



Moccasin Trail

KENTENHA / OCTOBER 2026

OCTOBER ACTIVITIES:

- Oct. 7– Coffee with Cops
- Oct. 9– Ageism Awareness Apple Orchard Trip
- Oct. 14– 'The Talk': Medicare and Medicaid Presentation
- Oct. 14– Senior Club Meeting
- Oct. 14– Pumpkin-Inferno Trip
- Oct. 15– Craft Class
- Oct. 16– Mohawk Networks Class
- Oct. 20– UCPH Club Trip to watch "Get Down Tonight"
- Oct. 21 & 22- AARP Drivers Safety
- Oct. 27– Air Quality Presentation
- Oct. 28- 'The Talk' Movie Showing
- Oct. 29– Book Club Gathering
- Oct. 30– Halloween Party

**FRIDAY
OCTOBER 30TH**

TRICK OR TREAT

8:30 AM
KANATAKON
SCHOOL TRICK
OR TREATERS

11:00 AM SNACKS &
GAMES

11:45 COSTUME
CONTEST

**WITCH HAT DECORATING
CONTEST!**
Bring them in at 10:45 am
Hats available 10/26/26
Voting 11-12 pm

COSTUME CONTEST
Judging at 11:45 am
Categories:
Best Duo
Most Creative
Funniest
Scariest



Wednesday, October 7, 2026
NATIONAL COFFEE WITH COPS DAY!

What is Coffee with Cops?

- Create a relaxed, informal setting to break down barriers and humanize police officers.
- **No Agendas:** Allow residents to ask questions, voice concerns, and talk about neighborhood issues without speeches or formal presentations.
- **Improve Relations:** Shift interactions away from emergency or high-stress situations toward positive, one-on-one communication
- They bring the coffee and donuts at 10:00 am



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**We will be
Closed on:**

Monday, October 12th– Indigenous Peoples Day
Friday, October 23rd– Planning Day



AKWESASNE SENIOR CLUB

Mailing Address: PO Box 1106, Akwasasne, NY 13655

Phone: (518) 358-2963

Email: srclubsecretary@gmail.com



Haircut Schedule

September 7 & 16 only

Must be a Senior Club

Member to receive haircuts for \$10.

Non members pay \$20.

September 18th we took off to Tupper Lake to the Wild Center to see the Trolls! Everyone had a great afternoon walking and having lunch on the road. Thank you Judy Laffin for driving us safely all the way there and back.

Upper Canada Playhouse "Leisa Way's Get Down Tonight"

Tuesday, October 20, 2026

Leave at 10:30 am

Sign up with Senior Club by paying \$10 to reserve your seat.

Lunch is on our own.

Leisa Way and the Wayward Wind Band turn back the hands of time with this hit-filled extravaganza of boogie from the greatest decade of music.

Niá:wen Senior Club!

The club sponsored our Sept. Ride to Nowhere trip to Creation Workshop in Cornwall where we painted ceramics. Some were hesitant but eventually fully enjoyed and couldn't get enough.

Next Senior Club Meeting:

Wednesday, October 14th at 2:00 pm

In the Senior Center Sunroom

ALL club members are Welcome!



Senior Club Office Hours:

Monday-Friday 11:00 am– 2:00 pm

Volunteer Bingo Schedule

October 5

Lorene Jackson
Cathy Coache Muek
Debbie Thomas

October 12

No Bingo

October 19

Barbara Lazore
Charlene Thomas
Sandra Rourke

October 26

Lorene Jackson
Debbie Thomas
Lynn LaFrance

Please notify Club if you cannot make it. Subject to change if needed.

AKWESASNE SENIOR CLUB

Craft Fair

Saturday, October 10, 2026
10:00 am- 3:00 pm
SRMT Office for the Aging

All Ages Welcome!

14+ Local Vendors!

Lunch Menu:

- Corn Soup
- Fried Bread
- Hamburger Macaroni Soup
- Chili
- Macaroni Salad
- Sandwiches
- Hot Dogs
- Drinks
- Chips
- Prices & Meal Prices

Whole Pie's & Slices Available

RED RIBBON WEEK

OCTOBER 26-30, 2026

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!

Monday, Oct. 26th RED DAY	Wear red clothing or a red ribbon skirt/shirt to show that you are RED-y to live drug-free!
Tuesday, Oct. 27th SUPERHERO DAY	You have the power to make healthy choices! Dress like a hero.
Wednesday, Oct. 28th JERSEY DAY	Team up against drugs by wearing your favorite sport jersey!
Thursday, Oct. 29th CRAZY HAIR DAY	Wear a fun hairstyle or wig to show your drug-free creativity!
Friday, Oct. 30th 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.



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!!

OCTOBER FLU / COVID-19 / RSV VACCINE CLINICS

Protect Yourself and Your Loved Ones This Respiratory Season

**Thursday,
October 1**
Tribal Admin
9 a.m. to 1 p.m.

**Friday,
October 2**
Tsi Tetwatatkins
10 a.m. to 1 p.m.

**Saturday,
October 3**
Medical Clinic
9 a.m. to 12 p.m.

**Tuesday,
October 6**
Drive-Thru
9 a.m. to 12 p.m.

**Saturday,
October 8**
Medical Clinic
9 a.m. to 12 p.m.



For more information please call: (518) 358-3141

FLU Shot Clinic will be at the Senior Center
Friday, October 2, 2026
10 am-1 pm in the Senior Center Sunroom

Please enter in the main entrance. There will be seats to wait to enter the Sunroom.

Shots Available:

- FLU High Dose (for 65+)
- FLU & COVID (Annual)
- RSV (only need once)

Registration needed if not a Tribal Member

Option available for homebound
Akwesasne Elders at (518) 358-3141.

FRESH PRODUCE FOR OFFICE FOR THE AGING!

The Office for the Aging has been working with the Saint Regis Mohawk Tribe Agriculture Program for to bring freshly harvested food to our clientele. The OFA Nutrition program purchases Mother Earth eggs, produce, and pork products for our meals. They have quickly become a trusted partner with our kitchen.

Our kitchen has worked with Tribe's Agriculture Program for the last few years. We wanted to recognize the staff that have made this possible: Mary Arquette (Traditional Foods Educator), Ida Thompson (Administrative Technician), Ahtkwiroton Skidders (Laborer Supervisor), Teddy McDonald, Leslie Benedict, Karontawakon Roundpoint (Laborers), Emma Phillips (current Program Manager) and Wally Ransom (former Program Manager). Future projects will help ensure nutrition program clients have access to produce from the Agriculture Program farm in the winter months.

We also received two raised garden boxes that sparked off our collaboration. These boxes had grape/cherry tomatoes and basil that were planted and harvested for use in our weekly salads. We would like to expand on these garden boxes to include leaf lettuce and cucumber in the future.

There are many benefits with this partnership between the Office for the Aging and the Agriculture Program. These include cost savings, fresher more nutritious vegetables, less processed foods, more local food, and less preservatives. As a bonus, it keeps tribal funding within our community. This is only the beginning!



ANNOUNCEMENT



HEATING ASSISTANCE 2026-2027



❄️ OCTOBER 1ST ❄️

HERR (Heating Equipment Repair and Replacement) opens, to include clean and tune

Both programs are income based and required documents are needed to apply.

SNAP and public assistant receipts, please call your county department of social services, you may be already be enrolled.

❄️ NOVEMBER 2ND ❄️

HEAP (Home Energy Assistance Program) opens

Applications cannot be submitted before start date

To set up an appointment or have questions, please call the Saint Regis Mohawk Tribe Office for the Aging 518-358-2834



FUNDED BY TITLE VI, MIPPA AND NY CONNECTS



FREE INDOOR AIR QUALITY ASSESSEMENTS



The Saint Regis Mohawk Tribe Environment Division's Air Quality Program offers free Indoor Air Quality Assessments for community members. We can help identify issues such as mold, moisture, ventilation concerns, carbon monoxide, and other indoor air quality problems. If you have concerns about the air in your home, contact the Air Quality Program to schedule a free assessment. Small changes can make a big difference in creating a healthier home.

The air inside your home can have a big impact on your health. As we get older, we're often more sensitive to dust, mold, moisture, and other indoor air pollutants. One of the easiest ways to improve indoor air quality is by increasing ventilation. When the weather is nice, open windows on opposite sides of your home for 15-20 minutes to let fresh air in and stale air out. Use bathroom exhaust fans during and after showers, turn on your kitchen range hood while cooking, and replace your HVAC filter regularly to help keep your home's air clean.

**PRESENTATION: TUES. OCTOBER 27, 2026
10:00 AM-11:00 AM**

KENTENHA/OCTOBER 2026

Tsia't'ahkhaton	Kiokierénhton	Teken'haton	Ahsénhaton	Kaier'haton	Wiskhaton	Iahia:khaton
4 Menu is subject to change due to Supply Availability. Office for the Aging Hours of Operation 8:00 am– 4:00 pm <i>Please call the Senior Center by 9:30 am to reserve a Congregate or Grab N Go meal.</i> <i>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.</i> Morning pickup is at 9:30 am– Please call before 9:00 am. <i>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.</i>	5 Baked Potato Soup Chicken Sandwich V8 Juice Berries with Whip Activity: 10:00 Exercise Class 1:00 Bingo	6 Cheese Burgers with Lettuce & Tomato, Mixed Vegetables Fries, Yogurt Peaches Activity: 10:00 Chair Yoga 11:00 & 12:45 Mohawk Classes	7 Strawberry Spinach Salad Wheat Roll Fig Newton Activity: 9:00 Haircuts 9:00 Exercise DVD 10:00 BINGOize 10:00 COFFEE WITH COPS!	8 BBQ Ribs, Rice Mixed Vegetables Activity: 10:00 Chair Yoga 11:30 Box Lunch Bingo 11:00, 11:30, 12:45 Mohawk Classes <i>Legal Aid</i> <i>Appointments</i>	9 Baked Fish Rice, Squash Beans, Roll, Pears Cookie Activity: 10:00 BINGOize 12:45 Ageism Awareness Apple Orchard Trip	10 10:00 am – 3:00 pm Senior Club Craft Fair ! 
11	12	13 Bake Pork Chop Potato	14 Tomato Soup Tuna Sandwich	15 Adirondack Salad	16 Hot Roast Beef Sandwich, Carrots	17 5:00 Ace to King

CLOSED Indigenous People's Day 	Mixed Veggies Roll Activity: 10:00 Chair Yoga 11:00 & 12:45 Mohawk Classes PERS BUTTON DAY	Chocolate Pudding Activity: 9:00-1:00 Haircuts 9:00 Exercise DVD 10:00 BINGOize 1:00 "The Talk" on Medicare & Medicaid 2:00 Senior Club Meet 5:00 Pumpkin-Inferno	Wheat Roll, Milk Activity: 11:00 & 12:45 Mohawk Classes at Tribal Building! 12:45 Ghost Craft Class in Dining Room	Beans, Fruit, Milk Jam Bites Activity: 10:00 BINGOize 11:00 Mohawk Networks Class
18	19 Spanish Rice Broccoli Cauliflower Roll Peaches Cookie Activity: 10:00 Exercise DVD 1:00 Bingo	20 Chicken Corn Chowder V8 Juice Jell-O, Orange, Milk Activity: 10:00 Chair Yoga 10:30 UCPH Club Trip "Get Down Tonight" 11:00 & 12:45 Mohawk Classes	21 Baked Haddock Mac n Cheese Broccoli, Milk Pineapple Chunks Activity: 9:00 Haircuts 9:00 Exercise DVD 10:00 BINGOize 11:00 Public Hearing 1:00-4:30 AARP Drivers Safety Course	22 Garden Salad Garlic Bread Apple Slices Chocolate Pudding Pie, Milk Activity: 10:00 Chair Yoga 10:00 Coloring Contest Ends 11:00 & 12:45 Mohawk Classes 1:00-4:30 AARP
25	26 Shephard's Pie Green Beans Gravy, Roll Pears, Milk, Ice Cream Sandwich Activity: 10:00 Exercise DVD 1:00 Bingo	27 Chicken Burger with Lettuce, Tomato Fries 3 Bean Salad Apple Crisp, Milk Activity: 10:00 Chair Yoga 11:00 & 12:45 Mohawk Classes	28 BIRTHDAY MEAL Turkey, Mashed Potato Mixed Veggies Apple Juice Cake with Fruit Topping Activity: 9:00 Exercise DVD 10:00 BINGOize 1:00 "The Talk" Movie— Identity Thief JERSEY DAY	29 Pulled Pork Sandwich Baked Beans Toss Salad Fruit Cocktail Milk Activity: 10:00 Chair Yoga 11:00 & 12:45 Mohawk Classes CRAZY HAIR DAY
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SRMT Office for the Aging Presents

AARP Driver Safety Course



Wednesday, Oct. 21 & Thursday, Oct. 22, 2026 | 1:00 pm–4:40 pm

Why Take This Course?

Participants who complete the course could earn a three-year insurance discount and become eligible to reduce up to four points on their New York State driver's license.

Course Details:

- The fee is \$25 for AARP members and \$30 for non-members. Participants must pay with exact cash or a check payable to AARP at the first class session. Participants must also bring their New York State driver's license and a current AARP card (if a member) to each class session.
- For the first class session, participants should arrive at least 20 minutes early.
- Must be present for both classes 1:00 pm–4:30 pm. No exceptions.
- Open to all New York State licenced drivers– regardless of age.
- Pre-Registration is required.

Let's make our roads safer one driver at a time!

- Basic & Advanced Driving Safety Rules
- How to Handle Emergencies
- Real-Life Scenarios & Case Studies
- Safe Driving Habits
- Avoiding Common Mistakes
- Interactive Quizzes & Videos



Registration Required!



518-358-2963



**SRMT Office for the Aging
29 Margaret Terrance
Memorial Way, Akwesasne
NY 13655**



Saint Regis Mohawk Tribe

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

COMMUNITY NOTICE

For Immediate Release:

Office for the Aging Public Hearing Session to take Place on October 21, 2026

AKWESASNE- (Kentenhsa/October 1, 2026)- The Senior Center and staff of the Saint Regis Mohawk Tribe Office for the Aging invites you to attend our public hearing session. The purpose of the public hearing is to receive input from older adults, caregivers, and community members about our service plans for the upcoming 2027 program year.

The Senior Club is a separate organization from the Office for the Aging. Their members assist the Office for the Aging with events, fundraising, and volunteers. Members participate in Office for the Aging programming and provide valuable insight and feedback.

The public hearing will be held at the Tsi Tetewatakens Senior Center located at 29 Margaret Terrance Memorial Way, behind the Tribal Police Station. 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 center at (518) 358-2963, or by emailing the Director at loralee.lafrance@srmt-nsn.gov. Mail your written comments to:

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

What does the Office for the Aging do with all the comments provided? We gather the input from community members to be consistent with Older Americans Act which assures that aging services are designed by each community based on unique local needs and resources.

Comments we gather at the hearing help guide us as we develop our service plans so that it meets the needs of elders in Akwesasne. In previous years, we used the comments provided to allocate more funding for cultural programming and increase the number of exercise classes offered.

How do I know what is in the service plan? The Office for the Aging will be releasing a summary of the proposed service plan before the public hearing. A community notice will be issued once the summary is available at the Senior Center.

What can I expect at the Public Hearing? The hearing will begin with welcome words from the Advisory Committee followed by a presentation from the Office for the Aging on the 2027 Programs and Services. After the presentation the Advisory Committee will open the floor for comments until they close the hearing. Please note that the Office for the Aging staff will not be available during the comment session to answer questions.

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



'THE TALK'

NO ONE WANTS TO HAVE
(But Needs To!)



Wednesday, October 14th, Begins at 1:00 pm

Medicare, Medicaid and MILC (home care) Presentations with OFA's Alison Cook, Melinda Rodriguez, and Jennifer Rose.

Wednesday, October 28th Movie: 'Identity Thief'

Starts at 1:00 pm; 1h, 51m long
Comedy/Crime, Rated R

Plot: A guy has one week to track down his Identity Thief before his world implodes. He has to confront the unapologetic, shopaholic, con artist to bring her back to his home state to clear his name.

Snacks & drinks provided!



Any questions regarding this series please contact Lyndie Brann or Rachel Jacobs at 518-358-2963

Fall Fun at Prairie's Orchard!

Join us on Friday, October 9th for a fun fall afternoon. Along the way, Lyndie our Elder Abuse Prevention Coordinator will be sharing information to bring awareness to Ageism and how we can recognize and address it. Once we arrive at the orchard, enjoy a hayride, apple picking, homemade items and the beautiful sights and flavors of the season!

Sign up with Katie at 358-2963. Departure at 12:45 pm



PumpkinInferno!

Upper Canada Village in Morrisburg, ON

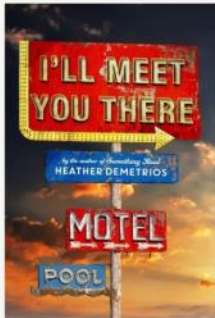
Wednesday, October 14, 2026

Leave Senior Center at 5:00 pm

Sign up with Katie Boots, Activity Coordinator at (518) 358-2963.



Akwesasne Library and Senior Center



If seventeen-year-old Skylar Evans were a typical Creek View girl, her future would involve a double-wide trailer, a baby on her hip, and the graveyard shift at Taco Bell. But after graduation, the only thing standing between straightedge Skylar and art school are three minimum-wage-months of summer. Skylar can taste the freedom—that is, until her mother loses her job and everything starts coming apart. Torn between her dreams and the people she loves, Skylar realizes everything she's ever worked for is on the line.

Nineteen-year-old Josh Mitchell had a different ticket out of Creek View: the Marines. But after his leg is blown off in Afghanistan, he returns home, a shell of the cocksure boy he used to be. What brings them together is working at the Paradise—a quirky motel off California's dusty Highway 99. Despite their differences, their shared isolation turns into an unexpected friendship and soon, something deeper.

Gritty, romantic, and ultimately hopeful, I'LL MEET YOU THERE explores the complicated lives of an unforgettable cast of characters. This is the story of teens outside the picket fence. It doesn't soften the edges of adolescence or the individual consequences of war; it's life on the fringes—maddening, weirdly endearing...and completely screwed up.

**GATHERING
DATE:**

Thursday, Oct. 29th at 1:00 pm in the Senior Center Craft Room

Books are Available now for Pickup at the Senior Center!

Craft Class

**Thursday, October 15, 2026
at 12:45 pm**

October Craft: Rope Ghosts

Using rope, hot glue, cardboard and possibly a pillowcase; we will be making cute boho style ghosts. We will have 2 options— to make the throw pillow case or one large ghost for your front door as a 'wreath'. Just be prepared to use hot glue. Call Katie in Activities department to reserve your seat at 358-2963. No walk-ins will be accepted.



Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

- 1- Sue Ann Huchcroft
- 2- William Oakes
- 3- Brenda Hathaway
- 4- Denise Jacobs
- 8- Kalli Mainville
- 9- Joan Soucy
- 10- Marsha White
- 14- Shirley Jacobs
- John White
- 16- Elda Cook

- Patricia Herne
- 17- Barb White
- 19- Graham Bell
- Mark Jacobs
- 20- Richard Partlow
- 23- Yvonne Cree
- 24- Virginia Plante
- 26- Joseph Hruska
- 27- Sandy Swanger
- 30- Connie Sunday

- 31- Sister Mary Christine Taylor

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

Funded by Title VI MIPPA, HIICAP, and NY Connects



MEDICARE ANNOUNCEMENT

2026 Part D Open Enrollment

October 15th - Decemeber 7th

- Are you Medicare Eligible?
- Do you have Medicare **Parts A** and/or **B**
- Do you need prescription drug coverage or would like to compare insurance plans?

Contact a trained counselor at (518) 358-2834 for assistance exploring your options. Just bring a list of your current medications.



SAINT REGIS MOHAWK TRIBE
Office for the Aging



HEALTH INSURANCE
HIICAP
INFORMATION, COUNSELING & ASSISTANCE PROGRAM

Coloring Contest

October Coloring Contest begins Thurs. Oct. 1st and will end Thurs. October 22, 2026 at 10:00 am

September Winners!



Jeffra Montroy



Ernestine Oakes

HOW TO SAVE YOUR PHOTOS IN AN EMAIL FOLDER

PRESENTATION BY MOHAWK NETWORKS BRENDA COOK

WE'LL COVER DOWNLOADING ATTACHMENTS, CREATING ORGANIZED FOLDERS, AND MOVING PHOTOS SO THEY ARE EASY TO FIND.

Friday, October 16, 2026

11:00 am-12:00 pm

Walk-In Class in Craft Room





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..

