

The Golden Voice

January Events

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

SOUPER-CELEBRATION Birthday Party

Wednesday, January 8: 11:45am

Bingo Bonanza

Friday, January 10: 12:45pm

Celebrate with US and your friends!

Chinese New Year Celebration

Wednesday, January 29: 11am

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

December 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!***

Our new bus coming has joined our fleet this month. We are SO excited to hit the road in our new vehicle! We enjoyed the season with our own Festival of Trees, with our beautifully decorated 14 trees around our senior center. Sounds of the season came in with the sounds of the children singing and playing piano, with much more fun to be had this holiday and WINTER SEASON! Our crafters made and decorated their own Festival of Trees tree for Oishei Children's Hospital, raising \$500 for the cause! Come and see what we're all about!

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!

Best, Jennifer R Menter

(716) 773-9682

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

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The Golden Voice

Mark Your Calendars!



**Thursday, January 30 at
12:30PM**

Brain Games & Smells & Tastes of the Season

Join in this great time to
reminisce! Do you have
certain scents or tastes
that trigger certain
memories? Come and
join in this interactive
Brain Game event!



Coffee for the month of
January
will be **FREE** compliments of
Yvonne Turri
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

January 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** in the **Community Center**

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** with **Anna** 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**

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The Golden Voice

Members who are sick and under the weather in December 2024; we send you healing thoughts your way!



Barbara Berry

Trish Benz

Bobbie Capp

Pat Ehinger

Fran Fusco

Iris Galeza

Jeff Johnson

Dick Koch

Nancy Koch

Betty Marinell

Cindy Hamman

Cathy Mancuso

Mary McMahon

Bill Ortiz

Marie O'Hara

Ted Pawlowski

Dee Schuman

Chuck & Nancy Tobe

Fran Tracy

Sue Whitbeck

Welcome to our new members of the Golden Age Center in the month of December 2024:



Jean Pynn

Thomas Pynn

Linda Schmitt

Darlene Rine

Kathleen Dann

Robert Lenz



2-1-1: available 24 hours a day, 7 days a week. Free and confidential referral service. Human & social services, emergency housing, legal services, domestic, health & wellness, food & nutrition, mental health, support groups, & developmental disabilities

Erie County Senior Services: (716) 858-8526

HEAP: (716) 858-7644

(716) 773-9682

January 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**

Matter of Balance: Exercise from the comfort of the chair with gentle exercises. This award-winning program 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** at the **Community Center**

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



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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 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!

January 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!

January 2025 Lunch Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CLOSED 	2 Hot Dog Bar with Chips, Pickle, & 3 Bean Salad	3 Souper Seniors 	4
5	6 Crispy Chicken with Stuffing & Gravy	7 <i>Brunch for Lunch!</i> Egg Bake, Yogurt Parfait, Sausage & Fruit Cup	8 Birthday Party \$6 SOUPER Celebration! 	9 French Dip with French Fries & Fruit Cocktail	10 Souper Seniors 	11
12	13 Glazed Ham with Rice & Pineapple	14 Monte Cristo with Chips & Pickle	15 Beef Tips over Noodles	16 Executive Board meeting \$6 Turkey Dinner with Stuffing, and Cranberry Sauce	17 Souper Seniors 	18 
19	20 CLOSED 	21 Sloppy Joe on a Bun with Tater Tots	22 Rigatoni with Tomato Sauce & Mozzarella with Italian Sausage	23 General Meeting \$6 Pork Chops with Applesauce, Mashed Potatoes & Gravy	24 Souper Seniors 	25
26	27 Chicken Alfredo with Broccoli	28 Beef Taco Salad with Chips, Salsa, Sour Cream & Mandarins	29 Chinese New Year! Chicken & Vegetable Stir Fry with Pineapple & Egg Roll	30 Meatloaf with Mashed Potatoes, Gravy & Mixed Vegetables	31 Souper Seniors 	

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The Golden Voice

Members that we lost in
the month of
December 2024:



No members lost

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

January 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.

Thursday, January 2: 10:00AM

Bingo!

Starting today, we will be having Bingo on Thursday mornings! Join in the fun of
playing a variety of Bingo games, such as Round Robin, Train Tracks, Letter X, and
more! Bingo cards are 25 cents a board, and you can play up to 4 Bingo boards.
Join in the fun!

Friday, January 3: 12:45PM

Majority Rules Game

Come and join us in the fun of a new game. We will be explaining it and then
playing it as a group. Very easy to do... just give it a try!

Monday, January 6: 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, January 6: 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 January. It is extremely
important to read your newsletter and check out all the events and special
activities as we celebrate several holidays, have new programs, and start the new
year right with US!

Monday, January 6: 11:15AM

Reminiscing

Engage in today's conversations about Family Game Nights. *What did you play?*
Did you serve anything special for game nights? Did you host others? Let's come
together and share some memories.

Monday, January 6: 12:45PM

Fleece Blanket Work

Come in and join a group as we work together on making some warm, fleece
blankets. We have some fleece, and we will make good use of it to give to others.
No skill needed and EASY instruction will be provided. Start a new resolution to
give back to your community and participate with us!

Tuesday, January 7: 12:45PM

Old Rock Day

Today is an unofficial holiday where you can learn about fossils and other relics.
We are going to paint rocks to put around the tow, to share the happiness with
others. Let your creativity flow! Come and join in the fun. There is no cost for this
program, but please register to ensure enough supplies for all!

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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.

~~Temporary 2025 Spelling (716) 773-9682~~ Please register ~~Temporary 2025 Spelling (716) 773-9682~~ by the Office to register for programs with a Golden Age staff member.

Wednesday, January 8: 9:00AM – 11:30AM

Lawley Insurance

Do Friday, January 10: 11:00 AM – 12:30 PM

Grand Island Memorial Library

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

you have 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. He can compare your needs to all the carriers including Independent Health, Highmark BCBS, Univera, United, Humana and Aetna, to name a few. Or, if you just want to sit and talk with John, he's happy to do that too! Join John Weatherby, Medicare & Individual Health Insurance Consultant.

Wednesday, January 8: 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. Please come and help us decorate to celebrate!

Wednesday, January 8: 11:30AM festivities begin; 12:45PM – 1:45PM entertainment

Super-Celebration with Tom & Diana Hastings

Come and join the fun as we celebrate all those members born in the month of January. Baby it might be cold outside, but come today and warm up with some delicious soups to warm your heart, and join in the warmth of friendship.

Friday, January 10: 11:00AM – 12:30PM

Grand Island Memorial Library

Join Bridgette, Director of the Grand Island Memorial Library, today as she comes here to the Golden Age Center bringing the Mobile Bookmobile! Register to get a new library card, learn more about the programs and services the local library provides, AND be able to check out NEW titles of library books. 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, January 10: 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!***

Monday, January 13: 10:00AM

Familiar Famous Faces

Test your recognition skills as we show photos of famous folks from sports, film, music, and more. and maybe earn braggers' rights on how well you do!

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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

Here is your next Executive Board as of November 2024. Elections were held on Thursday, November 19 at the General Meeting during the Thanksgiving Dinner and the Installation of Officers was held at the General Meeting at the Christmas Dinner on Thursday, December 19, 2024. Congratulations and THANK YOU for your service!

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



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!

January 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, January 13: 12:45 PM

Crafting with Carrie – Jewelry Art

This is a unique craft class where we will be using old jewelry and creating some cool artwork. Carrie encourages you to bring some old costume jewelry as supplies are limited. Cost is \$5 fee for all program supplies. Please register ahead for this program.

Tuesday, January 14: 9:00AM – 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.

Tuesday, January 14: 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, January 15: 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.

Thursday, January 16 : 11:00AM

Executive Board Meeting

Club President Bob Vaccaro asks for the presence of the Executive Board together for their monthly meeting, to discuss Club business, to discuss yearly plans and 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, January 17: 12:45PM

Pokeno

The fun for today is playing the game of Pokeno....no money involved, just a lot of fun! Try a new game with us!

Monday, January 20:

The Golden Age Center is CLOSED today in observance of Martin Luther King Jr. Day.

(716) 773-9682

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The Golden Voice

Happy Birthday to our members celebrating January birthdays!

January 1.....Julie Andolina,
Elaine Clark & Patricia Pastore
January 2.....Tom Kunselman &
Ray Whitbeck
January 4.....Gail Berti & Karen Woods
January 5.....Christine Schnepf
January 7.....Phyllis Zamojski
January 8.....Charles Ciceno,
Shirley Johnson, Felicita Pagan & Heidi
Rust
January 9.....Richard Brzyski
& Martha Marrinan
January 10.....Darlene Connors
January 13.....Lynn Henschel
& Paul Westmoore
January 14.....Richard Graff
January 15.....Robert Black
January 19.....Joyce Berk
January 20.....David Casper
January 21.....Mary Cooke
January 22.....Jean Bousquet,
Gina Calamita & Carol Hamlin
January 23.....Mary Jane Wolentarski
January 25.....Lawrence D'Aurelio
January 26.....Sharon Tokash
January 27.....Mary Stewart
January 29.....Julie Deuble &
Angelina Salvatore
January 31.....Ronald Duguay &
Marsha MIs



2024 Senior of the Year

The Golden Age Center was seeking out nominations for the 4th Annual Senior Citizen of the Year Award. This award recognizes someone age 50 or older who has made a significant contribution to the Golden Age Center AND the Grand Island community through volunteerism, leadership, and service.

Nominations were accepted through Wednesday, December 18 and the winner was presented at the Christmas Dinner on Thursday, December 19, 2024. **The winners of this year's Seniors of the Year award go to Bob & Anna Vaccaro! CONGRATULATIONS to both Bob and Anna on such a wonderful, heartfelt achievement!**

January 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.

Tuesday, January 21: 12:45PM

Name That Song & Other Musical Trivia

This afternoon will have us listening to music and answering trivia questions amongst other fun activities. Test your trivia knowledge and tickle your brain!

Wednesday, January 22: 5:00PM dinner; 6:00PM Games

Blizzard Bingo Bash

Tonight, we will be having a special supper and then playing some Bingo games. RSVP by Monday, Friday, January 17, by the end of the business day. We will end the evening with a Blizzard Ice Cream Sundae. *Join in the fun and chase the winter blues away!* The cost is \$25.00, which includes supper, dessert, and all bingo games.

Thursday, January 23: 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 11:15am, followed by our delicious lunch and great company of our friends, and Town Time with Supervisor Marston at 12:20PM.

Friday, January 24: 11:30AM

Pizza Luncheon Matinee

Be sure to sign up by Wednesday, January 22 to join in the pizza luncheon and the special film for the afternoon. **Cost is \$5.00** and please register with Staff members.

Monday, January 27: Starting at 9:30AM

Cooking with Carrie

Kick off the week and 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: Chicken and Waffles, Coleslaw, Fruit Salad, Root Beer and Southern Banana Pudding. **The cost is \$10 per person**, and you must register by Thursday, January 23.

Tuesday, January 28: 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, January 29: Starting at 11:00AM

Chinese New Year Celebration

This program will have many elements in it: music, trivia, educational and just plain old fun. We will start with a Dim Sum Happy Hour, enjoy the elements above including learning about the Year of the Snake, be a part of the eating with chopsticks contest, join in our version of a Reunion dinner, and then engage in the lantern craft after lunch. Come and learn about all these things as part of a Chinese New Year.

(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.

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!

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

Thursday, January 30: Starting at 11:30AM-1:45PM

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. We will celebrate at the end of our celebration with music from Saxman Slim at 12:45pm for everyone to enjoy! Passing out 1500 pieces to 25 community organizations is a LOT to celebrate!

Friday, January 31: 12:45PM

Sweet Winter Sip Social

Let's learn about the origin of hot chocolate and enjoy our special version of the Hot Chocolate Bar. Come to be surprised and you can also make your own hot cocoa to take home. The cost is \$2.00 to cover supplies.

LEGAL HOLIDAYS THIS MONTH:

Tuesday, December 31 & Wednesday, January 1, 2025: The Golden Age Center will be *CLOSED* for the New Year's holiday. 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 and Healthy New Year!

Monday, January 20:

The Golden Age Center is *CLOSED* today in observance of Martin Luther King Jr. Day.

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

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



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-early April).

Need Food?

For confidential assistance, call the
Neighbors Foundation of Grand Island

716-775-7998

neighbors@grandislandny.us

Scan QR Code for instant access to our website at:
www.grandislandny.us

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.

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@grandislandny.us



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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 |

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

Hello January

New Month, New Chapter



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 **Thursday, February 13** from **8am - 11am** 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. **Deb Pirson & Yvonne Turri** are the winners for the month of **December!** **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.