



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

February 2023

Flower: Violet

Birthstone: Amethyst

Town of Grand Island

Golden Age Center

3278 Whitehaven Road

Grand Island, NY 14072

Phone: (716) 773-9682

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

Business Hours: 8am—3:45pm,
Monday - Friday

Website: www.grandislandny.us/280/Golden-Age-Center

John Whitney

Town Supervisor

Christian Bahleda Tom Digati
Mike Madigan Pete Marston
Town Board

Jennifer R. Menter
Recreation Supervisor—Senior Citizen

Carrie Mesmer
Recreation Leader—Senior Citizen
Golden Age Center



Happy Birthday to those celebrating February birthdays!



February 1	Judith Pack	February 17	Chuck Delavalle
February 2	Leigh Ann Bukhari & Laura Matthews	February 18	Christopher Ciszek & Barbara Wudyka
February 4	Geraldine Kowalski & Pete Marston	February 19	Phyllis Wesolek
February 5	Geraldine (Jeri) Benzing	February 20	Carol Alt
February 8	Jayne Carrig	February 23	Linda Gerristead
February 9	Elinor (Ellie) Wiant	February 24	Jan Yardley
February 10	Renee Gietz	February 25	Bob Gesl
February 11	Joan Barone & Joanne Metzger	February 26	Lynn Marston-Dingey & David Rogers
February 12	Charles Ackerman	February 27	David Passanese
February 13	Hans Sterzelbach	February 28	Peggie Bastian
February 14	Wayne Anstett	  	<i>Happy Birthday, friends!</i>

Weekly Consistent Activities at the Golden Age Center

ATTENTION: Please note the following PRIOR to your visit:

- Front **AND** Back doors of the facility are **OPEN** to the Golden Age Center.
- Please **SAY HELLO** at the Office and let us know what program **OR** activity you are here to participate in; **this is to ensure your safety and for us to keep accurate attendance.**
- Hand sanitizing throughout activity and hand washing is **strongly encouraged** often throughout your visit at the Hand Sanitizing stations. **PLEASE** ask for hand sanitizing pumps to be set out for these activities. (*ex. Card game tables, etc.*)
- Before leaving, please **SIGN OUT** at the Office. This is for us to keep **accurate attendance** and that ensures that we know you have **safely exited** the building. *Our doors close at 3:45pm to start disinfecting the building for the night.*
- **Thank you for your cooperation!** **Have fun at the Golden Age Center! ENJOY!**

MONDAY

Independent Craft Activities: 8:15am—12:30pm; 2:15pm—3:30pm in the Arts & Crafts Room

Pool games: 8:15am onward in the Pool Room/Lounge

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

****Fit for Life!**: 10:00am with **Jenny** on the Stage

Quilting Bee: 10:30am with **Jan** in the Arts & Crafts Room

Card Games & Dominoes: 9:00am –3:30pm in the Dining Area

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

Bridge: 12:30pm in the Dining Area **on the 2nd and 4th Mondays of the month** Knitting & Crocheting: 2:15pm in the Arts & Crafts Room

TUESDAY

Independent Craft Activities: 8:15am– 3:30pm in the Arts & Crafts Room

Pool games: 8:15am onward in the Pool Room/Lounge

Total Body Workout: 9:45am with **Michelle** at the Community Center

Beginner Line Dancing: 11:00am with **Richard** on the Stage

Canasta, Dominoes & Card Games: 9:00am –3:30pm in the Dining Area

Advanced Line Dancing: 12:45pm with **Richard** on the Stage**

Bowling: 1:00pm with **Joanne** at Mallwitz Lanes (\$7 for 3 games)

NOTE: Jenny's class, Fit for Life on Mondays, is a low-impact, strengthening & balance class for ALL ABILITY levels.

WEDNESDAY

Independent Craft Activities: 8:15am –10:00am; 2:15pm—3:30pm in the Arts & Crafts Room

Pool games: 8:15am onward in the Pool Room/Lounge

Hall Walking: 9:00am in the Golden Age Center

Pinochle, Dominoes & Card Games: 9:00am –3:30pm in the Dining Area

Artists' Haven: 10:00am in the Arts & Crafts Room

Chorus: 10:00am with **Bobbie** on the Stage

****Fun with French**:** 12:45pm with **Jen** on the 3rd, 4th & 5th and Wednesdays of the month in the Arts & Crafts Room

Bingo: 1:00pm with **Carrie & Erin** in the Dining Area (****EXCEPT the 1st Wednesday of the month****)

**Mahjongg - meets
Wednesdays OR
Thursdays at 12pm**

THURSDAY

Independent Craft Activities: 8:15am—12:45pm in the Arts & Crafts Room

Pool games: 8:15am onward in the Pool Room/Lounge

****NEW:** Matter of Balance Exercises: 1:00pm at the back of the Dining Area

Pinochle, Dominoes, Euchre, AND Card Games: 9:00am –3:30pm in the Dining Area

Total Body Workout: 9:45am with **Michelle** at the Community Center

Knitting & Crocheting: 1:00pm in the Arts & Crafts Room

****Seniors in Stitches:** 1:00pm in the Arts & Crafts Room (*read inside Golden Voice for more details!*)

FRIDAY

Independent Craft Activities: 8:15am—9:30pm AND 12:15pm –3:30pm in the Arts & Crafts Room

Pool games: 8:15am onward in the Pool Room/Lounge

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

Chess: 9:00am with **Brooks** on the Stage

TGIF Couponing: 9:15am - 10:00am in the Dining Area

Poker, Dominoes & Card Games: 9:00am –3:30pm in the Dining Area

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

Chair Yoga, Mindfulness & Meditation with Soma Cura: 1:00pm at the Community Center

February 2023 Special Events & Programs

New Consistent Programs...come and join us!

Wednesdays in February (1,15 & 23): 1:00PM—3:00PM

Afternoon of Games!

Did you know that we have some great games inside and outside (weather pending) in the Community Center for all to enjoy? Come and play with us! Enjoy an afternoon of foosball, air hockey, shuffleboard, basketball, ping pong, and other games with us, held by the Recreation Department and the Golden Age Center. Join us for an afternoon of fun! Call us at (716) 773-9682 to register to be a part of this.

Wednesdays starting in February: starting at 9:00AM

Hall Walking

Work on yourself, or your goals, as we start a new activity: walking in the center for exercise. Carrie will have surprises on occasion as we reach our personal milestones and ***just have fun!*** Please register at the Office or by calling (716) 773-9682.

Thursdays, continuing in February: starting at 1:00PM

Matter of Balance Exercises

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. Come join us for this 45 minute gentle exercise and stretching class. Invest in yourself!

Wednesday, February 1: 10:30AM

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, February 2: 12:00PM; 12:45PM – 2:00PM for the entertainment

Love is in the Air! Birthday Party

Let us celebrate love and everything related to L'amour! Wear your reds, pinks and purples and dance the afternoon away after enjoying our special luncheon of French cuisine. Special love surprises galore and join us as we celebrate all things French - Paris style (the city of LOVE). Birthday party entertainment provided by Tom and Diana Hastings.

Thursday, February 2: 10:30AM

Valentine's Chicken Wire Frame Craft Class

Today, the class is creating a small piece of Valentine's décor for you to keep or to gift. You decide the way it is designed! This class is limited to 7 people, and you must register ahead. The class fee is **\$6.00** to cover the cost of the frame and all the materials. Check at the Office for the actual craft we are making – creative liberties are encouraged!

Friday, February 3: 1:00PM

Bingo Bonanza!

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

Wednesday, February 3: starting at 10:00AM

Nail Care & Hand Massage

This is more of bringing back a program with a twist. Join the staff as we polish nails, provide basic nail care, and offer a hand massage. Please remember we are not professionals but will be offering this free service on occasion with a gentle touch. This is a first come first serve and will be offered for a one-hour duration.

Monday, February 6: 9:00AM – 11:00AM

Highmark BlueCross/BlueShield of WNY

Join the Highmark BlueCross and BlueShield of WNY representative for Grand Island, John Weatherby, as he will be on-site today to discuss plans, answer questions about your current plan or work to resolve any problems you may be having with your plan. We look forward to seeing you there.

Monday, February 6 & Monday, February 13: 1:00 PM – 4:00 PM

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.

Tuesday, February 7: 10:30AM

Coffee & Conversation with Carrie

Join Carrie as she highlights the upcoming events and will be available to answer questions and sign you up for a wide variety of activities. Enjoy a hot beverage, a breakfast treat, and some great conversation.

Tuesday, February 7: 1:00PM

*****NEW PROGRAM***** *Dominoes, Board & Card Game Club*

Today is the day we kick off this new program that will be in the calendar as time allows. We will come together and enjoy games of dominoes, board games from our vast collection, or cards. Be open to trying new things and come join the fun!

Wednesday, February 8: 10:30AM

Ceramics Class

This morning, we will work in the Arts & Crafts Room (if space allows) on a ceramic project that you can choose. Currently, there is no fee. If you already had a project in the works, you are encouraged to work on it to complete it before moving on to another project.

Wednesday, February 8: 1:30PM – 4:30PM

Social Group Respite Program

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

Friday, February 10: 1:00PM

Super Bowl Tailgate Party

Get ready for this Sunday's Super Bowl LVII with us as we tailgate and have fun! Wear your favorite football gear! Enjoy our special Pizza Bar luncheon and we encourage you to bring snacks for after lunch. We can view some football bloopers and sign up for a square on our own football pool. We will test your knowledge of football, Super Bowl, and the hometown team of the Buffalo Bills. Be sure to sign up with the Golden Age Center staff early!

Monday, February 13: 10:30AM – 12:30PM

Independent Health Assure Advantage Plan or HMO-CSNP

Do you want to learn more about these programs offered through Independent Health? Come in and meet Sara Cordovano, an Individual Sales Consultant with Independent Health as she will be set up in the Dining Area and can meet with you individually to answer questions. If you would like to schedule a time during Sara's visit as noted above, please call the senior center at (716) 773-9682.

Monday, February 13: 11:00AM-2:00PM

Vision Boarding with Life Coach and Mindfulness Expert, Nicki Minasidis, founder of Project Soul.

We are excited to offer mini 30 minute classes for the first 6 people who register for the class. Setting your goals and intentions for 2023 will help create clarity, motivation, joy, greater self awareness and a rejuvenation of spirit. This is also an effective and fun way to get your creative juices going and get out of your bubble and comfort zone! Come and start manifesting your vision into reality! We ask that you bring a picture that brings you the most JOY in life! Register at the Office for this program.

Gym equipment & piano

On the *Stage*, the *Golden Age Center* has a stationary bike, a NEW incumbent bike, a rowing machine, resistance bands, small exercise balls & some light weights for our members to use, as well as stationary pedals & stationary steppers 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!** The gym equipment and piano are available for use (and will be disinfected after each use):

Mondays & Fridays: 8am—3:45pm

Tuesdays: 8-9am; 3-3:45pm Wednesdays: 11:30am—3:45pm

Thursdays: 8am—3:45pm

A Sincere “THANK YOU!”



**for your love & support of the
Sweets & Treats Holiday Bake Sale!**

**This was an INCREDIBLE success due to your wonderful
participation & support of senior services!**

**Thank you very much from your friends at the
Golden Age Center & the Golden Age Club!**

Go GREEN with us and SAVE OUR EARTH! Fill out this form and return it to the Office to receive your monthly copy of the **Golden Voice** newsletter via e-mail AND to receive ANY Golden Age Center e-blasts AND phone calls WITH up-to-date information, as it becomes available.

Please print clearly. Thank you! Name: _____

Phone Number: _____

E-mail Address: _____

Golden Age Center Lunch Calendar

Lunch is \$4.00 OR \$5.00 OR MORE on Special Event days.

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













****Drive-Thru lunch is paid for and picked up at the Front Office of the Golden Age Center.****

Lunch includes: An entrée with a meat, starch, vegetable, fruit, dessert, and beverage

Birthday Lunch includes: An entrée with a meat, starch, vegetable, fruit, Birthday Cake, ice cream, and dessert **Each entrée includes:** 4 oz. meat, 4 oz. fruit OR 4 oz. vegetables, & 4 oz. starch

February 2023

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

			1 Birthday Lunch \$6  Chicken Cordon Bleu with Rice Pilaf, Green Beans and Caesar Salad	2 Spaghetti & Meat Sauce & Garlic Bread	3 Souper Seniors  	4
5	6 Soup & Sandwich Creamy Tomato Soup with Grilled Cheese Sandwich, Crackers, & Fruit Cup	7 Beef Stroganoff	8 Ham & Swiss Melt with Chips & a Pickle	9 Beef Stew with Biscuit	10 Souper Seniors  	11
12	13  Polish Sausage with Lazy Pierogi	14 Sweethearts' Luncheon \$6 Chicken Pot Pie with Garden Salad, Ambrosia, Roll & Butter with Special Dessert	15 Lasagna with Green Beans & Garlic Bread	16 Executive Board Meeting \$5 Open-Faced Turkey with Stuffing	17 Souper Seniors  	18
19	20 CLOSED 	21 Mardi Gras!  Chicken & Sausage Jambalaya with King Cake	22 Ash Wednesday Potato Pancakes with Sour Cream & Applesauce	23 General Meeting \$6 Pork Chops and Mashed Potatoes with Applesauce & Hearty Vegetables	24 Souper Seniors  	25
26	27 Chicken & Vegetable Lo Mein	28 Meatloaf & Mashed Potatoes	<div> 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! </div>			

Independent Health Assure Advantage Plan or HMO-CSNP

Do you want to learn more about these programs offered through Independent Health? Come in and meet Sara Cordovano, an Individual Sales Consultant with Independent Health as she will be set up in the dining room and can meet with you individually to answer questions. If you would like to schedule a time during Sara's visit as noted above; please call the center at (716) 773-9682.

Tuesday, February 14: 11:45AM-2:00PM

Sweethearts' Luncheon

Members married 40 years or longer, who have participated in programs at the senior center in the past year will be our guests, free of charge, for this special lunch. Please call the Golden Age Center to make a reservation and to let us know the number of years that you have been married. Members are asked to join in the celebration with the lucky couples...bring your friends, companion, anyone that you hold dear in your heart! Today, we **ENCOURAGE ANYONE** wearing the **MOST VISIBLE HEARTS** and ANYONE wearing the **MOST CREATIVE ENSEMBLE** today will win a special **PRIZE**! Please join us for this special celebration. Enjoy great entertainment with friends and your sweetheart with entertainer Mari McNeil to celebrate this special day!

Wednesday, February 15: 9:00AM-11:00AM

Caption Calling Presentation and Q & A

Join Jim O'Brien as he will have the caption calling telephones and demonstrate how the program works. Jim can explain how the process works and how it is a free service provided to those who qualify. Jim can also get you set up for installation of this service. See how easy it is to use this service. ***Please register at the Office or by calling (716) 773-9682.***

Wednesday, February 15: 10:30 AM

Pinecone Flower Craft Class

Join us this morning as we create a small colorful bouquet of flowers made entirely out of pinecones. Please register for this program by Monday, February 13th. The program fee is **\$2.00**, which must be paid at the time of registration. The craft is displayed outside the Office window for you to see, so check it out!

Wellness Wednesday:

Come on in anytime between 12:30am –1:00pm on Wednesday, February 15 to check in with your Wellness! Get your blood pressure taken, and get helpful tips on wellness, self-care, stress management tips, and MORE! Give yourself a tune up and check in with Jen on one-on-one with her in the Dining Area.



Just a reminder...

On snowy mornings, the Nike Base sidewalks and parking lot will be plowed and salted by 8:45am.



Sorry We're
CLOSED

Closings due to winter weather

**Sorry We're
CLOSED**

If the *Golden Age Center* is **CLOSED**, you will find this information in the following places:

- On the ***Town of Grand Island*** website, under ***Departments***, & under ***Golden Age Center***
- ***On the Town of Grand Island Facebook page***
- Announced on news channels 2, 4, & 7

Our **Coffee for the Month for February** has been graciously donated by **Tom Natale, in memory of his parents.** We are grateful for his thoughtful generosity and support! *This program will continue due to the generosity of our* **Golden Age Center friends!**



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

Members we lost in January 2023:

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.

Ida Marzolf

Jo-Ann Greico

Members that were sick in January 2023:

Millie Attrino

Paul Bassette

Betty Marinell

Nancy Tobe

Connie Harrod

Garry Deutschlander

Don Hamman

Brenda Cassoni

Pat Phillips

Carl Maier

Betty Phillips

Ellie Maier

Chuck Delavalle

Lucy D'Alessandro

Ruth Cunningham



Neighbors Foundation of Grand Island

stands ready to help with food for families who find themselves temporarily in financial difficulty. Long-term or repeat help must come from government social services or staffed help agencies, but the Neighbors Foundation can provide emergency help. To start a request for help, phone: (716) 773-4684.

RAPID COVID-19 TEST KITS & N95 MASKS



Stop on by the **Golden Age Center** to pick up your **N95 masks AND RAPID COVID-19 TEST KITS.**

RAPID COVID-19 TEST KITS COME TWO TO A BOX.

MASK LIMIT: box of 20 masks per household
TEST KIT LIMIT: 2 boxes per household

First come, first served.
Available while supplies last!
Must be GI resident; show ID.
CANNOT pick up for others.

MONDAY – FRIDAY
8AM- 3:45PM

6PM-8PM
MONDAY&THURSDAY
NIGHTS



Nike Base
Golden Age Center
3278 Whitehaven
Road

CONTACT:
Call (716) 773-9682 OR
for more information



Golden Age Club

Here is your next Executive Board as of November 2022. Elections were held on Thursday, November 17 at the General Meeting during the Thanksgiving Dinner and the Installation of Officers was held at the General Meeting at the Christmas Dinner on Thursday, December 15, 2022. Congratulations!

President....Joy Mesmer

Vice President...Martha Marrinan

Chaplain...Cathy Mancuso

Sargeant of Arms...Tom Natale

Corresponding Secretary...Sue Bognar

Reporting Secretary...Jan Yardley

Treasurer...Anna Vaccaro

Golden Age Center Pantry & Closet



Did you know? The Golden Age Center has a small pantry of food, disposable undergarments, disposable bed pads, toiletries, paper products, small appliances, a closet of bedding, and other special items that have been gathered due to the generosity of Golden Age members, to help other Golden Age members in need. **Are you in need of help?** Don't let food and item insecurities hurt you or your family. Call (716) 773-9682 and ask to speak to *Jen*, confidentially, about your situation.



Unscramble the February-themed words! Good luck!
Bonne chance! Bonne année!

FEBRUARY is a month full of such HEART and such a FRIGID month!

What could these SURPRISE words be?!?! Take a chance and take a guess! <3

1.) e r h a t _____

2.) s r i d p n e t _____

3.) e v e l _____

4.) e n w _____

5.) e r p i h e s f l a n _____

6.) l o f o b t a l _____

7.) s h s c o l p t c k _____

8.) h r o u g n d o g _____

9.) m r e e f d o _____

10.) e t c o h c l a o _____

A warm



to all our new members of the Golden Age Center,

as of January 2023:

Ann Ruland
Janet Martin

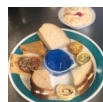
Carol Hamm
Nasreen Sharih

Mary Ann Beatty
Yousuf Sharih

Colleen Hiam
Charles Ackerman

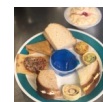
Wendy Brown
Jerry Howe

We welcome new members to join us for our programs, on our many programs, special events, for our transportation needs, our home-cooked lunch program, and MORE!



NEW! Monthly Lunch Drawing:

Each month, we will have a drawing for **two lunch tickets** at the *Golden Age Center*. Each day you participate in the lunch program, you may fill out a slip and put it in the Monthly Lunch Drawing.



The winner will be drawn the last day of the month. **DOROTHY MARTINELLI is the WINNER for the month of JANUARY! CONGRATULATIONS!**

Thursday, February 16: 10:30 AM

Get Cooking with Carrie

Last month was our tasty **Soup for You!** Luncheon and today, you can prepare a hearty lunch we will enjoy tomorrow together. Our special menu will be: Homemade Stuffed Shells, Strawberry Spinach Salad, Garlic Bread, Green Beans, and to top off our great meal – a special Strawberry Sundae! You must be a part of this program and pay your fee ahead. The deadline to sign up will be Monday, February 13th. Cost of this is a ONE-TIME fee of \$6.

Thursday, February 16: 12:30PM

Executive Board Meeting

Club President Joy Mesmer asks for the presence of the Executive Board together for their monthly meeting, to discuss Club business. PLEASE mark your calendars and join us. Joy and the Executive Board look forward to seeing everyone then!

Friday, February 17: 11:30AM

Cooking with Carrie Luncheon

Yesterday we worked together and prepped our special luncheon and today we will enjoy it! You must have pre-registered and assisted in the making of this lunch to be a part of our luncheon today. Manja!

Friday, February 17: 10:15AM

Life's Essential 8

Life's Essential 8 are the key measures for improving and maintaining cardiovascular health, as defined by the American Heart Association. Better cardiovascular health helps lower the risk for heart disease, stroke and other major health problems. Learn about ways to improve your cardiovascular health during American Heart Month. Everyone will leave with Life's Essential 8 guide and some treats and tools as they leave this program today. Put your health first!

Monday, February 20: The Golden Age Center is **CLOSED** for the President's Day holiday.

Tuesday, February 21: 1:00 PM

*****NEW PROGRAM***** *Dominoes, Board & Card Game Club*

Today is the day we kick off this new program that will be in the calendar as time allows. We will come together and enjoy games of dominoes, board games from our vast collection, or cards. Be open to trying new things and come join the fun!

Tuesday, February 21: 4:30 PM – 7:00 PM

Mardi Gras Night at the GAC featuring entertainer Charlie Morris

Join us for our special Fat Tuesday event as we celebrate with a Pancake Dinner with sausage, fruit, and special holiday dessert. We will enjoy the music of Charlie Morris, playing on the steel drums and piano. Doors open at 4:30pm, and dinner will be served at 5:00pm, and Charlie will begin playing at 5:30pm. Tickets are for sale for **\$10** and must be purchased by Friday, February 17th. Come have fun!

Wednesday, February 22: 10:30AM

Ceramics Class

This morning, we will work in the Arts & Crafts Room (if space allows) on a ceramic project that you can choose. Currently, there is no fee. If you already had a project in the works, you are encouraged to work on it to complete before moving to another project. Paints and ceramics are provided! Let your creativity flow!

Wednesday, February 22: 1:30PM

Dementia Caregiver Support Group

Support groups are a safe, confidential supportive environment where you can gain emotional, educational, and social support to help develop coping methods and problem-solving skills. Share techniques that work for you and get latest ideas from your peers. Respite is available for those who need care for their loved one; please call (716)773-9682 to reserve your spot for respite. To register for the Support Group, call 1 (800) 272-3900 or visit alz.org/CRF.

Thursday, February 23: Starting at 10:00AM

******NEW PROGRAM*** Nail Care & Hand Massage***

This is more of bringing back a program with a twist. Join the staff as we polish nails, provide basic nail care, and offer a hand massage. Please remember: we are not professionals, but, will be offering this free service on occasion, with a gentle touch. This is a first come, first served, and will be offered for a one-hour duration. Please register at the Office for this program.

Thursday, February 23: 11:15AM for the meeting; 12:15PM for lunch

General Meeting of the Golden Age Club

Join President Joy Mesmer, 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 11:15am, followed by our delicious lunch and great company of our friends. ****All WINTER, please consider bringing a canned good, boxed food (cereal, pasta, etc.) or paper product (tissues, toilet paper, paper towels, etc.) to support the less-fortunate in our community, especially this winter, all to support the Neighbors Foundation.****

Friday, February 24: 11:00AM– 12:30PM

Grand Island Memorial Library Bookmobile

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

Friday, February 24: 12:15 PM

Chocolate Fondue & Fun Pajama Party

Let us continue to celebrate the month of love in a special way. Who doesn't love fondue and chocolate?!?! The movie "Chocolat" will be shown right after lunch on the Stage as we enjoy our treats up there. Come in your pajamas and relax with us! Please register by Tuesday, February 21st and there is a **\$3.00** fee to offset the cost of the treats.

Monday, February 27: 1:00 PM

Technology Basics Class

Come and join Carrie today as we discuss the basics of a cell phone, the second class in a series of basic cell phone use. Carrie can direct you how to solve most problems with your phone, as well as teach you some of the basics: how to control volume, access apps, etc. The attendees will direct the topics of this class. Individual appointments can be made for issues that are more involved. Call to reserve your spot in this class.

Tuesday, February 28: 12:45PM

Brain Games

Playing brain games with others is a double whammy for brain health in seniors, staving off loneliness and depression and providing needed "exercise" for the brain. It's a win-win! A commitment to brain games and staying sharp can improve quality of life for your senior loved ones for years to come. Exercise your brain and have fun at the same time with your friends!



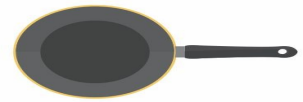
Go GREEN with US!



Bring your water bottle to the Golden Age Center and the Community Center when participating in your favorite program or your favorite exercise program! Fill up your water bottle at our filtered bottle water fountains. Recycle bins are located in the Front Foyer as well. Help us reduce, reuse, recycle as much as possible!



Recipe



Servings _____

Prep Time _____

Cook Time _____

Ingredients _____

Directions _____



From the Kitchen of _____

Thank you!



A special “Thank you!” goes out to the Alden Inmate Project. Correctional Officer Matthew Dils and Project Manager John Fisher and all of the inmates presented the Golden Age Center with beautiful holiday wreaths during the holiday season, which were on display at the front & back entrances of our senior center. Thank you for brightening our holiday season with these gorgeous wreaths! It brought us so much holiday cheer. In the Spring, the Alden Inmate Project gives back to us by donating to our Community Garden by giving us a variety of vegetable plants that we plant in our Community Garden, such as tomatoes, herbs, peppers, and more. We can’t wait to see what the Spring brings!

AARP Tax Preparation—February—April 2023

The **Golden Age Center** is not hosting AARP Tax Aide Service this year, BUT, NO FEAR! For your tax preparation needs, the following locations are hosting the AARP Tax Preparation Service for seniors. *Please call the following locations to set up your appointment:* *Amherst Senior Center @ (716) 636-3055, ext. 3108; calls are only accepted between 10am –1pm on Tuesdays, Wednesdays and Thursdays. Appointments will be held through Thursday, April 6, 2023.

*Town of Tonawanda Senior Center @ (716) 874-3266.

*By calling 211, ask to make an appointment for the AARP Tax Preparation Program at the Kenmore Library on Delaware Road, and the volunteer representative will set up an appointment once all details are finalized and they will make sure your tax return is something they can handle as well AND will go over the proper documentation required.

*Please call the Town of West Seneca Senior Center at (716) 675-9288 to make your Tax Preparation appointment.

***Call us with any other questions at (716) 773-9682.**

Thank you!

