

The Golden Voice February Events

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

Love Always WINS Birthday Party
Wednesday, February 5: 11:45am

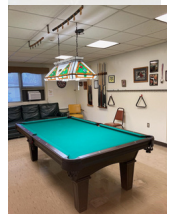
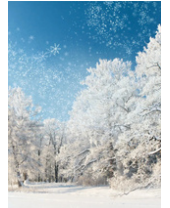
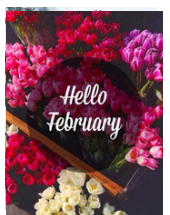
Bingo Bonanza
Friday, February 7: 12:45pm

Cozy Up to LOVE Sweethearts' Luncheon
Monday, February 10: 11:15am
Get ready for COZY and warm celebration with friends!

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

January Event Photos

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



A Warm Welcome from our Incredible Staff

Welcome to the Golden Age Center!

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

Recreation Supervisor - Senior Citizen

Jennifer R. Menter

Recreation Leader - Senior Citizen

Carrie Mesmer

Transportation Coordinator

Jenny Gula

Recreation Attendants & Program Coordinators

Daniella Salvatore

Sandy Thomasula

Van Drivers

Tammy Violanti

Fran Molnar

Nutritional Staff

Cathy Moore

Ryan Zygmunt



A Message from Jen

Winter is upon us, and as the days are slowly getting longer and the nights are getting crisper, we are all getting onto a new schedule and enjoying the season of change.

Snowflakes and crisp weather is settling in. New changes are coming to our senior center this winter season...**join us for them!**

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

Our new bus is on the road and has joined our fleet this month. We are SO excited to hit the road in our new vehicle, to enjoy some new adventures! We celebrated the start of the year with a new fitness challenges, new programs, and ways to boost your spirit during these winter days!

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

Please bring your water bottle to the Golden Age Center OR Community Center when participating in your favorite program. Fill up your water bottle at our filtered water bottle fountains. Recycle bins are located in the Front Foyer as well. Help us to reduce, reuse & recycle!

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

There are a few changes to our start times for programs.

Afternoon programs will start at 12:45pm, lunch will be served at 12NOON, and meeting times have changed.

Please read our newsletter to see the changes!

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 and to keep accurate attendance in our facility.

Winter is the season that teaches us that change can be beautiful. Embrace the season of change and its beauty!

Best, Jennifer R. Menter

(716) 773-9682

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

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

The Golden Voice

Mark Your Calendars!



Thursday, February 25 at 10:30AM

Brain Games

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



Coffee for the month of

February

will be **FREE** compliments of

Chuck & Lucy Delavalle
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

February Consistent Weekly Programs at the Golden Age Center

MONDAY

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

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

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

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

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

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

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

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

TUESDAY

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

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

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

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

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

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

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

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

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

WEDNESDAY

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

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

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

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

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

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

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

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

2

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

The Golden Voice

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



Barbara Berry
Trish Benz
Bobbie Capp
Gary Deutchlander
Pat Ehinger
Fran Fusco
Cindy Hammann
Dick & Nancy Koch
Tom Kunselman
Ruth Landel
Kathy Lechner
Cathy Mancuso
Mary McMahon
Shirley Norman
Bill Ortiz
Marie O'Hara
Deb Pirson
Dee Schuman
Chuck & Nancy Tobe
Fran Tracy
Sue Whitbeck
Jimmy Wilkinson
Ellen Valvo

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



Rose Godard
Lynn Kahn
Amy VeRost
Debbie Tront



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

February Consistent Weekly Programs at the Golden Age Center

THURSDAY

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

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

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

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

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

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

FRIDAY

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

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

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

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

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

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

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

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

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

Emergency Phone Number: (716) 773-7508

Crisis Services: (716) 834-3131

9-8-8: National Suicide Hotline



(716) 773-9682

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 | **3**
www.grandislandny.us/280/Golden-Age-Center Open 8AM - 4PM Mon. - Fri.

The Golden Voice

For Your Information!



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

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

HEAP - Home Energy Assistance Program



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

February 2025 Special Events Calendar at the Golden Age Center

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

Golden Age Center Lunch Calendar

Membership allows you to partake in our nutritious lunch program; lunch is \$4.00 OR \$5.00 OR MORE on Special Event days. Lunch is served at 12NOON Monday-Thursday & 11:30am on Friday. Please call (716) 773-9682 to reserve your lunch. Please remember to call us and **CANCEL** your meal if you cannot attend so that we can sell your lunch to another member.
Our Take-Out lunch is paid for at the Front Office of the Golden Age Center and lunch is picked up at the Kitchen from our talented Chef. Enjoy!

February 2025 Lunch Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Sauce		1
2	3 Groundhog Day  Hobo Pack, Dinner Roll & Butter, Pears and Special Dessert	4 Brunch for Lunch! French Toast Sticks, Yogurt Parfait, Sausage & Fruit Cup	5 Birthday Party \$6  Chicken Cordon Bleu with Mashed Potatoes, Hearty Vegetables & Fruit Cocktail	6 Shepherd's Pie with Peaches and Roll & Butter	7 Souper Seniors 	8
9	10 Sweethearts' Luncheon \$6  Stuffed Shells, Garden Salad, Winter Fruit Salad, Roll & Butter and Cheesecake Bar	11 Salisbury Steak with Mashed Potatoes	12 Polish Sausage with Lazy Pierogi, Broccoli & Applesauce	13 Executive Board Meeting \$6 Pork Loin with Stuffing, Carrots & Cranberry Sauce	14 Souper Seniors 	15 
16	17 CLOSED 	18 Ravioli with Meat Sauce, Green Beans & Jello	19 Greek Chicken Pita with French Fries & Pears	20 Chicken & Vegetable Stir Fry with Pineapple & Egg Roll	21 Souper Seniors 	22
23	24 Crispy Chicken Thighs with Mashed Potatoes, Gravy & Peas	25 Beef Taco Salad with Chips, Salsa, Sour Cream & Mandarins	26 Turkey Dinner with Stuffing, Carrots & Cranberry Sauce	27 General Meeting \$6 Stuffed Peppers with Ambrosia & Garden Salad	28 Souper Seniors 	

(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

Members that we lost in
the month of
December 2024 &
January 2025:



Betty Marinell
Peter Xanthos

Please keep these members and
their families and friends in
your thoughts during this
difficult time. Our Golden Age
friends are dearly missed and
they will be forever in our
hearts.
If any Golden Age members
have passed away and are not
listed, please contact the Office
at (716) 773-9682 so we can
update our records. We
sincerely appreciate your help.



Need Food?

For confidential assistance, call the
Neighbors Foundation of Grand Island

716-775-7998
Gineighbors14072@gmail.com



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

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

February 2025 Special Events Calendar at the
Golden Age Center

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

Monday, February 3: 10:00AM
Coffee & Conversation with Carrie

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

Monday, February 3: starting at 11:15AM in the FRONT Dining Area
Groundhog Day Party

Join us for our fun event as we celebrate the Groundhog...will we have an early
Spring, or will we have a longer Winter? Time will tell! We begin the morning with
some Groundhog trivia and special music! At lunchtime, we will have a special
menu. After lunch, we will watch the movie *Groundhog Day*!

Monday, February 3 & Monday, February 10: 1:00PM – 4:00PM in Arts & Crafts
Room

Defensive Driving of New York

Join us for our popular instructor, Wayne West, as he instructs you on safe,
defensive driving. Topics covered will be recognizing traffic hazards, learning how
to spot those under the influence, and understanding state traffic laws. These
classes are aimed at improving driving skills, teaching defensive driving
techniques, and reinforcing traffic laws. It will also help you cope with age-related
issues and update your knowledge of traffic laws. **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 4: 12:45 PM

Presidential & Valentines’ Day Trivia AND Mad Libs

Test your knowledge in these categories and then join in the fun of writing a story
or two using the Mad Libs. We can break into teams and have some healthy
competition!

Tuesday, February 4: 12:45PM in the front of the Dining Area
**Managing Money: A Caregiver's Guide to Finances with Ruth & the Alzheimer’s
Association**

If you or someone you know is facing Alzheimer’s disease, dementia or another
chronic illness, it’s never too early to put financial plans in place. Join us to learn
tips for managing someone else’s finances, how to prepare for future care costs
and the benefits of early planning.

(716) 773-9682

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 | 5
www.grandislandny.us/280/Golden-Age-Center Open 8AM - 4PM Mon. -
Fri.

The Golden Voice

Golden Age Center Transportation Vans



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

Our Transportation Services are available for the following:

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

Call us **TODAY!**

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

(716) 773-9682

February 2025 Special Events Calendar at the

Golden Age Center

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

Wednesday, February 5: 9:00AM – 11:30AM

Lawley Insurance

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

Wednesday, February 5: 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 5: 11:30AM; 12:45PM – 1:45PM for entertainment

Love Always Wins Birthday Party

Join us as we celebrate all our members with February birthdays and as we have fun celebrating this magical time of the year. We begin our event with our very own version of the Dating Game, love-themed fun, and the mystical, magical entertainment of Cris Johnson at 12:45pm. *You do not want to miss this fun!*

Friday, February 7: 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. We are SO lucky to have an amazing library in our community...check out all that our local library has to offer our community!

Friday, February 7: 12:45PM

Bingo Bonanza!

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

Friday, February 7: 2:15PM

Superbowl Charcuterie Class

Sign up if you would like today's special class for getting you ready for any Superbowl party you may have or go to! Create a beautiful feast and charcuterie board, full of delicious bites! All supplies are provided, except for your board, plate, whatever you choose to make your creation on. The cost is \$10, and you MUST PRE-REGISTER. Register and pay with any of the Office staff by Wednesday, February 5, by the end of the business day.

Tuesday, February 11: 9:0 AM – 12:00PM

Highmark Blue Cross Blue Shield of WNY

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

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

6

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

The Golden Voice

Golden Age Club



MISSION STATEMENT of the Grand Island Golden Age Club:

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



Golden Age Club Ballot

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

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

Lions Club Closet



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

(716) 773-9682

February 2025 Special Events Calendar at the Golden Age Center

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

Monday, February 10: 9:00AM – 12:00PM

Independent Health Assure Advantage Plan or HMO-CSNP

Please join our new Individual Sales Consultant with Independent Health, Chris Guarino, as he will set up and be available for one-on-one appointments here at the senior center, as you navigate any changes with your policies. Come and stop by his table to say "hello" and become familiar with who he is and introduce yourselves! If you would like to schedule a time during Chris' visit as noted above, please call the Golden Age Center at (716) 773-9682.

Monday, February 10: 11:30AM-2:00PM

Cozy Up to LOVE 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, companions, anyone that you hold dear in your heart! **Today, we ENCOURAGE ANYONE wearing the MOST CREATIVE ENSEMBLE today will win a special PRIZE, as the theme today is National Flannel Day!** Let your creativity go wild! Please join us for this special celebration. Enjoy great entertainment with friends and your sweetheart with entertainer Sinatra & More at 12:45pm to celebrate this special day!

Tuesday, February 11: 12:15PM

Post Superbowl Celebration

The fun will be had today, hoping that this will be a Bills win celebration, but either way, come and join in! We can recap the game and enjoy some treats and Football trivia, along with some football bloopers.

Wednesday, February 12: 9:00AM – 11:00AM

Random Acts of Kindness- Town Hall Coffee Spot

If you would like to join Carrie this morning, sign up to be a part of a Random Acts of Kindness activity. This morning, we will head to town hall, set up a coffee corner, and pass out free coffee to those who visit town hall or the DMV. Join in this service project and have fun doing it! Turn that frown upside down and represent the GAC in a most positive caffeine driven way!

Wednesday, February 12: 1:30PM – 4:30PM

Social Respite Group Program

Attention caregivers of individuals with Alzheimer's Disease or a related dementia: A dementia-specific respite program runs today and every 2nd Wednesday (with exception to this month) from 1:30pm until 4:30pm in the Dining Area of the Golden Age Center. 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.

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 | **7**
www.grandislandny.us/280/Golden-Age-Center Open 8AM - 4PM Mon. - Fri.

The Golden Voice

Happy Birthday to our members celebrating February birthdays!



February 4.....Pam Haupt, Cynthia Jorgensen, Geraldine Kowalski, & Pete Marston
February 5.....Geradine Benzing & James Watson
February 6.....Patricia Kormash
February 8.....Jayne Carrig
February 10.....Renee Gietz
February 11.....Joan Barone & Jeanne Bartlo
February 13.....Sarah Anderson
February 14.....Wayne Anstett
February 15.....Lynn Kahn
February 17.....Chuck Delavalle & Kathleen Garlapow
February 18.....Christopher Ciszek & Barbara Wudyka
February 19.....Rick Mesmer & Phyllis Wesolek
February 20.....Dennis Woodward
February 21.....Earl Jorgensen
February 22.....JoAnne Piccione
February 23.....Jerry Balisteri & Linda Gerristead
February 24.....Suzanne Giambra & Jan Yardley
February 26.....Lynn Marston- Dingey & David Rogers



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 & Linda Smith for helping to sell the Birthday Split Club Raffle Tickets every month!

The winners of January's Birthday Split Club Raffle are:
Brenda Cassoni
Deb Goss
Kathy Lechner
Martha Marrinan
Bonnie Peete

CONGRATULATIONS!

February 2025 Special Events Calendar at the Golden Age Center

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

Friday, February 14: Leaving at 8:30AM

BPO Sinatra in Love Concert

Sinatra in Love offers a fresh interpretation of the legendary singer's most beloved tunes, including "Night and Day" and "New York, New York." Tony DeSare, both conducting and performing, captures the smooth, swinging essence of Sinatra while adding his unique charm and style to the mix. Those seniors who previously purchased the BPO Coffee Concert series tickets will be attending and those that have booked transportation should be here at the senior center ready to leave at 8:30AM.

Monday, February 17: The Golden Age Center is CLOSED today in observance of the President's Day holiday.

Tuesday, February 18: 12:45PM

Dance Party Fun!

Come in and enjoy listening to music, shaking in your seats, or just getting up and shaking your body along with the rest of us. Join us to try some great dance crazes from the decades! It's a great way to listen to some fantastic tunes, get your body moving and grooving, and spend the afternoon amongst friends.

Wednesday, February 19: 12:45PM

Crafting with Carrie – Spring Wreath

We will be making a wreath this afternoon! If you would like to add something special to it, be sure to bring it in. We will have a variety of items to choose from! **The cost for today's craft is \$5.** Please register ahead with the Office staff by the end of the business day on Wednesday, February 12.

Wednesday, February 19: 5:00PM dinner; 6:00PM Games

Adult Pajama Party Event

Join in the fun as we celebrate friendship and live like we are teens again! We will have a mocktail of the night, dinner, some fun games, and then watch a film together with snacks! This is all-inclusive and anyone who wants to participate does need to register and pay ahead. RSVP by Friday, February 14, by the end of the business day. **The cost is \$20.00, which includes supper, dessert, and all activities.**

Thursday, February 20: 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, the Pound Auction, Winter & Spring events, 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!

Friday, February 21: 10:00AM

Friends of Night People Packing

Join us today as we make up our snack and toiletry packs for the Friends of the Night People program. You can just show up or register to let us know that you will be participating in this service project. We do start promptly at 10am. Participate in the greater good!

Friday, February 21: 11:30AM

Pizza Luncheon Matinee

Calling all movie lovers! Be sure to sign up early, by Wednesday, February 19 to join in the pizza luncheon and the special film being shown this afternoon. You can register and pay at the Office with any staff. **Cost is \$5.00.**

(716) 773-9682

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

The Golden Voice

Dennis's Dad Joke of the Month



Why can't you trust trees anymore?

~ Because they are a BIT shady!

Veterans



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



Did you know?!?



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

February 2025 Special Events Calendar at the Golden Age Center

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

Monday, February 24: Starting at 9:30AM

Cooking with Carrie

Join in the fun as we come together this month to create a meal to enjoy together. The menu for this month will be as follows: Shaved Beef sandwiches with optional Peppers and Onions, Onion Rings, Deviled Eggs, Carrot Coins and for dessert, a Million Dollar Cake. **The cost is \$10 per person**, and you must register by Thursday, February 20th.

Tuesday, February 25: 12:45PM

Reminiscing

Engage in today's conversations about Formica. What do you think today's alternatives to Formica might be? What did you grow up with that was made of Formica materials. Let's come together and share some memories.

Wednesday, February 26: 12:45PM

Fun with Cricut

Join Carrie today as she works on the Cricut, and she teaches some basic skills on the machine. Please pre-register for this program so that supplies and materials are ready for you!

Thursday, February 27: 11:30AM

General Meeting of the Golden Age Club AND Town Time with Supervisor Marston

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, along with Town Time with Supervisor Marston at 12:20PM.

Friday, February 28: 12:45PM

Majority Rules Game

Come and join us in the fun of this newer game. We will be playing it as a group. Very easy to do. **Come out of your shell and try something new!**

LEGAL HOLIDAYS THIS MONTH:

Monday, February 17:

The Golden Age Center is CLOSED today in observance of the President's Day holiday.

PUZZLE-PALOOZA!

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

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

The puzzles are available for use:

Mondays: 8am—10am; 11:30am—3:45pm

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

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

Gym equipment & piano

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

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

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

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

Mondays: 8am—10am; 12:45pm—3:45pm

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

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

(716) 773-9682

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

The Golden Voice

February 2025 Special Events Calendar at the Golden Age Center



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

As you hunker down for the winter months, Golden Age members can start to bring in their gently used and nearly new clothing items, shoes, and jackets to be sold for a very low price in the SPRING. Golden Age members will be asked to bring (5) fall & winter pieces at a time. The Try & Buy will be reopen in the SPRING (late March).

Need Food?

For confidential assistance, call the
Neighbors Foundation of Grand Island

716-775-7998

Scan QR Code for instant access to our website at:
www.grandislandny.us/280/Neighbors-Foundation

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 local residents, churches and other groups who donate funds and non-perishable goods.

Grand Island Recreation Department

**Sunday Family Swim
2024-2025**

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 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
	3	1	5	2	2	6
	17	8	12	9	9	27
	24	15	26	23	16	
					23	
					30	

Time: 11:00 am-2:45 pm Location: High School Pool

Updates and cancellations will be posted online at:
<https://grandislandny.us/rec>

Recreation Department
78 Whitehaven Road
and Island, NY 14072

The Town of Grand Island
Joseph A. Menter
Recreation Supervisor

Office - (716) 773-9682
Cell - (716) 465-837
recreation@grandislandny.us

Do you have concerns about falling?

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



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

This program emphasizes practical strategies to manage falls.

IN CLASS YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to decrease fall risks at home
- Exercise to increase strength and balance

WHO SHOULD ATTEND?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has a history of a fall has limited activity because of a fall

VARIOUS TOPICS INCLUDE:

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

The next class will be held:

Where: The Golden Age Center

3278 Whitehaven Rd

Grand Island NY 14072

Date: Tuesdays, March 18—
Tuesday, April 29

Time: 9:15AM—11:15AM

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

Jen Menter

(716) 773-9682

jrmenter@grand-island.ny.us



Just a reminder...

REMEMBER

On snowy mornings,

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

(716) 773-9682

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 | **10**
www.grandislandny.us/280/Golden-Age-Center Open 8AM - 4PM Mon. - Fri.



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

Did you know?!?



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



NEW!

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



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

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

Bread Donations from Tops Markets



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



Unscramble the January-themed words! Good luck! Bonne chance!



Unscramble the January-themed words! Good luck! Bonne chance! Bonne année! Happy New Year! JANUARY is such a FRIGID START of the year! What could these SURPRISE words be?!?!?

- 1.) n h c a g e _____
- 2.) g n e e g y _____
- 3.) u l e b _____
- 4.) o c c o a _____
- 5.) t h a c p e r _____
- 6.) s r e h c e _____
- 7.) t s l f r _____
- 8.) l e g n i b n n g _____
- 9.) l a k e t b n _____
- 10.) e i l m s t e t o _____



Our next **Safe Defensive Driving Class** with Wayne West is coming up on **Monday, February 3 & Monday, February 10, 2025** from **1pm - 4pm** in the **FRONT Dining Area**. The class is **\$25 per person**; CHECKS made payable to Wayne West. Payment is DUE upon registration for the class. Participants **MUST** participate in BOTH classes in order to receive the auto insurance discount & the class certificate.