

ELDER LIVING

Seneca Nation Area Office for the Aging



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Director's Update

Nya:wëh Sgë:no'

March was a busy month and now April is upon us! Just a couple things for the month of April, the Cattaraugus Community Fair is happening April 1st-5th while the kids are on break after the Easter holiday. Second is the Solar Eclipse. Emergency Management has given AOA a limited supply of eclipse glasses to safeguard your eyes. They are available at your AOA site and are first come first serve bases. The event will occur approximately over both territories between 3:19 to 3:20pm and will last around three and a half minutes. The eclipse which is when the moon "eclipses" the Sun. The Moon as it orbits the Earth comes in between the Sun and the Earth and blocking the sun preventing any sunlight from reaching us. Please be safe when viewing and protect your eyes.

We hope April is warmer and we can get on with Spring things, remember if you need any assistance or would like to participate in any of our activities please contact us. Ja:goh!

Ësgögë' ae' - I'll see you again.

Bethany Lay



FREE In-Person Legal Assistance @ AOA

With Thomas Warren,
Center for Elder Law &
Justice

April 26th

****Appointments required****

To make an appointment:

- Call Tina Law in Catt. at (716)532-5777
- Call Bridgette John in Allegany at (716)945-8414

Allegany Elders Center Hours

MON-FRI
8:30AM-7PM
SAT-SUN
9AM-2PM



Wini Kettle Senior Center Hours

MON-FRI
8AM-7PM
SAT-SUN
10:30-7PM

Congregate Dining at AOA

44 Seneca Senior Center

Weekdays from 12 – 1 pm.

Please call for reservations by 3pm the day prior: 716-945-8414.

Seneca Allegany Elders Center

Tuesdays and Thursdays

from 12 – 1 pm.

Please call for reservations by 3pm the day prior: 716-945-8414.

Wini Kettle Senior Center

Weekdays from 12 – 1 pm.

Please call for reservations by 3pm the day prior: 716-532-5777.



Allegheny Easter Egg Hunt

HAPPY
EASTER



Tax Assistance:

2024 Elders Tax Assistance

FREE tax assistance for Elders this year will be by appointment only at the IRS Volunteer Income Tax Assistance (VITA) and Tax Counseling programs listed below.

Allegheny Territory:

United Way of S. Chautauqua County Rural Outreach

208 Pine Street

Jamestown, N.Y.

Call 888-696-9211 for an appointment

United Way of S. Chautauqua County- Prendergas

509 Cherry St.

Jamestown, NY 14701

Call 888-696-9211 for an appointment

United Way of Cattaraugus County

Only online services at www.myfreetaxes.com

Olean, N.Y.

(716) 372-3620

John J Ash Community Center AARP

112 N Barry St, Olean, NY 14760

Call (716) 376-5670 for an appointment

Buffalo Area:

First Shiloh Baptist Church

15 Pine Street

Buffalo, NY 14204

Call 888-696-9211 for an appointment

Autumnwood Senior Center

1800 Clinton Street

Buffalo, NY 14206

Call 716-316-7323 for an appointment.

Cattaraugus Territory:

United Way of N. Chautauqua County-Anderson Lee Library

43 Main Street, Silver Creek, N.Y.

Call 888-696-9211 for an appointment

United Way of N. Chautauqua County-SUNY Fredonia

214 Central Ave., Dunkirk, N.Y.

Call 888-696-9211 for an appointment

United Way of N. Chautauqua – Central Ave.

626 Central Ave., Dunkirk, N.Y.

Call 888-696-9211 for an appointment

If you are a member of AARP, there are several locations:

AARP West Seneca, 4620 Seneca St. 716-675-9288 call for appt.

Aurora Senior Center, 101 King St Ste A, East Aurora 716-652-7934 call for appt.

Valley Community Association, 93 Leddy St, Buffalo 716-823-4707 Ext 3 call for appt.

John Duke Senior Center 1201 Hyde Park Blvd, Niagara Falls 716-297-9324 call for appt.



Upcoming Seneca Elder Events



Sign-up sheets for shows will be available **1 MONTH** prior to the event. Numbers are turned in to the Casino 1 week prior, if you have a change in plans please cancel before then.

Please arrive 2 hours prior to the show for the buffet at the casinos.

Guest

Cost

\$48 Scotty McCreery- Saturday, April 13th 7 p.m. Seneca Allegany

\$33 Nikki Glaser- Saturday, April 20th 8 p.m. Seneca Niagara

\$38 All Star Boxing- Friday, May 10th 7 p.m. Seneca Niagara

\$25 Wheel of Fortune- Friday, May 24th 2 p.m. Seneca Niagara

Bus departs Allegany at 12 p.m. Cattaraugus at 12:30 p.m.

\$63 Big & Rich w/ Gretchen Wilson- Saturday, May 25th 8 p.m.

\$48 Donny Osmond - Saturday, July 13th 8 p.m. Seneca Niagara

GUEST TICKET MUST BE PAID FOR AT LEAST 1 WEEK PRIOR TO SHOW





2024 CATTARAUGUS TERRITORY COMMUNITY FAIR APRIL 1st - APRIL 5th, 2024



MONDAY, APRIL 1st, 2024 - EDUCATION DAY

9 AM	CCC	Language Through the Arts Peyote Stitch grades 9-12
9 AM	Clinic ponds	Fishing Derby hosted by Seneca Strong
9 AM	CCC	Education Scholastic Book Fair – Books for sale
12 PM	CCC	Lunch: sponsored by Education
1 PM	CCC	Spring Break Carnival
2 PM	CCC parking lot	Wheel Strong Bike Run

TUESDAY, APRIL 2nd, 2024 - CCC DAY

8 AM	CCC	Language Through the Arts Moccasin making grades 9-12
9 AM	CCC	Community Fair 5 K Run
11 AM - 1 PM	CCC	Craft tables Painting with Sandy Warrior
12 PM	CCC	Lunch: sponsored by CCC
1 PM - 4 PM	CCC	Olympic Sport Activities
2:30 PM – 5:30 PM	CCC	Girls Lacrosse Clinic

6 PM CCC Closes

WEDNESDAY, APRIL 3rd, 2024 - SENECA HEALTH DAY

9 AM - 2 PM	CCC	Community Clean up (pick up supplies)
10 AM - 3 PM	CCC	Health display tables (passport game- entry for raffle items) - Healthy snacks - Planting Honor your Children - SPCA Trailer sponsored by SNHS Environmental. - Crime Victims Services and Family Support Services
11 AM	TERC Building	Lunch and learn about TERC Department programs
12 PM	CCC	Lunch – Hosted by Marshals Dept
1 PM - 2 PM	CCC MPR	Total Eclipse How to View Safely - A Presentation by Dr. Schmitt. Free Eclipse Glasses
2 PM - 3 PM	CCC MPR	Yoga Class - Mats available to use or bring your own. Limited number of Free Yoga Book for Adult Participants.
3 PM	CCC Lobby	Passport Game Prize Drawings

THURSDAY, APRIL 4th, 2024 CULTURE DAY

10 AM - 1 PM	Seneca Fire	Recruitment Day Open House / Hot Dogs
10 AM	SN Library	Sundance Kids farm - animals
10 AM - 2 PM	Sully Center	Outdoor Cooking Demo
10 AM - 12 PM	CCC	Making Indian Cookies - Traditional games - Activity Tables
12 PM	CCC	Lunch – Community Fair
2 PM - 4 PM	CCC	Tiny Tot Smoke Dance Sponsored by Newtown singers and ECLC - Social/cake walk
5 PM	Support Services Building	Dinner Drive thru – while supplies last
6 PM	Hollywood Theater	Movie Night – Hosted by ECLC – Cloudy w/ A Chance of Meatballs

FRIDAY, APRIL 5th, 2024 VENDOR/DEPARTMENT DAY

10 AM - 3 PM	CCC	Vendors & SN Department information tables
10 AM - 3 PM	Saylor Building	Babysitting/CPR class Registration required with Family Support Services
11 AM - 2 PM	CCC parking lot	Cheesy Chick -food truck
1 PM - 3 PM	CCC	"Tradition, Trauma, & Tenderness" Documentary

**Schedule is subject to change.
All Lunch and Dinners served while supplies last.
For More Information Please Call 716 - 532 - 3341**

SCHOLASTIC
BOOK FAIR
Monday - Thursday
Opens 9am Daily
Located at the CCC

BAKE SALE

FRIDAY APRIL 5TH

1PM-4PM

@ wini kettle elder center

HOMEBAKED SWEETS

ALL PROCEEDS GO TO AOA ELDERS POTLUCK
FUND

28 THOMAS INDIAN
SCHOOL DR. IRVING NY

14081

Catt AOA Activities

April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Potluck & BINGO 5pm	2 Card Club 10am Puzzle Contest 1pm	3 Workout with Andrea 1pm	4 BINGO 1pm	5 Card Club 10am <i>*bake sale*</i> 1pm --4pm	6 Cornhole 1pm
7 Quarter BINGO 2pm	8 Potluck & BINGO 5pm	9 Card Club 10am Shuffle Board 1pm	10 Workout with Andrea 1pm Paint Night 5pm	11 Seasonal Craft 1pm	12 Card Club 10am Movies & popcorn 1pm	13 Sewing 2pm
14 Quarter BINGO 2pm	15 Potluck & BINGO 5pm	16 Card Club 10am Board Games 1pm	17 Workout with Andrea 1pm Seasonal craft 2pm	18 BINGO 1pm	19 Card Club 10am	20 Cornhole 1pm
21 Quarter BINGO 2pm	22 Potluck & BINGO 5pm	23 Card Club 10am Shuffle Board 1pm	24 Workout with Andrea 1pm	25 Seasonal Craft 1pm	26 Card Club 10am LRC 1pm	27 Gardening 11am Sewing 2pm
28 Quarter BINGO 2pm	29 Potluck & BINGO 5pm	30 Card Club 10am Woman's Pool 1pm				

Allegany AOA Activities



April 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Allegany Senior Center 3644 Administration Dr. Salamanca, NY 14779 Any questions, please Feel free to call Stephanie or Dorsie @ 716-945-8990	9-10 Coffee Social 11-2 Pool 2-4 Scrabble 4-6 Movie Time	2 9-10 Coffee Social 12-1 Lunch 1-2 Dash Diet w/Andrea Spako	3 9-10 Coffee Social 11-1 Card Class 2-4 Puzzle Time	4 9-10 Coffee Social 12-3 Lunch/Bingo 4-6 Dream Catcher	5 9-10 Coffee Social 1:30 Seneca Lang. 3-5 Adult Coloring	6 9-10 Coffee Social 11-1 Turtle Stepping Stone
7 9-10 Coffee Social 11-1 Adult Coloring	8 9-10 Coffee Social 11-2 Pool 2-4 Scrabble 4-6 Movie Time	9 9-10 Coffee Social 12-1 Lunch 1-2 Adult Coloring	10 9-10 Coffee Social 11-1 Card Class 1-1:30 Music Class	11 9-10 Coffee Social 12-3 Lunch/Bingo 4-6 Dream Catcher	12 9-10 Coffee Social 1:30 Seneca Lang. 3-5 Adult Coloring	13 9-10 Coffee Social 11-1 LRC
14 9-10 Coffee Social 11-1 Adult Coloring	15 9-10 Coffee Social 11-2 Pool 2-4 Scrabble 4-6 Movie Time	16 9-10 Coffee Social 12-1 Lunch 1-2 Adult Coloring	17 9-10 Coffee Social 11-1 Card Class 2-4 Puzzle Time	18 9-10 Coffee Social 12-3 Lunch/Bingo 4-6 Dream Catcher	19 9-10 Coffee Social 1:30 Seneca Lang. 3-4 Turtle Stepping Stone	20 9-10 Coffee Social 11-1 Adult Coloring
21 9-10 Coffee Social 11-1 Adult Coloring	22 9-10 Coffee Social 11-2 Pool 2-4 Scrabble 4-6 Movie Time	23 9-10 Coffee Social 12-1 Lunch 1-2 Adult Coloring	24 9-10 Coffee Social 11-1 Card Class 1-1:30 Music Class 5-6 Safety Tips w/Sheriff B. Mohr	25 9-10 Coffee Social 12-3 Lunch/Bingo 4-6 Dream Catcher	26 9-10 Coffee Social 12-3 POT LUCK	27 9-10 Coffee Social 11-1 LRC
28 9-10 Coffee Social 11-1 Adult Coloring	29 9-10 Coffee Social 11-2 Pool 2-4 Scrabble 4-6 Movie Time	30 9-10 Coffee Social 12-1 Lunch 1-2 Adult Coloring	HOURS MONDAY-FRIDAY 8:30AM-7PM SATURDAY-SUNDAY 9AM-2PM	CALENDAR IS SUBJECT TO CHANGE	POT LUCK EVERY LAST FRIDAY OF THE MONTH	

April 2024 Menu

Seneca Nation Area Office for the Aging

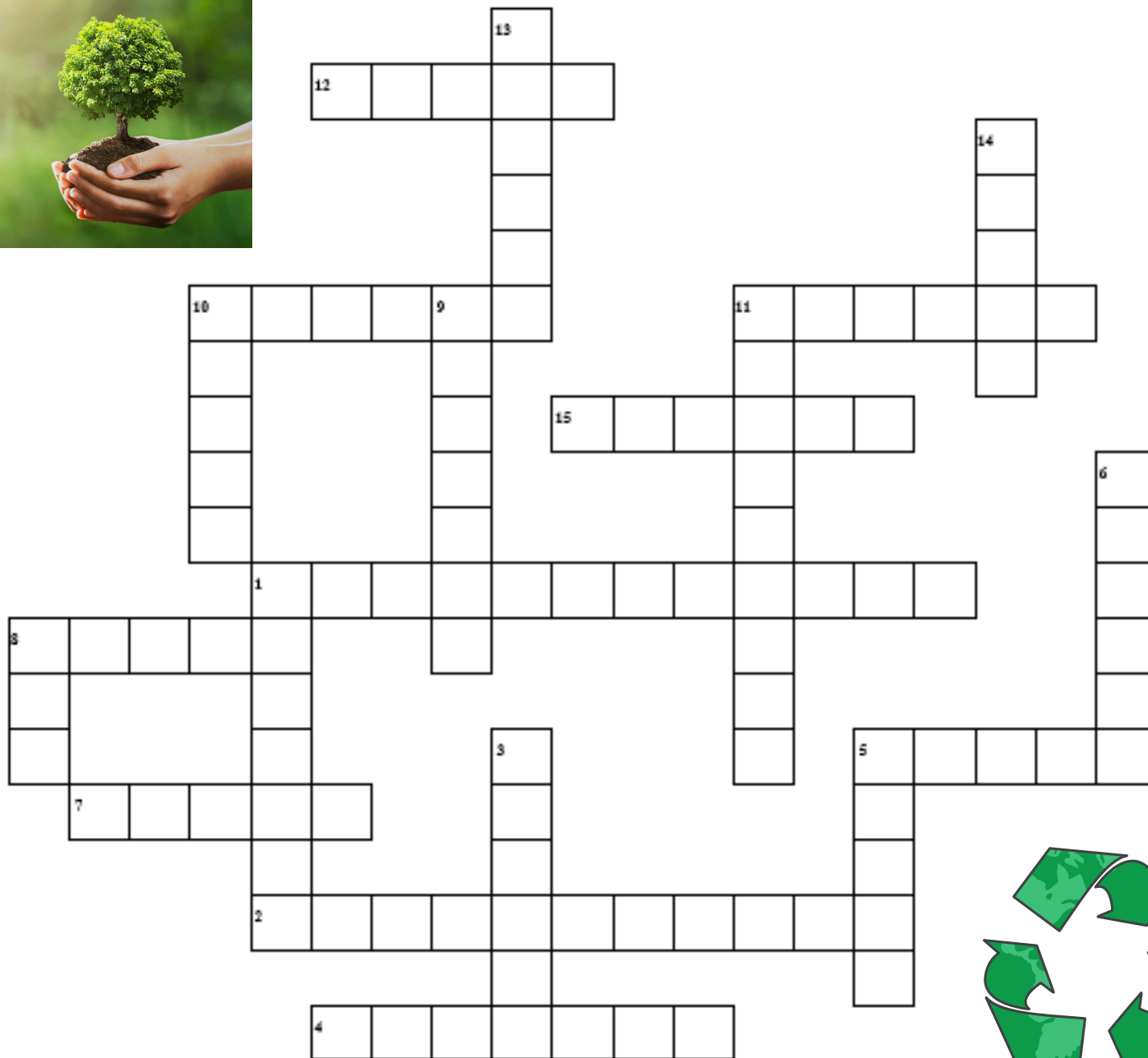
Menu

O'wèdè:da't – Monday	Swèda:dih – Tuesday	Ha'dewèdàéh – Wednesday	Ëyóhé'tgeh – Thursday	Wèda:k'ah – Friday
1 Hot Roast Beef Sandwich with Gravy Cauliflower Chocolate Pudding	2 Chicken Fajita With Lettuce & Tomato & Sour Cream Confetti Corn Orange slices	3 Vegetable Pizza Side Salad Fruited Jello	4 Shepard's Pie Carrot Raisin Salad Fruit cup	5 Stuffed Shells Served with Green Beans Dinner roll Fruit Cup
8 Macaroni & Cheese Stewed Tomatoes with spinach Blueberries Vanilla Pudding	9 Chiavetta's Marinated Chicken Coleslaw Baked Beans Brownie Seedless Grapes	10 Beef Tacos Served with Green Beans Dinner Roll Fruit Cup	11 TRADITIONAL MEAL Wild Onion Soup Salad Bar, Biscuit A side of cottage cheese and Fruit Salad <i>(*Meal is subject to the availability of wild onions)</i>	12 Breaded Fish Coleslaw Potato Wedges Fruit Parfait
15 Tomato Soup & Grilled Cheese Sandwich Fruit and Yogurt Parfait	16 Chicken Mandarin Strawberry spinach salad Served with a dinner roll	17 Soup Sampler Day Side Salad, Biscuit Pumpkin Bar Apple Slices	18 BIRTHDAY PARTY Ham & Scalloped potatoes Steamed Broccoli Strawberry Poke Cake	19 Lasagna Florentine Green Salad Dinner Roll Halo
22 Tuna Melt on whole wheat bread Peas Mandarin Oranges Fig Newtons	23 Chicken Noodle Casserole Roasted Brussel Sprouts Apple Sauce	24 BRUNCH Ham & Cheese Frittata Yogurt Berry Bran Muffin	25 Beef Burrito with lettuce, cheese, tomato and sour cream Refried Beans Steamed Rice Peaches with Cream	26 Goulash With Cauliflower Side Salad Strawberries with vanilla pudding
29 Chicken Salad sandwich Whole wheat bread w/ lettuce leaf Corn Chowder Fruit Medley	30 Bean Soup Garden Salad Crackers Peanut Butter cookie Pears	 <p>APRIL IS NATIONAL CHILD ABUSE PREVENTION MONTH</p>		<p>*Menu is subject to change*</p> <p>Please enjoy a ½ pint milk served with each meal!</p>
<p>In Allegany, please call 716-945-8414 or in Cattaraugus please call 716-532-5777</p> <p>to make a reservation or cancel a meal by 3:30 pm the day prior to the meal.</p>				

Spring won't let me stay in this house any longer! I must get out and breathe the air deeply again.
Gustav Mahler

Earth Day Crossword Puzzle

Instructions: Use the clues provided to fill in the blank boxes.
ACROSS DOWN



- 1. protecting things in nature
- 2. the surroundings around us
- 4. the act of breaking something down and making it into something else
- 5. liquid that makes life on Earth possible
- 7. a large body of saltwater
- 8. the month we celebrate Earth Day
- 10. the act of using something less
- 11. Earth is an example of this
- 12. the opposite of dirty
- 15. do this to unused electronics

- 1. average weather conditions in a place
- 3. the 3 R's help us save __?__
- 5. material you cannot use anymore
- 6. anything that ends up on the ground
- 8. a gas that helps us breathe
- 9. a way to use rotten plants again
- 10. the act of using something again
- 11. anything that makes the Earth dirty or unhealthy
- 13. the physical world and living things that live there
- 14. these produce oxygen

Answer Key

See below for answers.

