

# The Golden Voice

## April Events

This April, we have a showcase of events going on to make for **a sensational start to the SPRING season!** We are excited to announce the following events:

**Coffee & Conversation & Travel Club Meeting - with BPO Presentation!**

Monday, April 6: 10:00am

**Boots & BBQ Birthday Party**

Wednesday, April 1: 10:30am - 1:45pm

**Bingo Bonanza!**

Friday, April 3: 12:45pm

Get ready to win GREAT PRIZES with our great Bingo games! *Get out your lucky boards!*

Schedule a program by calling our Golden Age Center by calling (716) 773-9682.

**Get in quick!**

# April 2026



## 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 for Grand Island residents. 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

WOW! This has been quite a tough month! Though the days are feeling like a rollercoaster, it's getting easier to get out, and NO FEAR; we are planning an action-packed, energetic, and exciting month of APRIL for you all to savor. Set a routine to *kick start your spring and enjoy great programming with us!*

**We are now part of a Composting project with Erie County! In order to reduce waste, we are composting the following: food waste, tea bags, coffee grounds, food liquids, napkins, paper plates (non-plastic coated), egg shells, to name a few. When disposing of garbage, please help us reduce our waste by throwing your garbage in the appropriate bin!**

As we start our Spring Cleaning and Updates for our facility, and we have continued to freshen up our spaces and now have a revamped different spaces of our facility. On our Stage, we have a nice open space now for Piano Playing, Chorus, Line Dancing, Mahjongg, meetings and MORE! In the BACK of the Dining Area, there are new puzzles made weekly at our Puzzle Corner, we have added space to our area. Outside, drainage work continues, as well as parking lot updates. Use caution and drive SLOWLY through the parking lot, as construction is taking place. Thank you!

**We have a rack out in the Coat Room for you to hang your wet hats, and the boot trays are out for you to place your rainboots and umbrellas... 'tis the season for the spring-like weather**

Did you know we have FREE Wi-Fi? When you come to Nike Base, we'll show you what our Wi-Fi Name is!

**We are into Rollercoaster Weather Season! Please bring a sweater or jacket with you, as the heat will be on during cool days, and we try our best to keep everyone comfortable, with all the varying comfort levels of our members. 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, to keep accurate attendance in our facility, and to make sure all are enjoying the day's programs.

**April is a month of hope and fresh beginnings. Together, let's make April awe-inspiring!**

*Best, Jennifer R. Menter*

## 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!



**(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

Welcome to our new members of the Golden Age Center in the month of March 2026:



- Robert Monaco
- Thomas Volk
- Denise Slepinski
- Cheryl Ayers
- Patricia Buchman
- Jeanne Szczykutowicz
- Donald Bellinger
- Janice Mertz
- Joanna Kurpiewski
- Peter Kryś
- Veronica Kryś
- Debra Sommer
- Donald Sommer
- Cathy Pyda
- Roy Redlein
- Nancy Wonacott
- Warren Hebert
- Teresa Santospirito

## Welcome!

Coffee for the month of  
**April**  
 will be FREE compliments of  
**Grand Island Historical Society**  
 in honor of  
**Golden Age 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 2026 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** at 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**
- Fit for Life!** **10:00am** with **Jenny** in the **BACK of the Dining Area**
- Morning of Games:** Play Ping Pong, Foosball, Shuffleboard, and other games with friends at **10:30am in the Community Center**
- 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**
- Gentle Yoga:** **1:00pm** with **Sue** in the **Community Center**
- Chinese Mahjongg:** **1:00 - 3:00pm** on the **Stage** with **John**

### 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, exercise balls, and body weight. Join us at **9:30am** with **Michelle & Diane** in the **Community Center**
- Seniors in Stitches:** Stitch away with your favorite craft at **10:00am** in the **Arts & Crafts Room**
- Diamond Art Painting:** **10:00am** in the **Arts & Crafts Room** with **Sandy**
- 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**
- Bingo:** **1:00pm** with **Carrie** in the **FRONT of the Dining Area**
- Bowling:** For \$7, bowl 3 games and get in on the friendly fun! Join **Joanne** at **1:00pm** at **Mallwitz Island Lanes**

# The Golden Voice

## April 2026 Consistent Weekly Programs at the Golden Age Center

### Welcome to the Golden Age Center!

YES

 <p>Fruit &amp; Vegetable Scraps, Expired Produce</p>  <p>Grains breads, dough, pasta, rice, etc.</p>  <p>Plate Scraps</p>  <p>Certified BPI or CMA Compostable Liner Bags</p>  <p>Herbs, Flowers</p>  <p>Coffee Grounds, Filters &amp; Tea Bags</p>	 <p>Eggshells</p>  <p>Dairy</p>  <p>Meat, Fish</p>  <p>Food-Soiled Paper plates, napkins, cups (non-plastic lined)</p>
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NO



Plastic gloves, cups, packaging, plastic lined cups & plates, etc.




In partnership with Erie County Department of the Aging, we are now participating in composting, to further reduce our waste at our senior center!

Be mindful of what you throw away at our senior center.

We compost the following:

- Food scraps, coffee & tea liquids, beverages & soups
- napkins
- and MORE!

For more information, just give us a call at (716) 773-9682 and we are happy to answer any questions.



Should there be changes to our daily schedule, due to weather conditions, emergencies, and so forth, we will notify you of changes in the following ways:

- Updates on our Golden Age Center webpage
- E-blast to our members
- Post updated information on our Town of Grand Island website, on the Main Page, under "Alerts"

For more information, just give us a call at (716) 773-9682.

### 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**

**Wellness Walks with Walking Club:** Walk your way to wellness with your peers at **9:00am** with **Jen** at the **Community Center**

**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**

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

**Members - THANK YOU ALL** for thinking SPRING, and helping Hospice Buffalo during their 40th Annual Hospice Spring Bouquet Sale! The Town of Grand Island participated by taking pre-sale orders at the Golden Age Center. This year, the sale was a great success! Over **20,000 bouquets** were processed, resulting in **close to \$400,000 being raised.**

Your kindness and support enable us to raise funds that enhance the quality of life for our patients and their loved ones while strengthening our programs and services. Once again, thank you for being a part of and supporting our **40<sup>th</sup> Annual Hospice Spring Bouquet Sale!** We greatly appreciate your support and look forward to being a part of the sale again next year!

**From the bottom of our heart, thank you!**



Standard bouquet \$15 (10 stems)  
Tribute bouquet \$40 (30 stems)

For every tribute bouquet purchased, Hospice will donate a standard bouquet to a patient receiving care



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[www.grandislandny.us/280/Golden-Age-Center](http://www.grandislandny.us/280/Golden-Age-Center) Open 8AM - 4PM Mon. - Fri.

# The Golden Voice

Members who are sick and under the weather in March 2026; we send you healing thoughts your way!



- Wayne Anstett
- Joan Barone
- Joyce Berk
- Barbara Brzyski
- Mary Caldwell
- Mary Cooke
- Chuck Gaiser
- Robert Gorny
- Tom Kunselman
- Barbara & Bob Lamb
- Jack Lillico
- Mary Ann Lochren
- Jack Mahnk
- Cathy Mancuso
- Brian Mongiolo
- Elaine Miller
- Dave Rogers
- Dee Schuman
- Kathy Shaklee
- Mary Stewart
- John Synakowski
- Chuck & Nancy Tobe
- Barb Weinrib
- Jan Zaborowski



## April 2026 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, exercise balls, and body weight. Join us at **9:30am** with **Michelle & Diane** in the **Community Center**

**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 **Jenny & Jen** 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** 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 **Lounge OR back of the Dining Area**

**Mahjongg:** Mahjongg 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 on the Stage**

**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**

#### 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

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

**(716) 773-9682**

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[www.grandislandny.us/280/Golden-Age-Center](http://www.grandislandny.us/280/Golden-Age-Center) Open 8AM - 4PM Mon. - Fri.

**For Your Information!**

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



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 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 for Cooling Benefits opens on April 15 and available until funds are exhausted.**

**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, for lunch participants to enjoy, among the company of the senior membership, in a home-like setting. 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.

**April 2026 Lunch Calendar**

E, Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> <b>Boots &amp; BBQ Birthday Party</b> \$6 BBQ Pulled Chicken, Cornbread, Coleslaw, Potato Salad, Pineapple & Peach Cobbler	<b>2</b> Ham Dinner with Scalloped Potatoes & Carrots	<b>3</b> CLOSED 	<b>4</b> We close at NOON today! 
<b>5</b> 	<b>6</b> Travel Club 10:00am Meatloaf with Mashed Potatoes and Gravy	<b>7</b> Open-Faced Roast Beef Dinner with Scalloped Potatoes & Carrots	<b>8</b> Pulled Pork Taco with Coleslaw, Pineapple & Chips & Salsa	<b>9</b> Goulash with Green Beans & Garlic Bread	<b>10</b> <b>Souper Seniors</b> 	<b>11</b>
<b>12</b>	<b>13</b> Monte Cristo with Sweet Potato Fries & Mixed Fruit	<b>14</b> Turkey Dinner with Stuffing and Cranberry Sauce & Corn	<b>15</b> <i>Take Me Out to the Ballgame Day</i> Hot Dog Bar with French Fries, Jello & Fruit Cocktail	<b>16</b> Pulled Pork with Macaroni & Cheese & Beans	<b>17</b> <b>Souper Seniors</b> 	<b>18</b> 
<b>19</b> 	<b>20</b> Tuna Casserole with Peas & Jello	<b>21</b> Ravioli with Meat Sauce, Green Beans & Jello	<b>22</b> Beef Tips over Noodles with Peas	<b>23</b> <i>Executive Board Meeting</i> \$6 Cathy's Crispy Chicken with Stuffing, Corn & Pears	<b>24</b> <b>Souper Seniors</b> 	<b>25</b>
<b>26</b>	<b>27</b> Sloppy Joe's with French Fries, Pickle, and 3 Bean Salad	<b>28</b> "Rachel" with Apple Slices, Chips & a Pickle	<b>29</b> Chicken & Asian Vegetable Lo Mein with Egg Roll & Mandarins	<b>30</b> <i>Volunteer Appreciation Luncheon &amp; General Meeting</i> \$6 Pork Loin with Mashed Potatoes, Applesauce & Hearty Vegetables		

**The Souper Seniors meal includes:**  
**TWO different soups, a sandwich, a fruit OR vegetable and a side. Enjoy!**



We close at NOON today!

**The Golden Voice**  
**Members that we lost**  
**in the months of**  
**March 2026:**



**Jeanne Bartlo**

**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!**



**(716) 773-9682**

**April 2026 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.**

**Tuesdays & Thursdays in APRIL: 10:00AM - 11:00AM**

**BINGOcize!**

Join our popular instructors, Janice & Michelle, as they continue a 10-week health promotion program that combines the game of Bingo with inclusive exercises for EVERYONE! Come play and meet new people, while learning about nutrition! Participants MUST sign up for all 10 weeks. This special workshop program starts Tuesdays and Thursdays @ 10:00am starting Tuesday, March 3 and goes through Thursday, May 7, 2026. You MUST register ahead for this program. This program is FREE! For more information, please call Jen at (716) 773-9682.

**Wednesday, April 1: 9:30AM**

**Birthday Party Set-Up**

Do you like being creative and like decorating? 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 1 AND Wednesday, April 29: 10:30AM-11:30AM**

**FeedMore Farm Market Truck**

Stop by and purchase fresh, healthy, affordable and locally-grown produce! The FarmMarket Truck will be here from 10:30am - 11:30am with their offerings today. The FarmMarket Truck accepts cash, credit, debit and SNAP!

**Wednesday, April 1: 10:30AM - 2:00PM**

**Boots & BBQ Birthday Party with OneSong**

"Well, butter my backside and call me a biscuit" as we host THE party of the month. Count your lucky horseshoe if you were born this month and come celebrate with your Golden Age Center friends. Start your day in a boot-scootin' way and join us for this month's birthday celebration. Activities will start at 10:30am, with the Golden Age Center Outlaw Obstacle Course, including Cow Wrangling, Milk Can Throw, Rootin' Tootin' Shootin' gallery, and the CORNIEST Corn Hole game EVER! Join the competitions and try to win one of our "corny" gifts. We will have a Tattoo Saloon, Pan for Gold at our Gold Rush Shanty, grab refreshments at our Watering Hole and have your photo taken at our Western Town. Lunch will consist of a few surprises along with Pulled Chicken, Cornbread, Coleslaw, and Potato Salad. Join the pitmaster crew and throw down KC BBQ or Carolina BBQ sauce...you decide! **OneSong** is the duo of Ron & Nancy, who will perform a repertoire of country music for us to get down and boogie to. Be fixin' to join us, and I reckon you should wear your western clothing.

**Thursday, April 2: 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 our BIG prizes! **Over 100 eggs will be HIDDEN!**

**Friday, April 3: 10:00AM**

**Bingo Bonanza!**

For \$2.50, you will get up to 4 boards to play all the games for the afternoon. *Follow along for fun and laugh as you vie for the prize envelopes!* **Come one, come all!** From playing Regular Bingo to Lucky Letter L, X, or Railroad Track, join us for some great, varied Bingo games! **Join us for laughs and lots of fun!** Today, we do close at 11:45am, but, join for this special edition of Bingo Bonanza!

**Friday, April 3: Good Friday**

The Golden Age Center will **CLOSE** at **12NOON** for the **Good Friday & Easter holiday.**

# The Golden Voice

## April 2026 Special Events Calendar at the Golden Age Center

### Golden Age Center Transportation Vans

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



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 34 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.

#### Monday, April 6: 10:00AM

#### **Coffee & Conversation/Travel Club with Carrie/BPO Coffee Concert information!**

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. We will discuss April's trips and roll out the May trips! Sign-ups can begin after the meeting; payment holds your spot on the trips. As always, it is important to read your newsletter and check out all the events! Bring your calendars so you can add your events. We will also have Laura Papit from the BPO, who will be here to discuss the new upcoming Coffee Concert series and the payment structure with Jen. For Coffee Concert ticket purchases & for transportation reservations, checks are acceptable! See Jen for more information. **Come and travel with us!**

#### Monday, April 6: 12:45PM

#### **Caramel Corn Making**

Carrie is hosting a Caramel Corn making that is senio-friendly. Made from puffcorn (no kernels) and a light caramel flavor, you can make your own to take home and share with others! You will also be able to try some here. And did you know that today is also National Caramel Corn Day?!?! One of America's favorite snacks it conjures up memories of fairs, baseball games, and just overall good eats! **The cost is \$2.00 per person to participate.**

#### Wednesday, April 8: 9:00AM – 11:30AM

#### **Lawley Insurance with John Weatherby**

Questions about Medicare? John is here to help you navigate all the complexities of the 2026 Medicare plans. 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 there for that too! Join John Weatherby, Medicare & Individual Health Insurance Consultant. Call the Golden Age Center at (716) 773-9682, should you require a one-on-one appointment with John.

#### Wednesday, April 8: 10:00AM

#### **Good Neighbor Project**

Want to be a good neighbor? Come and join us this morning as we pack our snacks for Friends of Night People and bags of food for our Grand Island Neighbors. This is a slower-moving project, so please be prepared to let others be a part of it (*a.k.a. no rushing!*) and be a good neighbor!

#### Wednesday, April 8: 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 2<sup>nd</sup> 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 for 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 9: Program is at 12:00PM; potluck lunch to follow

#### **UB Pharmacy Presents Diabetes and Stroke Info Session**

Please join us today with UB Pharmacy students for an informative session on diabetes and strokes. This is a free presentation that will include giveaways and a Q & A component. After, the students will provide a potluck luncheon. All attendees are welcome to bring a dish to pass as well. Please sign up with the Office by Tuesday, April 7, and let us know if you are coming for the presentation and/or the potluck luncheon.

**(716) 773-9682**

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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

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!

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 10: 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!

Friday, April 10: 1:15PM

Day Trip: Ice Cream Stop at Anderson's

We will be leaving the Golden Age Center, promptly at 1:15PM, and heading out to Anderson's for ice cream. We will return to the senior center and for those of you who are needing transportation home, we will leave the Golden Age Center. Ice cream OR treat will be purchased on one's own, but the ride is FREE and limited to 14 participants!

Monday, April 13: 10:00AM

Kites & Coffee

Spend the morning with us and enjoy the hobby of kiting. Let's learn about kites, make our own paper kites, and maybe, with weather permitting, we can do a kite walk and fly some kites.

Monday, April 13 & Monday, April 20: 1:00PM – 4:00PM

Defensive Driving of New York Safe Driving Class

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. Become a safer driver on the road! Put safety first!

Tuesday, April 14: 8:45AM

Day Trip: Paulas, Savers, Chilis Restaurant

Join us as we head out early and enjoy a treat at Paula's Donuts, after which we will go to Savers. Don't forget: on Tuesdays at Savers, seniors receive a 30% discount! You will be given time to shop, and then we will go to lunch at Chilis on Niagara Falls Blvd. After that, we will head back to the Golden Age Center. Cost is \$15 per person; lunch and purchases will be on one's own.

Tuesday, April 14: 9:30AM – 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 by and visit and ask Jeff any questions you may have regarding your health insurance coverage.

Wednesday, April 15: beginning at 11:00AM

Spring Training Fun

Bisons, Yankees and the NY Mets have all returned from spring training and started their seasons. We, too, will begin our training fun by participating in some activities such as swing into spring, pitching contest, baseball trivia, musical reminiscing

# The Golden Voice

**Happy Birthday to our members celebrating April birthdays!**

- April 2**.....Robin Jellinick, Chad Perkins, Sharon Stevens - Downing, & Susan Ventry
- April 3**.....Gregg Cook
- April 5**.....Kathleen Milne
- April 6**.....Jeffrey Meshulam
- April 7**.....John Parisi
- April 8**.....Lucy Delavalle, Elaine Hollingsworth & Karen Zirnheld
- April 9**.....Ezra Florence, Susan Judson, Jeff Kirsch & Samuel Serra
- April 13**.....Janet Martin
- April 14**.....Gregg Gamble
- April 15**.....Robert Coe, Charlotte Hibber, & Jacquie DesJardins-LoManto
- April 16**.....Lynn Morganti & Linda Schmitt
- April 17**.....John Chin & Marsha Phillips
- April 19**.....Lela Mancuso
- April 20**.....Nancy Secic
- April 21**.....Jennifer Amo, Larry Slovick & Heidi Travagline
- April 22**.....Theresa Foscolo, Catherine Nachreiner, & Yvonne Turri
- April 23**.....Kathy Lechner
- April 24**.....Kathleen Dann, Christine Lamanna & Sandra Reagan
- April 25**.....Mary Tolejko
- April 26**.....Richard McGarrigle
- April 27**.....Mark Leach, Tom Natale & Nancy Wonacott
- April 29**.....Diane Goupil & Rick Magro



**Did YOU KNOW that Walking Club has walked at various location outdoors for the last SEVEN months?**

As the weather is now turning and transitioning to warmer, milder spring months, our Walking Club will meet now in the Community Center to move, walk, and to safely walk together until the weather fully breaks! Music will be played, lights weights will be out, circuits & a walking course will be set up!

**Come and join us from 9am - 9:50am in the Community Center Wednesday mornings!**

## April 2026 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.**

sing along all before our special baseball park-themed lunch. After lunch, the fun continues, and we will have a special baseball movie to watch in the afternoon beginning at 12:30pm. Although there is no charge for this activity, please sign up at the Office, to let us know that you can attend the fun!

### Wednesday, April 15: 12:45pm in the Arts & Crafts Room

#### **Communicating Effectively**

This informational course, offered at 60 minutes in length, 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. Time for questions and answers will be offered at the end of this presentation and resources will be made available. To register for this class, please call (716) 773-9682 or stop by the Office.

### Thursday, April 16: 10:00AM

#### **Grocery Bingo!**

One of many new BINGO programs! For only a \$3.00 fee, you can try to win some grocery items! Each month, there will be a different type of Bingo, so join in the fun and try to win a great grocery to bring home!

### Friday, April 17: 8:30AM

#### **BPO – Disney in Concert: A Dream Is a Wish**

Per the BPO: A magical multimedia evening of Disney music and memories featuring movie clips and iconic songs from Aladdin, Beauty, and the Beast, Frozen, The Lion King, The Little Mermaid, and more, performed live by the BPO and four veteran vocalists. © Disney. *Those of you who purchased the season tickets and the transportation are a part of this opportunity!*

### Monday, April 20: 10:15AM

#### **Cooking with Carrie**

Join Carrie as we prepare our meal as a group, and then enjoy it, once done! This is only open to 10 people so this can be a cozy and intimate cooking program, so register EARLY! This month's meal is: Chicken Cordon Bleu, Roasted Potatoes, Sauteed Green Beans with Garlic and Onion, Blueberry Pie with Vanilla Ice Cream. **Cost: \$10 per person; payable upon registration. Limited to 10 people.**

### Tuesday, April 21: 10:00AM

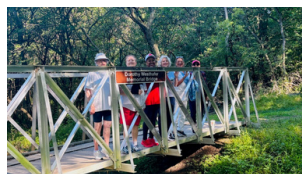
#### **Dominoes**

Come and join us for a fun game of dominoes!

### Wednesday, April 22: 9:30AM

#### **Day Trip: Buffalo & Erie County Botanical Gardens & Lakeshore Cafe**

The Golden Age Center van will leave at 9:30am, and head to the gardens. After spending some time on your own touring the gardens, we will have lunch at a new place for us, Lakeshore Café. **Cost: \$25 per person for transportation and admission to the gardens; purchases and lunch on your own.**



**(716) 773-9682**

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 | **9**  
[www.grandislandny.us/280/Golden-Age-Center](http://www.grandislandny.us/280/Golden-Age-Center) Open 8AM - 4PM Mon.- Fri.

### Home-Cooked Lunch Program



**REMINDER: Effective IMMEDIATELY, The home-cooked lunch program NO LONGER has take-out lunches. Please consider dining in as our program is for in-house, nutritious meals, socialization over a meal with our senior population. Should you be interested in take-out meals, please call Jen at (716) 773-9682 to discuss the Meals on Wheels plan.**



**Did YOU KNOW that our volunteers made OVER 1800 pieces in 2025 for the Mitten Project AND we've made over 400 pieces thus far in 2026?**

Special thanks to the 20 volunteers who helped organize our distribution for our Mitten Project, all to help those in need! Due to the INCREDIBLE amount of pieces that we had donated and made this year, we were able to help 30 local organizations, schools & charities in the WNY area. We can't thank the Mitten Project crafters & volunteers enough for this generous donation, to help those stay warm during their times of need.

**How lucky we are to have such special hearts in our community!**

**For more information on the Mitten Project, see Sandy or Jen!**

#### 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!

#### Thursday, April 23: 11:15AM

##### **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 yearly plans, Easter Egg Hunt Bake Sale & Basket Raffle, Silent Auction, Gram's Garage Sale, 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 23: 1:00PM

##### **The Suds & Bubble Bunch**

April is National Car Care Month, so we will be offering complimentary car washes or walker wash for our members at our special drive-thru wash. There, you will encounter our Bubble Bunch. Come and get your vehicle squeaky clean, then after get our ice-cold Sud! (Hence the Suds & Bubble Bunch.) 'Working at the car wash!'

#### Friday, April 24: 12:45PM

##### **Sow & Sip Club**

Come and join Carrie as we plan our garden for this year. We will start some seeds today, so wear clothing you can get dirty. Enjoy a refreshing Arnold Palmer beverage as we spend some time discussing or plotting our plants! If time permits, we will make some garden markers either this club date or the next. Please let us know if you are interested in being a part of our garden this year.

#### Monday, April 27: 9:00AM

##### **Day Trip: Batavia Downs Gaming and Hotel**

The Golden Age Center van will leave at 9:00am, and will be leaving the facility around 2:00 PM. If you need information about the promo on Mondays, *Forever Young Mondays*, please see Carrie. **Cost: \$15 per person for transportation; purchases and lunch on your own.**

#### Wednesday, April 29: 11:00AM

##### **Happy Healthy Feet**

Did you know that April is National Foot Health Awareness Month? It is observed to raise awareness about our foot health. Our feet are one of the most often ignored parts of our anatomy, yet, our feet help us see the world, stand tall, and be able to maneuver safely through our day. This holiday helps us promote the well-being of our feet. Join Sue and Jen for a great program on the importance of healthy, strong feet, try some stretches and exercises meant to help make your feet feel happy, learn about foot anatomy, and learn how to make your feet healthy for years to come.

#### Wednesday, April 29: begins at 12:45PM

##### **Silent Auction**

Items will be up for your silent bidding from 8:30AM until 12:30PM, after which the bidding will close. To bid, you put your bid on the paper slip or the amount of money you'd like to pay for the item, fold your bid and place it in the cup. Once bidding closes, Jen and Carrie will be announcing who won which items and you can pay the "banker". You need NOT be present to win and we are accepting items (NEW preferred or gently used). Silent Auction items are valued at \$5 - \$50! Thank you for your support of this fundraiser for the Grand Island Golden Age Club.

#### Wednesday, April 29 begins at 3:00PM

##### **Bridgerton Tea Party**

This afternoon you may come at 3:00 PM and we will have some fun activities to do before we partake of a grand tea party. Brush up on what to wear and what the series Bridgerton is all about. You must reserve with payment your spot by Friday, April 24<sup>th</sup> by end of business day. The cost is \$10 and will include a light dinner of typical tea party items. Menu will be posted at the office window. Join us for tea, treats, and lively conversation!

#### Thursday, April 30: 11:30AM

##### **General Meeting of the Golden Age Club**

Join President Bob Vaccaro, the Executive Board, and the Golden Age members for their monthly meeting. The day will start with the General Meeting of the Golden Age Club at 11:30AM, followed by our delicious lunch and great company of our friends. Due to the Volunteer Appreciation Luncheon celebration today, we will NOT be having Town Time with Town Supervisor Marston today.

#### Thursday, April 30: 11:45 AM Luncheon; 12:45 PM - 1:45 PM Entertainment

##### **Volunteer Appreciation Luncheon**

Join us as we honor and recognize all those wonderful people who volunteer in some capacity here at our senior center. As Joseph Addison, an English political writer and poet once wrote: "No one is more cherished in this world than someone who lightens the burden of another. Thank you." There is also nothing more rewarding than offering your gifts and talents to the enhancement of others' lives. After a delicious luncheon, we will enjoy the merry entertainment of Terry Buchwald, along with some other surprises along the way! Volunteers, please register by TUESDAY, APRIL 28 for this luncheon.



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!

Dennis's Dad Joke of the Month



What did the tree say when spring finally arrived? ~ What a re-leaf!

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

Golden Age members can bring in their gently used and nearly new SPRING clothing items, shoes, and jackets to be sold for a very low price this season. Golden Age members will be asked to bring (5) clothing pieces at a time. REFRESH your REVAMP your wardrobe with US!

Anne's Anecdotes



Be happy! (It drives people CRAZY!)

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!

Piano Playing

We have a piano you can play, for your musical delight!

WE ALSO HAVE (3) MUSIC STANDS THAT CAN BE USED, WHEN PLAYING THE PIANO OR INSTRUMENTS.

The piano and music stands are available for use (and will be disinfected after each use):

Mondays: 8:00am—12:00pm

Tuesdays: 8:00am-11:00am

Wednesdays: 11:30am—3:45pm (except 1st Wednesday of the month)

Thursdays: 8:00am—11:00am; 12:00pm—3:45pm

Fridays: 8:00am—12:00pm

Help support the Golden Age Center by taking your cans and bottles to:



Bottle Junction

2447 Grand Island Blvd. Grand Island, NY 14072 (716) 774-1200

When you take your bottles & cans to the counter, please let them know that you'd like your money to go towards the Golden Age Center.

Your support will help the Golden Age Center keep lunch prices low, will support future programming & help us purchase wish list items.



Birthday Split Club Raffle Winners



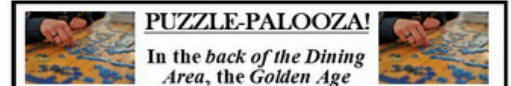
The Birthday Split Club Raffle takes place at EVERY Monthly Birthday Party, held on the 1st Wednesday of EVERY month, from 10:15am - 11:45am. Winners will split the proceeds of the Birthday Split Club Raffle with the Golden Age Club. You GOTTA be in it to win it!

Special thanks to Kathy Lechner and Bob Vaccaro 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:

- Gail Click
Betty Lou Camardella
Lucy Delavalle
Jennifer Keller
Kay McGuire
Joe Mesmer
Bob Vaccaro

CONGRATULATIONS!



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



**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.

**Stephanie Schwartz & Fred Thompson** are the winners for **March!**

**CONGRATULATIONS!**



- 1.) spring
- 2.) rainbow
- 3.) tulips
- 4.) Easter
- 5.) taxes
- 6.) heart
- 7.) earth
- 8.) jokes
- 9.) birds
- 10.) fun

**April Anagram Answers:**

**(716) 773-9682**



Hello April

- A**lways keep moving forward,
- P**ushing your limits, and
- R**emember, each obstacle
- I**s a chance to grow, to
- L**earn from the past and thrive

OurMindfulLife.com



**CHECK OUT THE APRIL ANAGRAMS!  
GOOD LUCK! BONNE CHANCE!**

April is a month full of CONTRASTS and a month of RENEWAL 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 H T E A \_\_\_\_\_
- 8.) O K E J S \_\_\_\_\_
- 9.) I R D B S \_\_\_\_\_
- 10.) U N F \_\_\_\_\_

**Good luck! How many can you guess?!?**  
**(ANSWERS ARE BELOW, in LEFT COLUMN, page 12)**

**APRIL FUN FACTS**

- “April” comes from the verb “*aperire*”, which means “to open”, referring to the trees & flowers, opening and blooming.
- Friends with April birthdays have a **diamond** as their birthstone, representing innocence and purity.
- After a 1500 year hiatus, the **Olympics** first took place again, during the modern era, on **April 6, 1896, in Athens**.
- **George Washington** was inaugurated as the **First President of the United States** on **April 30, 1789**.



- **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.**



Our next **Safe Defensive Driving Class** with Wayne West is coming up on **Monday, April 13 & Monday, April 20, 2026** 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.

# 2026 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 3, 2026 - 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. Come 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



GICSD  
DECA, NHS



Kelly's Country Store

# THE EMPOWERED CAREGIVER SERIES

# COMMUNICATING EFFECTIVELY

An education program presented by the Alzheimer's Association®



Dementia affects a person's ability to communicate, making it hard to convey their wants and needs to the people around them. Caregivers can learn how to use a person-centered approach to communicate more effectively at any stage of the disease.

### Topics in the program include:

- » How dementia affects communication.
- » Using a person-centered communication approach.
- » Tips for communicating with family, friends and health care professionals.

**Wednesday, April 15**  
**12:45pm**  
**Grand Island**  
**Golden Age Center**  
**3278 Whitehaven Rd.**

Register at [bit.ly/AlzGrandIslandApril26](https://bit.ly/AlzGrandIslandApril26) or call our free 24/7 Helpline at 800.272.3900  
Visit [alz.org/CRF](https://alz.org/CRF) to explore additional caregiver education programs in your area.

 **ALZHEIMER'S**  
**ASSOCIATION**

Western New York Chapter

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

ERIE COUNTY DEPARTMENT  
FOR THE AGING PRESENTS

# COOKING WITH SASS

3 week fun, interactive &  
hands-on cooking series

(Smart & Simple Sustenance)

June 2<sup>nd</sup>: Cooking for One or Two

June 9<sup>th</sup>: Cooking on a Budget

June 16<sup>th</sup>: Sneaking in Healthy  
Ingredients

Includes Hands-on  
Participant Involvement &  
Food Sampling!

SPACES ARE  
LIMITED!  
SIGN UP  
TODAY!  
CALL  
716.773.9682



With  
Erie County  
Dept for the  
Aging  
Chefs!



Grand Island Golden Age Center  
3278 Whitehaven Rd., Grand Island  
Tuesdays: 6/02, 6/09 and 6/16  
Time: 10:15 - 11:15 a.m.

ERIE COUNTY DEPARTMENT FOR THE  
AGING STAY FIT DINING PROGRAM

716 858 7470 | Janice.Nowak@erie.gov





# BODY MIND RESET

## “WELLNESS WITHOUT LIMIT”



### 6 Weeks to reset your body and mind!

Join our comprehensive 6-week Health & Wellness Program designed especially for older adults who want to feel stronger, safer, and more energized in their daily lives.

Each week, we focus on key areas that support healthy aging and overall well-being.

### Where and when:

#### Grand Island Senior Center

3278 Whiteheaven Rd

NY 14072

Phone: 716-773-9682

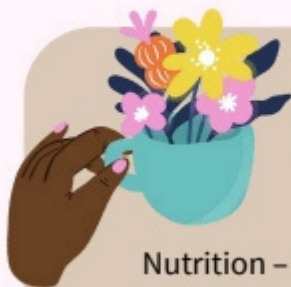
#### Date and time:

July 23rd (Thursday) to August 27

Time: 1:00 PM-2:30 PM

This supportive and welcoming program is designed to help older adults to reset, recharge, and regain confidence—both physically and mentally.

- ✦ Improve your strength
- ✦ Enhance your balance
- ✦ Nourish your body
- ✦ Refresh your mind



### Healthy Eating

Nutrition – Learn how to fuel your body with balanced meals that boost energy, strengthen immunity, and support healthy aging.

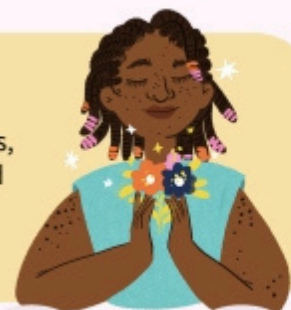
### Regular Exercise

🏃 Exercise – Participate in gentle, guided exercises that build strength, flexibility, and confidence at your own pace.



### Practice Mindfulness

Explore techniques to reduce stress, improve mood, and keep your mind active and engaged.



More Information:  
[Jennifer.chowdhury@erie.gov](mailto:Jennifer.chowdhury@erie.gov)



## love fresh fruits and veggies?

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



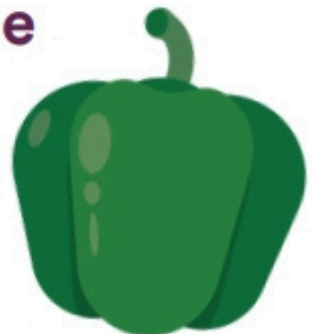
**NEW STOP STARTING ON 2/5/25!**

**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](http://www.feedmorewny.org)  
(716) 822-2002