



Moccasin Trail

ONERAHTOHKÓ: WA/MAY 2018

POINTS OF INTEREST:

- * **May is Older American's Month—Let's Celebrate with National Senior Health and Fitness Day!**

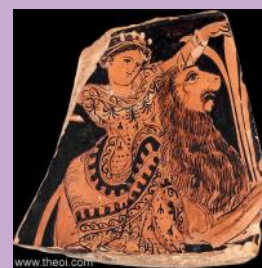
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Mother's Day

May 13, 2018

The earliest Mother's Day celebrations can be traced back to the spring celebrations of ancient Greece in honor of Rhea, the Mother of the Gods. During the 1600's, England celebrated a day called Mothering Sunday. It was held on the fourth Sunday of Lent (the 40-day period leading up to Easter). During this time, many of England's poor worked as servants. As most jobs were located far from their homes, the servants lived at the houses of their employers. On Mothering Sunday, the servants had the day off and were encouraged to spend the day with their mothers. Special cakes called mothering cakes were often brought along to provide a festive touch.



In the U.S., Mother's Day was suggested in 1872 by Julia Ward Howe (who wrote the words to the Battle Hymn of the Republic) as a day dedicated to peace. Howe held organized Mother's Day meetings in Boston, MA for years.

In 1907, Anna Jarvis from Philadelphia began a campaign to establish a national Mother's Day. Jarvis persuaded her mother's church in Grafton, WV to celebrate Mother's Day on the second anniversary of her mother's death. By the next year, Mother's Day was also celebrated in Philadelphia. (continued on page 5)



Friday, May 25—Planning Day
Monday, May 28—Memorial Day

SENIOR CLUB PAGE

Any mail for the Saint Regis
Mohawk Senior Club can be
sent to: P.O. Box 1106
Hogansburg
NY 13655

Senior Club Hours:

Monday-Friday
10:00am-12:30pm

If you have changed your address
or phone number, since you
joined The Club, please stop by to
update your information.

Volunteer BINGO Schedule:

May 7

Vickie Phillips
Lucille Peters

May 14

Judy Cole
Rosemary Bonaparte

May 21

Barbara Lazore
Brenda LaFrance

May 28

Closed: Holiday

Please make arrangements to
switch with someone if you
cannot make it on your
scheduled date.

Upcoming Events

May 8: Club Meeting 10:00 am

August 13: Seniorama

October 6: Annual Craft Show

November 4—7: Trip to Foxwoods &
Mohegan Sun



Save The Date

New York State Wide Senior Action Council will be hosting their annual **Seniorama** event on August 13, 2018 at the Akwesasne Mohawk Casino Resort. The Senior Club is looking for door prize donations and volunteers to work the registration and Senior Club Table. Contact Lora Lee or Lois for more information.

A Big Niawenkó:wa to:

To our newsletter helpers in April: Sandy Swanger, Jackie Mitchell, Catherine Cook, Phyllis Jacobs, Karilyn Phillips, Leona Cook, and Elizabeth Tarbell.

To Gail White and Ramona Hudson for the donation of puzzles. And to Catherine Cook for athletic wear.

We “chair-ish” your generosity!



Catherine Cook's Chair Yoga: a motivating yoga class for older adults, with low impact chair exercise that give you a chance to reconnect with old friends, make new ones, and feel great about yourself.

Arthritis Exercise Program: an exercise class that will help keep your joints flexible and muscles strong. You will also have increase energy, improve your well-being and sleep better.

Schedule of Classes at the Senior Center Sunroom:

Every Monday and Wednesday

Arthritis Exercise Program with Tewentahawih'tha'

10:00—11:00 a.m.

Every Tuesday and Thursday

Catherine Cook's Chair Yoga

10:00—11:00 a.m.

Green Food Bag

Deadline to order is:

Monday, May 7 before 2:00pm

Please pick up your bag on:

Tuesday, May 15

12:00pm and 4:45pm

Cost is \$10.00 per bag

American OR Canadian Funds

Please Note: The items in the Green Food Bag are perishable. Your orders must be picked up on the Pick Up Day noted above. There are no reimbursements for bags left behind. Please call **518-358-2963** if you are having trouble picking up your bag and to talk about options.

Reminder: expect delays on the road to the Senior Center

May 1st marks the beginning of construction of Business Park Road and of the new Saint Regis Mohawk Tribe Administration Building. The Senior Center may experience cancellations or delays until September 2018. Arriving to and departing from the Senior Center may take longer than usual. Please plan ahead and call if you have concerns.

Oneida Indian Nation Aging Well Conference

Registrations and brochures are available.

Travel itineraries are ready too.

If you haven't received either, please call

Tewentahawih'tha' for a copy.

Conference Registration Forms are due by **Friday, May 11.**

What are Seniors Worth!

Senior Submission by: Isabelle McDonald

Remember, old folks are worth a fortune—with silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet and gas in their stomachs! I have become a little older since I saw you last and a few changes have come into my life. Frankly, I have become a frivolous old gal!

I am seeing five gentlemen everyday. As soon as I wake, Will Power helps me get out of bed. I then go to see John. Next, Charlie Horse comes along and when he is here, he takes a lot of my time and attention. When he leaves, Arthur Ritis shows up and stays the rest of the day. He doesn't like to stay in one place very long, so he takes me from joint to joint. After such a busy day, I'm really tired and glad to go to bed with Ben Gay. What a life! Oh yes, I'm also flirting with Al Zymer.

P.S. The preacher came to call the other day. He said that at my age I should be thinking about the hereafter. I told him "Oh I do that all the time. No matter where I am, in the parlour, upstairs, in the kitchen or down in the basement, I ask myself --- now what am I here after?"

(Unknown Author)



Ten thousand adults turn age 65 every day and many of them are seeking satisfying ways to take advantage of their long-life and time. A person turning 50 today has over half their adult life ahead of them. We are faced with a new generation of people living longer lives and many seek to find new ways to give back to their communities, while also finding meaning and purpose. Many are discovering that volunteering enables them to accomplish both goals.

Older adults are also seeking new ways to stay active and healthy as they age. A growing body of research shows people who volunteer for as little as two hours a week, or 100 hours per year, may have better mental, emotional and physical health. This is part of the reason why we'd like to offer opportunities for older adults to engage in their communities and stay healthy while doing it.

RSVP Volunteer Opportunities Presentation and Recruitment

Monday, May 14 at 11:30 a.m.

If you are going to stay for lunch, please call in before 9:30 a.m.

Melissa Howard, the Volunteer Coordinator for Retired and Senior Volunteer Program (RSVP) will be presenting and recruiting for two types of volunteer programs.

Phone: 518-359-7688

Fax: 518-359-3927

E-mail: rsvp12986@yahoo.com

Foster Grandparent Program

This is a program made for Seniors aged 55 and older to help the welfare of children age 21 and below. **Foster Grandparents** are placed in a classroom with a teacher to help children who are in need of emotional support, basic learning skills, friendship, individual attention and unhurried help. The **Foster Grandparent** also receives a small NON TAXABLE stipend that cannot be held against any current benefits. And you get reimbursed your mileage. You will receive vacation, sick and personal time paid and follow the school calendar. We cover a 5 county region. Franklin, Clinton Essex, St. Lawrence and Jefferson counties.

Retired and Senior Volunteer Program

The **RSVP Program** purpose is to provide meaningful volunteer opportunities for older Americans. This Program is provided in Franklin County. Volunteers will encourage healthy living and independence and also help to combat loneliness and depression. The goal is to place volunteers aged 55 and older with homebound and hard to reach elders by providing friendly visits, running errands, transport to doctor appointments, and delivering meals. The program can also assist children in a school setting where volunteers can help with reading and basic tutoring. Choose your own hours and days to volunteer and you will be reimbursed for your travel.

Ride to Nowhere is Back! Get signed up to go for a mystery ride to a mystery destination, guaranteed to bring a little fun and adventure to your life. See Emily to sign-up!

Mother's Day (continued from cover page)

In 1909, Jarvis and her supporters wrote to ministers, businessmen, and politicians in their quest to establish a national Mother's Day. It was successful, and by 1911, Mother's Day was celebrated in almost every state. In 1914, Congress passed legislation and President Woodrow Wilson signed it proclaiming Mother's Day to be celebrated each year on the second Sunday of May. (Author: Pegi Schlis, CTRS, ACC, AC-BC of Creative Forecasting)



Annual Mother's Day Meal

Friday, May 11

3:30 to 6:00 p.m.

Tickets are \$5.00 each and go on sale May 1st

Starts with appetizers

Meal is served at 4:30 p.m. (no meals will be served after 5:30 p.m.)

Menu: Roast Beef, Mashed Potatoes, String Beans, Roll & Cake

Please join us and enjoy time with friends and family. We will have fun games and prizes. Local celebrity and song performance by: Theresa "Bear" Fox.



Dean & Lisa Blackwill, 2 of today's most talented young artists sing, dance & fall in love with a little extra flair & modern pizzazz. *They Can't Take That Away From Me, I Got Rhythm, Let's Call the Whole Thing Off*, and many more...musical comedy at its finest!



Friday, May 18 at 7:45 p.m.

4:00 p.m. depart from Senior Center to have dinner. See Emily for ticket prices and availability (makes a great Mother's Day present...wink, wink)

The Computer Room is No More...

If you haven't already noticed, the Broadband Initiative Computer Room has been relocated. We still have free Wi-Fi available and feel free to bring in your tablet or laptop to access the internet. For help connecting Wi-Fi, just ask any one of the staff members and they will help you. And, remember also, we still offer free printing and copying to seniors.

Public Computers & Printing can still be accessed in Akwesasne:

Akwesasne Library

Hours 9:00 a.m. – 4:00 p.m.
Monday – Friday
Phone: 518-358-2240
321 State Route 37

Akwesasne Employment Resource Center

Hours 8:00 a.m.—5:00 p.m. Monday—Thursday
Hours 8:00 a.m.—4:00 p.m. Friday
Phone: 518-358-3047
611 State Route 37 (Old Comins' Store)


Akwesasne B & G Club

Hours 8:00 a.m.—2:00 p.m.
Monday—Friday
Phone: 518-358-9911
37 Rooseveltown Road

Onerah to hókó:wa/May

6

Tsiat'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wískhaton	Iahíà:khaton
Remember: Please call the center by 9:30 am for lunch. Also, call the center for bus pick-up for Tuesday/Thursday Shopping by 9:00am. And call the center if you will not be home for your home delivered meal. Menu is subject to change at Cook's discretion. Your cooperation helps us better serve you!		1 Fish on a Bun, Coleslaw, Fries & Pineapple Chunks ACTIVITY: 8:20 Massage 10:00 Chair Yoga 1:00 Shopping 3:00-5:00 Stepping On Session #5	2 Baked Chicken, roasted potatoes, broccoli/cauliflower mix, roll & cookie ACTIVITY: 8:00 Lori Oakes, DSS 10:00 Arthritis Exercise Program 12:30 Leave for Opry Gold Show 3:00—5:00 UYG Session #6	3 Sweet & sour pork, brown rice, oriental veggie, roll & vanilla pudding ACTIVITY: 10:00 Haircuts 10:00 Chair Yoga 1:00 Shopping	4 Hamburger gravy, boiled potato, wax beans, roll & pears ACTIVITY: 10:30 Virtual Bowling 12:30 Riverledge Healthcare Visit MAY THE FOURTH BE WITH YOU	5 ACTIVITY: 6:00 Ace to King
	7 Tomato soup, grill cheese sandwich & cranberry applesauce ACTIVITY: Iahkihsontha Visits! 10:00 Arthritis Exercise Program 10:30 Virtual Bowling 1:00 Bingo 3:15 SRMT Election Machines Demo Green Food Bag deadline to order 2:00	8 Cold cuts, mac salad & fruit cocktail ACTIVITY: NO SOCKS DAY 10:00 Senior Club Meeting 10:00 Chair Yoga 11:30 Box Lunch Bingo 1:00 Shopping 3:00-5:00 Stepping On Session #6	9 Stuffed pork chops, Brussel sprouts, roll & applesauce ACTIVITY: LOST SOCKS MEMORIAL DAY 10:00 Arthritis Exercise Program 10:30 Nutri. Bingo 12:30 Alice Center Visit 3:00—5:00 UYG #7	10 Chicken cordon bleu, rice pilaf, mixed veggies & mandarin oranges ACTIVITY: 10:00 Chair Yoga 1:00 Shopping 12:30 St. Regis Nursing Home Visit 1:30 Legal Aid	11 MOTHER'S DAY MEAL 3:30—6:00 Roast Beef Mash Potatoes String Beans Rolls & Cake Tickets sell-out fast! No Congregate Meal	12 ACTIVITY: 6:00 Ace to King
13	14 Goulash, asparagus, Italian bread & lemon fluff	15 Roast pork with mushrooms, roasted potatoes, carrots, roll	16 Chicken parmesan with spaghetti, garlic	17 Chef salad, bread sticks & peaches	18 Mac-n-Cheese, stewed tomatoes, roasted vegetables,	19

ACTIVITY: 6:00 Ace to King	ACTIVITY: 10:00 Arthritis Exercise Program 10:30 Virtual Bowling 11:30 Volunteers Program Presentation RSVP & Foster Grandparents 1:00 Bingo	& cantaloupe slices ACTIVITY: 8:20 Massage 10:00 Chair Yoga 1:00 Shopping 3:00-5:00 Stepping On Last Class <div>Green Food Bag order pick ups 12:00—4:45</div>	bread & chocolate pudding ACTIVITY: 8:00 Lori Oakes, DSS 10:00 Arthritis Exercise Program 3:00—5:00 UYG Session #8	ACTIVITY: 10:00 Haircuts 10:00 Chair Yoga 12:30 5-pin Bowling 1:00 Shopping 1:00 Alzheimer's Support Group	roll & Jell-O ACTIVITY: 10:30 Virtual Bowling 1:00 Tina's Painting 4:00 "Embraceable You, the Music of George Gershwin (Rain-check tickets from April)	ACTIVITY: 6:00 Ace to King
20 ACTIVITY: 6:00 Ace to King NATIONAL BACK-YARD GAMES WEEK: 21 ST —28 TH	21 Salisbury steak with mushroom gravy, sweet potatoes, string beans, roll & vanilla pudding ACTIVITY: Kahnawake Visits! 10:00 Arthritis Exercise Program 10:30 Virtual Bowling 1:00 Bingo	22 Stuffed shells, tossed salad, broccoli, garlic toast & butterscotch pudding ACTIVITY: 10:00 Chair Yoga 1:00 Shopping	23 Scrambled eggs, sausage links, hash browns & fruit cup ACTIVITY: WORLD TURTLE DAY 10:00 Exercise DVD 12:30 FIRST "RIDE TO NOWHERE"!! 3:00—5:00 UYG Last Session	24 Chicken Burger, fries, three-bean salad & Italian ice ACTIVITY: 10:00 Chair Yoga 1:00 Shopping 12:30 Billiards at Tsi Ionkwanonhsote	25 PLANNING DAY  26 ACTIVITY: 6:00 Ace to King	
27 ACTIVITY: 6:00 Ace to King	28 CLOSED: MEMORIAL DAY	29 Chicken wrap, chips, pickle, coleslaw & mandarin oranges ACTIVITY: 10:00 Chair Yoga 12:30 Craft Class 1:00 Shopping 1:30 Legal Aid	30 BIRTHDAY MEAL Spaghetti with meatballs, tossed salad, Italian bread & poke cake ACTIVITY: 10:00 Chair Yoga 12:30 Craft Class 1:00 Shopping 1:30 Legal Aid	31 Pork chops, sweet potatoes, green beans, roll & pears ACTIVITY: 10:00 Haircuts 10:00 Chair Yoga 1:00 Shopping	Leave at 10:00 Oneida Indian Nation Aging Well Conference and Trip Back by 6:00	Legend for activities that have been abbreviated: UYG = Understanding Your Grief Support Group

National Senior Health & Fitness Day is a nationwide health and fitness event for older adults, always held the last Wednesday in May during Older Americans Month. 2018 will mark the 25th anniversary of the program, and more than 120,000 older adults will participate at local events at more than 1,200 locations across the country on the same day. The event's goals are to promote the importance of regular physical activity, and to showcase what local organizations are doing to improve the health and fitness of older adults in their communities.

Wednesday, May 30
10:00 a.m.—12:00 p.m.

Staff from the **Let's Get Healthy Program** will be here to lead us through some fun and energizing activities. There will be fun times, games, and prizes.

Most Hilarious Fitness Buff Costume Contest!

I don't know about you, but I love a good side pony tail. Tease and sweep my locks into a sideways up-do, and then dig out those boxes of old garb and slap on a leotard, leggings, and a pair of Converse. Who knows? We may even see the next Richard Simmons! So, Dress Up, Pump Up, and Sign Up for a chance to win a **\$50 Gift Card** for the Most Hilarious Fitness Buff Costume.



**Dancing --- Positivity --- Games --- Friendly Competition ---
 Community --- Movement --- Uniqueness --- Confidence**

No matter what level of ability you are at, get moving and grooving with us!

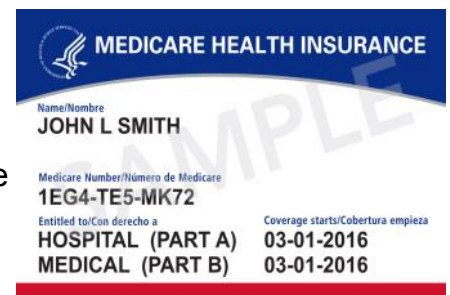
New Medicare cards are coming

Medicare is mailing new Medicare cards to all people with Medicare starting in April 2018.

10 things to know about your new Medicare card

Your new card will automatically come to you. You don't need to do anything as long as your address is up to date. Your new card will have a new Medicare Number that's unique to you, instead of your Social Security Number. This will help to protect your identity.

Your Medicare coverage and benefits will stay the same. (Continued on next page)



Mailing takes time. Your card may arrive at a different time than your friend's or neighbor's.

Your new card is paper, which is easier for many providers to use and copy.

Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.

If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare—you should still keep and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should carry this card too.

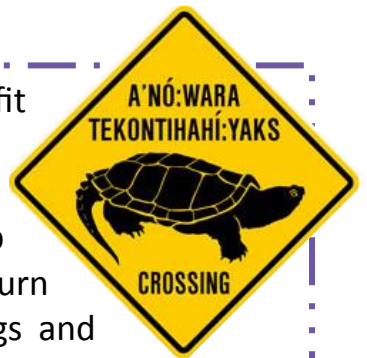
Doctors, other health care providers and facilities know it's coming and will ask for your new Medicare card when you need care, so carry it with you.

Only give your new Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.

If you forget your new card, you, your doctor or other health care provider may be able to look up your Medicare Number online.

Watch out for scams

Medicare will never call you uninvited and ask you to give us personal or private information to get your new Medicare Number and card. Scam artists may try to get personal information (like your current Medicare Number) by contacting you about your new card. If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call us at 1-800-MEDICARE (1-800-633-4227). Learn more about the limited situations in which Medicare can call you.



World Turtle Day May 23rd: American Tortoise Rescue, a nonprofit organization established in 1990, created World Turtle Day. It is celebrated to remind people to protect turtles and tortoises and their disappearing habitats around the world. Here are some tips to help protect our turtles and the home we call Turtle Island: #1—Don't burn brush! Lives are lost when you burn a Turtle's natural habitat. Eggs and hatchlings are among biggest loss. #2—Keep an eye on pets. The soft shells of a baby turtle are easy to crush and chew. #3—Look before you mow! Quickly scan your lawn area, especially if you live in or near the habitat of a turtle. #4—Don't use pesticides. These poisonous chemicals will hurt or kill baby turtles and will kill off food they need to survive: insects and other invertebrates. #5—When driving in areas known for turtle crossings, slow down and pay attention. If you must help a turtle cross the road, follow these simple steps (Credit Ontario Turtle Conservation Centre):

- ♦ Pull over your vehicle where it is safe & use emergency lights. Watch for cars. **Your safety is most important.**
- ♦ Grab a paddle, shovel, or other tool from your car to move the turtle (especially a snapping turtle).
- ♦ Never pick up a turtle by the tail - this is painful for the turtle, and can break its spine.
- ♦ Move the turtle in the direction it was going, placing it a safe distance away from the road.



Pickleball

Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Wiffle Ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules somewhat similar to tennis, with several modifications. Pickleball was invented in the mid 1960s as a children's backyard pastime but has become one of America's most popular growing sports among all ages. Starting in June, the Senior Center will be hosting Pickleball at the Travis Solomon Memorial Lacrosse Box. We are offering lessons as well. Call Tewentahawih'tha' to find out how to sign up.

No Sock Day May 8th: It's time to get out your sandals and flip flops and celebrate No Socks Day. Go ahead..... free your toes of the confines of socks and stockings. Give those tootsies a breath of fresh air. The creators of this day also profess that No Socks Day will reduce your laundry load, and therefore, is healthy for the environment. It's easy to participate, just leave your socks and stocking off, and let your toes enjoy a moment in the sun.

National Lost Sock Memorial Day May 9th: It is time to say "good-bye" to all of the single socks, the ones where their mates have been lost to the unknown. Where do all the missing socks go? Is there a washing machine heaven? This is a question that people have been trying to solve for many centuries. An answer may never be found to this problem, and life will go on. How sad to have lost such a close-knit friend!

National Hug Week May 6th—12th: Celebrate National Hug Holiday Week and make a difference one hug at a time! Huggers of all ages are encouraged to fill their daily hug prescriptions and share hugs in their communities. Need a reason to GIVE or GET a hug? Hugs can boost immunity, lower stress, and increase your self-esteem. Science says Hugs promote trust, can reduce feelings of depression and are critical for survival. And Hugging shows appreciation.

National Nurses Week May 6th—12th: It's time to recognize the contributions that nurses make to the community. This year we celebrate nurses who lead the charge for health and wellness. This year's theme "Nurses inspire, innovate, and influence". Think of that time a nurse really inspired you to make a healthy change, were innovative in helping you overcome an obstacle, or simply influenced you to be a better version of yourself. Then take a moment to smile, and thank them for their service. That's all it takes!

National Backyard Games Week 21st—28th: This eight-day period celebrates people going outside to socialize and interact while playing games. Need a reason for the kids to come outside with you, here are a few suggestions: Play tag, Jacks, Blow Bubbles, Play outdoor bowling, Marbles, Hula Hoops, Musical Chairs, Have a scavenger hunt, etc.

*I am pleased to announce two Health Promotion Spring workshops have successfully completed. **Healthier Living: Managing Ongoing Health Conditions** and **Powerful Tools for Caregivers** have seen some pretty great participants and awesome peer leaders. A big NIA:WEN to everyone who came out to learn and teach! I wish you the best as you continue your journeys to health and happiness! **Don't forget about your Action Plans!** - Tewentahawih'tha' Cole*

Happy Birthday!

1—Ronald Soucy,
Martha Cook, Carmen
Paquin

3—Lois Thomas

5—Adeline Herne,
Phyllis Terrance

7—Patricia Seymour

8—John Laughing,
Charles Benedict

9—Earl Frego, Vanessa
Lavare, Valorie Good

12—Veronica

Thompson, Leonard
Barnes, Melly Glass,
Rose Sunday

14—Lou Ann Paquin

15—Beverly
Schwardfigure

19—Cynthia Edwards

20—James Bero

22—Vera LaBarge

23—Mose McDonald

24—Michael Jackson,
Brenda Chubb

25—Rose Marie Jacobs,
Rosemary LeBlanc

27—Deborah
Grant-Herne

28—Edith Rybke,
Wanda Sharrow, Martha
Mitchell

30—Norman Tarbell,
Darlene Jacobs

**Bold are Saint Regis
Mohawk Senior Club
Members**



April Birthdays!



Our Birthday meal was held on Wednesday, April 25th and our Birthday Buddies who came to celebrate with us were:

Sue S., Lilly Swamp, Bettie Jacobs, Elizabeth Kelly, Marvin Ward, Irene Ward, and Giselle Cook.
(Sally Hamelin showed up too, but we missed the opportunity for a picture before she left.

Sorry Sally!

*Gloom, despair, and agony on me!
Deep dark depression, excessive misery
If it weren't for BIRTHDAYS, I'd have no FUN at all
Gloom, despair, and agony on me!*



Did You Know: Newsletters may also be received by e-mail. Just e-mail tewentahawihtha.cole@srmt-nsn.gov to be placed on the list.



St. Regis Mohawk Office for the Aging

29 Business Park Road

Akwesasne, NY 13655

***Newsletters may also be received by e-mail**

Phone: 518-358-2963

Fax: 518-358-3071

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If you are not the Addressee, please
notify us of our mistake.

To Addressee or Current Resident:

The SRMT Office for the Aging receives funding and support from the NYS Office for the Aging, Area Association on Aging, Title VI Native American Program, and the Tribal General Fund.

Services Available Through the OFA

If the services you need are not listed, phone us and we can assist with referrals to appropriate agencies.

Visit us on our Web
Page:

[www.srmt-nsn.gov/
office_for_the_aging](http://www.srmt-nsn.gov/office_for_the_aging)

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Serve You!**

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- **Referrals**
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- **Craft Activities**
- **Socialization**
- **Information & Assist..**