

INSIDE:
Community Events,
Programs & Workshops!



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

Fall 2024
Leisure Activities Guide

September 1 - November 30, 2024



MESSAGE FROM THE 59th ELECTED CHIEF

Welcome to the Six Nations of the Grand River's Fall Leisure Guide! On behalf of Elected Council, I am happy to extend warm greetings to all. We are excited to invite you and your family to enjoy a variety of events and activities that our community has planned for this fall.

Our goal is to provide fun-filled experiences for all ages and to strengthen connections within our community. Nia:wen to the leadership and hard-working staff for creating these wonderful opportunities for our community to enjoy.

As the season unfolds, I hope each activity brings joy, laughter, and treasured memories for you and your loved ones. Wishing you a wonderful fall season filled with kindness, good health, and happiness.

Nia:wen,

Sherri-Lyn Hill, Elected Chief, Six Nations of the Grand River

59th ELECTED CHIEF & COUNCILLORS

- | | |
|--|---|
| SLH CHIEF SHERRI-LYN HILL
(519) 445-2201 | HJ COUNCILLOR HAZEL JOHNSON
(519) 732-2169 |
| DB COUNCILLOR DAYLE BOMBERRY
(226) 387-8096 | AK COUNCILLOR AMOS KEY JR.
(226) 387-8089 |
| KB COUNCILLOR KERRY BOMBERRY
(519) 732-1477 | HM COUNCILLOR HELEN MILLER
(519) 717-2565 |
| GF COUNCILLOR GREG FRAZER
(226) 387-9112 | APB COUNCILLOR A. POWLESS-BOMBERRY
(519) 717-2721 |
| CLG COUNCILLOR CAROLE LESLEY GREENE
(519) 761-7058 | MT COUNCILLOR MELBA THOMAS
(519) 732-2869 |
| DH COUNCILLOR DEAN HILL
(226) 387-8093 | AV COUNCILLOR ALAINA VANEVERY
(226) 387-8087 |
| CJ COUNCILLOR CYNTHIA JAMIESON
(226) 387-8085 | |



SEE THE NEXT PAGE TO EXPLORE WAYS TO CONNECT WITH ELECTED COUNCIL!

JOIN US AT OUR Council Meetings!



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

GENERAL COUNCIL*



2nd & 4th
TUESDAY



Starting at
6:00 PM

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 Council is prepared for your request.



STEP 4: Include contact info to be informed when to discuss your issue.



STEP 5: Request deadlines are at 12pm on Wednesdays prior to next meeting.



*Tune in to the livestream on our Facebook page: [@sixnationsgr](#)

Monday,
September
30, 2024 is

ORANGE SHIRT DAY!

National Truth & Reconciliation Day

Community members are invited to SNGR's annual drive-thru event!

For event details, please visit our website or social media channels:

www.sixnations.ca
[@sixnationsgr](#)



100.3
CKRZ FM



JUKASA
RADIO # 93.5FM

Join us every Friday for
The SNGREC Update
on local radio stations, with
59th ELECTED COUNCIL

Tune in to CKRZ FM (100.3FM) at
2:30pm and Jukasa Radio (93.5FM)
at 4:15pm to listen.

Find us on:





MESSAGE FROM SNGR'S CEO OFFICE

She:kon,

We are so excited to announce the Fall 2024 Edition of the Ȕdwadrohe:k/Entewatia'taro:roke (We will gather/come together) Leisure Guide, which covers September 1-November 30! We are also excited to see fall colours, recognize Orange Shirt Day, Big Green Corn Ceremonies, and Indigenous Veterans Day.

I encourage the community to come together through programs, workshops, classes, events, and more! that have been created and provided by Six Nations of the Grand River (SNGR) departments and community organizations.


Thank you to SNGR Communications and Health Promotions for their ongoing efforts and hard work, which is evident in this invaluable resource guide!

I hope everyone has a bountiful harvest and enjoys the season,

Nathan Wright, Interim CEO, Six Nations of the Grand River





SNGR ADMINISTRATION OFFICES


 **CENTRAL ADMINISTRATION**
1695 Chiefswood Road
P: (519) 445-2201 F: (519) 445-2208

 **FIRE & EMERGENCY SERVICES**
17 Veterans Lane
P: (519) 445-4054 F: (519) 445-4208

 **HEALTH SERVICES**
1745 Chiefswood Road
P: (519) 445-2418 F: (519) 445-0368

 **PARKS & RECREATION**
1738 Fourth Line
P: (519) 445-4311 F: (519) 445-4401

 **PUBLIC WORKS - Administration:**
1953 Fourth Line
P: (519) 445-445-4242 F: (519) 445-4763

 **PUBLIC WORKS - Transfer Station:**
2470 Fourth Line
P: (519) 445-445-1212

 **SOCIAL SERVICES**
15 Sunrise Court
P: (519) 445-445-2071 F: (519) 445-1783



SEE THE BACK COVER FOR WAYS TO STAY CONNECTED WITH SNGR!

CRISIS SUPPORTS

SIX NATIONS CRISIS HUB

(226) 446-9902

(Monday-Friday, 8am-11pm)
1546 Chiefswood Road
(Walk-in Available)

SIX NATIONS CRISIS LINE

1 (866) 445-2204 or

(519) 445-2204 (Call 24/7)

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

INDIGENOUS VICTIMS SERVICES

(226) 227-2192 (Office Line)

1 (866) 964-5920 (IVS Direct Line)

1 (866) 445-2204 (Crisis Line)

(Monday-Friday, 8:30am-4:30pm)

GANOHWASRA FAMILY ASSAULT SUPPORT SERVICES

(519) 445-4324 (Call 24/7)

OHSWEKEN PUBLIC HEALTH

(519) 445-2672 (8:30am-4:30pm)

1769 Chiefswood Road

NATIONAL INDIAN RESIDENTIAL SCHOOL CRISIS LINE

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

KIDS HELP LINE

1 (800) 668-6868 (Call 24/7) or

CONNECT to 686868 (Text)

kidshelpphone.ca (Online Chat)

TALK SUICIDE CANADA

1 (833) 456-4566 (Call 24/7)

or 45645 (Text)

TALK 4 HEALING for INDIGENOUS WOMEN

1 (855) 554-4315 (Call/Text 24/7)

www.beendigen.com (Live Chat)

FIRST NATIONS & INUIT HOPE for WELLNESS HELP LINE

1 (855) 242-3310 (Call 24/7)

hopeforwellness.ca (Online Chat)

SNGR DEPARTMENTS

CENTRAL ADMINISTRATION

(519) 445-2201 • 1695 Chiefswood Road

FIRE & EMERGENCY SERVICES

(519) 445-4054 • 17 Veterans Lane

HEALTH SERVICES

(519) 445-2418 • 1745 Chiefswood Road

HOUSING

(519) 445-2235 • 67 Bicentennial Trail

JUSTICE DEPARTMENT

(226) 227-2192 • 1721 Chiefswood Road

LANDS & MEMBERSHIP

(519) 445-4613 • 67 Bicentennial Trail

LANDS & RESOURCES

(519) 753-0665 • 2498 Chiefswood Road

ONTARIO WORKS

(519) 445-2084 • 12 Sunrise Court

PARKS & RECREATION

(519) 445-4311 • 1738 Fourth Line

PUBLIC WORKS

(519) 445-4242 • 1953 Fourth Line

SOCIAL SERVICES

(519) 445-0232 • 15 Sunrise Court

TOURISM

(519) 758-5444 • 1037 Highway 54

YERIHWAHRÓN:KAS – They Hear the Matters: (519) 758-5444

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





Be Safe

by  mindyourmind

Scan
Me




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

Choose Six Nations of the Grand River
in your App Settings



 @besafeapp_ca

 @besafeapp.ca

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



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STAY IN THE LOOP: For more information about this year's Orange Shirt Day event, please follow our social media channels – @sixnationsgr





EVENTS & PROGRAMS (SEPTEMBER)

NEW New Event
Outdoor Event

6N Film Club

SIX NATIONS PUBLIC LIBRARY

Classic films, the best films you've never heard of! **All ages**

Dates: Third Thursday of the Month (September, 19, October 17 & November 21)

Time: 6-8:30pm | **Location:** Dajoh (1738 Fourth Line)

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

Family Togetherness: Orange Shirt Day Drive-Thru Event 🇺🇦

CENTRAL ADMINISTRATION, COMMUNICATIONS

To commemorate Orange Shirt Day (National Day of Truth & Reconciliation), we are hosting a drive-thru event! Community members are welcome to pick up packages to share with family. More details will be available on Six Nations of the Grand River's website and social media channels. **All ages**

Date: Friday, September 27 | **Time:** TBD | **Location:** Oneida Business Park (50 Generations Drive)

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

Moment 4 Life Colour Run: In Recognition of World Suicide Prevention Day 🇺🇦

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS & SOCIAL SERVICES

Join us for the 2024 Moment 4 Life Colour Run in Recognition of World Suicide Prevention Day. Community members are encouraged to join us as we walk or run at the Blue Track to create awareness around suicide, celebrating our strengths, remembering lost loved ones, and promoting life for all individuals, families, and community as a whole. This event fosters an environment of meaning, belonging, and hope. Community Service information booths will also be available to visit and interact with. **All ages, all community members**

Date: Tuesday, September 10 | **Time:** 5:30-7:30pm

Location: Six Nations Blue Track (1738 Fourth Line)

Contact: Arli Harrison | (519) 754-7359 | aharrison@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!

Visit the Mobile Cancer Screening Coach



Pap Tests

Ages 25-69,
every 3 years



Mammograms

Ages 50-74,
every 2 years



At-Home test for colon screening

Ages 50-74, every 2 years



Help to quit smoking & NRT

Ages 18+



Walk-ins welcome or call to book!

905-975-4467 or toll-free 1-855-338-3131



Coming to Iroquois Plaza twice a month!

1721 Chiefswood Rd.

9:00AM-3:00PM

For dates each month visit:

www.hnhbscreenforlife.ca/schedule



**Hamilton Niagara Haldimand
Brant Regional Cancer Program**
Ontario Health (Cancer Care Ontario)



GETTING ACTIVE/MOVEMENT (SEPTEMBER)

NEW New Event
Outdoor Event

Badminton

PARKS AND RECREATION

Drop-in on Monday evenings for all ages Badminton! **All ages**

Duration: Every Monday (September 9-December 16)* | **Start Time:** 6-8pm

*Holiday Dates: September 30, October 14 & November 11

Location: Dajoh Gym (1738 Fourth Line)

Contact: Mattie Lawrence | (519) 445-4311 | rsepc2@sixnations.ca

Basketball Houseleague

PARKS AND RECREATION

Students are welcome to join us for basketball houseleague on Thursday evenings! **Ages: Grades 6-8**

Duration: Every Thursday (September 12-December 5) | **Start Time:** 6:30-8pm

Location: Dajoh Gym (1738 Fourth Line)

Registration Required: Mattie Lawrence | (519) 445-4311 | rsepc2@sixnations.ca

Bike the Rail Trail 🚲

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Come out and bike the Brantford to Port Dover Rail Trail. We will be dividing the 50 km trail ride into sections. Each section will cover 15-20 Km return trip. Participants will need to provide their own bike and must wear a helmet for the duration of the ride. Bells and reflectors are also recommended for safety purposes. If you are unable to acquire the necessary equipment, please discuss these needs when registering. **Ages: Adults 18+; Individuals looking to be more active in a supportive environment.**

Duration: Every Tuesday (September 3-October 15) | **Start Time:** 9-11am

Location: Various locations along the Rail Trail

Registration Required: Julie Villamere | Call or text: (519) 754-5730 | hpk8@sixnations.ca

Chair Yoga

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

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

Duration: Every Friday (September 6-October 25) | **Time:** 10-11am

Transportation: Contact to Inquire | **Location:** Odrohehta'geh (1676 Chiefswood Road)

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



Community Beautification 🌱

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, THERAPY SERVICES

An active 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+; All fitness levels welcome**

Duration: Every Wednesday (September 4-November 20) | **Time:** 9-10am

Location: Iroquois Lodge (1755 Chiefswood Road)

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

Drop-In Volleyball

PARKS AND RECREATION

Join us on Tuesday evenings for co-ed drop-in volleyball! **Ages: 16+**

Duration: Every Tuesday (September 10-December 17) | **Time:** 7:30-8:30pm

Location: Dajoh Gym (1738 Fourth Line)

Contact: Mattie Lawrence | (519) 445-4311 | rsepc2@sixnations.ca

Fit Lit 🌱

SIX NATIONS PUBLIC LIBRARY

Start your month out right by joining library staff on the first Friday of the month at 12:30pm to walk in Ohsweken and discuss books, audiobooks, and podcasts. Share recommendations and have meaningful discussions while making time to walk and increase your step count. **Ages: Adults 18+; Seniors 55+**

Dates: First Friday of the Month (September-November)* | **Time:** TBD

Location: Six Nations Public Library (1679 Chiefswood Road)

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

Learn to Play Volleyball

PARKS AND RECREATION

Volleyball skill sessions and houseleague games! **Ages: Children & youth 9-14**

Duration: Every Tuesday (September 10-October 22) | **Time:** 7:30-8:30pm

Location: Dajoh Gym (1738 Fourth Line)

Registration Required: Mattie Lawrence | (519) 445-4311 | rsepc2@sixnations.ca

Let's Get Moving

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, 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 and balance. This program is suitable as a next step for those finishing physiotherapy or anyone wanting to prevent falls. **Ages: Seniors 55+; Individuals of all fitness levels welcome**

Duration: Every Monday & Friday (September 6-November 29)* | **Time:** 1:30-2:30pm

***Holiday Dates (No Program):** Monday, October 14 & November 11



NEW New Event

Outdoor Event

GETTING ACTIVE/MOVEMENT (SEPTEMBER)

Transportation: Available upon Request | Location: Odrohekta'geh (1676 Chiefswood Road)

Registration Required: Julie Villamere | Call or text: (519) 754-5730 | hpk8@sixnations.ca

LunchFIT

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

An exercise class offered over the lunch hour for busy individuals to fit into their schedule. The class will focus on aerobic movements outdoors and strengthening using bodyweight or resistance bands. The class is open to all fitness levels. **Ages: Adults 18+**

Duration: Every Monday & Thursday (September 9-October 17) | Time: 12-1pm

Location: Blue Track (1738 Fourth Line)

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

Paddle Program

DEPARTMENT OF WELL-BEING'S' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

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

Duration: Every Tuesday (September 3-24) | Time: 5-7pm

Location: Chiefswood Park (1037 Hwy 54)

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

Pickleball Drop-In

PARKS AND RECREATION

Players are welcome to join us for drop-in pickleball on Tuesday evenings! **Ages: 12+**

Duration: Every Tuesday (September 10-December 17) | Time: 2-3pm and 6-7pm

Location: Dajoh Gym (1738 Fourth Line)

Contact: Mattie Lawrence | (519) 445-4311 | rsepc2@sixnations.ca

Rising Stars Basketball

PARKS AND RECREATION

Two sessions are being offered weekly for those interested in basketball skills and training! **Ages: Grades 2-3 & Grades 4-5**

Duration: Every Thursday (September 12-December 5) | Location: Dajoh Gym (1738 Fourth Line)

Time (Grades 2-3): 4:30-5:30pm | Time (Grades 4-5): 5:30-6:30pm

Registration Required: Mattie Lawrence | (519) 445-4311 | rsepc2@sixnations.ca

Rock Climbing

PARKS AND RECREATION

Two indoor rock climbing sessions available! **Ages: 4-10**

Duration: Every Tuesday (September 17-October 22) | Location: Dajoh Gym (1738 Fourth Line)

Time (Session 1): 4:30-5:30pm | Time (Session 2): 5:30-6:30pm

Registration Required: Mattie Lawrence | (519) 445-4311 | rsepc2@sixnations.ca

Second Wind

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Join us for a strength-based exercise class designed for individuals with chronic lung disease or illnesses. The program focuses on strengthening using resistance bands and bodyweight as well as breathing techniques. Participants will learn to exercise in a safe environment utilizing a chair for support. Classes are run with the aid of the Occupational Therapists, Kinesiologists, and Healthy Lifestyle Coordinator. **Ages: Seniors 55+; Those with chronic illnesses (COPD, asthma, emphysema)**

Duration: Every Monday & Thursday (September 5-November 28)* | Time: 10:30-11:30am

*Holiday Dates (No Program): Monday, September 30, October 14 & November 11

Transportation: Contact to Inquire | Location: Odrohekta'geh (1676 Chiefswood Rd)

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

Sit to Be Fit

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

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

Duration: Every Tuesday (September 3-November 26) | Time: 2-3pm

Transportation: Available upon Request | Location: Odrohekta'geh (1676 Chiefswood Road)

Registration Required: Julie Villamere | Call or text: (519) 754-5730 | hpk8@sixnations.ca

Youth 3 Pitch 🏏

PARKS AND RECREATION

Come on out on Wednesday evenings for Youth 3 Pitch games! Two weekly sessions available, one for male youth and one for female youth! **Ages: 12-16**

Duration: Every Wednesday (September 11-October 23)

Location: Main Ball Diamond (1738 Fourth Line)

Time (Male): 6-6:45pm | Time (Female): 7-7:45pm

Registration Required: Mattie Lawrence | (519) 445-4311 | rsepc2@sixnations.ca





COMMUNITY SUPPORTS (SEPTEMBER)

NEW New Event

▲ Outdoor Event

Lights to Remember

SOCIAL SERVICES' CLINICAL SERVICES UNIT

In support of Suicide Awareness week, please join Social Services for an evening to remember loved ones and community members lost by suicide. Join us for an informal candlelight gathering, to acknowledge loss and share messages of hope. Candles and refreshments will be provided.

All ages; Community members impacted by suicide/family members

Date: Monday, September 9 | Time: 7-8:30pm | Location: Veterans Park (17 Veterans Lane)

Contact: Kim Discipline | (519) 445-0408 | scsu@sixnations.ca



FINANCIAL SUPPORTS AVAILABLE!

The Finance Department at Six Nations of the Grand River encourages you to check out the following financial supports available to Six Nations band members:

- Enrollment Allowance
- Student Support Allowance
- Donation Fund

See ads on the following page for more information regarding the **Donation Fund Policy, Student Support Allowance, and Enrollment Allowance!**



ENROLLMENT ALLOWANCE FOR HIGH SCHOOL STUDENTS

(Formerly known as Attendance Allowance)

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

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 completing an application and EFT form. 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 Becky 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

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

ELIGIBILITY**

Individuals:
Eligible to receive up to \$750

Non-profit Community Organizations:
Eligible to apply

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



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

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



WORKSHOPS & CLASSES (SEPTEMBER)

NEW New Event
Outdoor Event

After School Arts & Crafts

SIX NATIONS PUBLIC LIBRARY

Tweens have an opportunity to grow in their individuality and creativity by participating in arts and crafts at the library. Must attend regularly as some projects will be on-going. **Ages: Pre-teens (9-11)**

Duration: Every Tuesday (September 10-December 17) | **Time:** After school-6pm

Location: Six Nations Public Library (1679 Chiefswood Road)

Registration Required: Circulation Desk | (519) 445-2954 | info@snpl.ca

Cooking with Wild Rice

DEPARTMENT OF WELL-BEING, CHILD AND YOUTH HEALTH

Come learn how to use wild rice with us! Together we will make and share a couple dishes using wild rice while also learning a bit more about it. Two dates and age groups available: junior and youth! **Ages: Junior (5-10) & Youth (11-17)**

Date (Junior): Tuesday, September 10 | **Date (Youth):** Tuesday, September 17 | **Time:** 4:30-6:30pm

Location: White Pines Wellness Centre Kitchen - Second Floor (1745 Chiefswood Road)

Registration Required: Kyleigh Farmer | (226) 450-4064 | kfarmer@sixnations.ca

Eating Well Series

DEPARTMENT OF WELL-BEING, DIABETES WELLNESS PROGRAM & NUTRITION SERVICES

Come join us in learning how to manage or prevent common health concerns. Each session will begin with a quick presentation on the topic followed by preparing a tasty meal that will help you in managing your health. We will be discussing how to prevent and manage diabetes in September and how to support a healthy liver in October. Sign up for any or all sessions! **Ages: Adults 18+; Those wanting to manage or prevent chronic health conditions**

Dates: Tuesday, September 3 & October 1 | **Time:** 4:30-6:30pm | **Transportation:** Contact to Inquire

Location: White Pines Wellness Centre (1745 Chiefswood Road)

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



Last Minute Artist: Fall Fair Edition

SIX NATIONS PUBLIC LIBRARY

Join us at the library to make some beautiful art (or maybe a craft?) to submit to this year's Fall Fair! Artist's choice, with library art supplies. Learn about the Six Nations Agricultural Society Prize Book and choose your category. Under 17 years old can exhibit at the Fair for free. Information on how to exhibit at the Fall Fair will be provided as well. NOTE: This program is not affiliated with the Fall Fair. **All ages**

Date: Tuesday, September 3 | **Time:** Until 6pm

Location: Six Nations Public Library (1679 Chiefswood Road)

Registration Required: Circulation Desk | (519) 445-2954 | info@snpl.ca

Meal Prep Made Simple

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, NUTRITION SERVICES

Join us for a meal prepping class where we plan and make meals that you can have ready in no time on busy days. All supplies are provided. **All ages; busy families**

Dates: Tuesday, September 10, October 8 & November 12

Time: 1-2pm | **Location:** Virtual (Zoom)

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

Our Beading Hearts

SIX NATIONS PUBLIC LIBRARY

Our Beading Hearts meets on first and third Mondays to socialize and learn how to bead, try new techniques, ask and answer questions and sometimes work together on group projects. Please bring your own tools and supplies, some limited supplies available. **Ages: 15+**

Dates: Bi-monthly (first & third Mondays of the month, cancelled for holidays)

Time: 6-8pm | **Location:** Dajoh (1738 Fourth Line)

Registration Required: Circulation Desk | (519) 445-2954 | info@snpl.ca

Safe Food Handling

DEPARTMENT OF WELL-BEING, HEALTH PROMOTION

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

Dates: September 18 & 25, October 7 & 23, and November 13 & 27

Time: 8:30am-5pm | **Location:** White Pines Wellness Centre (1745 Chiefswood Road)

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

Sgę:no Aedwenohdonyoha:k (We All Might Be Feeling Well in the Future)

SOCIAL SERVICES, FAMILY WELL-BEING

A four-hour workshop series discussing topics such as Health Relationships, Abuse/Addiction & Abandonment, Grief & Loss, Emotion Management. Two sessions available! **Ages: Adults 18+**

Date 1: Thursday, September 19 (**Time:** 1-4pm) | **Date 2:** Thursday, September 26 (**Time:** 4-8pm)

Location: Family Gatherings (18 Stoneridge Circle)

Registration Required: Maureene Ninham | (519) 732-5881 | mninham-harvey@sixnations.ca



NEW New Event

Outdoor Event

WORKSHOPS & CLASSES (SEPTEMBER)

Virtual Soup Share

DEPARTMENT OF WELL-BEING, COMMUNITY HEALTH & WELLNESS

The Soup Share program offers the community the opportunity to learn how to create delicious, healthy soups that can be eaten and frozen to have on hand in the comfort of their own homes.

Ages: Adults 18+; Families

Dates: Thursday, September 12, 19 & 26, October 10, 17 & 24 | Time: 5:30-7:30pm

Transportation: Contact to Inquire | Location: Virtual

Registration Required: Avery McCorkell | chcfa@sixnations.ca or
Michelle Jamieson | (519) 445-2809 | michellejamieson@sixnations.ca

DIAL- A- STORY
519-900-0908

SIX NATIONS PUBLIC LIBRARY
AMERICAN IS POWER

CALL ANYTIME TO HEAR A STORY!

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

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

To be one of the voices of Dial-A-Story
Contact: info@snpl.ca or 519-445-2954

www.snpl.ca

Scan Me

The Latest SNGR Litigation Updates



Six Nations Of The Grand River Band Of Indians V. The Attorney General Of Canada, His Majesty The King In Right Of Ontario, and the Mississaugas of the Credit First Nation.

Important Updates:



Expert Witnesses Testifying Before Trial:

Due to age & illness, 3 of Canada's expert witnesses are testifying before trial, on August 19-30, 2024, September 16-27, 2024, and October 28-November 8, 2024, respectively. An agreement has been reached by all parties on format and costs. SNGREC, Ontario, and MCFN will have the opportunity to cross examine each witness. It will be accessible to SNGR.



Changing the Expert Report Deadlines:

All parties in the litigation have agreed to change the expert report deadlines, which are set to finish mid-2025 in order to still be prepared for trial at the end of 2025. No trial date has been set yet, and when the date is known, it will be shared.



Litigation Website:

Litigation website has been updated to make it more user friendly. As well, Lands and Resources will be having a community engagement session on the litigation in Fall 2024. Look for an update on date, time & location.

Looking for Litigation Resources?



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

For the latest updates, please visit: sngrlitigation.com or www.sixnations.ca/department/lands-and-resources

Further Insight & 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



MONDAY	TUESDAY	WEDNESDAY
	<p>1</p> <ul style="list-style-type: none"> After School Arts & Crafts (p. 28) Bike the Rail Trail (p. 21) Drop-in Volleyball (p. 22) Eating Well Series (p. 28) Learn to Play Volleyball (p. 22) Pickleball Drop-In (p. 23) Rock Climbing (p. 23) Sit to Be Fit (p. 24) 	<p>2</p> <ul style="list-style-type: none"> Community Beautification (p. 22) Creatives with Cricut (p. 28) Feeding Your Baby (p. 28) Guitar/Ukelele Lessons (p. 44) Homework Hangout (p. 44) Knitting Club (p. 44) Tentewata:ton/Dedwadado Market (p. 46) Youth 3 Pitch (p. 24)
<p>7</p> <ul style="list-style-type: none"> Badminton (p. 21) Let's Get Moving (p. 23) LunchFIT (p. 23) Our Beading Hearts (p. 29) Safe Food Handling (p. 29) Second Wind (p. 24) 	<p>8</p> <ul style="list-style-type: none"> After School Arts & Crafts (p. 28) Bike the Rail Trail (p. 21) Drop-in Volleyball (p. 22) Learn to Play Volleyball (p. 22) Meal Prep Made Simple (p. 29) Pickleball Drop-In (p. 23) Rock Climbing (p. 23) Sit to Be Fit (p. 24) 	<p>9</p> <ul style="list-style-type: none"> Community Beautification (p. 22) Creatives with Cricut (p. 28) Feeding Your Baby (p. 28) Guitar/Ukelele Lessons (p. 44) Homework Hangout (p. 44) Knitting Club (p. 44) Tentewata:ton/Dedwadado Market (p. 46) Youth 3 Pitch (p. 24)
<p>14</p> <p>Closure Notice: All SNGR departments are closed today for Thanksgiving. Regular office hours resume October 15, 2024 @ 8:30am.</p>	<p>15</p> <ul style="list-style-type: none"> After School Arts & Crafts (p. 28) Bike the Rail Trail (p. 21) Drop-in Volleyball (p. 22) Learn to Play Volleyball (p. 22) Pickleball Drop-In (p. 23) Rock Climbing (p. 23) Sit to Be Fit (p. 24) 	<p>16</p> <ul style="list-style-type: none"> Community Beautification (p. 22) Creatives with Cricut (p. 28) Feeding Your Baby (p. 28) Guitar/Ukelele Lessons (p. 44) Homework Hangout (p. 44) Knitting Club (p. 44) Tentewata:ton/Dedwadado Market (p. 46) Youth 3 Pitch (p. 24)
<p>21</p> <ul style="list-style-type: none"> Badminton (p. 21) Let's Get Moving (p. 23) Our Beading Hearts (p. 29) Second Wind (p. 24) 	<p>22</p> <ul style="list-style-type: none"> After School Arts & Crafts (p. 28) Drop-in Volleyball (p. 22) Fall Wellness Walks (p. 22) Learn to Play Volleyball (p. 22) Paranormal Ghost Hunting (p. 45) Pickleball Drop-In (p. 23) Rock Climbing (p. 23) Sit to Be Fit (p. 24) 	<p>23</p> <ul style="list-style-type: none"> Community Beautification (p. 22) Creatives with Cricut (p. 28) Feeding Your Baby (p. 28) Guitar/Ukelele Lessons (p. 44) Homework Hangout (p. 44) Knitting Club (p. 44) Paranormal Ghost Hunting (p. 45) Safe Food Handling (p. 29) Tentewata:ton/Dedwadado Market (p. 46) Youth 3 Pitch (p. 24)
<p>28</p> <ul style="list-style-type: none"> Badminton (p. 21) Let's Get Moving (p. 23) Second Wind (p. 24) 	<p>29</p> <ul style="list-style-type: none"> After School Arts & Crafts (p. 28) Drop-in Volleyball (p. 22) Fall Wellness Walks (p. 22) Pickleball Drop-In (p. 23) Sit to Be Fit (p. 24) 	<p>30</p> <ul style="list-style-type: none"> Community Beautification (p. 22) Creatives with Cricut (p. 28) Guitar/Ukelele Lessons (p. 44) Homework Hangout (p. 44) Knitting Club (p. 44) Tentewata:ton/Dedwadado Market (p. 46)

EVERY TUESDAY: SNAP Groups (p. 45 –or see ad on p. 34!), Soup for Seniors (p. 46 –or check out the Soup for Seniors ad on p. 34!)



THURSDAY		FRIDAY		SATURDAY/SUNDAY	
Basketball Houseleague (p. 21) LunchFIT (p. 23) Rising Stars Basketball (p. 23) Second Wind (p. 24)	3	Chair Yoga (p. 21) Fit Lit (p. 22) Let's Get Moving (p. 23) Onondaga Study Circle (p. 45)	4		5
					6
Basketball Houseleague (p. 21) Intuitive Eating Learning Session (p. xx) LunchFIT (p. 23) Rising Stars Basketball (p. 23) Second Wind (p. 24) Virtual Soup Share (p. 30)	10	Chair Yoga (p. 21) Let's Get Moving (p. 23) Onondaga Study Circle (p. 45)	11		12
					13
6N Film Club (p. 18) Basketball Houseleague (p. 21) LunchFIT (p. 23) Rising Stars Basketball (p. 23) Second Wind (p. 24) Virtual Soup Share (p. 30)	17	Chair Yoga (p. 21) Let's Get Moving (p. 23) Onondaga Study Circle (p. 45)	18	Fall Festival (p. 18)	19
					20
Basketball Houseleague (p. 21) Rising Stars Basketball (p. 23) Second Wind (p. 24) Virtual Soup Share (p. 30)	24	Chair Yoga (p. 21) Let's Get Moving (p. 23) Onondaga Study Circle (p. 45)	25		26
					27
Hallowe'en!		31			
Basketball Houseleague (p. 21) Hallowe'en (p. 18) Rising Stars Basketball (p. 23) Second Wind (p. 24)					



How Well...is your WELL



DID YOU KNOW?

That you need to have your well/cistern water tested at least 3 times per year, Spring, Summer and Fall. Or anytime you notice a change in your water. Pick up a test bottle today. We are located at White Pines Wellness Centre 1745 Chiefswood Rd.

What we test for and why?

We offer free bacteriological water tests for wells and cisterns on Six Nations.

Coliforms and E. coli (types of bacteria) acts as indicators and help determine whether water is safe for drinking. **Coliform** bacteria is present in animal waste and sewage but may also be found in soil and vegetation, therefore, these bacteria may originate from septic systems leachate, animal manure or soil run-off. **E. coli** (Escherichia coli) are bacteria found in the intestinal tract of people and animals, therefore its presence in water would indicate recent sewage contamination. E. coli and other types of bacteria found in sewage may cause disease.

Next Steps:

If your water sample comes back indicating the presence of Coliforms and/or E-coli (forms of bacteria), follow the recommended disinfection procedures appropriate for your well/cistern. **Note: Your water may be unsafe to drink unless boiled or treated.** Follow up within one to two weeks with a second water sample after treatment procedures. If the second sample comes back indicating the presence of bacteria, follow-up with the Community Educator (CE) too contact the EPHO, (Environmental Public Health Officer). The EPHO will inspect your well/cistern and make **recommendations** on where the contamination could be coming from along with **recommendations** on what you could do to correct the problem.

* It is up to the homeowner/tenant whether they correct the problem.



It's that time of year... To get your well & cistern water tested

Drop off water sample at Health Promotions office 1745 Chiefswood Rd. White Pines Wellness Centre (2nd Floor) by 2:00pm, Monday to Thursday. If you are an elder, please call for appointment to have your water tested by the Community Educator.

For more information contact the Community Educators located at Health Promotions **519-445-2809**





EVENTS & PROGRAMS (OCTOBER)

NEW New Event
Outdoor Event

6N Film Club

SIX NATIONS PUBLIC LIBRARY

Classic films, the best films you've never heard of! **All ages.**

Dates: Third Thursday of the Month (September, 19, October 17 & November 21)

Time: 6-8:30pm | **Location:** Dajoh (1738 Fourth Line)

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

Fall Festival 🌲

SIX NATIONS OF THE GRAND RIVER DEVELOPMENT CORPORATION

Join us at Chiefswood Park for the annual SNGRDC Fall Festival for a FREE day of fun! Don't miss out on rides, live music by James Wilson, food trucks, a vendor market featuring local Indigenous artisans, a prize raffle, and more! **All ages**

Date: Saturday, October 19 | **Time:** 11am-4pm | **Location:** Chiefswood Park (1037 Highway 54)

Contact: Katie Montour | (548) 328-3590 | publicrelations@sndevcorp.ca

Hallowe'en 🌲

SIX NATIONS PUBLIC LIBRARY

6NPL will have tricks and treats for Hallowe'en!! Stop by and carve out some time for books, treats and FUN! **All ages; trick-or-treaters**

Date: Thursday, October 31 | **Time:** Until 8pm

Location: Six Nations Public Library (1679 Chiefswood Road)

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



LOOKING TO CONNECT with SIX NATIONS of the GRAND RIVER?

DOWNLOAD THE APP!



VISIT OUR WEBSITE:

www.sixnations.ca

FOLLOW US ONLINE!



@sixnationsgr

Onkwehón:we Health Check-In

- A Six Nations-specific, culturally appropriate, and respectful community health survey.
- Questions on many topics: health, connection to culture, residential school attendance, access to health services, access to clean water, etc.

WHY?

- To find out the health status of the community, e.g. how many people have heart disease?
- To see what our biggest health concerns are in the community.
- To identify factors that impact our health, e.g. what are impacts of residential schools on health?
- For planning and prioritizing community resources.
- To provide strong evidence to funding agencies.

WHO?

- Developed by *Six Nations* people, for *Six Nations* people.

WHERE?

- Six Nations of the Grand River
- Surrounding areas: Brantford, Hamilton, Niagara, etc.

WHEN?

- Launched Summer 2024.
- Every 5 to 10 years.



Connect with Us:

Kendrew Jacobs, Project Coordinator

C: (519) 751-9671 E: chspc@sixnations.ca

#OHCheckInIt



Falls Prevention: Fall/Winter Edition



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

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



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



Walk like a penguin!
Take lots of little steps



Keep walkways clear of debris and salted.

Walk slowly and try to avoid piles of leaves and ice patches. Keep salt and a shovel by your doorway.

Wear appropriate footwear with non-slip soles. Adding non-slip mats to slippery areas can improve traction.



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



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



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



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



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

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





GETTING ACTIVE/MOVEMENT (OCTOBER)

NEW New Event
Outdoor Event

Badminton

PARKS AND RECREATION

Drop-in on Monday evenings for all ages Badminton! **All ages**

Duration: Every Monday (September 9-December 16)* | **Start Time:** 6-8pm

***Holiday Dates:** October 14 & November 11 | **Location:** Dajoh Gym (1738 Fourth Line)

Contact: Mattie Lawrence | (519) 445-4311 | rsepc2@sixnations.ca

Basketball Houseleague

PARKS AND RECREATION

Students are welcome to join us for basketball houseleague on Thursday evenings! **Ages: Grades 6-8**

Duration: Every Thursday (September 12-December 5) | **Start Time:** 6:30-8pm

Location: Dajoh Gym (1738 Fourth Line)

Registration Required: Mattie Lawrence | (519) 445-4311 | rsepc2@sixnations.ca

Bike the Rail Trail 🚲

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Come out and bike the Brantford to Port Dover Rail Trail. We will be dividing the 50 km trail ride into sections. Each section will cover 15-20 Km return trip. Participants will need to provide their own bike and must wear a helmet for the duration of the ride. Bells and reflectors are also recommended for safety purposes. If you are unable to acquire the necessary equipment, please discuss these needs when registering. **Ages: Adults 18+; Individuals looking to be more active in a supportive environment.**

Duration: Every Tuesday (September 3-October 15) | **Start Time:** 9-11am

Location: Various locations along the Rail Trail

Registration Required: Julie Villamere | Call or text: (519) 754-5730 | hpk8@sixnations.ca

Chair Yoga

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

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

Duration: Every Friday (September 6-October 25) | **Time:** 10-11am

Transportation: Contact to Inquire | **Location:** Odrohekta'geh (1676 Chiefswood Road)

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



Community Beautification 🌱

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, THERAPY SERVICES

An active 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+; All fitness levels welcome**

Duration: Every Wednesday (September 4-November 20) | **Time:** 9-10am

Location: Iroquois Lodge (1755 Chiefswood Road)

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

Drop-In Volleyball

PARKS AND RECREATION

Join us on Tuesday evenings for co-ed drop-in volleyball! **Ages: 16+**

Duration: Every Tuesday (September 10-December 17) | **Time:** 7:30-8:30pm

Location: Dajoh Gym (1738 Fourth Line)

Contact: Mattie Lawrence | (519) 445-4311 | rsepc2@sixnations.ca

Fall Wellness Walks 🌱

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, THERAPY SERVICES

Join our Fall Wellness Walks on Tuesday mornings! **Ages: Adults 18+**

Duration: Every Tuesday (October 22-November 26) | **Time:** 9-10:30am | **Location:** TBD

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

Registration Opens: October 1, 2024

Fit Lit 🌱

SIX NATIONS PUBLIC LIBRARY

Start your month out right by joining library staff on the first Friday of the month at 12:30pm to walk in Ohsweken and discuss books, audiobooks, and podcasts. Share recommendations and have meaningful discussions while making time to walk and increase your step count. **Ages: Adults 18+; Seniors 55+**

Dates: First Friday of the Month (September-November)* | **Time:** TBD

Location: Six Nations Public Library (1679 Chiefswood Road)

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

Learn to Play Volleyball

PARKS AND RECREATION

Volleyball skill sessions and houseleague games! **Ages: Children & youth 9-14**

Duration: Every Tuesday (September 10-October 22) | **Time:** 7:30-8:30pm

Location: Dajoh Gym (1738 Fourth Line)

Registration Required: Mattie Lawrence | (519) 445-4311 | rsepc2@sixnations.ca



NEW New Event

 Outdoor Event

GETTING ACTIVE/MOVEMENT (OCTOBER)

Let's Get Moving

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, 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 and balance. This program is suitable as a next step for those finishing physiotherapy or anyone wanting to prevent falls. **Ages: Seniors 55+; Individuals of all fitness levels welcome**

Duration: Every Monday & Friday (September 6-November 29)* | **Time:** 1:30-2:30pm

***Holiday Dates (No Program):** Monday, October 14 & November 11

Transportation: Available upon Request | **Location:** Odrohekta'geh (1676 Chiefswood Road)

Registration Required: Julie Villamere | Call or text: (519) 754-5730 | hpk8@sixnations.ca

LunchFIT

SNHS' COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

An exercise class offered over the lunch hour for busy individuals to fit into their schedule. The class will focus on aerobic movements outdoors and strengthening using bodyweight or resistance bands. The class is open to all fitness levels. **Ages: Adults 18+**

Duration: Every Monday & Thursday (September 9-October 17) | **Time:** 12-1pm

Location: Blue Track (1738 Fourth Line)

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

Pickleball Drop-In

PARKS AND RECREATION

Players are welcome to join us for drop-in pickleball on Tuesday evenings! **Ages: 12+**

Duration: Every Tuesday (September 10-December 17) | **Time:** 2-3pm and 6-7pm

Location: Dajoh Gym (1738 Fourth Line)

Contact: Mattie Lawrence | (519) 445-4311 | rsepc2@sixnations.ca

Rising Stars Basketball

PARKS AND RECREATION

Two sessions are being offered weekly for those interested in basketball skills and training! **Ages: Grades 2-3 & Grades 4-5**

Duration: Every Thursday (September 12-December 5) | **Location:** Dajoh Gym (1738 Fourth Line)

Time (Grades 2-3): 4:30-5:30pm | **Time (Grades 4-5):** 5:30-6:30pm

Registration Required: Mattie Lawrence | (519) 445-4311 | rsepc2@sixnations.ca

Rock Climbing

PARKS AND RECREATION

Two indoor rock climbing sessions available! **Ages: 4-10**

Duration: Every Tuesday (September 17-October 22) | **Location:** Dajoh Gym (1738 Fourth Line)

Time (Session 1): 4:30-5:30pm | Time (Session 2): 5:30-6:30pm

Registration Required: Mattie Lawrence | (519) 445-4311 | rsec2@sixnations.ca

Second Wind

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Join us for a strength-based exercise class designed for individuals with chronic lung disease or illnesses. The program focuses on strengthening using resistance bands and bodyweight as well as breathing techniques. Participants will learn to exercise in a safe environment utilizing a chair for support. Classes are run with the aid of the Occupational Therapists, Kinesiologists, and Healthy Lifestyle Coordinator. **Ages: Seniors 55+; Those with chronic illnesses (COPD, asthma, emphysema)**

Duration: Every Monday & Thursday (September 5-November 28)* | Time: 10:30-11:30am

*Holiday Dates (No Program): Monday, October 14 & November 11

Transportation: Contact to Inquire | Location: Odrohekta'geh (1676 Chiefswood Rd)

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

Sit to Be Fit

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

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

Duration: Every Tuesday (September 3-November 26) | Time: 2-3pm

Transportation: Available upon Request | Location: Odrohekta'geh (1676 Chiefswood Road)

Registration Required: Julie Villamere | Call or text: (519) 754-5730 | hpk8@sixnations.ca

Youth 3 Pitch 🏏

PARKS AND RECREATION

Come on out on Wednesday evenings for Youth 3 Pitch games! Two weekly sessions available, one for male youth and one for female youth! **Ages: 12-16**

Duration: Every Wednesday (September 11-October 23)

Location: Main Ball Diamond (1738 Fourth Line)

Time (Male): 6-6:45pm | Time (Female): 7-7:45pm

Registration Required: Mattie Lawrence | (519) 445-4311 | rsec2@sixnations.ca



FREE SKATE

Starting October 16th

Mondays,
Wednesdays
& Thursdays

12- 1pm

MANDATORY
HELMETS



PUBLIC SKATE

ICE SKATING

PARENTS & TOTS: LEARN HOW TO SKATE W/ STANDS

Starting October 19th

Saturdays

6 - 6:30pm



**ALL AGES:
SKATING AID STANDS
ARE NOT PERMITTED.**

Starting October 19th

Saturdays

6:30-7:30pm

For info contact Mattie
rsepc2@sixnations.ca

HPL

BOOKMOBILE

STOPS
@SIX NATIONS PUBLIC LIBRARY



- Hamilton Public Library Bookmobile stops at Six Nations Public Library
- Collect holds & browse for new reads.
- HPL cards are available to SNPL card holders.
- Get your HPL library card with the Bookmobile!
 - *Don't forget to bring your ID.*

2024

Every other Friday
10:30 AM - 12PM

*Dates Subject
to Change

DATES*

Aug 2, 16, 30

Sep 13, 27

Oct 11, 25

Nov 8, 22

Dec 6, 20

Harm Reduction Outreach & Education Program

WHO WE ARE:

We aim to educate community members about substance use and mental wellness through awareness events and educational programming. We also look to reduce barriers for those unable to access our services by providing outreach services.

WHAT WE DO:

We offer presentations and programming on the following topics:

- Overdose response & Naloxone training
- Harm Reduction & Anti-Stigma
- Sharps collection & disposal
- Cannabis/Vaping & effects
- Substance use information
- Sexual health education
- Much more!

For inquiries, contact (548) 328-2038
or sndrugstrategy@sixnations.ca



EGOWADIYA'DAGENHA' LAND BASED HEALING CENTRE FALL PROGRAM

OCTOBER 1 - DECEMBER 5, 2024

PROGRAM DETAILS

Egowadiya'dagenha' is a land based healing program offered to Six Nations band members 18+ living on and off territory. Our philosophy, "busy the body, busy the mind," engages participants in revitalizing Haudenosaunee ways of being and doing through land based programming.

Our program is offered in 10 week seasonal cycles and is based on our ceremonial calendar. If you are interested in participating, we invite you to join us for our fall cycle of programming.

MONDAY-THURSDAY 9:00AM-2:30PM

727 3RD LINE RD

TO REGISTER PLEASE CONTACT OUR INTAKE
WORKERS AT (519) 445-1664 OR (519) 445-2143



TENTEWATÁ:TON/ DĘDWADADQ COMMUNITY MARKET

WEDNESDAY
12 PM - 5 PM

ODROHEKTA'GEH
1676 CHIEFSWOOD RD.,
OHSWEKEN, ON





WORKSHOPS & CLASSES (OCTOBER)

NEW New Event
Outdoor Event

After School Arts & Crafts

SIX NATIONS PUBLIC LIBRARY

Tweens have an opportunity to grow in their individuality and creativity by participating in arts and crafts at the library. Must attend regularly as some projects will be on-going. **Ages: Pre-teens (9-11)**

Duration: Every Tuesday (September 10-December 17) | **Time:** After school-6pm

Location: Six Nations Public Library (1679 Chiefswood Road)

Registration Required: Circulation Desk | (519) 445-2954 | info@snpl.ca

Creatives with Cricut

DEPARTMENT OF WELL-BEING, COMMUNITY HEALTH AND WELLNESS

Ideal for those who have their own laptop or tablet and want to learn or further develop their skills with Cricut software and technology. The Six Nations Public Library and Department of Well-being are collaborating to offer an 8-week workshop for 10 people to highlight cultural expression by utilizing modern day tools available with a laptop/tablet, internet and Cricut equipment for art and craft development. Participants will have to walk up the stairs to the second floor of the library.

Ages: Adults 18+

Duration: Every Wednesday (October 2-November 20) | **Time:** 6-8pm

Location: Six Nations Public Library (1679 Chiefswood Road)

Registration Required: Michelle Jamieson | (519) 717-3960 | michellejamieson@sixnations.ca

Registration Opens: September 16, 2024

Eating Well Series

DEPARTMENT OF WELL-BEING, DIABETES WELLNESS PROGRAM & NUTRITION SERVICES

Come join us in learning how to manage or prevent common health concerns. Each session will begin with a quick presentation on the topic followed by preparing a tasty meal that will help you in managing your health. We will be discussing how to prevent and manage diabetes in September and how to support a healthy liver in October. Sign up for any or all sessions! **Ages: Adults 18+; Those wanting to manage or prevent chronic health conditions**

Dates: Tuesday, September 3 & October 1 | **Time:** 4:30-6:30pm | **Transportation:** Contact to Inquire

Location: White Pines Wellness Centre (1745 Chiefswood Road)

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

Feeding Your Baby

DEPARTMENT OF WELL-BEING, NUTRITION SERVICES

During this program parents/caregivers will learn to prepare food for their babies that are approxi-





NEW New Event

Outdoor Event

WORKSHOPS & CLASSES (OCTOBER)

mately 6 months of age to 12 months of age. We will focus on making recipes together that are iron-rich and delicious for your infant. **Ages: Infants 6-12 months & their caregivers**

Dates: Wednesday, October 2, 9, 16 & 23 | **Time:** 10am-12pm

Location: Family Gatherings (18 Stoneridge Circle)

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

Intuitive Eating Learning Session

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, NUTRITION SERVICES

Intuitive eating is a concept where we learn how to listen to our body's needs and trust our ourselves when it comes to food. Join us for an evening where we help you better understand your eating behaviours, strengthen your relationship with food, and learn how to trust yourself around food so that you can enjoy your favourite foods again. Learning materials and a traditional meal are provided. **Ages: Adults 18+; Those wanting to strengthen their relationship with food**

Date: Thursday, October 10 | **Time:** 5-6:30pm | **Transportation:** Contact to Inquire

Location: Odrohekta'geh (1676 Chiefswood Rd)

Registration Required: Keri Howell | (519) 270-5197 | dietitian@sixnations.ca

Meal Prep Made Simple

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, NUTRITION SERVICES

Join us for a meal prepping class where we plan and make meals that you can have ready in no time on busy days. All supplies are provided. **All ages; busy families**

Dates: Tuesday, October 8 & November 12 | **Time:** 1-2pm | **Location:** Virtual (Zoom)

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

Our Beading Hearts

SIX NATIONS PUBLIC LIBRARY

Our Beading Hearts meets on first and third Mondays to socialize and learn how to bead, try new techniques, ask and answer questions and sometimes work together on group projects. Please bring your own tools and supplies, some limited supplies available. **Ages: 15+**

Dates: Bi-monthly (first & third Mondays of the month, cancelled for holidays)

Time: 6-8pm | **Location:** Dajoh (1738 Fourth Line)

Registration Required: Circulation Desk | (519) 445-2954 | info@snpl.ca

Safe Food Handling

DEPARTMENT OF WELL-BEING, HEALTH PROMOTION

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

Dates: October 7 & 23, and November 13 & 27 | **Time:** 8:30am-5pm

Location: White Pines Wellness Centre (1745 Chiefswood Road)

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

Virtual Soup Share

DEPARTMENT OF WELL-BEING, COMMUNITY HEALTH & WELLNESS

The Soup Share program offers the community the opportunity to learn how to create delicious, healthy soups that can be eaten and frozen to have on hand in the comfort of their own homes.

Ages: Adults 18+; Families

Dates: Thursday, October 10, 17 & 24 | **Time:** 5:30-7:30pm


Transportation: Contact to Inquire | **Location:** Virtual

Registration Required: Avery McCorkell | chcfa@sixnations.ca or
Michelle Jamieson | (519) 445-2809 | MichelleJamieson@sixnations.ca



MONDAY		TUESDAY		WEDNESDAY		
<p>Badminton (p. 36) Let's Get Moving (p. 37) Our Beading Hearts (p. 42) Second Wind (p. 38)</p>	4	<p>After School Arts & Crafts (p. 41) Cooking with Wild Game: Junior (p. 41) Drop-in Volleyball (p. 37) Fall Wellness Walks (p. 37) Pickleball Drop-In (p. 37) Sit to Be Fit (p. 38) SNAP Groups (p. 45) Soup for Seniors (p. 46)</p>	5	<p>Community Beautification (p. 36) Creatives with Cricut (p. 41) Guitar/Ukelele Lessons (p. 44) Homework Hangout (p. 44) Knitting Club (p. 44) Tentewata:ton/Dedwadado Market (p. 46)</p>	6	
<p>Closure Notice: All SNGR departments are closed for the Remembrance Day. Regular office hours resume November 12 @ 8:30am.</p>		11	<p>After School Arts & Crafts (p. 41) Drop-in Volleyball (p. 37) Fall Wellness Walks (p. 37) Meal Prep Made Simple (p. 41) Pickleball Drop-In (p. 37) Sit to Be Fit (p. 38) SNAP Groups (p. 45) Soup for Seniors (p. 46)</p>	12	<p>Community Beautification (p. 36) Creatives with Cricut (p. 41) Guitar/Ukelele Lessons (p. 44) Homework Hangout (p. 44) Knitting Club (p. 44) Safe Food Handling (p. 42) Tentewata:ton/Dedwadado Market (p. 46)</p>	13
<p>Badminton (p. 36) Let's Get Moving (p. 37) Our Beading Hearts (p. 42) Second Wind (p. 38)</p>	18	<p>After School Arts & Crafts (p. 41) Cooking with Wild Game: Youth (p. 41) Drop-in Volleyball (p. 37) Fall Wellness Walks (p. 37) Pickleball Drop-In (p. 37) Sit to Be Fit (p. 38) SNAP Groups (p. 45) Soup for Seniors (p. 46)</p>	19	<p>Community Beautification (p. 36) Creatives with Cricut (p. 41) Guitar/Ukelele Lessons (p. 44) Homework Hangout (p. 44) Knitting Club (p. 44) Tentewata:ton/Dedwadado Market (p. 46)</p>	20	
<p>Badminton (p. 36) Let's Get Moving (p. 37) Second Wind (p. 38)</p>	25	<p>After School Arts & Crafts (p. 41) Drop-in Volleyball (p. 37) Fall Wellness Walks (p. 37) Haudenosaunee Woodburning Crafts (p. 44) Pickleball Drop-In (p. 37) Sit to Be Fit (p. 38) SNAP Groups (p. 45) Soup for Seniors (p. 46)</p>	26	<p>Guitar/Ukelele Lessons (p. 44) Haudenosaunee Woodburning Crafts (p. 44) Homework Hangout (p. 44) Knitting Club (p. 44) Safe Food Handling (p. 42) Tentewata:ton/Dedwadado Market (p. 46)</p>	27	

DON'T FORGET: Check out the multi-day and ongoing events & programs on pages 43-46!

THURSDAY	FRIDAY	SATURDAY/SUNDAY
	AquaFIT (p. 36) Fit Lit (p. 37) Let's Get Moving (p. 37) Onondaga Study Circle (p. 45)	Household Hazardous Waste Drop-Off Event (p. 33) 2
		3
Basketball Houseleague (p. 36) 7 Rising Stars Basketball (p. 38) Second Wind (p. 38)	Indigenous Veterans Day 8 AquaFIT (p. 36) Let's Get Moving (p. 37) Onondaga Study Circle (p. 45)	9
		10
Basketball Houseleague (p. 36) 14 Rising Stars Basketball (p. 38) Second Wind (p. 38)	AquaFIT (p. 36) 15 Let's Get Moving (p. 37) Onondaga Study Circle (p. 45)	16
		17
6N Film Club (p. 33) 21 Basketball Houseleague (p. 36) Rising Stars Basketball (p. 38) Second Wind (p. 38)	AquaFIT (p. 36) 22 Let's Get Moving (p. 37) Onondaga Study Circle (p. 45)	23
		24
Basketball Houseleague (p. 36) 28 Haudenosaunee Woodburning Crafts (p. 44) Rising Stars Basketball (p. 38) Second Wind (p. 38)	AquaFIT (p. 36) 29 Let's Get Moving (p. 37) Onondaga Study Circle (p. 45)	30



EVENTS & PROGRAMS (NOVEMBER)

NEW New Event
Outdoor Event

6N Film Club

SIX NATIONS PUBLIC LIBRARY

Classic films, the best films you've never heard of! All ages.

Dates: Third Thursday of the Month (September, 19, October 17 & November 21)

Time: 6-8:30pm | Location: Dajoh (1738 Fourth Line)

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

Household Hazardous Waste Drop-Off

SIX NATIONS PUBLIC WORKS TRANSFER STATION

Household Hazardous Waste Drop-Off for Six Nations community members only.

Date: Saturday, November 2 | Time: 9am-4pm | Location: Transfer Station (2470 4th Line)

Contact: Six Nations Public Works | (519) 445-4242 | publicworksadmin@sixnations.ca

SNAP
Stop Now And Plan

SNAP is a 13 week, in person group programming for families with children ages 6-11 who are experiencing behavioural struggles

Group divisions include:
Ages 6-8 & 9-11 girls/boys with siblings & parent group offered

Next session:
September 10 - November 26, 2024

Presented by:
Six Nations Social Services,
Child & Family Services,
Clinical Services Unit.

STOP NOW

- Be aware of your body cues
- Be aware of your feelings
- Be aware of negative (hard) thoughts

AND PLAN

- Use strategies to keep from acting impulsively
- Change your understanding (negative thoughts to positive thoughts)
- Make a plan to keep your problems small

Inquire about SNAP Program enrollment at:
519-445-0408
SCSU@sixnations.ca

JOIN OUR TEAM!!

Visit www.sixnations.ca to find all of SNGR's latest career opportunities. Your career is just a click away.

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)
Wagyo'sehta'geh (The Visiting Place)
Drive-Thru Only
Every Tuesday



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

To share concerns and complaints about SNGR's programs, services, and unmet needs, please fill out a form on the SNGR App or contact:

Joe Martin

snyeri@sixnations.ca
(519) 754-7685



SEPTIC DISPOSAL SERVICES FOR SENIORS

Seniors (55+) and disabled community members can receive a **20% discount** on septic disposal services at the location they are currently residing (**on reserve only**) by presenting an **Ontario Disability Support Program** card to the Public Works office (1953 Fourth Line). It is the **community member's responsibility** to advise Public Works when they reach the **age of eligibility (55)**.

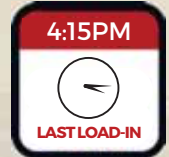


For more information, contact Public Works at (519) 445-4242.



Transfer Station Winter Hours

The Six Nations Transfer Station will change from summer hours (8am-5:30pm with last load in happening at 5:15pm) to winter hours on **Tuesday, November 5th, 2024**. Winter hours are **8am-4:30pm** with the last load in happening at **4:15pm**.



The Transfer Station is **open Tuesday-Saturday**, and is **closed Sunday and Monday**.



For more info, call the Transfer Station: (519) 445-1212.



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 SNGR Employees and Councilors are NOT ELIGIBLE to participate on the committees.

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

Human Resources Department
P.O. Box 5000 Ohsweken, Ontario NOA 1M0
1697 Fourth Line





GETTING ACTIVE/MOVEMENT (NOVEMBER)

NEW New Event
Outdoor Event

AquaFIT

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Join us for a low impact exercise class in a pool. AquaFIT is great for those with arthritis, recovering from knee surgeries, seniors, and those who are inactive and looking to get active. Transportation is available on a first-come, first-serve basis. **Ages: Adults 18+ & Seniors 55+**

Duration: Every Friday (November 1-December 13) | **Time:** 10:45-11:45am | **Transportation:** Available

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

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

Badminton

PARKS AND RECREATION

Drop-in on Monday evenings for all ages Badminton! **All ages**

Duration: Every Monday (September 9-December 16)* | **Start Time:** 6-8pm

***Holiday Dates:** October 14 & November 11 | **Location:** Dajoh Gym (1738 Fourth Line)

Contact: Mattie Lawrence | (519) 445-4311 | rsepc2@sixnations.ca

Basketball Houseleague

PARKS AND RECREATION

Students are welcome to join us for basketball houseleague on Thursday evenings! **Ages: Grades 6-8**

Duration: Every Thursday (September 12-December 5) | **Start Time:** 6:30-8pm

Location: Dajoh Gym (1738 Fourth Line)

Registration Required: Mattie Lawrence | (519) 445-4311 | rsepc2@sixnations.ca

Community Beautification 🌱

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, THERAPY SERVICES

An active 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+; All fitness levels welcome**

Duration: Every Wednesday (September 4-November 20) | **Time:** 9-10am

Location: Iroquois Lodge (1755 Chiefswood Road)

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



DON'T FORGET: There are also ongoing/multi-day programs to check out on pages 43-46!



NEW New Event

Outdoor Event

GETTING ACTIVE/MOVEMENT (NOVEMBER)

Drop-In Volleyball

PARKS AND RECREATION

Join us on Tuesday evenings for co-ed drop-in volleyball! **Ages: 16+**

Duration: Every Tuesday (September 10-December 17) | **Time:** 7:30-8:30pm

Location: Dajoh Gym (1738 Fourth Line)

Contact: Mattie Lawrence | (519) 445-4311 | rsepc2@sixnations.ca

Fall Wellness Walks

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, THERAPY SERVICES

Join our Fall Wellness Walks on Tuesday mornings! **Ages: Adults 18+**

Duration: Every Tuesday (October 22-November 26) | **Time:** 9-10:30am | **Location:** TBD

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

Registration Opens: October 1, 2024

Fit Lit

SIX NATIONS PUBLIC LIBRARY

Start your month out right by joining library staff on the first Friday of the month at 12:30pm to walk in Ohsweken and discuss books, audiobooks, and podcasts. Share recommendations and have meaningful discussions while making time to walk and increase your step count. **Ages: Adults 18+; Seniors 55+**

Dates: First Friday of the Month (September-November) | **Time:** TBD

Location: Six Nations Public Library (1679 Chiefswood Road)

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

Let's Get Moving

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, 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 and balance. This program is suitable as a next step for those finishing physiotherapy or anyone wanting to prevent falls. **Ages: Seniors 55+; Individuals of all fitness levels welcome**

Duration: Every Monday & Friday (September 6-November 29)* | **Time:** 1:30-2:30pm

***Holiday Dates (No Program):** Monday, November 11

Transportation: Available upon Request | **Location:** Odrohehta'geh (1676 Chiefswood Road)

Registration Required: Julie Villamere | Call or text: (519) 754-5730 | hpk8@sixnations.ca

Pickleball Drop-In

PARKS AND RECREATION

Players are welcome to join us for drop-in pickleball on Tuesday evenings! **Ages: 12+**

Duration: Every Tuesday (September 10-December 17) | **Time:** 2-3pm and 6-7pm

Location: Dajoh Gym (1738 Fourth Line)

Contact: Mattie Lawrence | (519) 445-4311 | rsepc2@sixnations.ca

Rising Stars Basketball

PARKS AND RECREATION

Two sessions are being offered weekly for those interested in basketball skills and training!

Ages: Grades 2-3 & Grades 4-5

Duration: Every Thursday (September 12-December 5) | **Location:** Dajoh Gym (1738 Fourth Line)

Time (Grades 2-3): 4:30-5:30pm | **Time (Grades 4-5):** 5:30-6:30pm

Registration Required: Mattie Lawrence | (519) 445-4311 | rsepc2@sixnations.ca

Second Wind

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

Join us for a strength-based exercise class designed for individuals with chronic lung disease or illnesses. The program focuses on strengthening using resistance bands and bodyweight as well as breathing techniques. Participants will learn to exercise in a safe environment utilizing a chair for support. Classes are run with the aid of the Occupational Therapists, Kinesiologists, and Healthy Lifestyle Coordinator. **Ages: Seniors 55+; Those with chronic illnesses (COPD, asthma, emphysema)**

Duration: Every Monday & Thursday (September 5-November 28)* | **Time:** 10:30-11:30am

***Holiday Dates (No Program):** Monday, October 14 & November 11

Transportation: Contact to Inquire | **Location:** Odrohekta'geh (1676 Chiefswood Rd)

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

Sit to Be Fit

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

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

Duration: Every Tuesday (September 3-November 26) | **Time:** 2-3pm

Transportation: Available upon Request | **Location:** Odrohekta'geh (1676 Chiefswood Road)

Registration Required: Julie Villamere | Call or text: (519) 754-5730 | hpk8@sixnations.ca





What you should know about

Lyme



Despite the colder weather, we are entering into a 2nd peak time for Black Legged tick submissions. Most ticks at this time of year are black legged ticks, as they aren't overlapping with the abundant American dog ticks (or Wood ticks). So when someone talks about ticks at this time of year there is definitely an increased level of interest and risk.



For more information visit Canada.ca/LymeDisease



Indigenous Services Canada

Services aux Autochtones Canada

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.



SIX NATIONS HOME & COMMUNITY CARE PROGRAM Community Support Services Offered

Meals on Wheels

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

Transportation

Every Monday & Thursday a van is available for group transportation to local centres for the purpose of shopping and banking.

Home Maintenance/Repairs

Provide general home maintenance and repairs.

Security (Telephone Reassurance)

Workers will make regular telephone contact to seniors in their homes.

Friendly Visiting

Workers will visit seniors while in their homes to keep socially involved with the community.

Diners Club (Silver Fox)

Recreational and social group activities are offered every Tuesday and Thursday at a set location. Transportation and meal are provided.

Home Help

Workers assist with light housekeeping and laundry.

Anyone wishing to gain new access to the programs listed above must be assessed by a case manager to determine their eligibility.

Note: Some services may have a minimal monetary fee.

For more information, please call Community Support Services at (519) 445-4055





What you should know about **WEST NILE** Virus

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 .



For more information visit Canada.ca/LymeDisease



**PREVENT
CHECK
TAKE ACTION**

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

WAGYOSEHTA'GEH **THE VISITING PLACE**

Services Provided:

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

Community Programming: Wagyosehta'geh offers a variety of community programming on Tuesdays, focused on targeting a specific community need. These include educational presentations, elders' gatherings, and traditional workshops. Some previous programming offered includes will kits, hearing screening, and elders' wellness days.

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

In-Centre Client Services: Monday, Wednesday, Thursday from 10am-3pm by referral.



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





WORKSHOPS & CLASSES (NOVEMBER)

NEW New Event
Outdoor Event

After School Arts & Crafts

SIX NATIONS PUBLIC LIBRARY

Tweens have an opportunity to grow in their individuality and creativity by participating in arts and crafts at the library. Must attend regularly as some projects will be on-going. **Ages: Pre-teens (9-11)**

Duration: Every Tuesday (September 10-December 17) | **Time:** After school-6pm

Location: Six Nations Public Library (1679 Chiefswood Road)

Registration Required: Circulation Desk | (519) 445-2954 | info@snpl.ca

Cooking with Wild Game

DEPARTMENT OF WELL-BEING, CHILD AND YOUTH HEALTH

Come learn to use wild game in recipes! Together we will make and share a couple dishes using wild game while also learning a bit more about it. Two dates and age groups available: junior and youth!
Ages: Junior (5-10) & Youth (11-17)

Date (Junior): Tuesday, November 5 | **Date (Youth):** Tuesday, November 19 | **Time:** 4:30-6:30pm

Location: White Pines Wellness Centre Kitchen - Second Floor (1745 Chiefswood Road)

Registration Required: Kyleigh Farmer | (226) 450-4064 | kfarmer@sixnations.ca

Registration Opens: October 22, 2024

Creatives with Cricut

DEPARTMENT OF WELL-BEING, COMMUNITY HEALTH AND WELLNESS

Ideal for those who have their own laptop or tablet and want to learn or further develop their skills with Cricut software and technology. The Six Nations Public Library and Department of Well-being are collaborating to offer an 8-week workshop for 10 people to highlight cultural expression by utilizing modern day tools available with a laptop/tablet, internet and Cricut equipment for art and craft development. Participants will have to walk up the stairs to the second floor of the library.
Ages: Adults 18+

Duration: Every Wednesday (October 2-November 20) | **Time:** 6-8pm

Location: Six Nations Public Library (1679 Chiefswood Road)

Registration Required: Michelle Jamieson | (519) 717-3960 | michellejamieson@sixnations.ca

Registration Opens: September 16, 2024

Meal Prep Made Simple

DEPARTMENT OF WELL-BEING'S COMMUNITY HEALTH & WELLNESS, NUTRITION SERVICES

Join us for a meal prepping class where we plan and make meals that you can have ready in no time on busy days. All supplies are provided. **All ages; busy families**



Dates: Tuesday, September 10, October 8 & November 12 | **Time:** 1-2pm | **Location:** Virtual (Zoom)

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

Our Beading Hearts

SIX NATIONS PUBLIC LIBRARY

Our Beading Hearts meets on first and third Mondays to socialize and learn how to bead, try new techniques, ask and answer questions and sometimes work together on group projects. Please bring your own tools and supplies, some limited supplies available. **Ages: 15+**

Dates: Bi-monthly (first & third Mondays of the month, cancelled for holidays)

Time: 6-8pm | **Location:** Dajoh (1738 Fourth Line)

Registration Required: Circulation Desk | (519) 445-2954 | info@snpl.ca

Safe Food Handling

DEPARTMENT OF WELL-BEING, HEALTH PROMOTION

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

Dates: November 13 & 27 | **Time:** 8:30am-5pm

Location: White Pines Wellness Centre (1745 Chiefswood Road)

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

Detail of *Earliest Recollection* by Eric Chartrand-McCue (Beausoleil First Nation)



PROGRAM CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>September 30 12PM</p> <p>Join us for cake to celebrate First Nation Libraries!</p> <p><i>Cake while supplies last.</i></p>	<p>October 1 11AM</p> <p>Watch Party!</p> <p>Elder's Panel "Creation Stories from Across the Territory"</p>	<p>Visit our Display at Six Nations Public Library to learn more. www.snpl.ca 519-445-2954</p> 	<p>October 3 11AM</p> <p>Watch Live!</p> <p>First Nation Communities READ Award Ceremony</p>	<p>October 4 12PM</p> <p>Watch Party!</p> <p>First Nation Communities READ Author Talk</p>



FIRST NATION 2024

PUBLIC LIBRARY WEEK

ONTARIO LIBRARY SERVICE Ontario





MULTI-DAY/ONGOING EVENTS & PROGRAMS

 Events & Programs

 Community Supports

 Getting Active/Movement

 Workshops & Classes

Digitize Your Memories

SIX NATIONS PUBLIC LIBRARY

Make an appointment this November to digitize your memories at the library! Various formats available. Let us know what you need! **All ages**

Duration: Monday, Tuesday, Wednesday & Thursday (November 4-28) | **Time:** 10am-8pm

Location: Six Nations Public Library (1679 Chiefswood Road)

Registration Required: Circulation Desk | (519) 445-2954 | info@snpl.ca

Dolly Parton's Imagination Library

SOCIAL SERVICES, EARLY ON OUTREACH

Registered Children receive a free book every month from the Imagination Library.

Ages: 0-5; Pre-Infants; Toddlers; Preschoolers

Ongoing: Register anytime online | **Location:** Books delivered to home

Registration Required: Maggie Wilson | (519) 445-2205 x4472 | eyom@sixnations.ca

Elected Council Meetings

SIX NATIONS OF THE GRAND RIVER 59TH ELECTED COUNCIL

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

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

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

Contact: Central Administration | (519) 445-2201

Family Well-Being Program

SOCIAL SERVICES, FAMILY WELL-BEING

The priority focus of this program is to a) Increase coordinated access to systems of care; b) minimize and/or deescalate protection concerns for families involved with a Child Protection agency; and c) provide prevention-focused services that promote family well-being, family

stabilization, preservation, and reunification. **All ages; Families**

Duration: Daily (Monday-Friday)* | **Time:** 8:30am-4pm

***Holiday Dates (No Program):** Monday, September 2, 30, October 14 & November 11

Transportation: Contact to Inquire | **Location:** 18 Stoneridge Circle

Registration Required: Maureene Ninham | (519) 732-5881 | mninham-harvey@sixnations.ca

Guitar/Ukulele Lessons

SIX NATIONS PUBLIC LIBRARY

Guitar Lessons for ages 12-adult. Guitars available to use. Must register but you can drop in between 3pm and 5pm, depending on your availability. Ukulele lessons from 4-5pm. **Ages: 12+; musicians**

Duration: Every Wednesday (Ongoing program in partnership with Music for the Spirit)

Time: 3-5pm | **Location:** Six Nations Public Library (1679 Chiefswood Road)

Registration Required: Circulation Desk | (519) 445-2954 | 6languages@snpl.ca

Haudenosaunee Wood Burning Crafts

SOCIAL SERVICES, YOUTH LIFE PROMOTION

Learn about the Haudenosaunee clan system and new skills in designing through wood burning! Create a piece of art representing your culture and clan that you can take home. **Ages: 12-17**

Duration: Tuesday, November 26-Thursday, November 28 | **Time:** 4:30-7pm

Location: Youth Life Promotion (18 Stoneridge Circle)

Registration Required: Rahul Dass | (519) 732-9847 | rahuldass@sixnations.ca

Homework Hangout

SIX NATIONS PUBLIC LIBRARY

Homework Hangout: Access relaxing space to work on your assignments and study for exams. Teens can access wifi, computers, printing and use library resources online and from the shelf. Helpful staff are always available. Staff can help you access online tutoring from various free services as well. **Ages: 12-17**

Duration: Every Wednesday (Starting September 24) | **Time:** After school-7pm

Location: Six Nations Public Library (1679 Chiefswood Road)

Registration Required: Circulation Desk | (519) 445-2954 | info@snpl.ca

Knitting Club

SIX NATIONS PUBLIC LIBRARY

The Knitting Club welcomes all 'yarn artists and/or crafters', especially crocheters. The Knitting Club meets weekly to socialize, learn new skills, ask and answer questions and often works on group projects to support organizations and community. All abilities and skill levels welcome, even those beginning their knitting/crocheting journey. **Ages: 15+**





Duration: Every Wednesday (Ongoing) | **Time:** 4:30pm-TBD

Location: Dajoh (1738 Fourth Line)

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



MULTI-DAY/ONGOING EVENTS & PROGRAMS

-  Community Events & Programs
-  Support Groups
-  Getting Active/Movement
-  Workshops & Classes

Monthly Colouring Contest and Scavenger Hunt

SIX NATIONS PUBLIC LIBRARY

Each month the library has a new scavenger hunt and a new colouring contest. There are two winners for the all ages colouring contest: one is picked based on its merits and the other is drawn from all entries. Winners get to choose a new book to keep. You can download the colouring page from www.snpl.ca/news-events or pick up at the library. Submissions are accepted by email and if you miss the deadline for each month your page will go into the next month's draw. Happy colouring! Everyone who completes the scavenger hunt can pick a sticker from our Stick to Reading Sticker Book. The scavenger hunt is for all ages. **All ages**

Duration: Daily (Sunday-Saturday) | **Location:** Six Nations Public Library (1679 Chiefswood Road)
Contact: Front Desk | (519) 445-2954 | info@snpl.ca

Onondaga Study Circle

SIX NATIONS PUBLIC LIBRARY

The Onondaga Study Circle works together to learn, practice & share the Onondaga language. The goal of the circle is to help one another become speakers and effective learners. **Ages: 15+; Language learners**

Duration: Every Friday (Ongoing) | **Time:** 5-7pm | **Location:** Dajoh (1738 Fourth Line)
Registration Required: Six Nations Public Library | (519) 445-2954 | info@snpl.ca

Paranormal Ghost Hunting

SOCIAL SERVICES, YOUTH LIFE PROMOTION

Participate in a guided ghost hunting tour! Learn about the devices used for a paranormal ghost hunting investigation and the background history of the Pauline Johnson house. **Ages: 12-17**

Duration: Tuesday, October 22-Wednesday, October 23 (Ongoing) | **Time:** 4-7:15pm
Transportation: Contact to Inquire | **Location:** Youth Life Promotion (18 Stoneridge Circle)
Registration Required: Rahul Dass | (519) 732-9847 | rahuldass@sixnations.ca
Registration Opens: October 9, 2024

SNAP Groups

SOCIAL SERVICES, CLINICAL SERVICES UNIT, SNAP TEAM

SNAP is a 13-week program for children 6-11 years of age, that are experiencing behavioural struggles. A parent/caregiver group and sibling group run alongside the SNAP boys and girls groups. Dinner is provided. Program offered 2-3 times per year. **Ages: Children 6-11; Experiencing behaviour struggles; Caregivers; Siblings**

Duration: Every Tuesday (September 10-November 26) | **Time:** 4-6pm or 6-8pm
Transportation: Contact to Inquire | **Location:** Family Gatherings (18 Stoneridge Circle)
Registration Required: Kim Discipline | (519) 445-0408 | scsu@sixnations.ca

Soup for Seniors 🍲

DEPARTMENT OF WELL-BEING, COMMUNITY HEALTH & WELLNESS

A weekly drive-thru service that provides a free portion of soup to Six Nations Elders.

Ages: Seniors 55+

Duration: Every Tuesday | **Time:** 11am-1pm (or until soup runs out)

Location: Wagyo'sehta'geh (1745 Chiefswood Road)

Contact: Avery McCorkell | chcfa@sixnations.ca

Six Nations Home & Community Care Program (Community Support Services)

DEPARTMENT OF WELL-BEING, COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

The Six Nations Community Support Services offers many different services to seniors (65+) and disabled persons who are residents and registered band members that are still living in their own homes on the Six Nations territory. Limited services are available to those under 65 years of age who have physically disabling conditions. **Ages: Seniors 65+**

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

***Holiday Dates (No Program):** Monday, September 2, 30, October 14 & November 11

Location: Jay Silverheels Complex (29 Cao Lane) | **Contact:** (519) 445-4055

Tentewatá:ton Dędwadado Community Market

DEPARTMENT OF WELL-BEING, COMMUNITY HEALTH & WELLNESS

The weekly market offers fresh fruits and vegetables to the community. Everyone is welcome! Please remember we take cash only and don't forget to bring your own bags! **All ages**

Date: Every Wednesday | **Time:** 12-5pm | **Location:** Odrohekta'geh (1676 Chiefswood Road)

Contact: Grace Hess | (519) 750-4908 | gracehess@sixnations.ca

Wagyo'sehta'geh: "A Visiting Place" (Formerly the Adult Day Centre)

DEPARTMENT OF WELL-BEING, COMMUNITY HEALTH & WELLNESS, HEALTH PROMOTION

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. Wagyo'sehta'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. **Ages: Seniors 55+; Adults with Various Disabilities; Frail Elderly; Caregiver Respite**

Duration: Daily (Monday-Friday)* | **Time:** 10am-3pm | **Transportation:** Contact to Inquire

***Holiday Dates (No Program):** Monday, September 2, 30, October 14 & November 11

Location: White Pines Wellness Centre (1745 Chiefswood Road)

Registration Required: Sonya Hill | (519) 445-1867 | ada@sixnations.ca





BRANDON MONTOUR CELEBRATION



Congratulations & Thank You!

FROM SIX NATIONS OF THE GRAND RIVER ADMINISTRATION AND 59TH ELECTED CHIEF & COUNCIL

Six Nations of the Grand River would like to congratulate Brandon Montour once more on his Stanley Cup championship with the Florida Panthers. We extend our sincerest gratitude to him for sharing one of the biggest days of his life with us, and allowing over 15,000 people to experience such a historic and monumental occasion.

We express our appreciation to everyone who helped make the Brandon Montour Celebration a success – event organizers, in-kind support, volunteers, SNGR staff, Six Nations Emergency Services, and Emergency Management Incident Command. We also want to acknowledge Six Nations community members for their patience and cooperation. We couldn't have done it without any of you!



SIX NATIONS HONOURARY RONATERIHONTE (LEADER) AWARD

Six Nations of the Grand River Elected Chief & Council have introduced the Six Nations Honourary Ronaterihonte (Leader) Award! It is a symbolic gesture representing the highest honor the community can bestow upon an individual. It acknowledges exceptional contributions to the community, extraordinary achievements, or significant acts of service. On July 24, 2024, Brandon Montour became the first recipient of this award.



**NIÁ:WEN
NYA:WEḤ**
to all of our
VETERANS!





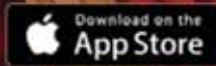
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www.sixnations.ca

