

ELDER LIVING

Seneca Nation Area Office for the Aging



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Director's Update

S'geno, we hope you all had a wonderful summer! August flew by, and now September is here. This month is recognized as Fall Prevention Awareness Month, with Falls Prevention Week taking place September 22-26. It's a time to raise awareness about the risks of falls and to share strategies to help older adults stay safe and independent.

We also have some important upcoming events you'll want to save the dates for:

September 12-14th, Seneca Nation Fall Festival, 50th Anniversary. 1975-2025. Past, Present, Future, Honoring our traditions is honoring our future.
See inside for the schedule.

September 19, Offices and sites closed in observance for Federal Indian Day.

September 20, Thomas Indian School Reunion at the Wini Kettle Elder Center 11-2, all are welcome.

September 23, Andrea Spako, Fall Prevention/Education presentation at the Allegany Elder Center at 11:00am.

September 25, Andrea Spako, Fall Prevention/Education presentation at the Wini Kettle Elder Center at 11:00am.

September 27, Remember the Removal, Steamburg Community Center, Our Land, Our Roots, see flyer for details.

September 29th - October 3rd Allegany/Steamburg Fall Cleanup See flyer for details.

September 30, Every Child Matters, Remembrance & Community Healing Walk, Stanley "Sully Huff" Heritage Center

It's going to be a busy month! We hope to see you at one of the events! As always, if you would like to participate in any of the events or activities, need assistance, or have suggestions, please don't hesitate to call.

Ja:goh!
Bethany Lay

FREE In-Person Legal Assistance @ AOA

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

Date:
Septmeber 26th

****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.

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.



The Thomas Indian School Reunion will be Saturday, September 20, 2025 11-2. All are Welcome! If you have any questions, get ahold of Loretta Cheney at 716-969-3617.

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

\$47.50	Trevor Noah Fri, September 19 th 8pm , SNC Event Center
\$57.50	Bret Michaels Sat, September 20 th , SAC Event Center
\$27.50	BKB, Empire State Brawl Sat, September 27 th 7pm, SAC Event Center
\$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





Summer Elder Event 2025



GOOD
VIBES



50th Seneca Fall Festival

Past, Present, Future..

Honoring our traditions is honoring our future!

Friday: September 12th

12:00pm - 8pm	Saylor	Agriculture, Floral, Home Making submissions
5:00pm	Sully Bldg.	Art Show reception
6:00pm	CCC	Fall Festival Alumni Dinner
6:00pm	Sachem's Field	Men's/Boy's Pick up Lacrosse game
7:00pm - 11:00pm	Seneca Fire	Seneca Fire Fall Festival Dance
7:30pm	Sachems's Field	Devonne Gardner Memorial Alumni - Women/girls game

Saturday: September 13th

9:00am	Clinic Ponds	Fishing Derby
9:00am - 12:00pm	Sully Bldg.	Rez Kids Closet
10:00am	Sully Bldg.	Art Show
10:00am		Vendor stands open
		Culture, Maker's Fair Dwahsoni:h
		Health Tent
10:30am	Housing Bldg.	Parade line up
11:00am		Amusement rides open
12:00pm		Fall Festival Parade
1:00pm		Pedro and the Smooth Cats
1:00pm	Sachem's Field	Seneca Sachems Football
1:00pm	Legion Post #1587	Veteran's luncheon - raffle
2:00pm		Horseshoe - Doubles
2:00pm		Hoop Dance Demonstration - Seneca Strong
3:00pm	Saylor Gym	Smoke Dance contest
5:00pm	Saylor Gym	Native Fashion Show
6:00pm	Saylor Gym	Lil Miss Fall Festival Showcase

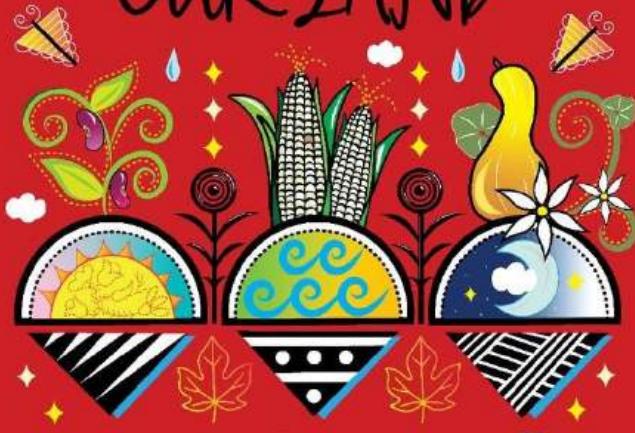
Sunday: September 14th

9:00am- 1pm	Seneca Fire	CPR class - Seneca Fire
9:00am	CCC	5K registration
9:00am	Saylor	Cornhole Tourney
10:00am	CCC	5K Starts
10:00am		Vendor Stands, Maker Fair, Culture tent open
11:00am		Amusement rides open
11:00am	Saylor Gym	Baby contest
11:00am	Health Tent	Wheel Strong Bike event
11:00am	Iroquois Post #1587	Archery Shoot
12:00pm	CCC	Women's Box Lacrosse Tourney
12:00pm		Horseshoes - Singles
1:00pm	CCC	Master's Lacrosse exhibition game
1:00pm		Kokomo Band
3:00pm	Sachem's Field	Smoke Dance Contest
4:00pm	Sachem's Field	Every Child Matters Wear Orange -Smoke Dance Special

* Schedule Subject to Change



OUR LAND



OUR ROOTS

Remember the Removal 2025



Kayaking

Saturday
August 30th 2025

11:30 a.m. - 3:00 p.m.

Drop-In Location:
Indian Park

Pull-Out Location:
Redhouse

Tentative
Based on Water

5k

Saturday
September 6th 2025

9:30 a.m. Registration

10:00 a.m. Start

Walk,
Run, or
Bike

Allegany Community
Center

Social & Potluck

Thursday
September 18th 2025

5:00 p.m. - 6:00 p.m.
Dinner

6:00 p.m. - 7:00 p.m.
RTR Speeches & Social

Beef on Weck Provided by
RTR Please Bring a Dish
to Pass

Salamanca High School
Cafeteria & Aux Gym

Movie Premiere

Friday
September 19th 2025

5:30 p.m. Doors Open

6:00 p.m.
"The Burning of
My Coldspring Home"

Produced by
Caleb Abrams

Ray Evans Seneca
Theater

Remember the Removal 2025



Saturday September 27th, 2025

Steamburg Community Center

9:00 a.m. T-Shirt Pick-up

9:30 a.m. Walk/Bus Load-in

*"Our Land,
Our Roots"*

For More Info Email: rtr@sni.org

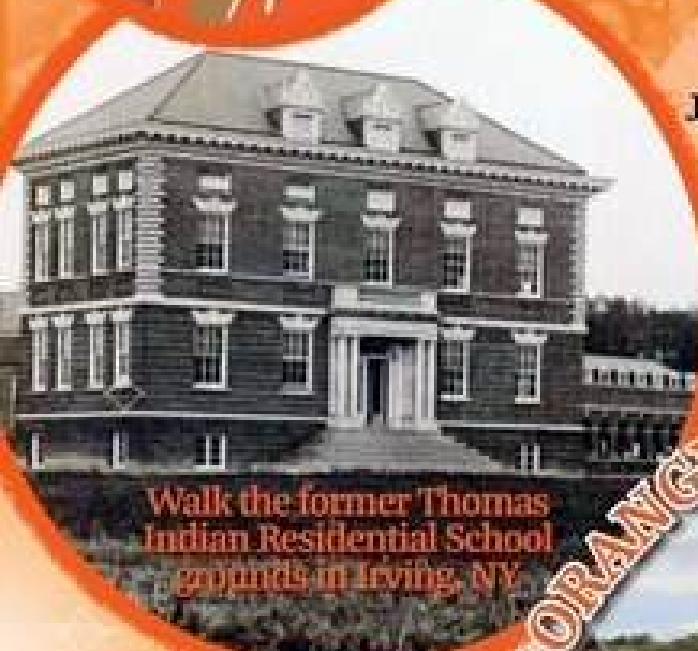
Remembrance & Community Healing Walk

September 30, 2025
5 P.M. - 7 P.M.

The Stanley "Sully" Huff Heritage Center
12857 Route 438, Irving, NY

Everyone is Welcome.

Join us in creating awareness and healing of the intergenerational impact of Indian Boarding Schools on our families and communities.



Walk the former Thomas Indian Residential School grounds in Irving, NY.

- *Community Dinner
- *ECM gift giveaway (while supplies last)



For more information, call:
Seneca Nation Crime Victim Services
(716) 532-8339

****The SN AOA will be providing transportation to Cattaraugus for this event for our Allegany Elders.****

FALL PREVENTION AND SAFETY CLASS

Join us for a presentation to learn more about how to minimize your fall risk.

WE WILL COVER:

- Fall Risk Assessment
- Home Fall Prevention
- Effective Exercises to Improve Your Balance

CONTACT

Emily Nephew

Outreach Coordinator
Seneca Nation Area Office
of Aging

716-945-1790 ext. 3627

WHEN & WHERE:

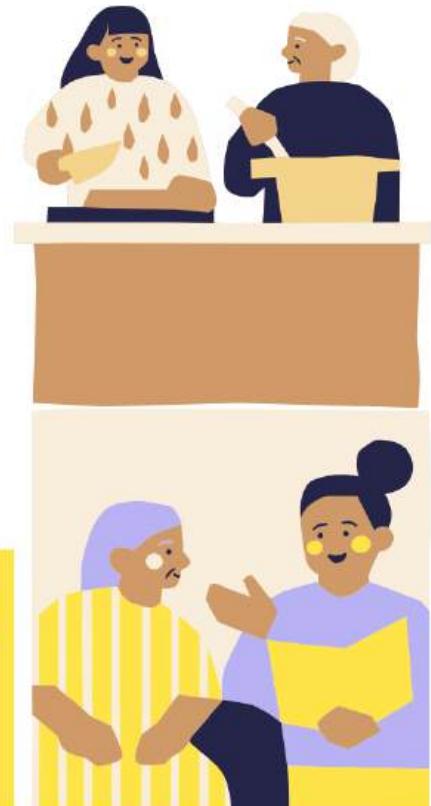
Tuesday Sept. 23rd from
11:00am-12:00pm at the
Allegany Senior Center

Tuesday Sept. 25th from
11:00am-12:00pm at the
**Wini Kettle Senior
Center**



PERSONAL CARE & RESPITE CARE

**Now available through
Seneca Nation AOA!**



The Seneca Nation AOA is now able to provide expanded personal care services to qualifying Elders on the Cattaraugus and Allegany territories. Both offices employ a Personal Care Aide I and Personal Care Aide II to serve qualifying Elders on-territory:

- **Personal Care Aide I** workers provide services like shopping assistance, essential errands, friendly visiting, meal preparation or supervision to temporarily relieve the Elder's caregiver.
- **Personal Care Aide II** are able to provide the services listed above as well as bathing, dressing, grooming, toileting and transferring.

To be eligible for respite or personal care:

- You must be an Elder (60+)
- Live on the Cattaraugus or Allegany territories
- Have cognitive or physical limitations (determined through an in-home assessment with AOA case managers)

To see if you or your loved one qualify for personal or respite care, contact AOA case managers:

**ALLEGANY - TERESA REDEYE (716) 945-8414
CATTARAUGUS - SHANTEL BURNING (716) 532-5777**

Community Health Newsletter: September National Fall Prevention Awareness Month

Did you know??

Children and Elders 60+ are the highest at risk for falls.

Falls are the second leading cause of unintentional deaths worldwide.

37.3 million falls are severe enough to require medical attention each year.

If you hit your head during a fall, seek medical attention!

Especially if you are taking 'blood thinners' such as aspirin, warfarin, Eliquis, Plavix, Pradaxa, Xarelto, or heparin.

Check on our Elders!



Free Preventative Care Checklist on Home Safety and Fall Prevention available at both Cattaraugus Territory Health Center & Lionel R. John Health Center Registration!



Scan Here to learn
more about fall
prevention in older
adults from the
CDC



SENECA NATION
HEALTH SYSTEM

Source: <https://www.who.int/news-room/fact-sheets/detail/falls>;
<https://www.cdc.gov/falls/data-research/facts-stats/index.html>

2025 FALL CLEANUP ALLEGANY / STEAMBURG

September 29th - October 3rd

MONDAY - FRIDAY

7:00 AM - 3:00 PM

THERE WILL BE NO ELECTRONIC & HAZARDOUS WASTE DROP OFF

DROP OFF LOCATIONS:

**ALLEGANY: BEHIND DPW
BUILDING
3674 ADMINISTRATION DRIVE,
JIMERSONTOWN**

**STEAMBURG: STEAMBURG
COMMUNITY CENTER
1220 CENTRAL ROAD,
STEAMBURG**

ACCEPTABLE ITEMS:

- COUCHES
- BEDS/CHAIRS
- REFRIGERATORS
- METALS
- TIRES
- WASHER/DRYERS

**THIS SERVICE IS FOR OUR COMMUNITY MEMBERS ONLY.
NO CONTRACTOR WASTE OR CONSTRUCTION DEBRIS.
BE PREPARED TO SHOW NATION I.D.**

**ELDERLY & DISABLED MEMBERS
MAY CONTACT DPW OFFICE
TO SCHEDULE ONE PICKUP
FOR MONDAY, TUESDAY OR WEDNESDAY ONLY.**

BASIC COMPUTER CLASS



WHEN

**September 25th
2pm-3:30pm**

WHERE

**Training & Employment
Resource Center
-23 Thomas Indian School Drive, Irving**

FEATURING • Getting to know the computer and exploring programs such as Microsoft Excel, Microsoft Word, and Microsoft Power point. Bring any questions for the teacher.

716-532-1033 TO RESERVE A SEAT

**OPEN TO THE
PUBLIC**

**OPEN TO
EVERYONE AT
ANY LEVEL**



**LAPTOPS
AVAILABLE FOR
USE OR BRING
YOUR OWN**

**LIMITED
SEATING FOR
MORE ONE ON
ONE TEACHINGS**

**FREE! NO COST
AT ALL.**



IMPORTANT NOTICE

Annual SNAOA Satisfaction Surveys

As part of our Title VI grant requirements, the Seneca Nation Area Office for the Aging (SNAOA) conducts annual satisfaction surveys for each of the services we provide. You may remember receiving these as paper surveys in previous years.

This year, we will be using Blooming Health and other online forms to distribute multiple surveys, each focused on a specific service area (such as meals, transportation, caregiver support, etc.).

We strongly encourage you to complete all applicable surveys you receive. Your feedback is critical—not only to meet our funders' requirements but also to help us improve the services we provide to our elders and community.

If you have any questions or need help accessing the surveys, please contact:
Brittany Seneca at 716-577-4707

Thank you for your continued participation and support!

Caregiver Support

If you have been a caregiver for any length of time, you've probably asked yourself this question: Am I doing enough?" You may feel like the answer is no. But chances are you're doing plenty, and it's important you don't let self – doubt get the better of you.

The demands of caregiving can be overwhelming, especially if you feel you have little control over the situation or you're in over your head. If the stress of caregiving is left unchecked, it can take a toll on your health, relationships, and state of mind – eventually leading to burnout. When you're burned out, it's tough to do anything, let alone look after someone else. That's why making time to rest , relax, and recharge isn't a luxury – it's a necessity.

Caregiver burnout is a state of physical, emotional, and mental exhaustion that may be accompanied by a change in attitude -- from positive and caring to negative and unconcerned. Burnout can occur when caregivers don't get the help they need, or if they try to do more than they are able .

What can you do to deal with caregiver burnout?

- Ask for help – Speak up, spread responsibility, say 'YES' when someone offers assistance.
- Give yourself a break – Set aside 30 minutes every day for yourself, find ways to pamper yourself, visit with friends and share your feelings.
- Practice acceptance – Focus on the things you can control, find the silver lining, avoid tunnel vision.
- Take care of your health – Keep on top of your Doctor's appointments, exercise, eat well, meditate.



For more information on caregiver services, you can call Options Counselor Briana Snyder at (716)945-8991.



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



Healthy Brain Tips

10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.



HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.

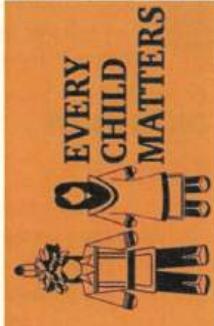
Visit alz.org/10ways to learn more.

alzheimer's association®
THE BRAINS BEHIND SAVING YOURS®

September 2025 Menu

Seneca Nation Area Office for the Aging

Lunch Menu

Day	Swéda:dih – Tuesday	Ha'dewédáh – Wednesday	Eyóhë'tgeh – Thursday	Wëda:k'ah – Friday
1 CLOSED	Spaghetti & Meat Sauce With a Tossed Salad Slice of Italian Bread Cinnamon Pears	Toasted Tuna Melt Sandwich ½ Baked Potato Carrot Raisin Salad Grapes & Oranges	Grilled Chicken Caesar Wrap With Broccoli salad Baked Potato Chips And an Orange for dessert	Salisbury Steak & Gravy Over brown rice Creamy Cucumber Tomato Salad Apple Crumble
8	Vegetable Pizza Served with a Side Salad, Celery Sticks and Fruited Jell-O	Ham & Scalloped Potatoes Steamed Broccoli Side Salad Pear Crisp	Roasted Stuffed Pepper With a Harvest Salad A side of Strawberries Ice cream for dessert	<u>TRADITIONAL</u> Butternut Squash Soup Served with Side Pork, Pinto Beans, and a Biscuit Melon & whipped topping
15	Ranch Chicken Served with Peas and Carrots And Brown rice Mandarin oranges	Beef Tacos Lettuce, Tomato, Onion, Sour Cream, & Salsa Pinto Beans, Coleslaw, and Fresh Melon	Crispy Breaded Fish Fillet Apple Cabbage Salad Boiled Baby Red Potatoes Peanut Butter Chocolate Rice Krispy Treat for dessert	<u>BIRTHDAY</u> Creamed Chicken over Biscuits, Mashed Potatoes, Side Salad, Pear and Birthday Cake for dessert
22	Macaroni & Cheese With Zucchini & Squash Blend Stewed Tomatoes And Peach & Blueberries	Chicken Salsa Rice Bake With a side of Red bell pepper sticks and Hummus Grapes, and A Brownie for dessert	<u>BRUNCH</u> Scrambled Eggs, Sausage Hashbrowns, V8 Pumpkin Muffin and a small banana	Boiled Dinner With Corned Beef, Cabbage, Rutabaga, Potatoes & Carrots Biscuit, Cantaloupe And Apple Crisp for dessert
29	Beef Stroganoff with Noodles Roasted Brussels Sprouts and Carrots Whole Wheat Roll Orange Slices	Spaghetti Squash Lasagna served with Tomato Cucumber Salad, Dinner Roll, and a Banana with Peanut Butter	 Please enjoy a ½ pint milk served with each 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.



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

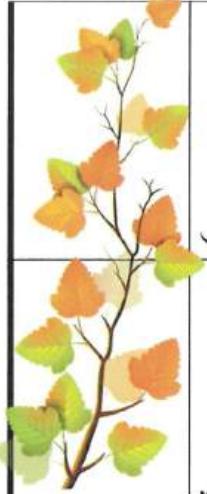
September 2025

3644 Administration Drive
Salamanca, NY 14779
716-945-8990

Any questions, please feel free to
call: Stephanie or Jana
Calendar is subject to CHANGE!!

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

Allegany AOA Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	LABOR DAY 	Crime Victim Services (CVS) Hosting a Ice Cream Social & Bingo on 9/16/25 @ 1pm		BILLS VS MIAMI September 18 8:15pm Come tailgate & Watch the GAME		
1	SNI CLOSED LABOR DAY 	2 9am Coffee Hour 12pm LUNCH 1pm Rummikub & Seneca Lang.	3 9am Coffee Hour 11am Card Class 1pm @ 44 Seneca .25 BINGO	4 9am Coffee Hour 12pm LUNCH 1pm BINGO	5 9am Coffee Hour 11am Open Beading 4pm Board Game	6 9am Coffee Hour 11am Adult Coloring
7	BILLS VS BAL 8:20pm Come tailgate & Watch the GAME	8 9am Coffee Hour 11am Craft Time	9 9am Coffee Hour 12pm LUNCH 1pm Rummikub & Seneca Lang.	10 9am Coffee Hour 11am Card Class 1pm @ 44 Seneca .25 BINGO	11 9am Coffee Hour 12pm LUNCH 1pm BINGO	12 9am Coffee Hour 11am Open Beading 4pm Board Game
14	BILLS VS NYJ 1pm Come tailgate & Watch the GAME	15 9am Coffee Hour 11am Craft Time 4pm Pot Luck & .25 Bingo	16 9am Coffee Hour 12pm LUNCH 1pm Ice Social & BINGO w/CVS	17 9am Coffee Hour 11am Card Class 1pm @ 44 Seneca .25 BINGO	18 9am Coffee Hour 12pm LUNCH 1pm BINGO 8pm BILLS game	19 SNI CLOSED Ogwe'oweh Day (Federal)
21	Coffee Hour 11am Junk Journal	22 9am Coffee Hour 11am Craft Time	23 9am Coffee Hour 11am Fall Prevention w/Andrea 12pm LUNCH	24 9am Coffee Hour 11am Card Class 1pm @ 44 Seneca .25 BINGO	25 9am Coffee Hour 12pm LUNCH 1pm BINGO	26 9am Coffee Hour 11am Open Beading 4pm Board Game
28	BILLS VS NO 1pm Come tailgate & Watch the GAME	29 9am Coffee Hour 11am Craft Time 4pm Pot Luck & .25 Bingo	30 9am Coffee Hour 12pm LUNCH 1pm Rummikub & Seneca Lang.	September 18, 2025 Sally Wild @ 12:30pm		

Allegany AOA Bus Trips

September 2025

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 SNI CLOSED	2 Chautauqua Belle 11:30	3 SHOP LOCAL Local Shopping	4 Local Shopping	5 Peaches and Cream Randolph	6	
7	8 Rider's Choice	9 Old Road Cruise	10 SHOP LOCAL Local Shopping	11 Walmart Bradford	12	13
14	15 Rider's Choice	16 McKinley Mall Leave at 10	17 SHOP LOCAL Local Shopping	18	19 SNI CLOSED	20
21	22 Rider's Choice	23 Wegmans Jamestown Senior Day	24 SHOP LOCAL Local Shopping	25	26	27 Remember the removal
28	29 Rider's Choice	30		All trips are subject to change	Please make sure to bring money for the trips.	

September 2025



Catt AOA Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LABOR DAY CLOSED	1 Cards @10:30am Quilting @2pm	2 Men's Pool @9am Finish projects @1	3 Men's Pool @9am Finish projects @1	4 Board Games@10 Bingo@1pm work on projects	5 Cards @10am Board games @1	6 light lunch @ 12 Shuffleboarded @ 1
8 Mens Pool @ 9am Potluck/ Bingo @5pm	9 Cards @10:30am Quilting @2pm	10 Men's Pool @9am Finish projects @1	11 Board Games@10 Bingo@1pm work on projects	12 Cards @10am Board games @1	13 light lunch @ 12 Shuffleboarded @ 1	14 Light lunch @12 Bingo @ 1pm
15 Mens Pool @ 9am Potluck/ Bingo @5pm	16 Cards @10:30am Quilting @2pm	17 Men's Pool @9am Finish projects @1	18 Board Games@10 Bingo@1pm work on projects	19 Ogwe'o:weh Day CLOSED	20 Thomas Indian School Reunion 11am.	21 Light lunch @12 Bingo @ 1pm
22 Mens Pool @ 9am Potluck/ Bingo @5pm	23 Cards @10:30am Quilting @2pm	24 Men's Pool @9am Finish projects @1	25 Board Games@10 Bingo@1pm work on projects	26 Cards @10am Board games @1	27 light lunch @ 12 Shuffleboarded @ 1	28 Light lunch @12 Bingo @ 1pm
29 Mens Pool @ 9am Potluck/ Bingo @5pm	30 Cards @10:30am Quilting @2pm Every Child Matters Event!	1	2	3	4	5
6	7 Notes					
						Fall Prevention with Community Health Nurse Jessica, RN Sept 26th, 12:30pm.

September 2025

Catt AOA Bus Trips

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Boat Trip	2 Walmart	3 Walmart	4 Riders choice	5 Fish fry	6
		1pm		1pm	3pm	
7	8 Bowling	9 Walmart	10 Walmart	11 Riders choice	12 Conners	13
	1pm	1pm		1pm	Hotdogs	
14	15 Savers	16 Walmart	17 Walmart	18 Riders choice	19 Closed	20
	1pm	1pm		1pm		
21	22 Local shopping	23 Walmart	24 Walmart	25 Riders choice	26 Buff Creek casino	27
	1pm	1pm		1pm	1pm	
28	29	30				

TRIPS



Iroquois Confederacy



Iroquois Confederacy Crossword

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

Hiawatha

Clan Mother

Onondaga

Cayuga

Longhouse

Tuscarora

Oneida

Haudenosaunee

Consensus

Seneca

Mohawk

Wampum