Moccasin Trail

KENTENHKÓ:WA/NOVEMBER 2026

NOVEMBER ACTIVITIES:

- Fri. Nov. 6– National Nacho Day
- Tues. Nov 10– PERS Button Day
  Nutrition Ed at 11:00 am
- Thurs. Nov. 12– Xmas Enchantment
  Coloring Contest Ends
  Thanksgiving meal tickets for sale
- Fri. Nov. 13– Watertown Shopping Trip
- Tues. Nov. 17– Craft Class
- Wed. Nov. 18– Senior Club Meeting
- Thurs. Nov. 19– Thanksgiving Meal
  Senior Club Quilt Draw
  Pantry Bingo
- Tues. Nov. 24– Ride to Nowhere
- Wed. Nov. 25– November Birthday Meal & Virtual Bowling





October Leaf Peeping Trip: More on page 4...

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We will be Closed on:

Wednesday, November 11th– Veterans Day
Friday, November 20th– Planning Day
Thursday, November 26th– Thanksgiving Day
Friday, November 27th– Native American Heritage Day

Office Hours
Monday-Friday
11:00 am– 2:00 pm

AKWESASNE SENIOR CLUB

Mailing Address: PO Box 1106, Akwesasne, NY 13655
Phone: (518) 358-2963
Email: srclubsecretary@gmail.com

Upper Canada Playhouse Show "Everything I Love About Christmas" By Robert More

A terrible snowstorm blankets the countryside on Christmas Eve leaving 17 year old Susan Barnes stranded in a bus station with no way to get home for the holidays. But Christmas miracles do happen. When her mother gives their family's Christmas dinner to a less fortunate neighbor, her act of kindness sets off a chain of events to come to Susan's rescue. Add a witty Santa and his mischievous elves to the plan and it's a musical and magical Yuletide adventure for the whole family.



Thursday, December 10, 2026
Sign up by paying $10 to the Club
Leave the Center at 10:30 am

SENIOR CLUB BIRTHDAY CELEBRATIONS

To ensure that no one is accidentally left out or listed incorrectly, the Senior Club has decided to discontinue publishing members' birthdays in the monthly newsletter.

But don't worry- we will still celebrate you! The Senior Center will continue hosting our monthly birthday meals on the last Wednesday of each month to help make your special month feel celebrated!

Next Senior Club Meeting:
Wednesday, November 18th at 12:45 pm
In the Senior Center Lounge
ALL club members are Welcome!

Haircut Schedule

November 4th and 18th

Must be a Senior Club Member to receive haircuts for $10. Non members pay $20.

AKWESASNE SENIOR CLUB
Quilt Fundraiser



Queen Size

$10 a Ticket or 3 Tickets for $20 Canadian at Par

Find tickets from Akwesasne Senior Club Members or at the SRMT Office for the Aging Senior Club office. For more details call (518) 358–2963.

All Club Members are invited to sell!

Draw Date will be at the Senior Center **Thurs. Nov. 19, 2026**

Cash Prize for Club Member that sells the most tickets!!!

Volunteer Bingo Schedule

November 2
Lorene Jackson
Cathy Coache Mueck
Debbie Thomas

November 9
Bruce Kelly
Barbara Lazore
Lynn LaFrance

November 16
Leona Delormier
Charlene Thomas
Sandra Rourke

November 23
Lorene Jackson
Debbie Thomas
Lynn LaFrance

November 30
No Bingo

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

2026 Craft Fair

Special Thanks to all our wonderful seniors who helped make our October 10th Craft Fair a huge success; by donation of your time, food and auction items. The hard work and dedication of all our Senior Club Members is greatly appreciated.
Coming Soon: Volunteer Appreciation Dinner!








Thank you!

Nia:wen for everyone who was able to attend the Public Hearing. We will be taking comments about our plans for 2027 for the next couple of weeks. Plan abstracts are available at the senior center. You can call, email, or drop comments off to Lora Lee La France, Director. Phone number is 518 358 2963. Email is loraleelafrance@srmt-nsn.gov.



Funded by Title VI MIPPA, HIICAP, and NY Connects

MEDICARE ANNOUNCEMENT

2026 Part D Open Enrollment Event

When: Thursday, November 12th 1 P.M. to 3 P.M.
Where: SRMT Office for the Aging

Join us to learn about Medicare Parts A, B and D, and how they work with the Saint Regis Mohawk Health Services. In addition, discover assistance through the Medicare Savings Program (MSP), and Low-income Subsidy (LIS/Extra Help).

Contact the NY Connects and HIICAP office at (518) 358-2834, for more information and questions.

Office for the Aging HIICAP



Rose J. & Debbie T.



Leaf Peeping Adventure!



Paulette R. & Frank H.

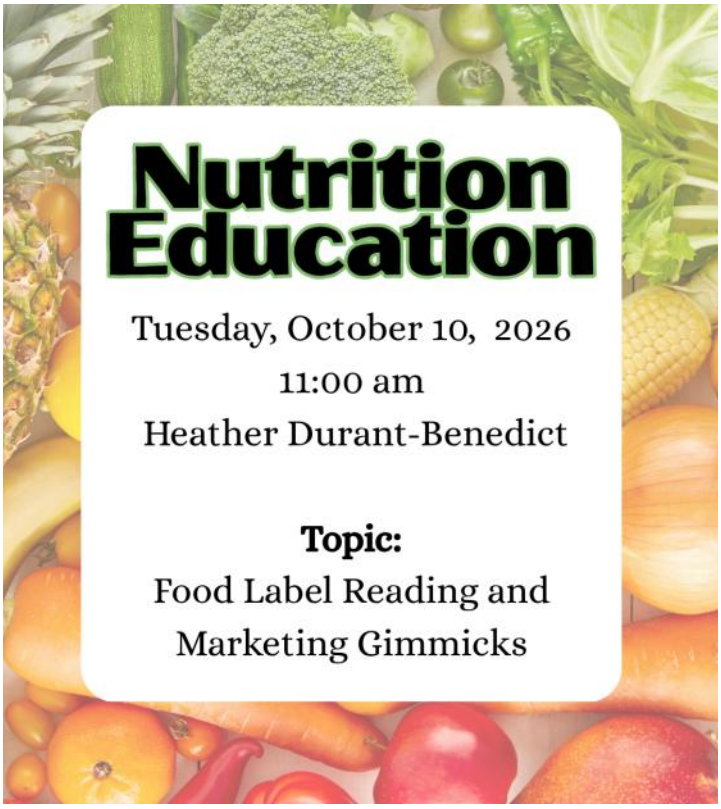


Catherine C. & Nancy….

October 7th, 11 of our seniors hit the road for a beautiful day of chasing the sunshine and fall colors!
We headed to St. Regis Falls, stopped at the old beach for some pictures, then made our way to a beautiful lake just outside Saranac. Of course, no senior trip is complete without a stop at Stewart's for treats!
It was the perfect fall day filled with gorgeous scenery, good company, lots of laughs, and plenty of beautiful memories.



The whole leaf peeping gang







Build confidence and take control of your health.

A workshop series to help manage health and well-being.

Details:

2.5 hour in-person at
Saint Regis Mohawk Tribe
Office for the Aging
71 Margaret Terrance
Memorial Way
Akwesasne, NY 13655

Every Wednesday from November 4 through December 9, 2026 1:00–3:30 p.m. Located in the Sunroom at Seniors

Learn More:

Lyndie Brann
brann.lyndie@srmt-nsn.gov
518-358-2963 ext. 3315

To see all of our workshops, scan the QR code or visit:

GetHealthyNoCo.org

Get Healthy North Country

This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling $1.2 million with 0% percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.

Kentenhko:wa/November 2026

Tsiat'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wískhaton	Iahià:khaton
1	**2** Fish on a Bun Fries Mixed Veggies Yogurt with Granola **Activity:** 10:00 Exercise DVD 1:00 Bingo	**3** Beef Stroganoff Green Beans Roll, Orange Cookie **Activity:** 10:00 Exercise DVD 11:00 & 12:45 Mohawk Classes	**4** Chef Salad Roll, Fruit Salad Tapioca Pudding **Activity:** 9-1:00 Haircuts 9:00 Exercise DVD 10:00 BINGOcize 11:00 Heathy Living: Pathways to Positive Change– Class #1	**5** Spaghetti with Meatballs Caesar Salad Roll Watermelon **Activity:** 10:00 Chair Yoga 11:00 & 12:45 Mohawk Classes	**6** Baked Chicken Rice Mixed Vegetables Roll, Orange Corn Muffin **Activity:** 10:00 BINGOcize National Nachos Day	**7** 5:00 Ace to King
8	**9** Salisbury Steak Potato Wedges Mixed Veggies Roll, Cherry Crisp Peaches **Activity:** 10:00 Exercise Class 1:00 Bingo	**10** Tomato Soup Tuna Sandwich, Pears Chocolate Pudding **Activity:** 10:00 Chair Yoga 11:00 & 12:45 Mohawk Classes 11:00 Nutrition Ed: Food Label Reading	**11** **CLOSED** **Veterans Day**  	**12** Greek Salad Berries with Whip Roll, Ambrosia **Activity:** 10:00 Chair Yoga 11:00, 11:30, 12:45 Mohawk Classes 10:30 Leave for Xmas Enchantment Coloring Pages Due ***Thanksgiving Tickets Available for Purchase***	**13** Beef Stir Fry with Noodles Roll Melon Cup Fig Newton **Activity:** 8:30 Watertown Shopping Trip 10:00 BINGOcize	**14** 5:00 Ace to King
15	**16** Cheesy Chicken Casserole	**17** Sweet Potato Soup	**18** French Toast Sausage Links	**19 Thanksgiving Meal** 	**20**	**21** 5:00 Ace to King

	Mixed Veggies Roll, Cherry Crisp Peaches **Activity:** 10:00 Exercise DVD 1:00 Bingo	Chicken Sandwich Jell-O, Orange **Activity:** 10:00 Chair Yoga 11:00 & 12:45 Mohawk Classes 12:45 Craft Class	Scrambled Eggs Sliced Tomato Melon Cup, OJ **Activity:** 9-1:00 Haircuts 9:00 Exercise DVD 10:00 BINGOcize **12:45 Club Meeting** 1:00 Healthy Living #2	Turkey, Mashed Potatoes, Green Beans, Cranberries, Roll, Pie **Activity:** 10:00 Chair Yoga Mohawk Classes 12:45 Pantry Bingo *Legal Aid Apt.*	**CLOSED** **Planning Day** 	
22	**23** Baked Potato Soup Roast Beef Sandwich V8 Juice Mix Berries w/ Whip **Activity:** 10:00 Exercise DVD 1:00 Bingo	**24** Ham Mashed Potatoes Broccoli Roll, Pears **Activity:** 10:00 Chair Yoga 11:00 & 12:45 Mohawk Classes 12:45 Ride to Nowhere	**25 Birthday Meal** Baked Ziti with Sausage Roll, Toss Salad Grapes, Cake **Activity:** 9:00 Exercise DVD 10:00 BINGOcize 11:00 Virtual Bowling 1:00 Healthy Living #3	**26** **CLOSED** **Thanksgiving Day** 	**27** **CLOSED** **Native American Heritage Day** 	**28**
29	**30** Potato Crusted Cod, Rice Mixed Vegetables Roll, Peaches Cookie **Activity:** 10:00 Exercise DVD NO BINGO *Legal Aid Apt.*	Menu is subject to change due to Supply Availability. Office for the Aging Hours of Operation 8:00 am– 4:00 pm *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.*				

Sponsor by: NYS OFA Title III, Title VI Native American Funding, Tribal General Funding



Loneliness and Social Isolation — Tips for Staying Connected

Social connections are essential to our health and wellbeing. As we age, we may spend more time alone increasing the risk of loneliness and social isolation.

Both are linked to serious health concerns, including heart disease, depression, and cognitive decline. Poor health can also contribute to isolation and loneliness. Older adults who experience either may face more hospital stays, an increased rate of hospital readmission, and an increased risk of early death, compared to those with meaningful supportive social connections.

What is the difference between loneliness and social isolation?

The number of older adults age 65 and older is growing, and many are socially isolated and regularly feel lonely.

Loneliness and social isolation are different, but related. Loneliness is the distressing feeling of being alone or separated. Social isolation is the lack of social contacts and having few people to interact with regularly. You can live alone and not feel lonely or socially isolated, and you can feel lonely while being with other people.

Older adults are at higher risk for social isolation and loneliness due to changes in health and social connections that can come with growing older, hearing, vision, and memory loss, disability, trouble getting around, and/or the loss of family and friends.

Practical daily & social strategies to combat loneliness and isolation

- Establish Social Routines: Schedule regular, predictable touchpoints—such as a weekly phone call with a child or friend, or a daily morning walk.
- Join Local Community Hubs: Participate in programs at local senior centers, public libraries, or community spaces/events. Group-based activities with shared goals or learning focus work best.
- Engage in Volunteering: Offer time at local schools, food banks, animal shelters, or faith-based organizations to build a sense of purpose and routine.
- Pursue Hobbies and Lifelong Learning: Join book clubs, art classes, gardening groups, or educational workshops to connect with people who share similar interests.
- Incorporate Pets: Care for a pet or spend time with animals, which provides daily companionship and lowers stress.

Leverage technology & healthcare

- Embrace Virtual Communication: Use smartphones, tablets, or computers for video calls with family, online game nights, or virtual support groups.
- Utilize Social Prescribing: Ask a primary care provider about local community resources, Area Agencies on Aging, or "social prescribing" programs that link healthcare to social services.
- Seek Professional Support: Differentiate normal loneliness from clinical depression, and consult a mental health professional or join grief support groups if a major life transition or loss has occurred.



Senior Center options:

Watertown Shopping Trip

Friday, November 13, 2026
Bus Leaves at 8:30 am
Call to Sign Up with Activities
(518) 358-2963



Salmon Run Mall:
- JC Penny
- Maurices
- Best Buy
- American Eagle...

Towne Center Drive:
- Kohl's
- Target
- TJ Maxx
- Old Navy
- Ulta Beauty

Ride To Nowhere

Tuesday, November 24, 2026
Leave at 12:45 pm
Sign up with Activities
(518) 358-2963

Sometimes the best adventures are the ones without a destination! Join us for a relaxing ride, good company, beautiful scenery, and a surprise along the way. Just hop aboard and enjoy the ride. You never know where the road will take us.



OCTOBER CRAFT CLASS

For our October craft we made ghosts made out of rope. Some were big for a door wreath and some were small for a pillow case cover. They all turned out so cute with a boho look to compliment anyones home decor. Thank you Gail, Jean, Dorothy and Lillian for participating!



November Craft: Ribbon Christmas Tree

It's not too soon! Let's make these beautiful Christmas trees to add to your holiday decorations this year. Supplies include a styrofoam cone, ribbon, sequin pins, scissors, ruler.

When: Tuesday, November 17, 2026
Time: 12:45 pm
Sign up with Activities (518) 358-2963



If you have any questions feel free to contact SRMT Office for the Aging
@ 518-358-2963 Lisa Keyes RD

Autumn brings a variety of nutrient-dense foods that not only taste delicious but also offer numerous health benefits. These seasonal favorites are perfect for incorporating into a balanced, heart-healthy diet.

Pumpkins and squash, for example, are fall staples packed with vitamins A and C, ideal for supporting immune health and reducing inflammation. Their rich texture makes them perfect for soups or roasting.

Sweet potatoes are another autumnal delight. These vibrant vegetables are loaded with fiber and potassium, making them an excellent side dish for anyone looking to support heart function and maintain stable blood pressure levels.

The harvest season also brings **crisp apples and pears**, full of antioxidants and dietary fiber. These fruits are not only tasty snacks but also great for heart health, helping reduce cholesterol levels and improve digestion.

For those who love their greens, **the fall harvest delivers dark, leafy vegetables like kale and Brussels sprouts.** Rich in nutrients like vitamin K and folate, these vegetables can enhance cardiovascular health while providing a hearty base for many dishes.

Eating seasonally provides many health benefits, especially when focusing on fresh, fall produce. These foods are naturally rich in antioxidants, vitamins, and minerals that support heart health, reduce inflammation, and maintain overall wellness which is particularly important for seniors.

Tips for Selecting Fall Produce:

- Look for vibrant colors and texture. Avoid dull or faded produce.
- Smell the produce. For instance, good potatoes have an earthy and starchy smell.
- Check for signs of ripeness. Avoid bruises or blemishes.
- Shop at farmer's markets or buy local for the freshest options.
- Don't be afraid to ask for advice from farmers or store staff.



Preservation Techniques:

- Freezing: Preserve the freshness of your harvest of fruits and vegetables. For vegetables, blanch them first to retain color, texture, and flavor.
- Canning: Store produce long-term in your pantry using hot water bath canning for fruits and some vegetables, or pressure canning for meats and many vegetables.
- Drying/Dehydrating: Create healthy snacks like dried apple rings using a dehydrator or oven. This method concentrates flavors and extends shelf life.
- Pickling: Transform vegetables like cucumbers, green beans, or beets into flavorful quick pickles with a vinegar-based brine. *Jamming: Turn fruits into delicious jams and jellies by cooking them with sugar. Be sure to use appropriate pectin or thickeners and follow recommended canning procedures for shelf stability



If you or someone you know celebrated a Birthday this month, please join us for lunch on Wed. Nov. 25th to sing 'Happy Birthday' and celebrate your special day.





Staff Development Day! Friday, October 23rd the Senior Center staff went out for breakfast then we went bowling at Lucky Strike Lanes in Malone. It definitely got competitive and fun. Some staff for sure have some hidden talents!



Linda Montour

Coloring Contest

October Contest Winners:
Linda Montour & Debbie Ransom
Congratulations Ladies!

November Coloring Contest
begins Monday, Nov. 2nd and will end Thurs. Nov. 12th at 10:00 am





Debbie Ransom

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
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..



The SRMT Office for the Aging receives funding and support from the NYS Office for the Aging, Area Association on Aging, Title VI Native American Program, and the Tribal General Fund.