



Moccasin Trail

ONERAHTÓKHA / APRIL 2026

April Activities:

- Easter Egg Hunt 4/2
- National Popcorn Day 4/6
- Craft Class 4/9
- Cornhole League 4/10&24
- Scrabble Tournament 4/13
- Upper Canada Show 4/15
- Box Lunch Bingo at Iakhihsohtha 4/16
- Ride to Nowhere 4/17
- Safeguarding Vital Records 4/20
- National Jelly Bean Day 4/22
- Bread Making Class 4/28



HAPPY EASTER

The Senior Center Easter Meal is being held Thursday, April 2, 2026- Ham, Mashed Potato, Broccoli, Roll, Fruit Salad. Meals are limited, please call to sign up Thursday morning (518) 358-2963
Egg Hunt will be at 11:30 am



On March 13th, 17 participants travelled to the Burke Gallery, on the SUNY Plattsburgh campus to see David Fadden's exhibition "Visions from Mountains to Valley". More on page 4

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We will be Closed on:

Friday, April 3rd– Family Day
Friday, April 24th– 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.

*Next Senior Club Meeting
Wed. April 22, 2026, 12:30 pm
all club members are welcome!*

♠ ♣ ♦ ♥ **SAVE THE DATE:** ♥ ♦ ♣ ♠
Lois Thomas Ace to King Tournament
Saturday, May 2, 2026

Volunteer Bingo Schedule

April 6

Darlene Chubb
Lynn LaFrance

April 13

Debbie Thomas
Barbara Lazore

April 20

Lorene Jackson
Brenda Chubb

April 27

Darlene Chubb
Barbara Lazore

*If you cannot make it
on your scheduled
day, please call and
let us know.*

UPPER CANADA PLAYHOUSE PRESENTS

"The Plowboys"



The Plowboys are a fixture in the Eastern Ontario music scene keeping traditional Country Music alive—one hit at a time! Whether you're a seasoned two-stepper or a newcomer to country music, saddle up and get ready for a toe-tappin', rhinestone-shinin' good time! It's a musical harvest of classic country hits from Buck Owens and Ray Price to Merle Haggard, Jim Reeves, Hank Williams, Johnny Cash and many more.

Akwesasne Senior Club Trip :Wednesday, April 15, 2026
Bus leaves at 11:30 am, Lunch in Morrisburg, Show starts at 2:00 pm
First 15 to pay the \$10 fee will reserve a seat
Need: ID for border and Money for lunch



SOUR DOUGH BREAD CLASS

**Tuesday, April 28, 2026 - Senior Center Dining Room
1:00 pm**

Space limited to 10 participants

Please call to sign up with Nutrition Coordinator, Heather
518-358-2963

Instructor:
Pat Banker from
Cornell Cooperative
Program



*Nia-wen/Thank you Senior Club
for Sponsoring
This Class*

happy
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MARCH COLORING CONTEST WINNERS!



LINDA MONTOUR



DIANE McDONALD

*Congratulations
Linda and Diane on Winning the
March Coloring Contest!*

*The next coloring pages will be
available at the Senior Center
April 1st and judging will be
Friday, April 10th at 10:00 am*

Safeguarding Vital Records Presentation:

Last year we the SRMT records department held a workshop "Be Prepared...Not Scared" for the seniors and handed out emergency planning books for them to create and keep in case they have to evacuate during an emergency.

This year the records department will do a second presentation on "Be Prepared... Not Scared" and talk about keeping original documents safe using a fireproof/waterproof bag. They can hold passports, ID's, cash, credit cards, and other vital records. These bags will ensure their vital documents are protected from fire or water in case there is an emergency like a flood or fire. It is important to ensure all vital records are kept safe to ensure you have immediate access to critical documents for purposes of identification, protect them from fire or flood, prevent moisture damage, convenient access, long term preservation, and aid in access to resources quickly.

***A presentation by Lillian Benedict-Barton, Kawennaráhstha Records Manager will be
Monday, April 20, 2026; 11:15 am– 11:45 am***



March 19th was National Let's Laugh Day!



We were lucky to have Belly Buttons the Clown join us for a hilarious comedy show! She had everyone laughing from start to finish with her silly antics and jokes.

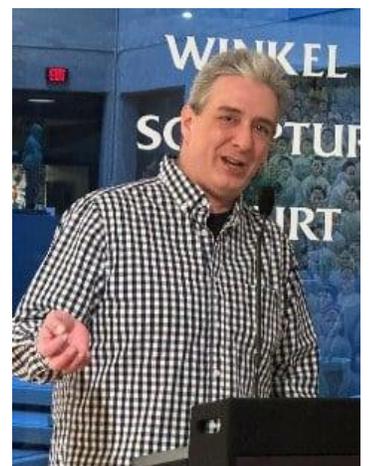
As a special treat, we even got to meet and pet her adorable little bunny.

It was such a fun-filled day full of smiles, laughter, and great memories. Nia:wen Senior Club for sponsoring this event! Thank you, Belly Buttons, for bringing so much joy to our community!



“Visions from Mountains to Valley” includes 40 of Fadden’s acrylic works, including those praised for a mosaic technique he developed that when viewed from a distance looks like a portrait or other scene but when seen closer represents smaller images that resemble microscopic organisms, Indigenous and pop culture symbols.

“Visions of Mountains and Valley” runs through May 15, Tuesday-Sunday from noon to 4 p.m. in the Burke Gallery, second floor of Myers Fine Arts Building.



Alzheimer's Caregiver Education & Support

ACES is an interactive learning program for Alzheimer's and dementia caregivers. It consists of 6 weeks of education and support, including care training, planning tools and tips to help you cope.

Where:

SRMT Office for the Aging
29 Margaret Terrance
Memorial Way
Akwesasne, NY

*Offered with Virtual option.

Registration

Register for this program by contacting Rachel Jacobs
Ph: 518-358-2963 ext. 3318
E-mail: rachel.jacobs@srmt-nsn.gov
or Lyndie Brann .
Ph: 518-358-2963 ext. 3315
E-mail: brann.lyndie@srmt-nsn.gov

Partnered Learning to Help Caregivers Become **ACES** in the Journey



Northeastern
New York Chapter



- Week 1, Apr. 8 11:30am** **Introduction, Overview and Building Your Care Team**
Meet your facilitator and fellow program participants, listen to an Alzheimer's overview and learn how to build your care team.
- Week 2, Apr. 15 1:00pm** **Research Update**
Learn how new research is advancing what we know about risk, diagnosis and treatment. Presented by Erica K. Salamida, Director of Community Outreach, Alzheimer's Association
- Week 3, Apr. 22 1:00pm** **Legal & Financial Planning**
Hear from local experts about the legal planning vital for someone diagnosed with dementia, as well as how to manage and protect your finances. "Plan for the expected and prepare for the unexpected."
- Week 4, Apr. 29 11:30am** **Daily Strategies for Communication, Managing Change and Self-Care**
Learn techniques and strategies designed to meet communication challenges brought on by memory impairment. Explore the changes you may experience and ways to deal with the resulting feelings, including building a support team and managing stress.
- Week 5, May 6 11:30am** **Safety**
Explore tips on how to stay safe within your home and in the outside environment.
- Week 6, May 20 11:30am** **Exploring Resources and Program Wrap-Up**
Examine how best to prepare for future care decisions and changes, including respite care, residential care and end-of-life care. Meet our community partners.

This program is presented in partnership with the Alzheimer's Disease Caregiver Support Initiative, the Center for Neurobehavioral Health at SUNY Plattsburgh, and is supported in part by a grant from the New York State Department of Health.

Onerah-tonkha/April 2026

Tsiat'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wískhaton	Iahià:khaton
<p>5 5:00 Ace to King</p>	<p>6 Turkey Rice Soup Roll Veggie Sticks Apple Activity: 10:00 Exercise Class 1:00 Bingo National Caramel Popcorn Day</p>	<p>7 Baked Ziti Roll Green Beans Cauliflower Grapes Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class</p>	<p>1 Strawberry Spinach Salad Roll Fruit Cocktail Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD</p>	<p>2 EASTER MEAL Ham Mashed Potato Broccoli, Roll Fruit Salad Activity: 10:00 Chair Yoga 11:00 Mohawk Class 11:30 Easter Egg Hunt 12:30 Mohawk Class</p>	<p>3 CLOSED Tribe Family Day</p> 	<p>4 5:00 Ace to King</p>
<p>5 5:00 Ace to King</p>	<p>6 Turkey Rice Soup Roll Veggie Sticks Apple Activity: 10:00 Exercise Class 1:00 Bingo National Caramel Popcorn Day</p>	<p>7 Baked Ziti Roll Green Beans Cauliflower Grapes Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class</p>	<p>8 Chef Salad Roll Banana Fig Newton Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD</p>	<p>9 Beef Stir-Fry Noodles Roll Melon Cup Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class 1:00 Craft Class– Rocks <i>Legal Aid</i> <i>Appointments</i></p>	<p>10 Chili Roll Carrot & Celery Sticks Pineapple Activity: 1:00 Cornhole League</p>	<p>11 5:00 Ace to King</p>
<p>12 5:00 Ace to King</p>	<p>13 Cream of Broccoli Soup</p>	<p>14 BBQ Ribs Rice</p>	<p>15 Smoothie Bowl Bread for Toast</p>	<p>16 Potato Crusted Cod, Boiled Potato</p>	<p>17 Picante Chicken Mexican Rice</p>	<p>18 5:00 Ace to King</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 .
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)

<p>19 5:00 Ace to King</p>	<p>Chicken Salad Sandwich, Apple Activity: 10:00 Exercise Class 1:00 Bingo National Scrabble Day Tournament starts at 10:30 am</p>	<p>Mixed Vegetables Roll Orange Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class</p>	<p>Boiled Egg Melon Cup V8 Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD 11:30 UCPH Show "Plow Boys"</p>	<p>Asparagus, Roll Pineapple Activity: 10:00 Chair Yoga 11:00 Mohawk Class 11:15 Box Lunch Bingo at Iakhihsohtha 12:30 Mohawk Class</p>	<p>Broccoli Cauliflower, Roll Pears Activity: 12:45 Ride to Nowhere</p>	
<p>20 Liver and Onions Boiled Potato Mixed Vegetables Roll Mandarin Oranges Activity: 10:00 Exercise DVD 11:15 Safeguarding Vital Records Bags 1:00 Bingo</p>	<p>21 Corn Soup Roll Veggie Sticks Fruit Cocktail Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class</p>	<p>22 Chicken Broccoli Alfredo Carrot & Celery Sticks Pineapple Chunks, Roll Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD 12:30 Senior club meeting National Jelly Bean Day</p>	<p>23 Adirondack Salad Roll Banana Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class Legal Aid Appointments</p>	<p>24 CLOSED Planning Day  1:00 Cornhole League</p>	<p>25 5:00 Ace to King 11:45 Leave for 'Alice's Restaurant' Upper Canada Show</p>	
<p>26 5:00 Ace to King</p>	<p>27 Baked Chicken Rice Carrots Beans Orange Activity: 10:00 Exercise DVD 1:00 Bingo</p>	<p>28 Shake n Bake Pork Chops Fries Mixed Vegetables Roll, Pears Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class 1:00 Sour Dough Bread Class</p>	<p>29 BIRTHDAY MEAL Bacon Wrapped Pork Loin Mashed Potatoes Green Beans Roll Black Forrest Cake Grapes Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD </p>	<p>30 Fish on a Bun Fries Mixed Veggies Peaches Fig Newton Activity: 10:00 Chair Yoga 11:00 Mohawk Class 12:30 Mohawk Class</p>		



St. Patrick's Day!

We had such a fun time celebrating on March 17th! From tossing Cheeze-It crackers at our partners' shaving cream "beards" (yes... it was as hilarious as it sounds) to a lively true-or-false St. Patrick's Day game that kept everyone on their toes—there were so many laughs shared all around.

Nothing better than good company, lots of laughter, and a little bit of friendly competition. Thanks to everyone who joined in and made today so special!



Building a Healthy Eating Routine as You Get Older

Good nutrition is key to staying healthy, active and independent as you get older. It's never too late to make healthy changes.

Choose a mix of healthy foods;

Whole Fruits– apples, berries, oranges, mango, bananas

Whole Grains– brown rice, oatmeal, bulgar, whole-wheat bread and pasta

Veggies– broccoli, sweet potatoes, beets, spinach, peppers, black beans

Protein Foods– lean meats, chicken, egg, seafood, beans, nuts & seeds and tofu

Cut down on added sugars, saturated fat and sodium

Added sugar– are sweeteners and syrups put into foods and beverages during preparation or commercial processing. Unlike naturally occurring sugars found in fruit (fructose) or milk (lactose), added sugars provide “empty calories” with little to no nutritional benefit.

Saturated fat– is a type of dietary fat. It is one of the unhealthy fats, along with trans-fat. These fats are most often solid at room temperature. Foods like butter, palm and coconut oils, cheese and red meat have high amount of saturated fat.

Sodium– an essential mineral and electrolyte crucial for regulating blood pressure, fluid balance, and nerve/muscle function. While vital, excessive intake– largely from processed foods– causes high blood pressure and heart disease.

Drink More Water

Older adults should aim for roughly 9 cups (women) to 13 cups (men) of total daily fluids to prevent dehydration, which often results from a reduced thirst sensation.

Tips for Increasing Water Intake

- Keep it Accessible: Place a water bottle or pitcher near their/your favorite seat, bed, or within reach.
- Establish a Routine: Encourage drinking a glass of water first thing in the morning.
- Enhance the Taste: If water is too plain, infuse it with fruits (lemons, berries), herbs (mint).
- Use Tools: Utilizing a straw can increase fluid consumption.
- Hydrating Foods: Incorporate foods with high water content, such as watermelon, cucumbers, soups.
- Smart Choices: Limit alcohol and caffeine, which can increase dehydration.

Remember, it's never too late to start eating healthy!

Eating healthy can lower your risk of;

- Overweight and obesity
- Heart Disease
- Diabetes
- Some Cancers

So start simple and remember it's never too late to make a healthy change.

How to Grow a Vegetable Container Garden

	<ul style="list-style-type: none"> • STEP 1: Select vegetables for container garden. • STEP 2: Find a suitable container larger than 18 inches. • Step 3: Ensure proper drainage. Few plants can tolerate sitting in water. Healthy roots mean healthier plants, so be there are holes for drainage. Drill a large hole or several smaller holes in the bottom of the container.
	<ul style="list-style-type: none"> • STEP 4: Choose a quality potting soil. Soils for containers need to provide adequate space and drain well while still being able to retain enough moisture for plant growth. Consider organic soil which is higher in nutrients and creates better-tasting produce.
	<ul style="list-style-type: none"> • STEP 5: Choose vegetables for container gardening. Tomatoes, peppers, cucumbers, squash, and eggplant require full sun. Leafy vegetables such as lettuce, cabbage, collards, mustard greens, spinach and parsley can tolerate a shadier location, compared to root vegetables such as turnups, beets, radishes, carrots and onions.
	<ul style="list-style-type: none"> • STEP 6: Time to plant. Plant the seedlings just as you would in a garden by spreading the roots, then covering the roots with potting soil and firming it around the roots. Put staked in the soil for tomato and other vegetable vines to climb. Don't fill to the top of the container. Leave about an inch of space between the top of the soil and rim of the pot. This will help make watering easier and keep water from running over the edge.
	<ul style="list-style-type: none"> • STEP 7: Water your container garden. Vegetable plants need lots of water, especially during the height of summer. It's important to keep the soil moist but not overwater it. How can you tell if the plant needs water? Stick your finger about an inch into the soil. If the soil feels dry, add water.
	<ul style="list-style-type: none"> • STEP 8: If you didn't use potting soil with fertilizer, you will need to fertilize your container garden throughout the growing season. There are several products on the market, including a slow-release or timed-release fertilizer. When they come in contact with water, small amounts of nutrients are released to the soil. Liquid fertilizers are mixed with water according to label instructions and then applied during normal watering.
	<ul style="list-style-type: none"> • STEP 9: Pay Attention to your climate. Most vegetables need direct sunlight, but if you live a hot climate, you may need to shade your plants midday. If you live in a cool climate, make sure the soil is at least 60 degrees before putting your container garden outside. You can use a meat thermometer to check soil temperature. • STEP 10: Have patience and enjoy your healthy bounty.



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

Satonhá:ren tsi Sahsiérite

Best Wishes on your Birthday and throughout the coming year!



- 1- Helen Jones
Lisa Sears
Lilly Swamp
- 2- Sally Hamelin
- 3- Ellen Savage
- 4- Brenda Arquette
- 6- Ray Cooke
Phillip Lauzon
- 7- Felicia Jock
Joan Mitchell
Cecelia LaFrance

- 8- Karen Speer
Phyllis Lamay
- 9- Marion Shelton
- 12- Michael Jr David
- 13- William Loran
- 16- Janice Brown
- 17- Rodney Herne
- 18- Giselle Cook
- 19- Bruce Kelly
- 26- Phyllis Point

- 27- Diane Connors
Marion Ward
- 28- Nancy Davis
Irene Ward
- 29- Gene Ackerman
Linda McElwain

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!



**Are you 55-years or older? Do you have a disability?
We can offer you assistance when applying for the following:**

- Social Security Benefits
- Social Security Disability
- Supplemental Security Income (SSI)
- Medicare (Part A, B, C, and D)
- Medicaid
- Supplemental Nutritional Assistance Program (SNAP)

- Temporary Assistance for Needy Families (TANF)
- Heating Energy Assistance Program (HEAP)
- Low Income Heating Energy Assistance Program (LIHEAP)
- Voter Registration

For more information, or to set up an appointment, please call (518) 358-2834

Dates to Remember:

- HEAP and Emergency HEAP extended to April 7th
- Medicare Part A & B General Enrollment Period ends March 31st
- HEAP Cooling is scheduled to open April 15th



NY Connects
Your Link to Long Term Services and Supports



HIICAP
Health Insurance Information, Counseling and Assistance Program

Medicare questions? Call Aging Connect at 212-244-6469



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

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Serve You!**

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- Socialization
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Happy Easter

