



Moccasin Trail

KENTÈNHA / OCTOBER 2025

Points of Interest:

- Line Dancing is BACK!
Fri. 10/3 at 10:00 am!
- Flu Clinic in Sunroom 10/6 at
10:00– 1:00 pm
- Pumpkin Inferno 10/8
- Coffee with Cops 10/9 at
11:00 am
- Box Lunch Bingo at
Iakhihsotha 10/15
- Scrabble Tournament 10/16,
starts at 10:30 am
- PUBLIC HEARING 10/22
- Red Ribbon Week!
Oct. 27– Oct. 31st

Halloween Party

OCTOBER 31ST | 10:30 AM

THEMED SNACKS & DRINKS
GAMES
PUMPKIN DECORATING CONTEST (HAND IN BY 10AM)
COSTUME CONTEST (JUDGING AT 11:45 AM)
LUNCH MENU: OPEN FACE ROASTED TURKEY,
VEGGIES, ORANGE, LEMON FLUFF

Please Note:
The Kanatakon school kids costume parade will be the
SAME DAY! Friday, October 31st at 8:30 am.
Please join us dressed in costume and hand out treats!



Trip to Thompson Island Cultural Camp; Pictured: Sharon Sunday, Doris Burns, Elizabeth Perkins, Lori Dow, Virginia Willie, Brian Thomas, Ann Bonaparte, DJ Lazore, Barbara Lazore, Lorene Jackson, Christine Horn, Debbie Cook Jacobs, Diane Boots, Norman Peters, Jessica Shenandoah. More on page 4.....

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**We will be
Closed on:**

**Monday, Oct. 13th– Indigenous People Day
Friday, Oct. 24th– Planning Day**



Akwesasne Senior Club Page



2026 Membership Dues

We are currently accepting and encourage all members to avoid missing out on the monthly newsletter and invitations to events in the upcoming year. Stop in at the Senior Club Office on Monday or Wednesday and see Sharon or Cecelia to make your payment of \$10 before the end of the year.



Vendors begin setting up Friday night from 4-6:00 pm and Saturday morning begin at 8:00 am.



Quilt Raffle

Quilt raffle tickets are available for distribution, all of our senior club members are encouraged to seek buyers to help support our fundraiser. Stop in the office and grab your tickets today. Tickets are just \$10 each for a chance to win a beautiful hand quilted piece of artwork.



Senior Club Meeting

Thursday, Oct. 9th at 12:30 pm
Senior Center 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.

Club Office Hours

Monday 11:00 am– 4:30 pm
Wednesday 11:00 am– 4:00 pm
*CLOSED: Tuesday,
Thursday and Friday*



Volunteer Bingo Schedule

October 6th
Caroline Tarbell
Debbie Thomas
Ruth Bell

October 13th
CLOSED

October 20th
Barbara Lazore
Vicky Phillips
Lynn LaFrance

October 27th
Lorene Jackson
Debbie Thomas
Dorothy Shatlaw



Upper Canada Playhouse Show "Senior Moments"

Starts at 2:00 pm on Tuesday, October 14th
The boys are back...or are they? Jimmy and Lucien probe the mysteries and wonders of aging with their series of non sequiturs, one-liners, memory lapses and belly-laughter-provokin' jokes. They guarantee plenty of laughs and absolutely no nudity!
Sign up with the Senior Club Monday or Wednesday!

Our sincere condolences go out to the family and friends of the late Linda Printup. She will be missed.



From the Director's Desk



Shè:kon,

Our Vision is that the senior center should feel like home where everyone is treated with kindness, respect, and understanding. Here are some gentle reminders for everyone coming to the Senior Center and participating in programming. First, if you are unhappy or dissatisfied with something, please do not vent your frustrations on the staff or your fellow elders. We have a grievance procedure. In a nutshell, write down your issue and give to the Director, Lora Lee. She will meet with the staff involved and give you back a written response with what actions were taken. If you are not satisfied with the response, you can ask that the grievance be sent to the Executive Director's Office for further discussion.

Secondly, while at the seniors center we ask that you remember you are in public place. You may be asked to leave if your behavior prevents staff from doing their job or elders from enjoying the services and programs we provide. This includes swearing, yelling, threats, ignoring the directions of staff, or physical violence. All elders are welcome to the senior center regardless of race, gender, creed, sexual orientation, nation of origin, or tribal affiliation. Please treat everyone how you would want to be treated, with kindness and understanding.

We also wanted to make people aware that our priority is the neediest in our community. In other words, those elders that need the most help in order to remain safe in their homes and the community. We provide the extra assistance these elders need to be able to fully participate and enjoy what the senior center has to offer. Not every elder needs this level of assistance. However, if during your visit you need help, please don't hesitate to ask.

There are two ways you can make your opinion and needs known. First is to participate in the Needs of Our Elders survey. The survey is done in writing and takes about 15 minutes to complete. Staff are available to assist with completing a survey. We use the information for many purposes such as funding applications and service planning. We will be taking completed surveys until October 31. Secondly, consider sitting on the Office for Aging Advisory Council. We will be doing a call out new members. Advisory Council members help review funding applications, comment on service designs, run the Public Hearing, and help the Director with questions on policy and procedures.

I thank you for your cooperation and look forward to seeing you at the center,

Lora Lee LaFrance

Line Dancing is BACK!



Starts Friday, October 3, 2025 at 10:00 am

Our classes are open to people who have a strong desire to be healthier and have fun!

This class will be held in the sunroom. Only need to bring comfortable shoes and clothes.





Thompson Island Trip



On September 11th we took a day trip to Thompson Island Cultural Camp. Upon arrival we were greeted with a nutritious & delicious breakfast. After breakfast we toured the Island, learning about different plants the Island had to offer. We then ate a hearty lunch of Corn Soup and Fry Bread. The day was beautiful and we had a wonderful time. We hope to visit again next year! Thank you, Norman Peters, Jessica Shenandoah as well as the ladies who worked their magic in the kitchen. You all made the day great!

October OFA Activities

Monday, October 6th

1. Mad Hatter Day– Wear a crazy/funny hat for a chance to win a \$50 gift card!
2. Flu Shot Clinic 10:00 am-1:00 pm

Tuesday, October 7th

Chocolate Covered Pretzel Day (snack at 11am)

Wednesday, October 8th

Pumpkin Inferno drive thru at Upper Canada Village. Leave at 6:00 pm (tickets are free, must buy your dinner)

Thursday, October 9th

Coffee with Cops at 11:00 am– Visit and enjoy free coffee and donuts

Tuesday, October 15th

1. Box Lunch Bingo at Iakhihsotha (leave at 11:15)
2. National Cheese Curd Day

Thursday, October 16th

In honor of National Dictionary Day– We will be hosting a SCRABBLE TOURNAMENT! Starts at 10:30 am

Monday, October 20th

Iakhihsotha Elders coming for lunch and bingo!

Tuesday, October 21st

National Apple Day

Wednesday, October 22nd

1. Public Hearing starts at 11:00 am
2. Craft Class: Pressed Flower Pumpkins

Monday Oct. 27th– Friday, Oct. 31st






Red Ribbon Week! See page 5 for details

Friday, October 31st

1. Kanatakon School Costume Parade– 8:30 am arrival
2. Pumpkin Decorating Contest– Pumpkins need to be handed in by 10:00 am
3. Games start at 10:00 am
4. Costume Judging is at 11:45 am (before lunch)





Monday, Oct. 27th RED DAY	Wear red clothing or a red ribbon skirt/shirt to show that you are RED-y to live drug-free!	
Tuesday, Oct. 28th JERSEY DAY	Team up against drugs by wearing your favorite sport jersey!	
Wednesday, Oct. 29th TIE-DYE DAY	Don't get tied up with drugs! Wear your favorite tie-dying clothing.	
Thursday, Oct. 30th SAFARI DAY	Drugs can't find me! Wear camouflage or animal print clothing	
Friday, Oct. 31st COSTUME DAY	Wear your Halloween costume and say "BOO" to drugs!	

The Alcohol/Dependency Prevention Program of the Saint Regis Mohawk Tribe encourages all community members to participate in Red Ribbon Week to promote living a drug-free healthy lifestyle. Throughout the week the community, including the schools and convenience stores will be participating.

Wear the theme of the day to the Senior center and your name will be entered into a drawing to win the prize of the day!














SAINT REGIS MOHAWK TRIBE
Alcoholism/Chemical
Dependency Prevention
Program



Red Ribbon serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities. Not just for a week, but for life!!

Kentenhya/October 2025

Tsiat'akhkhaton	Kiokierénhnton	Tekenihaton	Ahsénhaton	Kaierihaton	Wískhaton	Iahia:khaton
5 5:00 Ace to King 	6 Baked Potato Soup Chicken Sandwich Veggie Sticks Berries with Whip Activity: 8:30 Exercise Class 10:00 Flu Shot Clinic 11:00 10 Tips for Adults 1:00 Bingo National Mad Hatter Day: Wear a Silly Hat!	7 Cheese Burger with Lettuce, Tomato Mixed Veggies Sweet Potato Fries Yogurt, Orange Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class National Chocolate Covered Pretzel Day	8 Roast Pork Roasted Potatoes Mixed Vegetables Roll, Applesauce Grapes Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD 6:00 Pumpkin Inferno	9 BBQ Chicken Wild Rice, Asparagus Roasted Veg, Melon Cup, Cookie, Roll Activity: 10:00 Chair Yoga 11:00 Coffee with Cops 11:00 Mohawk Class 12:30 Mohawk Class 12:30 Club Meeting	10 Tomato Soup Grilled Cheese Sandwich Melon Cup Vanilla Pudding Activity: 10:00 Line Dancing	11 5:00 Ace to King
	12 5:00 Ace to King	13 Baked Pork Chop Butter Noodles Carnitas, Potatoes	15 Country Style BBQ Ribs, Potato Salad	16 Adirondack Salad, Wheat Roll	17 Baked Chicken Mac & Cheese	18 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 518-358-2963 . Community members under 55 are also welcome—suggested contribution is \$5.00. Menu is subject to change due to Supply Availability.			1 Strawberry Spinach Salad Wheat Roll Watermelon Cup Activity: 9:00– 1:00 Haircuts 10:00 Exercise DVD 5:00 AI Scam Presentation with Lifespan	2 Hot Roast Beef Sandwich Carrots Beans Banana Activity: 10:00 Chair Yoga 1:00 SLINGO: Scam Bingo with Lifespan	3 Baked Fish Baked Potato Mix Vegetables Roll Pears Cookie Activity: 10:00 Line Dancing FIRST CLASS! 	4  CRAFT FAIR 10:00 am to 4:00 pm 5:00 Ace to King

<p>CLOSED</p> <p>Indigenous People's Day</p> 	<p>Carrots, Broccoli Roll, Applesauce Fruit Cocktail</p> <p>Activity:</p> <p>10:00 Chair Yoga</p> <p>11:00 Mohawk Class</p> <p>11:30 Upper Canada Playhouse Show</p> <p>12:30 Mohawk Class</p> <p>National Dessert Day!</p>	<p>Mixed Vegetables Roll, Mandarin Oranges</p> <p>Activity:</p> <p>9:00-1:00 Haircuts</p> <p>10:00 Exercise DVD</p> <p>11:15 Box Lunch</p> <p>Bingo at Iakhihsotha National Cheese Curd Day!</p>	<p>Fruited Jell-O</p> <p>Activity:</p> <p>10:00 Chair Yoga</p> <p>11:00 Mohawk Class</p> <p>12:30 Mohawk Class</p> <p>10:30 Scrabble Tournament</p>	<p>Stewed Tomatoes</p> <p>Brussel Sprouts</p> <p>Roll, Apple</p> <p>Activity:</p> <p>10:00 Line Dancing</p> <p>12:45 Senior Club</p> <p>Craft: Sweater Pumpkins!</p>	
<p>19</p> <p>5:00 Ace to King</p>	<p>20 Spanish Rice</p> <p>Broccoli, Cauliflower Roll, Cantaloupe Slices, Cookie</p> <p>Activity:</p> <p>10:00 Exercise DVD</p> <p>11:00 10 Tips for Adults</p> <p>1:00 Bingo</p> <p><i>(Iakhihsotha coming for lunch and bingo)</i></p>	<p>21 Chicken Corn Chowder</p> <p>Carrot & Celery Sticks Roll, Jell-O, Peaches</p> <p>Activity:</p> <p>10:00 Chair Yoga</p> <p>11:00 Mohawk Class</p> <p>12:30 Mohawk Class</p> <p>National Apple Day!</p>	<p>22 Baked Haddock</p> <p>Fries, Coleslaw</p> <p>Pineapple Chunks</p> <p>Activity:</p> <p>9:00-1:00 Haircuts</p> <p>10:00 Exercise DVD</p> <p>11:00 PUBLIC HEARING (page 10)</p> <p>12:45 Craft Class</p>	<p>23 Garden Salad</p> <p>Garlic Bread</p> <p>Banana</p> <p>Chocolate Pudding Pie</p> <p>Activity:</p> <p>10:00 Chair Yoga</p> <p>11:00 Mohawk Class</p> <p>12:30 Mohawk Class</p>	<p>24</p> <p>CLOSED</p> <p>Planning Day</p>  <p>25</p> <p>5:00 Ace to King</p>
<p>26</p> <p>5:00 Ace to King</p> 	<p>27 Shepard's Pie</p> <p>Green Beans</p> <p>Gravy</p> <p>Roll</p> <p>Peaches</p> <p>Activity:</p> <p>10:00 Exercise DVD</p> <p>10 Tips for Adults</p> <p>1:00 Bingo</p> <p>WEAR RED DAY!</p> 	<p>28 Chicken Burger</p> <p>Pasta Salad</p> <p>Carrot & Celery Sticks</p> <p>Apple Crisp</p> <p>Activity:</p> <p>10:00 Chair Yoga</p> <p>11:00 Mohawk Class</p> <p>12:30 Mohawk Class</p> <p>JERSEY DAY!</p> 	<p>29 Birthday Meal</p> <p>Turkey</p> <p>Mashed Potatoes</p> <p>Mixed Vegetables</p> <p>Grapes</p> <p>Cake with Fruit Top-ping</p> <p>Activity:</p> <p>9:00-1:00 Haircuts</p> <p>10:00 Exercise DVD</p> <p>TIE-DYE DAY!</p> 	<p>30 Pulled Pork</p> <p>Sandwich</p> <p>Baked Beans</p> <p>Coleslaw, Banana</p> <p>Activity:</p> <p>10:00 Chair Yoga</p> <p>11:00 Mohawk Class</p> <p>12:30 Mohawk Class</p> <p>SAFARI/CAMO DAY!</p> 	<p>31 Open Face</p> <p>Roasted Turkey</p> <p>Mixed Vegetables</p> <p>Orange</p> <p>Lemon Fluff</p> <p>Activity:</p> <p>8:30 Costume Parade</p> <p>– Kanatakon School</p> <p>10:00 Pumpkins Due</p> <p>11:45 COSTUME Contest!</p> 

Join us for a "10 Tips for Adults" Nutrition Education Workshop

Series A Topics Covered:

Workshop 1- Introduction to MyPlate

Workshop 2- Make Half Your Plate Fruits and Vegetables

Workshop 3- Make Half Your Grains Whole Grains

Workshop 4- Vary Your Protein Routine

When: Monday October 6th, 20th, 27th and November 3rd

Time: 11:00am-12:00pm

Where: Saint Regis Mohawk Senior Center (29 Margaret Terrance Memorial Way, 13655)



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



Monthly Coloring Contest

September Winners: Ron Thomas & Catherine Cook

The next coloring pages will be available October 1st and judging will be Friday, October 10, 2025 at 10:00 am



COFFEE WITH COPS!

THURSDAY, OCTOBER 9, 2025

11:00 AM-12:30 PM



Saint Regis mohawk tribal police will be giving a brief presentation and bringing us coffee and donuts in honor of national coffee with cops day. this national movement focuses on building relationships between law enforcement and community members. Our menu that day is BBQ chicken with wild rice. Call before 9:30 am to join us for lunch.

Healthy Eating: Starting a Plan for Change

When you're ready to make some changes to your eating habits, having a plan for how you'll get started can help you succeed. Healthy eating is about balance, variety, and moderation. It means that you eat enough, but not too much, and that you eat a variety of foods that give you the nutrients you need to stay healthy.

Key steps in making a plan include:

- Having your own reason for changing your habits.
- Setting goals you can reach.
- Tracking your progress.
- Preparing for things that might get in your way.



Have your own reason. You are more likely to succeed if you do it because you want to, not because someone else wants you to. What makes you want to change how you eat? Writing down your reasons will be a good reminder later if you get discouraged.

Set goals you can reach. Long-term goals are goals that you want to reach in 6 to 12 months. Short-term goals are the steps that will help you reach your long-term goal. Short-term goals are things that you want to do tomorrow and the day after.

Here are some examples:

- A long-term goal might be to eat 5 servings of fruits and vegetables each day
- Your first small goal might be to eat 1 serving of fruit at breakfast each day this week
- When you reach that goal, you can set a new one by adding a serving of fruit or vegetables to your lunch or dinner. Or you could eat a piece of fruit as a snack each day

Keep track of your progress. Tracking your progress helps you see how far you've come. You could use a notebook or journal, a calendar, or an app on your smartphone to keep track of your eating. Look this over if you start to doubt yourself or feel discouraged. It can help motivate you to do more. And it can help encourage you if you get off track. Each time you meet a goal, reward yourself. Watch a movie, borrow a book from the library, or do something else you enjoy

Prepare for slip-ups. It's normal to try to change a habit, do fine for a while, and then have a slip-up. Take time to think about what things could get in the way of your success. By thinking about these barriers now, you'll be better prepared to deal with them if they happen. It might help to make a list of your barriers and your plans to get past them.





Saint Regis Mohawk Tribe

Chief Michael Conners
 Chief Donald Thompson, Jr.
 Chief Ross Garrow
 Sub-Chief Agnes Jacobs
 Sub-Chief Benjamin Herne
 Sub-Chief Derrick King

COMMUNITY NOTICE

For Immediate Release:

Office For the Aging Public Hearing Session to Take Place on October 22, 2025

AKWESASNE – (Seskehkó:wa/September 23, 2025) The Saint Regis Mohawk Tribe's Office For the Aging (OFA) is providing notification of a public hearing on **Kenténha/October 22, 2025 at 11:00 AM** at the OFA Senior Center located at 29 **Margaret Terrance Memorial Way, Akwesasne, NY.**

The purpose of the public hearing is to solicit input from older adults, caregivers, and community members about OFA's service plans for the upcoming 2026 program year, as well as a presentation on 2025 Programs and Services. Through community engagement efforts, OFA seeks to learn from local elders, caretakers, and others what needs and issues are important to Akwesasne's aging population.

The input provided by community members ensures OFA compliance with the Older Americans Act ensuring appropriate aging services are designed and delivered to each community based on their unique local needs and resources. In previous years, the comments gathered from the public hearing subsequently led to an increase in funding toward cultural programming and the number of exercise classes offered at the center.

OFA will be releasing a summary of the proposed service plan before the public hearing to facilitate the conversation. A community notice will be issued once the summary is available at the Seniors Center.

If you are unable to attend the public hearing in person, we still want to hear from you. You can provide comments by mail, calling the OFA Senior Center at **(518) 358-2963**, or by emailing Lora Lee LaFrance, Director, at loraaleelafrance@srmt-nsn.gov. Written comments can be submitted to:

Lora Lee LaFrance, Director
Saint Regis Mohawk Tribe Office for the Aging
71 Margaret Terrance Memorial Way
Akwesasne, NY 13655

If you need special accommodations to participate in the public hearing, please notify the Office for the Aging at least one week in advance so that they may prepare materials or coordinate assistance. Requests for special accommodations can be made by calling OFA at (518) 358-2963 or email loraleelafrance@srmt-nsn.gov.

-30-

The Saint Regis Mohawk Tribal Council is the duly elected and federally recognized government of the Saint Regis Mohawk Tribe.

71 Margaret Terrance Memorial Way
 Akwesasne, New York 13655
 Phone: (518) 358-2272
www.srmt-nsn.gov

Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

- | | | |
|--------------------|----------------------|---------------------------|
| 1- Esther Dufresne | 16- Elda Cook | 26- Joseph Hruska |
| 2- William Oakes | Gisela Herne | 27- Lori Dow |
| 3- Darlene Chubb | 17- Barb White | Sandy Swanger |
| Brenda Hathaway | Eva Waters | 28- John Herne |
| 10- Marsha White | Inez Cook Patterson | 29- Connie Sunday |
| 11- Marianne Loran | 18- Loretta Benedict | 31- Mary Christine Taylor |
| Mike Terrance | 19- Graham Bell | |
| Suzanne Jackson | Mark Jacobs | |
| 14- John White | 20- Richard Partlaw | |
| Hilde Barnes | 23- Yvonne Cree | |
| Shirley Jacobs | 24- Robert Martin | |
| | Virginia Plante | |
| | 25- Marty Via | |

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

October Craft

Pressed FLOWER Pumpkin

Wed. October 22nd, 2025 @12:45pm

This cute and simple craft is fun for anyone! Using MOD podge and pressed dried florals, make a statement with this beautiful fall centerpiece.

Call to sign up with Katie or Tenisha at 518-358-2963



EVENTS BY LIFESPAN



AI Scam Presentation

Wednesday, October 1, 2025
5:00 pm, Senior Center Dining Room

Open to the community.
Presentation about AI Scams.



If you have any questions,
please contact Lyndie Brann
at 518-358-2963.

"SLINGO" Scam Bingo

Thursday, October 2, 2025
1:00 pm, Senior Center Dining Room

Geared towards our elders and
learning more about scams while
playing bingo.



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..



OCTOBER OFA ACTIVITIES
SEE PAGE 4 or our Facebook Page