Nya:wëh Sgëno:
Hope everyone is staying warm as we look forward to the upcoming spring months. Spring is almost here and wahda’ oshesda’ (maple sap) will be flowing. We are looking forward to longer and warmer days. We have a few new faces in the Cattaraugus Territory AOA. Welcome Brittany Seneca, Aging Services Planner; Andrea Gamble, Respite Care Provider and Arlene Redeye, Respite Care Provider-Floater. We hope you enjoy the Month of March with St. Patrick’s Day and then Easter on March 31st. Please look inside for upcoming events. Until next month take care and remember if you need assistance or would like to participate in any of our activities please don’t hesitate to contact us!

Ésgögë’ ae’ - I’ll see you again.
Bethany Lay
FREE In-Person Legal Assistance @ AOA

With Thomas Warren, Center for Elder Law & Justice

**March 22nd**
**Appointments required**

To make an appointment:
- Call Tina Law in Catt. at (716)532-5777
- Call Bridgette John in Allegany at (716)945-8414

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**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

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**44 Seneca Senior Center**

**Weekdays** 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.

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**Congregate Dining at AOA**

**Seneca Allegany Elders Center**

**Tuesdays and Thursdays** from 12 – 1 pm.  
Please call for reservations by 3pm the day prior: 716-945-8414.
February Events

ECLC Students stopped by Catt AOA and visited the Elders!

Painting with Karlene!
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.

** Allegany 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- Prender
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](http://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.
625 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.
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  +LIVE+-  Saturday, March 2nd 7 p.m. Seneca Allegany

$48  STYX-  Saturday, March 23rd 8 p.m. Seneca Niagara

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

$33  Nikki Glaser-  Saturday, April 20th 8 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.

GUEST TICKET MUST BE PAID FOR AT LEAST 1 WEEK PRIOR TO SHOW
WELLNESS HOUR with Andrea

Every Tuesday @ 1:00–2:00 pm
Seneca Allegany Elder Center

MARCH TOPICS:
NUTRITION MONTH

MARCH 5TH: DO THE DASH!
Introduction to the DASH diet plan and how to get started. You will understand how the DASH diet lowers your blood pressure, you will receive tools to adhere to the DASH Diet for the month of March.

MARCH 12TH: DASH DIET, WEEK 2
Follow up on starting the DASH, get new recipes, work with barriers, have one-to-one support and group support.

MARCH 19TH: DASH DIET, WEEK 3
Follow up with progress, talk about challenges, get new recipes, have one-to-one support as well as group support.

MARCH 26TH: DASH DIET, WEEK 4
Follow up on the DASH diet adherence, share your success with others, how to sustain healthy eating and monitoring. Follow up on initial measures.

The Wellness Hour with Andrea is a power hour to educate, invest and bring togetherness for health and well-being during the aging years. Andrea Spako is an exercise specialist for the Seneca Nation Health System.

Please RSVP for each class you will be attending:
Stephanie John at 716-945-8414
Seneca Allegany Elder Center, 3644 Administration Drive, Salamanca, NY
AOA presents...

Safety Tips with Sheriff Brian Mohr

Tuesday, April 23
at 1 p.m.
Wini Kettle Sr. Center
Cattaraugus Territory

Wednesday, April 24
at 5 p.m.
Allegany Sr. Center in Jimtown

Light refreshments and drawing for those in attendance

Questions or more information contact: Irma Cortes (716)532-5777
AOA will be distributing gift cards for Easter Tuesday, March 26 through Thursday, March 28 (10am-2pm) for on Territory and within clinic service area. (1 gift card per household) Buffalo office will distribute Buffalo and surrounding area.
### Allegany AOA Bus Trips

#### March 2024

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- **1 March**: Rider's Choice
- **7 March**: Local Shopping
- **14 March**: Local Shopping
- **21 March**: Local Shopping
- **28 March**: Local Shopping
- **8 March**: Walmart Olean
- **15 March**: Local Shopping
- **22 March**: Springtime in the Country Admission $8 Leave Center @2:30pm
- **29 March**: Local Shopping
- **6 March**: Rider's Choice
- **13 March**: Local Shopping
- **20 March**: Local Shopping
- **27 March**: Local Shopping
- **10 March**: Rider's Choice
- **17 March**: Rider's Choice
- **24 March**: Rider's Choice
- **24 March**: Rider's Choice
## Allegany AOA Activities

**March 2024**

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<tr>
<td></td>
<td>Allegany Senior Center 3644 Administration Drive Salamanca, NY 14779</td>
<td>Any questions please Feel free to call Stephanie or Dorsie @ 716-945-8990</td>
<td>HOURS Monday—Friday 8:30am—7pm Saturday—Sunday 9am—7pm</td>
<td>CALENDAR IS SUBJECT TO CHANGE</td>
<td>1</td>
<td>9-10 Coffee Social 11-12 Seneca Lang.</td>
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<td>9-10 Coffee Social</td>
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<td>9-10 Coffee Social</td>
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**MARCH 17, 2024**

**ST. PATRICK'S DAY**

**MARCH 19, 2024**

**FIRST DAY OF SPRING**

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**Unity Day**

**SNI CLOSED**
## Catt. AOA Activities

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<td>Work out with Andrea 1pm</td>
<td>Shuffle Board 4pm</td>
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<td>5</td>
<td>Card Club 10am</td>
<td>Women's pool 4pm</td>
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<td>Men's Pool 9am</td>
<td>Pullack &amp; BINGO 5pm</td>
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<td>Card Club 10am</td>
<td>Diamond Art Coaster 4pm</td>
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<td>Card Club 10am</td>
<td>Board Games 4pm</td>
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<td>12</td>
<td>Card Club 10am</td>
<td>Seasonal Craft 2pm</td>
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<td>13</td>
<td>Work out with Andrea 1pm</td>
<td>ECLC Easter Visit 10AM</td>
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<td>Bike &amp; Board Games 4pm</td>
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<td>Easter Egg Coloring 2pm</td>
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<td>Pullack &amp; BINGO 5pm</td>
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<td>Egg Coloring 2pm</td>
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<td>Happy Easter!</td>
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<td>Monday</td>
<td>Italian Sausage Hoagie with Sautéed Peppers &amp; Onions, Baked Sweet Potato Cantaloupe</td>
<td>Tuesday</td>
<td>Spaghetti &amp; meat sauce, Dinner Roll, Garden Salad and Peach Crisp</td>
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<td>Thursday</td>
<td>TRADITIONAL MEAL: Bison Stew, Biscuit, Cucumber Tomato Salad and an Orange</td>
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<td>Tomato Basil Tortellini, Dinner Roll, Roasted Butternut Squash, Fruited Jell-O</td>
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What healthy habits are you cultivating?