

The Golden Voice

April Events

This April, we have a showcase of events going on! We are excited to announce the following events:

Old Hollywood Birthday Party

Wednesday, April 2: 11:30am

Get ready for the scrumptious AND reminscent celebration with friends!

Bingo Bonanza

Friday, April 4: 12:45pm

Get ready to win BIG with our great Bingo games! Get out your lucky boards!

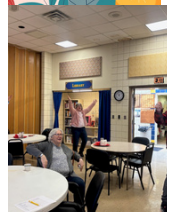
Volunteer Appreciation Luncheon

Wednesday, April 30: 11:30am

Schedule a program by calling our Golden Age Center by calling (716) 773-9682. **Get in quick!**

March Event Photos

Did you get snapped at our last events? Check out the photos below and also check out our website to see if you were snapped at our great, fun events!



A Warm Welcome from our Incredible Staff

Welcome to the Golden Age Center!

The Grand Island Golden Age Center provides services to all Grand Island residents, 50 years of age and older, regardless of religious, racial, political or ethnic background. This Town-sponsored facility provides transportation services, special events, educational, recreational & travel opportunities, as well as a congregate site featuring home-cooked meals & Meals on Wheels on weekdays. Our mission is to provide safe, nurturing, and enjoyable activities to meet the needs of our senior population. Membership is free of charge. The staff and members of the Golden Age Center welcome you!

Recreation Supervisor - Senior Citizen

Jennifer R. Menter

Recreation Leader - Senior Citizen

Carrie Mesmer

Transportation Coordinator

Jenny Gula

Recreation Attendants & Program Coordinators

Daniella Salvatore

Sandy Thomasula

Van Drivers

Tammy Violanti

Fran Molnar

Nutritional Staff

Cathy Moore

Fran Molnar

Ryan Zygmunt



A Message from Jen

With the warmer, sunnier days upon us, I think everyone is starting to get a taste of Spring Fever. Does anyone else feel the same way? We are planning for an action-packed, energetic, and exciting Spring. **Join us for the fun!**

As you enter the Coat Room, a rack has been left to leave your winter weather and spring weather gear out to dry while you are here. Don't forget to pack an extra pair of shoes to wear as you enjoy some fun here!

Our Try & Buy is now OPEN! You may NOW bring in clothing items for the clothing closet. Please bring your donations to the Office. Everyone has eagerly awaited the opening of our closet! Refresh and update your wardrobe with US!

Our new bus is on the road and has joined our fleet. We are SO excited to hit the road in our new vehicle, to enjoy some new adventures! We will be starting day trips this month. **Adventure awaits!** We can't wait to hit the road with you! Join us for our Travel Club meeting, on Monday, April 7 at 10am. **Travel with US!**

Don't forget, label your coats and items so that they do not get mixed up with other's belongings! Thank you for understanding!

Bring in your Tupperware container to take home left over lunch. If your lunch is too big, you can eat the leftovers for dinner. We can NOT give out take out containers for your leftovers. if the lunches are bigger for you, take it home to enjoy for dinner! In addition, please call early to reserve your spot for lunch. **Thank you for understanding!**

Please be sure to say "Hello!" to us and check in at the Office and check in for the activity you are participating in at the Office. This is to ensure safety, in the case of emergency, and to keep accurate attendance in our facility.

The promise of spring's arrival is enough to get anyone through the bitter winter. Be patient...Mother Earth is waking up and longer days are on the way.

Best, Jennifer R. Menter

(716) 773-9682

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |

www.grandislandny.us/280/Golden-Age-Center Open 8AM - 4PM Mon. - Fri.

The Golden Voice

Mark Your Calendars!



Tuesday, April 29 at 10:30AM

Brain Games

Join in this great time to reminisce! Energize your spirit and activate your brain by playing a variety of games together from Stay Smart kits and games themed to the month of APRIL! Socialize and improve your mental health and well-being with others!



Coffee for the month of

April

will be **FREE** compliments of

Judy Seebauer

in honor of

Golden Age Center members



We are grateful for the thoughtful generosity and support of our donors! This program will continue due to the generosity of our Golden Age Center friends!

(716) 773-9682

April Consistent Weekly Programs at the Golden Age Center

MONDAY

Independent Craft Activities: Work on your craft projects independently at your leisure from **8:15am—12:30pm; 2:15pm—3:45pm** in the **Arts & Crafts Room**

Billiards games: Join us for exciting Billiard games! Whether you're a seasoned player or a beginner, this is perfect for anyone who loves the game. All are welcome to join **8:15am onward** in the **Lounge**

Tai Chi: Experience meditation in motion and this mind-body practice at **9:00am** with **Pat** at the **BACK of the Dining Area**

Fit for Life! **10:00am** with **Jenny** in the **BACK of the Dining Area**

Guitar: Strum and play fun songs on the guitar at **10:00am** in the **Music Room** in the **Recreation Building**

Card Games & Dominoes: Play a variety of card games with friends from **12:30pm –3:45pm** in the **Dining Area**

Fun with French: **12:45pm** with **Jen** in the **Arts & Crafts Room**

Bridge: **12:30pm** in the **BACK of the Dining Area** on the **2nd and 4th Mondays of the month**

TUESDAY

Independent Craft Activities: Work on your craft projects independently at your leisure from **8:15am—12:30pm; 2:15pm—3:45pm** in the **Arts & Crafts Room**

Billiards games: Join us for exciting Billiard games! Whether you're a seasoned player or a beginner, this is perfect for anyone who loves the game. All are welcome to join **8:15am onward** in the **Lounge**

Total Body Workout: Designed to target all of the major muscle groups in the body, this class incorporates strength training using various equipment, such as light weights, resistance bands, fly swatters, and body weight. Join us at **9:30am** with **Michelle & Diane** in the **Community Center**

Seniors in Stitches: **10:00am** in the **Arts & Crafts Room**

Beginner Line Dancing: This is a line dancing class...with a twist! Join **Richard** at **11:00am** on the **Stage**

Canasta, Dominoes & Card Games: Play a variety of card games with friends from **12:30pm –3:45pm** in the **Dining Area**

Mahjongg: Mahjong is a game that originated in China, and it's a game that requires some skill, strategy, calculation, and a bit of chance! Come play at **12:30pm** at the **BACK of the Dining Area**

Advanced Line Dancing: This is a line dancing class...with a twist! Join **Richard** at **12:45pm** on the **Stage**

Bowling: For \$7, bowl 3 games and get in on the friendly fun! Join **Joanne** at **1:00pm** at **Mallwitz Island Lanes**

WEDNESDAY

Independent Craft Activities: Work on your craft projects independently at your leisure from **8:15am—12:30pm; 2:15pm—3:45pm** in the **Arts & Crafts Room**

Billiards games: Join us for exciting Billiard games! Whether you're a seasoned player or a beginner, this is perfect for anyone who loves the game. All are welcome to join **8:15am onward** in the **Lounge**

Chorus: Sing songs of all different genres among your peers at **10:00am** with **Don** on the **Stage**

Artists' Haven: Come and Paint with us! Bring your paints, your palette, your paintbrush and let your imagination run wild and inspire you, as we paint in a room filled with bright sunlight at **10:00am** in the **Arts & Crafts Room**

Sit and Stretch: Stretch your tight muscles, relax your mind, calm your body and soul, and leave feeling rejuvenated at **10:00am** with **Sue** in the **BACK of the Dining Area**

Dominoes & Card Games: **12:30pm –3:45pm** in the **BACK of the Dining Area**

****Fun with French**:** **12:45pm** with **Jen** on the **3rd Wednesday** of the month in the **Arts & Crafts Room**

Afternoon of Games: Play Ping Pong, Foosball, Shuffleboard, and other games with friends at **1:00pm** in the **Community Center**

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |

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The Golden Voice

Members who are sick and under the weather in March 2025; we send you healing thoughts your way!



Joyce Berk
Bobbie Capp
Pat Ehinger
Fran Fusco
Frank Greico
Tom Kunselman
Ed Krawczyk
Ruth Landel
Jack Mahnk
Cathy Mancuso
Brian Mongiolo
Dee Schuman
Dennis Scheffler
Chuck & Nancy Tobe
Fran Tracy
Sue Whitbeck
Jimmy Wilkinson

Welcome to our new members of the Golden Age Center in the month of March 2025:



Art Pelletier
Peter Reagan
Mark Manthei
Michael Magera
Martin McAllister
Nancy McAllister
Angela Melcher
Joan Swartzwelder
Jodi Robinson
Denise Dewey
Joyce Cassata
Noreen Ward
Karen Zirnheld
Carla Stone
Bonnie Antholzner



2-1-1: available 24 hours a day, 7 days a week. Free and confidential referral service. Human & social services, emergency housing, legal services, domestic, health & wellness, food & nutrition, mental health, support groups, & developmental disabilities

Erie County Senior Services: (716) 858-8526

HEAP: (716) 858-7644

April Consistent Weekly Programs at the Golden Age Center

THURSDAY

Independent Craft Activities: Work on your craft projects independently at your leisure from **8:15am—12:30pm; 2:15pm—3:45pm** in the **Arts & Crafts Room**

Billiards games: Join us for exciting Billiard games! Whether you're a seasoned player or a beginner, this is perfect for anyone who loves the game. All are welcome to join **8:15am** onward in the **Lounge**

Total Body Workout: Designed to target all of the major muscle groups in the body, this class incorporates strength training using various equipment, such as light weights, resistance bands, fly swatters, and body weight. Join us at **9:30am** with **Michelle & Diane** in the **Community Center**

Bingo: **10:00am** with **Carrie** in the **Dining Area**

Pinochle, Dominoes & Card Games: **12:30pm –3:45pm** in the **FRONT of the Dining Area**

Balance for All: This program includes gentle strengthening exercises, coordination drills, and balance challenges. This class is designed to enhance your overall stability and is designed to increase activity levels. Join Jen & Jenny at **1:00pm** in the **BACK of the Dining Area**

FRIDAY

Independent Craft Activities: Work on your craft projects independently at your leisure from **8:15am—12:30pm; 2:15pm—3:45pm** in the **Arts & Crafts Room**

Tai Chi: Experience meditation in motion and this mind-body practice at **9:00am** with **Pat** in the **BACK of the Dining Area**

Chess: Strategize and play games of Chess at **9:00am** on the **Stage**

TGIF Couponing: Cut coupons with us for those in need at **9:15am** in the **Dining Area**

Read & Feed Book Club: Designed to share in friendship & a love of reading! Join us at **10:00am** in the **Arts & Crafts Room**

Poker & Euchre: **11:00am** onward in the **BACK of the Dining Area OR Lounge**

Mahjongg: Mahjong is a game that originated in China, and it's a game that requires some skill, strategy, calculation, and a bit of chance! Come play at **1:00pm** with **Anna** at the **BACK of the Dining Area**

Chair Yoga & Meditation: Exercise & do yoga from the comfort of the chair with gentle poses. Leave feeling Zen and at peace. Join **Martha** at **1:00pm** in the **Community Center**

For any questions on our programs, please call (716) 773-9682 OR stop by the Office to register or discuss with Golden Age staff member.

Important Phone Numbers to know: Who do you call when you need help?

Emergency Phone Number: (716) 773-7508

Crisis Services: (716) 834-3131

9-8-8: National Suicide Hotline



(716) 773-9682

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The Golden Voice

For Your Information!



Please do NOT flush paper towels, disposable undergarments, hand wipes, or sanitary items down the toilets in our restrooms. Please dispose of these items in the garbage can, located in each restroom. We are on a septic system, and septic backups can happen easily, making this is an expensive cost for us to incur. Thank you for your help in this matter.

Please LABEL your coats or sweatshirts with your first and last name. Members may wear similar looking items and makes it easier for similar coats to go home with the correct members, especially in the Winter and Spring months, when we are coming into the senior center, during the snowy, or rainy weather months. Thank you for your help and understanding!

HEAP - Home Energy Assistance Program



HEAP is federally funded assistance with home heating costs and energy conservation for eligible households. Program components include benefit assistance for heat and electricity, furnace repair or replacement, weatherization referral, and cooling assistance (in summer months-based on medical necessity). Do you qualify? To fill out the application with guidance, please make an appointment to meet with our Recreation Supervisor, Jennifer Menter, by calling (716) 773-9682 to make an appointment. REMINDER: HEAP opens on April 1st!

April 2025 Special Events Calendar at the Golden Age Center

Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member.

Golden Age Center Lunch Calendar

Membership allows you to partake in our nutritious lunch program; lunch is \$4.00 OR \$5.00 OR MORE on Special Event days. Lunch is served at 12NOON Monday-Thursday & 11:30am on Friday. Please call (716) 773-9682 to reserve your lunch. Please remember to call us and CANCEL your meal if you cannot attend so that we can sell your lunch to another member.

Our Take-Out lunch is paid for at the Front Office of the Golden Age Center and lunch is picked up at the Kitchen from our talented Chef. Enjoy!

April 2025 Lunch Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 	2  Old Hollywood Birthday Party \$6 Frank's Sausage Rigatoni Bake with Peas, Judy's Vegetable Salad, Peaches & Marilyn's Chocolate Cake	3 Chicken & Vegetable Stir Fry	4  Souper Seniors	5
6 <i>The Souper Seniors meal includes: TWO different soups, a sandwich, a fruit and a side. Enjoy!</i>	7  Travel Club 10:00am Meatloaf with Mashed Potatoes and Gravy	8 Chicken Pot Pie with Garden Salad	9 Pulled Pork Tacos with Coleslaw & Pineapple	10 Pancakes, Yogurt Parfait, Sausage & Fruit Cup	11  Souper Seniors	12 
13	14 Monte Cristo with Sweet Potato Fries & Mixed Fruit Cocktail	15 Open-Faced Roast Beef Dinner with Scalloped Potatoes & Carrots	16 Chicken and Dumplings with Mixed Vegetables	17  Executive Board Meeting \$6 Crispy Drumsticks with Stuffing, Corn & Pears	18  Good Friday-Brunch 8:30am-11am	19 
20 	21 Cathy's Crispy Chicken with Mashed Potatoes, Gravy & Mixed Vegetables	22 Spaghetti with Meat Sauce, Green Beans & Jello	23  Take Me Out to the Ballgame Day Hot Dog Bar with French Fries, Jello & Fruit Cocktail	24  General Meeting \$6 Pork Loin with Mashed Potatoes, Applesauce & Hearty Vegetables	25  Souper Seniors	26
27	28  CLOSED	29 "Rachel" with Apple Slices, Chips & a Pickle	30 Ham Dinner with Scalloped Potatoes & Carrots	Update: You MUST call us at (716) 773-9682 the DAY OF, to register for lunch; calls will be accepted 8am until 10:30am. NO reservations for lunch will be allowed on the answering machine. Lunch openings are LIMITED due to amount of food available and the 10:30am cut off time. Thank you!		

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The Golden Voice

Members that we lost in
the month of
March 2025:

In Loving Memory

Marie O'Hara

Bruce Sims

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.



Need Food?



For confidential assistance, call the
Neighbors Foundation of Grand Island

716-775-7998

Gineighbors14072@gmail.com



Scan QR Code for instant
access to our website at:
www.gineighbors.org

Our mission statement
Neighbors Helping Neighbors

We are an all-volunteer organization providing confidential food assistance to our Grand Island Neighbors through the generosity of individuals, churches and other groups who donate funds and non-perishable goods.

April 2025 Special Events Calendar at the Golden Age Center

Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member.

Tuesday, April 1: 12:45PM

Birding Basics with NYS Parks

Come and learn some tips and tricks to becoming a birder, including common identifying characteristics and some common birds in our area! Please call the Golden Age Center at (716) 773-9682 or stop in to register for this class.

Wednesday, April 2: 9:30AM

Birthday Party Set-Up

Want to join in and give a hand? We will be meeting in the Dining Area to put up decorations for this afternoon's birthday party. Many hands make light work!

Wednesday, April 2: 11:30AM; 12:45PM – 1:45PM for entertainment

Old Hollywood Birthday Party

Join us as we come together to celebrate those seniors born in the month of April in style. Dress in your finery, reminiscent of the era of Old Hollywood and come in and listen to the music of Sinatra and other crooners, as we have Michael Stuart as our entertainer for the afternoon. "Guess the Flick", watching some movie clips as we participate in the fun before the party, and other fun entertainment. Be sure to join in early as well for a fun "Cocktail" before the event. A special celebrity menu is part of this celebration, so you don't want to miss it!

Thursday, April 3: 12:45PM

Crafting with Carrie – Easter Bunny

Make a bunny out of a washcloth! Materials and instruction will be provided. This is a cute gift for a grand or great-grandchild. The cost for today's craft is \$2.00. Please register with the Office staff by Wednesday, April 2.

Friday, April 4: Leaving at 8:30AM

BPO Bette, Babs & Beyond

Per the BPO, Bette, Babs & Beyond is a dynamic tribute to the legendary women who have shaped the music industry. Conducted by Jason Seber, the BPO is joined by a stellar cast of vocalists to celebrate the iconic songs of Bette Midler, Barbra Streisand, Cher, Aretha Franklin, Janis Joplin, Carole King, Tina Turner, and more. This concert is a journey through the hits that made these women superstars, performed with the passion and power they deserve. It's a journey of emotional highs, unforgettable melodies, and the stories of the remarkable women behind the music. Prepare to honor the trailblazers with performances that are simply the best. Those seniors who previously purchased the series tickets will be attending and those that have booked transportation should be here at the Golden Age Center, ready to leave at 8:30AM.

Friday, April 4: 11:00AM – 12:30PM

Grand Island Memorial Library

Join Bridgette, Director of the Grand Island Memorial Library today as she comes here to the Golden Age Center bringing the 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!

(716) 773-9682

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The Golden Voice

Golden Age Center Transportation Vans



Call the Golden Age Center TRANSPORTATION Department at (716) 773-9682 to book your transportation appointment!

Our Transportation Services are available for the following:

- Bringing members to the Golden Age Center to socialize and participate in our 39 Consistent Weekly Programs and many varied Special Events
- General Medical Appointments **NOT** requiring sedation
- **Nutrition** – Dining at the Center OR Grocery Shopping
- **Financial** – Banking, Social Security Administration, going to the Post Office, Town Hall, and so forth
- **Personal Care** - Hair Salon appointments and Barber Shop
- **Medical appointments** - Please schedule as far in advance as possible!
- **Golden Age Center visits** - Call us at least TWO days in advance, to be scheduled on the van schedule.
- **All other appointments**: Schedule as far in advance as possible. We will do our best to accommodate your request.

Call us **TODAY!**

Call us at **(716) 773-9682** and ask to speak to Jenny, our Transportation Coordinator.

(716) 773-9682

April 2025 Special Events Calendar at the Golden Age Center

Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member.

Friday, April 4: 12:45PM

Bingo Bonanza!

For \$1.00 for the first bingo board and a dream, you too can try to win the Bingo prize envelopes! Additional boards are available for just \$.25 each, and players can play up to four (4) boards. ***Come one, come all!*** Join us for laughs and lots of fun!

Monday, April 7: 10:00AM

Coffee & Conversation/Travel Club with Carrie

Join Carrie this morning as she serves some tasty beverages, treats, and highlights the special programs for the month of April. She will review the information, answer questions, and sign people up as requested. As always, it is important to read your newsletter and check out all the events! Bring your calendars so you can add your events.

Monday, April 7: beginning at 11:45AM

Barbie Daze

What do you know about Barbie? Did you know that the doll is based on a German Bild Lilli doll? Come and learn some interesting facts. Bring your dolls in (or borrow from grandchildren) to show the progression of the Barbie doll. We will also enjoy the newest Barbie film starring Ryan Gosling and Margot Robbie. The color of the day is PINK!

Monday, April 7 & Monday, April 14: 1:00PM – 4:00PM in Arts & Crafts Room

Defensive Driving of New York

Join us for our popular instructor, Wayne West, as he instructs you on safe, defensive driving. You **MUST** attend both sessions to receive the course completion certificate, which you can turn into your insurance company, to receive a discount on your auto insurance policy. You **MUST** register ahead for this program. Bringing in your check or money order for \$25.00, made payable to Wayne West, will secure your spot in the class.

Monday, April 7: 6:00PM – 8:00PM

Ready to Retire? Presentation by Independent Health Association, Inc. Redshirt

Find the right Medicare Advantage plan. Come to hear details on what is right for you and your life. Get the information early to make the best decisions! One-on-one consultations are available that evening! Please call the Golden Age Center to let us know that you will be in attendance at (716) 773-9682.

Tuesday, April 8: 9:00AM – 12:00PM

Highmark Blue Cross Blue Shield of WNY

Jeff Lewis, from Highmark Blue Cross Blue Shield of WNY, will be on site to assist with planning for Medicare and retirement health coverage. Stop on by and have some peace of mind about the many health insurance changes in 2025.

Wednesday, April 9: 9:00AM – 11:30AM

Lawley Insurance

Questions about Medicare? John is here to help. He can go over the A, B, C, and D of Medicare, including what to do and when. He can compare your needs to all the carriers, including Independent Health, Highmark BCBS, Univera, United, Humana and Aetna to name a few. Or if you just want to sit and talk, he is here for that too! Join John Weatherby, Medicare & Individual Health Insurance Consultant. Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |

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The Golden Voice

Golden Age Club



MISSION STATEMENT of
the Grand Island Golden
Age Club:

- * To make the later years of life a
"Treat rather than a Retreat".
- * To recognize Recreation as a
basic human need
- * To bring new interests, activity
& friendships into retirement living.
- * To provide creative experience that
gives personal happiness & satisfaction.



Golden Age Club Ballot

Here is the slate of candidates for the next
Executive Board as of November 2024. Nominations
were made on Thursday, November 21, 2024 at the
General Meeting during the Thanksgiving Dinner and
the Installation of Officers will be held at the General
Meeting at the Christmas Dinner on
Thursday, December 19, 2024. Thank you to our
Executive Board for their time, talents, and service!

President.....Bob Vaccaro
Vice President.....Martha Marrinaro
Captain.....Cathy Mancuso
Sergeant of Arms.....Tom Natale
Corresponding Secretary.....Sue Bognar
Reporting Secretary.....Beth Julin
Treasurer.....Joy Mesmer

Lions Club Closet



Do you or your loved one need a
walker, cane, commode, shower
chair or any other assistive
device? Call us at (716)
773-9682 so we can find the
assistive device you need from
the Lions Club Closet!

(716) 773-9682

April 2025 Special Events Calendar at the
Golden Age Center

Please register for programs by calling (716) 773-9682 OR stop by the Office to register
for programs with a Golden Age staff member.

Wednesday, April 9: 1:30PM – 4:30PM

Social Respite Group Program

Attention Caregivers of individuals 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 Golden Age Center on the Nike Base. This is a
social group respite that we find benefits people with dementia and their caregivers.
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, option 2, for more information on this social program.

Thursday, April 10: 12:45PM – 2:45PM

Painting Class with Martha Rogala in the Arts & Crafts Room



Come celebrate the promise of spring and create your own painting of tulips using
acrylics on canvas. All supplies are included, and no drawing or painting experience is
necessary. Step-by-step instructions are available for those who want that, and others
can come and play with the paints while getting helpful tips. Color mixing, painting
techniques, and tapping into your artist's eye are concepts shared in this "just for fun"
experience! The cost of this program is \$40.

Friday, April 11: 12:30PM

Day Trip: Magical Mystery Tour

This is a mystery, and it is FREE as we take our new bus on a trip around the Island.
Join us for some zany fun as we participate in this activity with Carrie. Singing is
required, but not necessarily on key or good singing...just having fun in a VERY
unique way. This activity is limited to the first TWELVE people who register! You
won't want to MISS IT!

Monday, April 14: 8:30AM

Day Trip: Broadway Market/Potts Deli

Join us as we head over to the Broadway Market for a traditional Easter shopping and
celebration, and then Potts Deli & Grill for lunch, together with friends. The Golden
Age Center bus leaves promptly at 8:30AM and will be back to return by 1:30 PM.
The cost is \$15 per person, cash only. Lunch is on one's own. Soak up the fun of the
Easter season and the sounds of Buffalo's Broadway Market!

Tuesday, April 15: 12:45PM

Great Gorge Route Trolley with NYS Parks

Come and learn all about the history of the Great Gorge Route Trolley – one of the
original attractions in our region that traversed the Niagara Gorge! Please call the
Golden Age Center at (716) 773-9682 or stop in to register for this class.

The Golden Voice

Happy Birthday to our members celebrating April birthdays!

April 1.....Arnold Batcho & Lakhvir Singh Kang
April 2.....Robert Jellinick, Sharon Stevens-Downing, & Susan Ventry
April 3.....Gregg Cook
April 6.....Jeffrey Meshulam
April 7.....Fred Gleave & John Parisi
April 8.....Margery-McKinney Burkman, Lucy Delavalle, Debbie Hays, Elaine Hollingsworth, & Karen Zirnheld
April 9.....Ezra Florence, Jeff Kirsch, & Samuel Serra
April 10.....Sue Kaiser & Robert Porter
April 11.....Mark Kogutowski
April 12.....Kathy Elias
April 14.....Gregg Gamble & Richard Snyder
April 15.....Robert Coe & Jacquie DesJardins-LoManto
April 16.....Lisa Macaluso & Linda Schmitt
April 17.....John Chin & Marsha Phillips
April 18.....Chris Gorton
April 21.....Heidi Travagline
April 22.....Yvonne Turri
April 23.....Kathy Lechner
April 24.....Kathleen Dann & Sandy Reagan
April 26.....Ric McGarrigle
April 27.....Tom Natale & Henry Mayer
April 28.....Pat Ehinger & Joan Sumner
April 30.....Diane Goupil & Rick Magro

Birthday Split Club Raffle Winners

The Birthday Split Club Raffle takes place at EVERY Monthly Birthday Party, held on the 1st Wednesday of EVERY month, from 10:15am - 11:45am. Winners will split the proceeds of the Birthday Split Club Raffle with the Golden Age Club. You GOTTA be in it to win it! Special thanks to Kathy Lechner this month for helping to sell the Birthday Split Club Raffle

Tickets for the month of March!
The winners of March's Birthday Split Club Raffle are:

**Bonnie Peete
 Don Hamman
 Gunnar Munk
 Diane Bialek
 Jan Yardley
 Nancy Prusak
 Joy Mesmer**

April 2025 Special Events Calendar at the Golden Age Center

Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member.

Wednesday, April 16th: 12:45PM in the Arts & Crafts Room

Communicating Effectively with the Alzheimer's Association

The Empowered Caregiver: This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Communicating Effectively teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals. To register, please call (716) 773-9682 to reserve your spot in the class.

Thursday, March 20: 10:00AM

Executive Board Meeting

Club President Bob Vaccaro asks for the presence of the Executive Board together for their monthly meeting, to discuss Club business, to discuss the Silent Auction, the Easter Egg Hunt event, and MORE. Officers and Executive Board members, PLEASE mark your calendars, and join us. Bob and the Executive Board look forward to seeing everyone then!

Thursday, April 17: 11:00AM

Easter Egg Hunt

Join in the fun of our annual Golden Age Center Easter Egg Hunt. Try to find the golden egg! You gotta be in it to win it! Meet us in the Dining Area, claim your Easter Basket, and try to win one of 30 BIG prizes! Over 100 eggs will be HIDDEN!

Friday, April 18: activities begin at 8:30AM

Good Friday Event

Join in today's festive Easter activities, that begin at 8:30am as the senior center closes early today. Join us at 8:30am for a Spring Sing-a-Long, make your own Easter Bonnet or Bowtie, then ending with Tea & Trivia Brunch at 10:15am. The Golden Age Center closes promptly at 11:45am for the Easter holiday.

Monday, April 21: 10:00AM

Needlework & Cross Stitch

If you would like to come and do simple stamped cross stitch and decorate a pillowcase, then this class is for you. All supplies are provided, and instructions, if needed. If this isn't for you, but you want to continue working on your knitting and crocheting projects, you can have this additional time to work on it as well. Craft with us!

Monday, April 21: 11:30AM

Pizza Luncheon Matinee

Be sure to sign up early, by Friday, April 18th by 11:00am to join in the pizza luncheon and the special film for the afternoon. You can register for the luncheon and pay at the Office with any staff. Cost is \$5.00 to participate. The movie being shown today is: Singing in the Rain.

Tuesday, April 22: 12:45PM – 2:15PM

EC Senior Services & SUNY Buffalo Focus Group

Speak with Carrie early to possibly be a part of this study to better services in our community for those over 65+. You must commit to sitting in on this group today for the full time. See Carrie to be properly registered to make your opinion count!

**CONGRATULATIONS!
 (716) 773-9682**

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 | **8**
www.grandislandny.us/280/Golden-Age-Center **Open 8AM - 4PM Mon. - Fri.**

Dennis's Dad Joke of the Month



Where do pirates buy their hooks?
~ A second hand store!

Veterans



Calling all veterans! Thank you for your service to our country, thank you for your bravery, and thank you for the example that you set for us. If you are a member of our senior center, and you are a veteran, let Jen know, and let Jen know what branch of service that you were a part of. Thank you for your service!



Did you know?!?



A free light breakfast is available each morning from 8:00am—11:30am in the Dining Area for all to enjoy. A variety of donuts, pastries and coffee is available for our Golden Age members to enjoy. Enjoy this among the company of members and friends!

Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member.

Wednesday, April 23: 11:00AM – 2:00PM

Batter Up!

Come in today wearing your favorite baseball teams' attire (jersey, hat, pin, etc). Activities start at 11:00am, then on to the Hot Dog Bar for lunch, then more fun including Baseball Bloopers, contests of Throwing the Distance and Hitting a Grand Slam for starters. **Who is on first?** We will see how Abbott & Costello can answer that! *Buy me some peanuts and crackerjacks, and let's root for the home team!*

Friday, April 25: 9:30AM

Day Trip: Marilla Country Store & Santora's

The Golden Age Center van will leave at 9:30AM and return about 2:30PM for a great shopping trip to the country store, with a nice lunch out with friends. Cost: \$15 per person for transportation; purchases and lunch will be on one's own.

Saturday, April 26: 9:00AM – 5:00PM

Golden Age Center Open Center Day

Come in and join us as we craft away or come in and play your own games. Carrie will be providing instruction on the Cricut and offering scrapbooking classes. If you have ever wanted to put together a book for your family, then this would be the place to be! Many supplies can be provided but speak with Carrie ahead of time so you can bring in what you need to work on to complete it page by page. There will be lunch and dinner provided for the cost of \$10 per person. Attendees can bring snacks and sides to share. You must register and pay by Thursday, April 24th.

Monday, April 28: The Golden Age Center is CLOSED today.

Today is a Staff Training Day for the Golden Age Center staff. The Golden Age Center will reopen at 8am on Tuesday, April 29, 2025.

Tuesday, April 29: 12:45PM

Beavers and Beyond (all about beavers and their adaptations) with NYS Parks

Come and learn about nature's engineers, their adaptations, and how they navigate and affect our landscape. Please call the Golden Age Center at (716) 773-9682 or stop in to register for this class.

PUZZLE-PALOOZA!

In the back of the Dining Area, the Golden Age Center has a puzzle table, set up for people to enjoy putting together puzzles, for our members to try at their leisure.

Members can also sign out puzzles to enjoy and put together at home. We have puzzles from 100 pieces—550 pieces. If you are interested, **SIGN OUT the puzzles at the Office. You can enjoy the puzzles for a month of time.**

The puzzles are available for use:

Mondays: 8am—10am; 11:30am—3:45pm

Tuesdays: 8-11:45am Wednesdays: 11:30am—3:45pm

Thursdays: 8am—12:45pm Fridays: 8am—10am

Gym equipment & piano

On the Stage, the Golden Age Center has a stationary bike, an exercise cycle, a recumbent bike, a rowing machine, resistance bands, small exercise balls & some light weights for our members to use.

Members who use this equipment will **SIGN IN at the Office, will sign a waiver & will be shown how to properly use the equipment.**

WE ALSO HAVE A PIANO TO PLAY FOR YOUR MUSICAL DELIGHT!

The gym equipment and piano are available for use (and will be disinfected after each use):

Mondays: 8am—10am; 12:45pm—3:45pm

Tuesdays: 8-11am Wednesdays: 11:30am—3:45pm

Thursdays: 8am—3:45pm Fridays: 8am—10am

The Golden Voice

April 2025 Special Events Calendar at the Golden Age Center



The Try & Buy Clothing Closet remains IS NOW OPEN for the Spring season!

Golden Age members can start to bring in their gently used and nearly new clothing items, shoes, and jackets to be sold for a very low price this SPRING.

Golden Age members will be asked to bring (10) clothing pieces at a time. The Try & Buy is NOW OPEN, Monday, March 3.

Refresh your revamp your wardrobe with us!

Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member.

Do you have concerns about falling?

Many older adults experience concerns about failing and restrict their activity. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

This program emphasizes practical strategies to manage falls.

IN CLASS YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to decrease 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 a history of a fall has limited activity because of a fall

VARIOUS TOPICS INCLUDE:

- Identifying home hazards
- Exercise & strength training
- Medications (How they relate to falls)
- Proper Footwear
- Balance Testing
- Personal Emergency Response Systems
- Nutrition (and how it affects falls)

The next class will be held:

Where: The Golden Age Center

3278 Whitehaven Rd

Grand Island NY 14072

Date: Tuesdays, March 18—Tuesday, April 29

Time: 9:15AM—11:15AM

For more information or to sign up: Call or e-mail

Jen Menter

(716) 773-9682

jrmenter@grand-island.ny.us



Need Food?

For confidential assistance, call the Neighbors Foundation of Grand Island

716-775-7998



Scan QR Code for instant access to our website at: www.grandislandny.us/neighbors

Our mission statement: Neighbors Helping Neighbors

We are an all-volunteer organization providing confidential food assistance to our Grand Island Neighbors through the generosity of individuals, churches and other groups who donate funds and non-perishable goods.

The Salvation Army Tonawanda
46 Broad Street



Worship & Community Center
Tonawanda, NY 14150

3rd THURSDAY MOBILE

FRESH PRODUCE

DAIRY

MEAT

FRESH VEGETABLES

& MORE



FOOD PANTRY

Join us for our 3rd Thursday Mobile Food Pantry. If you need food, we will be serving the community at the Grand Island Town Hall beginning April 17th and the third Thursday of each month following. It is a drive-thru pantry and all you need is your ID and proof of address.

WHEN
APRIL 17th

Every 3rd Thursday of the Month
10am & While supplies last

WHERE

Grand Island Town Hall
2255 Baseline Road - Grand Island, NY 14072

For more information, email Lt. Adam Mack - adam.mack@usa.salvationarmy.org or give us a call at 716-469-2269 and leave a msg.



(716) 773-9682

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |

10

www.grandislandny.us/280/Golden-Age-Center Open 8AM - 4PM Mon. - Fri.

2025 Easter Egg Trail and Easter Activities

Presented by the Grand Island Recreation Department,
Grand Island Memorial Library and Miracle League of WNY

Follow the Easter Egg Trail around Veterans Park,
enjoy refreshments, coloring, photo booth,
crafts and more inside the Library



Friday, April 18, 2025 – 9:00– 11:30 a.m.

Who: Family friendly event - activities for the kids, fun for parents and grandparents

Where: Veterans Park / Grand Island Memorial Library, 1715 Bedell Road.

Time:

9:00-9:30 a.m. - For children with adaptive needs - Easter Egg Hunt and visit with the Easter Bunny in the Library. Eggs will be hidden throughout the Library for a fun egg hunt.

10:00-11:30 a.m. - Indoor and Outdoor Activities. Travel outside along the Easter Egg Trail through Veterans Park. Egg locations will be marked with wooden Easter decorations, Recreation Staff and volunteers. It will take approximately 30 minutes to walk the entire

trail ANYTIME between 10:00 and 11:30 a.m.; eggs will be available the entire time.

You may start anywhere along the trail - no registration required. Trail is paved and natural surface. See trail map for more details.

Remember to bring your basket or bag to collect eggs! Collect and keep Easter Eggs at each location - every egg has a treat or toy in it. **Random eggs will have golden tokens inside of them** - find one and bring it to the Recreation Staff inside the Library to **redeem for a golden egg prize.**

Easter activities inside the Library - craft stations, photo booths, visit with the Easter Bunny, Kelly's Country Store Easter chocolate raffle and more!

Back By Popular Demand - GAC Club Bake Sale and Basket Raffle and Kornerstone Coffee



Enjoy hot coffee, hot chocolate and breakfast treats from Kornerstone!



Enjoy the bake sale and basket raffle hosted by the Golden Age Club:

Tasty treats available for purchase while supplies last. Over 15 raffle baskets available inside.

****CASH ONLY PLEASE**** All proceeds support their not-for-profit club to support senior activities around Grand Island.

Thank you to our organizers, partners, volunteers and sponsors:



Town of Grand Island Recreation Dept.,
Parks Dept., Golden Age Center and Club



Grand Island
Memorial Library



Miracle League of WNY DECA, NHS Kelly's Country Store



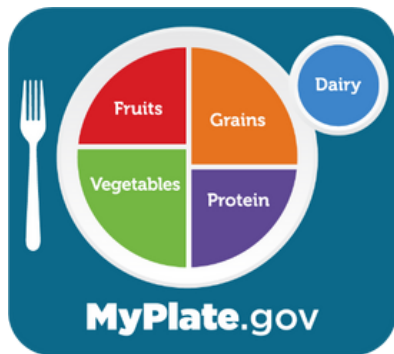
GICSD



Kelly's Country Store



Are you 60 years or older? Come join our workshops and have fun while learning how to improve your choices in shopping, eating and physical activity!



Golden Age Center

3278 Whitehaven Rd

Grand Island 14072

Thursdays at 10:00 – 11:00am

Workshop Topics:

March 20 - Balancing Nutrition with MyPlate

March 27 - Eat your Fruits & Vegetables

April 3 - Adventure into the World of Whole Grains

April 10 - Diverse Proteins, Balanced Living

April 17 - Eating Better on a Budget

April 24 - The Art of Preparing Tomorrow's Meals Today

May 1 - Unlocking the Secrets to Affordable Fresh Fruits and Veggies

May 8 - Fuel for an Active Lifestyle

TO REGISTER STOP BY THE FRONT DESK OR CALL THEM AT 716-773-9682

If you have any questions about the workshops, please call (716) 858-4951

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP aids low-income individuals and families in buying nutritious food for a better, healthier diet.

For more information call 1-800-352-8401

This institution is an equal opportunity provider and employer.

If you would like to request reasonable accommodations to participate in this program, please contact Erie County Senior Services at (716) 858-4951 or Michelle.Werneiowski@erie.gov



Our next **Hearing Screenings** with Dr. Salvatore Gruttadauria, AuD, CEO, from Diversified Rehabilitation Services, Diversified Hearing Services, Children's Rehab Services of WNY, is coming up on **Friday, October 18** from **8:30am - 11:30am** on the **STAGE of the Golden Age Center**. Screenings will take place every **15 minutes**. To sign up for your **FREE** Hearing Screening, please call (716) 773-9682. **Please put your health and HEARING FIRST!**

Did you know?!?!?



A free light breakfast is available each morning from **8:00am—11:30am** in the Dining Area for all to enjoy. A variety of donuts, pastries and coffee is available for our Golden Age members to enjoy. Enjoy this among the company of members and friends!



NEW!

Monthly Lunch Drawings! Each month, we will have a drawing for two lunch tickets at the **Golden Age Center**. Each day that you participate in the lunch program, you may fill out a slip and put it in the **Monthly Lunch Drawing**. The winners will be drawn the last day of the month. **Nancy Riggs & Debbie Jenkins** are **March! CONGRATULATIONS!**



- Does your loved one have dementia, Alzheimer's, and you're looking for certain resources?
- Are you looking for senior housing apartments?
- Are you looking for Adult Day programs?
- Are you looking for transportation needs?

IF these are some of your questions, please call (716) 773-9682 for us to point you in the right direction.

Bread Donations from Tops Markets



Due to the generosity of Tops Markets, we receive donations from Tops on Mondays, Tuesdays and Thursdays. Members can choose to take home one item per person to enjoy. We are thankful and grateful for the generosity of Tops Markets for the breads, pastries, cookies, and desserts they provide our Golden Age members!



Unscramble the April-themed words! Good luck! Bonne chance! April is a month full of CONTRASTS and a month of SNOW and FLOWERS in some places! What could these SURPRISE words be?!?! Take a chance and take a guess! May LUCK be in your favor!

- 1.) P R S I N G _____
- 2.) A I N R O W B _____
- 3.) U L P I T S _____
- 4.) A T S E E R _____
- 5.) A X E T S _____
- 6.) A R T E H _____
- 7.) R O L U V E N T E _____
- 8.) O K E J S _____
- 9.) I R D B S _____
- 10.) U N F _____



Our next **Safe Defensive Driving Class** with Wayne West is coming up on **Monday, April 7 & Monday, April 14, 2025** from **1pm - 4pm** in the **FRONT Dining Area**. The class is **\$25 per person**; CHECKS made payable to Wayne West. Payment is DUE upon registration for the class. Participants **MUST** participate in **BOTH** classes in order to receive the auto insurance discount & the class certificate.



love fresh fruits and veggies?

Stop by to purchase fresh, healthy, affordable
and locally grown produce!



NEW STOP STARTING ON 2/5/25!

Grand Island Golden Age Center

3278 Whitehaven Rd, Grand Island, NY

14072

**1st, 3rd, and 5th Wednesday of the
month**

10:30-11:30am



The Farm Market accepts credit, debit, cash, and SNAP!

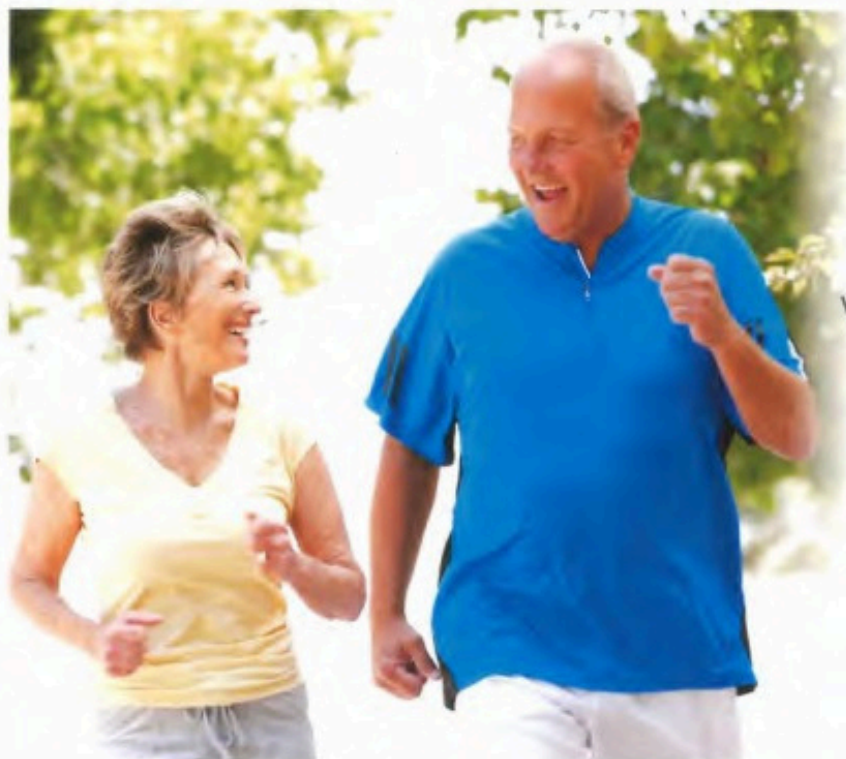
**FeedMore
wny**

FeedMore WNY
www.feedmorewny.org
(716) 822-2002

Walk with Ease



Experience the Walk With Ease Program Arthritis Foundation Certified. Doctor Recommended



"When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse."

— Walk With Ease participant

The **Arthritis Foundation Walk With Ease Program** is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.

Benefits to You

Walk With Ease will help you:

- ▶ Motivate yourself to get in great shape
- ▶ Walk safely and comfortably
- ▶ Improve your flexibility, strength and stamina
- ▶ Reduce pain and feel great

Sign Up Today at the Front Desk

Golden Age Center

Provided through Erie County Senior Services

Mondays, Wednesdays and Thursdays

(No class on Monday, May 26th & Thursday, June 19th due to holidays)

@ 12:45pm for six weeks, about 1 hour long sessions

Starting May 19, 2025

May 19,21,22 --- 28,29,30

June 2,4,5--- 9,11,12 ---16,18,20 ---23,25,26
(Makeup classes on Friday, May 30th & Friday, June 20th)

It is important to be in attendance for as many classes as possible

Any questions call Michelle @ (716) 858-4951 or email michelle.werneiowski@erie.gov

This material is funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP aids low income individuals and families in buying nutritious food for a better, healthier diet.

For more information call 1-800-352-8401

This institution is an equal opportunity provider and employer

The poster features a light gray background with a decorative border of stylized hands in various colors (brown, orange, blue, white) and small pink hearts. A large white arch frames the central text.

Camaraderie!

Music by Custodi & Parisi

JOIN US FOR OUR

Volunteer
Appreciation
Luncheon

AT THE GOLDEN AGE CENTER!

WEDNESDAY, APRIL 30

11:45AM - 2:00PM

Fun!

RSVP TO JEN BY CALLING

(716) 773-9682 OR E-MAIL

JRMENTER[AT]GRAND-ISLAND.NY.US

RAFFLES!