



Moccasin Trail

ENNISKA / FEBRUARY 2026

Points of Interest:

- Pool Tournament on Friday Feb. 6th
- Smart Home Technology Class with Mohawk Networks on Feb. 20th
- Nutrition Workshop with Ally Hooker– 10 Tips for Adults, Every Monday in February
- Transportation Requirements for the Senior Center
- Cornhole League Starts Friday, Feb. 20th at 1pm



Inside this Issue:

Senior Club Page	2
Senior Book Club	3
Monthly Coloring Contest	4
New Years Eve Party	5
Calendar	6 & 7
February Craft Class	8
The Benefits of Beans	9
Love Your Heart This February	10
Birthdays	11



*National Dress
up Your Pet
Day 2026*

**We will be
Closed on:**

Monday, February 16th– Indigenous Peoples
Resiliency Recognition Day
Friday, February 27th– Planning Day



AKWESASNE SENIOR CLUB

Mailing Address: PO Box 1106, Akwesasne, NY 13655

Phone: (518) 358-2963

Email: srclubsecretary@gmail.com

2026 Membership Dues

Dues are now being accepted. The cost for the yearly membership is just \$10 and it entitles each member to the monthly newsletter and advance notice to events happening through the newsletter.

REMINDER: To those seniors who have reached the age of 80+ years, you are considered lifetime members and all we ask is that you contact us to update your information so we can mail you a new card.

PIE

Friday, February 13, 2026
1:00 pm

10 Regular Bingo Games
\$5 Single Pack
\$10 Double Pack

BINGO!

CALLING ALL BAKERS

We are kindly asking for your help with our fundraiser by donating a pie. Any type of pie would be greatly appreciated. If you are interested in contributing, please call 518-358-2963.



Club Office Hours

Mon. 11:00 am– 4:30 pm

Wed. 11:00 am– 4:00 pm

CLOSED: Tuesday, Thursday and Friday

LOTTERY TREE

The Akwesasne Senior Club is conducting another fundraiser, we have tickets for a chance at a lottery tree with \$200 worth of scratch-off tickets.

**Tickets are \$5.00 each or
3 for \$10.00**

Drawing Date- Feb. 13, 2026

Tickets will be sold at Monday Bingo and the office is open on Wednesdays at the Senior Center. If you have any questions, please call (518) 358-2963.

Volunteer Bingo Schedule

February 2nd
Barbara Lazore
Debbie Thomas

February 9th
Lorene Jackson
Darlene Chubb

February 16th
CLOSED

February 23rd
Barbara Lazore
Lynn LaFrance

*Please Call if you
cannot make your
volunteer day
518-358-2963*

**Next Senior Club Meeting Wednesday, April 22, 2026,
1:00 pm, all club members are welcome!**

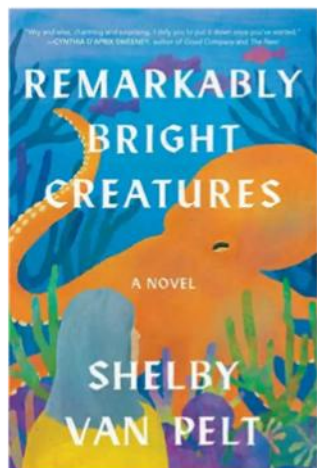


Senior BOOK CLUB



**FEBRUARY
BOOK:**

**Remarkably Bright Creatures
A Novel By: Shelby Van Pelt**



After Tova Sullivan's husband died, she began working the night shift at the Sowell Bay Aquarium, mopping floors and tidying up. Keeping busy has always helped her cope, which she's been doing since her eighteen-year-old son, Erik, mysteriously vanished on a boat in Puget Sound over thirty years ago. Tova becomes acquainted with curmudgeonly Marcellus, a giant Pacific octopus living at the aquarium. Marcellus knows more than anyone can imagine but wouldn't dream of lifting one of his eight arms for his human captors—until he forms a remarkable friendship with Tova. Ever the detective, Marcellus deduces what happened the night Tova's son disappeared. And now Marcellus must use every trick his old invertebrate body can muster to unearth the truth for her before it's too late. Shelby Van Pelt's debut novel is a gentle reminder that sometimes taking a hard look at the past can help uncover a future that once felt impossible.

Side Note: This book is becoming a movie with Sally Field in 2026!!!



Available Now in the Senior Center Lounge

Club Meeting:

Thursday, Feb. 26th 2025 at 1:00 pm in the Craft Room



SMART HOME TECHNOLOGY CLASS WITH MOHAWK NETWORKS

Friday, February 20, 2026

11:00 am-12:00 pm

In the Senior Center Craft Room

The goal of this session is to give everyone a clear, practical look at the most popular devices today—like the Echo Dot, smartwatches, and video doorbells—and how they actually work together.

The brief for the class includes:

- Visual Guide: Photos and features of top devices (Alexa, Nest, Smart Doorbell)
- Health & Safety: A look at how smartwatches and security cameras provide peace of mind
- Practical Examples: Demonstrating "routines" (e.g. how one command can lock the doors and adjust the heat).
- Interactive Discussion: A Q&A focused on privacy, setup, and saving on energy bills.



**MOHAWK
networks**

Contact Us

Brenda Cook from Mohawk Networks for Questions
518-358-2105

Sign up for the class with OFA Activities

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!**





Monthly Coloring Contest

January Winners:

Noonie Thomas (Exhale)
& Sally Hamelin (Sunrise)

The next coloring pages will be available at the
Senior Center

February 2nd and judging will be
Thursday, February 12th at 10:00 am



Upcoming 10 Tips for Adults Nutrition Workshop

Senior Health Improvement and Nutrition Education Workshop with Ally Hooker from SNAP-Ed

Series B Topics Covered:

Workshop 1- Eating Better on a Budget

Workshop 2- Plan Meals Ahead

Workshop 3- Purchasing Vegetables and Fruits at the Best Price

Workshop 4- Prepare Healthy Food and Beverages for an
Active Lifestyle



Begins: Monday, February 2, 2026 at 11:00 am (You can join a class any time)

Where: Office for the Aging Saint Regis Mohawk Senior Center- Craft Room

WARMING CENTER at Seniors

It would happen in the event of extreme weather or power outages. When we open as a warming center, it will be announced on CKON radio and on our Facebook page along with the Saint Regis Mohawk Tribes page.

Everyone is welcome at any age. It is not a shelter, you do not stay overnight. Just come in to get warm, charge any devices, or grab a coffee or food. If you have more serious issues, you can come in and we will help to find the right person or program to help.



2026



Happy NEW YEAR

New Year's Eve Fun—at Noon!

Our New Year's Eve celebration was a joyful success, filled with laughter, smiles, and a great crowd ready to ring in the New Year together. The room was festive with cheerful decorations, party hats, and plenty of sparkle to go around. Guests sipped sparkling juice from champagne flutes, adding a touch of flair to the occasion.



The highlight of the day was our special countdown at noon. As the clock ticked down, excitement filled the room—and when our “pretend stroke of midnight” arrived, the cheers erupted. There were hugs all around, big smiles, and plenty of laughter as everyone celebrated together.

It was a fun, feel-good way to welcome the New Year, and it was clear that everyone had a wonderful time. Thank you to all who joined us and helped make the celebration so memorable. Here's to another year of good times ahead!



Enniská/February 2026

Tsial'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wískhaton	Iahíà:khaton
1 5:00 Ace to King	2 Picante Chicken Rice Broccoli & Cauliflower Roll, Pears Activity: 10:00 Exercise Class 11:00 10 Tips for Adults Workshop 1:00 Bingo <i>National Tater Tot Day</i>	3 Baked Fish Rice Mixed Vegetables Roll Cookie, Pear Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class	4 Goulash Side Caesar Grapes, Roll Jell-O Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD	5 Chicken Burger with Tomato & Lettuce, Wax Beans Sweet Potato Fries Cherry Crisp Apple Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class	6 Open Face Turkey Mashed Potatoes Mixed Vegetables Mandarin Oranges Activity: 10:30 am Pool Tournament	7 5:00 Ace to King
8 5:00 Ace to King	9 Chicken Dumplings with Green Beans Carrots Pears Activity: 10:00 Exercise Class 11:00 10 Tips for Adults Workshop 1:00 Bingo <i>National Pizza Day</i>	10 Pork Chops Rice Mixed Vegetables Applesauce Mixed Berries with Whipped Cream Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class	11 Italian Wedding Soup, Toss Salad Mandarin Oranges Rice Pudding Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD 1:00 Craft Class Legal Aid Appointments	12 Mac N Cheese Chicken Stewed Tomatoes Brussel Sprouts Roll, Banana Activity: 10:00 Chair Yoga 10:00 Coloring Contest Ends 11:00 Mohawk Class 12:30 Mohawk Class	13 Meatloaf Mashed Potatoes Broccoli, Roll Fruit Cocktail Activity: <i>11:00 Galentine's Activities 1:00 Senior Club: PIE Bingo</i>	14 5:00 Ace to King 
15 5:00 Ace to King	16	17 Baked Chicken Wild Rice	18 Chili Roll	19 Hamburger Mixed Vegetables	20 Potato Crusted Cod	21 5:00 Ace to King

	CLOSED Indigenous Peoples Resiliency Recognition Day 	Green Beans Carrots Apple Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class	Carrot & Celery Sticks Rice Pudding Banana Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD	Sweet Potato Fries Melon Cup Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class 10:30 Shuffleboard Tournament	Boiled Potato Asparagus, Roll Pineapple, Cookie Activity: 11:00 Mohawk Networks Smart Home Class 1:00 Cornhole League Starts
22 5:00 Ace to King	23 Chicken Alfredo Roll Carrot & Celery Sticks Orange Activity: 10:00 Exercise DVD 11:00 10 Tips for Adults Workshop 1:00 Bingo National Banana Bread Day	24 Tomato Soup Tuna Sandwich Pears Chocolate Pudding Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class	25 FEBRUARY BIRTHDAY PARTY! Roast Beef, Gravy Mashed Potato Mixed Vegetable Roll, Banana Black Forest Cake Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD	26 Salisbury Steak With Mushroom Gravy, Veggies Mashed Potato Roll, Melon Cup Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class	27 CLOSED Planning Day 
22 5:00 Ace to King	28 5:00 Ace to King				

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 and if you would like Grab n Go instead. Just make sure it's BEFORE 9:30 am at **518-358-2963**.

Morning pickup is at 9:30 am— Please call before 9:00 am.

Daily meal suggested contribution for seniors 55+ is \$3.00 U.S.

Community members under 55 are also welcome— suggested contribution is \$5.00 U.S.

Menu is subject to change due to Supply Availability.

Salads are no longer an option due to seasonal supply/freshness.






FEBRUARY CRAFT CLASS

WEDNESDAY, FEB. 11, 2026
1:00 PM
SENIOR CENTER CRAFT ROOM
SIGN UP WITH ACTIVITIES (518) 358-2963

We will be making trinket dishes using a blank ceramic tray, decorative napkins, Mod Podge, brush and beads or paint for the rim.

SRMT Office for the Aging **TRANSPORTATION REQUIREMENTS**

These requirements are not new. If you need transportation please call Katie or Judy at (518) 358-2963 and they will schedule you with an available driver

- Only shopping and pickup/delivery services are available – Medical transports must be coordinated with Outreach at SRMT Health Services (518) 358-3141
- Name, age, phone number and address are required when scheduling. When on transportation, we have a form that needs to be filled out
- NO Transportation available between the hours of 10:00 a.m.-1:00 p.m. due to the Home Delivered Meal deliveries
- Same day transportation cannot be guaranteed due to staffing and vehicle availability
- Client must live alone and have no other source of transportation
- Must reside in Akwesasne and be over the age of 55
- Transportation services are available to seniors only
- A voluntary contribution of \$5.00 per trip is suggested
- We do allow SRMT pharmacy medication pick-up and delivery



The Benefits of Beans

Legumes are a versatile and economical source of protein that is often overlooked and undervalued in our food supply. They also offer numerous health benefits and have the potential to improve the diet quality and long-term health of those who consume them regularly. The recently released 2020-2025 Dietary Guidelines for Americans recommended a shift in our food sources of protein from red and processed meats (hot dogs and sausage) to include more plant-based proteins such as beans, peas, and lentils. Both the DASH and Mediterranean diet plans encourage regular consumption of legumes.

What are Legumes?

They have a unique nutrient profile that fits into both the protein and vegetable food groups. Dried beans can be found in the grocery store in both dried and canned forms.

Nutritional Benefits

Beans are an excellent source of plant protein and rich in micronutrients such as B vitamins, selenium, potassium, zinc. Although it used to be thought that vegetarians and vegans had to pair legumes with grains at every meal to create a “complete” protein it is now understood that a variety of plant foods eaten throughout the day works just as well. Replacing animal proteins with dried beans can lower intake of saturated fat and sodium while increasing intake of dietary fiber. One half cup of cooked dried beans contains approximately 115 calories and 8 grams of protein.

What about Antinutrients?

Some have raised concern that legumes contain “antinutrients” that reduce their nutritional value or cause harm if ingested. Raw legumes contain compounds such as lectins, phytates, and tannins that can interfere with digestion and absorption of some nutrients. Fortunately, soaking and cooking beans significantly reduces the levels of antinutrients, except for undercooked kidney beans antinutrients have not been shown to cause any ill effects in humans.

Preparing dried beans for use in meals and recipes

Dried beans are the most economical way to include beans in your diet. The cost of one 1/2 cup of dried beans is about 1/3 the cost of canned beans. Dried beans need to be soaked prior to cooking. The Hot Soak method is recommended method because it reduces cooking time and gas-producing compounds and produces consistently tender beans. The Traditional Soak method is best for pressure cooking beans.

Cooking the Beans

To cook soaked beans, add fresh cold water to fully cover the bean. Maintain water a gentle simmer during cooking to prevent split skins. Keep beans covered with water during the cooking process. Add cold water periodically during cooking to ensure the beans are covered. When fully cooked the beans will be tender but not mush. To cook beans more quickly try using a pressure cooker using the manufactures instructions. One pound of dried beans (about 2 cups) is equal to 6 cups of cooked beans. If short on time, beans in the canned form can be substituted in more recipes. While canned beans offer the most convenience, they will be higher in sodium than dried beans. Of using canned beans, consider rinsing before adding to your favorite recipe to reduce the sodium content. One 15 oz can of beans is equivalent to 1 3/4 cups of cooked beans.



Love Your *Heart* This February

Small Steps
to a Healthier
Heart

Take Action This Month

- Move More: Aim for 30 minutes of walking, chair exercises, or light yoga 5 days a week.
- Eat Smart: Reduce salt, and eat more heart-healthy foods like fruits, vegetables, and lean proteins.
- Know Your Stats: Schedule a check-up to monitor your blood pressure, cholesterol, and blood sugar.
- Quit Smoking: Take the first step toward a smoke-free life.
- Manage Stress: Try meditation, deep breathing, or spending time with friends.

Heart-Healthy Tips for Seniors

- Go Red: Join us on Friday, February 6, 2026, for National Wear Red Day to raise awareness.
- Reduce Sodium: Use herbs and spices instead of salt to flavor food.
- Smart Snacking: Choose nuts, berries, or yogurt instead of processed snacks.

Know the Warning Signs- Do not wait to seek help if you experience:

- Chest discomfort or pain
- Pain in arms, neck, jaw, or back
- Shortness of breath
- Sudden dizziness or light-headedness

Call 613-575-2000 or

 518-358-9200

Immediately if you suspect a heart attack.

Know Your Numbers: Track blood pressure, cholesterol, and BMI.

Move More: Aim for 30 minutes of moderate activity, 5 days a week.

Eat Smart: Focus on leafy greens, fruits, whole grains, and healthy fats (avocados, nuts).

Reduce Sodium: Use herbs and spices instead of salt to flavor food.

Stop Smoking: It's never too late to quit and protect your heart. Call to Action: "Ask your doctor about a FREE cardiovascular screening today!"



Satonháren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

- 1- Irene Cook
- 2- Mary Wainman
- 3- Frank Hutt
- Paulette Hamelin
- 7- Helen Chubb
- 10- Artie Jacobs
- Emily Thompson
- 11- Lucille Peters
- 12- Helen Arno
- 13- Guilford White
- 15- Lorene Jackson
- Dyan Swamp

- 17- Hazel Bero
- Cecelia Thomas
- Everett Hampton
- 18- Robert Lazore
- 19- Phyllis Jacobs
- Joyce Laffin
- 20- Kathy Therrien
- Rick Ransom
- Josephine Carney
- 22- Margaret Montour
- 24- Ruth Bell

- 25- Mary Hopkinson
- 27- Sylvia Lauzon
- 28- Rose Thompson

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



January Tournament Winners

The two winners of our Pool Tournament held on Friday, Jan. 9th:
1st Place— Bill Arquette
2nd Place— Emily Tarbell

The shuffleboard winners for the tournament held on Jan. 16th:
Jeff & Hilde Barnes



SRMT OFFICE FOR THE AGING

CORNHOLE LEAGUE

STARTS: FRIDAY, FEBRUARY 20, 2026

1:00 PM

SIGN UP WITH A TEAMMATE IN MIND OR WE'LL FIND YOU ONE

- We will set up 2 sets of boards in the dining room
- Please call to sign up before with Activities (518) 358-2963
- We would like to make it every Friday depending on participation
- Just for fun!





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

Presorted Standard
 US Postage Paid
 Akwesasne, NY
 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..

February Activities

Feb. 2nd: 10 Tips for Adults Workshop and
 National Tater Tot Day

Feb. 6th: Pool Tournament 10:30 am

Feb. 9th: 10 Tips for Adults Workshop and
 National Pizza Day

Feb. 11: Craft Class

Feb. 13th: Galentine's Party/Pie Bingo

Feb. 20th: Mohawk Networks Class

Cornhole League starts at 1:00 pm

Feb. 23rd: National Banana Bread Day
 10 Tips for Adults Workshop