



ELDER LIVING

Seneca Nation Area Office for the Aging

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**AOA and SNI
Offices are
CLOSED**

**Friday, May 19 for Onondowa'ga' Day
& May 29 for Memorial Day**

Director's Update

Nya:wëh Sgë:nö'

The return of Spring is finally upon us and to start us off we celebrate our No'yeh's and Akso:d's! We hope you all have a wonderful day!

This month we will be having a 2nd presentation with the Alzheimer's Association, "Healthy Living for the Brain and Body" Each presentation will be held at each Elder Center. More information can be found inside this issue.

Both Centers have been busy with Activities and it's been great to see you all back together again!

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

Ësgögë' ae' - I'll see you again.

Bethany Lay

FREE In-Person Legal Assistance @ AOA

With Thomas Warren,
Center for Elder Law &
Justice

Date TBD, please call
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.

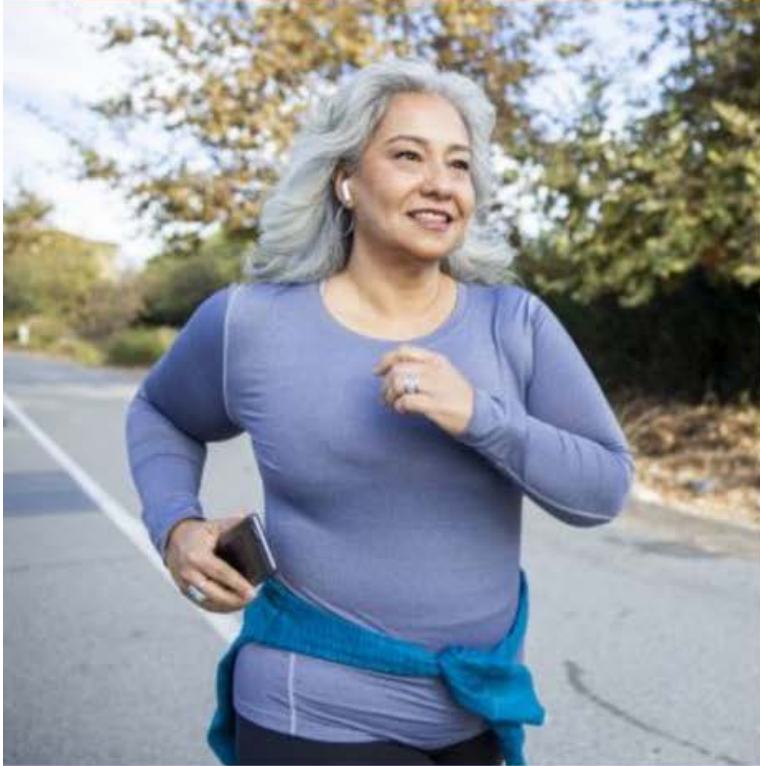
Wini Kettle Senior Center

Weekdays from 12 - 1 pm.

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



MONTHLY ALZHEIMER'S SERIES AT SENECA NATION AOA



FREE EDUCATION PROGRAM

Healthy Living for the Brain & Body

ALZHEIMER'S  ASSOCIATION®

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. This workshop covers lifestyle habits associated with healthy aging: Cognitive activity, exercise, diet/nutrition and social engagement.

Allegheny Elders Center
Tuesday May 9
10-11am

3644 Administrative Dr. Salamanca, NY
(716) 945-8414

Wini Kettle Senior Center
Wednesday May 10
10-11am

28 Thomas Indian School Dr. Irving, NY
(716) 532-5777

To register call 800.272.3900
Walk-ins welcome!

JUNE PROGRAM INFORMATION COMING SOON!



LEGAL DAY AT AOA

Presentation and Q & A with our
Surrogate Court Judges

Lani George, Allegany
Luana Jimerson, Cattaraugus
and Lawyer, **Thomas Warren**

Allegany Territory-Sr. Center in Jimtown
Tuesday, May 30th at 10 a.m.

Cattaraugus Territory-Wini Kettle Sr. Center
Wednesday, May 31st at 10 a.m.

Types of Wills **Will Preparation** **Estate Planning**

List of Notaries and Lay Advocates and more!



Upcoming Seneca Elder Events

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

Glady's Knight - Friday, July 14th 8 p.m. Seneca Niagara

The Oak Ridge Boy's - Saturday, July 22 8 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 May 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.

EAT WELL, BE WELL at Allegany Elders Center

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



Healthy eating education. Join the discussion on eating healthy meals and snacks, as well as portion control, diabetes-friendly foods, and offering some taste testing! Classes led by Andrea Spako, SNHS Exercise Specialist, in partnership with AOA and SDPI grant.

Contact Stephanie John at (716)945-8414 for questions.



NY Connects

Your Link to Long Term Services and Supports

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.
2. Online. Visit our website: www.nyconnects.ny.gov
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

Elder Center Activities

Wini Kettle Senior Center Activities

Pot Luck & BINGO: EVERY MONDAY @ 5pm
Mens Pool: EVERY MONDAY @ 9am
Card Club: EVERY TUESDAY & FRIDAY @ 10am
Exercise Class (Qigong): EVERY WEDNESDAY @ 1:30pm
Walking Club: EVERY MON, WED & SAT 11:30am
Seasonal Craft: TUESDAY 5/2 1pm
Catt to Alleg Pool: TUESDAY 5/2 & 5/30 leave @ noon
White Elephant Bingo: THURS 5/4 @1pm **(Sign-up required)**
Women's Pool Tournament: FRIDAY. 5/5 @ 1pm
Shuffleboard: TUESDAY 5/9 & 5/23 @ 1pm
Quarter BINGO: THURSDAY 5/11 @ 1pm
Mother's Day Brunch/BINGO: SATURDAY 5/13 @ 11am **(Sign-up required)**
Alleg @ Catt Pool Tournament: TUES. 5/16 @ 1pm
Prize BINGO: THURS 5/25 @1pm



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

Allegany Elders Center Activities

Nutrition w/ Andrea Spako: Every MONDAY 11am-noon
Movie Night: Every MONDAY @ 4pm
Card Making Class: Every WEDNESDAY 11am-1pm
Crochet Class w/ Enola Pierce: Every WED 2-4pm
Adult Coloring: Every WED & 5/6-7 5/20-21 4-6pm
BINGO: Every THURSDAY @ 1pm
SCRABBLE: Every THURSDAY 2-4pm
Seneca Language: Every FRIDAY 11am-12pm
Catt. @ Allegany Pool: TUES 5/2 & 5/30 @ 1pm
Puzzle Time: FRIDAY 5/5 & 5/12 1-3pm
Mother's Day Wreath Making: SATURDAY 5/6 1-3pm
LRC Game: TUESDAY 5/9, 5/16 & 5/23 2-4pm
Board Games: SAT 5/13 & 27 SUN 5/28 4-6pm
Mother's Day Brunch: SUNDAY 5/14 1-3pm
Allegany @ Catt Pool: TUESDAY 5/16 leave @ noon
Chicken BBQ Pot Luck: FRIDAY 5/26 1-3pm



Every Monday

5/1 - Magic Mike: Last Dance
5/8 - Marlowe
5/15 - Cocaine Bear
5/22 - Jesus Revolution

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



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



May Allegany Trip Schedule

****No Cattaraugus Trips this month****

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ALL TRIPS DEPART THE ELDER CENTER @ 1:PM	PLEASE SIGN UP BY 9:AM THE DAY OF	YOU CAN CALL 945-8990 OR STOP IN THE CENTER !!				
	1 RIDER'S CHOICE	2 POOL Catt. @ Alleg.	3 Wegmans	4 Local Banking & Shopping	5 OUT TO EAT Olive Garden Jamestown, NY	6
7	8 RIDER'S CHOICE	9 OUT TO EAT Beef n Barrel Olean, NY	10 Walden Galleria DEPART @ 11:AM Buffalo, NY	11 Local Banking & Shopping	12 Local Banking & Shopping	13
14	15 RIDER'S CHOICE	16 POOL Alleg. @ Catt	17 Wegmans	18 Local Banking & Shopping	19 No Trip	20
21	22 RIDER'S CHOICE	23 Wegmans	24 Hobby Lobby DEPART @ 11:AM Hamburg, Ny	25 Local Banking & Shopping	26 Local Banking & Shopping	27
28	29 RIDER'S CHOICE	30 OUT TO EAT Sakura Buffet Jamestown, NY	31 Wal-Mart			

May 2023 Menu

Seneca Nation Area Office for the Aging

O'wédé:da't – Monday	Swéda:dih – Tuesday	Ha'dewédaáh – Wednesday	Éyohé'tgeh – Thursday	Wéda:k'ah – Friday
1 Cheese Ravioli Served with Green Beans Bread Stick Chocolate pudding	2 BBQ Chicken Drumsticks Coleslaw Baked Beans Oatmeal Cookie	3 Hot Ham & Cheese Slider Roasted Brussels Sprouts & Carrots Warm Cinnamon Applesauce Blueberry Bran Muffin	4 MOTHERS DAY Meatloaf Mashed Potatoes & Gravy Garden Salad Cake	5 Italian Herb Fish Corn Bread Sweet Potato Fries Cabbage Apple Salad Fruited Lemon Jell-O
8 Tomato Soup & Grilled Cheese Sandwich Pears and Vanilla Greek Yogurt	9 Lasagna Florentine Green Salad Dinner Roll Peanut Butter Cookie	10 Vegetable Pizza Side Salad Fruit cup	11 Philly Cheese Steak Sandwich Roasted Potato Wedges Beets Healthy Carrot Cake	12 Tuna casserole with Peas and Carrots Garden Salad Mandarin Oranges and Apple Juice
15 Macaroni & Cheese With stewed tomatoes Steamed spinach Blueberries Vanilla Pudding	16 Turkey Chili Cornbread Cottage Cheese Fruited Jell-O	17 Ranch Chicken Green Beans Brown Rice Fruit Cocktail for dessert	18 TRADITIONAL MEAL Indian Taco with toppings Served with Roasted Summer Squashes and Strawberry Fruit Salad	19 CLOSED
22 Goulash With Cauliflower Side Salad Chocolate Pudding	23 Chiavetta's Marinated Chicken Coleslaw, Baked Beans Dinner Roll Fig Newtons	24 Spaghetti Squash Noodle Bake Green Beans, Garlic Bread and Lemon Bar for dessert	25 BIRTHDAY PARTY Turkey & Gravy Stuffing Sweet Potato Birthday Cake	26 Salisbury Steak with Gravy Over Noodles Cauliflower and Carrots Fruit Cup
29 CLOSED	30 Beef Burrito with lettuce, cheese, tomato, and sour cream Mixed Vegetables Peaches with Cream	31 BRUNCH Oatmeal, Peanut Butter Toast, Yogurt with Fresh Strawberry Slices, & Vegetable Juice	Please enjoy a ½ pint milk served with each meal! MENU IS SUBJECT TO CHANGE	



OLDER AMERICANS MONTH

Life is like riding a bicycle. To keep your balance, you must keep moving.

Albert Einstein

AGING UNBOUND: MAY 2023

Happy Mothers Day



APPRECIATION

BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL

MOM
MOTHER
NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER

THE BEST

WARM
WISE

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