



# Moccasin Trail

O H I A R I : H A / J U N E 2 0 2 6

## JUNE ACTIVITIES:

- Senior Games June 3th -5th
- Coloring Contest Ends 6/11
- Box Lunch Bingo in Snye at Iakhihsohtha- 6/11
- Upper Canada Playhouse Show- 6/11 (details page 2)
- Gmail for Beginners- 6/12
- Tickets For Sale for Father's Day Meal- 6/15 until all gone
- World Elder Abuse Awareness Day (WEAAD)- 6/16/2026
- Father's Day Meal- 6/18
- June Birthday Meal 6/24
- Book Club Gathering 6/25

## Father's Day Luncheon

**Thursday, June 18, 2026**  
**Tickets go on Sale Monday, June 15th for \$5.00 each**

**Menu:**  
 Walleye Fry, Fries, Beets, Sauteed Cabbage, Orange, & Pumpkin Pie

**Schedule:**  
 10:30 am Games Begin  
 12:00 pm Lunch is Served  
 12:00-1:30 pm Sharlann Anderson will be Entertaining with Karaoke!

No Grab-n-Go  
 Need Ticket to Attend



Our Senior Center had a wonderful time participating in this year's Memorial Day Parade, and we were thankful the rain held off! Thank you to the staff Lyndie, Judy, Heather, and Ceely, along with volunteers Sharon Sunday, Florence Cook, Jim Brann and Sakoianisaks Mitchell for decorating and volunteering their time. We had so much fun and hope to see you next year!

## Inside this Issue:

Senior Club Page	2
Senior Games 2026	3
Primary and General Elections News	4
June Book Club	5
Calendar	6 & 7
WEAAD 2026 Schedule	8
Are You at Risk for Osteoporosis?	9
Lunch Reminders	10
Birthdays	11

**We will be Closed on:**

Friday, June 19th- Juneteenth  
 Friday, June 26th- Planning Day





# AKWESASNE SENIOR CLUB

Mailing Address: PO Box 1106, Akwesasne, NY 13655

Phone: (518) 358-2963

Email: srclubsecretary@gmail.com

## Attention All Senior Club Members:

Elections for Senior Club Officers will Take Place During the Week of the Senior Games. Please come and cast your vote for the three positions of President, Treasurer and Records Keeper. June 1st through June 5, 2026, from 10:00 am to 1:00 pm daily.

Please come and show your support for our Senior Club activities and gatherings.

Eligibility to vote: Must be a Current 2026 Club Member. Memberships can be paid on the days of the election if necessary.



Thank you to all 20 participants that took part in our Lois Thomas Memorial Ace to King Tournament.

50/50 winner– Cecelia Jacobs and Ernestine Oakes (\$50 each)

1st place– Leona Delormier (\$200)

2nd place– Barbara Lazore (\$100)

3rd place– Marianne Loran (\$60)

Most Bombs– Leona Delormier (\$50)

### Next Senior Club Meeting:

Wednesday, June 17th at 12:30 pm

In the Senior Center Sunroom

ALL club members are Welcome!

Happy  
**FATHER'S**  
Day



### Upper Canada Playhouse Show "Danny & Delilah"

Thursday, June 11th– show starts at 2:00 pm

Bus leave center at 11:30 am. Need lunch money and ID.

New laugh-out-loud Foster comedy about how friendships can be found in the unlikeliest of places. Danny, a retired widower and grumpy Toronto Maple Leafs fan, isn't sure what to think when his live-at-home daughter Sherry brings home a Pakistani student who needs a place to stay. He and Delilah have little in common at first. Yet somehow the pair manage to connect. Adding to the mix are hilarious appearances from Danny's sex-crazed neighbor, Muriel, who has cast a romantic eye on the old curmudgeon. An uplifting and very funny new show by Canada's favorite playwright.

Sign up in person with the Senior Club. Cost is \$10 for active Senior Club Members.

### June Volunteer Bingo Schedule

June 1st

Barbara Lazore  
Debbie Thomas

June 8th

Lynn LaFrance  
Cathy Coache

June 15th

Lorene Jackson  
Lynn LaFrance

June 22nd

Barbara Lazore  
Cathy Coache

June 29th

Debbie Thomas  
Lorene Jackson



# SENIOR GAMES 2026




**WEDNESDAY, JUNE 3<sup>RD</sup>****THURSDAY, JUNE 4<sup>TH</sup>****FRIDAY, JUNE 5<sup>TH</sup>**

<b>9:00 am</b> Registration Poker Walk Light Breakfast	<b>9:00 am</b> Registration Poker Walk Coffee and Donuts	<b>9:00 am</b> Registration Poker Walk Fresh Fruits and Beverages
<b>10:00 am</b> Jig Saw Puzzle Race	<b>10:00 am</b> Billiards Tournament	<b>10:00 am</b> Ladder Ball
<b>11:00 am</b> Snack Minute to Win it Games	<b>11:00 am</b> Snack Board Games	<b>11:00 am</b> Snack Word Games
<b>12:00 pm</b> Lunch	<b>12:00 pm</b> Lunch	<b>12:00 pm</b> BBQ Chicken from Chey's Place
<b>1:00 pm</b> Virtual Bowling Tournament	<b>1:00 pm</b> Cornhole Tournament	<b>12:30 pm</b> Shuffleboard
<b>Please remember to call in for LUNCH Wednesday and Thursday. Friday's lunch will be catered by Chey's Place! (518) 358-2963</b>		<b>2:00 pm</b> Awards and Door Prizes

We invite everyone to come out and enjoy themselves! For those not participating in events, we will have crafts and games set up to keep busy. Teach each other a new game. Do word games to keep the mind sharp. Go for a walk, enjoy the fresh air! Let's enjoy each others company and have fun!

#### Details:

- Call in for lunch if you will be staying all afternoon— menu is on pages 6 and 7.
- All participants will register upon arrival inside the Senior Center to sign up for each event.
- Poker Walk: You can begin the Poker Walk at any time. You can choose any size walking trail to be considered a lap. Upon completion of the first lap, you will receive 3 cards. Upon completion of your second lap, you will receive your 4th card. When completing the third lap, you will receive a 5th card. The walker may choose to stop and submit hand or go for one more lap for a 6th card for a chance at a better hand. Five cards will be recorded for best poker hand of the day.
- Jig Saw Puzzle Race: All those who register before 10:00 am will be randomly partnered up with another player. The challenge will be timed and the team that completes the most of their puzzle will be the winner. Each team will have 45 minutes to complete as much as they can before time runs out.
- Any questions, call (518) 358-2963 and ask for the Senior Club





# PRIMARY & GENERAL ELECTION NEWS



Vote Federal and State Primary Election will be June 23, 2026.

Early voting for Primary is June 13, 2026 through June 21, 2026.

General Election will be held November 3, 2026.

Early voting for General is October 24, 2026 through November 1, 2026.

For voting information and to register, you can go online [dmv.ny.gov](https://dmv.ny.gov), in person at your county's Board of Elections or mail in a paper voter registration application.

**If you need any assistance with registering or general questions, you can also call the HIICAP and NY Connects Program at 518-358-2834, ask for Tracy.**



## May Ride to Nowhere!

Our group enjoyed a trip to Malone where we visited the Downtown Artist Cellar to view Lauren Austin's beautiful quilts honoring ancestry, memory, and lived experiences through hand-dyed, painted, printed, and screen-printed fabrics. Lauren personally gave our group a tour and shared the meaning behind each quilt. She also gave us a demonstration of how she uses the sewing machine to get every little detail in, it was amazing to watch. Thank you to Lauren and the Downtown Artist Cellar staff for inviting and welcoming us!

We ended the trip with ice cream at Bokie's Drive In which was of course delicious!





# Senior BOOK CLUB



**JUNE  
BOOK:**

**BONE GAP**  
**Book By: Laura Ruby**

Bone Gap by Laura Ruby is a young adult magical realism and mystery novel. It follows Finn, a boy with face blindness who is the only witness to a woman's abduction. Set in a small Midwestern town where "gaps" allow strange things to slip through, the story explores perception, societal judgment, and how the face people show the world is never who they truly are.

The Plot: When Roza, a beautiful young woman from Poland, goes missing, the town of Bone Gap assumes she simply packed up and left. Finn knows the truth—she was abducted by a mysterious man—but he can't identify the kidnapper because of his condition. As Finn searches for Roza, he teams up with a local outcast named Petey (the beekeeper's daughter) to figure out what happened.



**Available at the Senior  
Center (By craft room)**



**Gathering:**  
**Thursday, June 25th**  
**12:30 pm**  
**Sunroom**





*Haven't been in the Book Club yet? No problem! Join anytime by picking up a book at the Senior Center and show up to the book gathering.*



# Ohiaari:ha/June 2026

Tsiat'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wískhaton	Iahia:khaton
	<b>1</b> Spanish Rice Broccoli Cauliflower Roll, Pear Ice Cream Sandwich <u><b>Activity:</b></u> 10:00 Exercise Class 1:00 Bingo 11:00 Walk with Ease Coloring Contest Pages Available	<b>2</b> Hamburger Gravy Boiled Potato Mixed Vegetables Roll Chocolate Pudding Pie Mandarin Oranges <u><b>Activity:</b></u> 10:00 Chair Yoga 1:00 Yeast Bread Class	<b>3</b> Chef Salad Roll Fruit Salad Fig Newton <u><b>Activity:</b></u> 9:00-1:00 Haircuts 11:00 Walk with Ease	<b>4</b> Chicken Patty on a Bun Veggie Mix Sweet Potato Fries Banana 	<b>5</b> Ravioli with Sauce Toss Salad, Roll Peaches will be for Home Delivered and Grab-N-Go Meals <u>CONGREGATE ONLY:</u> BBQ Chicken Dinner from Chey's Place!	<b>6</b> 5:00 Ace to King
<div style="border: 2px solid black; background-color: yellow; padding: 5px;"> <p><b>Akwasne Senior Club Senior Games! Details on Page 3</b>                      Please Call in for Lunch if you plan on participating!</p> </div>						
<b>7</b> 5:00 Ace to King	<b>8</b> BBQ Country Ribs Rice Broccoli Roll Mandarin Oranges <u><b>Activity:</b></u> 10:00 Exercise Class 1:00 Bingo 11:00 Walk with Ease	<b>9</b> Chili Roll Mixed Veggies Fruit Cocktail <u><b>Activity:</b></u> 10:00 Chair Yoga	<b>10</b> Salisbury Steak with Gravy Mashed Potato Mixed Veggies, Roll Watermelon Chunks <u><b>Activity:</b></u> 9:00-1:00 Haircuts 10:00 Exercise DVD 11:00 Walk with Ease	<b>11</b> Adirondack Salad Pineapple Chunks Rice Pudding, Roll <u><b>Activity:</b></u> 10:00 Chair Yoga 10:00 Coloring Contest Ends 11:15 Box Lunch Bingo at Iakhihsotha 11:30 Bus leaves for Upper Canada Legal Aid Appointment	<b>12</b> Hot Turkey Sandwich, Roll Broccoli, Carrots Fruit Brownie <u><b>Activity:</b></u> 11:00 Mohawk Networks: Gmail for Beginners 11:00 Walk with Ease	<b>13</b> 5:00 Ace to King
<b>14</b> 5:00 Ace to King	<b>15</b> Shake n Bake Chicken	<b>16</b> Sausage with Onions and Green	<b>17</b> Mini Frittata Bacon	<b>18</b>  FATHER'S DAY MEAL! Walleye Fry	<b>19</b>	<b>20</b> 5:00 Ace to King

<p><b>21</b> 5:00 Ace to King</p>	<p>Wild Rice Mixed Vegetables Roll, Fruit <b>Activity:</b> 10:00 Exercise Class 1:00 Bingo <b>Father's Day Tickets For Sale! \$5 each</b></p>	<p>Peppers on a Bun Macaroni Salad Fruit <b>Activity:</b> 9:00 WEAAD DAY! 10:00 Chair Yoga </p>	<p>Home Fries Mini Pancake Fruit Salad <b>Activity:</b> 9:00-1:00 Haircuts 10:00 Exercise DVD <b>12:30 Senior Club Meeting in Sunroom</b></p>	<p>French Fries Beets Orange Sautéed Cabbage Pumpkin Pie <b>Activity:</b> 10:00 Chair Yoga</p>	<p><b>CLOSED</b> <b>Juneteenth</b> </p>
<p><b>22</b> 5:00 Ace to King</p>	<p>Pork Chops Apple Sauce Stuffing, Cauliflower Green Beans Orange Fig Newton <b>Activity:</b> 10:00 Exercise DVD 1:00 Bingo</p>	<p><b>23</b> Cheese Chicken Casserole Broccoli, Rice Roll, Peach Cherry Crisp <b>Activity:</b> 10:00 Chair Yoga</p>	<p><b>24 June Birthday Meal</b> Baked Ziti Roll, Toss Salad Grapes, Cake <b>Activity:</b> 9:00-1:00 Haircuts 10:00 Exercise DVD </p>	<p><b>25</b> Chinese Chicken Salad, Roll, Banana Lemon Fluff <b>Activity:</b> 10:00 Chair Yoga 12:30 Book Club Gathering <i>Legal Aid Appointments</i></p>	<p><b>26</b> <b>CLOSED</b> <b>Planning Day</b> </p>
<p><b>28</b> 5:00 Ace to King</p>	<p><b>29</b> Cold Plate Cheese Stuffed Breadstick Ice Cream Sandwich <b>Activity:</b> 10:00 Exercise DVD 1:00 Bingo</p>	<p><b>30</b> Potato Crusted Cod Boiled Potato Broccoli, Pears, Roll <b>Activity:</b> 10:00 Chair Yoga</p>	<p><b>24 June Birthday Meal</b> Baked Ziti Roll, Toss Salad Grapes, Cake <b>Activity:</b> 9:00-1:00 Haircuts 10:00 Exercise DVD </p>	<p><b>25</b> Chinese Chicken Salad, Roll, Banana Lemon Fluff <b>Activity:</b> 10:00 Chair Yoga 12:30 Book Club Gathering <i>Legal Aid Appointments</i></p>	<p><b>27</b> 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 AVAILABLE!** Limited to first 20. Please call to reserve along with the salad dressing you prefer.



# WORLD ELDER ABUSE AWARENESS DAY

*"Shining the light on elder mistreatment"*

**TUESDAY, JUNE 16, 2026**



- 9:00 am Guided Meditation/Yoga with Mary Terrance
- 9:45 am Parfait Bar
- 10:00 am Opening/Welcome
- 10:15 am Hydration Station
- 10:30 am Jerry Manor from Seacomm
- 11:15 am Amy Gehrig Ombudsman Program
- 12:00 pm Light Snacks & Mental Health
- 12:30 pm A/CDP
- 1:00 pm Medical Clinic Panel
- 2:00 pm Mikaela Oliver Caregiver Sandwich
- 3:00 pm Dr. Kasey Stewart
- 4:00 pm Meal Served and Dessert Bingo



**Hourly Giveaways!  
Water Bottles,  
Sweatshirts and  
Much More!!!**



SRMT Office  
for the Aging  
Senior Center

→ For More Information  
**Lyndie Brann**  
Elder Abuse Prevention Coordinator  
**(518) 358-2963 x3315**



# Are You at Risk for Osteoporosis?

More than 53 million people either already have osteoporosis or are at risk due to low bone mass. Osteoporosis can strike at any age, but it's most common in older women. One out of every two women and one in four men over age 50 will break a bone in their lifetime due to osteoporosis. Many risk factors can lead to bone loss and osteoporosis. Some of these risk factors you cannot change, while others you can.

## Risk Factors You Cannot Change

- Sex: women develop osteoporosis more often than men.
- Age: the older men and women are, the greater risk for osteoporosis.
- Frame size: small, thin women with small bone structure are at greater risk.
- Ethnicity: white and Asian women are at the highest risk.
- Family history: Osteoporosis tends to run in families; if a family member has osteoporosis or a history of broken bones, there is a greater chance you might develop it as well.



## Risk Factors You Can Change:

- Hormones: low estrogen levels due to menopause or missing menstrual periods in women and low testosterone levels in men can lead to osteoporosis.
- Nutrition: a diet low in calcium and vitamin D raises the risk of bone loss.
- Medication use: some medicines increase the risk of osteoporosis.
- Activity level: lack of exercise or long-term bed rest can weaken bones.
- Alcohol intake: consuming more than two or three alcoholic beverages a day can increase bone loss that can lead to broken bones.
- Smoking and tobacco: using tobacco is linked to decreased bone density.

## How Can I Reduce My Risk?

There are many steps you can take to keep your bones healthy and strong. Concentrate your efforts on the risk factors you can change. Eat a healthy diet that includes calcium and vitamin D. Participate in regular weight-bearing exercises that can maintain and increase bone strength. Do not drink alcohol in excess or smoke. Lastly, talk to your health care provider about the medications you are taking. Some medications are prescribed to prevent and treat osteoporosis. On the other hand, some medications used for other purposes may result in bone loss.

### To help reduce your risk of osteoporosis, consider increasing your intake of the following foods:

- Fat-free or low-fat dairy products
- Beans such as navy, black, kidney, chickpeas (garbanzo), pinto, and cannellini
- Calcium-fortified products such as orange juice and cereal
- Canned fish with bones, such as sardines and salmon
- Calcium-fortified soy products such as soy beverages and tofu
- Dark green leafy vegetables such as broccoli, bok choy, collards, and spinach



# OFA Lunch Reminders:

- Phone lines open at 7:00 am until 9:30 am to reserve a Congregate or Grab-n-Go meal.
- Please call if you will not be home for your Home Delivered Meal.
- Grab-N-Go Meals are not to be eaten at the Senior Center.
- Please remember that we make approximately 60 Home Delivered meals, 15+ Grab-N-Go meals, and 10+ Congregate Meals every day. Unable to accommodate special requests/dietary restrictions. Our menu items are planned and pre-approved from our Registered Dietitian in efforts to accommodate elders with different health conditions like diabetes or high blood pressure.
- Suggested contribution fee for seniors 55+ is \$3.00 U.S. Community members under 55 are also welcome with a suggested contribution of \$5.00 U.S.
- Menu is subject to change due to Supply Availability.
- Starting in June– Summer salads are now available for Congregate and Grab-N-Go. Call in the morning to request. Limited to 20, first come, first serve.



**SENIOR CENTER  
CORNHOLE  
HELD MARCH-MAY 2026**

**TOURNAMENT WINNERS**  
**1<sup>ST</sup> CORN STARS:**  
**LORENE & SHARON**  
**2<sup>ND</sup> CORN QUEENS:**  
**GRACE & EMMI**  
**3<sup>RD</sup> SACK ATTACK**  
**DOROTHY & JACKIE**



*Trophies made by OFA Staff. Anthony Francis, Rachel Jacobs & Katie Boots-Lazore Nia:wen!*

Thank you to all who played in our Winter league. We hope you had fun with all of the ups and downs (pun intended). We played for 6 weeks. Definitely more leagues and tournaments to come!

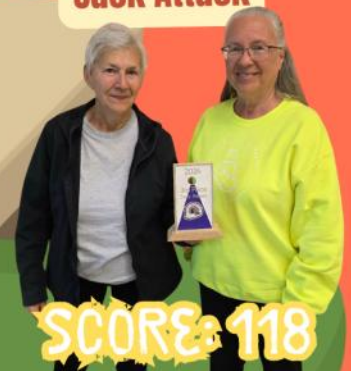
**1st Place League  
Champs:  
Corn Queens**



**2nd Place League  
Champs:  
Corn Stars**



**3rd Place League  
Champs:  
Sack Attack**



# Satonhá:ren tsi Sahsiérite

Best Wishes on your Birthday and throughout the coming year!



- 1- Lois Terrance  
Glenn Hill
- 2- Shawna Cook
- 3- Leo Francis  
Patricia Edwards
- 6- Candace Jackson
- 7- Esther Mitchell (101!)
- 9- Shirley Fetterly
- 10- Rita Cree  
Donald Jocko  
Rose Oakes
- 11- Phyllis Dillard  
Judy Hemlock  
Billy Sunday

- 12- Elaine Emmett  
David Lazore  
Isabelle Parks
- 13- Janice Tallett
- 14- Diane Garrow  
Wayne Papineau
- 15- Verda Tarbell
- 16- Gilbert Terrance
- 17- Rosie Hamelin  
Rose Ann Terrance
- 18- Elizabeth Tarbell
- 22- Christina Hamel  
Chuck Tarbell  
Phyllis Point

- 24- Ernest Jake Adams
- 25- Theresa Martin  
Ann Sylvester
- 26- Carl Patterson  
Mona Lauzon
- 28- Victoria Conners
- 29- Leona David  
Glenda Snyder



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

## May Craft Class



The class was held on Wed. May 13th. We had 13 crafters come and try out this craft. We outlined and colored pictures on glass. Everyone had a beautiful finished product! It was very easy to do, and everyone was relaxed and had fun laughing and being creative. Their will be no craft class in June. Sorry!



**Congratulations  
DIANE & TIM!**

June Coloring Contest begins Monday, June 1st and will end Thursday, June 11th at 10:00 am

## JUNE ACTIVITIES

Our monthly Craft Class, National Holiday's, and Ride to Nowhere will not be held in the month of June. We have 3 large events happening this month that the staff will be busy bees with organizing, implementing, and cleaning up. Niá:wen for understanding! -Activity Coordinator, Katie





**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..