



# The Golden Voice

Golden Age Center  
3278 Whitehaven Road, Grand Island, NY



## February 2024 Newsletter

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](mailto:goldenage@grand-island.ny.us)

**Business Hours: 8:00am—4:00pm,**  
**Monday - Friday**

Website: [www.grandislandny.us/280/Golden-Age-Center](http://www.grandislandny.us/280/Golden-Age-Center)

**Pete Marston**  
*Town Supervisor*

**Christian Bahleda**  
**Tom Digati Dan Kilmer**  
*Town Board*

**Jennifer R. Menter**  
*Recreation Supervisor—Senior Citizen*

**Carrie Mesmer**  
*Recreation Leader—Senior Citizen*



*Wreaths from the Alden Correctional Facility*



*Rockin' Elvis Blue Christmas concert*



*Christmas Dinner fun*



*Nike Base Trails*



*Presentations GALORE to enjoy!*



**Join us for great Total Body  
Workout and exercise classes!**



**from all of us at the  
Golden Age Center!**



**Sing-a-Long with students from  
Huth Road's Select Chorus**

# FEBRUARY 2024 CONSISTENT WEEKLY PROGRAMS

Sunday

Monday


Tuesday

Wednesday

Thursday

Friday

Saturday

				<b>1</b> <u>Independent Craft</u> <u>Activities:</u> 8:15am—12:30pm; 2:15-3:45pm <u>Billiards</u> <u>Games:</u> 8:15am-3:45pm <u>Total Body</u> <u>Workout:</u> 9:30am <u>Card Games &amp; Dominoes:</u> 12:30pm <u>Matter of Balance</u> <u>Exercises:</u> 1:00pm	<b>2</b> <u>Independent Craft</u> <u>Activities:</u> 8:15am—12:30pm; 2:15-3:45pm <u>Billiards</u> <u>Games:</u> 8:15am-3:45pm <u>Tai Chi:</u> 9am <u>TGIF Couponing:</u> 9:15am <u>Wii Bowling:</u> 10:30am <u>Book Club:</u> 12:30pm <u>Poker:</u> 11:00am <u>Euchre:</u> 12:30pm <u>Chair Yoga &amp; Meditation:</u> 1pm	<b>3</b>
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## ***New Programs to Enjoy in February!***

**Wednesdays in February (7 & 28):** 1:00PM—2:00PM

### *Afternoon of Games!*

Did you know that we have some great games inside 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 program.

**Mondays February (5, 12 & 26):** 10:30AM—11:30AM

### *Morning of Games!*

Did you know that we have some great games inside 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 morning of fun! Call us at (716) 773-9682 to register to be a part of this opportunity.

**Wednesdays in February:** 10:00AM—10:45AM

### *Sit and Stretch with Sue*

Relax your mind and body, stretch your tight muscles and leave feeling rejuvenated. Come join us at the back of the Dining Area for this great class with Sue, all to peaceful, restful, music, to calm the body and soul. Call us at (716) 773-9682 to register to be a part of this new class OR to find out more!



***Happy Birthday to those members celebrating February birthdays!***



February 2	<b>Barbara Backlund</b>	February 17	<b>Wendy Brown, Chuck Delavalle, &amp; Sandra Pignato</b>
February 3	Pamela Haupt, Mary Lou Jerge, Linda D. Johnson, Geraldine Kowalski & Pete Marston	February 18	<b>Chris Ciszek &amp; Barbara Wudyka</b>
February 5	<b>Geri Benzing &amp; Patrick Phillips</b>	February 19	Linda Fabin, Susan Kowalewski, Rick Mesmer, Pamela Rowley, & Phyllis Wesolek
February 6	<b>Michelle Jones</b>	February 20	<b>Eugene Gordon, Marcia Lange, &amp; Charles Source</b>
February 8	<b>Karen Burgio &amp; Jayne Carrig</b>	February 21	<b>Patricia Lorence</b>
February 9	<b>Elinor Wiant</b>	February 22	<b>Kathy Ringler</b>
February 10	<b>Renee Gietz</b>	February 23	<b>Linda Gerristead</b>
February 11	Joan Barone, Jeanne Bartlo & David Cassert	February 24	Kathy Ho, Susan Giambra, & Jan Yardley
February 12	<b>Dan Gietz</b>	February 25	<b>Robert Gesl</b>
February 13	<b>Sarah Anderson</b>	February 26	Lynn Marston-Dingey & David Rogers
February 14	Wayne Anstett, Delores Bennett, Gordon Ducey & Linda Sorce	February 29	<b>Daniel Brown</b>



**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!**

## Evening Programs

Thursday, February 29: 4:30 PM Doors Open

*Leap Year Pizza & Game Night*

Celebrate Leap Year in style tonight with a pizza dinner (with a few surprises) and time to play your favorite games or use one of ours here! The cost is \$10 per person and must be paid upon registration. You must **REGISTER BY TUESDAY, FEBRUARY 27<sup>th</sup>**

\*\*\*\*NO EXCEPTIONS!\*\*\*\*

## Bookmobile

Join Bridgette, Director of the Grand Island Memorial Library today as she comes here to the Golden Age Center on **Friday, February 23 from 11:00AM – 12:30PM**, 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!

## Celebrations

Tuesday, February 13: 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 ANY-ONE** wearing the **MOST VISIBLE HEARTS** and **ANY-ONE** 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 Saxman Slim at 12:45pm to celebrate this special day!

## Crafts

Thursday, February 8: 1:00PM

*Crafting with Carrie - Styrofoam Valentine's Day Tree*

Today's craft is in line with the holiday and the model can be seen in the Office. The cost is \$3.00 and payable at the Office. You must register and pay ahead and there is a limited number of spots.

Wednesday, February 14: 10:00AM

*Crafting with Carrie - Love You to Pieces Wreath*

Today's craft is in line with the holiday and the model can be seen in the Office. The cost is \$1.00 and payable at the Office. You must register and pay ahead and there is a limited number of spots.

## Mind Aerobics

Friday, February 2: 10:00AM

*Groundhog Day Trivia*

Join Carrie as we test our knowledge about this day. We will also find out if Punxsutawney Phil saw his shadow!

Tuesday, February 21: 10:00AM

*Presidential Trivia*

Test your knowledge of all things presidential this morning as we have trivia fun.

## Service Projects/Gifting to Others

Monday, February 26: 12:45PM

*Letter to an Elder Day*

Join us this afternoon as we spread cheer and kindness and write to several of our shut-ins and celebrate Letter to an Elder Day! If time permits, you can even finish a card made on our Cricut machine to use. Make one for someone and one for you!

## Closings due to Winter Weather

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
  - On **Isledegrande**

## Attention Mahjongg players:



Do you know how to play **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! If you are interested in getting together to play **Mahjongg** with other members, please call the Golden Age Center at (716) 773-9682.

Our Coffee for the Month for February has been graciously donated by **Renee Gietz & Peggy Bastian**, in memory of **Ron Bastian**. We are grateful for their thoughtful generosity and support! This program will continue due to the generosity of our **Golden Age Center** friends!



# 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 11:45am Monday-Thursday & 11:30am on Friday.

**\*Take-Out lunch is paid for Front Office of the Golden Age Center and picked up at the Kitchen with our talented chef.\***

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

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

## February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Chicken & Dumplings Casserole	2 <b>Souper Seniors</b> 	3
4	5 Polish Sausage & Pierogi with Applesauce & Sour Cream	6 Chicken Pot Pie	7 Country Ho-Down Birthday Party \$6 Ranch-Style Chicken with Baked Beans and MORE!	8 Beef Stew with Buttermilk Biscuit	9 <b>Souper Seniors</b> 	10
11	12 Beef Shish Kabobs	13 Sweethearts' Luncheon Meatloaf with Mashed Potatoes	14 Pulled Pork with Hearty Macaroni & Cheese	15 Hot Dog Bar with French Fries, Jello, & Fruit Cup	16 Mardi Gras Party & Pancake Bar! 	17
18	19 CLOSED 	20 Chicken & Vegetable Stir Fry	21 Shepherd's Pie with Roll & Butter	22 Executive Board meeting \$6 Open-Faced Turkey with Stuffing & Cranberry Sauce	23 <b>Souper Seniors</b> 	24
25	26 Greek Chicken Pita with French Fries	27 Stuffed Peppers	28 French Dip Sandwich & French Fries	29 General Meeting \$6 Chicken Cordon Bleu with Mashed Potatoes		



# February Events...Mark your calendars!



## Updates to our February Schedule

The Golden Age Center will be *CLOSED* for the President's Day holiday on **Monday, February 19.**

## Presentations

**Monday, February 5 & Monday, February 12: 1:00PM – 4:00PM**

### *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 6: 10:30AM**

### *"Talk Saves Lives" with Celia Spacone, Ph.D.*

Join Coordinator Celia Spacone, Suicide Prevention Coalition of Erie County, for this important conversation. Good mental health is key. Suicide can be prevented. This presentation will cover what we know about this leading cause of death, the most up-to-date research on prevention, and what we can all do to fight suicide. Participants will learn the common risk factors for suicide in older adults, how to spot the warning signs in others, and how to keep ourselves, our loved ones and those in our community safe. Prioritize your mental health and protect your friends' mental health too!

**Tuesday, February 6: 1:00PM**

### *Workshop on Time Management*

This month is known as time management month. Join Carrie as she shares ideas and handouts on how we can better manage our time and some other tips. Please sign up for this program by calling or asking at the office.

## Monthly Meetings

### **Time with Town Supervisor Marston**

Supervisor Pete Marston will be here to talk with our Golden Age Center members on **Thursday, February 29 at 12:20pm.** He will be updating us on happenings taking place in Grand Island. He looks forward to seeing Golden Age members then!

### **Coffee & Conversation with Carrie**

Please join Carrie for meeting, which will take place on **Thursday, February 1 at 10:00am in the Dining Area.** Join her for some tasty coffee, delicious cappuccino and a pastry as she discusses happenings at the Golden Age Center, and highlights the special programs for the month of February. Questions and suggestions are warmly welcomed. She hopes to see you there!

### **Executive Board Meeting**

President Joy Mesmer requests the presence of all Executive Board members for the monthly meeting before lunch at **11:00am**, on the Stage, on **Thursday, February 22.**

### **General Meeting**

Please join President Joy Mesmer and the Executive Board and come before lunch for the General Meeting, which starts at **11:15am on Thursday, February 29**, to hear the happenings coming up at Golden Age Center in the month of February.

*\*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, when you come to our lunches OR our General Meeting OR Executive Board meetings, to help those in need.\**

## Tax Preparation

### **AARP FREE Tax Preparation for our senior citizens**

Due to the lack of volunteers here in Grand Island, we will **NOT** be able to offer the AARP Free Tax Preparation to our Grand Island senior citizens this year. You may contact the following senior citizen centers to set up an appointment to get your taxes prepared:

John A. Duke Niagara Falls Senior Citizen Center—1201 Hyde Park, Niagara Falls: Please call (716) 297-9324.

Tax preparation will be done on Mondays, Tuesdays, Wednesdays and Fridays between 10am—2pm.

Town of Tonawanda Senior Citizen Center—291 Ensminger Road, Tonawanda: Please call (716) 874-3266. Tax preparation will be done on Tuesdays and Thursdays from 9am—Noon through April 12.

## Health Insurance Information

### **Lawley Insurance**

Questions about Medicare? I am here to help. We can go over the A, B, C, and D of Medicare. What to do and when. Compare your needs to all of 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, I am here for that too! **Join John Weatherby, Medicare & Individual Health Insurance Consultant with Lawley Insurance from 9:00am—11:30am on Wednesday, February 7.**

### **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 on **Wednesday, February 14 from 9:30am-11:30am** and have some peace of mind about the many upcoming health insurance changes in 2024.

### **Independent Health**

Do you want to learn more about these programs offered through Independent Health? Do you also have chronic heart conditions? Come in and meet Jessica Bielawa, an Individual Sales Consultant with Independent Health, and Michelle, on **Thursday, February 15, from 10:30am—12:30pm**, as they both will be set up in the Dining Area and can meet with you individually to answer questions. **Michelle** from Independent Health will also be here to talk about *chronic heart conditions*, and how Independent Health can help you. If you would like to schedule a time during Jessica's and Michelle's visit as noted above, please call the Golden Age Center at (716) 773-9682.



## ***Wellness & Support Groups***

### **Social Program for Individuals with Dementia**

***Wednesday, February 14: 1:30pm—4:30pm***

#### **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 Community 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.

### **Dementia Caregiver Support Group**

***Wednesday, February 28: 1:30pm***

Join us for this monthly meeting on **Wednesday, February 28 at 1:30pm**. Build a support system with people who understand. Alzheimer's Association caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, friends and family of persons with dementia to: develop a support system, exchange practical information on caregiving challenges and possible solutions, talk through issues and ways of coping, share feelings, needs and concerns, and learn about community resources. Join us for this monthly group & come when you can. Please call 1 (800) 272-3900 for more details AND to register for the group.

## ***Physical Fitness***

***Mondays: 9:00AM***

Tai Chi

***Mondays: 10:00AM***

Fit for Life

***Tuesdays: 9:30AM***

Total Body Workout

***Tuesdays: 11:00AM***

Beginner Line Dancing

***Tuesdays: 12:45PM***

Advanced Line Dancing

***Wednesdays: 10:00AM***

Sit and Stretch with Sue

***Thursdays: 9:30AM***

Total Body Workout

***Thursdays: 1:00PM***

A Matter of Balance Exercise Class

***Fridays: 9:00AM***

Tai Chi

***Fridays: 1:00PM***

Chair with Yoga with Martha from Soma Cura

## ***For Your Information***

### **Lions Club Closet**

The Grand Island Lions Club has durable medical equipment for anyone in need. Equipment includes wheelchairs, walkers, canes, commodes, bath seats, etc. Anyone in obtaining an item may call Dick Crawford at (716) 818-6992 or the Golden Age Center at (716) 773-9682 to make an appointment to pick up an item.

### **ATTENTION!**

Please know that the Front and Back doors of the Golden Age Center are open to our facility.

Please say **HELLO** and check in at the Office to let us know what activity you are participating in at the Office. This is to ensure safety and for us to keep accurate attendance in the facility. PLUS, we want to say **HELLO** to our friends! Before leaving, sign OUT at the Office at the Office so we know that you have safely exited the building. *Thank you!*

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 with your first and last name. Members may wear similar looking coats and makes it easier for similar coats to go home with the correct members, especially in the winter months, when we are coming into the senior center, bundled up during the cold 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.

*The Golden Age Center will gladly accept the following donations:*

- Fake Christmas Trees
- Card shuffler
- Jam jars
- yarn

### ***Just a reminder...***

**REMINDER**

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



## Fun Activities

### **Mondays in February: 10:00AM**

#### *Wii Bowling League*

Our league continues for those of you who registered last month. Let's continue the fun!

### **Friday, February 9: 1:00PM**

#### *Bingo Bonanza!*

For **\$1.00 for the first bingo board** and a dream, you too can try to win the envelopes! Additional boards are available for just \$.25 each for up to four (4) boards. Come one, come all! Join us for laughs and lots of fun! We will also be celebrating National Cherry Month with a special beverage for all attendees.

### **Wednesday, February 14: 1:00PM**

#### *Valentines Bingo Social*

Join in today's fun to celebrate together! It will involve a variety of activities to celebrate this holiday.

### **Tuesday, February 21: 1:00PM**

#### *Name That Old TV Jingle*

Come and try your hand at this game as we listen to old TV show jingles and try to guess them.

### **Thursday, February 22: 12:45PM**

#### *Yam It Up!*

February is sweet potato month and join today's celebrations! From sweet potato served at lunch followed by some zany fun including potato jokes, trivia, and even a race to put together Mr. Potato Heads!

### **Friday, February 23: 12:45PM**

#### *Pop-Up Bingo Game*

Join us for a game of bingo on Friday!

### **Tuesday, February 27: 1:00PM**

#### *Creative Romance & Funny Stories*

Let's try our hand at writing some love/funny stories all while enjoying chocolate. Just for the fun of it!

### **Wednesday, February 28: 1:00PM**

#### *Pound Auction*

Bid on some FANTASTIC items, at 1 lb. in weight, sealed in a bag or a box! Enjoy the surprise as you bid on all different treasures! Donations of items of 1 lb. in weight will be GLADLY accepted. Join in the fun & help support the *Golden Age Club*!

## New York State Parks Presentations

### **Thursday, February 8 10:30AM**

#### *Birding Basics with NYS Parks*

You see a bird, but, you have no clue what it is! Come and join us and learn the basics of bird identification and equipment needed to get you started on this fun-filled hobby! Register for this program by calling (716) 773-9682 OR register at the Office.

### **Tuesday, February 20: 1:00PM**

#### *Lighthouses of the Seaway Trail*

Learn about the Seaway Trail and where it goes, as well as the lighthouses that are along its path! Join our friends from NYS Parks, Recreation and Historic Preservation for this enlightening presentation. To reserve your spot, call (716) 773-9682 OR stop by the Office to join in!

## Special Luncheons & Celebrations

### **Friday, February 2: 11:45PM**

#### *Afternoon Luncheon Matinee*

Join in today to watch the movie, *Groundhog Day*, and eat your lunch. You can buy or bring your choice and relax with friends. Please be sure to register.

### **Wednesday, February 7: 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, February 7: 11:45PM; 12:45PM – 1:45PM for entertainment**

#### *Country Hoedown Throwdown Birthday Party*

Join the February birthday celebration as we enjoy a special meal with a surprise menu addition of Cow Chip Sandwiches and other Cowboy food served up in the Golden Age Center Barn. After a cowboy feast, enjoy the kicking entertainment by Lyle Stang. Try your hand at line dancing and our own unique cow chip throwing contest. **Yee Haw!**

### **Thursday, February 15: 10:00AM & 12:00PM**

#### *Cooking with Carrie & Luncheon*

Interested in helping to prepare and eat a delicious lunch? Then, this is the activity for you!

Menu: Ribs, Macaroni & Cheese, Cucumber Salad and Lemon Pound Cake for dessert. The cost is **\$10 per person**, and you **MUST REGISTER** by **Friday, February 9** at the Office with payment.

### **Friday, February 16: 11:00AM, 11:30AM & 12:45PM**

#### *Mardi Gras Fun & Merriment!*

Start our day of fun with some Mardi Gras trivia, then we will move into lunch of a delicious Pancake Bar. After lunch, we will enjoy music, games, and beverages with our traditional Mardi Gras celebration. Join us for some Fat Tuesday FUN!

## Pound Auction



## Wednesday, February 28 after lunch at 1:00pm

Bid on some FANTASTIC items, at 1 lb. in weight, sealed in a bag or a box! Enjoy the surprise as you bid on all different treasures!

Donations of items of 1 lb. in weight will be GLADLY accepted.

Join in the fun & help support the  
***Golden Age Club!***





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.

**Thank you for your anticipated support!**



Grand Island Recreation Department



## Sunday Family Swim 2023-2024

Open swim and lap swim for children and adults  
Supervised by Recreation Department Lifeguards

Please note the following regulations for all participants:

- Enter the school through door #21
- Enter the pool through the shallow end side and sign in with lifeguard at the door
- Swimmers only on deck – all others must sit in the upstairs balcony area
- Diving board and starting blocks are not available for use
- One to two lap lanes will be put in as needed
- Only toys / equipment provided by the Recreation Department at the pool is allowed
- All participants must have a completed Recreation Department Medical Form which includes emergency contact information. Forms are available at the pool

Note: Anyone under the age of 18 must have a parent / guardian signature

Please note the following regulations for all minors:

- Any child under the age of 18 who wishes to be alone in the pool (see guidelines below) must take a swim test on their first visit to the pool
- Children under age 14 must be accompanied by an adult age 18 or over
- Children ages 14-17 must be able to swim 1 length of the pool without assistance or stopping to be left unaccompanied.
- Children who are still potty training must wear a swim diaper.

*\*Please note, rules and regulations may change without prior notice to ensure safety of all participants*

Dates: (Sundays)	November	December	January	February	March	April
	5	3	7	4	3	14
	12	10	21	11	10	21
	19	17	28	25	17	28
	26				24	



Time: 11:00 am-2:45 pm



Location: High School Pool



Updates and cancellations will be posted online at:

<https://grandislandny.myrec.com>

Recreation Department  
3278 Whitehaven Road  
Grand Island, NY 14072

The Town of Grand Island  
Joseph A. Menter  
Recreation Supervisor

Office - (716) 773-9680  
Cell - (716) 465-8370  
[recreation@grand-island.ny.us](mailto:recreation@grand-island.ny.us)



## Dementia Caregiver Support Group

Providing care for a loved one with Alzheimer's disease can be stressful and isolating, but support groups can help.

### Grand Island Golden Age Center

3278 Whitehaven Road

**4th Wednesday of the month at 1:30pm**

Free respite care may be available to provide activities and a safe place for people with dementia while their loved ones attend this group. Assessment and pre-registration is required.

Please call for details.

**Please call our free 24/7 Helpline at  
1.800.272.3900 to register before attending.**

alzheimer's association

WNY Chapter  
6400 Sheridan Drive, Suite 320, Amherst  
1.800.272.3900

**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: \_\_\_\_\_

### Did you know?!?!?



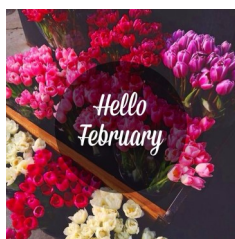
A free light breakfast is available each morning from 8:00am—11:30am in the Dining Area for all to enjoy.

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!

### 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 February-themed words! Good luck!**  
**Bonne chance!** 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 \_\_\_\_\_



**Do you enjoy radio shows and talk shows? Listen to Senior Radio every Saturday morning at 9:30am on 930AM WBEN.**



A warm



to all our new members of the Golden Age Center, as of December 2023:

Laura Ferchen  
James Rados

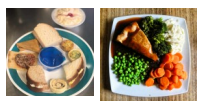
Charlene Nicholson  
Rick Karpie  
Pat Klebes

Susan Fleming  
Alma Begum

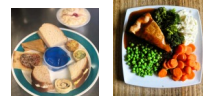
Judith Roehrig  
Sanjeeda Begum

Claudia Schmitz

**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. **LINDA SMITH is the WINNER for the month of JANUARY! CONGRATULATIONS!**

## Members we lost in January 2024:

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.

Joan Lenz

Joanne Leszik

## Members that were sick in January 2024:

Millie Attrino	Paul Bassette	Marie Casey	Ruth Cunningham	Garry Deuchlander	Iris Galeza
Dick Koch	Nancy Koch	Betty Marinell	Bill Ortiz	Penny Panepinto	Fran Fusco
Al Huejer	Gunnar Munk	Pat Ehinger	Joyce Berk	John Stark	Bobbie Cap
Elaine Hardman	Mary Warburton	John Duchnik	Judy Bassette	Tom Kunselman	Pat Munio
					Henry Lobl
					Ruth Landel



### Need Food?



For confidential assistance, call the  
Neighbors Foundation of Grand Island

716-775-7998

[Gineighbors14072@gmail.com](mailto:Gineighbors14072@gmail.com)



Scan QR Code for instant  
access to our website at:  
[www.gineighbors.org](http://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*

### 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!**

### Nike Base Trails

The Nike Base Trail system consists of over 3 miles of six marked trail loops. The trail-head is at Nike Base and allows access to ample parking. The trail network connects the West River Shoreline Trail to WNY Land Conservancy's Margery Gallogly Nature Preserve. Enjoy the seven trails and pick up a map at the Golden Age Center OR Recreation Department!

### 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.

**LAST CHANCE! The Try & Buy Clothing Closet has CLOSED for the SEASON!**



**The Try & Buy has a great FALL SALE! Check out some gently used and nearly new clothing items, shoes, and jackets now for FREE for the next few days! Golden Age members for bringing in clothing items, coats, hats, and all season, for people to enjoy freshening up their robes these seasons. The Try & Buy will be open again in March 2024.**

### A Sincere "THANK YOU!"



**for your love & support of the  
BIRTHDAY PARTY SPLIT CLUB  
RAFFLE!**

**Congratulations to our lucky winners of  
the month of JANUARY:**

Joe Mesmer	Kathy Grove
Martha Marrinan	Don Hamman
Barbara Kirsch	Brenda Cassoni

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

**"February....Chapter 2 of 12."  
Make it a great start to the year!**

### 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.**