



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

April 2020

Flower: Daisy OR Lily

Birthstone: Diamond

Town of Grand Island

Golden Age Center

3278 Whitehaven Road

Grand Island, NY 14072

Phone: (716) 773-9682 OR (716) 773-9683

E-mail: goldenage@grand-island.ny.us

Business Hours: 8am—4pm, Mondays, Tuesdays,
Thursdays & Fridays

8am— 8pm Wednesdays

Website: [http://www.grandislandny.us/
departments/golden_age/index.php](http://www.grandislandny.us/departments/golden_age/index.php)

John Whitney

Town Supervisor

**Jennifer Baney
Mike Madigan**

**Tom Digati
Pete Marston**

Town Board

Jennifer R. Menter
Recreation Supervisor—Senior Citizen

Carrie Mesmer
*Recreation Leader—Senior Citizen
Golden Age Center*

April Member Birthdays

April 1	Fay McDonald	April 16	Marie E. Casey & Helen Harrison
April 2	Sharon Stevens—Downing & Susan Ventry	April 18	Ida Marzolf
April 4	Adele Cole	April 20	Bernadette Brown & Maryanne Golinski
April 7	Barbara Wilson	April 21	Rich Ray & Heidi Travagline
April 8	James Caprio, Lucy Delavalle & Daniel Lynch	April 22	Yvonne Turri
April 9	Bob Ernst, Jerry Kutis & Charles Rader	April 23	Kathy Lechner
April 10	Patricia Haag, Bonnie Ingalls & Sue Kaiser	April 24	Randolph Johnson
April 11	Arlene Edhe	April 25	Florence Lindelow
April 12	Kathy Elias, Mary McDonnell & Ted Pawlowski	April 27	Henry Mayer, Tom Natale, & Donna Oursler
April 13	Gayle Nowak	April 28	Joan Sumner
April 14	John Leszczak	April 29	Herman Black, Bruce Hann, & Rick Magro
April 15	Trish Birtz & Jacquie DesJardins-LoManto	April 30	Georgette Combes & Richard Staskiewicz

Weekly Consistent Activities at the Golden Age Center

MONDAY

Tai Chi: 9:00am with **Pat** in the Community Center

Color & Coffee Time: 9:30am in the Dining Area

Anything Craft Class: 10:00am with **Lorraine** in the Arts & Crafts Room

Arthritic Chair Exercises: 12:30pm with **Lorraine** behind the Stage

Pinochle & Various Card Games: 12:30pm in the Dining Area

Fun with French: 12:45pm with **Jen** in the Dino Room in the Activity Center

Bridge: 1:15pm in the Dining Area

TUESDAY

Total Body Workout: 9:30am with **Michelle** in the Community Center (*Fee for class is \$1*)

Technology Club: 10:45am in the Arts & Crafts Room

Beginner Line Dance: 11:00am with **Richard** behind the Stage

Canasta and Various Card Games (Pinochle, etc.): 12:30pm in the Dining Area

Bingo: 12:45pm with **Carrie** in the Arts & Crafts Room

Advanced Line Dance: 12:45pm with **Richard** behind the Stage

WEDNESDAY

Golden Age Chorus: 10:00am with **Don** on the Stage

Artists' Haven: 10:00am in the Dino Room in the Activity Center

Various Card Games (Pinochle, Canasta, etc.): 12:30pm in the Dining Area

Fun with French: 12:45pm with **Jen** in the Dino Room in the Activity Center (**3rd, 4th, & 5th Wednesdays of the month**)

THURSDAY

Total Body Workout: 9:30am with **Michelle** in the Community Center (*Fee for class is \$1*)

Bingo: 10:00am with **Carrie** in the Arts & Crafts Room

Mahjongg: 12:15pm in the Pool Room (Lounge)

Euchre & Various Card Games (Pinochle, Canasta, etc.): 12:30pm in the Dining Area

Ceramics: 1:00pm in the Arts & Crafts Room

FRIDAY

Tai Chi: 9:00am with **Pat** in the Community Center

Chess: 9:00am in the Dino Room in the Activity Center

Coups for Troops: 9:30am in the Dining Area

Trim Time: 10:00am on the Stage

Read & Feed Book Club: 10:00am in the Arts & Crafts Room

Arthritic Chair Exercises: 12:30pm with **Lorraine** in the Arts & Crafts Room OR behind the Stage

Poker & Various Card Games (Pinochle, Canasta, etc.): 12:30pm in the Dining Area

****NEW TIME**: Chair Yoga: 1:00pm with **Vanessa from Soma Cura** on the Stage**

Thursdays in April: *A Matter of Balance – 8 week program starting Thursday, April 9—Thursday, May 28*

Time: **9:00am—11:00am**

Place: **Stage**

Cost: **Free**

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls. You will learn to: * view falls as controllable * set goals for increasing activity * make changes to reduce fall risks at home * exercise to increase strength and balance.

Who should attend? * anyone concerned about falls * anyone interested in improving balance, flexibility and strength * anyone who has fallen in the past * anyone who has restricted activities because of falling concerns. Please call (716) 858-8526 to register OR sign up in the Golden Age Center office for this program.

****TIME ADJUSTMENT: FRIDAYS**:** *Chair Yoga*

Time: **1:00pm**

Place: *Stage*

This yoga class is designed specifically for older adults looking to gain flexibility, strength and clarity of mind, all without needing to leave your chair or practice on the floor. Anyone who uses a walker or cane are welcome too. We will practice stretching and strengthening poses all with the use of the chair. We will also practice meditation to help find ease in the body, mind and soul. Join Vanessa from Soma Cura for this great class.

Wednesday, April 1: *April Fools' Day Birthday Lunch*

Time: **12:00 NOON** for the *Birthday Lunch*; **12:45pm** for the *entertainment*

Place: *Dining Area*

Let's get together for a birthday party of SURPRISES and lunch and celebrate the seniors who are celebrating a birthday this month! Of course, the party would not be complete without ice cream & birthday cake, graciously donated by Elderwood at Grand Island. Join us for some great entertainment by Saxman Slim starting at 12:45pm, to wrap up our Birthday Party. Mark your calendars and join in the fun!

Thursdays in April: April 2, 9, 16. & 30: *Sewing Club*

Time: **12:30pm**

Place: *Arts & Crafts Room*

This month's project is to complete our microwaveable bowls and placemats. We will also begin work on the quilted table runner. Please contact Carrie for a list of items you will need (which is minimal). The Sewing Club will gladly take donations of sewing shears, fabric and batting. You do NOT need to be an accomplished sewer to be a part of our group. All are welcome!

Friday, April 3: *Decorating the Center*

Time: **12:30pm**

Place: *Dining Area*

Let's have some fun taking down any decorations and putting up our spring items! Many hands make light work!

Monday, April 6: *Members' Coffee*

Time: **10:30am**

Place: *Dining Area*

Please join Jen for a warm beverage and a light breakfast as members discuss thoughts, wishes, and happenings at the Golden Age Center. Questions, suggestions and feedback are warmly welcomed. Come and join in the conversation; your input, time and feedback are valuable! Jen hopes to see you there!

Monday, April 6: *America Homecare*

Time: **12:45pm**

Place: *Dining Area*

Join Wendy from America Homecare as she gives an overview of the programs available to you through Medicare/insurance and then she will be available to answer your questions.

Tuesday, April 7: *Walmart Trip*

Time: The Golden Age Bus will leave at **8:30am**.

Place: *Meet at the benches at the Entrance.*

We are offering a shopping trip to Walmart to those seniors who don't drive off the Island or for those who would rather leave the driving to us! This is the perfect opportunity to get your bi-weekly shopping done. **Reminder: you are limited to 4 shopping bags that YOU can lift.** Please call us at (716) 773-9682 or stop in to reserve your spot on our Golden Age Van. Suggested donation: **\$3.00**

Tuesday, April 7: *Crafting for a Cause*

Time: **10:30am**

Place: *Dining Area*

Please join Carrie while we make an April gift for our Meals on Wheels recipients here on Grand Island. Help give back to your community and share our love for our seniors who are housebound.

Wednesday, April 8: *United Health Care*

Time: **10:00am – 11:30am**

Place: *Outside the Dining Area*

John Koller from United Health Care will be at the Center to answer any of your health insurance questions and will be able to provide you information on health care plans from United Health Care & Aetna. Stop on by and have some peace of mind about the many health insurance changes in 2020.

Wednesday, April 8: *Social Group Respite Program*

Time: **1:30pm—4:30pm**

Place: *Community Center*

Attention caregivers of people with Alzheimer's disease or a related dementia: A dementia-specific respite program runs today and every 2nd Wednesday of the month from **1:30pm until 4:30pm in the Community Center on the Nike Base**. This is a social group respite that we find benefits people with dementia and their caregiver. This respite is fun-filled with EIGHT varied activities planned throughout the course of the program. Great friendships and fun take place here! Please call Jennifer Menter at (716) 773-9682 for more information on this social program.

Friday, April 10: *Good Friday Easter Egg Hunt*

Time: **9:30am**

Place: *Dining Area*

Join us for our Golden Age Center tradition! Golden Age members will enjoy an Easter Egg Hunt, with eggs hidden skillfully by crafty and talented Golden Age staff member Pat; those that find eggs will win great prizes! Join us after for our Good Friday brunch, complete with French toast, scrambled egg & veggies, hash browns & fruit cup, with juice and beverages.

Friday, April 10: *Good Friday;* the *Golden Age Center* will be **CLOSED from 12:00pm –4:00pm.**

Sunday, April 12: *Easter Sunday*

This Easter, I'm wishing you and your family to have a prosperous and peaceful life. May you be blessed with a home filled with harmony, joy and love. Easter brings fun, Easter brings happiness, Easter brings endless blessings, Easter brings love and the freshness of spring. Happy Easter to you and your family!

Monday, April 13: *Travel Club meeting*

Time: **10:30am**

Place: *Dining Area*

Come join Carrie and Jen as continue planning for the next few months of day travel! Come with your ideas and let's get back on the road again! Bring your checkbook, as payment holds your spot on our trips. Travel with us!

Tuesday, April 14: *Jokes On Us!*

Time: **10:30am**

Place: *Dining Area*

Join Carrie today as we find a fun way to celebrate "International Moment of Laughter Day". Bring your own jokes to share with the group and listen to some funny ones Carrie will have on hand. It would be okay to share some St Patrick's fun limericks and such to make up for last month!

Thursday, April 16: *Univera Health Care*

Time: **10:00am-12:00pm**

Place: *Dining Area*

Michelle Hrichan from Univera Health Care will be at the Golden Age Center to answer any of your health insurance questions and will be able to provide you information on their health care plans. Stop on by and have some peace of mind about the many health insurance changes in 2020.

Thursday, April 16: *Home Connections Presentation*

Time: **11:15am**

Place: *Dining Area*

Please join Carmen Lippert, RN of the Home Connections program from Hospice Buffalo as she talks about the Home Connections program and the Sharing Your Wishes guide. After her presentation Carmen will be available to answer your questions. Today is known as National Healthcare Decisions Day so what better way to get the most accurate information for an important topic.

Thursday, April 16: *Executive Board Meeting*

Time: **12:30pm**

Place: *Stage*

ATTENTION: Calling ALL members of the Golden Age Club Executive Board! The Golden Age Club President Anna Vaccaro requests the presence of all officers and chairpersons for the monthly meeting following lunch. She looks forward to seeing you there, as we'll be discussing March events, upcoming April events, as well as other important topics. Mark your calendars!

Friday, April 17: *Mindfulness*

Time: **10:00am**

Place: *Dining Area*

Today presenter, Rachel Ceness, a Blue Cross/Blue Shield Health Coach, who will speak on Mindfulness. Mindfulness promotes the practice of daily activities that reduce stress and anxiety, improve performance and productivity, and increase happiness with a greater sense of peace, presence and overall well-being. Learn more about the benefits of mindfulness and simple ways to incorporate this practice into your everyday life.

Friday, April 17: *Crafting Fun*

Time: **12:30pm**

Place: *Dining Area*

Would you like to create an individual craft? Carrie will have choices for you to pick from and the supplies will be provided for you to complete it. **There is a minimal cost of \$3.00 per person** for your materials. Come and join in the fun! Please register in person or by calling (716) 773-9682.

Monday, April 20: *Baseball Fun & Movie Event*

Time: **10:30am & 12:30pm**

Place: *Dining Area*

Even though the baseball season has been delayed, we are going to celebrate the eventual opening of America's favorite pas-time. In the morning we will watch some baseball bloopers, listen to Abbott and Costello's famous "Who's on First?" skit, play some trivia and make pennants of our favorite baseball teams. We encourage you to join in our delicious cookout luncheon and afterwards stay for the showing of the movie "Field of Dreams". The movie is about an Iowa farmer who feels the need to act after hearing a mysterious voice in his cornfield. Eventually building a baseball diamond, the ghosts of great baseball players start emerging from the fields to play the great game of baseball! Wear your favorite baseball shirt or jersey and hat! Let's play ball!

Wednesday, April 22: *Volunteer Appreciation Luncheon*

Time: **11:45am lunch; 12:45pm presentation; 1:15pm—2pm presentation**

Place: *Dining Area*

Join us as we celebrate, honor, and thank the MANY volunteer friends that share their time, talents, and help us run many of the services here at the Golden Age Center. Come and join us for this incredible celebration and special presentation!

Thursday, April 23: *Census Event, in partnership with the Grand Island Memorial Library*

Time: **10:00am—1:00pm**

Place: *Arts & Crafts Room*

Join Bridgette Heinz, director of Grand Island Memorial Library and Liz Wilbert of the Golden Age Center as they first provide a presentation on the importance of the census and then assist seniors with completing their census questionnaires on laptops and computers, provided in the Arts & Crafts Room.

Monday, March 23: *NYS Free Weatherization Program*

Time: 12:30pm

Place: Dining Area

Come hear presenter, Eileen Vicki, Outreach Coordinator from Ivy Lea Construction on the eligibility factors and what can be provided for you through the NYS Weatherization Program. This program can assist both renters as well as homeowners. Eileen will give you a short presentation followed by the ability to apply and ask questions after.

Tuesday, April 21: *Walmart Trip*

Time: The Golden Age Bus will leave at 8:30am. **Place:** Meet at the benches at the Entrance. **Suggested donation:** \$3.00

We are offering a shopping trip to Walmart to those seniors who don't drive off the Island or for those who would rather leave the driving to us! This is the perfect opportunity to get your bi-weekly shopping done. **Reminder:** you are limited to 4 shopping bags that YOU can lift. Please call us at (716) 773-9682 or stop in to reserve your spot on our Golden Age Van.

Tuesday, April 21: *Crafting for a Cause*

Time: 10:30am

Place: Dining Area

Please join Carrie while we continue our t-shirt bags for the Matt Urban Hope food pantry in Buffalo. Help give back to our extended community! Used t-shirts in good condition are accepted for this project.

Thursday, April 23: *General Meeting & Town Time*

Time: 11:15am for the General Meeting; 12:30pm for Town Time

Place: Dining Area

Join us for our monthly General Meeting with the Golden Age Club and the Golden Age members, hear about happenings in the past month, as well as upcoming events and programs at the Golden Age Center. Enjoy a delicious lunch at 12 Noon, and stay to hear the updates on happenings around our Grand Island community after lunch with Town Time with our Town Supervisor Whitney and Town Board Liaison Marston. Stay informed!

Friday, April 24: *Grand Island Memorial Library Mobile Bookmobile*

Time: 10:30am—12 Noon

Place: Dining Area

Join Bridgette and the Grand Island Memorial Library staff will come here to the Golden Age Center to bring their mobile Bookmobile! Register to get a new library card, learn more about the programs and services the local library provides, AND be able to check out NEW titles of library books. Check out all that our local library has to offer our community!

Friday, April 24: *At the Races*

Time: 10:30am

Place: Dining Area

Join Carrie for this hilarious fun game with no money involved but lots of betting and chances! May the best horse win!

Monday, April 27: *Cricut Fun*

Time: 10:00am

Place: Dining Area

Have you ever heard of the Cricut Machine? Do you have one but want to learn how to use it? Join Carrie as we do some crafts for the bulletin boards and for fun.

Tuesday, April 28: *Total Body Workout*

Time: 9:30am

Place: Stage

Total Body Workout will take place today on the Stage due to Early Voting taking place in the Community Center.

Tuesday, April 28: *Bingo Bonanza!*

Time: 12:45pm

Place: Dining Area

Come join us for some fun, special BINGO Bonanza games! Join us for a chance to win GREAT PRIZES and PRIZE MONEY (from \$1—\$5 winnings). Come one, come ALL! **COST:** \$1.00 to play; **players can play up to 4 Bingo boards for this price.** Each additional BINGO board (over 4 boards) can be purchased for an additional \$1.00. Come one, come all!

Thursday, April 30: *Bulletin Board Decorating*

Time: 12:30pm

Place: Dining Area

Are you willing to lend a hand to Carrie to changeover the bulletin boards? Join us before lunch to take out the old and bring in the new!

Thursday, April 30: *15 Ways to Avoid Probate*

Time: 1:00pm

Place: Dining Area

Drawing on over 41 years of planning experience, Attorney Robert Friedman of Friedman & Razenhofer, PC will explain estate and asset protection planning techniques; the risks and benefits of avoiding probate; the best forms of real estate ownership; the most common estate planning mistakes; recent changes in estate and gift tax laws; the duties of trustees and executors; myths about living trusts; when to update your will; and how to prevent will contests. To register for the free seminar, call 716.631.9999; complete the contact form at WNY-Lawyers.com or email Jessica@LegalSurvival.com.

AARP Tax Preparation—February—April 2020



The **Golden Age Center** is happy to provide the **AARP Tax Aide Service** again this year! Please call (716) 773-9682 and leave your name and phone number if you'd like to have your taxes prepared. A volunteer representative will return your call 24—48 hours to set up an appointment on a Wednesday from February 5—April 8 and will make sure your tax return is something they can handle as well as the proper documentation required.

April 2020 Wednesday Night Programming

Remember all the things the Golden Age Center has to offer from 4:00pm – 8:00pm!

Come and use the Golden Age Center to play pool, play games, do crafts and use our sewing machines, exercise on the Stage on our rowing machine, stationary bike, gentle exercise equipment, play piano, use our computers, and MORE! Your choice, the Center will be OPEN and you may use the Pool Lounge, Stage, and Arts & Crafts Room. (Please note, some areas of the GAC may be being used by other programs BUT any areas not are available.)

Wednesday, April 1: Spring Potluck Dinner

Time: 5:00pm-7:30pm

Place: Dining Area

Come and join us tonight for fellowship, fun, and a delicious dinner, and then use the various areas of the facility for your activities of your choice. No cost involved; just bring a dish to pass! Please register at the Office or call (716) 773-9682 and let us know what you will be bringing for the Potluck. Join us for a Golden Age Center favorite!

Wednesday, April 1: Dementia Caregiver Support Group

Time: 6:00pm

Place: Stage

Build a support system with people who understand. Alzheimer's Association caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, friends and family of persons with dementia to: develop a support system, exchange practical information on caregiving challenges and possible solutions, talk through issues and ways of coping, share feelings, needs and concerns, and learn about community resources. Join us for this monthly group & come when you can. Respite is available. Please call 1 (800) 272-3900 for more details AND to register for the group AND please call (716) 773-9682 should you need respite for tonight.

Wednesday, April 8: Open Night at the Golden Age Center

Time: 4:30pm – 7:30pm

Join us this evening for a plethora of opportunities! Come and use the Golden Age Center to play pool, play games by choosing one from our Entertainment Center, do crafts by choosing from our many craft supplies from our Arts & Crafts Room, and use our sewing machines, exercise on the Stage on our rowing machine, stationary bike, gentle exercise equipment, play piano, use our computers, and MORE! Your choice, the Center will be OPEN and you may use the Pool Lounge, Stage, and Arts & Crafts Room. (Please note, some areas of the GAC may be being used by other programs BUT any areas not are available.)

Wednesday, April 8 & April 15: Alternative Yoga

Time: 6:00pm – 7:00pm

Place: Stage

Alternative Yoga offers gentle breathing and fluid movements to encourage circulation and body awareness. Balancing postures will promote strength, courage and a deep sense of calm. Stay grounded and learn to soar! A chair and sometimes blocks are the main props used in this class, but they are not necessary. Join Vanessa from Soma Cura for this FREE program; register by calling (716) 773-9682.

Wednesday, April 15: Potluck & Games Night

Time: 5:00pm-7:30pm

Place: Dining Area

Join us this evening for a Potluck beginning at 5:00pm and after dinner, your choice of games. You can bring your own games OR use one available from our Entertainment Center. Please register and let us know what you will be bringing by stopping at the Office or by calling (716) 773-9682. Join us for a great night of great conversations, catch up with your friends, make new friends, and enjoy laughter over a great, friendly, competitive night of games! Join us in a Center favorite!

Wednesday, April 22: Earth Day Dinner catered by 773 North

Time: 5:00pm

Place: Dining Area

Tonight, we have arranged a special dinner with 773 North to celebrate Earth Day. Dinner will consist of Romaine and Spring Mix greens with a number of salad toppings for you to choose from, including Ranch & Balsamic Vinaigrette dressings, Fruit Salad, 773 North Tuna & Macaroni Salad, rolls & butter, beverage and dessert. **Cost: \$10.00 per person.** You must register and pay for this meal by Friday, April 16 by close of business at the Office.

Wednesday, April 22: Kindness Project

Time: 6:00pm

Place: Dining Area

After tonight's dinner, we encourage you to stay and help with our project of painting small rocks to be placed around the community of Grand Island. These small words of wit and encouragement may be what someone needs! We will be creating these tonight and then at a later time, with your help, putting them around our beautiful Island for someone to find. If you would like to do something different, you always have the Center open for your own projects and ideas. Join us!

Wednesday, April 29: A Short History of the Roycroft Campus

Time: 5:00pm – 6:15pm

Place: Dining Area

Tonight Alan Nowicki, Roycroft Campus Program Director, will present a short history of the Campus. Working in the late nineteenth century, Elbert Hubbard, a soap salesman, would be a catalyst for the Arts & Crafts movement in America. Mr. Nowicki will speak to the establishment of the Roycroft Shop in 1897 and how it evolved to undergo multiple expansions and production of handcrafted art. Come and hear the stories of the rise, fall and rebirth of this National Historic Landmark, right here in Western New York. Please register at the Office or call (716) 773-9682 to make a reservation to attend this program.

Wednesday, April 29: Bookbinding Workshop

Time: 6:15pm

Place: Dining Area

After his presentation this evening, Alan Nowicki, Roycroft Campus Program Director, will present a bookbinding workshop. Attendees will learn about the book arts, terms and tools, and each one will create a 6" X 9" journal using the same techniques the Roycrofters used in making their magazine *The Philistine*, bound in faux leather. **THE COST FOR THIS PROGRAM IS \$10 PER PERSON AND IT IS A LIMITED NUMBER OF PARTICIPANTS.** Please register by calling (716) 773-9682 to make a reservation to attend this program. Payment must be made with reservation.

Go GREEN with us and SAVE OUR EARTH! Fill out this form and return it to the Office to receive your monthly copy of the **Golden Voice** newsletter via e-mail!

Please print clearly. Thank you!

Name: _____

E-mail Address: _____

CONGRATULATIONS to
March Birthday Lunch Split Club
Raffle Ticket winners:

Nancy Tobe, Bob Vaccaro, Connie O'Brien,
Jane Consier, Rick Berti, Sue Phillips,
& Joy Mesmer

CONGRATULATIONS to February General
Meeting Split Club Raffle Ticket winners:

John Duchnik, Don Hamman,
Lorraine Mangin & John Whitney



We hope that you all
enjoyed the
**60th Anniversary of the
Golden Age Club and
the Golden Age Center!**

SAVE THE DATE!

Our 65th Anniversary of the
Golden Age Club and the Golden
Age Center will be on
Monday, December 16, 2024!

**A warm welcome to all our new members of the
Golden Age Center:**

James (Mike) Pannell Kim Campana

David Pascoe Marguerite Fox Karen Cowart



Coffee for the Month of April has been graciously donated by our
Total Body Workout program. Thank you to the friends of the
Total Body Workout program for their thoughtful generosity and
support of the **Golden Age Center.**



Gym equipment & piano

On the *Stage*, the *Golden Age Center* has a stationary bike, a rowing machine, resistance bands, small exercise balls & some light weights for our members to use, as well as a piano to play! Members who use this equipment will sign a waiver & will be shown how to properly use the equipment. **The gym equipment and piano are available for use:**

Mon. & Fri.: 8-10am; 1:30-4pm

Tuesday: 8-9am; 3-4pm

Wed.: 8-10am; 1:30-4pm

(EXCEPT the 2nd Wednesday of the month
from 1:30-2:45pm)

Thursday: 8-9am; 12:30-4pm



Monthly Birthday
Drawing:



Each month, we will have a
drawing for **two lunch tickets** at the
Golden Age Center. If your birthday
falls during the current month, each day you
participate in the lunch program, you may
fill out a slip and put it in the
Birthday Drawing.

The winner will be drawn the last day of the
month. **Shirley Martin** is the lucky
winner for the month of **February!**



**Senior Discounts shared to us by Golden Age Center member
to enjoy around the community**



Take advantage of these great discounts around the community:

- ♦ Walgreens: 15% off on the *1st Tuesday of the month*; 25% off *Walgreens brand items*
 - ♦ Savers: 30% off on *Tuesdays*
- ♦ Rite Aid: 20% off *ALMOST EVERYTHING* the *1st Wednesday of the month*
 - ♦ Tops: 6% off on the *1st Tuesday of the month*
 - ♦ Olympic Restaurant: *Senior Dinner Discounts EVERY NIGHT!*
- ♦ Fucillo Toyota: 10% discount on *non-discounted services, such as oil change*
 - ♦ Denny's: 15% off
 - ♦ Ted's: Veterans get a 10% discount

If you know of any other discounts, please let us know, so we can spread the news to our senior citizens!

Members we lost in March 2020:

Please keep these members and their families and friends in your thoughts during this difficult time. Our Golden Age friends are dearly missed and they will be forever in our hearts.

If any Golden Age members have passed away and are not listed, please contact the Office at (716) 773-9682 so we can update our records. We sincerely appreciate your help.

Frances Gerspach

Jean Malaney

Delilah (Dolly) D'Orazio

Anthony (Tony) Marino

Neighbors Foundation of Grand Island



stands ready to help with food for families who find themselves temporarily in financial difficulty. Long-term or repeat help must come from government social services or staffed help agencies, but the Neighbors Foundation can provide emergency help.

To start a request for help, phone:

(716) 773-1452 or (716) 773-4684

Golden Age Center Lunch Calendar

Lunch is \$4.00. ON SPECIAL EVENT DAYS, lunch will be \$5.00 or more, and will be noted in the lunch calendar.

Lunch is served at 11:45 am Monday-Thursday & 11:30 am on Friday.








On Special Event days, lunch is served at 12 Noon.

Lunch includes: A cup of homemade soup, vegetable or fruit, an entrée with a meat, potato or other starch, dessert, with a choice of hot tea, iced tea OR coffee

Our Souper Seniors Lunch Includes: Unlimited soup & sandwiches, beverage & a dessert

April 2020

Sun. Mon. Tue. Wed. Thu. Fri. Sat.

			1 Birthday Lunch \$5 Maple Balsamic Pork Loin with Rice	2 Roasted Turkey, Stuffing & Cranberry Sauce	3 Souper Seniors 	4
5	6 Members' Coffee 10:30am Beef Stroganoff 	7 Hearty Cornbread Casserole	8 Sloppy Joe's with Chips & Fruit Cup	9 Hearty Beef Stew & Biscuit	10 Good Friday Brunch 10:15am 	11
12 EASTER 	13 Travel Club meeting 10:30am Reuben with Chips and a Pickle	14  Day of Luck & FUN Corned Beef with Potatoes & Carrots	15 Meat Lasagna with Tomato Sauce and Garlic Bread	16 Barbecue Chicken with Mashed Potatoes & Gravy	17 Souper Seniors 	18
19	20 Welcome Spring Cookout (Please call for menu!)	21 Meatloaf with Mashed Potatoes & Carrots	22 Earth Day & Arbor Day Cobb Salad	23 Executive Board Meeting Ham with Pineapple & Scalloped Potatoes	24 Souper Seniors 	25
26	27 Beef Taco Salad	28 Chicken & Rice Casserole	29 Sausage & Sauerkraut	30 General Meeting Breaded \$5 Pork Chops & Au Gratin Potatoes & Applesauce		