

NOVEMBER 2025

ELDER LIVING

Seneca Nation Area Office for the Aging



Director's Update

S'geno,

November is a time for connection and community. As temperatures drop, it's a good time to check in on neighbors, friends, and family. Many are feeling the impact of recent federal funding cuts and the federal government shutdown, and the AOA remains committed to ensuring our most vulnerable Elders receive the support they need to stay safe and independent.

The **Home Energy Assistance Program (HEAP)** opens for applications on **November 17, 2025**. If you're facing a heating emergency, you may qualify for emergency benefits sooner. The AOA can provide guidance and assistance with your application.

We also anticipate greater demand for food assistance this season. The AOA is working closely with the Seneca Nation to help ensure increased access to nutritious meals. No one should have to choose between heating their home and having a warm meal.

Upcoming Dates to Remember:

- **November 4** – Election Day (*Offices and sites closed*)
- **November 6** – Community Planning Meeting, Allegany Elder Center, 2 PM
- **November 11** – Veterans Day (*Offices and sites closed*)
- **November 17-19** – Thanksgiving Gift Card Distribution, 10 AM-2 PM (*See inside for schedule*)
- **November 27-28** – Thanksgiving (*Offices and sites closed*)

As always, if you'd like to participate in upcoming events, need assistance, or have suggestions, please don't hesitate to call.

Ja:goh!

Bethany Lay, Acting Director and Jennie Whiteman, Deputy Director

Inside this issue

Services: 2

Entertainment: 3

Thanksgiving Giveaway: 4

Pictures: 5/6

Cancer Support Group: 7

HEAP: 8

Preparing for Winter: 9

Diabetes Awareness: 10/11

Caregiver Awareness: 12

Food Security: 13

Lung Cancer Awareness: 14

Medicare Enrollment: 15

Recipe: 16

Menu: 17

Catt Activities: 18

Catt Trips: 19

Allegany Activities: 20

Allegany Trips: 21

Word Search: 22

SNI Closed:

Election Day Nov. 4th

Veterans Day Nov. 11th

Thanksgiving Nov. 27th & 28th

FREE In-Person Legal Assistance @ AOA

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

Date:

November 21st

****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.



Upcoming Seneca Elder Events

Please abide by the following guidelines for concert tickets:

- a. Sign-up Sheets are posted at each AOA site near the Front Desk **30 days prior** to the show
- b. Sign-ups are collected **2 weeks prior** to the scheduled event
- c. A 'confirmation call' will be made to you to ensure you are still able to attend
- d. **3-4 days** before the event, Elders will be texted specifying the date and location to distribute the tickets to the Elders. The tickets for the Alleg. Elders will be distributed at the Alleg. AOA office, the tickets for the Catt. Elders will be distributed at the Catt. AOA office
- e. **'Guest Tickets'** (aka '+1 Tickets') are made available only after sign-ups are tallied and there are leftover tickets - in this case, your guest will be required to pay the cost at either AOA site one week prior to the scheduled event.

Guest Cost

\$57.50	Ron White Fri, November 7 th 8pm, SAC Event Center
\$27.50	Legacy Fighting Fri, November 21 6:30pm, SNC Event Center
\$32.50	The Commodores Sat, November 29 th 8pm, SNC Event Center





Elder Gift Card Distribution 2025

ONE per household - elder must sign for \$25 Walmart gift card
HOMEBOUND ELDER (HDMs) - CARDS WILL BE DELIVERED WITH
THEIR MEAL

Mon. - Wed. Nov. 17th - 19th, 2025
10 am - 1 pm*

Allegany:

3644 Administration Dr.
Sala., NY 14779
716.945.8990

Cattaraugus:

28 TIS Drive
Irving, NY 14081
716.532.5777

Erie:

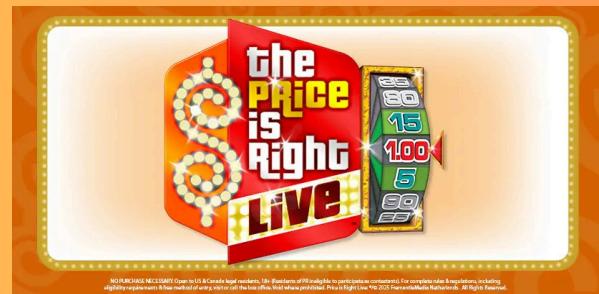
2101 Peninsula Dr.
Erie, Pa
814.823.1942
*cards avail. 11/14
10:00 - 2:00

Buffalo:

265 Skillen St.
Buffalo, NY 14207
716.845.6304

For more info,
please call
your local
office.

We Have! a Winner!



39 Elders from Allegany and Cattaraugus went to The Price is Right on October 17th.

Allegany Elder Phyllis Royer got lucky and won a trip to Dublin, Ireland. We are so happy for her and happy one of our Elders won! She was wearing her Honor Our Elders shirt too and representing!



Letchworth Trip



Roswell Park Department of Indigenous Cancer Health
& Seneca Nation Health System Present:

Cancer Support Group

For Patients & Survivors

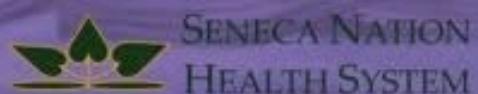
November 18th, 2025, from 5-6 pm
in the Cattaraugus Territory Health
Center, Conference Room 700

275 Thomas Indian School
Extension Irving NY 14081



Questions:

- Patient Care Navigator Indigenous Cancer Health, Marissa Bennett, 716-697-3787
- Community Health Nurse Jessica Prior BSN, RN 716-532-5582



HEAP Assistance

The Home Energy Assistance Program (HEAP) helps low-income people pay the cost of heating their homes. If you are eligible, you may receive one regular HEAP benefit per program year and could also be eligible for emergency HEAP benefits if you are in danger of running out of fuel or having your utility service shut off.

The 2025-2026 Regular HEAP benefit opens November 17, 2025. Eligibility and benefits are based on income, household size, the primary heating source, and the presence of a household member who is under age 6, age 60 or older or permanently disabled.

For more information or assistance applying for HEAP, please contact Briana Snyder, AOA Options Counselor, at (716) 532-5777, ext 3624.



Snow Plowing

During the winter months the Seneca Nation DPW may be able to provide snow plowing for eligible Elders on-territory. Please remember that DPW's first priority is clearing parking lots and walkways at SNI facilities. After SNI sites are cleared, work begins to plow driveways for Seneca Elders/Disabled members that have requested service. DPW makes every effort to schedule early plowing for those eligible who need to be able to get out of their driveways for dialysis, chemotherapy, etc.

Cattaraugus Elders: To apply for snow-plowing through SNI DPW, please contact Lindsey Cooper, AOA Senior Support Specialist, at (716) 532-5777 ext. 5504.

Allegany Elders: To apply for snowplowing through SNI DPW, please contact Allegany DPW at (716) 945-5441.

Preparing for Winter



Fall is a beautiful time of year, but seasons change quickly!

We want to make sure that our Elders are prepared for winter and aware of the services available to help them stay safe. It's time to winterize them pipes. All mobile home owners should have their skirting up and intact. It is in your best interest to protect your pipes against the elements; frozen pipes lead to breakage and leaks. Insulation around pipes along with heat tape is a deterrent against frozen water pipes. We have found that home made wooden boxes to cover the meter and pipes are a big help.

PLEASE DON'T FORGET TO PLUG IN YOUR HEAT TAPE!

Be sure your heat tape is in proper working order, heat tape must be checked each year to ensure it is operational. If your heat tape is not heating thoroughly, it must be replaced– it doesn't last forever! Also, please make sure you know the location of your curb stop, (flag it!) so it will not be disturbed during snow removal. This also deters damage to your plow as well.

In case of a plumbing or heating emergency on a weekend please use these local vendors for the

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.



TRUE OR FALSE?

- **DIABETES IS A SERIOUS DISEASE.**

- **DIABETES IS A SERIOUS DISEASE.**
 - TRUE! DIABETES CAUSES MORE DEATHS PER YEAR THAN BREAST CANCER AND AIDS COMBINED AND HAVING DIABETES NEARLY DOUBLES YOUR CHANCE OF HAVING A HEART ATTACK. THE GOOD NEWS IS THAT MANAGING YOUR DIABETES CAN REDUCE YOUR RISK FOR DIABETES COMPLICATIONS.

- **THE PERCENTAGE OF ADULTS WITH DIABETES INCREASES WITH AGE.**

- **THE PERCENTAGE OF ADULTS WITH DIABETES INCREASES WITH AGE.**
 - TRUE! ALMOST 30% OF ADULTS 65 YEARS OLD OR OLDER ARE DIAGNOSED WITH DIABETES.

- **PEOPLE WITH DIABETES ARE MORE LIKELY TO GET COLDS AND OTHER ILLNESSES**

- **PEOPLE WITH DIABETES ARE MORE LIKELY TO GET COLDS AND OTHER ILLNESSES**
 - FALSE! YOU ARE NO MORE LIKELY TO GET A COLD OR ANOTHER ILLNESS IF YOU HAVE DIABETES. PEOPLE WITH DIABETES ARE ADVISED TO GET FLU SHOTS. THIS IS BECAUSE ANY ILLNESS CAN MAKE DIABETES MORE DIFFICULT TO CONTROL, AND PEOPLE WITH DIABETES WHO GET THE FLU ARE MORE LIKELY THAN OTHERS TO DEVELOP SERIOUS COMPLICATIONS.

Symptoms of Diabetes



FREQUENT
URINATION



THIRST



HUNGER



WEAKNESS



NAUSEA



WEIGHT LOSS



BLURRED
VISION

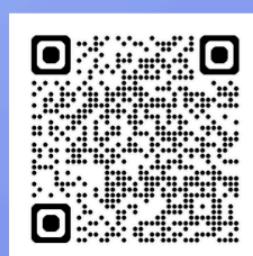


SLOW HEALING
OF CUTS



TINGLING
IN HANDS

SCAN THE QR CODE FOR
SENECA WHITE CORN
NO-BAKE ENERGY
BALLS RECIPE!



ASK YOUR MEDICAL PROVIDER HOW THE SENECA NATION
HEALTH SYSTEM DIABETES PROGRAM CAN HELP YOU!



SENECA NATION
HEALTH SYSTEM

Diabetes Awareness

14 NOV Day



Please join us for a group discussion regarding diabetes awareness on
Friday, November 14th, 2025 at 12:30 pm

Where: Wini Kettle Senior Center, 28 Thomas Indian School Dr. Irving, NY 14081

Presented by:

Lindsey Parker, CTHC Health Educator and Jessica Prior, Community Health Nurse



Scan the QR code for
diabetic friendly
recipes!

November is Caregiver Awareness Month

Are You a Caregiver?

A family caregiver can be someone caring for a spouse or parent, an extended family member, or even a friend or neighbor. Do you provide someone help with:

- Transportation to medical appointments?
- Purchasing or organizing medications?
- Monitoring their medical condition?
- Communicating with health care professionals?
- Advocating on their behalf with providers or agencies?
- Getting in and out of beds or chairs?
- Getting dressed?
- Bathing or showering?
- Grocery or other shopping?
- Housework?
- Preparing meals?
- Managing finances?

If you answered "yes" to any of the examples listed above, you are a caregiver

Caregiving involves time, commitment and sacrifice. You are not alone and there are resources to help.

Contact Options Counselor Briana Snyder at (716)945-8991 if you have questions or would like more information.





**We are here to help if you are facing difficulties
due to the pause in SNAP, WIC, and LIHEAP benefits
during the government shutdown**



Our entire Seneca Nation program team is here and ready to support you during this time. If your benefits have been impacted by the federal government shutdown and you need assistance related to food security and/or heating assistance, we can help. If you need assistance, please reach out immediately to the following programs:

Tribal Advocate (Cattaraugus)

Director Kerry Kennedy | phone: 716.244.1648 | email: kerry.kennedy@sni.org

Tribal Advocate (Allegany)

Director Lynn George | phone: 716.945.2655 or (cell) 716-801-1382 | email: l.george@sni.org

Tribal Advocate (Buffalo)

Tribal Advocate Tahlia Stafford | phone: 716.845.6304 | email: Tahlia.Stafford@sni.org

USDA

Director JJ White | phone: 716.532.1028 | email: jjwhite@sni.org

AOA (Cattaraugus)

Director Beth Lay | phone: 716.532.5777 | email: blay@sni.org

AOA (Allegany)

Deputy Director Jennifer Whiteman | phone: 716.945.8414 | email: jennifer.whiteman@sni.org

Gakwi:yo:h Farms

Director Gerry Fisher | phone 716.532.4900, ext. 5063 or ext. 5016 | email: g.fisher@sni.org

As we navigate these challenges, the Tribal Advocate Programs are also accepting donations of venison, canned food, eggs, and other food staples to ensure that those who need it will continue to receive the food support they need at this critical time.

If you would like to donate, please call the Tribal Advocate Programs at the following:

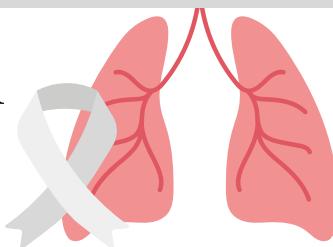
Tribal Advocate (Cattaraugus) 716.244.1648

Tribal Advocate (Allegany) 716.945.2655

Tribal Advocate (Buffalo) 716.845.6304

We are here to help. Together, we are strong and resilient.

November is Lung Cancer Awareness Month



What is Lung Cancer?

Lung Cancer is a type of cancer that starts in the lungs. Cancer develops when abnormal cells begin to grow out of control and spread to other parts of your body. There are 2 main types of lung cancer and they are treated very differently (Small Cell Lung Cancer & Non-Small Cell Lung Cancer.)

What are causes and risk factors of Lung Cancer?

- #1 Cause: Smoking & Second Hand Smoke
- #2 Cause: Radon, a tasteless/odorless gas that may be in your home and basement. One out of 15 homes has a high level of radon.
- Exposure to and/or inhalation of pollution, asbestos, uranium, arsenic, cadmium, chromium, nickel and some petroleum products.
- Genetics & Genes: A family history of lung cancer may mean you are at a higher risk of getting the disease. If others in your family have or ever had lung cancer, it's important to mention this to your doctor.

FACT: Lung Cancer is the leading cause of cancer death among men and women in the United States.

What can you do?

- Quit smoking and avoid secondhand smoke. Smoking causes 80% of Lung Cancers.
- Have your home checked for radon levels.
- Wear appropriate respiratory protection while working in hazardous materials.
- Try to eat a diet rich in antioxidants found in fruits and vegetables.
- Promote a healthy lifestyle by exercising daily and getting good sleep.
- Know YOUR risk factors and speak with your doctor. You may qualify for a lung cancer screening.

Medicare Annual Enrollment Period October 15 – December 7

With the Medicare open enrollment period beginning on October 15, we encourage Medicare beneficiaries to choose carefully between traditional Medicare and joining a private Medicare Advantage plan. This is particularly important, as consumer marketing protections have been reduced and public promotions of Medicare Advantage are increasing – including on TV and in the mail. Here are some pros and cons regarding traditional Medicare and Medicare Advantage to consider:

Traditional Medicare allows access to all doctors, health care providers, hospitals and facilities that accept Medicare nation-wide.

- All people in traditional Medicare have access to similar benefits, which are available to them wherever they are around the country
- People in traditional Medicare usually do not require prior authorization to see specialists
- People with traditional Medicare can choose whatever Medicare prescription drug plan best serves their needs
- People with traditional Medicare often have better access to home health care, nursing homes, and rehabilitation
- People with traditional Medicare often need to purchase a “Medigap” policy to pay for Medicare cost-sharing.
- Lower-income people can get help paying for Medicare cost-sharing

Medicare Advantage plans are private plans, like HMOs. They usually limit your choice of doctors, health care providers, hospitals, and facilities to a “network” of certain providers within your local geographic area. (Unless the needed care is an emergency or “urgent.”)

- Medicare Advantage plans can cut doctors and other health care providers from the plan network during the year
- Medicare Advantage requires “prior authorization” from the MA plan for many health care services
- Medicare Advantage often includes a prescription drug plan and some additional “supplemental” benefits such as help with dental care, gym memberships, and other benefits for some participants
- Medicare Advantage cost-sharing can be less than traditional Medicare, and MA plans are required to have a cap on out-of-pocket expenses. However, they also sometimes include co-pays not in traditional Medicare (for example – for home health care).
- Lower-income people can get help paying for Medicare cost-sharing

*information from Centers for Medicare Advocacy

For further information please reach out to Briana Snyder, Options Counselor (716)945-8991





Directions:

1. Combine cooked corn, cucumber, tomatoes, and cooked beans.
2. Lightly saute peppers, onions, zucchini, and yellow squash. Add to corn mixture. Refriegerate until completely chilled.
3. Make marinade (recipe to the right)
4. Just before serving, combine the chilled salad and marinade.



Three Sisters Salad

Ingredients:

3 to 4 quarts Iroquois Hulled White Corn, cooked
 1 green chili pepper, minced
 1 sweet pepper, choppede
 1 medium red onion, chopped
 1 can (15oz) beans (your choice)
 1 cup cucumber, chopped
 1 cup fresh tomato, chopped
 1 cup zucchini, chopped
 1 cup yellow squash, chopped

Marinade

Ingredients:

1/4 cups apple cider vinegar
 1/2 cup olive oil
 1/2 teaspoon coriander
 1/4 cup cilantro

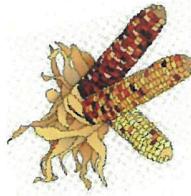
Directions:

1. In a seperate bowl, mix ingredients and refrieferate marinade.



November 2025 Menu

Seneca Nation Area Office for the Aging

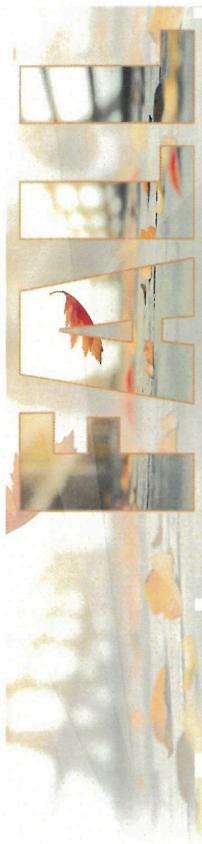


O'wëdë:da't – Monday	Swëda:dih – Tuesday	Ha'dewëdäéh – Wednesday	Ëyohë'tgeh – Thursday	Wëda:k'ah – Friday
3 Spaghetti and Meat Sauce Side Green Salad Bread Stick Vanilla Pudding with Fruit	4 HOLIDAY SN Election Site CLOSED	5 Toasted Tuna Melt Sandwich Vegetable Soup Carrot Sticks and Apple Slices	6 <u>TRADITIONAL</u> Roasted Corn Soup Frybread, Beans, Pear Pumpkin Muffin	7 Garden Vegetable Pizza Side Salad, Celery Sticks And Fruited Jell-O w/whipped cream
10 Roasted Chicken Dinner Mashed Acorn Squash Seasoned Corn & Lima Beans Ambrosia	11 HOLIDAY Veteran's Day Site CLOSED	12 8 Bean Soup Grilled Ham & Cheese Sandwich Orange	13 Butternut Squash Ravioli with Butter Sage Sauce, served with Green Salad, a Dinner Roll Peach Cobbler	14 Italian Herb White Fish Fillet Corn Bread, Sweet Potato Fries, Cabbage Apple Salad Pineapple Jell-O Salad
17 Cheeseburger with lettuce, onion, tomato Potato Wedges Grapes and Oranges Slices	18 Macaroni & Cheese With stewed tomatoes Steamed Broccoli Apple Crisp	19 Split Pea Soup, Ham & Cheese Sandwich, Garden Salad, and Orange	20 Birthday & Thanksgiving Slow Roasted Turkey with dressing, Mashed potatoes, Squash, Green Beans, Cranberry Sauce and Birthday Pumpkin Pie	21 Chicken Broccoli Rice Casserole Green Beans, Garden Salad And Pear Crisp for dessert
24 Grilled Cheese Sandwich Butternut Squash Soup Celery Sticks Warm cinnamon pears	25 Vegetable Beef Soup Garden Salad, Roll Apple slices w/peanut butter Yogurt	26 <u>BRUNCH</u> 10 am Hearty Oatmeal, Wheat Berry Toast, Banana with Peanut Butter, Clementine, and V8	27 HOLIDAY Thanksgiving Holiday Site CLOSED	28 *Frozen Meal*
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	Please enjoy a $\frac{1}{2}$ pint of milk served with each meal!			

“Autumn carries more gold in its pocket than all the other seasons.”

- Jim Bishop

November 2025



Catt AOA Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
27	28	29	30	31	1 light lunch @ 12 Cornhole/shuffle board @1pm	2 Light lunch Bingo @1pm	
3 Pool @10 finish projects @ 1 potluck @5 Rincon@6	4 Closed	5 Pool @10 Beading/sewing @ 1 Board names @ 3	6 Bingo @1 Sewing/beading @3	7 Cards @10am Beading/sewing @1	8 light lunch @ 12 Cornhole/shuffle board @1pm	9 Light lunch Bingo @1pm	
10 Pool @10 finish projects @ 1 potluck @5 Rincon@6	11 Closed	12 Pool @10 Beading/sewing @ 1 Board names @ 3	13 Bingo @1 Sewing/beading @3	14 Cards @10am Beading/sewing @1	15 light lunch @ 12 Pumpkin Pie making class	16 Light lunch Bingo @1pm	
17 Pool @10 finish projects @ 1 potluck @5 Rincon@6	18 Cards @10 Finished projects @1	19 Pool @10 Beading/sewing @ 1 Board names @ 3	20 CVU Bingo @1 Sewing/beading @3	21 Cards @10am Beading/sewing @1	22 light lunch @ 12 Cornhole/shuffle board @1pm	23 Light lunch Bingo @1pm	
24 Pool @10 finish projects @ 1 potluck @5 Rincon@6	25 Cards @10 Finished projects @1	26 Will be setting up for Bazaar	27	28 Closed	29 AOA Bazaar 9am-3pm	30 Light lunch Bingo @1pm	
1 Pool @10 finish projects @ 1 potluck @5 Bingo@6	2 Cards @10 Finished projects @1	Notes		Notes		Notes	

November 2025

Catt AOA Trips

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Closed	4 Wal-Mart 1pm	5 Riders Choice	6 Fish fry 330pm	7	8
9	10 closed	11 SAC Community dinner 330pm	12 Walmart 1pm	13 TBD	14	15
16	17 Regal Movies 1pm	18 Wal-Mart 1pm	19 Riders choice	20 Buffalo Creek 21 Casino 1pm	22	
23	24 Local shopping 1pm	25 Wal-Mart 1pm	26 closed	27 closed	28	29
30						

TRIPS

Allegany Senior Center
 3644 Administration Dr.
 Salamanca, NY 14779
 716-945-8990
 Any questions, please feel free
 to call: Stephanie
 CALENDAR is subject to
 CHANGE!!

November 2025

Hours
 Monday—Friday
 8:30am—7:00pm
 Saturday & Sunday
 9:00am—2:00pm

Allegany AOA Activities

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
2							1 9am Coffee Hour 11am
3	9am Coffee Hour 11am Open Pool	4 NATION CLOSED ELECTION DAY	5 9am Coffee Hour 11am Card Class	6 9am Coffee Hour 12pm LUNCH 1pm BINGO	7 9am Coffee Hour 1pm Seneca Lang.	8 9am Coffee Hour 11am	
9	9am Coffee Hour 11am Open Pool	11 NATION CLOSED VETEREN'S DAY	12 9am Coffee Hour 11am Card Class	13 9am Coffee Hour 12pm LUNCH 1pm BINGO	14 9am Coffee Hour 1pm Seneca Lang.	15 9am Coffee Hour 11am	
16	9am Coffee Hour 11am Open Pool	17 NATION CLOSED VETEREN'S DAY	18 9am Coffee Hour 12pm LUNCH 1pm CVS—BINGO	19 9am Coffee Hour 11am Card Class	20 9am Coffee Hour 12pm LUNCH 1pm BINGO	21 9am Coffee Hour 1pm Seneca Lang.	22 9am Coffee Hour 11am
23	9am Coffee Hour 11am	24 9am Coffee Hour 11am Open Pool	25 9am Coffee Hour 12pm LUNCH 1pm Rummikub	26 9am Coffee Hour 11am Card Class	27 NATION CLOSED THANKSGIVING	28 NATION CLOSED THANKSGIVING	29 9am Coffee Hour 11am
30	BILLS VS PIT 4:25pm	Come tailgate & Watch the GAME					

November 2025

Allegany AOA
3644 Administration Dr., Salamanca
716-645-8414

Allegany AOA Trips

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All trips are subject to change.	Please make sure to bring money for the trips.	Trips are scheduled to leave about 1:30 unless otherwise noted.				1
2	3	4	5	6	7	8
	Water painting Allegany State Park 3-5 pm leave at 2.			SHOP LOCAL		
9	10	11	12	13	14	15
	Rider's Choice 	CLOSED	Apollo Family Restaurant & Park Ave Coat Store West Seneca Leave at 10 am	SHOP LOCAL		
16	17	18	19	20	21	22
	Rider's Choice 	CLOSED	Walden Galleria Leave at 10 am	SHOP LOCAL	Olympia Restaurant Gowanda Leave at 11	
23	24	25	26	27	28	29
	Rider's Choice 	CLOSED	CLOSED			
30						

Autumn Crossword

November

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

