



Moccasin Trail

SESKHA / AUGUST 2025

Points of Interest:

- Friday 8/1, Leave at 1:30 pm
Elvis Show at Iakhihsotha
- Senior Club Trip UCPH
'Maggie's Getting Married'
8/5 Leave at 11:30 am
- Senior Day at Malone Fair!
8/7, Leave at 10:30 am
- Shopping Trip to Plattsburgh
Friday, 8/8, Leave at 8:30 am
- Ride to Nowhere 8/13
- Hawaiian Party at Iakhihsotha
Thurs. 8/21, Leave at 10:30
- Abuse Prevention Bus Ride
to Donnelly's— 8/22 at 1pm



Our bus is ready to hit the road! We are excited to use our brand new 16 passenger bus. We have 7 trips planned for August!



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**We will be
Closed on:**

**Monday, August 4th— Family Day
Friday, August 29th— Planning Day**

Akwesasne Senior Club



She:kon, I am Cecelia Thomas the new Senior Club President. I was born and raised here in Akwesasne, I am the daughter of Margaret Thompson and Leo Francis. I graduated from Iohahiio. I am currently a student at the Senior Center as a beginner Kanienkeha student, trying to be more fluent in our language. I am happily married to Michael Barry Thomas and together we have 8 wonderful children and 11 grandchildren. I enjoy camping, traveling, and crafting. I have spent many years volunteering my time for various organizations including the fire department, the senior center, and the Akwesasne Food Pantry. I look forward to working with everyone at the senior center and planning some fun activities. I am currently organizing new games such as Rummikub and Phase 10. If you'd like to learn— please attend on Tuesday or Thursday in August. They are both easy to learn and fun to play. If you want to know more about the Senior Club, don't hesitate to stop by the office or call the center and ask for the Senior Club office. I wish everyone a safe and enjoyable rest of summer!

Upper Canada Playhouse Show: Maggie's Getting Married

Tuesday, August 5th, 2:00 pm Show. Leave Senior Center at 11:30 am. Sign up with Senior Club

There's no better time for comedy and chaos than the night before a wedding...when everyone's nerves are frazzled! Welcome to the Duncan family kitchen the night before Maggie's big day and a small group of friends and relatives are gathered in the next room to await the groom's arrival. Everything's going to plan. The rings are safely hidden away. They're ready for anything. Except for the Big Surprise that turns the kitchen into a 3-ring circus!

Dear Members,

Let me introduce myself, my name is Sharon (Chubb) Sunday. It is an honor to serve as the new Secretary/ Treasurer of the Seniors Club, here at the Senior Center. Here is a little bit about my family and work background. I grew up on State Road, the daughter of John and Grace Chubb. I have a daughter Haylee, and a son, Jacob and 5 grandchildren. I also have 3 sisters and one brother. I attended Mohawk School, Salmon River and SUNY Morrisville. I retired last June from Tarbell Management Group, also known as TMG or Bears Den, after 41 years. My title was Payroll and Benefit Specialist. I enjoyed my time there but knew it was time to try something different. A special "Shout Out" to my sister Lorene, who mentioned my name in the Quarterly Seniors Club Meeting, when they were looking for someone to take on this role. Patti Herne called me almost immediately to

come in and take a look. My mother was an active member of the Center and always looked forward to all that was happening here. So, when I was asked to step into the position of Club Secretary/Treasurer I thought I would give it my best try.

I am so grateful that I did. I have met so many wonderful, friendly people that I now look forward to seeing them each week. Many of the members knew my mother and shared with me some of their memories of her. I hope to eventually meet you all at some point or another. I am here on Monday and Wednesday at the Senior Club Office, if you want to stop in and say hello. In closing, I hope everyone enjoys the rest of their summer, Many Thanks- Sharon Sunday



Volunteer Bingo Schedule

**August 4th
No Bingo**

August 11th
Lorene Jackson
Ruth Bell
Dorothy Shatlaw

August 18th
Caroline Tarbell
Debbie Thomas
Ruth Bell

August 25th
Lorene Jackson
Barbara Lazore
Dorothy Shatlaw

In Loving Memory of Iris Herne

August 3, 1955– July 7, 2025

Iris started coming to the senior center after she retired from SRMT Daycare Program. At her first club meeting she was nominated as Vice President and with a show of hands, she graciously accepted. We were overjoyed.

Anyone could see Iris' love for children, so showing her kindness towards the Tota's came easy. The same way she helped and treated her family, she treated everyone. She has been a life savor by being able to communicate well, sharing her skills from her experiences while employed. By pitching in immediately to help and organize weekly bingo, updating membership, encouraging new members, ordering and arranging activities to make sure all needs were met for everyone at the senior center. She was involved with all fundraising events, especially the annual craft fair in October, and played a major part in trips locally and away.

Our hearts were broken to see her struggle, but Iris knew she was going to find peace, happiness, and that her ancestors were waiting for her. Iris left her footprint behind and will not be forgotten. She cherished her family and her friends here at the at the center.

She had a well lived life and will be missed by all who knew her.

-Written by Millie Cook

In Loving Memory of Clark Lazore

Clark Lazore was a cherished part of our senior center family. He had been coming faithfully every day since the center was located next to the Tribal Clinic. His quiet presence filled the room, and though he didn't often join in activities, he was always there with a warm chuckle, a quick joke, and a kind word.

Everyone on staff knew exactly how Clark liked his coffee. He never missed a chance to say "good morning" to the kitchen ladies and staff—his "movie stars," as he lovingly called us. And if you were headed out the door, you could count on Clark to ask with a smile, "Going to New York City?" Each morning at 9:30, we looked forward to bringing him his usual: water, graham crackers, and a hot cup of coffee. It was a small ritual, but one that meant the world to us—and to him.



THE ABUSE PREVENTION BUS RIDE WITH LYNDIE & RACHEL: WANNA GO OUR WAY?



Fri. Aug. 22, 2025



12 Participants

Bus will leave at 1:00 pm headed for ICE CREAM!
What will you learn? On the way... Abuse Trivia

- Types of abuse
- Warning signs of abuse
- How to prevent
- Who to report to



Destination >

Donnelly's Ice Cream,
In Saranac Lake!

Senior Club will buy us a cone/dish of flavor of the day.
Bring a cooler if you want extra to take home at your own expense.

What will you learn? On the way Back...

Musical SCAM Trivia

- Phone Scams
- Grandkid Scams
- Romance Scams

Any Questions, please contact Lyndie/Rachel
at (518) 358-2963

August Craft Class

Filigree Enamel Coaster Art Kit

This adult craft kit offers a soothing, imaginative pursuit that aids in reducing stress and fosters mental tranquility. Ideal for enthusiasts; for anyone who loves crafting kits or arts and crafts for adults.

What is Filigree?- It's a type of metalwork, traditionally made with fine wires of gold or silver, intricately woven or twisted into ornamental patterns. It often resembles lace or open-work and is used to create beautiful detailed designs, particularly in jewelry and decorative objects.

Tuesday, August 12th at 12:45 pm

5 spots available— We will pick participants from the wheel of names for everyone who calls to put their names in.

(we will take 2 names for one wheel of names spot) Call Activities Department at (518)-358-2963.



MOHAWK
networks

**Learn How to
Use Your
iPad!!**



Friday, August 8th at 10:00 am

**Bring your iPad, Charger and
Your Questions!**

**Please register with Katie or Tenisha
at 518-358-2963**

National Farmer's Market Week August 3rd through 9th 2025

- Increases access to fresh, local produce.
 - Fresh produce is typically richer in vitamins and mineral enhancing overall health.
 - Also providing a variety of other local products.
- Supports local farmer's and economy
- Access to seasonal foods
 - Markets emphasize seasonal produce at their peak flavor and nutritional value. Also encourages a diverse diet.
- Community engagement and education
 - Vendors can share their knowledge about their farming practices, nutrition and cooking tips.
- Environment benefits
 - Purchasing locally, helps support the sustainability practices that assist with environmental conservation and promote biodiversity.
- Affordability and Accessibility
 - Many studies have shown that prices for fresh produce can be lower at farmer's markets than super-markets, especially for in-season items. Also, many markets accept SNAP benefits or Senior Farmer's Market Coupons.

Franklin County Farmer's Markets:

Akwasasne Farmer's Market
71 Margaret Terrance Memorial Way
Saturday's 11 :00 am– 2:00 pm
June 14th through October 25th

Malone Farmer's Market
27 Airport Road
Wednesday's 12:00 pm– 4:30 pm
May 22nd through October 2nd

Saranac Lake Farmer's Market
Riverside Park
(Corner of Main St. and Route 3)
Saturday's 9:00 am– 1:00 pm
May 17th through October 11th



***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!***



Seskeha/August 2025

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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 **518-358-2963**. Community members under 55 are also welcome— suggested contribution is \$5.00.

Menu is subject to change due to Supply Availability.



Salads are now available— please request when you call in with your desired salad dressing. (pending supply)

3 5:00 Ace to King	4 CLOSED Family Day 	5 Beef Stir-Fry Noodles Roll Mandarin Oranges Activity: 10:00 Chair Yoga 11:30 Leave for Upper Canada Playhouse Show (starts at 2:00)	6 Chicken Burger Pickle Potato Salad Veggie Sticks Banana Cherry Crisp Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD	7 Adirondack Salad Roll Pineapple Activity: 10:00 Chair Yoga 10:30 Malone Fair Trip	8 Baked Fish Wild Rice Squash Beans Roll Banana Activity: 10:00 Learn How to Use Your Tablet Class 8:30 Shopping in Plattsburgh	9 <i>Elder Activities In Senior Center</i> 10:00 Purse Sale 12:00 Bingo 5:00 Ace to King <i>(Any questions, Ask Senior Club)</i> 
10 5:00 Ace to King	11 Tomato Mac Soup	12 Pulled Pork Sandwich Baked Beans	13 Chef Salad Roll	14 French Toast Scrambled Eggs	15 	16 5:00 Ace to King

	Tuna Sandwich Pear Activity: 10:00 Exercise Class 10:00 Coloring Contest Ends 1:00 Bingo	Baked Beans Coleslaw Apples Activity: 10:00 Chair Yoga 12:45 Craft Class 12:30 Rummikub game (learn how!)	Fruit Salad Cookie Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD 12:30 Ride to Nowhere	Sausage Melon Cup Apple Juice Activity: 10:00 Chair Yoga 12:30 Phase 10 game (learn how to play!) National Creamsicle Day!	 <i>Senior Picnic Meal to be determined (No tickets needed)</i>	
17 5:00 Ace to King	18 Salisbury Steak With Mushrooms Mashed Potatoes Mixed Vegetables Wheat Roll Apple Activity: 10:00 Exercise DVD 1:00 Bingo	19 Cabbage Roll Casserole Corn Beans Roll Orange Activity: 10:00 Chair Yoga 10:30 Cornhole Tournament World Photo Day 12:30 Rummikub	20 Spaghetti and Sausage, Roll Caesar Salad Watermelon Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD National Bacon Day	21 Chinese Chicken Salad Roll Banana Lemon Fluff Activity: 10:00 Chair Yoga 11:00 Hawaiian Party at Iakihsohtha— leave at 10:30 12:30 Phase 10	22 Sausage with Onions and Green Peppers on a Bun Macaroni Salad Celery & Carrot Sticks Pears Activity: 1:00 Abuse Prevention Bus Ride to Donnelly's!	23 5:00 Ace to King
24 5:00 Ace to King	25 Liver with Onions Boiled Potatoes Mixed Vegetables Roll Tapioca Pudding Fruit Cocktail Activity: 10:00 Exercise DVD 1:00 Bingo	26 Chicken Tenders Fries Broccoli Wheat Roll Orange Activity: 10:00 Chair Yoga 12:30 Rummikub	27 Birthday Meal Country Style Ribs Rice Mixed Vegetables Roll Cake with Topping Activity: 9:00-1:00 Haircuts 10:00 Exercise DVD 	28 Stuffed Peppers Black Bean and Corn Relish Sautéed Cabbage Roll Pineapple Activity: Last Mohawk Class until September Legal Aid Appointments 10:30 Phase 10	29 CLOSED Planning Day 	30 5:00 Ace to King

Senior Cornhole Tournament

Tuesday, August 19, 2025

10:30 am Start
Senior Center



Call Activities Dept. Katie or Tenisha at
(518) 358-2963 to sign up
Partners will be picked at random the morning of
Gift Cards for 1st and 2nd Place!



We had a fantastic turnout at our recent Ice Cream Social, and the event was nothing short of a sweet success! Guests enjoyed delicious scoops of vanilla, mint chocolate chip, and maple walnut ice cream, served in cones or bowls—topped with all the fixings: chocolate, strawberry, and caramel syrup, plus nuts, sprinkles, and whipped cream.

We were especially happy to welcome elders from Iakhihsohtha, who also joined us for lunch. A heartfelt thank you goes out to Twin Leaf/Sweet Treats for their generous donation of all the ice cream.

After the event, we were able to share our leftover treats with the Akwesasne Boys and Girls Club summer program, spreading the joy a little further into the community.

Special thanks to our two amazing high school volunteers for their help—and compliments to everyone who contributed to the adorable decorations that added the perfect touch to our gathering. Nothing brings people together like a bowl of ice cream on a warm summer day!



Fuel Your Activities with Fruits and Veggies

Fresh fruits and vegetables are some of the best sources of fuel to help keep you energized and moving. They provide vitamins, minerals, and the hydrating fluids needed to keep you active in the summertime. Not only are these foods nutritious and delicious, but they help restore your muscles and joints even after the activity to ensure a speedy recovery.

Choosing Fruits

How you decide to refuel after exercising your body directly impacts the speed of your recovery. Because energy is exerted during periods that involve a lot of movement, it is vital that you allow yourself to indulge in foods that replenish your cells. Healthy food choices, namely fruits and vegetables, are one of the easiest ways to restore your body. Fruit is an excellent source of healthy carbohydrates, and is one of the highest quality hydration sources.

Which fruits are best for physical recovery?

Bananas – Not only are bananas extremely inexpensive and super sweet when ripe, but they are filled with carbohydrates and potassium that assist in speedy muscle recovery.

Oranges – These juicy citrus fruits are packed with vitamin C, a nutrient that helps the body absorb iron, which is essential for transporting oxygen to your muscles.

Berries – All of the small, candy-like berries are packed with antioxidants which are important for countering oxidative stress that happens during exercise. And as severe oxidative stress can lead to inflammation, foods like berries that are rich in the antioxidants known as polyphenols, are perfect for preventing any potential damaging effects.

Choosing Vegetables

Just like fruits, vegetables are also jam-packed with various nutrients that are needed for optimal physical performance. They offer low-calorie, nutritious solutions to help your body recover. Opt for dark, leafy greens like spinach and kale to receive several nutrients and vitamins that contribute to strong bones and a regulated metabolism. Another option may consist of sweet potatoes or beets, as they both improve energy production and healthy digestion. The point here is to focus on foods that contain high amounts of vitamins and essential minerals such as:

Manganese – This mineral helps with energy production and is critical for bone health, and may contribute to improved bone mineral density when combined with calcium, zinc, and copper.

Vitamin B6 – Without sufficient vitamin B6 levels, the body is not able to create and absorb enough amino acids which are critical for building and maintaining lean muscles. It also helps with nerve function, as well as muscle contraction.

Calcium – When you sweat, critical nutrients like calcium are lost. This mineral contributes to healthy bones and muscle function making it essential for speeding up the recovery period.

Choosing Water

Hydration is another crucial element when engaging in physical activity. Choosing to eat fruits and vegetables that are naturally filled with water is another way to stay hydrated without having to focus on drinking as much from a bottle.

Celebrating National Gorgeous Grandma Day in Style!

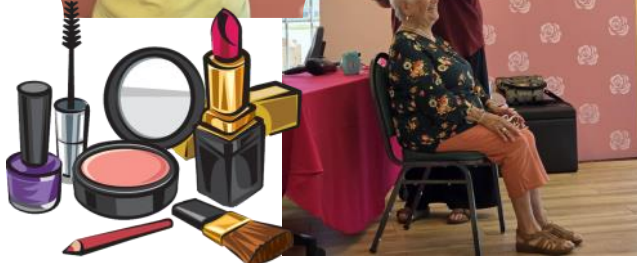
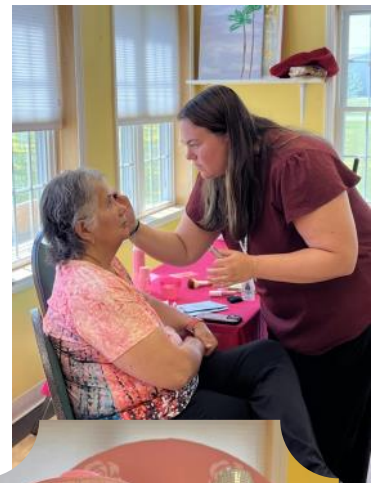
Our senior center was filled with beauty, laughter, and a whole lot of glam as we celebrated National Gorgeous Grandma Day on July 23rd! The day was all about pampering and honoring the fabulous grandmas in our community.

Participants enjoyed a spa-inspired experience, including press-on nails, nail painting, makeup, hair styling, and event fun colorful hair spray! To top it off, we treated our guests to refreshing infused water and moisturizing face masks to keep everyone feeling and looking their best.

While we wished we had more time for all the fun, it was wonderful to see so many smiles and hear the laughter echo through the room. The event was a big hit!

A special thank you to our amazing college student Kristen, who took the lead in organizing the day and gathering all the supplies. We also extend our gratitude to volunteer Camryn Cook for her time and help making the event such a success.

Here's to our gorgeous grandmas— beautiful inside and out!



Monthly Coloring Contest

July Winners:

Ice Cream— Ernestine Oakes

Deer— Linda Montour

The next coloring pages will be available
August 1st and Judging will be
Monday, August 11, 2025



Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

1- Danny Oakes
3- Ronald Garrow
4- Lorna Smoke
5- Iona Castagnier
7- Linda Montour
7- Gerald Ghostlaw
9- Ruthie Peters
10- Florabell Anderson
Krystal Hallman
Debbie Cook-Jacobs
James Ransom

11- Sylvia Beeson
Shirley Brown
12- Elizabeth Clary
13- Rebecca Massic
18- Charity (Brad) Lazore
Dorothy Shatlaw
19- Shirley Jacobs
20- Ronald Cook
Karmen Miller
21- Dorothy Costello
Bernice Lazore
22- Deborah Terrance

25- Mary Francis
Patricia White
26- Minnie Garrow
27- Francine Palermo
Keith Ackerman?
30- Peter Garrow
31- Elaine Scott

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

August Trips & Activities

Friday, August 1st- 12:30 pm Virtual Bowling Tournament
1:30 pm Leave center for Iakhihsohtha Elvis Show

Tuesday, August 5th- 11:30 am Leave center for Upper Canada Show with Senior Club

Thursday, August 7th- 10:30 am Leave for Malone Fair (Free Senior Day)

Friday, August 8th- 8:00 am Leave for Plattsburgh Shopping Trip
10:00 am Learn How to Use Your Tablet Class

Monday, August 11th- 10:30 am Coloring Contest Ends

Tuesday, August 12th- 12:30 pm Rummikub Game with Senior Club– come learn how!
12:45 pm Craft Class (call to enter into wheel of names)

Wednesday, August 13th- Ride to Nowhere (call to sign up)

Thursday, August 14th- National Creamsicle Day
12:30 Phase 10 Game with Senior Club– come learn how!

Friday, August 15th- Senior Picnic

Tuesday, August 19th- 10:30 am Cornhole Tournament
World Photo Day– Bring in a picture in nature that you took that
means a lot to you and we will display it with others by 11:00 am
12:30 pm Rummikub Game

Wednesday, August 20th- National Bacon Day (served at snack time 11:00 am)

Thursday, August 21st- 11:00 am Hawaiian Party at Iakhihsohtha
12:30 Phase 10 Game with Senior Club

Friday, August 22nd- 12:30 pm Abuse Prevention Bus Ride to Donnelly's

Tuesday, August 26th- 12:30 pm Rummikub Game with Senior Club

Thursday, August 28th- 12:30 pm Phase 10 Game with Senior Club





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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Office for the Aging Saint
 Regis Mohawk Senior
 Center

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August Activities Listed on Page 11