

OCTOBER 2026

ELDER LIVING

Seneca Nation Area Office for the Aging



**AOA and SNI
Offices are
CLOSED
October 12th**

Director's Update:

Nya:wëh S'geno!

And here we are in October; it's getting cooler weather, and leaves are changing. We have a few important dates to remember:

Tuesday, October 6, 2026-AOA Annual Advisory Potluck/Public Hearing. Allegany Community Center MPR, 5 pm
Please see the flyer inside this newsletter for more details.

Monday, October 12, 2026: All SN Offices and Health Dept. will be closed in observance of Sovereign Nations Day. Please remember to get your prescriptions filled.

Monday, October 19, 2026- AOA Annual Advisory Potluck/Public Hearing. Wini Kettle Elder Center, 5 pm.

We hope you attend one of our potlucks. We look forward to hearing from you! As always, if you would like to participate in any of our events or activities, need assistance please don't hesitate to call. Until next time, Nya:wëh!

Bethany Lay, Acting Director
Jennifer Whiteman, Deputy Director

FREE In-Person Legal Assistance @ AOA

*With F. Alex Fehrman
Center for Elder Law &
Justice*

Date:
October 23rd

****Appointments required****

To make an appointment:

- Call Samantha Smith in Allegany at (716)945-8414
- Call Mallory Stafford 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-4PM

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:

- 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

\$68.75	Whiskey Myers Friday, Oct 9 th at 8pm SAC
\$30.25	Legacy Fighting Alliance Fri. Oct 30 th @6:30pm SNC
\$46.75	Ron White (comedian) Sat Nov 7 th @8pm SNC
\$73.00	Chicago Saturday Nov 14 th at 8pm at SAC
\$55.00	Indigenous Fashion Show Sat Nov 21 st @7pm SNC
\$32.50	The Wizard of Winter Friday, Dec 4 th @8pm SAC



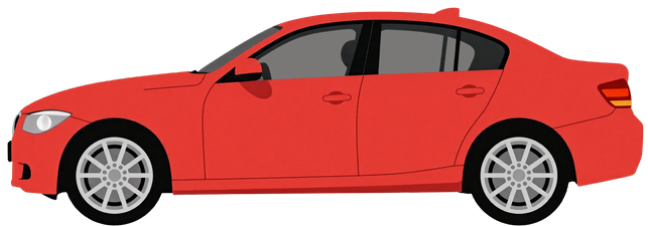
Your neighbors could use a lift!



Be a Part of the Change with Us

Volunteers Needed

**Trip Reimbursement &
Mileage**



We are looking for volunteers to help us with driving our Elders.

We Need Help With

- | | |
|--|---|
| ☐ Taking them to medical appointments | ☐ Pharmacy |
| ☐ Supermarkets/stores | ☐ Elder Center |
| ☐ Social Events | ☐ Clinic |
| | ☐ Other personal etc |

Eligibility

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

For more information, contact Carly Bucktooth @
716-945-8414 ext 3627

I'm not old! I'm a classic!

4 Ge:ih

Remember the Removal 2026

The annual Remember the Removal Commemoration was held at the Steamburg Community Center September 26th. It's vital to educate younger generations of the Kinzua Dam removal that broke the Treaty of Canandaigua and flooded 10,000 acres of prime Seneca land on the Allegany territory.



Walking the path of our ancestors

5-wis

Fall is here which means it's time to prep for winter!

Fall prevention & Outdoor safety

- Clear autumn debris to prevent slips & falls
- Stock ice melt near entryways
- Arrange for snow removal
- Improve lighting. Consider motion activated lights



Home Maintenance & Heating

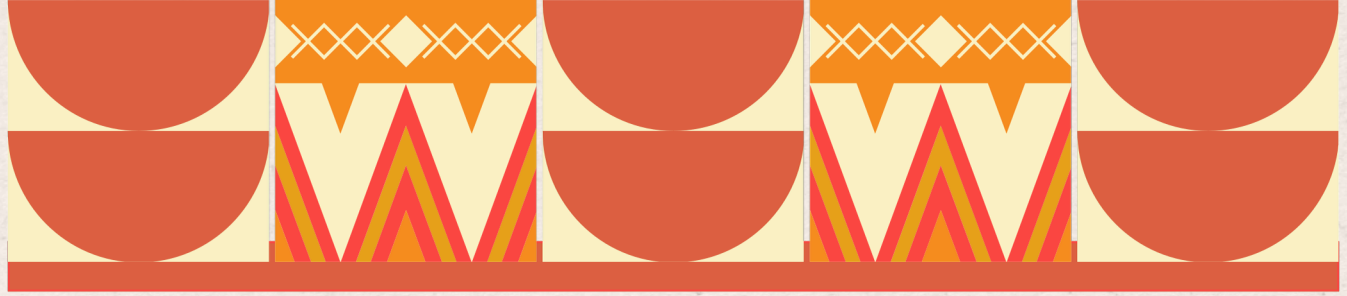
- Have your heating system checked & inspect space heaters, woodstoves and fireplaces
- Test smoke alarms and carbon monoxide detectors
- Inspect doors and windows for worn seals, and add weather stripping or window insulation kits
- Remember to leave faucets dripping during freezing periods



Stocking Supplies & Health

- Stock up on non-perishable foods, bottled water, and essential household items to avoid trips during hazardous storms
- Refill medications including over-the-counter meds
- Prepare/unpack your winter wear
- Set up a check in plan with nearby neighbors or family members to establish regular communication and emergency check-ins after heavy winter storms





CHARGE INTO FIRE SAFETY

COME ON DOWN AND WITNESS A FIRE DRILL
AT AOA AND LEARN FIRE SAFETY TIPS

Join us and hear from Mike Gates of
Emergency Management talk about
fire prevention, how to respond and
how to reduce the risks associated
with fire.

OCTOBER 13, 2026 AT

10 AM.

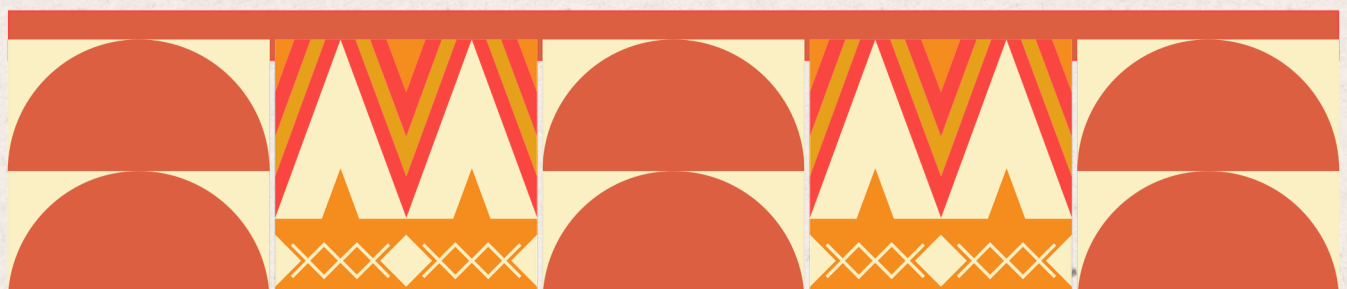
**WINI- KETTLE
SENIOR CENTER**

&

OCTOBER 15, 2026

AT 11AM

**SENECA ALLEGANY
ELDERS CENTER**



I'm not aging, I'm just leveling up

7- Ja:dak



Seneca Nation Transfer Station

204 Thomas Indian School Ext.

Irving, NY 14081

(716)682-0233



Temporary Closure



**Approximately 2 weeks
Saturday - Tuesday
October 3rd - 13th , 2026**



Time is needed for the installation of scales.



Questions? Call: (716)682-0233

This new facility will help protect our environment and manage waste responsibly

WE ARE NOT OLD, WE ARE SEASONED!

8-Degyö'



Elders Health Newsletter

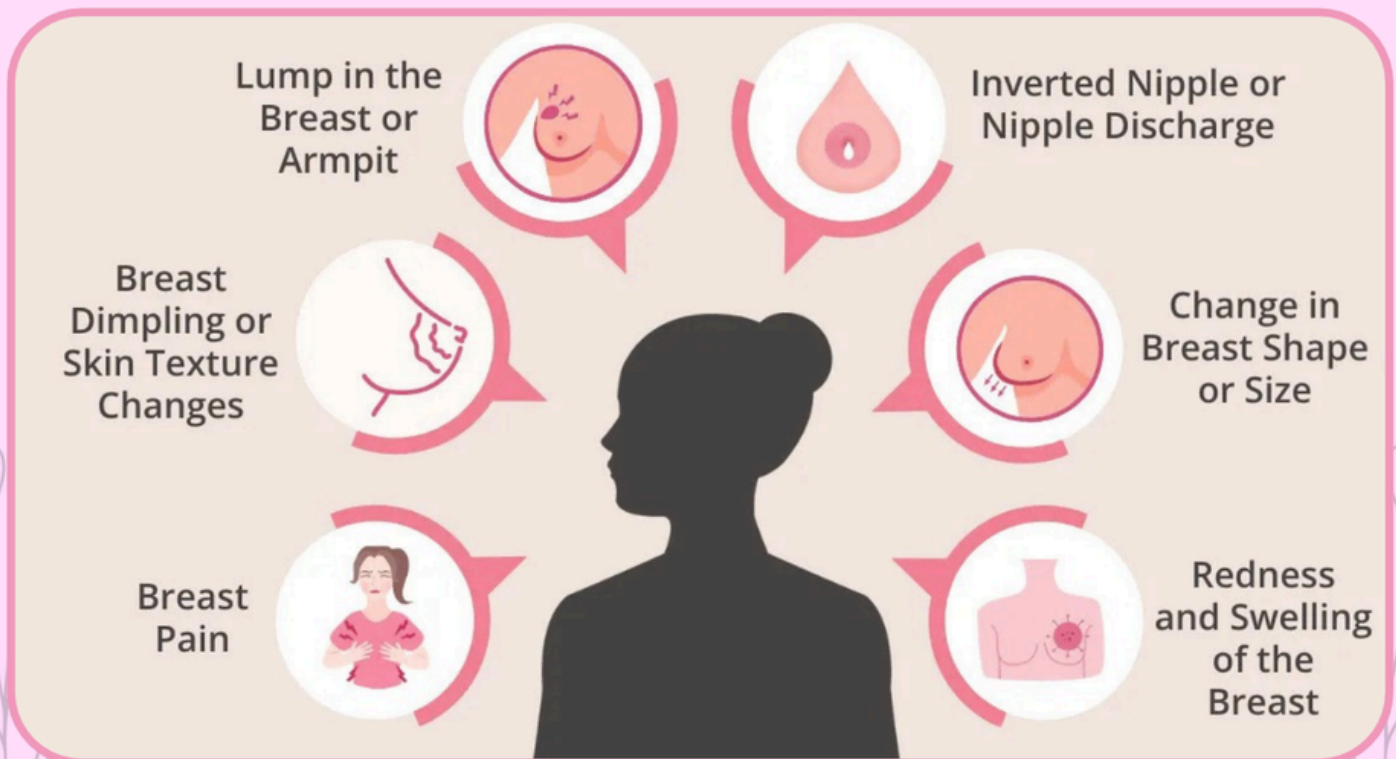
Breast Cancer Awareness

October 2026



As you get older, abnormal cell changes can increase the risk of cancer. October observes Breast Cancer Awareness Month. About **1 in every 8 women get breast cancer every year**. For Native American women, breast cancer is the **most commonly** found cancer, and it's also the second leading cause of cancer deaths. This is because **Native American women are more likely to be diagnosed at later stages of breast cancer when compared to other racial groups**. Something you may not know is that **men are also at risk of developing breast cancer**. For every 100 breast cancer diagnoses, 1 man is diagnosed. Anyone with breast tissue can be at risk, so it's important to be proactive about prevention and knowing your body. Take this time to educate yourself on the risks, symptoms, and preventative measures you can take against breast cancer.

Not everyone will experience symptoms, but these are signs to look out for:



Being a woman and being older are risk factors. The **median age of a breast cancer diagnosis is 63** and nearly 20% of women diagnosed are over the age of 75. **Women who are in their 70s have the highest risk of breast cancer diagnoses**, so staying on top of screenings is important. **Early detection is key! Get your mammograms done every 1-2 years.** Become aware of how your breasts look and feel to help you notice any changes in your breast tissue. No one knows your body better than you do. If you have any concerns or questions feel free to reach out to your primary care provider at: **716-532-5582 (Cattaraugus) or 716-945-5894 (Allegany).**

Happy 54th Anniversary to Elliott & Esther Tallchief!



Elliott & Esther are the “King & Queen” of AOA. They happily celebrated their 54th wedding anniversary on September 16th! Congratulations!

Employee Highlight

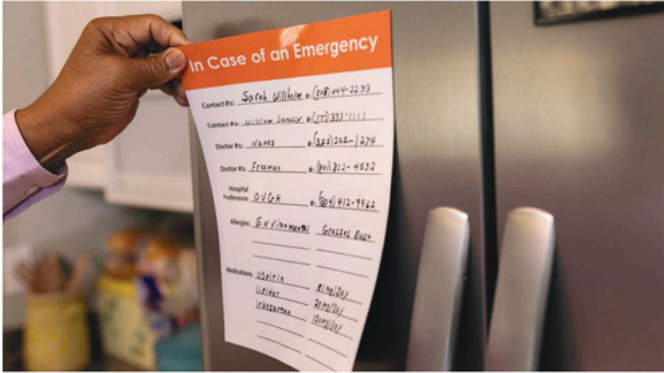
Please welcome Mallory Stafford to the new position of Administrative Assistant /Data Entry Person. She has been a part of the AOA team in the Personal Care Aid role, formerly the Respite Care Provider, and is familiar with our Elders and all of the services that AOA provides.



**STEPS TO
SAFETY™**
PREVENT FIRE & FALLS AT HOME

8 STEPS FOR FALL PREVENTION

Follow these 8 steps to help reduce your risk of a fall. Learn more at nfpa.org/stepstosafety.



- 1 Exercise regularly.** Exercise will help you build strength and improve your balance and coordination. Ask your doctor about the best physical exercise for you.
- 2 Take your time.** Get out of chairs slowly. Sit a moment before you get out of your bed. Stand and get your balance before you walk. Be aware of your surroundings.
- 3 Keep stairs, pathways, and walking areas clear.** Remove electrical cords, shoes, clothing, books, magazines, and other items that may be in the way of foot traffic. Have easy-to-grip handrails installed along the full length on both sides of the stairs. Consider subscribing to a medical alert system. If you have an emergency, just push the wearable button that is provided and the service will send emergency responders.
- 4 Improve the lighting in and outside your home.** Use night lights or a flashlight to light the path between your bedroom and the bathroom. Turn on the lights before using the stairs. Have lighting at both the top and bottom of stairways. See an eye doctor once a year.

- 5 Use non-slip mats and grab bars.** Non-slip mats increase safety in the bathtub and on shower floors. Use non-slip mats outside the tub and shower. Install grab bars on the wall next to the bathtub, shower, and toilet. Wipe up spilled liquids immediately.
- 6 Be aware of uneven surfaces.** Make sure indoor flooring is safe from tripping hazards. Use only throw rugs that have rubber, non-skid backing. Consider non-skid pads under rugs. Always smooth out wrinkles and folds in carpeting. Be aware of uneven sidewalks and pavement outdoors. Ask a family member, a friend, or a neighbor to clear ice and snow from outdoor stairs and walkways. Always use handrails, if available, and step carefully.
- 7 Wear sturdy, well-fitting shoes.** Low-heeled shoes with non-slip soles are best, even inside. These are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.
- 8 Have a list of your current medications available.** Keep your list updated and visible—on your refrigerator or in your wallet. Give a copy to a family member or caregiver. Your primary care provider should know all the medications you take to be able to identify if any or a combination of them can make you at higher risk for a fall. Ask your doctor if any of your medications can make you drowsy or affect your balance.

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BUFFALO

BILLS



ELDERS LOTTERY!

ENROLLED SENECA ELDERS!!

Live drawing on "Wheel Of Names"!

Buffalo Bills vs. Baltimore Ravens

Game Date: Sun. Nov. 1, 2026 @ 1:00 pm

"Native American Heritage Day"

Premier Seating (not suite) - food is on your own

Ride the AOA bus or drive (parking @ your own expense)

Deadline to enter: Thurs. Oct. 15th

Live Drawing Date: Fri. Oct. 16th

10:00 a.m. Catt. AOA

2:00 p.m. Alleg. AOA

For more information, please call

Patti Brisley, Senior Advocate 716.945.8990

Nya weh to the President's Office for sponsoring!

12- Dekni:sga:e'

Employee of the Month

**Congratulations to our very own
Brittany Seneca!!!**



On September 25th, Brittany Seneca, AOA Aging Services Coordinator was celebrated as the Seneca Nation Employee of the Month for the Cattaraugus Territory. Brittany is energetic, dedicated and compassionate. She is always going above and beyond.



EMERGENCY MINOR HOME REPAIR REMINDERS



- The Elder must be living in the home to qualify for emergency minor home repair assistance.
- Funding is on a first-come, first-served basis and is available only while funding remains.
- Before any work begins, you **MUST** contact AOA to report the issue and receive approval.
- **DO NOT** begin repairs before contacting AOA. Reimbursement is not provided. If work is completed before approval, the elder may be responsible for the cost.
- All vendors must have a current contract with AOA to be paid for services.

Please contact Rikki Johns at 716-532-5777 as soon as an emergency repair issue is identified so we can determine eligibility and next steps.

A FRIENDLY REMINDER.

PLEASE BE KIND AND PATIENT WHEN CALLING AOA. WE UNDERSTAND THAT HOME REPAIRS CAN BE STRESSFUL, ESPECIALLY WHEN SOMETHING UNEXPECTED HAPPENS. OUR STAFF IS HERE TO HELP, ANSWER YOUR QUESTIONS AND GUIDE YOU THROUGH THE PROCESS. WE APPRECIATE YOUR KINDNESS AND UNDERSTANDING AS WE WORK TO ASSIST ALL OF OUR ELDERS.



EMERGENCY MINOR HOME REPAIR REMINDERS

**IN CASE OF A PLUMBING OR HEATING
EMERGENCY ON A WEEKEND PLEASE
USE THESE LOCAL VENDORS:**

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 SERVICE TO RIKKI
JOHNS AS SOON AS POSSIBLE
TO ENSURE PAYMENT**

Medicare's Open Enrollment Period

WHAT IS MEDICARE'S OPEN ENROLLMENT

Medicare's Open Enrollment (OEP), also known as the Annual Election Period, is the time of year when you can make changes to your Medicare coverage. This period runs from October 15 through December 7, and any changes you make will take effect on January 1. During this time, you can:

JOIN A NEW MEDICARE ADVANTAGE PLAN

When choosing a new plan, consider the three C's — **Coverage, Cost, & Convenience**.

- Coverage for your healthcare needs
- Out-of-pocket costs such as premiums, copayments, and deductibles
- Convenience of in-network providers, and hospitals

It's essential to carefully review all aspects of the plan, including its star rating to make sure it meets your individual requirements.

JOIN A NEW PART D PRESCRIPTION DRUG PLAN

Use the three C's when picking a Part D Plan.

- Coverage details (formulary & restrictions)
- Out-of-pocket costs such as premiums, copayments, and deductibles
- Convenience of preferred network pharmacies and mail order options

*Starting in 2025, your annual out-of-pocket Part D costs (what you pay for deductibles, copays/coinsurance) will be capped at \$2,000. After meeting the out-of-pocket limit, you pay \$0 for covered Part D drugs for the rest of the year.

SWITCH FROM ORIGINAL MEDICARE TO A MEDICARE ADVANTAGE PLAN (MA)

Medicare Advantage (MA) Plans may offer supplemental benefits which are items or services not covered by Original Medicare. These benefits do not need to be provided by Medicare providers or facilities. Instead, to receive these items or services, you need to follow your plan's rules. Some commonly offered supplemental benefits are dental care, vision care, hearing aids, and gym memberships.

SWITCHING FROM A MEDICARE ADVANTAGE PLAN TO ORIGINAL MEDICARE with or without a Part D plan

Medicare supplement insurance (Medigap) is extra insurance you can purchase from a private health insurance company to help pay your share of out-of-pocket costs in Original Medicare. Depending on where you live, you may be able to buy a Medigap during OEP, but limits apply as to who can buy a Medigap and when.



Even if you are happy with your current health and drug plans, Open Enrollment is a good time to review what you have, compare it with other options, and make sure that your current coverage still meets your needs for the coming year.

Medicare

Medicare Plan Finder is an online tool that helps you find and compare plans in your area. Plan Finder gives you the option to search using your account or without logging in.



SHIP

State Health Insurance Assistance Program

SHIP counselors can help you use the Medicare Plan Finder to review your options and pick a plan that meets your needs.

Call (716)945-8991 if you have questions

[Medicare.gov/plan-compare](https://www.Medicare.gov/plan-compare) | 1-800-Medicare

This flyer is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$2,534,081 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.



ARE YOU THE ONE EVERYONE TURNS TO FOR HELP?

You're definitely an Archangel,
and you might be 'in the red.'

GET YOUR SCORE

Almost 1 in 2 of us are caring for someone, and it can get intense. Any Care Counts - New York is a way to support YOU as you care for others. Take two minutes and get your intensity score and connect to things that can help.



Call (716)945-8991 if you have questions or are looking for services



Office for
the Aging



**"The secret of staying young is to live honestly, eat slowly,
and lie about your age." - Lucille Ball**

17- Dza:dak sga:e'.

Wini Kettle Senior Center & Allegany Elder Center



Ėgadohnyė' neh onėö'gwa:'shö'öh
-I'll store it until next spring

Deyodehsóhgwadenyö:je'
onähdö:dö'

~The leaves are changing color

Otowäje' asdeh

~It's getting colder outside

Ėdwaisa:ka' o:nyöhsowa:näh shö'öh?

~ Do you want to go look for pumpkins?

O:nyöhsowa:näh gayëtwashö'
~Pumpkin Patch



Our Sunflowers grew to be 11 feet tall!

This bulb grew to be 12" in diameter



18- Degyö' sga:e'.

Wini Kettle Senior Center & Allegany Elder Center



COME DOWN TO
TAILGATE @ ALLEGANY
ELDER'S CENTER!

COME AND JOIN POTLUCK
@ WINI KETTLE SENIOR
CENTER

SUNDAY 10/4 @12:30PM!
&
SUNDAY 10/18 @4PM!

MONDAYS
5-7PM!

BRING A DISH TO PASS

BRING A DISH TO PASS



WINI KETTLE SENIOR CENTER:
28 THOMAS INDIAN SCHOOL DR.
IRVING, NY 14081
(716) 532-5777

ALLEGANY ELDER CENTER:
3644 ADMINISTRATION DR.
SALAMANCA, NY 14779
(716) 945-8414



19- Johdö:h sga:e'.

10 WARNING SIGNS OF ALZHEIMER'S

An education program presented by the Alzheimer's Association®



WHAT TO WATCH FOR IN YOURSELF AND OTHERS.

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging.

Join us to learn about:

- »The difference between normal aging and Alzheimer's.
- »Common warning signs.
- »The importance of early detection and benefits of diagnosis.
- »Next steps and expectations for the diagnostic process.
- »Alzheimer's Association resources.

Allegany Elder Center

Tuesday, November 17th
11 AM

3644 Administration Drive

Wini Kettle Senior Center

Thursday, November 19th
11 AM

28 Thomas Indian School Drive

Visit alz.org/CRF to explore additional caregiver education programs in your area.

This program is supported in-part by a grant from the New York State Department of Health

**ALZHEIMER'S
ASSOCIATION**

Western New York Chapter

20-Dew'ashe:h

Public Hearing Notice



SENECA NATION AOA WANTS TO HEAR FROM YOU.
A PUBLIC MEETING WILL BE HELD ON

**October 6, 2026, AT 5 PM.
Allegany Community Center**

PLEASE UTILIZE THIS OPPORTUNITY TO INFLUENCE AND IMPROVE THE
SERVICES AVAILABLE TO SUPPORT OLDER ADULTS TO LIVE
INDEPENDENTLY IN OUR COMMUNITY

* This is potluck night please bring a dish to pass*

Your input is important!

Public Hearing Notice



SENECA NATION AOA WANTS TO HEAR FROM YOU.
A PUBLIC MEETING WILL BE HELD ON

**October 19, 2026, AT 5 PM.
Wini-Kettle Senior Center**

PLEASE UTILIZE THIS OPPORTUNITY TO INFLUENCE AND IMPROVE THE
SERVICES AVAILABLE TO SUPPORT OLDER ADULTS TO LIVE
INDEPENDENTLY IN OUR COMMUNITY

* This is potluck night please bring a dish to pass*

Your input is important!



October 2026 Menu

Seneca Nation Area Office for the Aging

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

RETIRED: I DO WHAT I WANT, WHEN I WANT

22- Dewasheh dekni:h

Allegany Senior Center
3644 Administration Drive
Salamanca, New York 14779
716-945-8990

Any questions, please feel free to
contact: Stephanie or Patrick
Calendar is SUBJECT to
CHANGE

October 2026

HOURS

Monday—Friday
8:30am-7:00pm

Saturday & Sunday
9:00am-2:00pm

Allegany AOA Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9am 12pm 1pm Coffee Hour LUNCH BINGO	2 9am 1pm Coffee Hour Board Games	3 10am 11am Coffee Hour
4 Bills vs Patriots 1pm Come tailgate @ the Center	5 9am 1pm 4pm Coffee Hour Scrabble Time Monday Nite Movie	6 9am 12pm 1pm Coffee Hour LUNCH Rummikub	7 9am 11am 1pm Coffee Hour Card Class "Paint your Friend"	8 9am 12pm 1pm Coffee Hour LUNCH BINGO	9 9am 1pm Coffee Hour Board Games	10 10am 11am Coffee Hour
11 10am 11am Coffee Hour	12 SNI CLOSED SOVEREIGNTY DAY	13 9am 12pm 1pm Coffee Hour LUNCH Rummikub	14 9am 11am 1pm Coffee Hour Card Class POT LUCK "Lasagna"	15 9am 11am 12pm 1pm Coffee Hour Fire Presentation LUNCH BINGO	16 9am 1pm Coffee Hour Board Games	17 10am 11am Coffee Hour
18 Bills vs Raiders 4:25pm Come tailgate @ the Center	19 9am 1pm 4pm Coffee Hour Scrabble Time Monday Nite Movie	20 9am 12pm 1pm Coffee Hour LUNCH Rummikub	21 9am 11am 1pm Coffee Hour Card Class	22 9am 11am 12pm 1pm Coffee Hour Health Ed. LUNCH BINGO	23 9am 1pm Coffee Hour Board Games	24 10am 11am Coffee Hour
25 10am 11am Coffee Hour	26 9am 1pm 4pm Coffee Hour Scrabble Time Monday Nite Movie	27 9am 12pm 1pm Coffee Hour LUNCH Rummikub	28 9am 11am 1pm Coffee Hour Card Class HALLOWEEN PARTY	29 9am 12pm 1pm Coffee Hour LUNCH BINGO	30 9am 1pm Coffee Hour Board Games	31 10am 11am Coffee Hour

Allegany AOA Trips

October 2026							Allegany AOA 3644 Administration Dr., Salamanca 716-945-8414	
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 2:00 pm unless otherwise noted		1	2 JC Penny's Kohl's OLEAN	3		
4	5 Local Shopping SALAMANCA 	6	7 Mayor Bros. Cider Mill Leave at 10 am Poked Yoke	8	9 Downtown BRADFORD	10		
11	12 CLOSED	13	14 Pumpkinville Leave at 1:30 pm	15	16 Hobby Lobby Plaza OLEAN	17		
18	19 Local Shopping RANDOLPH 	20	21 Catt Bingo Hall Leave at 9:30	22	23 TJ Max Plaza SPRINGVILLE	24		
25	26 Local Shopping ELLICOTTVILLE 	27	28 Vidler's Leave at 10 am	29	30	31		

“How old would you be if you didn’t know how old you was?” – Satchel Paige

24- Dewasheh ge:ih

Catt Activities

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	1 Bingo 1-2:30 Finish activity 3	2 Cards 10am	3 Light Lunch 12pm Shuffleboard	4 Light lunch 12pm Bingo 1pm
5 Pottery 10am Mens Pool 10am Exercise Class 2pm Potluck 5pm	6 Cards 10am	7 Mens Pool 9am Sewing 11am	8 Bingo 1-2:30 Finish activity 3	9 Cards 10am	10 Light Lunch 12pm Rummikub 1-3	11 Light lunch 12pm Bingo 1pm
12 CLOSED	13 Cards 10am Pottery 10-12	14 Mens Pool 9am Sewing 11am	15 Pottery 10-12 Bingo 1-2:30 Finish activity 3	16 Cards 10am	17 Light Lunch 12pm Shuffleboard	18 Light lunch 12pm Bingo 1pm
19 Pottery 10-12 Mens Pool 10 am WILL Clinic 11 am Potluck 5pm	20 Cards 10am	21 Mens Pool 9am Sewing 11am	22 Pottery 10-12 Bingo 1-2:30 Finish activity 3	23 Cards 10 am	24 Brunch 11am TEMU Bingo 12pm	25 Light lunch 12pm Bingo 1pm
26 Mens Pool 10 am Potluck 5pm Bingo 6pm	27 Cards 10am	28 Mens Pool 9am Sewing 11am	29 Bingo 1-2:30 Finish activity 3	30 Cards 10am	31 Light Lunch 12pm Shuffleboard	1
2	3	Notes				

Catt Trips

Catt AOA Trips						
October 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Rider's Choice 1pm	2 Fish Fry 3:30pm	3
4	5	6 Bowling 1pm	7 Walmart 1pm	8 Rider's Choice 1pm	9 Cheese Factory Amish Country 1pm	10
11	12	13 Mayer Brothers Cider Mill 1pm	14 Walmart 1pm	15 Rider's Choice 1pm	16 Dragons Buffet 1pm	17
18	19	20 Savers 1pm	21 Walmart 1pm	22 Rider's Choice 1pm	23 Regal Movies 1pm	24
25	26	27 Texas Roadhouse 1pm	28 Walmart 1pm	29 Rider's Choice 1pm	30 Buffalo Creek Casino 1pm	31

PUZZLE PAGE

AUTUMN WORD SEARCH

FIND THE WORDS ASSOCIATED TO AUTUMN. THEY MAY BE VERTICAL, HORIZONTAL OR DIAGONAL.



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

SEASONEDTIMES.COM

ACORN

OWL

SQUIRREL

DEER

SCARF

CORN

RAKE

CIDER

SCARECROW

APPLE

PUMPKIN

SUNFLOWER

