Director's Update

Nya:wëh Sgë:nö’

March was another busy month at AOA. We hosted several events, BINGO, craft classes and programs for Elders. The Cattaraugus and Allegany AOA Pool Teams continue to host monthly pool tournaments and they continue to grow. Pool is life here at AOA!

This month we start an exciting new series with the Alzheimer's Association. Our first program is the 10 Warning Signs of Alzheimer's. Programs will be held monthly at each Elder Center. More information can be found inside this issue.

If you need assistance or would like to participate in any of our activities and events, please don't hesitate to contact us. Stay safe!

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

With Thomas Warren, Center for Elder Law & Justice

April 28th
**Appointments required**

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

Allegany Elders Center Hours

MON-FRI
8:30AM-7PM
SAT-SUN
10:30AM-7PM

Wini Kettle Senior Center Hours

MON-FRI
8AM-7PM
SAT-SUN
10:30-7PM

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.
The warning signs of Alzheimer's disease are often dismissed as the side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, learn the 10 Warning Signs of Alzheimer's disease, separate myth from reality, and hear directly from people impacted by Alzheimer's.

Allegany Elders Center  
Tuesday April 11  
10-11am  
3644 Administrative Dr. Salamanca, NY  
(716) 945-8414

Wini Kettle Senior Center  
Wednesday April 12  
10-11am  
28 Thomas Indian School Dr. Irving, NY  
(716) 532-5777

To register call 800.272.3900

MAY & JUNE PROGRAM INFORMATION COMING SOON!
Due to the ongoing COVID-19 pandemic, 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- Prendergast Library  
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  
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.  
626 Central Ave., Dunkirk, N.Y.  
Call 888-696-9211 for an appointment
Tax Assistance, Continued:

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.

Upcoming Seneca Elder Events

TESLA-TIME TO ROCK- Saturday, April 15th at 8 p.m. Seneca Niagara
Comedian Jeff Foxworthy- Saturday, April 22nd Seneca Allegany
Travis Tritt- Saturday, May 20th 8 p.m. Seneca Allegany Event Center
Gary Levox (of Rascal Flatts) - Saturday, May 27th 8 p.m. Seneca Niagara
38 Special - Saturday, June 17th 8 p.m. Seneca Niagara
REO Speedwagon - Saturday, June 24th 7 p.m. Seneca Allegany
Comedian Ken Jeong- Saturday, Sept.16th 8 p.m. Seneca Niagara

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 show for buffet and no later than 30 minutes prior. Be sure you will be attending when you sign-up as there has been an increase of last-minute cancellations, resulting in a waste of Elder entertainment funds. Nya:weh!
April Health & Wellness Classes

Qigong Classes at Wini Kettle Senior Center

Classes held every Wednesday in April from 1:30pm-2:15pm
Walk-ins are welcome!

Join us in this introductory class on the ancient Chinese system of coordinated physical postures, movement, breathing techniques and meditation designed to promote health, spirituality, and physical fitness. Designed for all fitness levels. Dress comfortably. Classes taught by certified teacher and Exercise Specialist, Andrea Spako.

Contact Raven Lay at 716-532-5777 for further questions.

Chair Yoga at Allegany Elders Center

Classes held every Monday in April from 11am-noon
Walk-ins are welcome!

You are one yoga class away from a good mood! Chair yoga is a gentle form in which you can either sit, lean or hold onto a chair while doing postures to offer additional support. Chair yoga is for accessible to everyone and every body! All fitness levels welcome. Dress comfortably. Improves balance, flexibility, muscle tone, and mood.

Instructor: Andrea Spako, 200 hour Certified Yoga Teacher
NY Connects links individuals to long term services and supports regardless of payment source; whether it be private pay, public or a combination of both. Through the provision of free, comprehensive, objective information and assistance about long term services and supports, NY Connects empowers individuals and families to identify available services and supports and choose what will best meet their needs at home, in the community, and as necessary, in residential or institutional settings.

Connect to long term services and supports in your community:
- Personal care services
- Education and counseling
- Health and wellness
- Behavioral health supports and services
- Intellectual/developmental disability supports and services
- Social supports

Three ways to connect to reach NY connects:
1. By phone. Call 1-800-342-9871. Interpretation and translation services are free. Individuals who are deaf or hard of hearing can use NY Relay System 7-1-1.
3. In-person. To find the NY Connects office near you, call our toll-free number, visit our website, or see the address below.

Your local NY Connects representative:
Briana Snyder, Options Counselor
Phone: (716)945-8991       Email: Briana.Snyder@sni.org
Seneca Nation Area Office for the Aging
Wini Kettle Senior Center
28 Thomas Indian School Drive
**Wini Kettle Senior Center Activities**

- **Pot Luck & BINGO**: EVERY MONDAY @ 5pm
- **Mens Pool**: EVERY MONDAY @ 9am
- **Card Club**: EVERY TUESDAY & FRIDAY @ 10am
- **Exercise Class**: EVERY WEDNESDAY from 1:30pm
- **Easter BINGO & Bonnet Contest**: Thurs. 4/6 @ 1pm
- **Shuffleboard**: Tues. 4/11 & 4/25 @ 1pm
- **Quarter BINGO**: Thurs. 4/13 @ 1pm
- **Allegany @ Catt Pool Tournament**: Tues. 4/18 @ 1pm
- **Prize BINGO**: Thurs. 4/20 @ 1pm
- **Women’s Pool Tournament**: Thurs. 4/27 @ 1pm

For more information, call Raven or Bruce at (716)532-5777.

**Allegany Elders Center Activities**

- **Chair Yoga w/ Andrea Spako**: Every Mon. 11am-noon
- **Movie Night**: Every Mon. @ 4pm
- **Card Making Class**: Every Wed., 11am-1pm
- **Crochet Class w/ Enola Pierce**: Every Wed. 2-4pm
- **BINGO**: EVERY Thurs. @ 1pm
- **Seneca Language**: Every Fri. 11am-12pm
- **Brunch**: Sun. 4/2, 1-3pm
- **Catt. @ Allegany Pool**: Tues. April 4/4 @ 1pm
- **Garden Stone**: 4/11, 2-4pm
- **Puzzle Race**: Fri. 4/14, 1-3pm
- **Ham Pot Luck**: Fri. 4/21, 2-4pm
- **Key Chain Making**: Sat. 4/22, 2-4pm
- **Climate Change Conversation**: Thurs. 4/27, 12:30pm

For more information call Stephanie & Dorsie at (716) 945-8990.

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**Elder Center Activities**

**Wini Kettle Senior Center Activities**

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For more information call Stephanie & Dorsie at (716) 945-8990.
## 2023 Cattaraugus Territory Community Fair
**A PRIL 3rd - APRIL 6th, 2023**

### MONDAY 4/3
**Department Sponsor(s):** The Education Department & Seneca Strong

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9AM</td>
<td>Clinic Ponds</td>
<td>Fishing Derby hosted by Seneca Strong</td>
</tr>
<tr>
<td>9AM</td>
<td>CCC</td>
<td>Education Scholastic Book Fair (all week. contact Education for details)</td>
</tr>
<tr>
<td>12PM</td>
<td>CCC</td>
<td>Education Lunch: Taco in a Bag</td>
</tr>
<tr>
<td>1-4PM</td>
<td>CCC</td>
<td>Education “Spring Break Carnival”</td>
</tr>
<tr>
<td>2PM</td>
<td>CCC</td>
<td>Bike Run w/ Free Bike Drawings</td>
</tr>
<tr>
<td>5PM - til gone</td>
<td>CCC</td>
<td>Camacho Café Drive thru dinner</td>
</tr>
</tbody>
</table>

### TUESDAY 4/4
**Department Sponsor(s):** CCC + Department Awareness Day

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30am</td>
<td>CCC</td>
<td>5K Bunny Run</td>
</tr>
<tr>
<td>9am - 3pm</td>
<td>CCC Arena</td>
<td>Department Awareness Day</td>
</tr>
<tr>
<td>9:30am</td>
<td>ECLC</td>
<td>Chris Johnson Magic Show</td>
</tr>
<tr>
<td>11am</td>
<td>ECLC</td>
<td>Chris Johnson Magic Show</td>
</tr>
<tr>
<td>11am</td>
<td>CCC</td>
<td>Easter Goodie Bag Giveaway (preregister @ CCC front desk)</td>
</tr>
<tr>
<td>11:30am</td>
<td>CCC</td>
<td>Child and Family Hawk Creek Presentation</td>
</tr>
<tr>
<td>12:30pm</td>
<td>CCC Concession</td>
<td>One Stop Lunch</td>
</tr>
<tr>
<td>1pm</td>
<td>CCC</td>
<td>Basketball Skills (Ages 11 - Under)</td>
</tr>
<tr>
<td>2pm</td>
<td>CCC</td>
<td>Child and Family Hawk Creek Presentation</td>
</tr>
<tr>
<td>3pm</td>
<td>CCC</td>
<td>Football Challenge Punt Pass &amp; Kick</td>
</tr>
<tr>
<td></td>
<td>CCC</td>
<td>Triatholon</td>
</tr>
<tr>
<td>5pm</td>
<td>CCC</td>
<td>Lax Skills</td>
</tr>
<tr>
<td>6pm</td>
<td>CCC</td>
<td>Basketball Skills (Ages 12 &amp; up)</td>
</tr>
<tr>
<td>6pm</td>
<td>CCC</td>
<td>Community Dinner Sponsored by the One Stop</td>
</tr>
</tbody>
</table>

### WEDNESDAY 4/5

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:45am</td>
<td>ECLC</td>
<td>Child Abuse Awareness Walk</td>
</tr>
<tr>
<td>11:30 - 12:30pm</td>
<td>CCC</td>
<td>Lunch (hosted by TERC)</td>
</tr>
<tr>
<td>12:30 - 2pm</td>
<td>CCC</td>
<td>Social and Cake Walk</td>
</tr>
<tr>
<td>1pm - 4pm</td>
<td>The Sully</td>
<td>Outdoor Traditional Cooking Demo (Hosted by Seneca Language Immersion)</td>
</tr>
<tr>
<td>5pm</td>
<td>CCC</td>
<td>Drive Thru Weidner’s dinner</td>
</tr>
<tr>
<td>6:30</td>
<td>Gowanda Hollywood Theater</td>
<td>‘HOP’ Movie Night at the Hollywood Theater in Gowanda hosted by ECLC</td>
</tr>
</tbody>
</table>

### THURSDAY 4/5

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9am - 2pm</td>
<td>Library</td>
<td>Community Clean Up (No Contest. Lunch &amp; Door Prizes for participants ONLY)</td>
</tr>
<tr>
<td>11am</td>
<td>Library</td>
<td>Kids Paint Activity (Ages 5 - 12</td>
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<tr>
<td></td>
<td></td>
<td>48 Goodie Bags Available for open age children</td>
</tr>
<tr>
<td>11am</td>
<td>CCC</td>
<td>Vendor Day Awareness Day</td>
</tr>
<tr>
<td>12pm</td>
<td>CCC</td>
<td>Lunch Coyote Café</td>
</tr>
</tbody>
</table>

**Schedule is subject to change.**
**All Lunch and Dinners served while supplies last.**
**For More Information Please Call 716 - 532 - 3341**
Seneca Elders Easter Drive-Thru Giveaway

$25 Walmart gift card, 1 per household
For enrolled on-Territory Elders

Monday, April 3rd & Tuesday, April 4th from 10 a.m.-2 p.m.
At the Jimtown AOA & Wini Kettle Sr. Center
Buffalo and surrounding area will be handled by the Buffalo office.
Contact is Ramona Marion (716) 845-6304
Questions or more information call Deanna or Irma at (716) 532-5777

Save the Date

MMIW Awareness Event
May 5th, 2023 5:30-8:30pm

Allegany Community Center
3677 Administration Dr. Salamanca, NY

For more information please contact:
716.532.8339 ext. 5087 or SNCVServices@sni.org
### April Allegany Trip Schedule

**No Cattaraugus Trips this month**

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
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<tbody>
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</tr>
<tr>
<td>ALL TRIPS DEPART @ 1PM UNLESS OTHERWISE NOTED</td>
<td>Please call 945-8414 or Come in to sign up</td>
<td>Pool Tournament CATT @ ALL. DEPART @ 12:PM</td>
<td>Pool Tournament CATT @ ALL. DEPART @ 12:PM</td>
<td>MOVIES Lakewood Cinema 8 DEPART @ 12:PM</td>
<td>No Trip Scheduled</td>
<td>No Trip Scheduled</td>
</tr>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>12</td>
<td>14</td>
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<tr>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>21</td>
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<tr>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>27</td>
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<tr>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Local Banking &amp; Shopping</td>
<td>Local Banking &amp; Shopping</td>
<td>Local Shopping</td>
<td>Red Lobster</td>
<td>Riders Choice</td>
<td>Wal-Mart</td>
<td>Wal-Mart</td>
</tr>
<tr>
<td>Bradford, PA</td>
<td>Erie, PA</td>
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</tr>
</tbody>
</table>
### April Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>3</strong></td>
<td>Hot Roast Beef Sandwich with Gravy &amp; Cauliflower</td>
<td>Chicken Fritatta with Lettuce &amp; Tomato &amp; Sour Cream</td>
<td>Confiti Com</td>
<td>Closed</td>
</tr>
<tr>
<td>4</td>
<td>Chicken Enchilada Bake</td>
<td>Macaroni &amp; Cheese</td>
<td>Oatmeal Raisin</td>
<td>Fish &amp; Chips</td>
</tr>
<tr>
<td>5</td>
<td>Roasted Salmon with Greens</td>
<td>Stuffed Shells</td>
<td>Chocolate Chip Cookie</td>
<td>Chicken Pot Pie</td>
</tr>
<tr>
<td>6</td>
<td>Lentil Soup</td>
<td>Macaroni &amp; Cheese</td>
<td>Chocolate Chip Cookie</td>
<td>Chicken Pot Pie</td>
</tr>
<tr>
<td>7</td>
<td>Beef Stew</td>
<td>Baked Beans</td>
<td>Fruit Cup</td>
<td>Fish &amp; Chips</td>
</tr>
<tr>
<td>8</td>
<td>Tuna Melt on Whole Wheat Bread</td>
<td>Vegetable Lasagna</td>
<td>Peas &amp; Carrots</td>
<td>Fig Newtons</td>
</tr>
<tr>
<td>9</td>
<td>Chicken Soup</td>
<td>Green Salad</td>
<td>Apple Pie</td>
<td>Fig Newtons</td>
</tr>
<tr>
<td>10</td>
<td>Macaroni &amp; Cheese</td>
<td>Green Salad</td>
<td>Chocolate Chip Cookie</td>
<td>Fig Newtons</td>
</tr>
<tr>
<td>11</td>
<td>Chicken Enchilada Bake</td>
<td>Hamburger &amp; French Fries</td>
<td>Chocolate Chip Cookie</td>
<td>Fig Newtons</td>
</tr>
<tr>
<td>12</td>
<td>Chicken Soup</td>
<td>Hamburger &amp; French Fries</td>
<td>Chocolate Chip Cookie</td>
<td>Fig Newtons</td>
</tr>
<tr>
<td>13</td>
<td>Macaroni &amp; Cheese</td>
<td>Hamburger &amp; French Fries</td>
<td>Chocolate Chip Cookie</td>
<td>Fig Newtons</td>
</tr>
<tr>
<td>14</td>
<td>Breaded Fish &amp; Chips</td>
<td>Hamburger &amp; French Fries</td>
<td>Chocolate Chip Cookie</td>
<td>Fig Newtons</td>
</tr>
<tr>
<td>15</td>
<td>Vegetable Soup</td>
<td>Hamburger &amp; French Fries</td>
<td>Chocolate Chip Cookie</td>
<td>Fig Newtons</td>
</tr>
<tr>
<td>16</td>
<td>Stuffed Shells</td>
<td>Hamburger &amp; French Fries</td>
<td>Chocolate Chip Cookie</td>
<td>Fig Newtons</td>
</tr>
<tr>
<td>17</td>
<td>Stuffed Shells</td>
<td>Hamburger &amp; French Fries</td>
<td>Chocolate Chip Cookie</td>
<td>Fig Newtons</td>
</tr>
<tr>
<td>18</td>
<td>Stuffed Shells</td>
<td>Hamburger &amp; French Fries</td>
<td>Chocolate Chip Cookie</td>
<td>Fig Newtons</td>
</tr>
<tr>
<td>19</td>
<td>Stuffed Shells</td>
<td>Hamburger &amp; French Fries</td>
<td>Chocolate Chip Cookie</td>
<td>Fig Newtons</td>
</tr>
<tr>
<td>20</td>
<td>Stuffed Shells</td>
<td>Hamburger &amp; French Fries</td>
<td>Chocolate Chip Cookie</td>
<td>Fig Newtons</td>
</tr>
<tr>
<td>21</td>
<td>Stuffed Shells</td>
<td>Hamburger &amp; French Fries</td>
<td>Chocolate Chip Cookie</td>
<td>Fig Newtons</td>
</tr>
<tr>
<td>22</td>
<td>Stuffed Shells</td>
<td>Hamburger &amp; French Fries</td>
<td>Chocolate Chip Cookie</td>
<td>Fig Newtons</td>
</tr>
<tr>
<td>23</td>
<td>Stuffed Shells</td>
<td>Hamburger &amp; French Fries</td>
<td>Chocolate Chip Cookie</td>
<td>Fig Newtons</td>
</tr>
<tr>
<td>24</td>
<td>Stuffed Shells</td>
<td>Hamburger &amp; French Fries</td>
<td>Chocolate Chip Cookie</td>
<td>Fig Newtons</td>
</tr>
<tr>
<td>25</td>
<td>Stuffed Shells</td>
<td>Hamburger &amp; French Fries</td>
<td>Chocolate Chip Cookie</td>
<td>Fig Newtons</td>
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<tr>
<td>26</td>
<td>Stuffed Shells</td>
<td>Hamburger &amp; French Fries</td>
<td>Chocolate Chip Cookie</td>
<td>Fig Newtons</td>
</tr>
<tr>
<td>27</td>
<td>Stuffed Shells</td>
<td>Hamburger &amp; French Fries</td>
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<td>Fig Newtons</td>
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<tr>
<td>28</td>
<td>Stuffed Shells</td>
<td>Hamburger &amp; French Fries</td>
<td>Chocolate Chip Cookie</td>
<td>Fig Newtons</td>
</tr>
</tbody>
</table>

*Menu is subject to change*

*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.