma a place where parents support each other in a safe environment. Parents are encouraged to bring their child or children. Activities are provided, separate from the parents. **All ages.**

Dates: September 12 & November 14 | **Time:** 5:30-7:15pm

Location: White Pines Boardroom, 2nd floor (1745 Chiefswood Road)

Contact: Floretta Hill | (519) 717-6097 | fmhill@sixnations.ca

Note: Leave a message at the number listed above, include contact name & number

NEW Drop-In Addictions Support Group ★

SNHS' MENTAL HEALTH & ADDICTIONS, CRISIS HUB

No appointment required! Drop-in to get immediate and confidential support and guidance from our excellent Crisis Hub team. Snacks provided. **Ages: Adults 18+**

Duration: Every Monday | **Time:** 4-6pm | **Location:** Crisis Hub (1546 Chiefswood Road)

Contact: Susanne Brittain (Addictions Counsellor) | (226) 388-1227 | mhwc@sixnations.ca

NEW Gone Too Soon

SNHS' MENTAL HEALTH & ADDICTIONS, CRISIS HUB

Gone Too Soon is a drop-in support group for community members who have been affected by the loss of a loved one to overdose. Community members can share their experiences, emotions, and struggles related to overdose grief. **Ages: Adults 18+ and individuals who have lost someone due to overdose.**

Dates: September 12, October 10 & November 14 | **Time:** 7-9pm

Location: Crisis Hub (1546 Chiefswood Road)

Contact: Susanne Brittain (Addictions Counsellor) | (226) 388-1227 | mhwc@sixnations.ca



Our Beading Hearts ★

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Learn to bead, try new techniques, finish your projects, work on group projects, laugh, and learn with Our Beading Hearts. **All ages.**

Dates: First and third Monday of every month, except holidays | **Time:** 6-8pm

Location: Dajoh (1738 Fourth Line) | **Registration Opens:** August 1

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

Six Nations Virtual Book Club

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

In partnership with the Six Nations Public Library, the book club will be reading the book titled, "The Clay We Are Made Of" by Sue Hill. Register to receive your free copy! **Ages: Adults 18+**

Duration: Every Monday (September 11-November 27) | **Time:** 10-11am

Location: Virtual (Zoom) | **Registration Opens:** August 28

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



DON'T FORGET:

You can also access the Leisure Guide online at: sixnations.ca, by visiting our social media pages, or by logging into the SNGR App!

WANTED! Community Members For the Hiring & Grievance Committees

The Human Resources Department is actively recruiting Six Nations' band registered community members to participate on their Hiring Committees during regular working hours.

Training will be provided for all new committee members. This is a great opportunity for you to "give back" and use your experience to help select our future workforce!

Required Information Needed: Name, Phone/Cell #, Committee Preference (Hiring Committee, Grievance Committee, or Both), Employment Area of Expertise and Availability

*Current Six Nations Elected Council Employees and Councilors are NOT ELIGIBLE to participate on the committees.

For more information or to express interested in joining the Hiring & Grievance Committee please contact, Lesleigh Rusnak at HRBP1@sixnations.ca or mail/drop-off information at:

Human Resources Department
1697 Fourth Line Road, Ohsweken, N0A 1M0
P.O. Box 5000



Harm Reduction 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.

What we do

We offer workshops and programming on the following topics:

- Overdose Response & Naloxone Training
- Harm Reduction & Anti-Stigma
- Drug Paraphernalia Training
- Cannabis/Vaping & 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



OHSWEKEN PUBLIC HEALTH

A decorative border featuring autumn-themed illustrations of pumpkins, gourds, and various leaves in shades of orange, red, and purple. The border is set against a light yellow background with small colored dots.

OFFERING

**Well Baby Assessments
Preschool Assessments
Immunizations
COVID 19 Vaccine Clinics**

**Come into the office for walk-in
appointments or call to schedule**

Open Monday to Friday from 9am to 4pm (Closed for Lunch 12-1pm)

COVID CLINIC OFFERED EVERY THURSDAY 9AM to 4PM

For more information please contact us at (519)445-2672 or,
visit us in-person at 1769 Chiefswood Rd, Ohsweken ON NOA 1M0



WORKSHOPS & CLASSES (SEPTEMBER)

NEW New Event

★ Ongoing/Multi-Day Event

▲ Outdoor Event

NEW Basic Home Maintenance Information Session

SIX NATIONS HOUSING, MAINTENANCE

To provide basic home maintenance tips to tenants and homeowners, including: monthly, seasonal and annual maintenance items (furnace filter changes, turning on your furnace/air conditioning, cleaning your HRV unit and more!) **Ages: Adults 18+**

Dates: September 27, October 30 & November 29 | **Time:** 5-7pm

Location: Virtual (Zoom) & Housing Office (67 Bicentennial Trail) | **Registration Open:** August 1

Contact: Housing Reception | (519) 445-2235 | housing_info@sixnations.ca

NEW Budgeting & Financial Literacy Info Session

SIX NATIONS HOUSING, FINANCE

Budgeting and Financial Literacy Workshop! See how to manage your total debt servicing, how unused revolving credit can affect your ability to qualify for a housing loan, and how to create a working budget to utilize at home. Let us help you set yourself up for financial success! **Ages: Adults 18+**

Dates: September 7, October 2 & November 2 | **Time:** 5-7pm

Location: Virtual (Zoom) & Housing Office (67 Bicentennial Trail) | **Registration Opens:** August 1

Contact: Housing Reception | (519) 445-2235 | housing_info@sixnations.ca

Safe Food Handling

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

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

Dates: September 27, October 25 & November 22 | **Time:** 8:30am-5pm

Location: Six Nations Parks & Recreation Conference Room (1738 Fourth Line)

Registration Opens: August 21

Contact: Michelle Jamieson | (519) 445-2809 | michellejamieson@sixnations.ca

Community White Corn Picking ▲

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Meet us at the Community Corn Fields to pick, clean and braid corn. Learn about our history, uses of corn, and how to braid corn to be hung to dry. For more details regarding date & location, please visit Healthy 6Nay's social media channels. **All ages.**

Date: TBD (Mid-Late October) | **Time:** 10am

Location: Community White Corn Field (TBD) | **Registration Opens:** September 18

Contact: Arli Harrison | (519) 754-7359 | aharrison@sixnations.ca

UPDATE:

Community White Corn Picking will take place in October!



Dajoh 55+

SIX NATIONS PARKS & RECREATION

Dajoh 55 Club meet Tuesday & Thursdays. Active games, crafts and bingo on a regular basis.
Ages: Seniors 55+

Duration: Every Tuesday & Thursday, except holidays (September 14-December 21)

Time: 10am-12pm | **Registration Opens:** September 1 | **Location:** Dajoh (1738 Fourth Line)

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

Haudenosaunee Language Meet ★

SIX NATIONS PUBLIC LIBRARY

Those interested in learning one or more of the six Haudenosaunee languages can meet other language learners wherever they may be on Turtle Island. This is a meeting space for self-directed learning with mutual support from others learning one of the six Haudenosaunee languages. The space can be used however those participating mutually decide to further their language fluency. **All ages.**

Duration: Every Tuesday & Thursday (each language is once monthly)

First Tuesday: Tuscarora | **Second Tuesday:** Seneca | **Third Tuesday:** Oneida |
First Thursday: Mohawk | **Second Thursday:** Cayuga

Time: 7-9pm | **Registration Opens:** August 1 | **Location:** Virtual (Zoom)

Contact: Six Nations Public Library | (519) 445-2954 | 6languages@snpl.ca

NEW Housing Loan (New Construction & Purchase) Info Session

SIX NATIONS HOUSING, PROGRAMS

This session provides information on eligibility and application criteria for those looking to access Housing Loans for new construction or purchase. An in-depth look at what the process looks like, how you can prepare, and overall expectations. **Ages: Adults 18+**

Dates: September 11, October 11 & November 6 | **Time:** 5-7pm | **Registration Opens:** August 1

Location: Virtual (Zoom) & Housing Office (67 Bicentennial Trail)

Contact: Housing Reception | (519) 445-2235 | housing_info@sixnations.ca

NEW Housing Loan (Repair/Renovation & Additions) Info Session

SIX NATIONS HOUSING, PROGRAMS

This session provides information on the eligibility criteria and the application process for repair/reno and additions housing loans. **Ages: Adults 18+**

Dates: September 20, October 15 & November 15 | **Time:** 5-7pm | **Registration Opens:** August 1

Location: Virtual (Zoom) & Housing Office (67 Bicentennial Trail)

Contact: Housing Reception | (519) 445-2235 | housing_info@sixnations.ca

NEW Housing Residential Rentals Info Session

SIX NATIONS HOUSING, RESIDENTIAL PROPERTIES TEAM

This session will inform you about our current housing residential rentals portfolio, eligibility criteria, application process and expectations of our tenants. **Ages: Adults 18+**

Dates: September 18, October 23, November 20 | **Time:** 5-7pm | **Registration Opens:** August 1

Location: Virtual (Zoom) & Housing Office (67 Bicentennial Trail)

Contact: Housing Reception | (519) 445-2235 | housing_info@sixnations.ca


NEW New Event

★ Ongoing/Multi-Day Event

▲ Outdoor Event

WORKSHOPS & CLASSES (SEPTEMBER)

Meal Prep Made Simple Cooking Class

SNHS' COMMUNITY HEALTH & WELLNESS

Join us in making freezer/make ahead meals that you can have ready in no time on busy days and learn some strategies on meal planning to ease your busy schedule **Ages: Adults 18+**

Dates: Tuesday, September 12, November 14 & December 12 | **Time:** 1-2pm

Location: Virtual (Zoom) **Registration Opens:** September 1

Contact: Britney Rogerson | (519) 761-0013 | britneyrogerson@sixnations.ca

Plant-Based Eating

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Come prepare nutritious and delicious vegetarian and vegan meals. Learn how to work with plant-based protein sources and include more vegetables on your plate! **Ages: Adults 18+**

Dates: September 26, October 24 & November 28 | **Time:** 5-6:30pm

Transportation: Contact to Inquire | **Registration Opens:** August 21

Location: White Pines Wellness Centre (1745 Chiefswood Road)

Contact: Keri Howell | (519) 754-7405 | dietitian@sixnations.ca

NEW Practicing A Good Mind

OGWEHOWEH SKILLS AND TRADES TRAINING CENTRE

Participants will have an opportunity to learn mindfulness and stress relieving techniques, as well as the practice of a good mind. **Ages: 12+**

Date: Wednesday, September 13 | **Time:** 5-6pm | **Registration Opens:** August 21

Location: OSTTC Classroom (16 Sunrise Court)

Contact: Kensi McNaughton | (519) 445-1515 | kensi@osttc.com

NEW Preserving Our Sustenance: Braiding Bee and Soup Making

OGWEHOWEH SKILLS AND TRADES TRAINING CENTRE

Participants will learn the process of braiding corn for drying, and also have the opportunity to make Three-Sisters Soup. This is the first workshop in a 3-part series. **Ages: 12+**

Date: Tuesday, September 26 | **Time:** 1-3pm | **Registration Opens:** August 21

Location: OSTTC Classroom (16 Sunrise Court)

Contact: Kensi McNaughton | (519) 445-1515 | kensi@osttc.com

NEW Sweet and Savory Bread Making

SNHS' CHILD & YOUTH SERVICES, CHILD & YOUTH NUTRITION TEAM

Join us for a fun evening of learning to make both sweet and savory breads. We will make two different breads and a soup that we will all enjoy together. **All ages.**

Dates: Thursday, September 23 | **Time:** 5-7pm | **Registration Opens:** August 21

Location: White Pines Wellness Centre (1745 Chiefswood Road)

Contact: Claire Nanda | (548) 328-1838 | cyhrd2@sixnations.ca

Tentewatá:ton Dędwadado Market Cooking Class

SNHS' COMMUNITY HEALTH & WELLNESS, DIABETES WELLNESS

Please join us on the first Thursday of the month! Together, we will learn how to make nutritious and delicious meals using seasonal ingredients. **Ages: Adults 18+**

Dates: September 7, October 5, November 2 & December 7 | **Time:** 4:30-6:30pm

Transportation: Contact to Inquire | **Registration Opens:** August 21

Location: White Pines Wellness Centre (1745 Chiefswood Road)

Contact: Jordyn Johnson | (519) 445-2226 | jordynjohnson@sixnations.ca

NEW Writing Circle

SIX NATIONS PUBLIC LIBRARY

Join our writing circle every first Monday of the month. Time and date are subject to change, so be sure to sign up for the email list! **All writers welcome.**

Dates: September 11, October 2, November 6 & December 4 | **Time:** 1-2pm

Location: Six Nations Public Library Boardroom (1679 Chiefswood Road)

Registration Opens: August 21 | **Contact:** Front Desk | (519) 445-2954 | info@snpl.ca





SIX NATIONS FALL FAIR

**SEPT
8-10**

SIX NATIONS FALL FAIR

The Six Nations Agricultural Society is hosting our annual Fall Fair. There will be activities such as exhibit entry, the Ambassador Pageant, a packed Kids Day, Wrestling, Entertainment, Smoke Dance Competition, Demolition Derby, and much more!! All ages.

Time: 10am-10pm (Friday and Saturday)

11am-5:30pm (Sunday)

Contact: Jay McDonald | 6nationsfairsecretary@gmail.com

**SEPT
6-7**

EXHIBIT ENTRY

Enter your vegetables, sewing, quilts, baked goods & more!! All Ages.

Time: 4-9pm (Wednesday)

8am-12pm (Thursday)

Contact: Cindy Longboat | cjlongboat@gmail.com

**SEPT
8**

KIDS DAY

Come out to participate in Kids Day activities; Mad Science Workshops, K9 Dog Show, Foam Party, Magician, Lacrosse skills clinic & more!! All Ages.

Time: 11am-8pm

Contact: Cindy Longboat | cjlongboat@gmail.com

**SEPT
8-9**

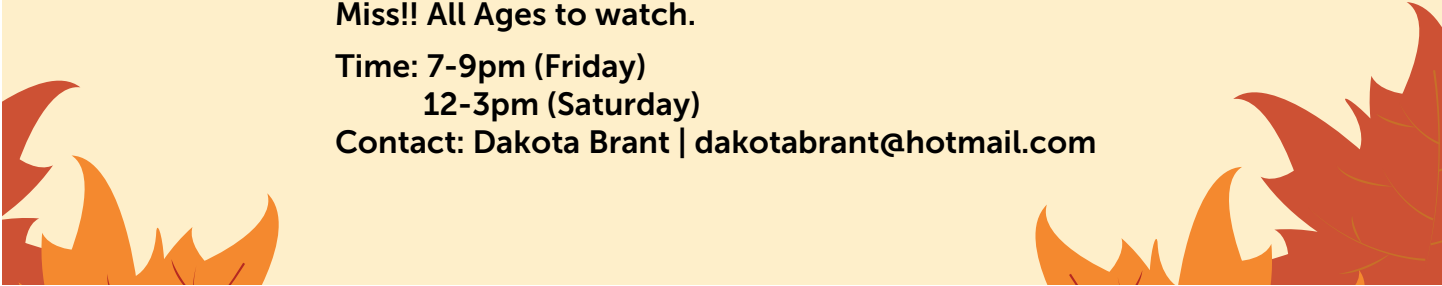
AMBASSADOR PAGEANT

Come out and watch the ambassador pageant for Miss Six Nations, Miss Teen, Miss Preteen, Miss Mini, & Little Miss!! All Ages to watch.

Time: 7-9pm (Friday)

12-3pm (Saturday)

Contact: Dakota Brant | dakotabrant@hotmail.com





1738 FOURTH LINE

SEPT **LIVE PRO WRESTLING**

9

An event featuring pro wrestlers; Barbarian, Warlord, Tito Santino, Cosmos, Rob Rage, & Seraphis!! All Ages.

Time: 2:30pm (meet and greet)

4-6pm (bell time)

Contact: Jay McDonald | 6nationsfairsecretary@gmail.com

SEPT **SMOKE DANCING** **10** **COMPETITION & DEMONSTRATION**

Come out to participate and watch our annual Smoke Dance Competition!! All Ages.

Time: 11am-2pm (registration)

2pm-3:30pm (event time)

Contact: Niki Skye | nikiskye@hotmail.com

SEPT **DEMOLITION DERBY**

10

Annual derby includes; Straight Stock, Pro Stock, Billy Special, and Pro Mini Smash!! All Ages to watch. 18+ drivers.

Time: 3pm-5:30pm

Contact: Lily Clause | clause.derby977@gmail.com

SEPT **MUSICAL ENTERTAINMENT**

8-10

Annual concert includes; Derek Miller, Jim Jacobs, Josh Miller, Lacey Hill & more!! All Ages.

Time: Friday 8-9pm

Saturday 7-9pm

Sunday 12-3pm

Contact: Jay McDonald | 6nationsfairsecretary@gmail.com

HALDIMAND TRACT

Our Shared History Along the Grand River

Six Miles Deep

Learn About the Haldimand Tract History & Haudenosaunee Culture.

Join us for an immersive experience along the Haldimand Tract. You can participate in a friendship walk, where you will travel to Social Gatherings to learn more about the Haldimand Tract!

Dates: September 22 - 24, 2023

Join us in: Dundalk, Fergus, St. Jacobs, Kitchener, Brantford, Cayuga and Port Maitland

Friendship Walk: (3 Days): 4-5 km total & 2 stops per day (2 km at a time) along the tract, towards each Social Gathering

Register: <https://bit.ly/HaldimandTract6MilesDeep>

Social Gatherings: Come out to learn from cultural/knowledge speakers, and celebrate Haudenosaunee Culture (food, entertainment, dancing and more).

All are welcome to attend! You can join the walk or simply join us for the Social Gathering at each stop. More details to follow at www.sixmilesdeep.ca

SOUP FOR SENIORS

Free for Six Nations 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



Do you know about **YERIHWAHRON:KAS** (THEY HEAR THE MATTERS)?

Joe Martin works as a point of contact for community members to share concerns and complaints about SNGR's programs, services, and unmet needs.

They work with SNGR Elected Council, directors, and managers to analyze matters and determine how best to solve them.

Contact Joe via email or mobile
snyeri@sixnations.ca or (519) 754-7685
or by filling out a form on the **SNGR App**.



If you **CAN** get up



Roll onto your side.



Crawl over to a chair or sturdy furniture.



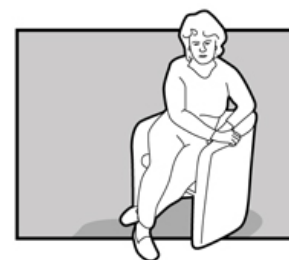
From a kneeling position, put your arms up onto the



Bring one knee forward. Place that foot on the floor.



Push up with your arms and legs. Pivot your bottom around.



Sit down. Rest before trying to move.

If you **CANNOT** get up

1. Call for Help



Call out for help if you can be heard



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

2. Be Heard



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



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

3. Stay Calm



Wait for help in the most comfortable position



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



SERVICE ONTARIO OHIP "HEALTH CARD" RENEWAL CLINIC



Location: White Pines Wellness Centre
(1st Floor - 1745 Chiefswood Road)

Dates: Sept. 13, Oct. 18, & Nov.15, 2023


Time: 10:00am – 3:00pm

Call to register: (519) 445-2418


LIMITED SPOTS AVAILABLE

REMINDER: 3 Pieces of Identification Required:

1. Proof of Citizenship – Status Card, Valid Canadian Passport, Birth Certificate
2. Proof of Residency – Monthly mailed Bank Statements, School – College or University Report Card or transcript, Utility Bill (in your name)
3. Support of Identity - Valid Ontario Driver's Licence, Credit Card, Current Employee ID

MONDAY	TUESDAY	WEDNESDAY
		
Closure Notice: 2 All SNGR departments are closed for National Truth & Reconciliation Day. Regular office hours resume October 3 @ 8:30am. 	3 Archery (p. 29) Bike the Rail Trail (p. 29) Dajoh 55+ (p. 37) Haudenosaunee Language Meet (p. 38) Pickleball Drop-In (p.30) Rock Wall (p. 31) Sit to Be Fit (p. 31) Volleyball Drop-In (p. 31)	4 Chair Yoga - Session 1 (p. 29) Community Beautification (p. 30) Kids LEGO Club (p. 27) Squash & Pumpkin Picking (p. 28)
Closure Notice: 9 All SNGR departments are closed for Thanksgiving. Regular office hours resume October 10 @ 8:30am. 	10 Archery (p. 29) Bike the Rail Trail (p. 29) Dajoh 55+ (p. 37) Haudenosaunee Language Meet (p. 38) Gone Too Soon (p.33) Pickleball Drop-In (p.30) Rock Wall (p. 31) Sit to Be Fit (p. 31) Volleyball Drop-In (p. 31)	11 Chair Yoga - Session 1 (p. 29) Community Beautification (p. 30) Ohahase Day Treatment Program (p. 33) Housing Loan (New Construction & Purchase) Info Session (p. 38)
16 Adagaidęhsra' (p. 36) Badminton Drop-In (p. 29) Drop-In Addictions Support Group (p.33) Ladies Drop-In Basketball (p. 30) Let's Get Moving (p. 30) Ohahase Day Treatment Program (p. 33) Our Beading Hearts (p.34) Second Wind (p. 31) Six Nations Virtual Book Club (p.34)	17 Bike the Rail Trail (p. 29) Cooking for Balanced Blood Sugars (p. 37) Dajoh 55+ (p. 37) Haudenosaunee Language Meet (p. 38) Pickleball Drop-In (p.30) Rock Wall (p. 31) Sit to Be Fit (p. 31) Volleyball Drop-In (p. 31)	18 Community Beautification (p. 30) Ohahase Day Treatment Program (p. 33)
23/30 Oct. 23: Housing Residential Rentals Info Session (p. 39) Adagaidęhsra' (p. 36) Basic Home Maintenance Info Session (p. 36) Drop-In Addictions Support Group (p.33) Ohahase Day Treatment Program (p. 33) Six Nations Virtual Book Club (p.34) Oct 30: Magic Machine Book Club (p. 28)	Hallowe'en 24/31 Oct 24: Rock Wall (p. 31) Bike the Rail Trail (p. 29) Dajoh 55+ (p. 37) Haudenosaunee Language Meet (p. 38) Pickleball Drop-In (p.30) Plant-Based Eating (p. 39) Sit to Be Fit (p. 31) Volleyball Drop-In (p. 31)	25 Community Beautification (p. 30) Chair Yoga - Session 2 (p. 30) Ha'denogwatra:ge (p. 38) Ohahase Day Treatment Program (p. 33) Safe Food Handling (p. 37)

ALSO ON THE 23rd & 30th: Badminton Drop-In (p. 29), Ladies Drop-In Basketball/Let's Get Moving (p. 30), Second Wind (p. 31)

THURSDAY	FRIDAY	SATURDAY/SUNDAY
		
		1
Dajoh 55+ (p. 37) 5 Haudenosaunee Language Meet (p. 38) Rising Stars Basketball (p. 30) Second Wind (p. 31) Tentewatá:ton Dedwadado Market Cooking Class (p. 39)	Let's Get Moving (p. 30) 6 Relapse Prevention Program (p.34)	7
		8
Dajoh 55+ (p. 37) 12 Family Cooking Around the Fire (p. 38) Haudenosaunee Language Meet (p. 38) Rising Stars Basketball (p. 30) Second Wind (p. 31) Wellbriety Program (p. 34)	Let's Get Moving (p. 30) 13 Relapse Prevention Program (p.34)	Cannabis Wellness Series (p. 37) 14 Fall Harvest Festival (p. 27)
		Housing Loan (Repair/Renovation) Info Session (p. 39) 15
6N Film Club (p. 27) 19 Dajoh 55+ (p. 37) Haudenosaunee Language Meet (p. 38) Rising Stars Basketball (p. 30) Second Wind (p. 31) Wellbriety Program (p. 34)	Let's Get Moving (p. 30) 20 Relapse Prevention Program (p.34)	21
		22
Breastfeeding Support Group (p. 33) 26 Dajoh 55+ (p. 37) Elders/Seniors' Thanksgiving Dinner (p. 27) Haudenosaunee Language Meet (p. 38) Rising Stars Basketball (p. 30) Second Wind (p. 31) Wellbriety Program (p. 34)	Let's Get Moving (p. 30) 27 Relapse Prevention Program (p.34) Preserving Our Sustenance: Corn Lying, Wash & Soup Making (p. 39)	Beaded Poppies (p. 36) 28
		29



COMMUNITY EVENTS & PROGRAMS (OCTOBER)

NEW New Event

★ Ongoing/Multi-Day Event

▲ Outdoor Event

6N Film Club

SIX NATIONS PUBLIC LIBRARY

Come watch and discuss some of the best movies you've never heard of every third Thursday of the month. **All ages.**

Dates: October 19 & November 16 | **Start Time:** 6:30pm

Location: Dajoh - Cayuga Room (1738 4th Line)

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

Elders/Seniors' Thanksgiving Dinner

SNHS' HOME & COMMUNITY CARE, COMMUNITY SUPPORT SERVICES

A turkey dinner, to promote socialization with other elders/seniors, invite elders/seniors from other Silver Fox programs. Will also have music, information session if any other program are interested. Contact to inquire about transportation. **Ages: Seniors 55+ and Disabled.**

Date: Thursday, October 26 | **Doors Open:** 11am | **Dinner Served:** 12pm | **Ends:** 2pm

Location: Six Nations Community Hall (1738 Fourth Line Road)

Registration Opens: October 2 | **Contact:** Lynne Skye | (519) 445-4055 | lskye@sixnations.ca

Fall Harvest Festival ▲

SIX NATIONS OF THE GRAND RIVER DEVELOPMENT CORPORATION

Join us at Chiefswood Park for our annual Fall Festival! Don't miss out on local vendors, rides, food, and fun activities for all! This event was made possible by the generosity of the SNGRDC Community Collaborators, *nia:wen/nya:wəh/thank you!* Learn more at: www.sndevcorp.ca/community-collaborators. **All ages.**

Date: Saturday, October 14 | **Time:** 11am | **Location:** Chiefswood Park (1037 Hwy 54)

Contact: Katie Montour | publicrelations@sndevcorp.ca

Kids LEGO Club

SIX NATIONS PUBLIC LIBRARY

Join us on the first Wednesday of the month to read books and build with old friends, and make new friends too! All LEGOs provided. Please leave yours at home. Previous members are still registered. LEGO donations accepted. **Ages: 6-11**

Dates: October 4 & November 1 | **Time:** 4:30-5:45pm

Location: Six Nations Public Library (1679 Chiefswood Road)

Registration Opens: August 1 | **Contact:** SNPL Front Desk | (519) 445-2954 | info@snpl.ca



Magic Machine Book Club

SIX NATIONS PUBLIC LIBRARY

The club meets monthly on the last Monday of the month to share and discuss books read via a device. Join to learn how to use an eReader and access books on your phone, tablet or computer. Borrow an eReader from the library, help to choose a book or theme and share your perspective. Access thousands of books whenever you want with an eReader or other device! Read online and offline. Staff will show you how! **Ages: 18+**

Dates: October 30 & November 27 | **Time:** 5-6pm

Location: Six Nations Public Library Board Room (1679 Chiefswood Road)

Registration Opens: August 1 | **Contact:** Six Nations Public Library | (519) 445-2954 | info@snpl.ca

Squash and Pumpkin Picking ▲

SNHS' HEALTH PROMOTION & SNSS' FAMILY GATHERINGS

Bring your family to pick some squash and pumpkins! Each family will receive 1/2 bushel squash and one (1) pumpkin (any extras will be at your own cost). Please bring your own boxes or containers to take your squash and pumpkin home. This is a rain or shine picking event. **All ages.**

Date: Wednesday, October 4 | **Time:** 8am-6pm | **Registration Opens:** September 25

Location: Austin's Pick Your Own Farm & Market (2591 Cockshutt Road, Waterford)

Contact: Baillie Schmitz | (226) 387-9284 or Kaya Hill | (519) 732-4026

NOTE: No email or voicemail registration. If you cannot reach either phone, please text the numbers listed above and await confirmation.



DIAL- A- STORY 519-900-0908

Call ANYTIME to Hear a Story!

Dial-A-Story is the library's pre-recorded phone line for library updates and story sharing.

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

If you would like to contribute contact the library for more information.

www.snpl.ca 519-445-2954



GETTING ACTIVE/MOVEMENT (OCTOBER)

NEW New Event

★ Ongoing/Multi-Day Event

▲ Outdoor Event

Archery

SNHS' HEALTH PROMOTION

Afterschool Archery for the family! Join us at the back corner of the green space next to the parking lot and creek at IL Thomas to learn how to shoot traditional and recurve bows! Equipment is provided, but you can bring your own. **Ages: 9+**

Duration: Every Tuesday (September 5-October 10) | **Time:** 6-7pm

Location: IL Thomas School (2120 Cayuga Road)

Registration Opens: August 28 | **Contact:** Cindy Martin | (519) 754-5826 | cindymartin@sixnations.ca

Badminton Drop-In ★

PARKS & RECREATION

Drop-In Badminton for all ages! Racquets available if needed. **All ages.**

Duration: Every Monday (except holidays) | **Time:** 6-7:45pm

Location: Dajoh Gym (1738 Fourth Line)

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

Bike the Rail Trail ▲

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Come out and bike the Rail Trail. We will be exploring trails in and around Norfolk County. We will cover a 15-20km round trip of trail each ride. 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: Adults 18+**

Duration: Every Tuesday (September 5-October 31) | **Time:** 10am-12pm

Location: Dajoh Gym (1738 Fourth Line)

Registration Opens: August 14 | **Contact:** Julie Villamere | (519) 754-5730 | hpk8@sixnations.ca

Chair Yoga – Session 1

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

An adaptive yoga class that utilizes a chair to complete poses. A focus will be put on pain reduction, balance, joint-freeing movements, and breath work. **Ages: Seniors 55+**

Duration: Every Wednesday (September 6-October 11) | **Time:** 10-11am

Location: Dajoh Gym (1738 Fourth Line) | **Transportation:** Contact to inquire

Contact: Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca



Chair Yoga – Session 2

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

An adaptive yoga class that utilizes a chair to complete poses. A focus will be put on pain reduction, balance, joint-freeing movements, and breath work. **Ages: Seniors 55+**

Duration: Every Wednesday (October 25-December 13) | **Time:** 10-11am

Location: Dajoh Gym (1738 Fourth Line) | **Transportation:** Contact to inquire

Contact: Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

Community Beautification ▲

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

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

Duration: Every Wednesday (September 6-November 22) | **Time:** 10-11am

Location: Iroquois Lodge (and other gardens in the community)

Contact: Julie Villamere | (519) 754-5730 | hpk8@sixnations.ca

Ladies Drop-In Basketball

PARKS & RECREATION

Non-competitive, fun drop-in basketball for ladies. **Ages: 15+**

Duration: Every Monday, except holidays (September 11-December 18) | **Time:** 8-9pm

Location: Dajoh Gym (1738 Fourth Line Road)

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

Let's Get Moving

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION & THERAPY SERVICES

A total body exercise class for community members wanting to get active and start a program to improve function, strength, range of motion (mobility) and balance. Suitable next step for those finishing physiotherapy or anyone wanting to prevent falls. Transportation is available upon request. **Ages: Seniors 55+**

Duration: Every Monday & Friday (September 1-November 27)* | **Time:** 1:30-2:30pm

***Holiday Dates (No Program):** September 4 & October 9 | **Transportation:** Available

Location: 1676 Chiefswood Road | **Contact:** Julie Villamere | (519) 754-5730 | hpk8@sixnations.ca

Pickleball Drop-In

PARKS & RECREATION

Pickleball drop-in. Racquets available if needed **Ages: Seniors 55+**

Duration: Every Tuesday (September 12-December 19) | **Time:** 6-7:30pm

Location: Dajoh Gym - Court 1 (1738 Fourth Line)

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

Rising Stars Basketball

PARKS & RECREATION

Basketball skill sessions and house league games! **Ages: 6-18.**


NEW New Event

★ Ongoing/Multi-Day Event

▲ Outdoor Event

GETTING ACTIVE/MOVEMENT (OCTOBER)

Grades 1-5: 5-6pm | Grades 6-8: 6-7pm | High school: 7-8pm

Duration: Every Thursday, except holidays (September 14-November 23)

Location: Dajoh Gym (1738 Fourth Line) | **Registration Opens:** September 1

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

Rock Wall

PARKS & RECREATION

3 Rock wall climbing Sessions available. **Ages: 4-13.**

Ages 4-6: 4:30-5:30pm | **Ages 7-9:** 5:30-6:30pm | **Ages 10-13:** 6:30-7:30pm

Duration: Every Tuesday, except holidays (September 12-October 24)

Location: Dajoh Gym (1738 Fourth Line) | **Registration Opens:** September 1

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

Second Wind

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Individuals will learn to exercise in a safe environment utilizing a chair. There is a focus on strengthening using resistance bands and breathwork. Classes will be run with the aid of Occupational Therapists, Kinesiologist, and Healthy Lifestyle Coordinator. **Ages: Seniors 55+ or individuals with chronic illnesses.**

Duration: Every Monday & Thursday, except holidays (September 7-December 18)

Time: 10:30-11:30am | Location: Dajoh Gym (1738 Fourth Line)

Transportation: Please contact | Contact: Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

Sit to Be Fit

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Designed to maintain function and total body strength to help prevent falls. This is a free drop-in seated exercise program that uses body weight, TheraBand's, therapy balls and free weights. This program is run by an exercise facilitator from the Canadian Alzheimer's Society. **Ages: Seniors 55+**

Duration: Every Tuesday (September 12-November 28) | Time: 2-3pm

Transportation: Available | Location: 1676 Chiefswood Road

Contact: Julie Villamere | (519) 754-5730 | hpk8@sixnations.ca

Volleyball Drop-In

PARKS & RECREATION

Players 12 years of age and older are welcome to drop-in for a game of volleyball on Tuesday nights starting at 7:30pm! **Ages: 12+**

Duration: Every Tuesday (September 12-December 19) | Time: 7:30-9:30pm

Location: Dajoh Gym (1738 Fourth Line)

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

How Well is Your Well

Get your cistern & well water tested

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

Drop off water sample at the Health Promotions office
2:00 pm 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 office**

519-445-2809



What you should know about: LYME DISEASE

From April to November, there is a small chance of being exposed to Lyme disease if bitten by an infected blacklegged (deer) tick. Lyme disease is a serious illness; however, it's easy to prevent and treat when caught early.

Year Round Tick Submission (we often receive ticks 12 months out of the year now)

Tick Submissions from FN Communities in Ontario (this is termed Passive Tick surveillance)

Note: we are accepting any and all ticks. It doesn't matter if they were feeding, attached to a pet or a human etc.

You can submit your ticks to Gane Yohs Health Clinic— Public Health. The ticks will be sent to the lab to test for Lyme Disease.

Call Public Health 519-445-2672 or
Health Promotion— Community Educators
519-445-2809 for Tick Submission
information.



The best way to prevent Lyme disease is to avoid being bitten by a tick. Follow these tips when heading outside in areas where ticks can be found:

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.

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.

TAKE ACTION ☒

WHAT SHOULD YOU DO IF YOU'RE BITTEN?

Use clean tweezers to immediately remove attached ticks: Grasp the tick's head as close to your skin as possible. Slowly pull it straight out. Try not to twist or squeeze the tick. If parts of the tick's mouth break off and remain in your skin, remove them with the tweezers. If you can't remove the mouthparts, leave them alone, and let your skin heal. Wash the bite area thoroughly 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



Indigenous Services
Canada



Services aux
Autochtones Canada



SUPPORT GROUPS (OCTOBER)

NEW New Event

★ Ongoing/Multi-Day Event

▲ Outdoor Event

Breastfeeding Social Group

SNHS' COMMUNITY HEALTH & WELLNESS, CHILD & YOUTH HEALTH

All who support breastfeeding are welcome to join this virtual group, to share and support each other. **All ages & open to all who support.**

Dates: October 26 & November 30 | **Time:** 12-1pm | **Location:** Virtual (Zoom)

Registration Opens: September 1 | **Contact:** Stephanie George | (226) 387-2690 | sgeorge@sixnations.ca

NEW Drop-In Addictions Support Group ★

SNHS' MENTAL HEALTH & ADDICTIONS, CRISIS HUB

No appointment required! Drop-in to get immediate and confidential support and guidance from our excellent Crisis Hub team. Snacks provided. **Ages: Adults 18+**

Duration: Every Monday | **Time:** 4-6pm | **Location:** Crisis Hub (1546 Chiefswood Road)

Contact: Susanne Brittain (Addictions Counsellor) | (226) 388-1227 | mhwc@sixnations.ca

NEW Gone Too Soon

SNHS' MENTAL HEALTH & ADDICTIONS, CRISIS HUB

Gone Too Soon is a drop-in support group for community members who have been affected by the loss of a loved one to overdose. Community members can share their experiences, emotions, and struggles related to overdose grief. **Ages: Adults 18+ and individuals who have lost someone due to overdose.**

Dates: September 12, October 10 & November 14 | **Time:** 7-9pm

Location: Crisis Hub (1546 Chiefswood Road)

Contact: Susanne Brittain (Addictions Counsellor) | (226) 388-1227 | mhwc@sixnations.ca

Ohahase Day Treatment Program

SNHS' MENTAL HEALTH & ADDICTIONS, CRISIS HUB

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: Adults 18+**

Duration: Every Monday & Wednesday (October 2-December 6)* | **Time:** 9am-12pm

***Holiday Dates (No Program):** October 9 | **Registration Opens:** September 1

Location: Crisis Hub (1546 Chiefswood Road) | **Crisis Hub:** (226) 446-9902

Contact: Barry Miller | (519) 445-2143 or (519) 717-3467 | barrymiller@sixnations.ca



Our Beading Hearts

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Learn to bead, try new techniques, finish your projects, work on group projects, laugh, and learn with Our Beading Hearts. **All ages.**

Dates: First and third Monday of every month, except holidays | **Time:** 6-8pm

Location: Dajoh (1738 Fourth Line) | **Registration Opens:** August 1

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

Relapse Prevention Program

SNHS' MENTAL HEALTH & ADDICTIONS, CRISIS HUB

A program to help raise awareness of high-risk situations, cravings and urges. Acquire techniques to help stop a relapse. Learn to change unhealthy behaviours into healthier ones. Develop confidence and self-esteem through a self-designed plan. **Ages: Adults 18+**

Duration: Every Friday (October 6-November 24) | **Time:** 6:30-8:30pm

Location: Crisis Hub (1546 Chiefswood Road) | **Registration Opens:** September 1

Contact: Barry Miller | (519) 445-2143 or (519) 717-3467 | barrymiller@sixnations.ca

Six Nations Virtual Book Club

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

In partnership with the Six Nations Public Library, the book club will be reading the book titled, "The Clay We Are Made Of" by Sue Hill. Register to receive your free copy! **Ages: Adults 18+**

Duration: Every Monday (September 11-November 27) | **Time:** 10-11am

Location: Virtual (Zoom) | **Registration Opens:** August 28

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

Wellbriety Program

SNHS' MENTAL HEALTH & ADDICTIONS, CRISIS HUB

A Medicine Wheel and 12 Step Program tailored to the need of individuals in recovery from addictions of any kind to help create a common ground to encourage the attention of wellness. **Ages: Adults 18+**

Duration: Every Thursday (October 12-December 14) | **Time:** 6:30-8:30pm

Location: Crisis Hub (1546 Chiefswood Road) | **Registration Opens:** September 1

Contact: Barry Miller | (519) 445-2143 or (519) 717-3467 | barrymiller@sixnations.ca



DON'T FORGET:

You can also access the Leisure Guide online at: sixnations.ca, by visiting our social media pages, or by logging into the SNGR App!



JOIN US AT OUR Council Meetings!



The Elected Council Meetings are held to inform the community on updates, projects and more at:

GENERAL FINANCE



1st & 3rd
MONDAY



Starting at
9:00 AM

POLITICAL LIAISON



2nd & 4th
MONDAY



Starting at
9:00 AM

GENERAL COUNCIL



2nd & 4th
TUESDAY



Starting at
6:00 PM



JOIN OUR TEAM!!

Visit www.sixnations.ca to find all of SNGR's latest career opportunities.

Your career is just a click away.



HOW YOU CAN GET ON THE SNGR Council/Committee Agenda

STEP 1

Submit a written request to the SNGR Administration Building.



STEP 2

State your purpose & the outcome you expect from presenting.



STEP 3

Be as detailed as possible so that council is prepared for your request.



STEP 4

Include contact info to be informed when your issue will be discussed.



STEP 5

Request deadlines are Tuesdays prior to the next meeting @12pm.



Join us every Friday for

The SNGREC Update

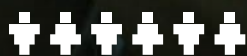
on local radio stations, with

CHIEF MARK HILL

Tune in to Jukasa Radio (93.5FM) at 3:30 pm and CKRZ FM (100.3FM) at 4:00 pm to listen.

Find us on:





WORKSHOPS & CLASSES (OCTOBER)

NEW New Event

★ Ongoing/Multi-Day Event

▲ Outdoor Event

NEW Adagaidęhsra' (Wellbeing: Managing your Chronic Health Conditions)

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

This program teaches how to manage different chronic health conditions through culturally relevant methods, whether through activity or education. While this program is designed for those 55 years and older, it is open to anyone who experiences chronic health conditions. While we will cover how to treat many different chronic illnesses, some that are included are cancer, diabetes, Alzheimer's, heart conditions, and mental health. Each session will involve light movement to assist the chronic condition, education, and cultural crafts that participants can take home. **Ages: Seniors 55+ and those with chronic illnesses.**

Duration: Every Monday, except holidays (October 30-December 11) | **Time:** 3-5:30pm

Location: Drohekta'geh (1676 Chiefswood Road) | **Registration Opens:** August 1

Contact:Carolynn Chennery | (519) 732-7763 | chwhp@sixnations.ca

NEW Basic Home Maintenance Information Session

SIX NATIONS HOUSING, MAINTENANCE

To provide basic home maintenance tips to tenants and homeowners, including: monthly, seasonal and annual maintenance items (furnace filter changes, turning on your furnace/air conditioning, cleaning your HRV unit and more!) **Ages: Adults 18+**

Dates: October 30 & November 29

Time: 5-7pm | **Registration Opens:** August 1

Location: Virtual (Zoom) & Housing Office (67 Bicentennial Trail)

Contact: Housing Reception
(519) 445-2235 | housing_info@sixnations.ca

NEW Beaded Poppies

OGWEHOWEH SKILLS & TRADES TRAINING CENTRE

Participants will have an opportunity to learn how to bead a poppy pin for upcoming Remembrance Day. Participants will also be provided refreshments and snacks during the workshop. **Ages: 12+**

Date: Saturday, October 28 | **Time:** 10am-3pm | **Registration Opens:** August 21

Location: OSTTC (16 Sunrise Court)

Contact: Kensi McNaughton | (519) 445-1515
kensi@osttc.com



West Nile Virus is a virus mainly transmitted to people through the bite of an infected mosquito. Mosquitoes transmit the virus after becoming infected by feeding on the blood of birds that carry the virus.

What are the symptoms? Most people who are infected with the virus show no symptoms or they experience mild flu-like symptoms, such as fever, headache, body aches or fatigue. The symptoms usually last for a few days. Call your doctor immediately if you notice any symptoms. Those being most at risk are the elderly and children.

What to do if you find a dead bird on property?

Finding a dead bird that tests positive for West Nile virus is one of the signs that West Nile virus has spread to an area. When birds in the area have WNV, it means the people are at risk for infection.

You can report any dead birds (crows, jays, magpies and ravens and larger birds as these birds are more susceptible to getting sick and dying from WNV) in your area by contacting your Community Educator office. C.E.'s will arrange to come out to have the birds investigated and sent in for testing, if the bird specifications are met. Do not touch the dead or sick birds unless you are wearing rubber or latex gloves, and make sure any open wounds on your hands are covered. Warn your children about this too. Wash your gloved hands and then your bare hands well after handling.



For more information contact the Six Nations
Community Educator program 519-445-2809
or the Environmental Health Officer
519-751-6513



Indigenous Services
Canada



Services aux
Autochtones Canada




NEW New Event

★ Ongoing/Multi-Day Event

▲ Outdoor Event

WORKSHOPS & CLASSES (OCTOBER)

NEW Budgeting & Financial Literacy Info Session

SIX NATIONS HOUSING, FINANCE

Budgeting and Financial Literacy Workshop! See how to manage your total debt servicing, how unused revolving credit can affect your ability to qualify for a housing loan, and how to create a working budget to utilize at home. Let us help you set yourself up for financial success! **Ages: Adults 18+**

Dates: October 2 & November 2 | **Time:** 5-7pm | **Registration Opens:** August 1

Location: Virtual (Zoom) & Housing Office (67 Bicentennial Trail)

Contact: Housing Reception | (519) 445-2235 | housing_info@sixnations.ca

NEW Cannabis Wellness Series

SIX NATIONS CANNABIS COMMISSION

Join us at this exciting event hosted by the Six Nations Cannabis Commission and sponsored by New Leaf. Come discover the wonders of CBD, create your own bath bombs and rollers, and expand your understanding of wellness through the power of the cannabis plant. **Ages: Adults 19+**

Date: Saturday, October 14 | **Time:** 10am-12pm | **Registration Opens:** September 11

Location: Iroquois Business Centre (1721 Chiefswood Road)

Contact: Chelsea Gibson | (226) 446-9908 ext. 3602 | chelsea@sncannabis.com

Safe Food Handling

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

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

Dates: October 25 & November 22 | **Time:** 8:30am-5pm | **Registration Opens:** August 21

Location: Six Nations Parks & Recreation Conference Room (1738 Fourth Line)

Contact: Michelle Jamieson | (519) 445-2809 | michellejamieson@sixnations.ca

Cooking for Balanced Blood Sugars

SNHS' COMMUNITY HEALTH & WELLNESS, DIABETES WELLNESS PROGRAM

Join us in preparing nutritious meals that support stable blood sugars while learning about how different foods impact our blood sugars. **Ages: Adults 18+ and people with diabetes.**

Date: Tuesday, October 17 | **Time:** 4:30-6:30pm | **Registration Opens:** August 21

Location: White Pines Wellness Centre (1745 Chiefswood Road) | **Transportation:** Inquire

Contact: Keri Howell | (519) 754-7405 | dietitian@sixnations.ca

Dajoh 55+

SIX NATIONS PARKS & RECREATION

Dajoh 55 Club meet Tuesday & Thursdays. Active games, crafts and bingo on a regular basis. **Ages: Seniors 55+**

Duration: Every Tuesday & Thursday, except holidays (September 14-December 21)
Time: 10am-12pm | **Registration Opens:** September 1 | **Location:** Dajoh (1738 Fourth Line)
Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

NEW Family Cooking Around the Fire ▲

SNHS, CHILD & YOUTH HEALTH SERVICES, CHILD & YOUTH NUTRITION TEAM

Join us for a fun evening learning to cook food over the fire. We will be making supper so come ready to enjoy a tasty meal with your family! **All ages.**

Date: Thursday October 12 | **Time:** 5-7pm | **Registration Opens:** August 21
Location: TBD | **Contact:** Claire Nanda | (548) 328-1838 | cyhrd2@sixnations.ca

NEW Ha'denogwatra:ge (All Kinds of Medicine)

SNHS, COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Come and learn about the four sacred medicines that are key components to Haudenosaunee culture and healing— tobacco, sage, cedar, and sweetgrass! We will discuss what we know of them, discover what we can learn from them, and see how we can improve our relationships with them, and our life overall. Medicine and refreshments will be provided, and craft items will be supplied so participants may take their crafts home. Please register by October 13th, 2023 as seats are limited. **All ages.**

Dates: October 25 & November 1 | **Time:** 1-6pm
Registration Opens: September 1 | **Register By:** October 13, seats are limited
Location: TBD | **Contact:** Carolyn Chenery | (519) 732-7763 | chwhp@sixnations.ca

Haudenosaunee Language Meet

SIX NATIONS PUBLIC LIBRARY

Those interested in learning one or more of the six Haudenosaunee languages can meet other language learners wherever they may be on Turtle Island. This is a meeting space for self-directed learning with mutual support from others learning one of the six Haudenosaunee languages. The space can be used however those participating mutually decide to further their language fluency. **All ages.**

Duration: Every Tuesday & Thursday (each language is once monthly)
First Tuesday: Tuscarora | **Second Tuesday:** Seneca | **Third Tuesday:** Oneida |
First Thursday: Mohawk | **Second Thursday:** Cayuga
Time: 7-9pm | **Registration Opens:** August 1 | **Location:** Virtual (Zoom)
Contact: Six Nations Public Library | (519) 445-2954 | 6languages@snpl.ca

NEW Housing Loan (New Construction & Purchase) Info Session

SIX NATIONS HOUSING, PROGRAMS

This session provides information on eligibility and application criteria for those looking to access Housing Loans for new construction or purchase. An in-depth look at what the process looks like, how you can prepare, and overall expectations. **Ages: Adults 18+**

Dates: October 11 & November 6 | **Time:** 5-7pm | **Registration Opens:** August 1
Location: Virtual (Zoom) & Housing Office (67 Bicentennial Trail)
Contact: Housing Reception | (519) 445-2235 | housing_info@sixnations.ca


NEW New Event

★ Ongoing/Multi-Day Event

▲ Outdoor Event

WORKSHOPS & CLASSES (OCTOBER)

NEW Housing Loan (Repair/Renovation & Additions) Info Session

SIX NATIONS HOUSING, PROGRAMS

This session provides information on the eligibility criteria and the application process for repair/reno and additions housing loans. **Ages: Adults 18+**

Dates: October 15 & November 15 | **Time:** 5-7pm | **Registration Opens:** August 1

Location: Virtual (Zoom) & Housing Office (67 Bicentennial Trail)

Contact: Housing Reception | (519) 445-2235 | housing_info@sixnations.ca

NEW Housing Residential Rentals Info Session

SIX NATIONS HOUSING, RESIDENTIAL PROPERTIES TEAM

This session will inform you about our current housing residential rentals portfolio, eligibility criteria, application process and expectations of our tenants. **Ages: Adults 18+**

Dates: October 23, November 20 | **Time:** 5-7pm | **Registration Opens:** August 1

Location: Virtual (Zoom) & Housing Office (67 Bicentennial Trail)

Contact: Housing Reception | (519) 445-2235 | housing_info@sixnations.ca

Plant-Based Eating

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Come prepare nutritious and delicious vegetarian and vegan meals. Learn how to work with plant-based protein sources and include more vegetables on your plate! **Ages: Adults 18+**

Dates: October 24 & November 28 | **Time:** 5-6:30pm | **Transportation:** Contact to Inquire

Registration Opens: August 21 | **Location:** White Pines Wellness Centre (1745 Chiefswood Road)

Contact: Keri Howell | (519) 754-7405 | dietitian@sixnations.ca

NEW Preserving Our Sustenance: Corn Lying, Wash, and Soup Making

OGWEHOWEH SKILLS AND TRADES TRAINING CENTRE

Participants will learn how to wash corn (traditional/modern), how to dry it, and how to make lyed corn soup. This is the second workshop in a 3-part series. **Ages: 12+**

Date: Friday, October 27 | **Time:** 1-4pm | **Registration Opens:** August 21

Location: OSTTC Classroom (16 Sunrise Court)

Contact: Kensi McNaughton | (519) 445-1515 | kensi@osttc.com

Tentewatá:ton Dędwadado Market Cooking Class

SNHS' COMMUNITY HEALTH & WELLNESS, DIABETES WELLNESS

Please join us on the first Thursday of the month for Tentewatá:ton Dędwadado Market Cooking. Together, we will learn how to make nutritious and delicious meals using seasonal ingredients. **Ages: Adults 18+**

Dates: October 5, November 2 & December 7 | **Time:** 4:30-6:30pm

Transportation: Contact to Inquire | **Registration Opens:** August 21

Location: White Pines Wellness Centre (1745 Chiefswood Road)

Contact: Jordyn Johnson | (519) 445-2226 | jordynjohnson@sixnations.ca

NEW Writing Circle

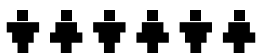
SIX NATIONS PUBLIC LIBRARY

Join our writing circle every first Monday of the month. Time and date are subject to change, so be sure to sign up for the email list. **All writers welcome.**

Dates: October 2, November 6 & December 4 | **Time:** 1-2pm | **Registration Opens:** August 21

Location: Six Nations Public Library Boardroom (1679 Chiefswood Road)

Contact: Front Desk | (519) 445-2954 | info@snpl.ca



SIX NATIONS HEALTH SERVICES

Health Beat Radio Show

EVERY WEDNESDAY
1:05PM-2:05PM
CKRZ 100.3FM





FREE

PUBLIC SKATING

HELMETS MANDATORY

Mondays, Wednesdays & Thursdays

12:00–12:50 p.m.

Starts October 11, 2023

SATURDAYS

Parent & Tot Skate 7:00–7:30 p.m.

(standards on ice)

Open Skate 7:30–8:20 p.m.

(NO standards on ice)

Starts October 14, 2023

Six Nations Sports & Cultural Memorial Centre
formerly known as the Gaylord Powless Arena

1738 Fourth Line Road, Ohsweken

For more information
contact Six Nations
Parks and Recreation
519-445-4311

Learn about Technology

at the Six Nations Public Library

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, or your mobile phone.
- Learn how to use library computers.
- **Bring your own device 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

MONDAY	TUESDAY	WEDNESDAY
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	6 Badminton Drop-In (p. 46) Drop-In Addictions Support Group (p. 51) Housing Loan (New Construction & Purchase) Info Session (p. 59) Ladies Drop-In Basketball (p. 47) Let's Get Moving (p. 47) Ohahase Day Treatment Program (p. 52) Our Beading Hearts (p. 52) Writing Circle (p. 61)	7 Indigenous Veterans Day Dajoh 55+ (p. 58) Haudenosaunee Language Meet (p. 58) Pickleball Drop-In (p. 47) Sit to Be Fit (p. 48) Volleyball Drop-In (p. 48)
		8 Cannabis Wellness Series (p. 57) Chair Yoga - Session 2 (p. 46) Community Beautification (p. 46) Feeding Your Baby (p. 58) Learn How to Quit... Anything! (p. 59) Ohahase Day Treatment Program (p. 52)
	13 Closure Notice: All SNGR departments are closed for Remembrance Day. Regular office hours resume November 14 @ 8:30am. 	14 Connections Support Group (p. 51) Dajoh 55+ (p. 58) Family Feud (p. 45) Gone Too Soon (p. 51) Haudenosaunee Language Meet (p. 58) Meal Prep Made Simple Cooking Class (p. 60) Pickleball Drop-In (p. 47) Sit to Be Fit (p. 48) Volleyball Drop-In (p. 48)
		15 Rock Your MOCS! Chair Yoga - Session 2 (p. 46) Community Beautification (p. 46) Feeding Your Baby (p. 58) Grief Recovery Program (p. 52) Housing Loan (Repair/Renovation & Additions) Info Session (p. 59) Learn How to Quit... Anything! (p. 59) Ohahase Day Treatment Program (p. 52)
20 Adagaidęhsra' (p. 57) Badminton Drop-In (p. 46) Drop-In Addictions Support Group (p. 51) Ladies Drop-In Basketball (p. 47) Let's Get Moving (p. 47) Housing Residential Rentals Info Session (p. 59) Ohahase Day Treatment Program (p. 52) Our Beading Hearts (p. 52) Second Wind (p. 47) Six Nations Virtual Book Club (p. 53)	21 Dajoh 55+ (p. 58) Haudenosaunee Language Meet (p. 58) Pickleball Drop-In (p. 47) Sit to Be Fit (p. 48) Volleyball Drop-In (p. 48)	22 Chair Yoga - Session 2 (p. 46) Community Beautification (p. 46) Feeding Your Baby (p. 58) Grief Recovery Program (p. 52) Learn How to Quit... Anything! (p. 59) Ohahase Day Treatment Program (p. 52) Safe Food Handling (p. 58)
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ALSO ON THE 6th: [Adagaidęhsra'](#) (p. 57), [Second Wind](#) (p. 47), and [Six Nations Virtual Book Club](#) (p. 53)

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COMMUNITY EVENTS & PROGRAMS (NOVEMBER)

NEW New Event

★ Ongoing/Multi-Day Event

▲ Outdoor Event

NEW Family Feud

SNHS' COMMUNITY HEALTH & WELLNESS, DIABETES WELLNESS PROGRAM

SNHS Diabetes Wellness Program presents Family Feud! Get a team of five together and join us for supper followed by a fun-filled night of Family Feud! Registration required for participants & spectators. **Ages: 15+**

Date: Tuesday, November 14 | **Time:** 5-8pm **Location:** Community Hall (1738 Fourth Line)

Registration Opens: September 1 | **Contact:** Jordyn Johnson | (519) 445-2226 | dep@sixnations.ca

Kids LEGO Club

SIX NATIONS PUBLIC LIBRARY

Join us on the first Wednesday of the month to read books and build with old friends, and make new friends too! All LEGOs provided. Please leave yours at home. Previous members are still registered. LEGO donations accepted. **Ages: 6-11**

Date: Wednesday, November 1 | **Time:** 4:30-5:45pm

Location: Six Nations Public Library (1679 Chiefswood Road)

Registration Opens: August 1 | **Contact:** SNPL Front Desk | (519) 445-2954 | info@snpl.ca

Magic Machine Book Club

SIX NATIONS PUBLIC LIBRARY

The club meets every month, on the last Monday of the month, to share and discuss books read via a device. Join to learn how to use an eReader and access books on your phone, tablet or computer! Borrow an eReader from the library, help to choose a book or theme and share your perspective. Access thousands of books whenever you want with an eReader or other device! Read online and offline. Staff will show you how! **Ages: 18+**

Date: Monday, November 27 | **Time:** 5-6pm

Registration Opens: August 1

Location: Six Nations Public Library Board Room (1679 Chiefswood Road)

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

WELCOME TO OSTTC

OGWEHOWEH
Skills and Trades Training Centre

WHAT WE OFFER:

- ✓ FREE LUNCHES FOR STUDENTS
- ✓ SMALL INTERACTIVE SIZED CLASSROOMS
- ✓ VARIOUS SKILLED TRADES AND QUALITY PROGRAMMING

Be sure to check us out on social media!

<https://www.facebook.com/OSTTC.sn/>

<https://www.instagram.com/osttc/>

www.osttc.com

CONTACT US:

BY PHONE: (519)-445-1515

IN PERSON: 16 SUNRISE COURT
OHSWEKEN, ON N0A 1M0



GETTING ACTIVE/MOVEMENT (NOVEMBER)

NEW New Event

★ Ongoing/Multi-Day Event

▲ Outdoor Event

AquaFIT

SNHS' HEALTH PROMOTION

Join us for a low impact exercise class in a pool. AquaFIT is great for those with arthritis, those recovering from knee surgeries, seniors, and those who are inactive and looking to get active. Transportation is available on a first-come, first-serve basis. **Ages: Adults 18+**

Duration: Every Friday (November 3-December 15) | **Time:** 10:45-11:45am

Location: Wayne Gretzky Centre (254 North Park Street, Brantford)

Registration Opens: October 25 | **Contact:** Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

Badminton Drop-In ★

PARKS & RECREATION

Drop-In Badminton for all ages! Racquets available if needed. **All ages.**

Duration: Every Monday (except holidays) | **Time:** 6-7:45pm

Location: Dajoh Gym (1738 Fourth Line)

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

Chair Yoga – Session 2

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

An adaptive yoga class that utilizes a chair to complete poses. A focus will be put on pain reduction, balance, joint-freeing movements, and breath work. **Ages: Seniors 55+**

Duration: Every Wednesday (October 25-December 13) | **Time:** 10-11am

Location: Dajoh Gym (1738 Fourth Line) | **Transportation:** Contact to inquire

Contact: Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

Community Beautification ▲

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

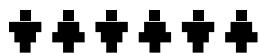
This is a community improvement program that encourages healthy living and caring for our surroundings. This program will allow adults to mentally, emotionally, spiritually and physically focus on their health while beautifying the gardens around the community. Participants will be provided with gardening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

Duration: Every Wednesday (September 6-November 22) | **Time:** 10-11am

Location: Iroquois Lodge (and other gardens in the community)

Contact: Julie Villamere | (519) 754-5730 | hpk8@sixnations.ca




NEW New Event

★ Ongoing/Multi-Day Event

▲ Outdoor Event

GETTING ACTIVE/MOVEMENT (NOVEMBER)

Ladies Drop-In Basketball

PARKS & RECREATION

Non-competitive, fun drop-in basketball for ladies. **Ages: 15+**

Duration: Every Monday, except holidays (September 11-December 18) | **Time:** 8-9pm

Location: Dajoh Gym (1738 Fourth Line Road)

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

Let's Get Moving

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION & THERAPY SERVICES

A total body exercise class for community members wanting to get active and start a program to improve function, strength, range of motion (mobility) and balance. Suitable next step for those finishing physiotherapy or anyone wanting to prevent falls. Transportation is available upon request. **Ages: Seniors 55+**

Duration: Every Monday & Friday (September 1-November 27)* | **Time:** 1:30-2:30pm

***Holiday Dates (No Program):** September 4 & October 9 | **Transportation:** Available

Location: 1676 Chiefswood Road | **Contact:** Julie Villamere | (519) 754-5730 | hpk8@sixnations.ca

Pickleball Drop-In

PARKS & RECREATION

Pickleball drop-in. Racquets available if needed **Ages: Seniors 55+**

Duration: Every Tuesday (September 12-December 19) | **Time:** 6-7:30pm

Location: Dajoh Gym - Court 1 (1738 Fourth Line)

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

Rising Stars Basketball

PARKS & RECREATION

Basketball skill sessions and house league games! **Ages: 6-18.**

Grades 1-5: 5-6pm | **Grades 6-8:** 6-7pm | **Highschool:** 5-8pm

Duration: Every Thursday, except holidays (September 14-November 23)

Location: Dajoh Gym (1738 Fourth Line) | **Registration Opens:** September 1

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

Second Wind

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Individuals will learn to exercise in a safe environment utilizing a chair. There is a focus on strengthening using resistance bands and breathwork. Classes will be run with the aid of Occupational Therapists, Kinesiologist, and Healthy Lifestyle Coordinator. **Ages: Seniors 55+ or individuals with chronic illnesses.**

Duration: Every Monday & Thursday, except holidays (September 7-December 18)

Time: 10:30-11:30am | **Location:** Dajoh Gym (1738 Fourth Line)

Transportation: Please contact | **Contact:** Baillie Schmitz | (226) 387-9284 | hphlc@sixnations.ca

Sit to Be Fit

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Designed to maintain function and total body strength to help prevent falls. This is a free drop-in seated exercise program that uses body weight, TheraBand's, therapy balls and free weights. This program is run by an exercise facilitator from the Canadian Alzheimer's Society.

Ages: Seniors 55+

Duration: Every Tuesday (September 12-November 28) | **Time:** 2-3pm

Transportation: Available | **Location:** 1676 Chiefswood Road

Contact: Julie Villamere | (519) 754-5730 | hpk8@sixnations.ca

Volleyball Drop-In

PARKS & RECREATION

Players 12 years of age and older are welcome to drop-in for a game of volleyball on Tuesday nights starting at 7:30pm! **Ages:** 12+

Duration: Every Tuesday (September 12-December 19) | **Time:** 7:30-9:30pm

Location: Dajoh Gym (1738 Fourth Line)

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

TENTEWATÁ:TON/ DĘDWADADQ COMMUNITY MARKET

**EVERY WEDNESDAY
1 PM - 5 PM**

LOCATION

**1676 CHIEFSWOOD RD.,
OHSWEKEN, ON**





Where to Find SNGR Litigation Resources

Six Nations Of The Grand River Band Of Indians
V. The Attorney General Of Canada And His
Majesty The King In Right Of Ontario.

Court Documents are Accessible!

Follow the court case and access court documents and other important information by visiting the Litigation website: www.sngrlitigation.com

Important Updates & Press Releases

Watch for important updates and access the latest Press Releases by visiting the Six Nations of the Grand River website: www.sixnations.ca/news-and-events

Further Insight and Inquiries

If you have any questions regarding the court case, or require further information, please contact Lands and Resources by calling: **(519) 753-0665** or visiting:

www.sixnations.ca



The Diabetes Wellness Program Presents:



Please join us November 14, 2023
5pm to 8pm at
The Community Hall (1738 4th Line)

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



Free event! Registration required for participants and spectators.
Call SNHS Diabetes Wellness Program at 519-445-2226



SUPPORT GROUPS (NOVEMBER)

NEW New Event

★ Ongoing/Multi-Day Event

▲ Outdoor Event

Breastfeeding Social Group

SNHS' COMMUNITY HEALTH & WELLNESS, CHILD & YOUTH HEALTH

All who support breastfeeding are welcome to join this virtual group, to share and support each other. **All ages & open to all who support.**

Date: Thursday, November 30 | **Time:** 12-1pm | **Location:** Virtual (Zoom) | **Registration Opens:** Sept 1

Contact: Stephanie George | (226) 387-2690 | sgeorge@sixnations.ca

Connections Support Group

SNHS' COMMUNITY HEALTH & WELLNESS, CHILD & YOUTH HEALTH

A support group for parents & guardians of children who have been diagnosed or suspected of Fetal Alcohol Spectrum Disorder. Speakers other service providers along activities for group. Removing the stigma a place where parents support each other in a safe environment. Parents are encouraged to bring their child or children. Activities are provided, separate from the parents. **All ages.**

Date: Tuesday, November 14 | **Time:** 5:30-7:15pm

Location: White Pines Boardroom, 2nd floor (1745 Chiefswood Road)

Contact: Floretta Hill | (519) 717-6097 | fmhill@sixnations.ca

Note: Leave a message at the number listed above, include contact name & number

NEW Drop-In Addictions Support Group ★

SNHS' MENTAL HEALTH & ADDICTIONS, CRISIS HUB

No appointment required! Drop-in to get immediate and confidential support and guidance from our excellent Crisis Hub team. Snacks provided. **Ages: Adults 18+**

Duration: Every Monday | **Time:** 6-8pm | **Location:** Crisis Hub (1546 Chiefswood Road)

Contact: Susanne Brittain (Addictions Counsellor) | (226) 388-1227 | mhwc@sixnations.ca

NEW Family Outreach Support Group ★

SNHS' MENTAL HEALTH & ADDICTIONS, CRISIS HUB

A safe and confidential peer group can offer guidance, encouragement, and practical advice for navigating the complexities of caring for someone who is using substances. **Ages: Adults 18+**

Duration: Every Monday | **Time:** 4-6pm | **Location:** Crisis Hub (1546 Chiefswood Road)

Contact: Susanne Brittain (Addictions Counsellor) | (226) 388-1227 | mhwc@sixnations.ca

NEW Gone Too Soon

SNHS' MENTAL HEALTH & ADDICTIONS, CRISIS HUB

Gone Too Soon is a drop in support group for community members who have been affected by



the loss of a loved one to overdose. Community members can share their experiences, emotions, and struggles related to overdose grief. **Ages: Adults 18+ and individuals who have lost someone due to overdose.**

Date: Tuesday, November 14 | **Time:** 7-9pm | **Location:** Crisis Hub (1546 Chiefswood Road)
Contact: Susanne Brittain (Addictions Counsellor) | (226) 388-1227 | mhwc@sixnations.ca

Grief Recovery Program

SNHS' MENTAL HEALTH & ADDICTIONS, CRISIS HUB

The action plan for moving beyond death, divorce and any other losses. The group can help to recover from significant emotional loss/ regain happiness and joy. End isolation. End Self Sabotage. Discover the myths about grief and what was taught to us growing up. **Ages: Adults 18+**

Duration: Every Wednesday (November 14-January 15) | **Time:** 6:30-8:30pm

Location: Crisis Hub (1546 Chiefswood Road) | **Registration Opens:** September 1

Contact: Barry Miller | (519) 445-2143 or (519) 717-3467 | barrymiller@sixnations.ca

Crisis Hub: (226) 446-9902

Ohahase Day Treatment Program

SNHS' MENTAL HEALTH & ADDICTIONS, CRISIS HUB

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: Adults 18+**

Duration: Every Monday & Wednesday (October 2-December 6)* | **Time:** 9am-12pm

***Holiday Dates (No Program):** October 9 | **Registration Opens:** September 1

Location: Crisis Hub (1546 Chiefswood Road) | **Crisis Hub:** (226) 446-9902

Contact: Barry Miller | (519) 445-2143 or (519) 717-3467 | barrymiller@sixnations.ca

Our Beading Hearts

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Learn to bead, try new techniques, finish your projects, work on group projects, laugh, and learn with Our Beading Hearts. **All ages.**

Dates: First and third Monday of every month, except holidays | **Time:** 6-8pm

Location: Dajoh (1738 Fourth Line) | **Registration Opens:** August 1

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

Relapse Prevention Program

SNHS' MENTAL HEALTH & ADDICTIONS, CRISIS HUB

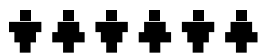
A program to help raise awareness of high-risk situations, cravings and urges. Acquire techniques to help stop a relapse. Learn to change unhealthy behaviours into healthier ones. Develop confidence and self-esteem through a self-designed plan. **Ages: Adults 18+**

Duration: Every Friday (October 6-November 24) | **Time:** 6:30-8:30pm

Location: Crisis Hub (1546 Chiefswood Road) | **Registration Opens:** September 1

Contact: Barry Miller | (519) 445-2143 or (519) 717-3467 | barrymiller@sixnations.ca





SUPPORT GROUPS (NOVEMBER)

NEW New Event

★ Ongoing/Multi-Day Event

▲ Outdoor Event

Six Nations Virtual Book Club

SNHS' COMMUNITY HEALTH & WELLNESS,
HEALTH PROMOTION

In partnership with the Six Nations Public Library, the book club will be reading the book titled, "The Clay We Are Made Of" by Sue Hill. Register to receive your free copy! **Ages: Adults 18+**

Duration: Every Monday (September 11-
November 27) | **Time:** 10-11am

Location: Virtual (Zoom)

Registration Opens: August 28

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

Wellbriety Program

SNHS' MENTAL HEALTH & ADDICTIONS,
CRISIS HUB

A Medicine Wheel and 12 Step Program tailored to the need of individuals in recovery from addictions of any kind to help create a common ground to encourage the attention of wellness.

Ages: Adults 18+

Duration: Every Thursday (October 12-
December 14) | **Time:** 6:30-8:30pm

Location: Crisis Hub (1546 Chiefswood Road) | **Registration Opens:** September 1

Contact: Barry Miller | (519) 445-2143 or (519) 717-3467 | barrymiller@sixnations.ca



FINANCIAL SUPPORTS AVAILABLE!

Six Nations of the Grand River's Finance Department wants you to check out the following financial supports available for Six Nations band members. For more information, please see [page 54!](#)

- Enrollment Allowance (formerly Attendance Allowance)
- Student Support Allowance
- Donation Fund

ENROLLMENT ALLOWANCE FOR HIGH SCHOOL STUDENTS

(Formerly known as Attendance Allowance)

Six Nations Band members enrolled in a high school in Brant County, Norfolk County or Haldimand County* are eligible for Enrollment Allowance.

*Dating back to September 2021

What Has Changed?

Enrollment Allowance (formerly Attendance Allowance) is no longer based on attendance. Students are eligible to receive their allowance (via Direct Deposit) as long as they are enrolled in high school and obtain passing grades.

How to Receive Enrollment Allowance:

Enrollment Allowance can be obtained (via Direct Deposit only - cheques will no longer be issued) by submitting a completed EFT form & void cheque. It is given out in December, April & June of each year.

EFT Forms can be found at: sixnations.ca

For further inquiries & more information, please contact Rebecca McComber
bmccomber@sixnations.ca

\$50 per month



Student Support Allowance

Six Nations Band members enrolled in a high school in Brant County, Haldimand County, or Norfolk County are eligible for Student Support Allowance.

Support Allowance is a program that reimburses students for:

Sports Fees

Enhanced Course Fees

Co-Op Fees*

School Fees

Post-Secondary Application Fees

*Co-Op Fees/Expenses:

Travel (taxi, bus, gas) to & from co-op placement, and items required for placement (safety gear, work clothes, etc.)

For more information, please contact Becky McComber:
bmccomber@sixnations.ca



The Donation Fund Policy is AVAILABLE!

All community members, on & off reserve, are eligible to apply!

The policy can be picked up at Central Admin or viewed online:
www.sixnations.ca

Applications can also be found online or picked up at Central Administration: 1695 Chiefswood Road (8:30am - 4:30pm)

Funding Categories include:

Recreation

Arts & Culture

Community

Education

Health

ELIGIBILITY**

Individuals:
Eligible to receive up to \$750

Community Associations:
Eligible to receive up to \$1,500

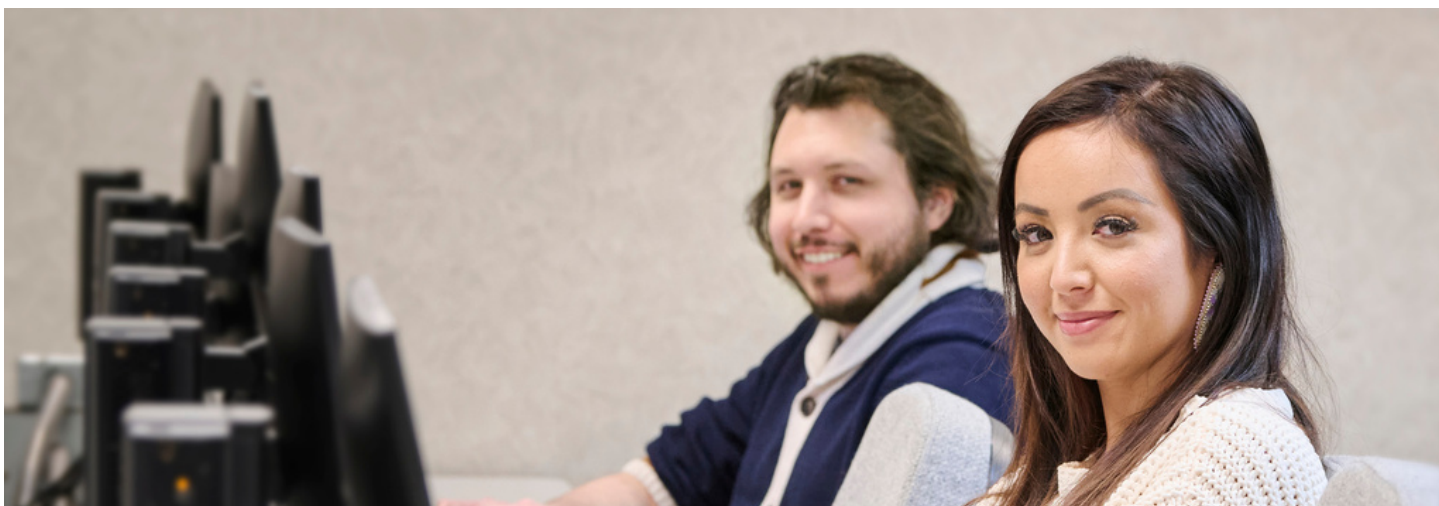
** Applicants are eligible to receive one donation in a fiscal year.

APPLICATION DEADLINE:
4pm on the 3rd Friday of every month



For more information, contact Teresa Longboat:
tlongboat@sixnations.ca

Submit applications to Central Administration or via email:
tlongboat@sixnations.ca



Continuing Additional Qualifications Winter 2024 Programs

Registration opens Nov 6, 2023 | Classes begin Jan 15, 2024

Teaching Cayuga (Online)

The Teaching Cayuga AQ provides relevant, meaningful, and practical experience for candidates in reading, writing, reflection, dialogue, and expression for use in the Indigenous language classroom. Candidates will complete the AQ with an independent study (collaboratively designed with the instructor) that involves an interview, translation or transcription, and final preparation of narrative written in accepted Cayuga diacritic and orthographic forms.

Teaching Mohawk (Online)

The Teaching Mohawk AQ provides relevant, meaningful, and practical experience for candidates in reading, writing, reflection, dialogue, and expression in the Mohawk language. Candidates complete the AQ with an independent study collaboratively designed with the instructor that involves an interview, translation or transcription, and final preparation of narrative written in accepted Mohawk diacritic and orthographic forms.

Special Education, Part 1 (Online)

This course is designed to assist educators seeking to enrich professional practice and extend knowledge, dispositions and skills in the development and delivery of Special Education programs.

Currently, all AQ offerings are presented in an online learning format.

For more information, including tuition fees and admission requirements, please visit:
snpolytechnic.com/additional-qualifications

Email: admissions@snpolytechnic.com

Call: 519-445-0023 ext. 6226



SIX NATIONS
POLYTECHNIC

snpolytechnic.com/additional-qualifications



Continuing Teacher Education

Fall 2023 Additional Qualification Offerings

Registration open, Apply Now!

Registration closes Sept. 11, 2023 and classes begin Sept. 18, 2023

Teaching Ojibwe (Online)

This course provides candidates with practical experience in developing teaching strategies in Nishinaabemwin conversational and written language education. Candidates participate in simulations, workshops, and interpersonal learning to learn techniques in Nishnaabemwin experiential education. The candidate's prior learning and experiences positively affect the course environment in terms of mentorship, team learning, collaborative inquiry, and independent study.

First Nation, Metis and Inuit Peoples - Understanding Traditional Teachings, Histories, Current Issues and Cultures Part 1 (Online)

This course is designed to guide and enhance candidates' professional knowledge and practice through the critical inquiry of the history, culture, traditional knowledge, legislative impacts, and current issues of FNMI peoples while being respectful of similarities and differences. The course is designed to progress through modules that provide the candidate, firstly with historical background, traditional knowledge and culture, government legislation and treaties, and then progressing to Truth and Reconciliation.

Currently, all AQ offerings are presented in an online learning format. For more information, including tuition fees and admission requirements, please visit: snpolytechnic.com/additional-qualifications

Email: admissions@snpolytechnic.com

Call: 519-445-0023 ext. 6226



SIX NATIONS
POLYTECHNIC



WORKSHOPS & CLASSES (NOVEMBER)

NEW New Event

★ Ongoing/Multi-Day Event

▲ Outdoor Event

NEW Adagaidęhsra' (Wellbeing: Managing your Chronic Health Conditions)

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

This program teaches how to manage different chronic health conditions through culturally relevant methods, whether through activity or education. While this program is designed for those 55 years and older, it is open to anyone who experiences chronic health conditions. While we will cover how to treat many different chronic illnesses, some that are included are cancer, diabetes, Alzheimer's, heart conditions, and mental health. Each session will involve light movement to assist the chronic condition, education, and cultural crafts that participants can take home. **Ages: Seniors 55+ and those with chronic illnesses.**

Duration: Every Monday, except holidays (October 30-December 11) | **Time:** 3-5:30pm

Location: Drohekta'geh (1676 Chiefswood Road) | **Registration Open:** August 1

Contact:Carolynn Chennery | (519) 732-7763 | chwhp@sixnations.ca

NEW Basic Home Maintenance Information Session

SIX NATIONS HOUSING, MAINTENANCE

To provide basic home maintenance tips to tenants and homeowners, including: monthly, seasonal and annual maintenance items (furnace filter changes, turning on your furnace/air conditioning, cleaning your HRV unit and more!) **Ages: Adults 18+**

Date: Wednesday, November 29 | **Time:** 5-7pm | **Registration Opens:** August 1

Location: Virtual (Zoom) & Housing Office (67 Bicentennial Trail)

Contact: Housing Reception | (519) 445-2235 | housing_info@sixnations.ca

NEW Budgeting & Financial Literacy Info Session

SIX NATIONS HOUSING, FINANCE

Budgeting and Financial Literacy Workshop! See how to manage your total debt servicing, how unused revolving credit can affect your ability to qualify for a housing loan, and how to create a working budget to utilize at home. Let us help you set yourself up for financial success! **Ages: Adults 18+**

Date: Thursday, November 2 | **Time:** 5-7pm | **Registration Opens:** August 1

Location: Virtual (Zoom) & Housing Office (67 Bicentennial Trail)

Contact: Housing Reception | (519) 445-2235 | housing_info@sixnations.ca

NEW Cannabis Wellness Series

SIX NATIONS CANNABIS COMMISSION

Join us at this exciting event hosted by the Six Nations Cannabis Commission and sponsored by New Leaf. Come discover the wonders of CBD, create your own bath bombs and rollers, and expand your understanding of wellness through the power of the cannabis plant. **Ages: Adults 19+**



Date: Wednesday, November 8 | **Time:** 2-4:30pm | **Registration Opens:** September 11

Location: Iroquois Business Centre (1721 Chiefswood Road)

Contact: Chelsea Gibson | (226) 446-9908 ext. 3602 | chelsea@sncannabis.com

Safe Food Handling

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

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

Date: Wednesday, November 22 | **Time:** 8:30am-5pm | **Registration Opens:** August 21

Location: Six Nations Parks & Recreation Conference Room (1738 Fourth Line)

Contact: Michelle Jamieson | (519) 445-2809 | michellejamieson@sixnations.ca

Dajoh 55+

PARKS & RECREATION

Dajoh 55 Club meet Tuesday & Thursdays. Active games, crafts and bingo on a regular basis. **Ages: Seniors 55+**

Duration: Every Tuesday & Thursday, except holidays (September 14-December 21)

Time: 10am-12pm | **Registration Opens:** September 1 | **Location:** Dajoh (1738 Fourth Line)

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

Feeding Your Baby

SNHS' COMMUNITY HEALTH & WELLNESS, CHILD & YOUTH HEALTH

Join us in learning to prepare nutritious foods for your baby that are approximately 6 months of age. **Ages: Adults 18+ and Caregivers with Pre-Natal Infants (0-1)**

Duration: Wednesdays (November 8-29) | **Time:** 10am-12pm

Location: Family Gatherings (18 Stoneridge Circle) | **Registration Opens:** September 1

Contact: Britney Rogerson | (519) 761-0013 | britneyrogerson@sixnations.ca

NEW Ha'denogwatra:ge (All Kinds of Medicine)

SNHS, COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Come and learn about the four sacred medicines that are key components to Haudenosaunee culture and healing— tobacco, sage, cedar, and sweetgrass! We will discuss what we know of them, discover what we can learn from them, and see how we can improve our relationships with them, and our life overall. Medicine and refreshments will be provided, and craft items will be supplied so participants may take their crafts home. Please register by October 13th, 2023 as seats are limited. **All ages.**

Date: Wednesday, November 1 | **Time:** 1-6pm

Registration Opens: September 1 | **Register By:** October 13, seats are limited

Location: TBD | **Contact:** Carolynn Chennery | (519) 732-7763 | chwhp@sixnations.ca

Haudenosaunee Language Meet

SIX NATIONS PUBLIC LIBRARY

Those interested in learning one or more of the six Haudenosaunee languages can meet


NEW New Event

★ Ongoing/Multi-Day Event

▲ Outdoor Event

WORKSHOPS & CLASSES (NOVEMBER)

other language learners wherever they may be on Turtle Island. This is a meeting space for self-directed learning with mutual support from others learning one of the six Haudenosaunee languages. The space can be used however those participating mutually decide to further their language fluency. **All ages.**

Duration: Every Tuesday & Thursday (each language is once monthly)

First Tuesday: Tuscarora | **Second Tuesday:** Seneca | **Third Tuesday:** Oneida |
First Thursday: Mohawk | **Second Thursday:** Cayuga

Time: 7-9pm | **Registration Opens:** August 1 | **Location:** Virtual (Zoom)

Contact: Six Nations Public Library | (519) 445-2954 | 6languages@snpl.ca

NEW Housing Loan (New Construction & Purchase) Info Session

SIX NATIONS HOUSING, PROGRAMS

This session provides information on eligibility and application criteria for those looking to access housing loans for new construction or purchase. An in-depth look at what the process looks like, how you can prepare, and overall expectations. **Ages: Adults 18+**

Date: Monday, November 6 | **Time:** 5-7pm | **Registration Opens:** August 1

Location: Virtual (Zoom) & Housing Office (67 Bicentennial Trail)

Contact: Housing Reception | (519) 445-2235 | housing_info@sixnations.ca

NEW Housing Loan (Repair/Renovation & Additions) Info Session

SIX NATIONS HOUSING, PROGRAMS

This session provides information on the eligibility criteria and the application process for repair/reno and additions housing loans. **Ages: Adults 18+**

Date: Wednesday, November 15 | **Time:** 5-7pm | **Registration Opens:** August 1

Location: Virtual (Zoom) & Housing Office (67 Bicentennial Trail)

Contact: Housing Reception | (519) 445-2235 | housing_info@sixnations.ca

NEW Housing Residential Rentals Info Session

SIX NATIONS HOUSING, RESIDENTIAL PROPERTIES TEAM

This session will inform you about our current housing residential rentals portfolio, eligibility criteria, application process and expectations of our tenants. **Ages: Adults 18+**

Date: Monday, November 20 | **Time:** 5-7pm | **Registration Opens:** August 1

Location: Virtual (Zoom) & Housing Office (67 Bicentennial Trail)

Contact: Housing Reception | (519) 445-2235 | housing_info@sixnations.ca

NEW Learn How to Quit...Anything!

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Learn how to beat your habit with this short four-part series workshop! Whether it's something as small as biting your fingernails or fidgeting to something like smoking or drinking, learn how to rewire your brain so you are able to confidently quit your habits long term. This workshop utilizes the CBQ method, providing participants with the necessary skills to quit as

well as relevant activities and cultural crafts to help stick to it. Refreshments will be provided and participants will be able to take their crafts home with them. This workshop is open to adults 18 and older, and open to anyone who is actively trying to quit a certain habit, or thinking about quitting a habit. **Ages: Adults 18+**

Dates: November 8, 15, 22 & 29 | **Time:** 4-5:30pm | **Registration Opens:** September 1
Registration Closes: November 1 | **Location:** White Pines Board Room (1745 Chiefswood Road)
Contact:Carolynn Chennerly | (519) 732-7763 | chwhp@sixnations.ca

Meal Prep Made Simple Cooking Class

SNHS' COMMUNITY HEALTH & WELLNESS

Join us in making freezer/make ahead meals that you can have ready in no time on busy days and learn some strategies on meal planning to ease your busy schedule **Ages: Adults 18+**

Dates: November 14 & December 12 | **Time:** 1-2pm | **Location:** Virtual (Zoom)

Registration Opens: September 1

Contact: Britney Rogerson | (519) 761-0013 | britneyrogerson@sixnations.ca

Plant-Based Eating

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Come prepare nutritious and delicious vegetarian and vegan meals. Learn how to work with plant-based protein sources and include more vegetables on your plate! **Ages: Adults 18+**

Dates: Tuesday, November 28 | **Time:** 5-6:30pm | **Transportation:** Contact to Inquire

Registration Opens: August 21 | **Location:** White Pines Wellness Centre (1745 Chiefswood Road)

Contact: Keri Howell | (519) 754-7405 | dietitian@sixnations.ca

NEW Preserving Our Sustenance: Corn Pounding & Cornbread Making

OGWEHOWEH SKILLS AND TRADES TRAINING CENTRE

Participants will learn the process of turning corn kernels to corn flour, and also how to make corn bread. This is the third workshop in a 3-part series. **Ages: 12+**

Date: Friday, November 17 | **Time:** 1-4pm | **Registration Opens:** August 21

Location: OSTTC Classroom (16 Sunrise Court)

Contact: Kensi McNaughton | (519) 445-1515 | kensi@osttc.com

NEW Ribbon Skirt Making

OGWEHOWEH SKILLS AND TRADES TRAINING CENTRE

Participants will have an opportunity to learn the process of making a ribbon skirt. All materials will be provided and participants can make their own ribbon skirt to take home! The workshop will also include the history surrounding the ribbon skirts. Refreshments and snacks will be provided. **Ages: 12+**

Date: Saturday, November 18 | **Time:** 9am-4pm | **Registration Opens:** August 21

Location: OSTTC Classroom (16 Sunrise Court)

Contact: Kensi McNaughton | (519) 445-1515 | kensi@osttc.com





WORKSHOPS & CLASSES (NOVEMBER)

NEW New Event

★ Ongoing/Multi-Day Event

▲ Outdoor Event

Tentewatá:ton Dędwadado Market Cooking Class

SNHS' COMMUNITY HEALTH & WELLNESS, DIABETES WELLNESS

Please join us on the first Thursday of the month for Tentewatá:ton Dędwadado Market Cooking. Together, we will learn how to make nutritious and delicious meals using seasonal ingredients. **Ages: Adults 18+**

Dates: November 2 & December 7 | **Time:** 4:30-6:30pm

Transportation: Contact to Inquire | **Registration Opens:** August 21

Location: White Pines Wellness Centre (1745 Chiefswood Road)

Contact: Jordyn Johnson | (519) 445-2226 | jordynjohnson@sixnations.ca

NEW Writing Circle

SIX NATIONS PUBLIC LIBRARY

Join our writing circle every first Monday of the month. Time and date are subject to change, so be sure to sign up for the email list. **All writers welcome.**

Dates: November 6 & December 4 | **Time:** 1-2pm | **Registration Opens:** August 21

Location: Six Nations Public Library Boardroom (1679 Chiefswood Road)

Contact: Front Desk | (519) 445-2954 | info@snpl.ca



HEALTH PROGRAMS AT SIX NATIONS POLYTECHNIC

Gain practical, hands-on education that promotes a high quality of care for patients by reflecting on Indigenous, holistic and inter-professional practices to prepare you for success in health-related careers.

- Personal Support Worker
- Practical Nursing
- Practical Nursing (PSW to PN Bridging Stream)
- Pre-Health Sciences Pathway to Advanced Diploma and Degrees (Indigenous)

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Apply on ontariocolleges.ca

snpolytechnic.com | admissions@snpolytechnic.com



SIX NATIONS
POLYTECHNIC

MOHAWK
COLLEGE



Be Safe

by  mindyourmind

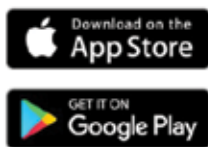
This App Helps You:

- ① **Create a Personal Safety Plan**
- ① **Find Six Nations Community Resources for Support**
- ① **Be Prepared if you Find Yourself in a Crisis**
- ① **FREE to Download + Use App**

Scan Me

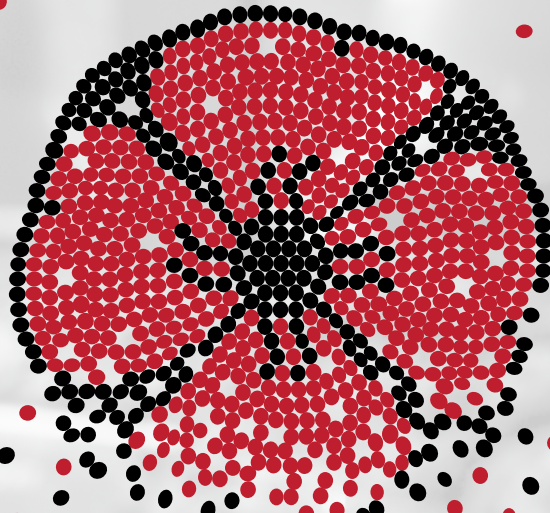


Choose Six Nations of the Grand River in your App Settings



 @besafeapp_ca
 @besafeapp_ca
[BeSafeApp.ca](https://www.besafeapp.ca)

Hon**OUR** Veterans



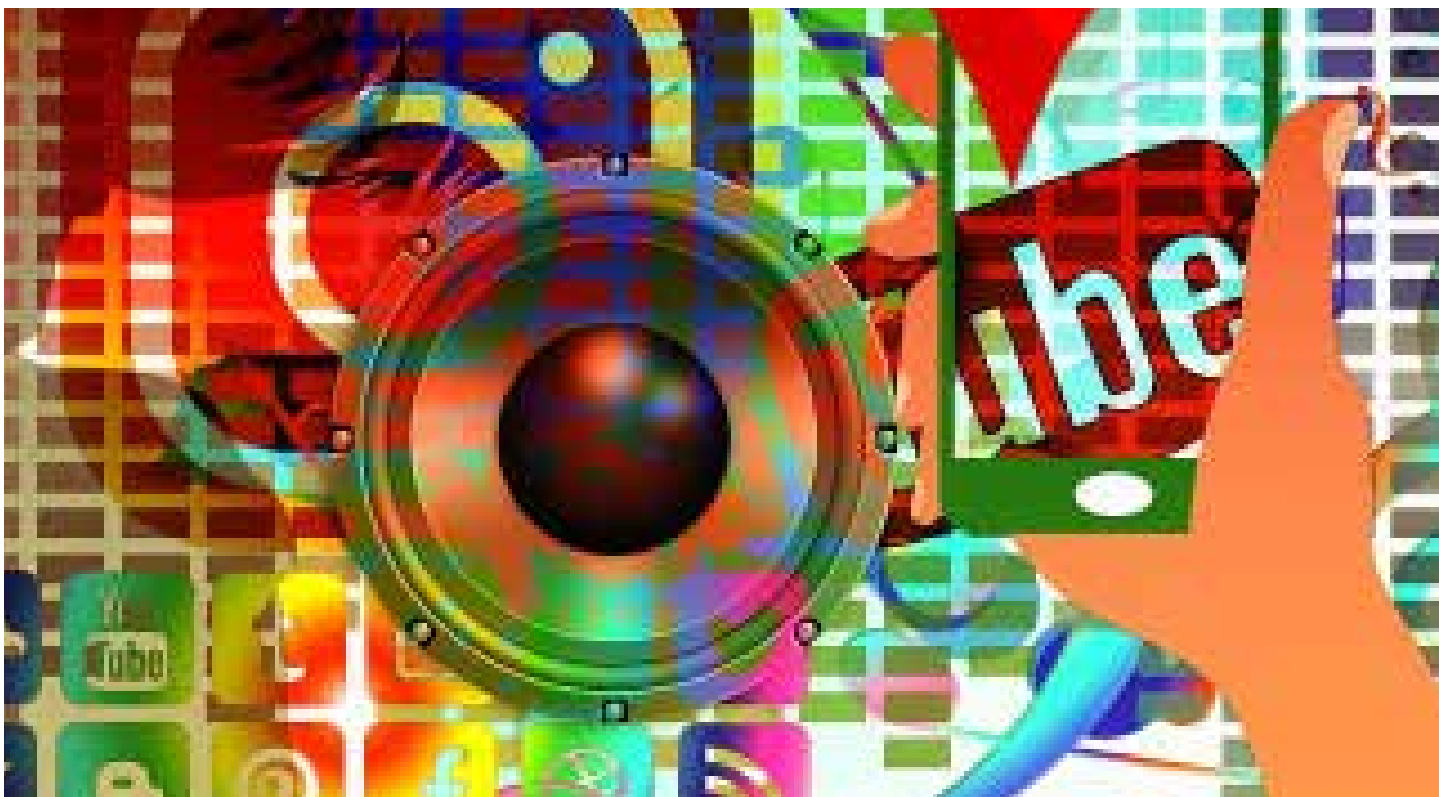
National
INDIGENOUS
VETERANS'
Day

Wednesday, November 8, 2023



SCHOOL IS BACK IN SESSION!

Please remember to drive slowly and be mindful of students and children at all school bus crossings and loadings.



WAYS TO STAY CONNECTED!

FOLLOW SIX NATIONS OF THE GRAND RIVER'S SOCIAL MEDIA ACCOUNTS!

- **Facebook:** Six.Nations.Grand.River
- 📷 **Instagram:** sixnationsgr
- **Twitter:** sixnationsgr
- **YouTube:** sixnationsofthegrandriver6627

DOWNLOAD THE SNGR APP by visiting the Google Play Store or Apple's App Store!

VISIT OUR WEBSITE: www.sixnations.ca



For Six Nations, By Six Nations



What is the Onkwehón:we Health Check-In?

The purpose of the check-in is to assess the health status of the Six Nations community. Look at what services are currently being utilized, and see what gaps are being seen within services offered here in the community. The check-in will help provide evidence-based data for future funding opportunities, and show us where to direct future resources within the community. This is an exciting opportunity for Six Nations to be the author of its own survey, and own and control its own data.

For more information:
Jane Cavan Henhawk
Email: chwec@sixnations.ca
Call/text: 519-761-1500



#OHCheckInit

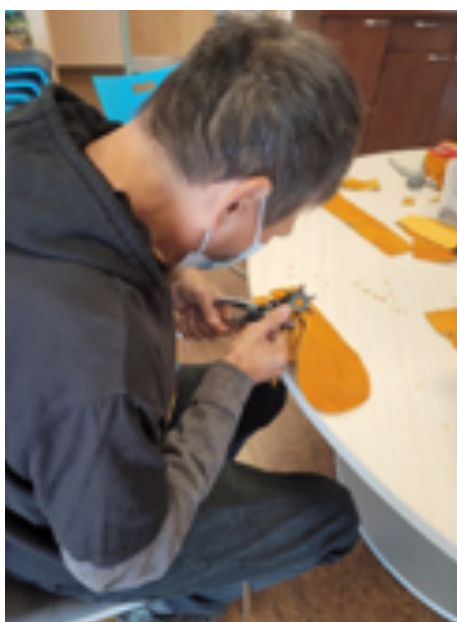




WAGYOSEHTA'GEH: "THE VISITING PLACE" (Formerly the Adult Day Centre)

Location: White Pines Wellness Centre (1745 Chiefswood Road)

Wagyoosehta'geh is a community-based day program which provides supervised activities in a group setting for adult clients 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. Wagyoosehta'geh assists individuals to gain a sense of achievement and improve their overall wellness through meaningful social, recreational, and therapeutic activities in a friendly, caring, and safe environment.



Those Eligible:

- Adults with Various Disabilities
- Frail Elderly
- Caregiver Respite

Services Provided:

- Respite Supervision
- Lunch
- Social/Recreational Programs
- Exercise Programs
- Client Advocacy/Referrals

Community Programming: Wagyoosehta'geh offers a variety of community programming on Tuesdays, that aim to target a specific need in the community. These days present the opportunity for activities that include educational presentations, elders' gatherings, and traditional workshops. Some of our previous programming offered includes will kits, hearing screening, and elder's wellness days.

Home Visits: Wagyoosehta'geh offers in-home visits to elderly clients in need, for recreational activity purposes only. This means Wagyoosehta'geh staff will come into the homes for socialization, activity kits, and enrichment.



For more information, please call Wagyoosehta'geh at (519) 445-1867



SIX NATIONS HOME & COMMUNITY CARE PROGRAM - COMMUNITY SUPPORT SERVICES

Address: P.O. Box 211 Ohsweken, Ontario, Canada N0A 1M0

Location: Jay Silverheels Complex (29 Cao Lane)

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*:

Meals on Wheels: Delivery of a hot, nutritious meal to the clients' homes 5 days per week.

Transportation: Every Monday & Friday, there is a van available for group transportation 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.

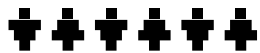
Security (Telephone Reassurance): Workers will make regular telephone contact to seniors in their homes.

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 services listed above, you will need an assessment done by a Case Manager.



***NOTE:** Some services may have a minimal monetary fee.




MULTI-DAY/ONGOING EVENTS & PROGRAMS

 Community/Annual Events

 Support Groups

 Getting Active/Movement

 Workshops & Cooking Classes

Badminton Drop-In

PARKS & RECREATION

Drop-In Badminton for all ages! Racquets available if needed. **All ages.**

Duration: Every Monday (except holidays) | **Time:** 6-7:45pm

Location: Dajoh Gym (1738 Fourth Line)

Contact: Cindy Thomas | (519) 445-4311 | cthomas@sixnations.ca

NEW Drop-In Addictions Support Group

SNHS' MENTAL HEALTH & ADDICTIONS, CRISIS HUB

No appointment required! Drop-in to get immediate and confidential support and guidance from our excellent Crisis Hub team. Snacks provided. **Ages: Adults 18+**

Duration: Every Monday | **Time:** 6-8pm | **Location:** Crisis Hub (1546 Chiefswood Road)

Contact: Susanne Brittain (Addictions Counsellor) | (226) 388-1227 | mhwc@sixnations.ca

NEW Family Outreach Support Group

SNHS' MENTAL HEALTH & ADDICTIONS, CRISIS HUB

A safe and confidential peer group can offer guidance, encouragement, and practical advice for navigating the complexities of caring for someone who is using substances. **Ages: Adults 18+**

Duration: Every Monday | **Time:** 4-6pm | **Location:** Crisis Hub (1546 Chiefswood Road)

Contact: Susanne Brittain (Addictions Counsellor) | (226) 388-1227 | mhwc@sixnations.ca

Indigenous Victim Services

JUSTICE, INDIGENOUS VICTIM SERVICES COURT ADVOCATES

If you or you know someone who has been involved in a tragedy such as: sudden death, suicide, or homicide, we can assist. If you have been involved in domestic assault, human traffickings, elder abuse, or house fires, we are here to help you and your family. Plus, we can help to prepare you for your ongoing court matters from the beginning to the end of trial. We work specifically with those who are victims of crimes or social tragedies. Call to see if you qualify. **All ages.**

Duration: Monday-Friday | **Time:** 8:30am-4:30pm | **Transportation:** Contact to Inquire

Location: Iroquois Village Plaza (1721 Chiefswood Road)

Contact: Carol Burke | (226) 227-2192 ext. 3288 | IVSmanager@sixnations.ca

Six Nations of the Grand River Elected Council Meetings

Six Nations of the Grand River Elected Council (SNGREC) meeting is a crucial platform for ensuring that the community's needs are being met and that everyone is working together towards a common goal. The SNGREC meetings are an important event where representatives from the Six Nations community come together to discuss various issues. The

purpose of the meeting is to provide updates on current projects, to review financial reports, and to discuss any matters that may impact the community as a whole. The meetings are also an opportunity for community members to voice their concerns, offer suggestions, and ask questions. **All ages.**

General Finance: 1st & 3rd Monday of every month | **Start Time:** 9am

General Council: 2nd & 4th Tuesday of every month | **Start Time:** 6pm

Political Liaison: 2nd & 4th Monday of every month | **Start Time:** 9am

In-Person Location: Central Administration (1695 Chiefswood Road)

Virtual: Six Nations of the Grand River Facebook Page (@Six.Nations.of.the.Grand.River)

Contact: Central Administration | (519) 445-2201

Community Members of

SIX NATIONS OF THE GRAND RIVER

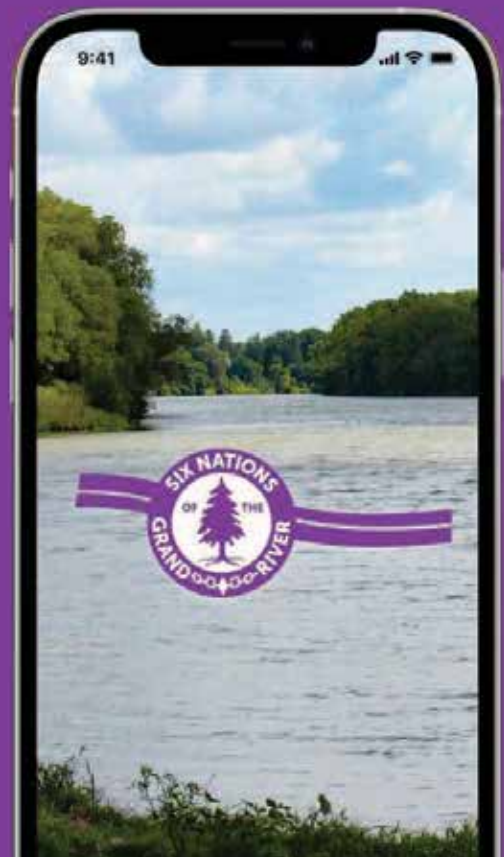
STAY CONNECTED!

News & Events | Documents | Surveys | Career Opportunities

**DOWNLOAD
the SNGR APP
NOW to STAY
in the LOOP!**



- 1** Visit the Google Play Store or the App Store and search for "Six Nations of the Grand River"
- 2** Tap "Register" under "Member Login"
- 3** Fill out your information and press "Register"
- 4** Click the verification link sent to your email address.





Crisis Supports For Six Nations

Need Help? Reach Out:

Six Nations Crisis Hub

226-446-9902

Monday to Friday, 8:00 am- 11:00 pm (walk-in crisis available).
1546 Chiefswood Road, Ohsweken

Six Nations Mobile Crisis Line

519-445-2204 OR 1-866-445-2204 (Phone 24/7)

Text: **226-777-8480** (Monday to Friday, 8:30 am - 4:00 pm)

Ganohkwasra Family Assault Support Services

519-445-4324 (24/7)

Kids Help Line

1-800-668-6868 (Call, 24/7) **OR CONNECT to 686868** (Text)
kidshelpphone.ca (Website, only chat available)

First Nations & Inuit Hope for Wellness Help Line

1-855-242-3310 (24/7)
hopeforwellness.ca (Website, online chat available)

National Indian Residential School Crisis Line

1-866-925-4419 (24/7)





SIX NATIONS OF THE GRAND RIVER DEPARTMENTS

CENTRAL ADMINISTRATION

1695 Chiefswood Road
(519) 445-2201

FIRE & EMERGENCY SERVICES

17 Veterans Lane
(519) 445-4054

HEALTH SERVICES

1745 Chiefswood Road
(519) 445-2418

HOUSING

67 Bicentennial Trail
(519) 445-2235

JUSTICE DEPARTMENT

1721 Chiefswood Road
(226) 227-2192

LANDS & MEMBERSHIP

67 Bicentennial Trail
(519) 445-4613

LANDS & RESOURCES

2498 Chiefswood Road
(519) 753-0665

ONTARIO WORKS

12 Sunrise Court
(519) 445-2084

PARKS & RECREATION

1738 Fourth Line
(519) 445-4311

PUBLIC WORKS

1953 Fourth Line
(519) 445-4242

SOCIAL SERVICES

15 Sunrise Court
(519) 445-0232

TOURISM

(519) 758-5444

YERIHWAHRÓN:KAS

(They Hear the Matters)
(519) 758-5444

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





58th ELECTED CHIEF & COUNCIL

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Nathan M. Wright
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Hazel Johnson
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(519) 732-2169

Join our Elected Council meetings! Find info on pages 65 & 66!

