
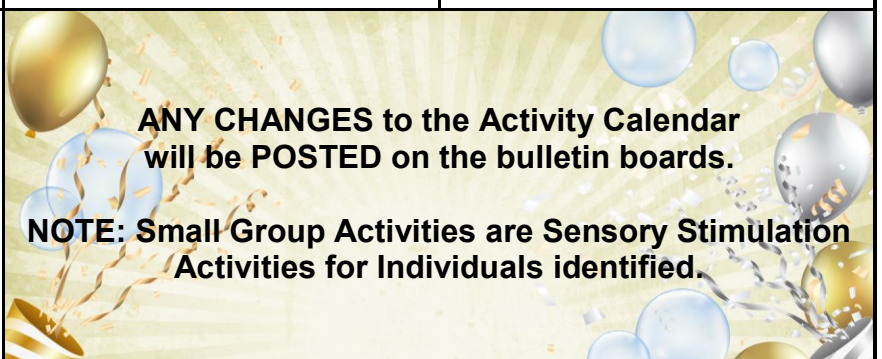


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>(Tsiio thoh rh ko:wa The Big Cold)</p>  <p>January 2019 Bursting into 2019!!</p>						
		<p>1 9:30 Group Exercise Refreshments /Daily Chronicles 1:00 FOLDING LINENS (One2One/Small Groups) 2:30 Holiday BINGO</p> <p style="text-align: center;">New Year's Day</p>	<p>2 HAIRSTYLIST OPEN 9:30 Group Exercise Refreshments / Daily Chronicles 1:00 FOLDING LINENS (One2One/Small Groups) 2:30 Let's Talk</p>	<p>3 9:30 HOLY COMMUNION Refreshments/ Daily Chronicles 1:00 FOLDING LINENS (One2One/Small Groups) 2:30 Quarter BINGO</p>	<p>4 9:30 Group Exercise Refreshments/Daily Chronicles 1:00 FOLDING LINENS (One2One/Small Groups) 2:30 Music</p>	<p>5 Thank you to the Pastoral Care Team for bringing Holy Mass and Holy Communion to the Folks! ~Sister Mary Christine ~Father Jerome Pastores</p>
<p>6 HB Gordon B! 1:00 FOLDING LINENS</p>	<p>7 9:30 Sit 'n Fit 10:30 Sing-a-long with Lucien 1:00 FOLDING LINENS (One2One/Small Groups) 2:30 Quarter BINGO</p>	<p>8 9:30 Group Exercise Refreshments /Daily Chronicles 1:00 FOLDING LINENS (One2One/Small Groups) 2:30 CARD Games</p>	<p>9 HAIRSTYLIST OPEN 9:30 Group Exercise Refreshments / Daily Chronicles 1:00 FOLDING LINENS (One2One/Small Groups) 2:30 Quarter BINGO</p>	<p>10 9:30 HOLY MASS Refreshments / Daily Chronicles RESIDENT COUNCIL-after MASS 1:00 FOLDING LINENS (One2One/Small Groups) 2:30 Dice Game</p>	<p>11 1:00 FOLDING LINENS Visitors from Office of the Aging -- billiards</p>	<p>12 9:30 Exercise (Lobby) Refreshments /Daily Chronicles 1:00 FOLDING LINENS (One2One/Small Groups) 2:30 Quarter BINGO</p>
<p>13 9:30 Exercise (Lobby) Daily Chronicles Puzzles & Ponderings 1:00 FOLDING LINENS 2:30 GAME ON!</p>	<p>14 HB Justine P! 9:30 Sit 'n Fit 10:30 Sing-a-long with Lucien 1:00 FOLDING LINENS</p>	<p>15 9:30 Group Exercise Refreshments /Daily Chronicles 1:00 FOLDING LINENS (One2One/Small Groups) 2:30 Quarter BINGO</p>	<p>16 HAIRSTYLIST OPEN 9:30 Group Exercise Refreshments / Daily Chronicles 1:00 FOLDING LINENS (One2One/Small Groups) 2:30 Let's Talk</p>	<p>17 9:30 HOLY COMMUNION Refreshments/Daily Chronicles FOOD COMMITTEE-after HC 1:00 FOLDING LINENS (One2One/Small Groups) 2:30 Quarter BINGO</p>	<p>18 9:30 Group Exercise Refreshments/Daily Chronicles 1:00 FOLDING LINENS (One2One/Small Groups) 2:30 Music</p>	<p>19 1:00 FOLDING LINENS</p>
<p>20 Lucien & friends will be taking an 8-week hiatus. We look forward to their return in April 2019. 1:00 FOLDING LINENS</p>	<p>21 HB Rheal S! 9:30 Sit 'n Fit Refreshments / Daily chronicles 1:00 FOLDING LINENS (One2One/Small Groups)\ 2:30 Quarter BINGO <small>Martin Luther King Day Tu B'Shevat</small></p>	<p>22 9:30 Group Exercise Refreshments /Daily Chronicles (One2One/Small Groups) 2:30 CARD Games</p>	<p>23 HB Donald G! HAIRSTYLIST OPEN 9:30 Group Exercise Refreshments / Daily Chronicles (One2One/Small Groups) 2:30 Quarter BINGO</p>	<p>24 9:30 HOLY COMMUNION Refreshments /Daily Chronicles 1:00 FOLDING LINENS (One2One/Small Groups) 2:30 Dice Game</p>	<p>25 1:00 FOLDING LINENS</p>	<p>26 HB Gerard G! 9:30 Exercise (Lobby) Refreshments /Daily Chronicles 1:00 FOLDING LINENS (One2One/Small Groups) 2:30 Quarter BINGO</p>
<p>27 9:30 Exercise (Lobby) Daily Chronicles Puzzles & Ponderings 1:00 FOLDING LINENS 2:30 GAME ON!</p>	<p>28 9:30 Sit 'n Fit 1:00 FOLDING LINENS</p> <p style="text-align: center;"><small>Australia Day (observed)</small></p>	<p>29 9:30 Group Exercise Refreshments /Daily Chronicles 1:00 FOLDING LINENS (One2One/Small Groups) 2:30 Quarter BINGO</p>	<p>30 HAIRSTYLIST OPEN 9:30 Group Exercise Refreshments / Daily Chronicles 1:00 FOLDING LINENS (One2One/Small Groups) 2:30 Let's Talk</p>	<p>31 9:30 HOLY COMMUNION Refreshments/Daily Chronicles 1:00 FOLDING LINENS (One2One/Small Groups) 2:30 Quarter BINGO</p>	 <p>ANY CHANGES to the Activity Calendar will be POSTED on the bulletin boards. NOTE: Small Group Activities are Sensory Stimulation Activities for Individuals identified.</p>	

THE STORY OF AN AKWESASNE HERO



The 96-year-old veteran from Akwesasne is the last surviving Mohawk code talker, according to the U.S. Congress. During the Second World War, Kanien'kéha (Mohawk language) was one of 33 Indigenous languages used to send encoded messages between Allied forces so that enemies could not understand. Awarded Silver Star

At 18, Oakes enlisted in the United States Army and served for six years as a technician 4th grade with Company B's 442nd Signal Battalion.

He received his training as a code talker training while stationed in Louisiana along with 17 other Mohawks from Akwesasne, a reserve that straddles the Canada-U.S and Quebec-Ontario borders.

Oakes served as code talker in the South Pacific, New Guinea, and Philippines.

He received an honorable discharge in 1946 and was awarded the Silver Star Medal for his service. It's the third-highest military decoration given in the U.S. for showing gallantry in action against an enemy.

MIDWINTER CEREMONIES SCHEDULED FOR TRADITIONAL MOHAWK FAMILIES



Nu Yah! Nu Yah!

The lives of Mohawk people are organized around a yearly cycle of activities, based on the phases of the moon. The pivotal division of a year is called MIDWINTER. In Akwesasne, the Midwinter begins on January 12th and lasts for a week. The days are filled with storytelling, singing and dancing.

It occurred five nights following the appearance of a new moon after the winter solstice (about December 22). In recent years, the ceremony takes place in January to not let the European holiday (Christmas) influence and disrupt this time with alcohol consumption.

In winter, after the men returned from the fall hunt, the People held their great New Year's or Mid-Winter Festival.

Midwinter marks the end of one year and the beginning of the next. This was a time of renewal and cleansing—a cleansing of people's spirits and a ritual of cleansing of their homes. There is evidence that at one time the people extinguished the old fires in their homes and kindled new ones as a symbol of renewal.

An essential part of the Mid-Winter Festival was the practice of dream guessing. The People regarded dreams as important communications from supernatural beings. For this reason it was necessary that any instructions given in a dream be followed.

The Midwinter is held in every community of the Six Nations Confederacy (Mohawk, Oneida, , Onondaga, Cayuga, Seneca) on different dates to accommodate those individuals who want to attend each other's Longhouse activities (as a sort of homecoming).