

ELDER LIVING

Seneca Nation Area Office for the Aging



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S'geno!

Stay Warm & Stay Safe!

We hope you're all keeping warm and safe with all this snow and freezing weather! In our last newsletter, we shared a list of vendors for heating and plumbing emergencies, as well as snowplow services available on weekends and when we're closed (at your own cost). We'll continue to circulate this list while the cold weather persists.

A **quick reminder**: Snow removal is handled by DPW, not AOA. Their priority is Nation building lots and sidewalks first, followed by Home-Delivered Meals clients, chemo, and dialysis patients. They will do their best to get to other requests as soon as possible.

Exciting news! We're introducing Blooming-Health, an elder-friendly messaging service to keep you updated on closings, cancellations, events, and reminders—accessible via landline phones too! More details coming soon.

Finally, **Groundhog Day is February 2nd**—let's hope he doesn't see his shadow! We know this winter has been keeping everyone inside, so remember if you need any assistance or want to join any of our activities or events, don't hesitate to reach out. Stay warm!

Ĕsgögë' ae' - I'll see you again.

Bethany Lay

FREE In-Person Legal Assistance @ AOA

With **Thomas Warren**,
Center for Elder Law &
Justice

Date:

February 21st



To make an appointment:

- Call Bridgette John in Allegany at (716)945-8414
- Call Deanna Luke in Cattaraugus at (716)532-5777

Allegany Elders Center Hours

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



Wini Kettle Senior Center Hours

MON-FRI
8AM-6PM
SAT-SUN
11AM-3PM

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.



Blizzard Boxes-

Available Now!



Blizzard boxes are available now. They contain a three-day supply of food for use when regular AOA meals and deliveries are canceled due to weather.

Elders age 60 and up can stop by Cattaraugus or Allegany AOA to pick up a Blizzard Box anytime.

Supplies are limited and first come, first serve.

In case of a **plumbing** or **heating emergency** on a **weekend** please use these **local vendors**:

Cattaraugus Territory

Johnsons Plumbing & Heating 716-532-4376

B&R Plumbing & Heating 716-445-2747

Creekside Services 716-445-4946



Allegany Territory

Crosby O'Mann 716-945-4548

Magaras 716-378-8177

Vail Hardware 716-938-6681.

Please report your emergency as soon as possible to Lindsey Cooper @ 716-532-5777.

Welcome New AOA Staff!

Patti Brisley- Senior Advocate



Nyaweh sge'no! I am Patti (Tallchief) Brisley and I have been transferred to the AOA Department as Senior Advocate. I lived on Milestrip and my gram lived on Versailles, but around age 11, we moved to Allegany, so I have family on both territories. I have worked in our community my entire life - in the Health Dept in Addictions & Prevention, Domestic Violence, Child and Family, Education, with Peacemakers Courts, Training and Employment, and more. My work has always been helping - and I take great pride in knowing the people who I am able to help. There is nothing more rewarding than knowing you made a difference in someone's life. The majority of my work history has been working with youth, who I tend to have a good trusting relationship with, so now, I want to build that kind of relationship with the elders.

She is available to meet with and provide assistance to Seneca Elders. She is also planning and coordinating trips and entertainment.

Patti can be reached at the Allegany Elder Center at (716)945-8990, ext. 3625

Local Snow Plowing Vendors

In the event of accumulated snowfall and DPW is closed, here are local snow plowing services.

If you use these services you will need to pay them out of pocket.

Cattaraugus Territory

M & H Jimerson Land Clearing: 716-598-1446

Allegany Territory

Lane Hoag: 716-378-5308



Upcoming Seneca Elder Events

One (1) month prior to each show: sign-up sheets for shows for elders will be available.

One (1) week prior to each show: numbers are turned in to the casino. If you have a change of plans, please cancel before 1 week prior to show.

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

*NOTE: Guests are not guaranteed – they are only accommodated after all elder tickets.

Day of the show: please arrive 2 hours prior to the show for the buffet at the casinos.

Guest Cost

February:

- \$17.50** Magic Rocks w/ Illusionist Jein Etlenne Sat. Feb. 15, 2025 8pm Seneca Niagara
- \$27.50** MMA Legacy Fighting Sat. Feb. 21, 2025 7pm Seneca Niagara

March:

- N/A** Mardi Gras Bingo Tues. Mar. 4, 2025 1pm Seneca Niagara
- \$47.50** Midland – The Get Lucky Tour Sat. Mar. 22, 2025 8pm Seneca Niagara
- \$39.50** Carly Pearce Fri. Mar. 28, 2025 8pm Seneca Allegany

April:

- \$20.00** Chippendales Thur. Apr. 3, 2025 8pm Seneca Niagara
- \$27.50** Englebert Humperdink Sat. Apr. 5, 2025 8pm Seneca Niagara
- \$62.50** Dwight Yoakam / The Mavericks Sat. Apr. 12, 2025 7pm Seneca Allegany
- \$27.50** All Star Boxing Fri. Apr. 18, 2025 7pm Seneca Niagara
- \$57.50** Darius Rucker Fri. Aug. 1, 2025 7pm Seneca Niagara



CAREGIVER SUPPORT

Add More Joy to Your Life

Being a caregiver of a loved one can take a toll on you physically and emotionally, especially when it comes to your joy. Here are some tips to help you add more joy to your life as a caregiver.

Create a joyful journal. Journaling is a safe place to write our innermost thoughts. A joyous or funny memory of your loved one, a joyous event that happened in the world, some upbeat lyrics to a song you love, or an inspirational quote.

Write a joyful mantra to post on your computer or refrigerator to say each morning. Mantra's can encourage you to stay positive and in a joyous mood during those times when you are feeling low spirited.

Celebrate. Find ways to celebrate. Buy flowers, treat yourself to an "Off day" by getting friends and family on board so that you can have date night with your spouse, or a spa day or a day out golfing. Buy something inexpensive for yourself like a coffee mug or t-shirt with a humorous or quirky saying.

FEBRUARY 16TH IS NATIONAL CAREGIVER DAY

For more information on Caregiver Resources and Powerful Tools for Caregivers classes, please contact Briana Snyder at 716-532-5777.



Exercise always boots your mood. Although it may be difficult to find time to exercise as a caretaker it is essential self-care for your well-being. Take a walk, put on an exercise DVD, or turn on music and dance.

Be joyous around your loved one. Even if your loved one isn't responsive talk joyously to him or her. Recall funny memories of past times, tell jokes, put on a comical or inspirational movie or sitcom for your loved one. Your loved one is much more than the disease he or she has and you are so much more than a caretaker.

Cultivate gratitude. Many research studies have shown that gratitude is associated with greater happiness. As caretakers you may feel hard-pressed to feel grateful during this time in your life as you care for an incapacitated loved one. In the midst of caretaking you have to purposely look for things, occasions, and signs to counter those emotions so they won't weigh you down.





Are you a caregiver?

A Caregiver is defined as a family member or friend, professional or volunteer that tends to the needs or concerns of a person with short term or long-term limitations due to illness, injury or disability.

Please join us for a Caregiver support group.

When: February 5th, 2025

Time: 1:30pm -3:30pm

Where: Cattaragus Health and Wellness Center,
Grand room

If you are caring for an Elder, respite care can be provided at the Elders Center. If the Elder is homebound, please contact our case manager as soon as possible.

Shantel at 716-532-5777

If you have any questions about the group, please contact Briana Snyder at 716-532-5777

HEALTHY LIVING FOR YOUR BRAIN AND BODY

TIPS FROM THE LATEST RESEARCH

An education program presented by the Alzheimer's Association®



For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Tuesday, March 11

11am

Join us at the
Allegany Elders Center!

Visit alz.org/CRF to explore additional education programs in your area.

This program is supported in-part by a grant from the New York State Department of Health

ALZHEIMER'S
ASSOCIATION

Western New York Chapter



Lafayette Williams



Nancy Toth



Sue John-Blacksnake



Marilyn George



Marguerite Haring

Seneca Nation AOA
Elder Advisory Council



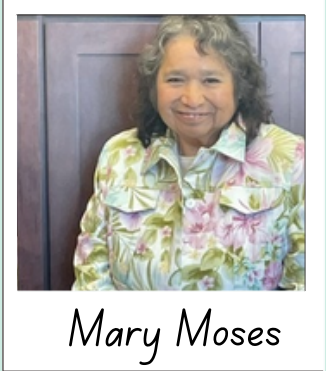
Sandy Ludwick



Denise Mohawk



Valerie Jonas



Mary Moses

MEET SNAOA ELDERS ADVISORY COUNCIL

A message from the Chair

The AC is a very dedicated team who strive to fulfill the goals of the mission of the AOA program. It does this by listening to the views, needs, of ideas and concepts to assist in planning of Elder services. We have done this over the past year in conjunction with the AOA Dept. at the annual public hearings and holding potlucks at the AOA/Community Center to promote the AOA program and gather input.

The AOA Advisory Council is pleased to share information about its current membership with some tidbits about our lives. We meet on a monthly basis, alternating territories. We work collaboratively with the AOA Director, Deputy Director and Aging Services Planner to carry out our goals.

Nancy Toth
Chairperson



MEET SNAOA ELDERS ADVISORY COUNCIL



Nancy Toth
Chair

I reside on the Allegany Territory with my husband, Jay. I've been retired for over two years. I enjoy gardening, baking, walking and biking, and spending time with my family. I've worked in various capacities during my employment career with the Seneca Nation and have held membership on various committees.

The AOA Advisory Council is a very dedicated team that strives to fulfill the goals of the AOA program's mission. It does this by listening to views, needs, ideas, and concepts to assist in planning Elder services. Over the past year, we have done this in conjunction with the AOA Dept. at the annual public hearings and holding potlucks at the AOA/Community Center to promote the AOA program and gather input.

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Greetings,

I am Suzanne Blacksnake, a member of the Deer Clan who resides on the Allegany Territory. I am a former School counselor with the Salamanca City Central School District and the Gowanda School District.

Prior work experience includes Administrator of SNI Indian Child Welfare, SNI Planning Director, and Supervisor of SNI human services in Steamburg. Director of Seneca Strong, Director of Seneca Arts and Learning Center, and recently EISEP case manager for AOA.

I am serving my second term on the Seneca Nation AOA Advisory Council. My education includes a Bachelor of Science in human services, from Medaille College and a Master of Science, from St. Bonaventure.



Sue John- Blacksnake
Vice-Chair

MEET SNAOA ELDERS ADVISORY COUNCIL



Valerie Jonas
Secretary

My name is Valerie Jonas, enrolled Seneca member of the Snipe clan. Although my family originates from Newtown of the Cattaraugus Territory, I currently live in Buffalo, NY. I am currently retired after having worked 35 years, with my last position as Executive Administrative Assistant to the Board of Directors at Seneca Niagara Resort & Casino. As a grandmother of six I enjoy spending time with my family.

I am currently serving my second term as Secretary of the SNAOA Advisory Council. I have the privilege of working with some amazing strong Seneca elders, who inspire me, and from whom I've learned so much and continue to learn. Elders are our past, present, and the voice of our future. We must protect and honor our Elders. I am proud to say I am a Seneca Elder.



Marilyn George
Council Member

Hello! My name is Marilyn George. I am Deer Clan and I reside on the Allegany Territory. My husband, Chad, and I are proud parents of 4 grown children, 8 grandchildren, and 3 great-grandchildren. My parents are the late Calvin "Kelly" John and Grace Lay John.

I am enjoying retirement after several years working for the Seneca Nation in various departments as well as Columbia Gas Transmission, NYS Employment Services, and Hunkin-Conkley Construction Company. I am a former elected Peacemaker and Court of Appeals Judge.

The Seneca Nation Council appointed me to the SNI Advisory Council on May 8th, 2021, and May 11th, 2024. The advisory council has worked diligently to prepare the elders protection code approved by the Seneca Nation Council on January 23, 2024. This code protects Elders from abuse, neglect, and exploitation. A comprehensive Plan for aging is currently being developed for Elder care and Services.

If any Elder needs services or more information on the elder code, please contact the AOA office.

MEET SNAOA ELDERS ADVISORY COUNCIL



Lafayette Williams
Council Member

NYA: WEH SGE:NO

My name is Lafayette Williams and I am on the AOA Advisory Council. I reside on the Cattaraugus Territory, and I am from the Beaver Clan. I am a graduate from Buffalo State College with a Bachelors Degree of Science. I have worked in the field of Human Services for over twenty years and my passion is helping people who have a disability (s).

My goals while serving on the Advisory Council are to help other Elders understand what services the AOA has to offer and to have a better quality of life. If you have any questions, comments, or concerns about the advisory council please feel free to ask me, I am very approachable and I will try to help you in any way I can.



Mary Moses
Council Member

I live on the Allegany territory, and am a member of the Wolf Clan; I've been here since 1985. I retired from the New York State Psychiatric and Developmental Center and then worked for the Seneca Allegany Casino. Before moving to Salamanca, I was an advocate at both centers.

As an Elder, I use my voice to advocate for the Elderly population in our communities. I enjoy being a part of the AOA Advisory Council and I encourage Elders to come to me with any questions or concerns.

MEET SNAOA ELDERS ADVISORY COUNCIL



Denise Mohawk
Council Member

Please feel free to contact me at the Seneca Nation Health System (716) 532-8223, ext. 5290.

My name is Denise Mohawk, I am a member of the AOA Advisory Council. I serve as a Liaison to the Seneca Nation Health System where I have been employed for 28 years as the HOPE & Diabetes Coordinator. My role in health promotion and disease prevention provides an opportunity for me to work with community members of all ages. Elders shared life experiences and how they were affected by them. These insights led me to advocate for our community members' unmet medical and social needs. I have served on the following:

- **SNI Disabilities Committee** - Advocacy for persons living with a disability.
 - **Accomplishments:** The development of the SNI Disabilities Program Office. This committee successfully advocated the need for services for persons living with a disability.
- **AOA Advisory Council:** To interpret the needs of Elders; to hear the views and opinions and best serve the needs of our Elders.
 - **Accomplishments:** Establishment of the SNI Elder Protection Code to protect Elders within the jurisdiction of the SNI from abuse, exploitation, self-neglect, and neglect.

I continue to advocate for on-territory elder living space to help maintain independence in activities of daily living.

Through life experience, Elders gain valuable knowledge and insight, all of which preserve and promote the Seneca way of life, paving the way for future generations.

I am receptive to hearing your views on what is important to you as an Elder.



I have lived on Territory since day one. I am an Elder who is active in our communities. My past work includes over 26 years as a certified teacher with a Master's in art education and Elementary Special Education. Along with working K-6 as a teacher in serving our local schools, I also worked for the NYS Department of Corrections as a teacher and chaplain.

Its an honor to serve on the Seneca Nation AOA Advisory Committee.



Marguerite Haring
Council Member

MEET SNAOA ELDERS ADVISORY COUNCIL



Sandra Ludwick
Council Member

My name is Sandra Ludwick. I grew up on the Allegany Territory and attended Salamanca High School. My mother is the late Nancy Nye. I raised two sons, Clayton and Arthur Ludwick. I am a member of the Beaver Clan.

I received an Associate Degree in business from Genesee Community College. In 1979, I began working as a secretary in the Nation's Education Department. From that point on, I've worked in the Executive Office for Mabel Printup, Kelly John, Rae Snyder, Sheila Kettle Seneca, Jackie Bowen, and Maurice John. I also worked as a project manager in the Planning and Transportation Department. Later, I transferred to the Department of Buildings as the director. My work experience within the Nation has covered a vast area of knowledge over several years.

When not working for the Nation, I owned and operated two restaurants, which have consumed all of my time. The last business was a seasonal ice cream, convenience store, in which I no longer operate.



I now enjoy my grandchildren along with retirement.



Lunch Menu

Seneca Nation Area Office for the Aging

February 2025 Menu

O'wädë:da't – Monday	Swëda:dih – Tuesday	Ha'dewädääh – Wednesday	Ëyóhë'tgeh – Thursday	Wëda:k'ah – Friday
3 Spaghetti & Meat Sauce Garden Salad Whole Wheat Bread Stick Fruit Cup	4 BBQ Pulled Pork Hearty Wheat Roll Sweet Potato Coleslaw Fresh Fruit	5 Turkey a la King Biscuit Broccoli, Cauliflower, Carrots Cling Peaches	6 Chicken and Wild Rice Served with Broccoli and Carrots Apple Slices Peanut Butter Sugar Cookie	7 Philly Cheese Steak Sandwich Baked Sweet Potato Green Beans, and Cantaloupe
10 Baked Ham and Cheese Sandwich With Roasted Brussel Sprouts Warm Cinnamon Applesauce Blueberry Bran Muffin	11 Crispy Fish with Red Potatoes Coleslaw Apple Slices and Grapes	12 Chicken Noodle Soup Dinner Roll Garden Salad Greek Yogurt and Clementines	13 TRADITIONAL MEAL Traditional Iroquois Vegetable Soup with Side Pork Frybread, Beans Pumpkin Bar	14  Veggie Pizza Garden Salad with Spinach, Broccoli Florets, and Cucumber Cling Peaches with Cottage Cheese
17 Beef & Vegetable Soup Grilled Cheese Sandwich Orange Wedges	18 Chicken Fajitas with Refried Beans, Salsa, and Sour Cream, and a Side Salad Fruit Cocktail for dessert	19 Salisbury Steak and Gravy over Seasoned Brown Rice Cauliflower and Broccoli Apple and Pineapple Chunks	20 BIRTHDAY PARTY Spaghetti Squash Lasagna, Dinner Roll, Garden Salad and Grapes and Healthy Chocolate Cake	21 Zuppa Toscana Bread Stick Side Salad Banana and Peanut Butter
24 Butternut Ravioli Served with Green Beans Bread Stick Apple Slices	25 Herbed Chicken Creamy Spinach Rice Mixed Vegetables Orange	26 BRUNCH Sausage, Egg & Cheese Casserole with Toast V8, Banana, Grapes	27 Beef Chili w/cheese Garden Salad with Spinach and Broccoli Florets Corn Muffin Fruit Cocktail	28 Macaroni & Cheese With stewed tomatoes Roasted Zucchini and Summer Squash Fresh Fruit
<p>In Allegany please call 716-945-8414 or in Cattaraugus please call 716-532-5777 to make a reservation or cancel a meal by 3:30 pm the day prior to the meal.</p>				
<p>*Menu is subject to change* Please enjoy a ½ pint milk served with each meal!</p>				
<p>February 2nd is National Wear Red Day</p>				
<p> American Heart Association.</p>				

"Keep your face always toward the sunshine – and shadows will fall behind you."

— Walt Whitman



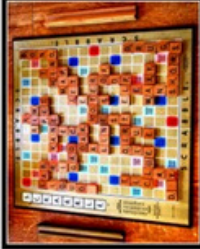

Allegany Senior Center
 3644 Administration Drive
 Salamanca, NY 14779
 716-945-8990
 Any questions please feel free to
 call:

Stephanie John
 CALENDAR IS SUBJECT

HOURS
 Monday-Friday
 8:30am—7:00pm
 Saturday & Sun-
 day
 9:00am—2:00pm

February 2025

Allegany AOA Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
9am Coffee Social 11am Bananagrams	3 9am Coffee Social 11am Craft Time 1pm Yahtzee 4pm Mon. Matinee	4 9am Coffee Social 12pm LUNCH 1pm Rummikub 4pm Open Beading	5 9am Coffee Social 11am Card Class 1pm Scrabble 4pm Adult Coloring	6 9am Coffee Social 12pm LUNCH 1pm BINGO 4pm Open Beading	7 9am Coffee Social 11am Card Games 1pm Seneca Lang. 4pm Adult Coloring	8 9am Coffee Social 11am Craft Time
9 9am Coffee Social 11am Bananagrams	10 9am Coffee Social 11am Craft Time 1pm Yahtzee 4pm Mon. Matinee	11 9am Coffee Social 12pm LUNCH 1pm Rummikub 4pm Open Beading	12 9am Coffee Social 11am Card Class 1pm Scrabble 4pm Adult Coloring	13 9am Coffee Social 12pm LUNCH 1pm BINGO 4pm Open Beading	14 9am Coffee Social 11am Card Games 1pm Seneca Lang. 4pm Adult Coloring	15 9am Coffee Social 11am Craft Time
16 9am Coffee Social 11am Bananagrams	17 9am Coffee Social 11am Craft Time 1pm Yahtzee 4pm Mon. Matinee	18 9am Coffee Social 12pm LUNCH 1pm Rummikub 4pm Open Beading	19 9am Coffee Social 11am Card Class 1pm Scrabble 4pm Adult Coloring	20 9am Coffee Social 12pm LUNCH 1pm BINGO 4pm Open Beading	21 9am Coffee Social 11am Card Games 1pm Seneca Lang. 4pm Adult Coloring	22 9am Coffee Social 11am Craft Time
23 9am Coffee Social 11am Bananagrams	24 9am Coffee Social 11am Craft Time 1pm POTLUCK "Pot Roast" 4pm Mon. Matinee	25 9am Coffee Social 12pm LUNCH 1pm Rummikub 4pm Open Beading	26 9am Coffee Social 11am Card Class 1pm Scrabble 4pm Adult Coloring	27 9am Coffee Social 12pm LUNCH 1pm BINGO 4pm Open Beading	28 9am Coffee Social 11am Card Games 1pm Seneca Lang. 4pm Adult Coloring	Healthy Homes W/Lauren Myers On 2/4/25 @ 11:30AM

February

Seneca Alleganey elders center
3644 Administration drive
Salamanca, NY

716-945-8414

Hours:

Monday-Friday: 8:30am to 7:00pm

Sat-sun: 9:00am to 2:00pm

2025

Allegany AOA Trips

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
LOCAL SHOPPING	RIDER'S CHOICE	WALMART OLEAN	RIDER'S CHOICE	RIDER'S CHOICE	LOCAL SHOPPING	
9	10	11	12	13	14	15
LOCAL SHOPPING	RIDER'S CHOICE	WALMART JAMESTOWN	RIDER'S CHOICE	RIDER'S CHOICE	RIDER'S CHOICE	
16	17	18	19	20	21	22
LOCAL SHOPPING	MOVIE'S @ OLEAN AMC	WALMART BRADFORD	RIDER'S CHOICE	RIDER'S CHOICE	RIDER'S CHOICE	
23	24	25	26	27	28	
LOCAL SHOPPING	RIDER'S CHOICE	WALMART OLEAN	RIDER'S CHOICE	RIDER'S CHOICE	LOCAL SHOPPING	

February

Wini Kettle bldg.

716-532-5777



2025

Catt AOA Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Light lunch @ noon Bingo @ 1	Men's pool gam Potluck 5pm Bingo 6pm	Cards 10am Sewing 2pm	Men's pool league gam Crafts 2pm	Board games 10am Bingo 1pm Movie afternoons	Cards 10am Make candles Work on projects	Light lunch @ Noon Shuffleboard
2	3	4	5	6	7	8
Light lunch @ noon Bingo @ 1	Men's pool gam Potluck 5pm Bingo 6pm	Cards 10am Heart disease 12:30pm Sewing 2pm	Men's pool league gam Crafts 2pm Cookie making for home delivery	Board games 10am Bingo 1pm Ribbon skirt making 3-6	Cards 10am 1pm Valentine's Day party Work on projects	Light lunch @ Noon Shuffleboard
9	10	11	12	13	14	15
Light lunch @ noon Bingo @ 1	Men's pool gam Potluck 5pm Bingo 6pm	Cards 10am Sewing 2pm	Men's pool league gam Crafts 2pm	Board games 10am Bingo 1pm Ribbon skirt making 3-6	Cards 10am 1pm Cricut machine Work on projects	Light lunch @ Noon Shuffleboard
16	17	18	19	20	21	22
Light lunch @ noon Bingo @ 1	Men's pool gam Potluck 5pm Bingo 6pm	Cards 10am Sewing 2pm	Men's pool league gam Crafts 2pm	Board games 10am Bingo 1pm Ribbon skirt making 3-6	Cards 10am 1pm Cricut machine Work on projects	Light lunch @ Noon Shuffleboard
23	24	25	26	27	28	
Light lunch @ noon Bingo @ 1	Men's pool gam Potluck 5pm Bingo 6pm	Cards 10am Sewing 2pm	Men's pool league gam Crafts 2pm	Board games 10am Bingo 1pm Movie afternoons	Cards 10am 1pm Cricut machine Work on projects	
		Sewing project Quilting	*Beading project* Picture frames	**schedule is subject to change**		

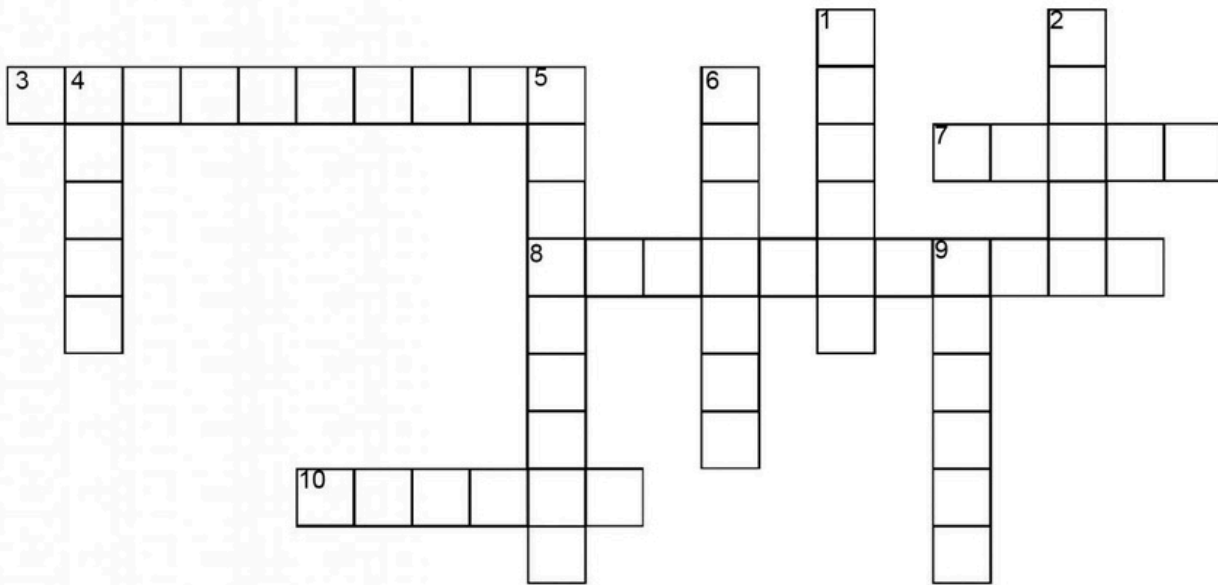
Catt AOA Trips

Bus Trips February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	Target 1pm	Wal-Mart 1pm	Riders choice 1pm	Ava & Maes Lunch/ Allegany Casino 11am	8
9	10	John Beads 1pm	Wal-Mart 1pm	Riders choice 1pm	Fish Fry 3pm	15
16	17	Savers 1pm	Wal-Mart 1pm	Riders choice 1pm	Dunkirk Area shopping 1pm	22
23	24	Regal Movies 1pm	Wal-Mart 1pm	Riders choice 1pm	Teds Hotdog 1pm	28

*Schedule Subjected to Change *Sign Ups At AOA

Healthy Heart Puzzle



Directions: solve this crossword puzzle and learn to keep your heart healthy for life!

Across

3. Eat lots of fruits and _____ to get many of the nutrients you need for good health.
7. Staying at a healthy weight, avoiding excess sodium, and getting enough regular exercise can help keep your _____ pressure right where it needs to be.
8. _____ fat is good for your heart, as long as you don't eat too much of it. It's in things like olive oil and fish.
10. Blood carries _____ to the heart.

Down

1. When fat, cholesterol, and other things build up in your bloodstream, they can form _____, which sticks to your artery walls and makes it harder for blood to move around.
2. When in doubt, choose _____ grains, which are great sources of heart-healthy fiber.
4. When you eat, choose foods that are full of nutrients, not _____ calories.
5. _____ fat is not good for your heart. You can find this kind of fat in full-fat dairy and fatty meats.
6. According to the American Heart Association, "Using ANY _____ product damages nearly EVERY organ in your body and can cause heart disease and cancer." Even "smokeless" versions cause damage.
9. Staying _____ every day with fun exercises will help keep your heart in tip-top shape.

Solutions:
1. plaque, 2. whole, 3. vegetables, 4. empty, 5. saturated, 6. tobacco, 7. blood, 8. unsaturated, 9. active, 10. oxygen