



# Moccasin Trail

OHIARÍ:HA / JUNE 2025

## Points of Interest:

- June Craft Class 6/20
- World Elder Abuse Awareness Day– 6/18
- Coloring Contest Ends Thurs. June 12th
- Father's Day tickets go on sale Mon. June 9th.
- Ride to Nowhere 6/24
- Virtual Bowling Tournament 6/26

## *Father's Day* LUNCHEON



FRIDAY, JUNE 13, 2025

MENU: TURKEY DINNER- HASH, ROLL, MIXED VEGETABLE, DESSERT

TICKETS GO ON SALE MONDAY, JUNE 9<sup>TH</sup>: \$3.00 EACH  
GAMES START AT 11:00 AM



## *Our May Ride to Nowhere*

We checked out a thrift store in Malone, stopped for ice cream at Bokie's Drive In; lastly we shopped at everyone's new favorite store- Martin's.

## Inside this Issue:

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**We will be Closed on:**

Thursday, June 19th– Juneteenth  
Friday, June 27th– Planning Day



# Akwesasne Senior Club



## Mother's Day Purse Sale

The Senior club says Niá:wen to the following individuals who donated purses for the Clubs Used Purse Sale. Irene Cook, Cactus Sunday, Gail McDonald, Darlene Chubb, Leona Barnes, Carol Lazore, Beverly Barney, Mary Kelly, Lorna Francis, Ernestine Oakes, Leona Lafrance, Jeffra Montroy and Sandra Rourke. There were many others who donated by dropping purses off by the office door but didn't leave their name with anybody. Thank you to them. Our gratitude goes to Gail McDonald, Club Finance Committee member, Ricki Nolan and Delia McDonald for working the entire purse sale. Our gratitude goes to Tootsie, Patti, Sharon and Gail for helping wipe down all the purses and tagging them. The Senior Club is grateful for everyone that worked to make the purse sale a success. Thank you to the community for supporting the Senior Club's fundraising initiative.

### Club Office Hours

**Mondays 11:00 am– 3:00 pm**  
**Wednesdays 11:00 am– 4:00 pm**

**Next Senior Club Meeting:**  
**July 10, 2025 at 12:30 pm**

*Welcome* - The Akwesasne Senior Club welcomes a new Secretary/Treasurer for the Senior Club. Sharon Chubb-Sunday will begin her one year term as Secretary/Treasurer beginning June 1, 2025. She has a background in Finances and has worked for Tarbell Management Group since 1983 doing payroll and benefits i.e. 401K, Workers Compensation, health insurance, etc. for all employees of the Tarbell Family enterprises. Sharon is proficient in Microsoft Excel, Word, Paycom, Outlook and Teams software. She received excellent work references from her previous supervisors. The Senior Club is confident that Sharon will be an exceptional addition as a Club Officer.

*Welcome* - On June 9, 2025 the Akwesasne Senior Club will be welcoming Cecelia Thomas as the new Akwesasne Senior Club President. Cecelia will be on a one-year term taking over for Diane McDonald who is retiring as Club President. Cecelia has worked for several local businesses and is familiar with the local areas. She has actively participated in many club events and activities and has assisted in selling raffle tickets for the Club over the years. She has a background in sales and customer service. Cecelia is creative and energetic and the Club is looking forward to seeing her fresh ideas for our Club members.

**Farewell Patti!** The Akwesasne Senior Club says farewell to Patti Herne who has acted in the role of Secretary/Treasurer for the Club for the past year. Patti is retiring and is ready to enjoy getting to work on her new projects. Patti has brought the Club finances and accounting to a new level. On behalf of the Club Officers, Finance Committee, Bingo Players and all Club members we say to Patti for her hard work and dedication and wish her all the best going forward.

*The Office for the Aging and the Senior Club received a card from Sister Mary Christine. She sends her well wishes and says she prays for the Akwesasne and for our Seniors everyday and misses everyone. She remembers the beginning of the Senior Club and all the Officers along the way. Sister Christine fell and broke her hip and is now residing in a nursing home. If you wish to send her a note or a Get Well card her address is:*

**Sister Mary Christine Taylor, SSJ**  
**Samaritan Summit Village Nursing Home**  
**22691 Campus Drive**  
**Watertown, NY 13601**

*Upper Canada Playhouse Show*  
**'A Woman's Love List'**  
*Details on Page 11*



### Volunteer Bingo Schedule

#### June 2nd

Nancy Jacobs  
 Barbara A. Lazore  
 Debbie Thomas

#### June 9th

Vicki Phillips  
 Ruth Bell  
 Darlene Chubb

#### June 16th

Debbie Thomas  
 Dorothy Shatlaw  
 Barbara A. Lazore

#### June 23rd

Nancy Jacobs  
 Vicki Phillips  
 Ruth Bell

#### June 30th

Darlene Chubb  
 Debbie Thomas  
 Barbara Lazore





*Akwesasne Senior Club*  
**SENIOR GAMES 2025**  
 June 5 & 6 Schedule of Events

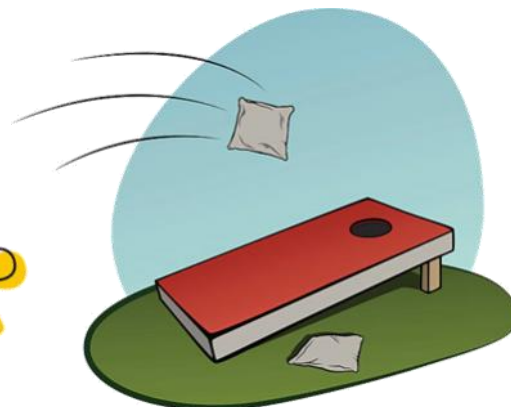


**Day 1: Thursday, June 5th**

<i>Time</i>	<i>Event</i>	<i>Location</i>
9:30 am	Registration/Breakfast	Dining Room
10:00 am	Corn Hole	Outside
11:00 am	Jigsaw Puzzle Challenge (timed)	Dining Room
11:30 am	Golf Putting Challenge	Sunroom
<i>Lunch Served at Noon: Please Call to Reserve a Meal!</i>		
1:00 pm	Special Jackpot Bingo	Dining Room

**Day 2: Friday, June 6th**

<i>Time</i>	<i>Event</i>	<i>Location</i>
9:30 am	Registration/Breakfast	Dining Room
10:00 am	Pool Tournament	Dining Room
10:30 am	Virtual Bowling Tournament	Dining Room
11:00 am	Fishing Pond Challenge	Sunroom
<i>Lunch Served at Noon: Please Call to Reserve a Meal!</i>		
1:00 pm	Closing and Prize Ceremony	Dining Room



# Haircuts at the Senior Center Details

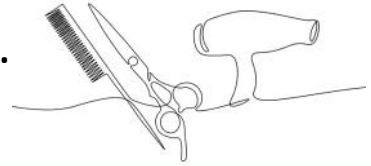
Every Wednesday from 9:30 am– 1:00 pm, Hairdresser: Sierra Ackerman

Haircuts are by appointment only. No walk-ins, unless approved by hairdresser).

We want to thank everyone for helping this program grow. Where else can you get a haircut

for \$10? Thank you Senior Club!

**Please be kind, courteous and respectful.**



## June Craft Class

**Miniature Greenhouse**

**Friday, June 20, 2025**

**12:45 pm– 3:00 pm**



Cathy's Flower House features a transparent, pointed-arch structure and a variety of plants, creating a lush, botanical greenhouse. The inspiration for the complex and elegant design comes from classic aesthetics and the beauty of nature, making it a captivating addition to any decor. It's perfectly sized to adorn any tabletop, cabinet, shelf, or corner, creating a striking focal point wherever it's placed. Its charm adds a touch of elegance to any space, making it a memorable addition to your home decor.

**Please call ASAP to sign up with Katie or Tenisha in the Activities Department at 518-358-2963.**

## Summer Fling Bingo with Iakhihsohtha!

Wear your beach theme attire for a fun and Free community bingo Party at the **Snye Recreation Center** on **Thursday, June 19, 2025**

**11:00 am– 2:00 pm**

For more information,  
Call 613-575-2507

No Bus from Senior Center – We're closed



## Mother's Day Meal and Pantry Bingo 2025



## Monthly Coloring Contest

May Winners:

**3 Sisters– Brenda Arquette**

**Tota– Dorothy Cole**

The next coloring pages will be available  
June 2nd and Judging will be  
Thursday, June 12, 2025





# A new way to stay in touch with



Reconnecting **YOU** with **YOUR** community!

SMRT Office for the Aging Center has launched a new communication service for you to receive timely information and alerts about our aging services and activities.

You will be able to receive program alerts via phone calls, text messages, or email for FREE!



## KEY BENEFITS

*Activity Alerts, Announcements, Surveys*



- Receive timely reminders so you **DO NOT MISS** your favorite wellness programs or support groups!
- **YOU** choose how to receive these reminders (voice calls, emails, or text messages) and in what language
- Answer surveys to express your aging needs and feedback on SMRT Office for the Aging Senior Center services

## HOW TO SIGN UP?

- SMRT Office for the Aging Senior Center will be sending a welcome message to you with information about this service in the coming days.
- If you are not interested in participating in this service, you will also see instructions for unsubscribing in the welcome message.

# Ohlapi:ha/June 2025

Tsiat'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wískhaton	Iahíà:khaton
<b>1</b> 5:00 Ace to King	<b>2</b> Spanish Rice Broccoli Roll Pear Ice Cream Sandwich <b>Activity:</b> 10:00 Exercise DVD 11:00 Walk with Ease 1:00 Bingo	<b>3</b> Hamburger Gravy Boiled Potato Peas and Carrots Roll Chocolate Pudding Pie Apple <b>Activity:</b> 10:00 Chair Yoga 11 & 12:30 Mohawk Classes	<b>4</b> Chef Salad Cheese Breadsticks Fruit Salad Cookie <b>Activity:</b> 9:00-1:00 Haircuts 10:00 Exercise Class 11:00 Walk with Ease 1:00 'The Talk' Series	<b>5</b> Chicken Patty on a Bun Veggie Sticks Potato Salad Banana <b>Activity:</b> 10:00 Chair Yoga 11 & 12:30 Mohawk Classes Legal Aid Appointments	<b>6</b> Ravioli with Sauce Toss Salad Roll Peaches <b>Activity:</b> 11:00 Walk with Ease	<b>7</b> 5:00 Ace to King
<b>8</b> 5:00 Ace to King	<b>9</b> BBQ Country Ribs Mac n Cheese Broccoli Roll Mandarin Oranges <b>Activity:</b> 10:00 Exercise DVD 11:00 Walk with Ease 1:00 Bingo <b>Father's Day Meal Tickets Available!</b>	<b>10</b> Sausage with Onions & Peppers on a Bun Coleslaw Pears <b>Activity:</b> 10:00 Chair Yoga 11 & 12:30 Mohawk Classes 11:00 Upper Canada Playhouse Trip	<b>11</b> Salisbury Steak With Mushroom Sauce, Roll Mashed Potato Mixed Vegetable Roll, Watermelon Chunks <b>Activity:</b> 9:00-1:00 Haircuts 10:00 Exercise DVD 11:00 Walk with Ease 1:00 'The Talk' Series	<b>12</b> Adirondack Salad Pineapple Chunks Rice Pudding Roll <b>Activity:</b> 10:00 Chair Yoga 11 & 12:30 Mohawk Classes Coloring Contest Ends at 10:00 am	<b>13 Father's Day Meal</b> Turkey Dinner Hash, Roll Mixed Vegetables Fruit Cup <b>Activity:</b> 11:00 Walk with Ease 11:00 Father's Day Festivities Begin	<b>14</b> 5:00 Ace to King
<b>15</b> 5:00 Ace to King	<b>16</b> Shake N Bake Chicken, Wild Rice	<b>17</b> Pork Chops Apple Sauce Stuffing	<b>18</b> Baked Fish Fries	<b>19</b>	<b>20</b> Chinese Chicken Salad	<b>21</b> 5:00 Ace to King

## 2025 SENIOR GAMES

9:30 am Breakfast & Registration  
10:00 am Games Begin

	<p><b>22</b></p> <p>5:00 Ace to King</p> <p>Chili Johnny Cake Veggie Sticks Peach</p> <p><b>Activity:</b> 10:00 Exercise DVD 1:00 Bingo</p>	<p><b>23</b></p> <p>Chili Johnny Cake Veggie Sticks Peach</p> <p><b>Activity:</b> 10:00 Exercise DVD 1:00 Bingo</p>	<p><b>24</b></p> <p>Cheese Chicken Casserole Broccoli Roll Cherry Crisp</p> <p><b>Activity:</b> 10:00 Chair Yoga 11 &amp; 12:30 Mohawk Classes 12:45 Ride to Nowhere</p>	<p><b>25 BIRTHDAY MEAL</b></p> <p></p> <p>Baked Ziti Roll Toss Salad Cake Grapes</p> <p><b>Activity:</b> 9:00-1:00 Haircuts 10:00 Exercise DVD</p>	<p><b>26</b></p> <p>Cold Plate Cheese Stuffed Breadsticks Ice Cream Sandwich</p> <p><b>Activity:</b> 10:00 Chair Yoga 11 &amp; 12:30 Mohawk 10:30 Virtual Bowling Tournament</p>	<p><b>27</b></p> <p><b>CLOSED</b></p> <p><b>Planning Day</b></p> <p></p>	<p><b>28</b></p> <p>5:00 Ace to King</p>
<p><b>29</b></p> <p>5:00 Ace to King</p>	<p><b>30</b></p> <p>Mini Frittata Bacon Home fries Mini Pancakes Fruit</p> <p><b>Activity:</b> 10:00 Exercise DVD 1:00 Bingo</p>	<p><i>Please call the Senior Center by 9:30 am to reserve a Congregate or Grab N Go meal. Please call if you will not be home for your Home Delivery Meal 518-358-2963.</i></p> <p><b>Menu is subject to change due to Supply Availability.</b></p>					



# World Elder Abuse Awareness Day



*Theme: Joyful  
Aging in Place*

Wednesday, June 18, 2025  
10:00 am- 5:00 pm  
SRMT Office for the Aging  
Senior Center

World Elder Abuse Awareness Day Event Open to  
Everyone! Chair Yoga starts at 10:00 am, Parfait Bar  
Available at 10:45 am.

11:00 am- Presentations regarding SCAMS, Home Safety,  
Computer Safety, Documentation Preservation,  
Information Tables, Giveaways and Door Prizes!

3:00 pm Meal Served

3:00 pm- 5:00 pm Band TBD Performing!

Wear purple to show your support on June 18, 2025



*If you have any questions feel free to contact SRMT Office for the Aging  
@ 518-358-2963 Lisa Keyes, RDN*

# Healthy Eating Habits for Summer

Summertime is a period that can actually be simpler to adopt healthy eating habits. You may opt for a fresh smoothie or salad in the afternoon as opposed to a hearty chili or stew. Whatever your eating preferences may be, below you will find some healthy habits you can adopt that will give you increased hydration and lasting energy.

## **Habit #1– Take advantage of seasonal fruits and vegetables.**

When you eat foods that have recently been harvested and are considered “in season,” you are eating in accordance with nature. In season produce is typically better tasting, less expensive, and provides more nutrients than produce that is out of season. Each plant-based food has its peak period during the year and you’ll be sure to eat the tastiest produce and at the best price (because it grows in such abundance.)

## **Habit #2– Eat small snacks to keep energy up throughout the day.**

Summer days are longer and the body may need more fuel to continue going. Depending on what you eat, smart snacking is an opportunity to sneak in some extra nutrition! Go for a piece or two of your favorite ripe fruit or if you desire something a bit saltier and savory opt for guacamole or hummus with a tray of colorful veggies. Fruits and vegetables provide potent forms of all the vitamins and minerals your body needs so snack up! You’ll also want to eat snacks that are good sources of protein and fiber. Examples include freshly cut fruits and vegetables like cucumbers, pears, celery & peanut butter, yogurt, cheese, whole-grain crackers, or carrots & hummus.

## **Habit #3– Increase your water intake.**

During hot days in the sun, it is likely that your body will be sweating more as a means to regulate your internal body temperature. And as you know, the more you sweat, the more water you lose. For this reason, it is imperative that you drink (or eat!) more water than you normally would during other times of the year. If your body loses too much water, you will go into a state of dehydration which we definitely want to avoid! Early signs of dehydration include decreased blood pressure, lightheadedness, headaches, dry mouth/eyes, and constipation. Those the most at risk for dehydration include those taking diuretics and those who have heart or kidney disease. Adults should aim for at least 2.5 liters of water a day.

## **Bonus Habit #4– Meal prep healthy foods**

Get creative in the kitchen and seek out recipes that utilize your favorite produce so that you want to make a big batch of it. Stock up your pantry with the basics. Get into the habit of making a huge garden salad or even fruit salad so whenever you are hungry, you have a dish ready to eat of nutritious and delicious foods that you love.

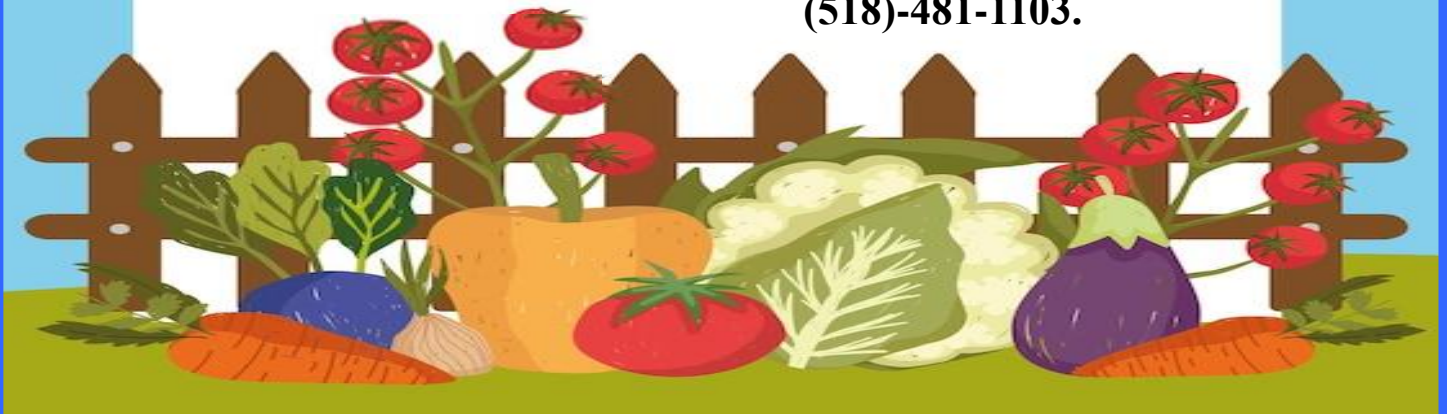




### **June is a good time to be gearing up to grow!**

Gardens can be a great way to increase your access to fresh fruits, vegetables and herbs, but did you know that you can grow several types of fruits, vegetables and herbs in containers? Container gardening is a good option for anyone, no matter how small your home is, or whether or not you have a yard! Growing your own herbs and food-producing plants can be especially rewarding and budget friendly too! This year the Office for the Aging will be distributing 500 total hanging cherry tomato baskets through our SNAP-Ed program! Our container gardens are offered for free with no cost to the recipients. Limited to one basket per person on a first come, first serve basis. Please call **Ally** at **(518)-481-1532** to reserve one for pickup or delivery!

Are you able to pick up your container garden, but you aren't sure when? Some of our container gardens will be distributed at our Annual Picnic in the Park in Bombay, NY! This year our picnic will be hosted on June 26th, 2025. If you would like to make a reservation to attend our Picnic in the Park—Please contact **Emily** to reserve your spot at **(518)-481-1103**.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

This institution is an equal opportunity provider and employer. If you would like to request reasonable accommodations to participate in events, please contact Alexandra Hooker at (518)-481-1532 or by email at [Alexandra.hooker@franklincountyny.gov](mailto:Alexandra.hooker@franklincountyny.gov)





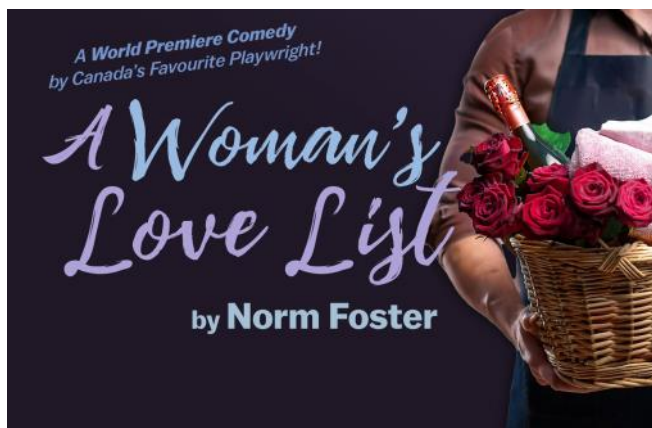
# Satonhá:ren tsi Sahsiéríte

*Best Wishes on your Birthday and throughout the coming year!*

- |                     |                       |                          |
|---------------------|-----------------------|--------------------------|
| 1- Lois Terrance    | 11- Judy Cole         | 22- Christina Hamel      |
| 2- Shawna Cook      | Phyllis Dillard       | Phyllis Point            |
| Cathy Parow         | Billy Sunday          | Chuck Tarbell            |
| Angela Rios         | 12- Isabelle Parks    | 23- Carrie Jacobs        |
| 3- Patricia Edwards | DJ Lazore JR          | 24- Jake Adams           |
| Cecelia Jacobs      | 13- Janice Tallett    | 25- Theresa Martin       |
| Joyce King          | 14- Diane Garrow      | Anne Sylvester           |
| 4- Dale Cole        | Terry Lee Frary       | 26- Carl Patterson       |
| Florence Phillips   | 15- Vernon White      | Mona Lauzon              |
| 5- Margaret Snyder  | Sheila Ransom-White   | Charlie Jackson          |
| 6- Candy Jackson    | 17- Rose Ann Terrance | 28- Vicki Conners        |
| Andrew Glen Lazore  | Rosie Hamelin         | 29- Leona Thompson-David |
| 7- Esther Mitchell  | 18- Elizabeth Tarbell | Glenda Snyder            |
| 10- Rose Oakes      | Lynn LaFrance         |                          |
| Rita Cree           | 20- James Lazore      |                          |
| Joe Jack            |                       |                          |
| Donald Jocko        |                       |                          |

If you are a Senior Club Member and your Birthday is missing or wrong, please contact the Senior Club (518) 358-2963

## Upper Canada Playhouse Show



Megan and Carly write down a list of qualities that describe the Perfect Man, and much to their surprise, he appears! This hilarious comedy explores a woman's quest for the perfect mate. In Foster's former hit, *The Love List*, two men search for the ideal woman. In this new comedy, Canada's funniest playwright turns it all around as women look for the ideal man! Playhouse audiences will be the first to enjoy this flip side of the love list!

**Tuesday, June 10, 2025**

Leave Senior Center at 11:00 am, Show starts at 2:00 pm

Call to sign up with Senior Club 518-358-2963

## June Ride to Nowhere

Sign up- hop in the van and only the driver knows Where we are Going!

**Tuesday, June 24, 2025**

**Leave the Senior Center at 12:45 pm**

Call to Register with Katie or Tenisha in the Activities office at 518-358-2963.



***Make sure you check out our Facebook page  
"Office for the Aging Saint Regis Mohawk Senior Center"  
for any updates, events or changes in the menu!***





**St. Regis Mohawk Office for the Aging**  
**71 Margaret Terrance Memorial Way**  
**Akwesasne, NY 13655**

\*Newsletters may also be received by e-mail

**Phone: 518-358-2963**

**Fax: 518-358-3071**

**Mon-Fri: 8am to 5pm**

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 PERMIT # 4

If you are not the Addressee, please  
 notify us of our mistake.

**To Addressee or Current Resident:**

## Services Available Through the OFA

If the services you need  
 are not listed, phone us  
 and we can assist with  
 referrals to appropriate  
 agencies.

Visit us on our Web  
 Page:

[www.srmt-nsn.gov/  
 programs/  
 office\\_for\\_the\\_aging](http://www.srmt-nsn.gov/programs/office_for_the_aging)

**Or Facebook:**

Office for the Aging Saint  
 Regis Mohawk Senior  
 Center

**We're Here to  
 Serve You!**

- Case Management
- Legal Aid
- Handyman
- Home Visits
- Health Promotion
- Transport Services
- Caregiver Support
- Supper Bags
- Congregate Meals
- Nutrition Counseling
- Nutritional Education
- Home Delivered Meals
- Referrals
- Craft Activities
- Socialization
- Information & Assist..

## Activities in June:

June 5th & 6th– Senior Games!

June 10th– Upper Canada Playhouse show:

A Woman's Love List (Sign up with Senior Club)

June 12th– Coloring Contest Ends

June 13th– Father's Day Meal (Tickets needed)

June 18th– World Elder Abuse Awareness Day Event

June 20th– Craft Class: Greenhouse Figurine

National Vanilla Milkshake Day

June 24th– Ride to Nowhere

June 26th– Virtual Bowling Tournament

*Sign up for any Activities with Katie or Tenisha ASAP!*