

# ELDER LIVING

Seneca Nation Area Office for the Aging



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## Director's Update

Nya:wëh Sgë:nö'

Happy New Year to you and your families. We hope that you are safe and well.

As we welcome 2025, the SNAOA would like to take a moment to reflect on the achievements of the past year and share our vision for the year ahead. In 2024, we expanded our partnerships with community organizations and received grants that helped our program as a whole.

This year, we're excited to enhance our transportation program and our caregiver support services and increase outreach initiatives.

Thank you for your continued support. Together, we can make 2025 a year of progress, connection, and celebration. I wish you and your loved ones a joyful and prosperous New Year!!

Please take care of yourselves and be safe this winter. We look forward to seeing you soon!

Ėsgögë' ae' - I'll see you again.  
Bethany Lay

# FREE In-Person Legal Assistance @ AOA

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

**Date:**

**January 24th**

**\*\*Appointments required\*\***

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**

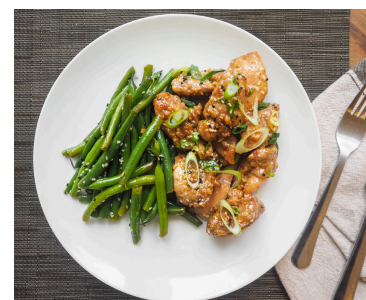
from 12 – 1 pm.

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.



# goal digger

NEW YEARS RESOLUTIONS

Accomplishments last year

**SPIRITUAL**

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**PHYSICAL**

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**FINANCIAL**

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YEAR: \_\_\_\_\_

**RELATIONAL**

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**PROFESSIONAL**

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**RECREATIONAL**

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Goals for the next year

**SPIRITUAL**

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**PHYSICAL**

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**FINANCIAL**

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YEAR: \_\_\_\_\_

**RELATIONAL**

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**PROFESSIONAL**

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**RECREATIONAL**

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**UPCOMING SENECA ELDER EVENTS**

Sign-up sheets for shows will be available **1 MONTH** prior to the event. Numbers are turned into the Casino **1 week** prior, if you have a change in plans please cancel **before** then. **GUEST TICKET MUST BE PAID FOR AT LEAST 1 WEEK PRIOR TO SHOW**  
**\*Note: Guests are not guaranteed, they are only accommodated after all Elders tickets. Please arrive 2 hours prior to the show for the buffet at the casinos.**

Guest  
Cost

- N/A** ~~Buffalo Bandits Friday, January 10<sup>th</sup> 7:30pm Keybank Center Suite~~
- \$43** **Bill Engvall** Friday, January 31<sup>st</sup> 8pm Seneca Niagara Event Center
- N/A** **Mardi Gras Bingo** Tuesday, March 4<sup>th</sup> Seneca Niagara 1pm *Free play & meal credit*  
*\*\*Bus departs Allegany AOA at 9am and Cattaraugus AOA at 9:30am*
- \$40** **Carly Pearce** Friday, March 28<sup>th</sup> 8pm Seneca Allegany Event Center
- \$63** **Dwight Yokum** Saturday, April 12<sup>th</sup> 7pm Seneca Allegany Event Center





# Holiday Photos





# Lunch Menu

## January 2025 Menu

Seneca Nation Area Office for the Aging

O'wēdē:da't – Monday	Swēda:dih – Tuesday	Ha'dewēdāēh – Wednesday	Ėyóhē'tgeh – Thursday	Wēda:k'ah – Friday
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.	<b>Menu is subject to change</b> Please enjoy a ½ pint milk served with each meal	<b>Menu is subject to change</b> Please enjoy a ½ pint milk served with each meal	<b>Menu is subject to change</b> Please enjoy a ½ pint milk served with each meal	<b>Menu is subject to change</b> Please enjoy a ½ pint milk served with each meal
6 Stuffed Shells Served with Green Beans Dinner roll Grape and Pineapple Fruit Medley	7 Pork Roast with Gravy Whole Wheat Roll Carrots, Onions, Zucchini Sweet Potato Fruit	8 Cabbage and Kielbasa Soup Crackers Oatmeal Cookie Apple and Orange	9 Teriyaki Pork Chop Served with Brown Rice Whole Wheat Roll Broccoli Apple Salad Lime Jell-O	10 Chicken Salad Sandwich on Whole Wheat Bread w/lettuce leaf Corn Chowder Fruit Medley
13 Salisbury Steak with Gravy Over Noodles Steamed Cauliflower and Spinach Fruit Salad	14 Ham and scalloped potatoes Steamed Broccoli Garden Salad Pear Crisp	15 Roasted Italian Sausage With Sauteed Peppers and Onions on a bun, Baked Beans, Potato Salad Fruit Jell-O	16 <b>TRADITIONAL MEAL</b> White Bean Sandwich with Side Pork Red Potatoes Fruit Crisp	17 Tuna Casserole with Steamed Peas and Carrots, Whole Wheat Roll, Apple Cabbage Salad Mandarin Orange
20 Spaghetti & Meat Sauce Garden Salad Italian Bread Slice Cinnamon Peaches	21 White Chicken Chili Cornbread Vanilla Pudding and Berries	22 BBQ Pulled pork with Whole Wheat Roll French Fries Peas and Carrots Fruited Jell-O	23 <b>BIRTHDAY PARTY</b> Roasted Turkey Served with Mashed Potatoes and Gravy, Carrots & Peas Healthy Chocolate Cake Orange Slices	24 Sloppy Joe Mixed Vegetables, Yogurt and Berry Parfait
27 Macaroni & Cheese With stewed tomatoes Steamed Broccoli Apple Crisp	28 Stuffed Chicken Breasts with Gravy Served with Rice, Peas, and Carrots Fruit Cup	29 <b>BRUNCH</b> French Toast with Cinnamon Cream Cheese Topping, Bacon, Celery Sticks Greek Yogurt, Peaches, and Pears	30 Beef Goulash Served with Roasted Brussels Sprouts, a Garden Salad, Warm Cinnamon Peaches	31 Liver and Onions Baked Potato Roasted Zucchini Apple Crumble Clementine

Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing. **Protect your sight, get checked for glaucoma.**





# Catt AOA Activities



# January

Wini kettle bldg.

Cattarugus AOA # 716-532-5777

## 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>Closed</b> 	2 <b>Closed</b>	3 Cards 10am Circuit 3-6 coffee mugs	4 Light lunch @ noon Shuffleboard 1pm
5 Light lunch @ noon Bingo @1pm	6 Men's pool gam Potluck 5pm Bingo 6pm	7 Cards 10am Sewing 2pm	8 Men's pool league gam Crafts 2pm	9 Board games 10am Movie afternoons	10 Cards 10am Circuit 3-6 t-shirts	11 Light lunch @ noon Shuffleboard 1pm
12 Light lunch @ noon Bingo @1pm	13 Men's pool gam Potluck 5pm Bingo 6pm	14 Cards 10am Sewing 2pm	15 Men's pool league gam Crafts 2pm	16 Board games 10am Movie afternoons	17 Cards 10am Circuit 3-6 bags	18 Light lunch @ noon Shuffleboard 1pm
19 Light lunch @ noon Bingo @1pm	20 Men's pool gam Potluck 5pm Bingo 6pm	21 Cards 10am Sewing 2pm	22 Men's pool league gam Crafts 2pm	23 Board games 10am Movie afternoons	24 Cards 10am Circuit 3-6 water bottles	25 Light lunch @ noon Darts 1pm
26 Light lunch @ noon Bingo @1pm	27 Men's pool gam Potluck 5pm Bingo 6pm	28 Cards 10am Sewing 2pm	29 Men's pool league gam Crafts 2pm	30 Board games 10am Movie afternoons	31 Cards 10am Circuit 3-6 candle jars	
Light lunch @ noon Bingo @1pm	Men's pool gam Potluck 5pm Bingo 6pm	** Schedule subject to change**	<b>Wednesday craft of the month is beaded bulbs</b>			

# Catt AOA Trips

# January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 closed	2 closed	3 Quaker crossing Shopping 1pm	4
5	6	Regal movie 1pm	7 Wal-Mart 1pm	8 Riders choice 1pm	9 Bandits Game 10 5:30pm	11
12	13	Wegmans 1pm	14 Wal-Mart 1pm	15 Riders choice 1pm	16 Fish Fry 3pm	18
19	20	Teds Hotdogs 1pm	21 Wal-Mart 1pm	22 Riders choice 1pm	23 Dunkirk Area shopping 1pm	25
26	27	Jim's Steak Out 1pm	28 Wal-Mart 1pm	29 Riders choice 1pm	30 Buffalo Creek Casino 1pm	31

\* Subjected to Change





Allegany Senior Center  
3644 Administration Drive  
Salamanca, NY 14779  
716-945-8990

Any questions please feel free to  
call:

Stephanie John  
CALENDAR IS SUBJECT TO  
CHANGE!!!

**HOURS**  
Monday-Friday  
8:30am-7:00pm  
Saturday & Sunday  
9:00am-2:00pm

# January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <b>Happy New Year 2025</b>	<b>OPEN POOL EVERYDAY!</b>	January 14, 2025 <b>ALZHEIMER'S PRESENTATION @ 11AM</b> (Light snack)	<b>1</b> 9am Coffee Social 11am Card Class 1pm Word Games 4pm Adult Coloring	<b>2</b> 9am Coffee Social 12pm LUNCH 1pm BINGO 4pm Open Beading	<b>3</b> 9am Coffee Social 11am Card Games 1pm Seneca Lang. 4pm Adult Coloring	<b>4</b> 9am Coffee Social 11am Open Beading
<b>5</b> 9am Coffee Social 11am Reading Time	<b>6</b> 9am Coffee Social 11am Exercise 1pm Craft Day 4pm Mon. Matinee	<b>7</b> 9am Coffee Social 12pm LUNCH 1pm Board Games 4pm Open Beading	<b>8</b> 9am Coffee Social 11am Card Class 1pm Word Games 4pm Adult Coloring	<b>9</b> 9am Coffee Social 12pm LUNCH 1pm BINGO 4pm Open Beading	<b>10</b> 9am Coffee Social 11am Card Games 1pm Seneca Lang. 4pm Adult Coloring	<b>11</b> 9am Coffee Social 11am Open Beading
<b>12</b> 9am Coffee Social 11am Reading Time	<b>13</b> 9am Coffee Social 11am Exercise 1pm Craft Day 4pm Mon. Matinee	<b>14</b> 9am Coffee Social 11am Alzheimer 12pm LUNCH 1pm Board Games 4pm Open Beading	<b>15</b> 9am Coffee Social 11am Card Class 1pm Word Games 4pm Adult Coloring	<b>16</b> 9am Coffee Social 12pm LUNCH 1pm BINGO 4pm Open Beading	<b>17</b> 9am Coffee Social 11am Card Games 1pm Seneca Lang. 4pm Adult Coloring	<b>18</b> 9am Coffee Social 11am Open Beading
<b>19</b> 9am Coffee Social 11am Reading Time	<b>20</b> 9am Coffee Social 11am Exercise 1pm Craft Day 4pm Mon. Matinee	<b>21</b> 9am Coffee Social 12pm LUNCH 1pm Board Games 4pm Open Beading	<b>22</b> 9am Coffee Social 11am Card Class 1pm Word Games 4pm Adult Coloring	<b>23</b> 9am Coffee Social 12pm LUNCH 1pm BINGO 4pm Open Beading	<b>24</b> 9am Coffee Social 11am Card Games 1pm Seneca Lang. 4pm Adult Coloring	<b>25</b> 9am Coffee Social 11am Open Beading 
<b>26</b> 9am Coffee Social 11am Reading Time	<b>27</b> 9am Coffee Social 11am Exercise 1pm Pot Luck 4pm Mon. Matinee	<b>28</b> 9am Coffee Social 12pm LUNCH 1pm Board Games 4pm Open Beading	<b>29</b> 9am Coffee Social 11am Card Class 1pm Word Games 4pm Adult Coloring	<b>30</b> 9am Coffee Social 12pm LUNCH 1pm BINGO 4pm Open Beading	<b>31</b> 9am Coffee Social 11am Card Games 1pm Seneca Lang. 4pm Adult Coloring	

# January

**Hours:**  
Monday-Friday: 8:30am to 7:00pm  
Sat-sun: 9:00am to 2:00pm

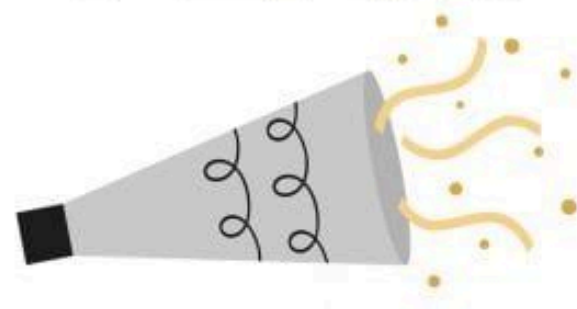
716-945-8414

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			OFF NATION HOLIDAY	1 OFF NATION HOLIDAY	2 LOCAL SHOPPING	3
5 RIDER'S CHOICE	6 LOCAL SHOPPING	7 WALMART BRADFORD	8 LOCAL SHOPPING	9 BUFFALO BANDITS BUS WILL LEAVE @ 5 PM	10	11
12 RIDER'S CHOICE	13 LOCAL SHOPPING	14 WEGMANS JAMESTOWN	15 LOCAL SHOPPING	16 RIDER'S CHOICE	17	18
19 RIDER'S CHOICE	20 MOVIE'S @ OLEAN AMC	21 ALDI'S OLEAN	22 LOCAL SHOPPING	23 RIDER'S CHOICE	24	25
26 RIDER'S CHOICE	27 LOCAL SHOPPING	28 BIG LOT'S BRADFORD	29 LOCAL SHOPPING	30 RIDER'S CHOICE	31	



# HAPPY NEW YEAR!



W	I	H	V	V	A	X	R	N	R	Z	G	O	A	L	S	A	Z	Y	F
G	R	B	K	G	Z	T	Y	Z	I	Z	Z	J	Q	C	O	M	P	X	B
M	D	M	B	T	B	K	T	P	X	N	S	L	T	K	C	X	X	W	T
M	I	Q	C	R	A	E	Y	W	E	N	O	Z	J	K	S	K	R	N	H
L	P	D	M	V	X	P	N	Z	J	L	O	V	Z	V	Y	D	Z	Q	G
G	P	E	X	A	X	K	O	Q	N	C	O	U	N	T	D	O	W	N	I
F	V	Z	N	D	S	S	M	B	P	C	Y	W	V	F	T	W	F	B	N
T	R	S	P	S	P	A	R	K	L	E	R	S	H	Q	T	O	J	A	D
P	J	O	L	B	Y	V	M	S	Y	L	N	N	N	R	C	A	F	L	I
Y	L	P	E	N	S	K	R	O	W	E	R	I	F	Z	N	Y	C	L	M
X	J	K	E	B	D	P	P	G	W	B	K	N	J	U	G	J	W	O	J
W	I	S	C	F	S	F	L	D	B	R	G	P	A	J	E	X	A	O	K
Q	S	C	A	O	W	D	J	R	M	A	W	R	T	J	H	Q	H	N	C
F	R	Q	K	J	N	W	P	A	R	T	Y	P	O	P	P	E	R	S	O
K	E	P	A	U	J	F	G	X	M	I	Z	X	R	T	S	X	K	Q	L
V	E	N	R	I	Y	E	E	B	G	O	Q	Y	I	U	P	H	K	Y	C
Y	H	I	S	I	R	E	O	T	J	N	O	I	T	U	L	O	S	E	R
Q	C	S	H	A	P	P	Y	G	T	B	O	U	V	C	D	L	R	Z	G
R	M	Q	G	Q	X	Y	B	N	O	I	S	E	M	A	K	E	R	G	F
N	A	E	N	K	V	K	T	Y	F	H	R	R	A	Y	R	Y	I	A	V

Countdown  
Confetti  
Midnight  
Balloons

Celebration  
Fireworks  
January  
Happy



New Year  
Clock  
Cheers  
Goals

Party Poppers  
Noisemaker  
Resolution  
Sparklers

