



The Golden Voice

Golden Age Center
3278 Whitehaven Road, Grand Island, NY



January 2024

Flower: Carnation

Birthstone: Garnet

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: 8:00am—4:00pm,
Monday - Friday**

Website: 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



Festival of Trees submission



Rockin' Elvis Blue Christmas concert



Christmas Dinner fun



Nike Base Trails



Nan Hoffman & friends



Christmas Dinner fun



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



*Serenaded by students from Kaegebein's
Select Choir*

PROGRAMS

SundayMondayTuesdayWednesdayThursdayFridaySaturday

1 Independent Craft
Activities: 8:15am—12:30pm;
12:30pm; 2:15-3:45pm
Billiards Games: 8:15am-
3:45pm **Tai Chi:** 9am
Fit for Life: 10am
Wii Bowling: 10:30am
Card Games & Dominoes:
12:30pm
Fun with French: 12:45pm

2 Independent Craft
Activities: 8:15am—12:30pm;
2:15-3:45pm
Billiards Games: 8:15am-
3:45pm
Total Body Workout: 9:30am
Seniors in Stitches: 10am
Mahjongg: 10am
Beginner Line Dancing:
11am
Canasta: 12:30pm

3 Independent Craft
Activities: 8:15am—12:30pm;
2:15-3:45pm
Billiards Games: 8:15am-
3:45pm
Chorus: 10am
Artists' Haven: 10am
Sit & Stretch: 10:00am
Wii Bowling: 10:30am
Card Games & Dominoes:
12:30pm

4 Independent Craft
Activities: 8:15am—
12:30pm; 2:15-3:45pm
Billiards Games: 8:15am-
3:45pm
Total Body Workout:
9:30am **Card Games &**
Dominoes: 12:30pm
Matter of Balance
Exercises: 1:00pm

5 Independent Craft
Activities: 8:15am—12:30pm;
2:15-3:45pm
Billiards Games: 8:15am-
3:45pm
Tai Chi: 9am
TGIF Couponing: 9:15am
Wii Bowling: 10:30am
Book Club: 12:30pm
Poker: 11:00am
Euchre: 12:30pm

8 Independent Craft
Activities: 8:15am—
12:30pm; 2:15-3:45pm
Billiards Games: 8:15am-
3:45pm
Tai Chi: 9am
Fit for Life: 10am
Wii Bowling: 10:30am
Bridge, Card Games &
Dominoes: 12:30pm

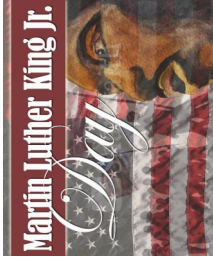
9 Independent Craft
Activities: 8:15am—12:30pm;
2:15-3:45pm
Billiards Games: 8:15am-
3:45pm
Total Body Workout: 9:30am
Seniors in Stitches: 10am
Mahjongg: 10am
Beginner Line Dancing:
11am
Canasta: 12:30pm

10 Independent Craft
Activities: 8:15am—12:30pm;
2:15-3:45pm
Billiards Games: 8:15am-
3:45pm
Chorus: 10am
Artists' Haven: 10am
Sit & Stretch: 10:00am
Wii Bowling: 10:30am
Card Games & Dominoes:
12:30pm

11 Independent Craft
Activities: 8:15am—
12:30pm; 2:15-3:45pm
Billiards Games: 8:15am-
3:45pm
Total Body Workout:
9:30am **Card Games &**
Dominoes: 12:30pm
Matter of Balance
Exercises: 1:00pm

12 Independent Craft
Activities: 8:15am—12:30pm;
2:15-3:45pm
Billiards Games: 8:15am-
3:45pm
Tai Chi: 9am
TGIF Couponing: 9:15am
Wii Bowling: 10:30am
Book Club: 12:30pm
Poker: 11:00am
Euchre: 12:30pm

15 CLOSED



22 Independent Craft
Activities: 8:15am—12:30pm;
2:15-3:45pm
Billiards Games: 8:15am-
3:45pm
Tai Chi: 9am
Fit for Life: 10am
Wii Bowling: 10:30am
Bridge, Card Games &
Dominoes: 12:30pm

23 Independent Craft
Activities: 8:15am—12:30pm;
2:15-3:45pm
Billiards Games: 8:15am-
3:45pm
Total Body Workout: 9:30am
Seniors in Stitches: 10am
Mahjongg: 10am
Beginner Line Dancing:
11am

24 Independent Craft
Activities: 8:15am—12:30pm;
2:15-3:45pm
Billiards Games: 8:15am-
3:45pm
Chorus: 10am
Artists' Haven: 10am
Sit & Stretch: 10:00am
Wii Bowling: 10:30am
Card Games & Dominoes:

25 Independent Craft
Activities: 8:15am—
12:30pm; 2:15-3:45pm
Billiards Games: 8:15am-
3:45pm
Total Body Workout:
9:30am **Card Games &**
Dominoes: 12:30pm
Matter of Balance
Exercises: 1:00pm

26 Independent Craft
Activities: 8:15am—12:30pm;
2:15-3:45pm
Billiards Games: 8:15am-
3:45pm
Tai Chi: 9am
TGIF Couponing: 9:15am
Wii Bowling: 10:30am
Book Club: 12:30pm
Poker: 11:00am

29 Independent Craft
Activities: 8:15am—12:30pm;
2:15-3:45pm
Billiards Games: 8:15am-
3:45pm
Tai Chi: 9am
Fit for Life: 10am
Wii Bowling: 10:30am
Card Games & Dominoes:

30 Independent Craft
Activities: 8:15am—12:30pm;
2:15-3:45pm
Billiards Games: 8:15am-
3:45pm
Total Body Workout: 9:30am
Seniors in Stitches: 10am
Mahjongg: 10am
Beginner Line Dancing:

31 Independent Craft
Activities: 8:15am—12:30pm;
2:15-3:45pm
Billiards Games: 8:15am-
3:45pm
Chorus: 10am
Artists' Haven: 10am
Sit & Stretch: 10:00am
Wii Bowling: 10:30am

31 Independent Craft
Activities: 8:15am—
12:30pm; 2:15-3:45pm
Billiards Games: 8:15am-
3:45pm
Total Body Workout:
9:30am **Card Games &**
Dominoes: 12:30pm
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31 Independent Craft
Activities: 8:15am—12:30pm;
2:15-3:45pm
Billiards Games: 8:15am-
3:45pm
Tai Chi: 9am
TGIF Couponing: 9:15am
Wii Bowling: 10:30am
Book Club: 12:30pm
Poker: 11:00am

New Programs to Enjoy!

Wednesdays in January (3, 17, 24 & 31): 1:00PM—3:00PM

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.

Mondays in January (8, 22 & 29): 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 afternoon of fun! Call us at (716) 773-9682 to register to be a part of this.

Wednesdays in January (starting January 10): 10:00AM—11:00AM

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. Call us at (716) 773-9682 to register to be a part of this new class.



Happy Birthday to those members celebrating January birthdays!



| | | | |
|-------------------|---|-------------------|--|
| January 1 | Julie Andolina, Elaine Clark, Choi Loongsang, & Patricia Pastore | January 19 | Linda Khreis |
| January 2 | Raymond Whitbeck & Thomas Kunselman | January 20 | David Casper |
| January 3 | Patrick Kalisz | January 21 | Mary Cooke |
| January 4 | Gail Berti & Karen Woods | January 22 | Jean Bousquet |
| January 5 | Karen Codella & Dennis McCloskey | January 23 | James Mikulsky |
| January 7 | Phyllis Zamojski | January 24 | Warren Becher |
| January 9 | Richard Brzyski & Martha Marrinan | January 25 | Lawrence D'Aurelio |
| January 10 | Darlene Conners & Sheila Colan | January 26 | Sharon Tokash |
| January 13 | Lynn Henschel, John Seebauer & Paul Westmoore | January 27 | Joanne Rayhill & Mary Stewart |
| January 16 | Joy Mesmer | January 28 | Edward Krawczyk |
| January 18 | Gail Becher & Linda Piro | January 31 | Ronald Duguay |



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!

Presentations

"Understanding and Responding to Dementia-Related Behaviors"

Review caregiver tips and strategies to respond to some common behaviors exhibited by individuals living with dementia, such as agitation, confusion and more. Join our friends from the Alzheimer's Association for this great presentation on **Thursday, January 25 at 1:00PM**. Join us for this presentation by reserving your spot at the Office OR by calling (716) 773-9682.

Bookmobile

Join Bridgette, Director of the Grand Island Memorial Library today as she comes here to the Golden Age Center on **Friday, January 19 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

Mitten Recognition Luncheon

This special luncheon recognizes all of the Golden Age members that have given their time and talents in crocheting, looming, and knitting hats, gloves, scarves, and headbands, and making lap robes for those in the community who are less fortunate. Join us as we thank them for their efforts in giving back to our WNY community, helping to keep people warm and cozy during the cold, winter months. This celebration will be on **Monday, January 29, starting at 11:15AM**. Join us for this special celebration, celebrating our wonderful volunteers who have a heart of gold!

Crafts

Tuesdays in January: 10:00AM

Sewing Club

This program has moved to a new day and time. Please join us for fun projects and learn or re-learn a new hobby!

Charcuterie Board Class

Sign up early to reserve your spot for this culinary favorite! We are hosting another charcuterie class, where you will take home a completed board (please bring your own board/platter/etc.). All the food items will be provided for. This class will be on **Friday, January 12 at 2:00PM**. **Registration is a must and the fee is \$10.00**. Plan a party at home and serve this or enjoy dinner over the weekend!

Smore Craft Fun & More

Today, **Wednesday, January 31**, is **National Hot Cocoa Day**. Let's celebrate with this activity. At 10:30am, you will make your own little smore person and join in making some s'mores to enjoy while we work away. Just a little winter fun to brighten up a cold, winter day! Cost is **\$3.00** and payable upon registration. **Deadline for sign up is Friday, January 26**.

Mind Aerobics

Scents & Sounds of the Season

The smell of baking gingerbread cookies, the **scent** of the fresh pine Christmas tree, the welcome warmth and aroma of an open fire, or a whiff of the sweet, hot spiciness of cinnamon give rise to some of the **scents** of the holiday **season**. Our memories are deeply infused with the smells swirling all around us during this magical time of year and are attached to the holiday traditions that we celebrate. Join Jen for this program, as we discuss how our memories are tied to scents, emotions, and sounds and how this is all intertwined together in such special ways. Join us for this great reminiscing program on **Tuesday, January 30 at 1:00PM**.

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

Attention Mahjong players:



Do you know how to play **Mahjong**? **Mahjong** 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 **Mahjong** with other members, please call the **Golden Age Center** at (716) 773-9682.

Our Coffee for the Month for January has been graciously donated by **Marie O'Hara**, in memory of **Martha Muller**. We are grateful for her thoughtful generosity and support! This program will continue due to the generosity of our **Golden Age Center** friends!





January Events...Mark your calendars!



Updates to our January Schedule

The Golden Age Center will be *CLOSED* for the New Year's holiday on **Monday, January 1**. A new year is like a blank book, and the pen is in your hands. It is your chance to write a beautiful story for yourself. Wishing you a very *Happy New Year!*

The Golden Age Center will be *CLOSED* in observation of the *Martin Luther King, Jr.* holiday on **Monday, January 15**.

Special Luncheons & Celebrations

Silver and Gold Birthday Lunch

The *Silver and Gold Birthday Lunch* will take place on **Wednesday, January 3 at 12 noon**. Join the January birthday celebration as we enjoy a special meal and then entertainment by Don Petrino with the Black and Blues Trio. Wear your favorite silver and gold colors as you see fit and join in the fun! Come and celebrate all of our friends celebrating January birthdays!

Birthday Party Set Up

Do you like decorating AND being creative? Want to join in and give a hand? We will be meeting in the Dining Area, before the *Silver and Gold Birthday Party*, at 9:30am on Wednesday, January 3, to put up decorations for this afternoon's birthday party. Many hands make light work!

PJ Pizza Party

Join in the fun this **Friday afternoon, January 19**, as we celebrate *National Popcorn Day* in style, with a movie and pizza luncheon, along with movie, snacks, and of course, a version of popcorn! Please register by **Wednesday, January 18 by noon**. Cost is \$5.00 which includes pizza, popcorn and snacks.

Monthly Meetings

Time with Town Supervisor Marston

Supervisor Pete Marston will be here to talk with our Golden Age Center members on **Thursday, January 25 at 12:20pm**. He will be updating us on happenings taking place in Grand Island. He looks forward to seeing everyone then!

Coffee & Conversation with Carrie

Please join Carrie for meeting, which will take place on **Tuesday, January 2 at 9:30am 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 January. Questions and suggestions are warmly welcomed. She hopes to see you there!

Potluck

Winter Wonders Piano Concert with Potluck Dinner

Come and watch as students of Grand Island music teacher, Carol Horrigan, perform a variety of piano music and pieces for us. After the concert, we will enjoy a potluck of our favorite winter dinner. Please register for this festive event and be prepared to note what dish you would like to bring to share with the company of our friends! This event is **Thursday, January 25; doors open at 3:30pm; concert starts at 4:00 PM; dinner begins immediately after AND event will end at 7:00PM**.

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, January 18**.

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, January 25**, 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.**

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, January 17.

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, January 10 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? Come in and meet Jessica Bielawa, an Individual Sales Consultant with Independent Health, on **Thursday, January 11, from 10:30am—12:30pm**, 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 Jessica's visit as noted above, please call the Golden Age Center at (716) 773-9682.

Fun Activities

Color Art for Adults

Color Art isn't just for children; it has been proven to be also beneficial for adults. Generating wellness & quietness, as well as stimulating the brain areas related to the senses and creativity, people across the globe are enjoying this simple form of art therapy. By concentrating on the task and allowing you to complete creative freedom, you will soon find your body and mind relaxing. Grab a beverage, a sweet treat and try Color Art with us on **Fridays at 10:30am**. All supplies will be provided.

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, and join us on **Friday, January 5 at 1:00pm**! Join us for laughs and lots of fun!

Music Bingo

Join Carrie on Wednesday, January 17 at 1:00pm as she plays Music Bingo. There is no cost! Just come and join in the Musical FUN!

Wii Bowling

Calling all bowling enthusiasts! Come and join our Wii Bowling League! Join us **Mondays at 10am** in the **Arts & Crafts Room** for zany and light-hearted fun. We will meet weekly through February and end with a *"bowling banquet"*. **Come on, you KNOW you want to do this!** A one-time fee of **\$5.00** will be payable at the first league event on Monday, January 8, 2024.

Wellness & Support Groups

Blood Pressure Checks

Blood pressure checks will be provided for our members on **Wednesday, January 31 from 11:00-11:30am in the Dining Area**. Keep your health in check by getting your blood pressure checked today!

Social Program for individuals with Dementia

Attention Caregivers of individuals with Alzheimer's Disease or a related dementia: A dementia-specific respite program runs today and every 2nd Wednesday of the month from 1:30pm until 4:30pm in the 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

Join us for this monthly meeting on **Wednesday, January 24 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.

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.



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

January 2024

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

| | | | | | | |
|----|---|---|--|--|---|----|
| | 1 CLOSED  | 2 Hot Dog Bar with French Fries, Jello, & Fruit Cup | 3 Silver & Gold Birthday Lunch \$6 Savory Beef Tips over Noodles | 4 Stuffed Spaghetti Bake | 5 Souper Seniors  | 6 |
| 7 | 8 “Rachel” with Chips & a Pickle | 9 Fried Chicken, Cheesy Potatoes & 3 Bean Salad | 10 Glazed Ham with Scalloped Potatoes | 11 BBQ Pulled Pork with Homemade Macaroni & Cheese | 12 Souper Seniors  | 13 |
| 14 | 15 CLOSED  | 16 Hobo Pack | 17 Polish Sausage & Pierogi with Applesauce & Sour Cream | 18 Executive Board meeting \$6 Open-Faced Turkey with Stuffing & Cranberry Sauce | 19 Souper Seniors  | 20 |
| 21 | 22 Chicken Pot Pie with Ambrosia | 23 Beef Stew with Buttermilk Biscuit | 24 Swedish Meatballs with Rice | 25 General Meeting \$6 Pork Chops with Mashed Potatoes & Applesauce | 26 Souper Seniors  | 27 |
| 28 | 29 Meatloaf with Mashed Potatoes | 30 Chicken & Broccoli Alfredo with Garlic | 31 Baked Italian Chicken with Green Beans | Update: You MUST call 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! | | |



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



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 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 _____ |



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:

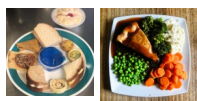
Edward Krawczyk
Patricia Muoio

Carol Blair
Elizabeth Krawczyk

Bert Borden
Sarah Anderson

Carol Borden
Charles Anderson

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. **JACKIE SULLIVAN is the WINNER for the month of DECEMBER! CONGRATULATIONS!**

Members we lost in December 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.

Janette Lemley

Members that were sick in December 2023:

| | | | | | |
|----------------|----------------|----------------|-----------------|--------------------|-------------|
| Millie Attrino | Paul Bassette | Marie Casey | Ruth Cunningham | Garry Deutchlander | 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 | Pat Munio | Ruth Landel |



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*



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 to are now for FREE for the next few days! Golden Age members for bringing in clothing items, coats, hats, and shoes all season, for people to enjoy freshening up their wardrobes these seasons.

The Try & Buy will be open again next April 2024.

Find a new piece for your wardrobe!

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!

"January brings the snow, makes our
feet and fingers glow." ~ Sara
Coleridge

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.