

SNI Offices &
AOA Closed
October 13th!

OCTOBER 2025

ELDER LIVING

Area Office for the Aging



In this issue:

- 2- Dining & Legal
- 3- Entertainment
- 4- Photos
- 5- Medicare Enrollment
- 6/7- Health Newsletter
- 8- Cancer Support Group
- 9. Driver Volunteers
- 10- Social & Virtual Council
- 11- HEAP
- 12- Rabies Clinic
- 13- Indian Foods Dinner
- 14- Safety Checklist
- 15- Breast Cancer
- 16/17- Elder Abuse
- 18- Menu
- 19- Allegany Activities
- 20- Allegany Trips
- 21- Catt Activities
- 22- Catt Trips
- 23/24- Crossword/Key



Directors Update

S'geno,

October is here already! Please note that all SNI Offices and Clinics will be **closed on Monday, October 13, in observance of Sovereignty Day.**

I'd also like to share an important update regarding the **Seneca Elder Entertainment Policy:**

- **Eligibility:** Enrolled Seneca Elders ages 60 and older.
- **Sign-Up:** Elder are required to sign up for shows or events at the Elder Centers
- **Assistant:**
 - o An assistant is permitted if it enables an Elder to attend.
 - o Assistants must be 18 years or older.
 - o A medical note is required if an Elder requests an assistant.
 - o Elders with assistants will receive priority seating.
 - o A total of six tickets will be reserved (three for Elders, three for assistants) per Territory.
 - o If there is a waitlist for ASSISTANTS, a "raffle" will be held so that all Elders have a fair opportunity to attend.

This update is in response to past concerns where Elders with medical needs were not always able to attend events due to limited assistant availability. Our goal is to ensure all Elders can fully enjoy these opportunities.

- **Elder Guests:**
 - o If, after all Seneca Elders have been seated, extra tickets remain, Elders may bring one guest.
 - o Guests will be charged the Elder rate.
 - o Payment must be received no later than the Wednesday before the show.
 - o Because there is usually a waiting list, guest tickets will be offered on a first-come, first-served basis after all Elders have been accommodated.

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

Nya:wëh!

FREE In-Person Legal Assistance @ AOA

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

Date:

October 30th

****Appointments required****

To make an appointment:

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

Wini Kettle Senior Center

Weekdays from 12 – 1 pm.

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

Seneca Allegany Elders Center

Tuesdays and Thursdays

from 12 – 1 pm.

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



Upcoming Seneca Elder Events

Please abide by the following guidelines for concert tickets:

- Sign-up Sheets are posted at each AOA site near the Front Desk **30 days prior** to the show
- Sign-ups are collected **2 weeks prior** to the scheduled event
- A 'confirmation call' will be made to you to ensure you are still able to attend
- 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
- '**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.

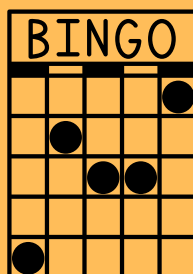
Guest Cost

\$18.50	Price is Right LIVE Fri, October 17 th & 18 th 8pm, SNC Event Center
\$57.50	Aaron Lewis and the Stateliners Sat, October 25 th 8pm, SAC Event Center
\$27.50	All Star Boxing Fri, October 3 rd 7pm, SNC Event Center
\$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





September Photos



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.



ELDERS HEALTH NEWSLETTER

OCTOBER 2025: HEALTH TIPS TO PREPARE FOR THE FALL SEASON



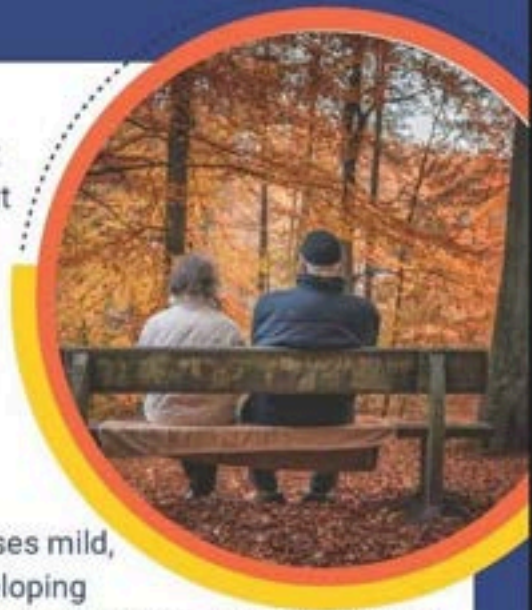
At this time of the year, your health care provider may recommend vaccinations, also known as shots or immunizations, to help prevent certain illnesses. Make sure to talk to your health care provider about staying up to date with any vaccines you may need.

Flu, short for influenza, is a virus that can cause fever, chills, sore throat, stuffy nose, headache, and muscle aches. Flu is very serious when it gets in your lungs. Ideally, you should get your vaccine by the end of October each year so you are protected when the flu season starts

Respiratory syncytial virus (RSV) is a common virus that usually causes mild, cold-like symptoms. However, older adults have a higher risk of developing severe symptoms if they are infected with RSV. The illness can be particularly dangerous for people who have chronic diseases or a weakened immune system. Like the flu, RSV infections are most common in the fall and winter months, so consider getting vaccinated before RSV season starts.

COVID-19 is a respiratory disease that causes symptoms such as fever, cough, and shortness of breath. Older adults are more likely than younger people to get very sick from COVID-19. Studies show that COVID-19 vaccines reduce the risk of getting this disease.

Pneumococcal disease is a serious infection that spreads from person to person by air. It often causes pneumonia in the lungs and it can affect other parts of the body. The CDC recommends that all adults age 50 and older get pneumococcal vaccination.



HAND HYGIENE

Washing hands prevents illnesses and spread of infections to others

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails
- Scrubbing your hands for at least 20 seconds removes more germs from hands than washing for shorter periods
- Rinsing your hands well under clean, running water helps remove soap
- Your hands should be as dry as possible after handwashing



Sources: <https://www.nia.nih.gov/health/immunizations-and-vaccines/vaccinations-and-older-adults>;
<https://www.cdc.gov/clean-hands/data-research/facts-stats/index.html>;
<https://my.clevelandclinic.org/health/diseases/4335-influenza-flu>

THE "SICK SEASON"



The flu season is October through May. Elders should take steps to stay healthy during this time of the year.

Certain health conditions can put you at higher risk for severe illness from the flu. You are at higher risk for serious illness if you:

- Have breathing issues such as COPD, asthma or other chronic lung disease
- Have diabetes
- Have a weakened immune system (such as HIV/AIDS or cancer)
- Have a condition that causes issues with muscle function or makes it difficult to cough, swallow or clear fluids from your airways
- Are under 5 years old or over 65 years old
- Live in a long-term care facility

SENECA NATION

CRIME VICTIM SERVICES

Have you been a victim of a crime?
We can help.

24 HR Advocacy

Emergency Shelter Services

Transportation

Court Accompaniment

Therapy

Compensation Assistance

Healing Groups

Talking Circles

Support Services & Linkages

24 Hour Hotline (716)532-8185

Location

Cattaraugus 12 Thomas Indian School Drive

Please Call/Email:

716-532-8339 Available for Support 24/7

Ext. 5087

SNCVServices@sni.org



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

Cancer Support Group

For Patients & Survivors

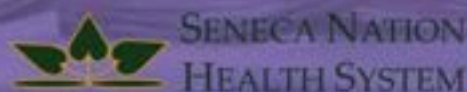
October 7th , 2025, from 5-6 pm
in the Community Health and
Wellness Center, Grand Room

29 Thomas Indian School Drive
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





VOLUNTEER DRIVERS NEEDED

A Simple Ride Can Mean the World

Become a volunteer driver and help our Elders get to appointments, pick up groceries, and stay connected.
Mileage + stipend provided

Eligibility

- 21 years of age
- Valid NYS Drivers License
- Pass a criminal background check
- Safe Driving Record
- & more

Free Training

- AAA Driver Improvement
- CPR/First Aid Cert
- Passenger Assistance
- Vehicle Orientation Training

For more information, contact Emily Nephew
at 716-945-8414 ext 3627

**NATIVE
AMERICAN**
HERITAGE MONTH
HONORING THE PAST, CELEBRATING OUR FUTURE



**WEDNESDAY,
NOVEMBER 12
5 PM – 8 PM**

Seneca Allegany Event Center

COMMUNITY
**DINNER &
SOCIAL**

Visit SenecaCasinos.com
for the full schedule of events.

**DON'T MISS
THE SENECA
MARKET!**

Opens at Noon!

Traditional Singers & Dancers
Handmade Native Crafts
& Collectibles

Free to attend.

**FOR ENROLLED SENECA
LIVE WEBINAR**



**VIRTUAL REGULAR
SESSION OF COUNCIL**

OCTOBER 11, 2025 - CATTARAUGUS



9:30 A.M.

[HTTPS://ATTENDEE.GOTOWEBINAR.COM/REGISTER/2626230152402214742](https://attendeegotowebinar.com/register/2626230152402214742)



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 1, 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.

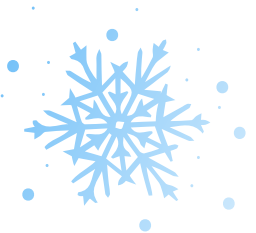


Snow Plowing

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.



FAST & FREE **RABIES VACCINATION CLINIC**

Sponsored by the Environmental Health Unit



**Dogs, Cats,
and Ferrets
Welcome!**

Allegany Territory

Dept. of Public Works (DPW) - entrance on left side
3674 Administration Dr., Salamanca, NY 14779

Thursday, October 9th, 2025 @ 5 pm-6:30 pm



Please bring proof of
previous
vaccination

Cattaraugus Territory

Cattaraugus Indian Reservation Volunteer Fire Dept. (CIRVFD)
12879 Route 438, Irving, NY 14081

Thursday, October 23rd, 2025 @ 5 pm-6:30 pm

Pre-registration is required. For more information,
call 716-945-5894 ext. 3246 or 716-532-5582 ext. 5296.



SENECA NATION HEALTH SYSTEM



DINE IN

ONE PRICE—\$18.00

TAKE OUT

HOURS: Noon — 2:30 PM

Seneca Nation Administration Building

GRAND HALL

90 Ohi-yo' Way

Salamanca, NY 14779

MENU

Roast Turkey	Roast Venison	Fry Bread	Boiled Corn Bread
Hulled Corn Soup	Fried Salt Pork	Mashed Beans	Green Beans
Buttered Squash	Cole Slaw	Mashed Potatoes/Gravy	Cranberry Sauce
Pumpkin Pie	Coffee/Tea	Water or Soda	

MUST PREORDER:

Cell Phone

E-mail

Marilyn George

(716) 474-6387

marilyn_george@yahoo.com

Gloria Heron (Vendors)

(716) 307-6672

gjheron@hotmail.com

Sue Blacksnake

(716) 801 -1540

sblacksnake65@gmail.com

Home Fall Prevention Checklist for Elders

Use this checklist to find and fix hazards in your home.

STAIRS & STEPS (INDOORS & OUTDOORS)

Are there papers, shoes, books, or other objects on the stairs?

- ☐ Always keep objects off the stairs.

Are some steps broken or uneven?

- ☐ Fix loose or uneven steps.

Is there a light and light switch at the top and bottom of the stairs?

- ☐ Have an electrician put in an overhead light and light switch at the top and bottom of the stairs. You can get light switches that glow.

Has a stairway light bulb burned out?

- ☐ Have a friend or family member change the light bulb.

Is the carpet on the steps loose or torn?

- ☐ Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.

Are the handrails loose or broken? Is there a handrail on only one side of the stairs?

- ☐ Fix loose handrails, or put in new ones. Make sure handrails are on both sides of the stairs, and are as long as the stairs.

FLOORS

When you walk through a room, do you have to walk around furniture?

- ☐ Ask someone to move the furniture so your path is clear.

Do you have throw rugs on the floor?

- ☐ Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip.

Are there papers, shoes, books, or other objects on the floor?

- ☐ Pick up things that are on the floor. Always keep objects off the floor.

Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?

- ☐ Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

KITCHEN

Are the things you use often on high shelves?

- ☐ Keep things you use often on the lower shelves (about waist high).

Is your step stool sturdy?

- ☐ If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

BEDROOMS

Is the light near the bed hard to reach?

- ☐ Place a lamp close to the bed where it's easy to reach.

Is the path from your bed to the bathroom dark?

- ☐ Put in a nightlight so you can see where you're walking. Some nightlights go on by themselves after dark.

BATHROOMS

Is the tub or shower floor slippery?

- ☐ Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

Do you need some support when you get in and out of the tub, or up from the toilet?

- ☐ Have grab bars put in next to and inside the tub, and next to the toilet.



Breast Cancer Awareness Month



2.3 Million
new cases of breast cancer
in women were diagnosed
in 2022



of new cancer diagnoses in women
is breast cancer



1 in 8 women in the US will
receive a diagnosis of invasive
breast cancer

2.7 billion US \$
is the estimated investment
in breast cancer research in
2016 - 2020



In 157 out of 185
countries was breast cancer the
most prevalent cancer among
women in 2022



~ 0.5 - 1 %
of breast cancer occur in men. The
treatment methods are the same as
those for women

66 %

of all breast cancer cases are detected at an
early, localized stage (before it spreads beyond
the breast), when it's easy to treat



SUPPORT

**BREAST
CANCER**

AWARENESS



BREAST CANCER AWARENESS BY THE NUMBERS

Every



A WOMAN IS DIAGNOSED
WITH BREAST CANCER

1 in 8 women

WILL BE DIAGNOSED WITH BREAST CANCER



Every



A WOMAN IN THE U.S. LOSES
HER LIFE TO BREAST CANCER

**"BUT ONLY OLDER WOMEN GET
BREAST CANCER, RIGHT?"**



...AND AT LEAST
13,000
more
young women
WILL BE DIAGNOSED
THIS YEAR.

"WHAT CAN I DO?"

EXERCISE



15-19 HOURS PER WEEK
CAN LOWER YOUR
RISK UP TO 50%.

DRINK LESS



IF YOU'RE A WOMAN AND
YOU DRINK, LIMIT YOUR
ALCOHOL INTAKE TO
REDUCE YOUR RISK.

KNOW THE SIGNS



BE AWARE OF WHAT'S
NORMAL FOR YOU AND
TELL YOUR DOCTOR
ABOUT ANY CHANGES.

BE YOUR OWN ADVOCATE



CREATE A PREVENTION
AND TREATMENT PLAN
WITH YOUR DOCTOR THAT
FOCUSSES ON YOUR NEEDS.



ABOUT

**2.8
million**

FEMALE SURVIVORS OF BREAST
CANCER LIVE IN THE U.S.

An estimated



232,670

WOMEN



2,360

MEN

WILL BE DIAGNOSED
BY THE END OF 2018

THIS YEAR,

**40,000
women**

AND

**430
men**

WILL DIE OF THE DISEASE.

GET INVOLVED, GET SAFE

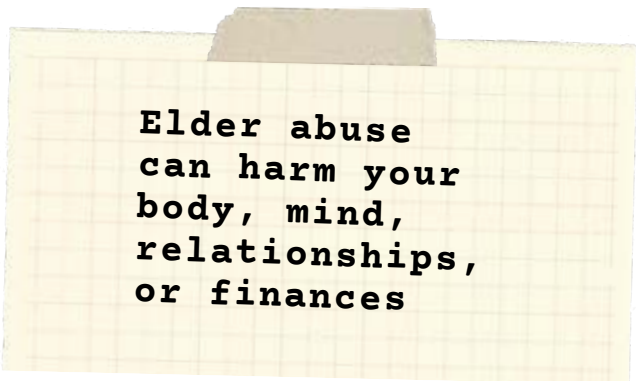
Prevent Elder Abuse



Elder abuse can happen to anyone and is more common than you think.

It happens when an older adult is harmed on purpose or is neglected.

The abuser can be a family member, friend, or caregiver. Abusers can also be strangers who get in touch with older adults by phone, email, mail, social media, or the internet.



**Elder abuse
can harm your
body, mind,
relationships,
or finances**

PLAN AHEAD

Plan for the future so you have control over your life and your money through a safety plan, a health care power of attorney, a financial power of attorney, and a will.

KNOW YOUR RIGHTS

Know your rights and what services are in your community. Find your local Area Agency on Aging (AAA).

TALK TO FRIENDS & FAMILY

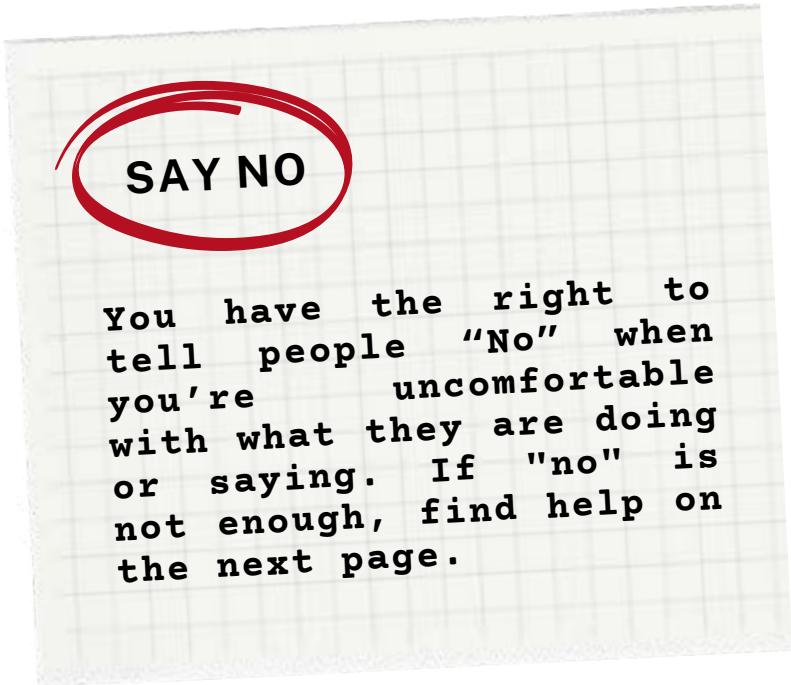
If you are concerned about your safety or you feel you're being abused, talk to someone you trust.

STAY CONNECTED

Join in community events and activities with people you trust.



SAY NO



**You have the right to
tell people "No" when
you're uncomfortable
with what they are doing
or saying. If "no" is
not enough, find help on
the next page.**



Take Action

REPORT ABUSE

If this is urgent,
call **9-1-1**



To report elder abuse, find your
local adult protective services
by calling Eldercare Locator
1-800-677-1116

To report financial fraud, call
National Elder Fraud Hotline
1-833-FRAUD-11

To report elder abuse,
domestic violence, or any
crime related service, call
Crime Victim Services
716-532-8339



Search for victim services,
legal aid, shelters, and
other state services on our
Neighborhood Resource Map

FIND HELP

Eldercare Locator Helpline
1-800-677-1116



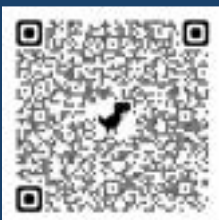
SAGE National LGBT Elder Hotline
1-877-360-5428 (open 24/7)

National Domestic Violence Hotline
1-800-799-7233

National Sexual Assault Hotline
1-800/656-4673



**[www.justice.gov/elderjustice/
support/resources-neighborhood](http://www.justice.gov/elderjustice/support/resources-neighborhood)**



Visit the Elder Justice Website
elderjustice.gov

DEPARTMENT OF JUSTICE
ElderJustice
INITIATIVE





October 2025 Menu



Seneca Nation Area Office for the Aging

O'wēd:da't – Monday	Swēda:dih – Tuesday	Ha'dewēdāēh – Wednesday	Ēyóhū'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	Please enjoy a ½ pint of milk served with each meal!	1 Ham & Scalloped Potatoes, Steamed Broccoli, Side Salad, and Pear Crisp	2 Chicken Noodle Casserole Brussels sprouts, Harvard Beets, Apple Slices, and Healthy Apple Dip	3 Grilled Cheese Sandwich, Butternut Squash Soup And Carrot Sticks Pears
6 Macaroni & Cheese w/Ham Zucchini & Yellow Squash Warm Cinnamon pears	7 Salisbury Steak and gravy over Seasoned Brown Rice Roasted Cauliflower and Broccoli, Orange Slices Soft Pumpkin Cookie	8 Chicken Broccoli Rice Cheese Bake Side Salad Apple	9 TRADITIONAL 3 Sisters Vegetable Soup With Side Pork, Beans, and Biscuit And a Pumpkin Pie Bar for dessert	10 Spaghetti Squash Lasagna Garden Salad Wheat Roll Ambrosia
13 CLOSED	14 Spaghetti & meat sauce Side Green Salad Bread Stick Fresh Blueberries and Peaches	15 Baked Grilled Chicken Sweet potato wedges Butter Beans, Dinner Roll Orange	16 Open-Faced Turkey Sandwich On Wheat Bread w/Gravy, Mashed Potatoes, Mixed Vegetables Warm Cinnamon Applesauce	17 Hearty Potato & Ham Chowder Garden Salad, Wheat Roll Fruit and Yogurt Parfait
20 Philly Steak & Cheese Sandwich with grilled onions & peppers Roasted Sweet Potatoes, Green Beans, and Fruit Cup for dessert	21 Zuppa Toscana Bread Stick Side Salad Banana and Peanut Butter	22 Turkey and Dumplings Steamed Green Beans Apple Crisp	23 BIRTHDAY Pork Chop with ½ Baked Potato Spinach, Apple Slices Birthday Cake for dessert	24 Garden Vegetable Pizza Side Green Salad, Celery Sticks & Ranch Dressing Fruited Jell-O w/Whipped Cream
27 Four Cheese Baked Ziti Served with Roasted Carrots and Green Beans Apple Crisp	28 Beef Tips with Egg Noodles Seasons Peas and Carrots Apple Cake	29 BRUNCH Breakfast Sandwich Sausage, Egg, and Cheese served on a Warm Biscuit Carrot Sticks, V8, and Mandarin Oranges	30 Ghoulash , Dinner Roll, Green Beans, and an Orange and Halloween Cookie	31 Chicken Noodle Soup Turkey, Bologna, and Cheese Sandwich Crackers Peaches

"October is crisp days and cool nights, a time to curl up around the dancing flames and sink into a good book."

~ John Sinor

Allegany AOA Activities

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

October 2025

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9am Coffee Hour 11am Card Class 1pm 44 Seneca St. BINGO	2 9am Coffee Hour 12pm LUNCH 1pm BINGO	3 9am Coffee Hour 11am Open Beading 1pm Craft Time w/Jana	4 9am Coffee Hour 11am Craft Time w/Steiff
5 BILLS VS NE 8:20pm Come tailgate Watch the GAME	6 9am Coffee Hour 11am Board Games 4pm	7 9am Coffee Hour 12pm LUNCH 1pm Rummikub	8 9am Coffee Hour 11am Card Class 1pm 44 Seneca St. BINGO	9 9am Coffee Hour 12pm LUNCH 1pm BINGO	10 9am Coffee Hour 11am Open Beading 1pm Craft Time w/Jana	11 9am Coffee Hour 11am Craft Time w/Steiff
12 9am Coffee Hour 11am Junk Journaling	13 SNI CLOSED INDIGENOUS DAY	14 9am Coffee Hour 12pm LUNCH 1pm Rummikub	15 9am Coffee Hour 11am Card Class 1pm 44 Seneca St. BINGO	16 9am Coffee Hour 12pm LUNCH 1pm BINGO	17 9am Coffee Hour 11am Open Beading 1pm Craft Time w/Jana	18 9am Coffee Hour 11am Craft Time w/Steiff
19 9am Coffee Hour 11am Junk Journaling	20 9am Coffee Hour 11am Board Games 4pm	21 9am Coffee Hour 12pm LUNCH 1pm Halloween BINGO w/CVS	22 9am Coffee Hour 11am Card Class 1pm 44 Seneca St. BINGO	23 9am Coffee Hour 12pm LUNCH 12:30 Sally Wild 1pm BINGO	24 9am Coffee Hour 11am Open Beading 1pm Craft Time w/Jana	25 9am Coffee Hour 11am Craft Time w/Steiff
26 BILLS VS CAR 1pm Come tailgate Watch the GAME	27 9am Coffee Hour 11am Board Games 4pm POTLUCK DINNER	28 9am Coffee Hour 12pm LUNCH 1pm Rummikub	29 9am Coffee Hour 11am Card Class 1pm 44 Seneca St. BINGO	30 9am Coffee Hour 12pm LUNCH 1pm BINGO	31 9am Coffee Hour 11am Open Beading 1pm Craft Time w/Jana	
						

Allegany AOA Bus Trips

October 2025

Allegany AOA
3644 Administration Dr., Salamanca
716-945-8414

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>All trips are subject to change.</i>	<i>Please make sure to bring money for the trips.</i>	<i>Trips are scheduled to leave about 1:30 unless otherwise noted.</i>	1	2  Local Shopping	3	4
5	6  Rider's Choice	7  Senior Day Jamestown	8  Miller's Produce Portville - 11 am	9  Local Shopping	10	11
12  Leave at 11	13 CLOSED	14  Senior Day Jamestown	15  Leave at 11	16  Local Shopping	17  Rider's Choice	18
19	20  Rider's Choice	21  Jamestown	22	23  Local Shopping	24 Julie's in Springville & Local Shopping Leave at 11	25
26	27  Rider's Choice	28	29 Olympia Restaurant Gowanda Leave at 10	30	31	

Catt AOA Activities

October 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	1 Men's Pool @9am Finish projects @1	2 Board Games@10 Bingo@1pm work on projects	3 Cards @10am Board games @1	4 light lunch @ 12 Shuffleboard @ 1	5 Light lunch @12 Bingo @1pm
6 Mens Pool @ 9am Potluck/ Bingo @5pm	7 Cards @10:30am Quilting @2pm	8 Men's Pool @9am Finish projects @1	9 Board Games@10 Bingo@1pm work on projects	10 Cards @10am Board games @1	11 light lunch @ 12 Shuffleboard @ 1	12 Light lunch @12 Bingo @1pm
13 CLOSED Indigenous Peoples Day	14 Cards @10:30am Quilting @2pm	15 Men's Pool @9am Finish projects @1	16 Board Games@10 Bingo@1pm work on projects	17 Cards @10am Board games @1	18 light lunch @ 12 Shuffleboard @ 1	19 Light lunch @12 Bingo @1pm
20 Mens Pool @ 9am Potluck/ Bingo @5pm	21 Cards @10:30am Quilting @2pm	22 Men's Pool @9am Finish projects @1	23 Board Games@10 Bingo@1pm work on projects	24 Cards @10am Board games @1	25 light lunch @ 12 Shuffleboard @ 1	26 Light lunch @12 Bingo @1pm
27 Mens Pool @ 9am Potluck/ Bingo @5pm	28 Cards @10:30am Quilting @2pm	29 Men's Pool @9am Finish projects @1	30 Board Games@10 Bingo@1pm work on projects	31 Cards @10am Board games @1 Happy Halloween	1	2
3	4	Notes				

Catt AOA Bus Trips

October

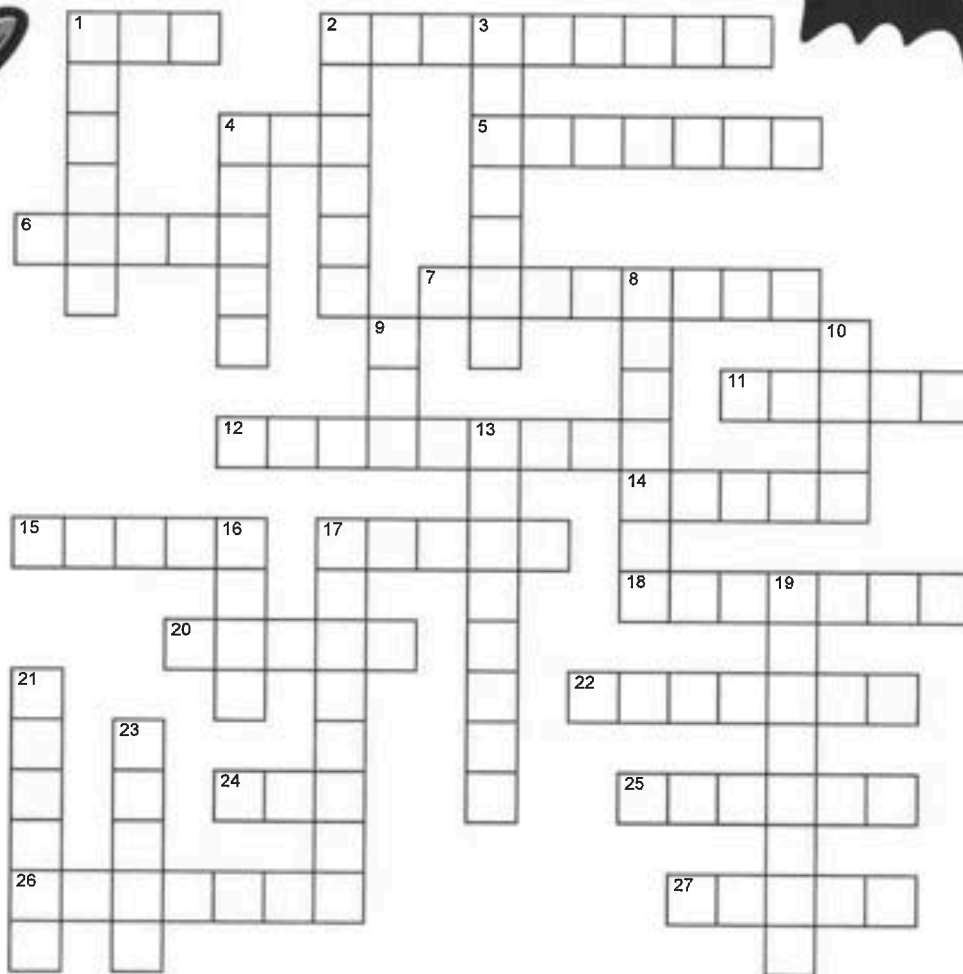
2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 WALMART 1PM	2 Riders Choice 1pm	3 Fish Fry 3pm	4
5 No trip	6 No trip	7 No trip	8 WALMART 1PM	9 Riders Choice 1pm	10 Mayor Bro. Cider Mill 1 pm	11
12 Notebook at Sheas 11:30am	13 CLOSED Indigenous Peoples Day	14 Bowling 1pm	15 WALMART 1PM	16 Riders Choice 1pm	17 TO BE DETERMINED	18
19 No trip	20 Regal Movies 1pm	21 Regal Movies 1pm	22 WALMART 1PM	23 Letchworth State Park 9 am	24 Buffalo Creek Casino 1pm	25
26 No trip	27 John Beads 1pm	28 John Beads 1pm	29 WALMART 1PM	30 Riders Choice 1pm	31 TO BE DETERMINED	

Name: _____ Date: _____



Halloween



Across

1. He swallowed the canary.
2. Playground for ghosts.
4. What a spider spins.
5. Frankenstein has one.
6. When ghosts come out to play.
7. Scare.
11. What the pot might call the kettle.
12. October 31st.
14. ____ or treat.
15. Witch transportation.
17. Frightening.
18. The Count.
20. A skeleton is just a bunch of these.
22. Disguise.
24. Lives in the belfry.
25. Incey wincey is one of these.
26. Main ingredient in a popular pie.
27. ____ stories.

9. Who? Who?
10. Mr. O'Lantern.
13. Comes out on full moon nights.
16. Might be full, half, or new.
17. A boney sort of fellow.
19. Fire burn, and ____ bubble.
21. When something makes our skin crawl, it's this.
23. Found in Egypt.

Down

1. Where a vampire sleeps.
2. Evil or mischievous creature.
3. He hates garlic.
4. Samantha for example.
8. ____ house.



Halloween

Crossword

SOLUTION

