



Moccasin Trail

KENTENHKÓ:WA / NOVEMBER 2025

Points of Interest:

- Christmas Enchantment at Snye Rec. 11/6/25
- Mohawk Networks Class: Basics of Email 11/7/25
- Port Theater Movie 'Soul on Fire' 11/12/25
- Pool Tournament 11/13/25
- Plattsburgh Shop 11/14/25
- HEAP Renewal 11/17/25
- Craft Class 11/18/25
- Book of the Month: Old School Indian' Available in the Lounge



LET'S GATHER!

Wednesday, November 19, 2025

Activities start at 11:00 am

Meal served at 12:00 pm

Senior Club Pantry Bingo Game after lunch at 1:30 pm

PLEASE CALL BEFORE 9:30 AM TO RESERVE YOUR MEAL



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We will be Closed on:

Tuesday, Nov. 11th– Veterans Day
Friday, Nov. 21st– Planning Day
Thursday, Nov. 27th– Thanksgiving
Friday, Nov. 28th– American Indian Heritage Day



Akwesasne Senior Club Page



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.

On October 14th a group of elders were treated to a comedy show at the Upper Canada Playhouse, two comedians from the Maritimes entertained us with knee slappers and things that make you say "weh" during the "Senior Moments" performance.



Call to sign up early for the next play at the Upper Canada Playhouse on December 10th. The show is "A Christmas Carol". Members who are currently active will pay just \$10 to hold their seat. Inactive members will need to pay \$25.00, non-refundable.



Senior Club Meeting

Thursday, December 11, 2025

At 12:30 pm in the Craft Room

All members are invited and encouraged to attend, bring a friend and some ideas as to what you would like to see as far as club activities go.

Our Condolences to the family and friends of Abe Gray. We will all miss his humor, his laugh, and his pool playing heckling very much here at the Senior Center.



Club Office Hours

Mon. 11:00 am– 4:30 pm

Wed. 11:00 am– 4:00 pm

**CLOSED: Tuesday,
Thursday and Friday**

Quilt Raffle

We are currently selling tickets for a beautiful Quilt that was hand made by two talented elders from our community. The tickets are just \$10 each or 3 for \$20, they can be purchased at the senior club office or from members who have graciously volunteered to sell.



The Akwesasne senior club wishes to take this opportunity to thank everyone who made a donation, set up a table, and volunteered at this years Annual Craft Fair.



Caroline Bigtree:
Winner of the \$50
HappyEats Gift Card



Martha Cook:
Winner of the \$500
Cash Prize

Volunteer Bingo Schedule

November 3

Barbara Lazore
Debbie Thomas
Lorene Jackson

November 10

Darlene Chubb
Ruth Bell
Caroline Tarbell

November 17

Dorothy Shatlaw
Lorene Jackson
Debbie Thomas

November 24

Darlene Chubb
Ruth Bell
Debbie Thomas

Akwesasne Senior Club Hosts Volunteer Appreciation Dinner



The Akwesasne Senior Club recently hosted an appreciation dinner to thank everyone who has supported the club throughout the year— whether by helping at events or contributing to fundraisers.

Each guest took home a Volunteer Survival Kit and a prize from the fun games played throughout the evening. The delicious dinner was catered by Aleesha King, with appetizers provided by Three Feathers Café.

Four past officers Diane McDonald, Charlene Sunday, Lynn LaFrance and Patty Herne were honored with a bouquet of splint flowers, beautifully handcrafted by Denise Jock, in recognition of their dedication and service over the years.

The officers of the Akwesasne Senior Club extended their heartfelt gratitude to everyone who continues to make a difference through their time, generosity, and spirit.

As a reminder of the evening's theme, the night closed with a meaningful quote by Sherry Anderson: "Volunteers don't get paid, not because they are worthless, but because they are priceless"



OFA November Activities

Wednesday, November 5th	National Donut Day
Thursday, November 6th	Christmas Enchantment at the Snye Rec. Lunch is served at 12:00 pm (page 10)
Friday, November 7th	Mohawk Networks— Basics of Email Class (page 10) Coloring Contest Ends at 10:00 am
Wednesday, November 12th	Port Theater Movie 'Soul on Fire' matinee (page 4)
Thursday, November 13th	Pool Tournament, starts at 10:30 am
Friday, November 14th	Plattsburgh Shopping Trip
Tuesday, November 18th	Craft Class (page 8) National Mickey Mouse Day— Wear your Disney items to win a Prize!
Wednesday, November 19th	Thanksgiving Meal— Pantry Bingo with the Senior Club after lunch!
Thursday, November 20th	Box Lunch Bingo at Iakhihsotha, leave Senior Center at 11:15 am
Tuesday, November 25th	Book Club Gathering with Charity (Brad) Lazore
Wednesday, November 26th	National Cake Day

**To signup or renew your
HEAP application call:
(518)358-2834**



SENIOR CENTER SNOW REMOVAL

For our returning clients: Last year's renewals were handled by Andrew, and all existing accounts should be up-to-date. If you have any questions about your renewal, please feel free to reach out to Andrew.

For new clients: We are now opening our services to a limited number of new clients. If you are interested, please contact us to learn more.

WE CURRENTLY HAVE 14 SPOTS AVAILABLE!

Call Andrew at
the Senior Center

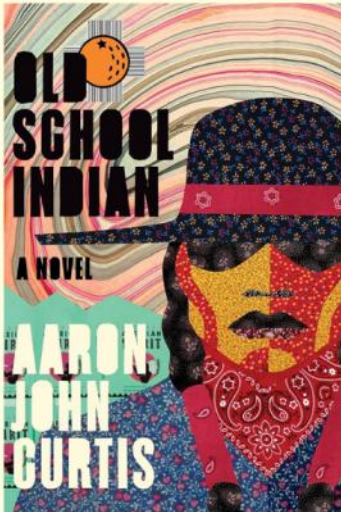
518-358-2963



Senior BOOK CLUB

NOVEMBER
BOOK:

Old School Indian: A Novel
By: Aaron John Curtis



Abe Jacobs is Kanien'kehá:ka from Ahkwasasne—or, as white people say, a Mohawk Indian from the Saint Regis Tribe. At eighteen, Abe left the reservation where he was raised and never looked back. He met the love of his life, started writing poetry, and began an open marriage.

Now at forty-three, Abe is suffering from a rare disease—one his doctors in Miami believe will kill him. Running from his diagnosis and a marriage teetering on collapse, Abe returns to the Rez, where he's persuaded to undergo a healing at the hands of his Great Uncle Budge. But Budge—a wry, recovered alcoholic prone to wearing punk T-shirts—isn't all that convincing. And Abe's time off the Rez has made him a thorough skeptic.

To heal, Abe will undertake a revelatory journey, confronting the parts of himself he's hidden ever since he left home and wrestling with the imprint left by his once-passionate marriage.

Delivered with crackling wit and heart-wrenching tenderness, *Old School Indian* is a striking exploration of the power and secrets of family, the capacity for healing and intimacy, and the ripple effects of history and culture.

Aaron John Curtis is an enrolled member of the Saint Regis Mohawk Tribe, which he'll tell you is the white name for the American side of Akwesasne. Aaron has judged for the Center for Fiction's First Novel Prize, the Southern Independent Booksellers Alliance prizes, the 2019 Kirkus Prize for Nonfiction, and the 2021 National Book Award for Nonfiction. Since 2004, Aaron has been Quartermaster at Books & Books, Miami's largest independent bookstore. He lives in Miami.



Available Now in the Senior Center Lounge

Club Meeting:

Thursday, November 25, 2025 at 1:00 pm in the Craft Room
Meet the Author at the Akwesasne Cultural Center this Month!



Monthly Coloring Contest

October Winners:

Diane McDonald & Carol Lee Lazore

The next coloring pages will be available at the Senior Center


November 3rd and judging will be

Friday, November 14th at 10:00 am









Kentenhkó:wa/November 2025

Tsia't'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wískhaton	Iahì:khaton
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<p>1</p> <p>5:00 Ace to King</p> <p>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</p> <p>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.</p> <p>Menu is subject to change due to Supply Availability.</p> 						
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2	5:00 Ace to King	3 Fish on a Bun Fries Mixed Vegetables Pineapple Chunks Activity: 8:30 Exercise Class 11:00 10 Tips for Adults (Last Class) 1:00 Bingo	4 Beef Stroganoff Green Beans Roll Peaches Banana Pudding Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class	5 Chef Salad Roll Mandarin Oranges Cookie Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD <i>National Donut Day!</i>	6 Spaghetti with Meatballs Caesar Salad Roll Watermelon Activity: 10:00 Chair Yoga 11:00 Mohawk Class 11:15 Christmas Enchantment 12:30 Mohawk Class	7 Baked Chicken Boiled Potato Mixed Vegetable Roll, Ambrosia Grapes Activity: 10:00 Mohawk Networks Class: Basics of Email 10:00 Coloring Contest Ends	8 5:00 Ace to King
9	5:00 Ace to King	10 Salisbury Steak Potato Wedges	11	12 Greek Salad Roll	13 Tomato Soup Tuna Sandwich	14 Beef Stir Fry Rice	15 5:00 Ace to King

	<p>Mixed Vegetables Roll Fruit Cocktail</p> <p>Activity: 10:00 Exercise DVD 1:00 Bingo, lakhishsotha Joining!</p>	<p>CLOSED</p> <p>Veterans Day</p> 	<p>Berries with Whipped Cream Chocolate Pudding</p> <p>Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD 11:45 Leave for Port Theater Movie— pg 4</p>	<p>Roll Melon Cup</p> <p>Activity: 8:30 Plattsburgh Shopping Trip</p>		
<p>16 5:00 Ace to King</p>	<p>17 Sweet Potato Soup Chicken Sandwich Mixed Berries with Whipped Cream</p> <p>Activity: 10:00 Exercise DVD 1:00 Bingo</p>	<p>18 Cheesy Chicken Casserole Mixed Veggies Roll Cherry Crisp, Orange</p> <p>Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class 1:00 Craft Class <i>National Holiday: Mickey Mouse Bday!</i></p>	<p>19 Thanksgiving Meal Turkey, Stuffing Sweet Potatoes Green Bean Casserole, Roll Cranberries Apple/Pumpkin Pie</p> <p>Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD 12:45 Pantry Bingo!</p> 	<p>20 French Toast Sausage Links Scrambled Eggs Sliced Tomato Melon Cup Orange Juice</p> <p>Activity: 10:00 Chair Yoga Mohawk Networks 11:00 Mohawk Class 11:15 Box Lunch Bingo at lakhishsotha 12:30 Mohawk Class</p>	<p>21</p> <p>CLOSED</p> <p>Planning Day</p> 	<p>22 5:00 Ace to King</p>
<p>23 5:00 Ace to King</p>	<p>24 Baked Potato Soup Chicken Salad Sandwich Mixed Berried with Whipped Cream</p> <p>Activity: 10:00 Exercise DVD 10 Tips for Adults 1:00 Bingo</p>	<p>25 Baked Ziti with Sausage Roll Cauliflower Orange</p> <p>Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class 1:00 Book Club Gathering</p>	<p>26 Birthday Meal Ham Mashed Potato Broccoli Roll Cake with Fruit Topping</p> <p>Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD <i>National Cake Day!</i></p> 	<p>27</p> <p>CLOSED</p> <p>Thanksgiving Day</p> 	<p>28</p> <p>CLOSED</p> <p>Indigenous Peoples Day</p> 	<p>29 5:00 Ace to King</p>
<p>30 5:00 Ace to King</p>						



NATIONAL CAREGIVER MONTH



Dear Caregiver,

We at the Saint Regis Mohawk Tribe Office for the Aging (SRMTOFA) want to take a moment to recognize and honor the incredible role you play in the lives of your loved ones. Being a caregiver is a selfless and demanding responsibility, and your dedication does not go unnoticed. Whether you are providing care for a parent, spouse, or friend, your efforts are invaluable.

To support you in this journey, SRMTOFA offers a variety of resources and programs designed to ease your caregiving responsibilities and enhance your well-being. These include:

- **Educational Tools:** Access to guides, workshops, and training to help you navigate caregiving challenges
- **Emotional Support:** Counseling and support groups to connect with others who understand your experiences.
- **Practical Assistance:** Information on respite care, financial aid, and other services to help balance your caregiving duties.

Our mission is to empower you with the tools and support you need to care for your loved ones while also taking care of yourself. Please don't hesitate to reach out to us for guidance or to explore the resources available to you.

Thank you for all that you do. You are not alone on this journey, and we are here to help.

Contact: Rachel Jacobs, Family Caregiver Support Counselor

Phone: (518) 358-2963 ext., 3318

Program funded by OAA Title III, Title VI, and Tribal General Fund

November Craft

Pressed FLOWER Pumpkin

Tuesday, November 18, 2025

This cute and simple craft is fun for anyone! Charity (Brad) Lazore from the Akwesasne Cultural Center will be teaching us how to make a vase out of book pages with false flowers.

Call to sign up with Katie or Tenisha 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!*



Healthy Meal Planning: Tips for Older Adults

Eating healthfully and having an active lifestyle can support healthy aging. Use the information below to learn about different patterns of healthy eating and ways to create a nutritious meal plan.

Older adults' unique nutrition needs

Simple adjustments can go a long way toward building a healthier eating pattern. Follow these tips to get the most out of foods and beverages while meeting your nutrient needs and reducing the risk of disease:

- Enjoy a variety of foods from each food group to help reduce the risk of developing diseases such as high blood pressure, diabetes, and heart disease. Choose foods with little to no added sugar, saturated fats, and sodium.
- To get enough protein throughout the day and maintain muscle, try adding seafood, dairy, or fortified soy products along with beans, peas, and lentils to your meals.
- Add sliced or chopped fruits and vegetables to meals and snacks. Look for pre-cut varieties if slicing and chopping are a challenge for you.
- Try foods fortified with vitamin B12, such as some cereals, or talk to your doctor about a B12 supplements.
- Reduce sodium intake by seasoning foods with herbs and citrus such as lemon juice.
- Drink plenty of water throughout the day to help stay hydrated and aid in the digestion of food and absorption of nutrients.
- Avoid sugary drinks.



USDA Food Patterns

Eating habits can change as we grow older. The USDA has developed Food Patterns to help people understand different ways they can eat healthy. The food patterns include:

Healthy U.S. Style Eating Pattern. This is based on the types of foods Americans typically consumed. The main types of food in this eating pattern include a variety of vegetables, fruits, whole grains, fat-free or low-fat dairy, seafood, poultry, and meat, as well as eggs, nuts, seeds, and soy products.

Healthy Mediterranean-Style Eating Pattern: This one contains more fruits and seafood and less dairy than the Healthy U.S.– Style Eating Pattern.

Healthy Vegetarian Eating Pattern: This pattern contains no meat, poultry, or seafood, but does contain fat-free or low-fat dairy. Compared with the Healthy U.S.-Style Eating Pattern, it contains more soy products, eggs, beans and peas, nuts and seeds, and whole grains.



In honor of National Mad Hatter Day on October 6th— We wore silly hats and did a draw for an Edith May Gift Card. Theresa Martin won!

Medicare Update: 2025 Part D Open Enrollment

Enrollment begins on **October 15, 2025**
and ends on **December 7, 2025**

We can take a look
at all of your health
plan choices for the
upcoming 2026 year.



SAINT REGIS MOHAWK TRIBE
Office for the Aging



HEALTH INSURANCE
HIIICAP
INFORMATION, COORDINATING & ASSISTANCE PROGRAM

For a private consultation, call (518) 358-2834 to set up an appointment. Funded by, Title VI MIPPA, HIIICAP and NY Connects

Weekly Senior Shopping

EVERY THURSDAY
TO MASSENA WALMART
1:00 PM

55 years
or older

DETAILS:

- Morning pick up is at 9:30 am if you sign up for lunch. For only shopping; pickup time is 12:45 pm.
 - Lunch details: Call before 9:30 am to reserve a meal. Suggested donation of \$3.00: (518) 358-2963
- Pick up is on the Southern portion of Akwesasne (U.S.)
- Transportation Agreement Form must be filled out.
- Suggested donation for any transportation service with us is \$5.00.



Saint Regis Mohawk Tribe Office for the Aging
29 Margaret Terrance Memorial Way
(518) 358-2963



MOHAWK
networks

Presents:

Basics of Email Class

Friday, November 7, 2025

10:00 am-11:00 am

Organizing you inbox

The second session will take place January 9, 2026 and will focus on getting started with new devices received over the holidays such as tablets, smart phones and doorbells.

Please register with Katie or Tenisha 518-358-2963

Christmas Enchantment 2025

Thursday, November 6th

Snye Recreation

11:30 am Leave the Senior Center

Lunch Served at Noon

\$10 a sheet of tickets, at par

Call Senior Center Activities Dept.

if you would like a ride

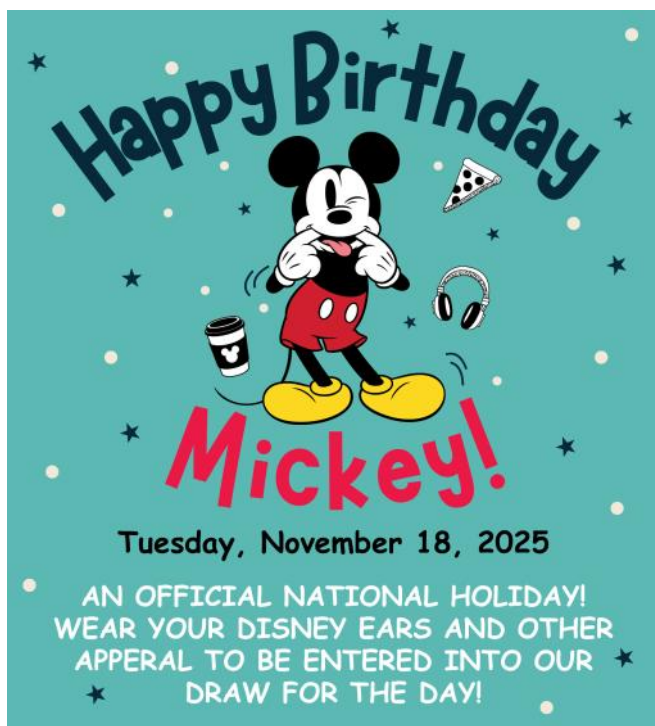


Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

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|--------------------|------------------------|---------------------|
| 2- Linda Labaff | 17- Lila Lazore | 26- Jackie Tarbell |
| Lola Arquette | Gerald Rubado | 27- Valerie Truax |
| Dolores Thompson | Margaret Terrance | 28- Florence Cook |
| 3- Edward Tarbell | 19- Sharon Thompson | Larry David |
| 5- Susan Caldwell | 21- Loretta David | 29- Sarah Cardinell |
| 7- Stanley Burnham | 22- Debby Billings | |
| Vicky Phillips | Carol C. White | |
| 8- Carl Thompson | Sharon Loran | |
| 9- Leona Cook | 23- Millie Cook | |
| Elaine Thompson | 24- Katherine Thompson | |
| 14- Sylvia Bero | Terry Garrow | |
| Shirley Oakes | 25- John Cook | |
| 15- Jamie Ross | Judy Laffin | |

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



We would like to extend our sincerest thanks to the SRMT Tribal Police for a wonderful community visit. We truly enjoyed the pleasant conversation, and we are grateful for the refreshments you shared!





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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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..



*See Page 3 for Details on
 November Activities!*