



Moccasin Trail

ENNISKÓ:WA / MARCH 2026

Points of Interest:

- Port Theater Movie 3/3, more information page 10
- No Deer Valley trip this year, more page 3
- Easter Egg hunt will be 4/3
- Coloring Contest for March will be 3/2- 3/12
- Senior Center Lawn Care Service sign-ups are now open. More on page 11

Shamrocks & Shenanigans!

Tuesday, March 17, 2026

FESTIVITIES BEGIN AT 11:00 AM

**CORN BEEF DINNER AND EVERYTHING GREEN!
GREEN SNACKS, DRINKS, GAMES, AND PRIZES!**



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March activities



Tues. March 3rd- Port Theater Matinee Movie "Capitaine" pg 10

Thurs. March 5th- National Slam the Scam Day: Presentation by Lyndie!

Fri. March 6th- Cornhole League

Tues. March 10th- Mohawk Class Trip

Thurs. March 12th- National Popcorn Lovers Day

Fri. March 13th- Art Exhibit Trip to Plattsburgh

Tues. March 17th- St. Patrick's Day Party!

Wed. March 18th- Craft Class

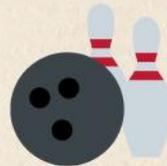
Thurs. March 19th- National Let's Laugh Day: Bellybuttons the Clown is coming!

Fri. March 20th- Bowling Tournament

March 23rd- March 26th March for Meals Activities

March 27th- Cornhole League

March 28th- Senior Club Trip to Upper Canada Playhouse



We will be Closed on:

Friday, March 27th– Planning Day





AKWESASNE SENIOR CLUB

Mailing Address: PO Box 1106, Akwesasne, NY 13655

Phone: (518) 358-2963

Email: srclubsecretary@gmail.com

Haircut Sessions

The Akwesasne Senior Club provides a hairdresser at the Office for the Aging every Wednesday from 9:00 am to 12:00 pm. Beginning on March 18, 2026 those who are not Senior Club members will be required to pay the full amount of \$20 for their haircut. Active and lifetime members will receive the discounted price of just \$10 for their haircut. Be sure to bring in your membership card to your next appointment. To book an appointment, call the center at 358-2963.

Before making an appointment with the hairdresser, please make sure you are available on the day you schedule. When you miss your appointment the hairdresser loses money and wastes valuable time.

Nia:wen.

BINGO VOLUNTEERS ARE NEEDED

Every Monday we host a bingo session and we are looking for volunteers to help out with the sales of bingo packages and cards. The sales start at 12:30 pm and bingo starts at 1:00 pm. Just a half hour of your time is all we are looking for. We need individuals that can commit to showing up when they are scheduled. The schedule is in the newsletter and on the wall of the senior center lobby. If you are interested, please contact the Club office during office hours at 358-2963.

Club Office Hours

Mon. 11:00 am– 4:30 pm

Wed. 11:00 am– 4:00 pm

CLOSED: Tuesday, Thursday and Friday

MEMBERSHIP: Reminder to all of our precious seniors who have reached the age 80 or above; if you haven't received your lifetime membership card from the Senior Club, please call us at 358-2963 and leave a voicemail with your name, phone number, address and birthdate.

Missed February Birthday

Dorothy Cole celebrated another year and we hope she had the BEST day!

We apologize for not getting it into our February newsletter, it was a clerical mistake. If anyone else has missed-please let the Senior Club know and we'll make sure it doesn't happen again. 518-358-2963.



LOTTERY TREE WINNER

Joe Lazore of Akwesasne! We congratulate him on his win and thank everyone for supporting the Akwesasne Senior Club.

The Akwesasne Senior Club was awarded a bursary from the Sons of the American Legion. Nia:wen!!! Sons awarding Senior Club President Cecelia Thomas in photo below.



Volunteer Bingo Schedule

March 2nd

Barbara Lazore
Debbie Thomas

March 9th

Lorene Jackson
Darlene Chubb

March 16th

Barbara Lazore
Lynn LaFrance

March 23rd

Lorene Jackson
Debbie Thomas

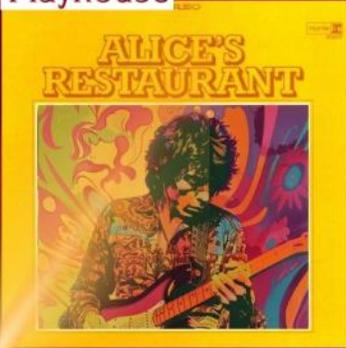
March 30th

Barbara Lazore
Lorene Jackson

*Next Senior Club Meeting Wed.
March 18, 2026, 12:30 pm, all club
members are welcome!*

ALICE'S RESTAURANT

Hits of the 60's



Hit's of the 60's - Enjoy the classic hits from Arlo Guthrie, Peter Paul & Mary, The Eagles, Gordon Lightfoot, Harry Chapin, Cat Stevens, John Denver, Simon & Garfunkel, Mamas & Papas, Joni Mitchell, Bruce Springsteen, Johnny Cash, Hank Williams and more.

Akwasasne Senior Club Trip
SATURDAY, MARCH 28, 2026

Bus leaves Seniors at 11:45 am; Show starts at 2:00 pm
Pay \$10 to the Senior Club to reserve your seat
Lunch in Morrisburg, everyone pays for themselves



NO DEER VALLEY TRIP

Unfortunately, the restaurant was sold and is under new management. They do not have an open date at this time.



Here are some snaps of our Galentine's Party the Senior Center hosted on February 13th. We had so much fun, we played Galentine Superlatives, Fruit Roll-Up race, and Valentine Myth or Truth, along with heart crafts in the morning. Everyone enjoyed the meatloaf lunch, then Senior Club Pie Bingo for dessert! Can't beat that!



PIE BINGO

The Akwasasne Senior Club held a Pie Bingo on Friday February 13th. 26 pies went out to our bingo winners and the rest of the pies were sold at the end of the event. Many thanks to everyone that attended and to all those who graciously donated some of the best looking pies we've ever seen! The Club looks forward to the next Pie Bingo coming soon. List of bakers (we hope we didn't forget anyone): Millie, Catherine, Sylvia, Jeffra, Jean, Charlene, Lois, Barry and Sesi. Thank you all So much for contributing to our fundraiser!

Spring Cleanup April 1, 2026 to May 30, 2026

FAQs



Please Direct Calls to the Transfer Station 518-358-4632 or extension 1600
Russell Phillips, Supervisor (extension 1603)

Transfer Station Location: 179 County Route 43, Fort Covington, NY
Hours of Operation: Mon-Wed, Fri-Sat. 7:00 am -2:45 pm
Closed on Thursday and Sunday.

Spring Cleanup Summary

Dates are **April 1, 2026-May 30, 2026**. The program is a self-haul voucher system. Eligible Head of Households will receive two (2) stamped and numbered vouchers to use at the SRMT Transfer Station. Each voucher is good for one truck load of materials—usual restrictions apply (see flyer for more details).

What types of Solid Wastes are accepted for the Spring Cleanup?

Each voucher is good for one truck load: all municipal solid waste, bulky items and mattresses/box springs will be accepted.

All white goods, scrap metal and recyclables are always accepted for free at the Transfer Station. Used oil that is not mixed with gas or water is accepted for free; please inform the Scale House Operator upon arrival.

Does the voucher include tires or hazardous waste?

Unfortunately, the vouchers do not include tires. They can be disposed at the Transfer Station for \$7.50 each. Hazardous wastes are not included in the spring cleanup, but can be disposed of for an additional fee. Oil mixed with gas is classified as hazardous waste and requires addition fees. The Spring Cleanup Voucher cannot be used towards fees.

Why is there no roadside pick-up?

SRMT has been impacted by cuts to funding and reductions in revenue. Increased costs associated with labor shortages and hauling of materials has made roadside pick-up too expensive. The voucher system is a way to provide the service, rather than cancel the program altogether. (It's better than nothing.) The voucher program is a way to maximize funding for the disposal of materials.

What if I don't own a truck to self-haul?

The voucher system may be an opportunity to help each other in the community. It is an opportunity for friends, neighbors and relatives to assist each other and keep our community clean.

Are there services for elders with limitations?

Yes, contact the Office for the Aging (OFA) to determine eligibility of services and hauling assistance. Scheduled pick-ups will be organized by OFA with support from the Transfer Station.

Eligibility: If you physically cannot go to get vouchers at the Community Service Building, call the Senior Center. We do not use the voucher system. Our maintenance crew will pickup and drop off if you qualify. Please call for more information (518) 358-2963.

MARCH FOR MEALS!

Each March, Meals on Wheels celebrates the historic day in 1972 when a national nutrition program for seniors was added to the Older Americans Act. This legislation supported the rapid growth of the Meals on Wheels network that now collectively serves 2.8 million seniors each year.

This year's March for Meals celebration comes at a time when eight out of ten local Meals on Wheels programs are still delivering meals to more older adults than they were prior to the pandemic. To celebrate, our senior center will be having an event every day for the week of March 23rd– March 26th. Each activity you participate in will get you a ticket for a drawing on Thursday.

Monday, March 23rd: Staff Appreciation Day

Recognizing the Home Delivered Meal Drivers and Kitchen Staff (11:45 am).

Tuesday, March 24th: Homemade Pasta Making Class

Cornell Cooperative will be showing us how to make fresh, healthy pasta. Come play in the dough and end up with nutritious pasta made with spinach, beets, and carrots. Of course you get to eat them!

Limited to 15 participants, please sign up with

Heather our Nutrition Coordinator 518-358-2963 (11:00 am)



Wednesday, March 25th: Resource Fair, Presentation & Food Tasting

Local Akwesasne food resources will be available. Our Elder Abuse Prevention Coordinator Lyndie Brann will be presenting about isolation and loneliness.

There will also be a lactose free milk and cheese tasting! (11:00 am)

Thursday, March 26th: Nutrition Bingo, Parfait Bar & Prize Draw

Kyle Thompson, Community Wellness Worker from SRMT Health Services will host Nutrition themed Bingo, it's easy and fun to play with prizes for each win.

Snack time will be a parfait bar and we will be serving yogurt, fruit, granola and much more to build your own. At noon we will draw participant names from the week! (11:00 am)



Emmiskó:wa/March 2026

Tsia't'ahkhaton	Kiokierénhton	Tekeniháton	Ahsénhaton	Kaieríhaton	Wiskhaton	Ahjá:khaton
1 5:00 Ace to King	2 Chicken Cordon Bleu Potato Mixed Veggie Roll, Apple Fruit Ambrosia <u>Activity:</u> 10:00 Exercise Class 1:00 Bingo	3 Sweet-N-Sour Pork Over Rice Stir Fry Veggies Roll <u>Activity:</u> 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class 12:45 Leave for Port Theater Movie	4 Beef Stroganoff Egg Noodles Green Beans Roll, Banana Pudding <u>Activity:</u> 9:00-1:00 Haircuts 10:00 Exercise DVD	5 Meatloaf Mashed Potatoes Carrots, Cauliflower Roll, Fruit Cocktail Cookie <u>Activity:</u> 10:00 Chair Yoga 11:00 National Slam the Scam Day: <i>Presentation by Lyndie</i> 11:00 Mohawk Class 12:30 Mohawk Class	6 Fish on a Bun Fries Mixed Veggies Peach Fig Newton <u>Activity:</u> 1:00 Cornhole League (pre-registered participants only)	7 5:00 Ace to King
8 5:00 Ace to King	9 Spanish Rice Broccoli Cauliflower Roll, Apple Rice Pudding <u>Activity:</u> 10:00 Exercise Class 1:00 Bingo	10 Cream of Mushroom Roast Beef Sandwich Fig Newton Cookie Orange <u>Activity:</u> 10:00 Chair Yoga 10:00 Mohawk Class Trip to Canton Leaves	11 Chef Salad Roll, Banana Cookie <u>Activity:</u> 9:00-1:00 Haircuts 10:00 Exercise DVD	12 Cheeseburger Mixed Veggies Melon Cup Chocolate Pudding <u>Activity:</u> 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class 10:00 Coloring C. Ends National Popcorn Lovers Day	13 Lemon Bake Fish Mac-N-Cheese Mixed Vegetables Pear <u>Activity:</u> 8:15 Leave for Art Exhibit in Plattsburgh	14 5:00 Ace to King
15 5:00 Ace to King	16 Sweet Potato Soup	17 Corn Beef Dinner	18 Scrambled Eggs Bacon	19 Goulash Broccoli	20 Bean Soup Turkey Sandwich	21 5:00 Ace to King

<p>22 5:00 Ace to King</p> <p>MARCH FOR MEALS WEEK</p> 	<p>Chicken Salad Sandwich</p> <p>Muffin, Peaches</p> <p>Activity: 10:00 Exercise Class 1:00 Bingo</p>	<p>Roll, Grapes Green Poke Cake</p> <p>Activity: 10:00 Chair Yoga 11:00 St. Patrick's Day FUN! 11:00 Mohawk Class 12:30 Mohawk Class</p>	<p>Home Fries Orange Juice Melon Cup</p> <p>Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD 1:00 Craft Class</p>	<p>Cauliflower Jell-O, Pears</p> <p>Activity: 10:00 Chair Yoga 11:00 National Let's Laugh Day-- Clown coming!!! 11:00 Mohawk Class 12:30 Mohawk Class</p>	<p>Pineapple Chunks</p> <p>Activity: 10:30 Virtual Bowling Tournament</p>
<p>23 Mac-N-Cheese Chicken Stewed Tomatoes Brussel Sprouts Roll, Apple, Yogurt</p> <p>Activity: 10:00 Exercise DVD 1:00 Bingo</p> <p>STAFF APPRECIATION DAY</p>	<p>24 Pork Chops Rice Pilaf Mixed Veggies Orange, Roll Fig Newton</p> <p>Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class</p> <p>HOMEMADE PASTA MAKING CLASS</p>	<p>25 MARCH BIRTHDAY PARTY! Turkey, Mashed Potato, Cranberry Sauce Roll Birthday Cake Fruit Cup</p> <p>Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD</p> <p>RESOURCE FAIR, FOOD TASTING...</p>	<p>26 Chinese Chicken Salad Roll, Banana Lemon Fluff</p> <p>Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class</p> <p>NUTRITION BINGO & PARFAIT BAR</p>	<p>27</p> <p>CLOSED</p> <p>Planning Day</p>  <p>1:00 Cornhole League</p>	<p>28 5:00 Ace to King</p> <p>11:45 Leave for 'Alice's Restaurant' Upper Canada Show</p>
<p>29 5:00 Ace to King</p>	<p>30 Chunky Beef Stew Veggie Sticks Roll Pears</p> <p>Activity: 10:00 Exercise DVD 1:00 Bingo</p>	<p>31 BBQ Chicken Boiled Potato Green Beans Apple</p> <p>Activity: 10:00 Chair Yoga 11:00 Mohawk Class 11:00 Mohawk Class</p>	<ul style="list-style-type: none"> • 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. • Mohawk Classes are Full (not taking new students at this moment) 		

ART EXHIBITION



Acclaimed Mohawk artist, David Fadden's work has been exhibited throughout the northeast. His subjects range from traditional Haudenosaunee teachings to intimate portrayals of community members. His vibrant, expressive work encompasses fine brushwork, dynamic palette knife applications, and mosaic-like paintings that capture the complexity and vitality of contemporary Indigenous identity. In addition to his strong reputation as a painter, he is recognized as a storyteller, illustrator, writer, sculptor and exhibit designer.

PLATTSBURGH
ART MUSUM

FRIDAY,
MARCH 13TH

LEAVE 8:15 AM

After the private tour with the museum director, we will have lunch and a quick stop at Target. (lunch and shopping on your own)

Call to sign up with Activities Department Katie or Tenisha

 518-358-2963

Easter Egg Hunt



Some Eggs will be numbered for great spring time prizes!
Bring Your own basket. More information to come on Facebook!



Thursday
April 2, 2026



Monthly Coloring Contest



February Winners:

*Brenda Arquette (Bee Mine)
& Dorothy Cole (Heart)*

The next coloring pages will be available at the
Senior Center

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



Nutrient-Dense Foods on a Budget

If the budget for food seems to be getting smaller and smaller, that doesn't mean we have to forget about health and nutritional quality. With planning and preparation, nutrient-dense foods can still be included on the grocery list.

Shop Smart;

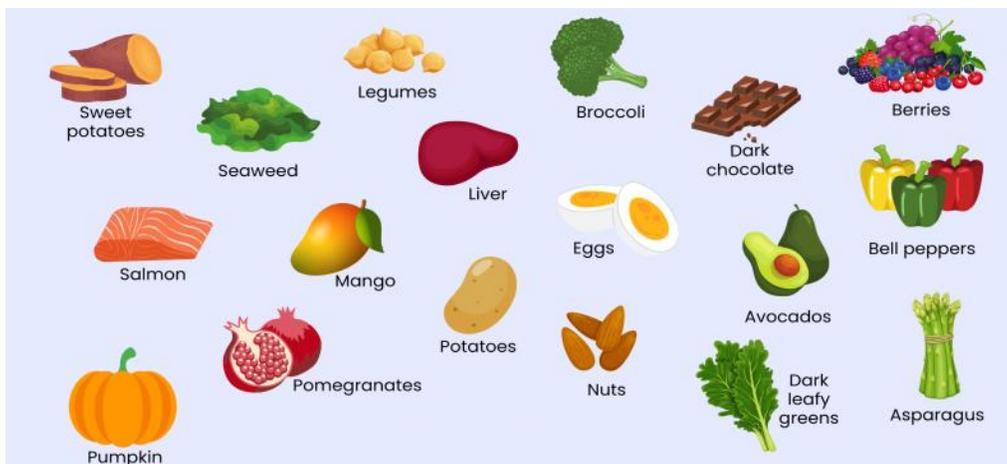
Rice and pasta are budget-friendly grain options, especially when purchased in bulk. Choose whole wheat pasta instead of brown rice for whole grain options that pack more of a nutritional punch, with more fiber and B vitamins compared to their white counterparts. To lower meat costs, the family-sized or value pack and freeze what you won't immediately use in the next few days. Plant-based protein options can also be cost-effective and provide less saturated fat compared to animal products. Examples include dried or canned peas, lentils, kidney beans, lima beans, and garbanzo beans (chickpeas). Try to purchase cans that have "no added salt" or "low sodium" on the front of the package. Other protein options like seafood include cans of tuna, salmon, or sardines. Dairy products can also be a good option for protein. Instead of buying single serving containers of yogurt, buy the larger container and scoop out what you need each time you eat it.

Incorporating Budget-Friendly Produce;

Buy in season produce; this often costs less and is a peak flavor. Buy only what can be used before it spoils. If you have the freezer space, stock up on plain frozen vegetables. Choose those without added sauces or butter. Canned fruits and vegetables can be very cost effective, with most 15-oz cans costing less than one dollar. As mentioned earlier, look at cans that have "no added salt" or "low sodium" on the front of the package. Fruits canned in a heavy syrup will have more sugar and calories added to them; focus on fruits that are canned in water or in their own juice.

Plan Ahead;

Plan meals for the week ahead of time and create a grocery list based on your budget that includes both staples and perishables. Check what's on sale at your local store by looking at their weekly ad; plan meals for the week around these sale items. Make sure to check your fridge and pantry before you go to see what you may already have to prevent you from buying an ingredient you don't need. Sometimes it can help to organize the list by grocery aisle or food group to help you move quickly through the store and prevent you from buying more that wasn't on your list and spending more than you intended. When you're in the store, compare similar products. Store brands are often slightly cheaper than name brands.



Important Snow Plowing Update for Elders

Depending on weather and road conditions, your driveway may be plowed first, and the driver may return later to shovel. This allows crews to safely reach as many Elders as possible during heavy snowfall.

Reminder of our Snow Removal Guidelines:

- Staff will not plow driveways unless there is at least 4 inches of snowfall.
- Priority is given to Elders with medical needs, which may result in some driveways being cleared later in the afternoon.
- Drivers will not return the following day unless there is an emergency.
- Snow Removal Program is not responsible for items left in driveways and may refuse service if vehicles or items are present.
- Priority is given when snow removal is needed for medical care in the home or travel to medical appointments.
- All dogs must be restrained or kept indoors for the safety of staff.



 **PLEASE BE PATIENT WITH PLOW WORKERS!**

As a reminder, pulling vehicles out of the snow has never been included in our service policy. In the past, we've helped as a courtesy, however, due to the volume of requests and safety considerations we are no longer able to do so. Please arrange for a tow company if your vehicle requires assistance. We appreciate your cooperation. Gray's Auto & Towing in Akwesasne phone (518) 333-6022

The Port Theater Matinee: Capitaine



Featuring McKenzie Deer (Mohawk, Kahnawà:ke)



Capitaine tells the powerful story of the captain of a fishing boat from a remote Innu reserve who sets out on a determined journey across Quebec in search of his missing daughter. What unfolds is an emotional and gripping road story about resilience, identity, family, and hope.

We are going Tuesday, March 3rd, bus is leaving at 12:45 pm.
Matinee starts at 1:30 pm
The Senior Club will pay for the tickets, popcorn and drink.
Call Activities to sign up ASAP (518) 358-2963

MARCH CRAFT CLASS



Rock Mandala Art
Wednesday, March 18, 2026
1:00 pm
Kits are limited. Call to sign up with Activities
(518) 358-2963

Satonhá:ren tsi Sahsiérite

Best Wishes on your Birthday and throughout the coming year!

- | | | |
|------------------------|------------------------|---------------------|
| 1- Laura Jandreau | 15- Ginger Seymour | 28- Arlene Baker |
| 2- Dolores Stanfield | 16- Barb Derouchie | Eleanore Jacobs |
| 3- Thomas Cooke | 17- Patricia Benedict | 29- Bobby Delormier |
| 4- Josephine Tarbell | 18- Victor Martin | Kathy Colburn |
| Venita Loran | 19- Jean Oakes | 30- Katherine Davis |
| Gary Lember | Catherine Cook | Joan Price |
| Tim Sunday | Sharon Sunday | Cynthia Cole |
| 5- Lucy Benedict | 20- Florence Patterson | 31- Maxine Stone |
| Elizabeth Smith | Barbara Hillyard | |
| 7- Betty Larche | 21- Marion Campbell | |
| 9- Marie Casey | 22- Judy Hampton | |
| Louise Ingle | 23- Christie Horn | |
| Eloise Massaro | William Billings | |
| 14- Rosemary Bonaparte | 26- Carol Coughlin | |

If you are a Senior Club Member and your Birthday is missing or wrong, please contact the Senior Club (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!*



SENIOR CENTER LAWN CARE SERVICES

Registration for Office for the Aging lawn care is beginning in March. If you are eligible, please call Joy, our Administrative Assistant, and she can fill out your form over the phone, or you can stop into the office. We have limited spots available.

Eligibility:

- Must be 55 years of age or older
- Live within the jurisdiction of the Southern portion of Akwesasne
- Live alone and lack the support of family, friends or neighbors
- Incapacitated due to accident, illness or frailty
- Priority is given to elders receiving home care or Home Delivered Meals



(518) 358-2963



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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notify us of our mistake.

To Addressee or Current Resident:

Services Available Through the OFA

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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!**

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- Referrals
- Craft Activities
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- Information & Assist..

