

The Golden Voice January Events

This January, we have a showcase of events going on to continue **the FUN during the WINTER season!** We are excited to announce the following events:

Disney Diva Birthday Bash

Wednesday, January 7: 11:30am - 1:45pm

Festival of Trees UN-Decorating

Friday, January 2 & Monday, January 5

Bingo Bonanza!

Friday, January 2: 12:45pm

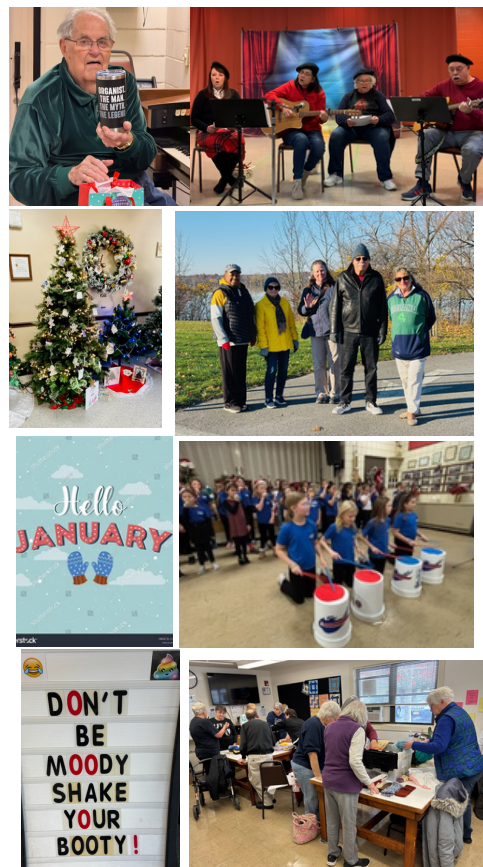
Get ready to win GREAT PRIZES with our great Bingo games! Get out your lucky boards!

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

Fran Molnar

Ryan Zygmunt



A Message from Jen

WOW! This month has been filled with such gratitude, good will, and kindness! We are so appreciative for the time and talents everyone has given through our holiday events, decorating, and through our holiday fun. Thank you for helping to spread JOY this season to all! Though the days are getting colder, NO FEAR; we are planning an action-packed, energetic, and exciting month of January for you all to savor.

A huge THANK YOU to all of our creative souls who were a part of our Festival of Trees at Oishei Children's Hospital! The gorgeous, home-made "There's GNOME Place Like Home" tree was sold for \$300! Congratulation to all our crafters & members who made this possible!

We have continued to freshen up our spaces and now have a revamped Lending Library of games and puzzles, a Memories Over the Years nook that lets us reflect and reminisce about our senior center through history and photos, a Library full of new books and great authors, and a Country Store of new items to shop to your heart's delight. Peruse these areas to see other facets of our senior center, and take the time to look, borrow a puzzle, and buy a new read, or maybe find a new treasure for yourself!

We have a rack out in the Coat Room for you to hang your wet gloves and hats, and the boot trays are out for the change in the weather!

Did you know we have FREE Wi-Fi? When you come to Nike Base, we'll show you what our Wi-Fi Name is!

We are into Heating Season! Please bring a sweater or jacket with you, as the heat will be on during cool days, and we try our best to keep everyone comfortable, with all the varying comfort levels of our members. Thank you for understanding! I have a print magnifier for anyone that is in need. Please let me know if you can make good use of it!

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, in the case of emergency, to keep accurate attendance in our facility, and to make sure all are enjoying the day's programs.

Today is a day that will never come again. Let's make each moment count and cherish every moment in this New Year. This month reminds us how thankful we are for what we have! **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

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



Rick Henderson
Dion Mackris
Jodie Spero
Beth Golembiewski
Gary Golembiewski
James Walf
Welcome!

Just a reminder...

On snowy mornings,

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

Coffee for the month of
January
will be **FREE** compliments of
Cheryl Redlein
in memory of
Ida Marzolf



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 2026 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** at 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**

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

Morning of Games: Play Ping Pong, Foosball, Shuffleboard, and other games with friends at **10:30am** in the **Community Center**

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**

Gentle Yoga: **1:00pm** with **Sue** in the **Community Center**

Chinese Mahjongg: **1:00 - 3:00pm** on the **Stage** with **Rosemary**

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, exercise balls, and body weight. Join us at **9:30am** with **Michelle & Diane** in the **Community Center**

Seniors in Stitches: Stitch away with your favorite craft at **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**

Diamond Art Painting: **12:45pm** in the **Arts & Crafts Room** with **Sandy**

Bingo:

1:00pm with **Carrie** in the **FRONT of the Dining Area**

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**

Wellness Walks: Walk your way to wellness with your peers at **9:00am** with **Jen** at the **Community Center**

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**

Afternoon of Games: Play Ping Pong, Foosball, Shuffleboard, and other games with friends at **1:00pm** in the **Community Center**

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January 2026 Consistent Weekly Programs at the Golden Age Center

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



Joyce Berk

Mary Caldwell

Joanne Carcione

Michele Drabik

Robert Gorny

Frank Greico

Tom Kunselman

Ruth Landel

Mary Ann Lochren

Jack Mahnk

Martha Marrinan

John Moreno

Jerry Peete

Dave Rogers

Dee Schuman

Kathy Shaklee

Mary Stewart

Chuck & Nancy Tobe

Jan Zaborowski

**ROTARY CLUB OF GRAND ISLAND**

UNDIE SUNDAY

JANUARY 24TH - FEBRUARY 8TH

**DONATE NEW PACKAGED UNDERWEAR,
LEGGINGS & SOCKS FOR MEN, WOMEN
& CHILDREN TO BE SENT TO LOCAL MISSIONS**

Look for the Red Hampers



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

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

Erie County Senior Services: (716) 858-8526

HEAP: (716) 858-7644

(716) 773-9682

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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 Winter and Summer months, when we are coming into the senior center, during the snowy, 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 2026 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 \$6.00 OR MORE on Special Event days.

Lunch is served at 12:00pm 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.

January 2026 Lunch Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 CLOSED 	2 Souper Seniors 	3
4	5 Beef Taco Salad with Chips, Salsa & Mandarins	6 Turkey Tetrazzini & Peas	7  \$8 Disney Diva Birthday Party Arugula Salad, Carl's Favorite Roasted Chicken, Belle's Baguette & Butter, Remy's Ratatouille, & Disney Dessert	8 Barbecue Chicken with Homemade Mac & Cheese & Corn	9 Souper Seniors 	10
11	12 Sloppy Joe's with Macaroni Salad & Pickle	13 Open-Faced Roast Beef with Gravy with Mashed Potatoes	14 Glazed Ham with Scalloped Potatoes & Pineapple	15 \$6 Executive Board Meeting Savory Beef Tips over Noodles with Hearty Vegetables	16 Souper Seniors 	17
18 	19 CLOSED 	20 Old-Fashioned Meatloaf with Gravy, Mashed Potatoes, and Carrots	21 Shrimp Stir Fry with Rice	22 \$6 General Meeting 11:30am Maple Balsamic Pork Loin with Rice, Green Beans & Pears	23 Souper Seniors 	24
25	26 Tuna Noodle Casserole with Peas	27 Turkey Dinner with Stuffing, Carrots & Cranberry Sauce	28 Salisbury Steak with Mashed Potatoes & Peas	29 <i>Brunch for Lunch!</i> French Toast Casserole, Yogurt Parfait, Sausage & Fruit	30 Souper Seniors 	31

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The Golden Voice

Members that we lost in
the month of
December 2025:



Cindy Hamann

**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.**



(716) 773-9682

January 2026 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, January 2 & Monday, January 5: 9:00AM - 11:30AM

Festival of Trees UN-Decorating & Taking Down the Greens

Calling all creative souls! Grab some coffee and a treat and help us make our Golden Age Center wintry for the month of January! Come out and help us take down our own Festival of Trees event, and we'll be decorating with wintry decorations for the next month. Please talk to Jen if you'd like to help un-decorate and help put up January decorations!

Friday, January 2: 12:45PM

Bingo Bonanza!

NEW PRICE! For \$2.50, you will get up to 4 boards to play all the games for the afternoon. Follow along for fun and laughs as you vie for the prize envelopes! From Letter X to Railroad Track, Regular Bingo & Top Hat, play varied games with us! ***Come one, come all!***

Monday, January 5: 10:00AM

Coffee & Conversation with Carrie

Join Carrie this morning as she highlights the special programs for the month of January. 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.

Tuesdays in January: 1:00PM

Bingo

Games will NOW be played on Tuesdays in the afternoon. Join us for the best Golden Age Center bargain, only \$.25 a board with a MAXIMUM of 4 boards. Mark your calendars for this schedule change! Get your quarters ready!

Wednesday, January 7: 9:00AM - 11:30AM

Lawley Insurance with John Weatherby

Questions about Medicare? John is here to help you navigate all the complexities of the 2026 Medicare plans. 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, he is there for that too! Join John Weatherby, Medicare & Individual Health Insurance Consultant. Call the center at (716)773-9682 should you require a one-on-one appointment with John.

Wednesday, January 7 - 11:30AM - 1:45PM

Disney Diva Birthday Party with Susan King

Wear your favorite Disney character and celebrate all the members who have birthdays this month in a fun and engaging way! Susan King, our entertainer, will perform at 12:45pm and will be performing several Disney show tunes and showcasing the tunes of famous women in movies and theatre.

Thursday, January 8: 10:00AM

Dominoes

Join us this morning for a game or two of dominoes. Colder weather makes game playing so much more fun!

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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 34 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.

January 2026 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, January 9: 10:00AM

TV Trivia

Test your knowledge on TV with this mixture of television theme songs and jingles. A 'Name That Tune' sort of thing. Come and join us this morning!

Friday, January 9 & Friday, January 30: 1:00PM

Bunco

New game! Some of us took a University Express class and learning this fun game was a HOOT! Join us as we muddle through and try our hand at something really fun.

Monday, January 12: 10:00AM

Tea Time with Carrie

We will enjoy tea and fun as we relax this winter morning with delicious tea service and try our hand at some musical trivia.

Tuesday, January 13: 9:30AM – 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 by and visit and ask Jeff any questions you may have regarding your coverage.

Wednesday January 14, 21, & 28: 11:00AM – 11:45AM

The GAC Treble Makers

Join the all-new chorus group after the fantastic group that Don leads. This choral group will be performing here at the center at the holidays or special events ALONG with various WNY locations. *This is for fun! All voices encouraged to come and sing with us!*

Wednesday, January 14: 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 of the month from 1:30pm until 4:30pm in the Golden Age 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.

Thursday, January 15: 10:00AM

At the Races

Today is National Hat Day and let's go to the races! Wear your favorite hat, "bet" on your horse and enjoy a mocktail as we chase away the winter doldrums with some kind of fun.

Thursday, January 15: 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, to discuss the Sweets & Treats Holiday Bake Sale, yearly 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!

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The Golden Voice

January 2026 Special Events Calendar at the Golden Age Center

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.

ROTARY CLUB OF GRAND ISLAND

UNDIE SUNDAY

JANUARY 24TH - FEBRUARY 8TH

DONATE NEW PACKAGED UNDERWEAR, LEGGINGS & SOCKS FOR MEN, WOMEN & CHILDREN TO BE SENT TO LOCAL MISSIONS

Look for the Red Hampers

Rotary  People of Action

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!

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, January 16: 10:15AM

Cooking with Carrie – Winter Menu

Join Carrie as we prepare our meal together and then enjoy it once done! This is only open to 10 people, so register and pay upon registration as this popular program that is returning now that it is cooler weather and now that the hustle & bustle of the holiday season is over. Everyone helps prepare the meal that is made together, as a team.

This month's menu: **Turkey Corn Chowder, Green Salad, Dinner Rolls and Peach Crisp.**

Cost: \$10 per person; payable upon registration. **Limited to 10 people.**

Friday, January 16: 1:00PM

Pokeno

Join in the fun this afternoon with games of Pokeno. Pokeno is a game created in the United States, and it was first released in 1930. The game is a combination of poker and keno (or lotto) and is similar to the game of Bingo in several aspects.

The game can be played by 2 to 13 players. The dealer places five ranks of five squares across the board for a total of 25 squares. With another deck of cards at hand, cards are turned over one at a time and each player who has a board with that playing card pictured places a poker chip or other marking device over the square. The first player to get five squares in a row is the winner! Come and join us for a fun new game.

Monday, January 19:

The Golden Age Center is closed in honor of Martin Luther King, Jr Day. *"Faith is taking the first step even when you can't see the staircase."* ~Martin Luther King, Jr.

Tuesday, January 20: 10:00AM

Open Discussion on Photoshop and Pixel with Bogdon Fundalinski

Join member, Bogdon, as he shows how to use Photoshop/Pixel with your photos. Please register by stopping in the Office or by calling (716) 773-9682.

Wednesday, January 21: 12:45PM

Beginner Mahjongg

Want to learn how to play this Americanized version of the tile game? Instruction provided over the course of 5 weeks. If interested, please sign up by stopping in the Office or by calling (716) 773-9682.

Wednesday, January 21: 1:00PM

Crafting with Carrie – Snowman Candle Craft

Today, we will be making a cylinder vase centerpiece, PERFECT for the winter season. Spruce up your dining table AND or your coffee table and special area of your home! You can see the craft by asking at the Office. Cost: **\$5.00 fee payable upon registration.**

Thursday, January 22: 10:00AM

Grocery Bingo!

One of many new BINGO programs! For only a \$3.00 fee, you can try to win some grocery items! Each month, there will be a different type of Bingo, so join in the fun and try to win!

Thursday, January 22: 11:30AM

General Meeting of the Golden Age Club & 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.

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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.....Lisa Grochowski, Thomas Kunselman & Raymond Whitbeck
January 4.....Gail Berti & Karen Woods
January 5.....Christine Schnepf
January 7.....Phyllis Zamojski
January 8.....Charles Ciceno, Shirley Johnson, Felicitia Pagan, Heidi Rust & Jean Siess
January 9.....Richard Brzyski, Georgianna Gipp & Martha Marrinan
January 10.....Darlene Conners
January 13.....Lynn Henschel, David Moore & Paul Westmoore
January 14.....Richard Graff
January 15.....Sherie Cook & Betty Defeo
January 16.....Joy Mesmer & Verna Peter
January 18.....Linda Piro
January 19.....Joyce Berk
January 20.....David Casper & Erzsebet Mazepa
January 21.....Mary Cooke
January 22.....Jean Bousquet, Gina Calamita, & Carol Hamlin
January 23.....Colleen Fachko & Mary Jane Wolentarski
January 25.....Maribeth Calderon & Lawrence D'Aurelio
January 26.....Sharon Tokash
January 27.....Mary Stewart
January 28.....Elaine Gibney
January 29.....Julie Deuble & Angelina Salvatore
January 30.....Ron Link
January 31.....Ronald Duguay & Marsha Mis



Did YOU KNOW that Walking Club has walked at various location outdoors for the last SEVEN months?

As the weather is now turning and transitioning to colder, wetter months, our Walking Club will meet now in the Community Center to move, walk, and to safely walk together during the Autumn and Winter months! Music will be played, lights weights will be out, and circuits & a walking course will be set up!

Come and join us from 9am - 9:50am in the Community Center Wednesday mornings!

January 2026 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, January 22: 12:45pm in the Arts & Crafts Room

Painting with Martha Rogala

Come celebrate the promise of autumn and create your own painting of winter using acrylics on canvas. All supplies are included, and no drawing or painting experience is necessary. Step-by-step instructions are available for those who want that, and others can come and play with the paints while getting helpful tips. Color mixing, painting techniques, and tapping into your artist's eye are concepts shared in this "just for fun" experience! Cost is \$40.00 for instruction and all supplies. To register, please stop by the Golden Age Center Office.

Friday, January 23: 11:15AM - 2:30PM

Apple Pie Making

Today is National Pie Day, so what better way to spend the day but baking an apple pie! In the morning, we will be making our pie crusts, then in the afternoon the pie filling and putting it together. You will leave with your own pie to take home, plus enjoy a slice here with coffee or tea. You MUST register for this program, and the cost is \$10 per person. Stop by the Office to sign up and as always; payment is due upon registration.

Monday, January 26: 10:00AM

Color Art

Working independently, coloring sheets and supplies will be provided. It's an easy way to enjoy the morning! Did you know that coloring for adults provides stress and anxiety relief, improved mindfulness, and a creative outlet? It can also enhance fine motor skills, improve focus and concentration, and promote a sense of calm that may lead to better sleep. Relax, recharge, and rejuvenate with us!

Monday, January 26: 1:00PM

Afternoon Matinee

After lunch, we will enjoy a movie of choice and should you choose, you can purchase a drink and snack for \$2.00. This month's movie title will be posted at the Office window.

Wednesday, January 28: 11:00AM

Sending Smiles Across the Miles

It's time to gather together to spread some smiles to our members who are sick, who have moved, who need a 'pick me up' and who need a little cheer. Gather together and let's put pen to paper and write some cards to people that could use a little sunshine and smiles. We will also be making a small gift for those special recipients. Cards and supplies will be offered. Help make someone's day a little brighter!

Thursday, January 29: 10:00AM

Puzzlerama

Try your hand at this new and innovative program. Teams of 3 will work on a 100-piece puzzle and race to see who finishes first! Today is also Puzzle Day!

Thursday, January 30: Starting at 11:45AM-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 a surprise performer at 12:45pm for everyone to enjoy! **Passing out over 1800 pieces to 30 community organizations is a LOT to celebrate!**



(716) 773-9682

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

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

Dennis's Dad Joke of the Month



What is a funny mountain called?
~ **HILL-ARIOUS!**



Did YOU KNOW that our volunteers made OVER 1800 pieces this year for the Mitten Project?!?!?

Special thanks to the 20 volunteers who helped organize our distribution for our Mitten Project, all to help those in need!

Due to the INCREDIBLE amount of pieces that we had donated and made this year, we were able to help 30 local organizations, schools & charities in the WNY area. We can't thank the Mitten Project crafters & volunteers enough for this generous donation, to help those stay warm during their times of need.

How lucky we are to have such special hearts in our community!

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.



Did YOU KNOW that our members & community members collected over 12 garbage bins FULL of donations for the Neighbors Foundation?

Special thanks to ALL of the Golden Age members and Marina Oldin, daughter Nora, & Brownie Troop #30788 who donated all of these canned goods and non-perishable items, all to help those in need! Due to the INCREDIBLE amount of donations that we had donated and made this year, we are GRATEFUL and THANKFUL to able to help many Grand Island families this year. We can't thank the Golden Age members and Brownie Troop #30788 enough for this generous donation, to help those stay nourished & have good nutrition this season.

How lucky we are to have such special hearts in our community and at our Golden Age Center!



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!

Home-Cooked Lunch Program



REMINDER: Effective IMMEDIATELY, The home-cooked lunch program NO LONGER has take-out lunches. Please consider dining in as our program is for in-house, nutritious meals, socialization over a meal with our senior population. Should you be interested in take-out meals, please call Jen at (716) 773-9682 to discuss the Meals on Wheels plan.

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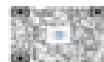
Need Food?



For confidential assistance, call the
Neighbors Foundation of Grand Island

716-775-7998

Neighbors14072@gmail.com

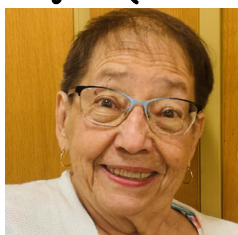


Scan QR Code for instant
access to our website at:
www.gisneighbors.org

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.

Anne's Anecdotes



**I get most of my
exercise these days
from shaking my head
in disbelief!**



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 and Bob Vaccaro this month for helping to sell the Birthday Split Club Raffle Tickets for the month of December!

**The winners of December's
Birthday Split Club Raffle are:**

Betty Lou Camardella

Eileen Lesh

Sue Magro

Kay McGuire

Bonnie Peete

CONGRATULATIONS!

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!

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.

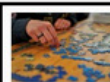
WE ALSO HAVE A PIANO TO PLAY FOR YOUR MUSICAL DELIGHT!

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

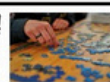
Mondays: 8am—10am; 12:45pm—3:45pm

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 OPEN for the
Winter season!**
Golden Age members can bring in their gently used and nearly new WINTER clothing items, shoes, and jackets to be sold for a very low price this WINTER. Golden Age members will be asked to bring (5) clothing pieces at a time.
REFRESH your REVAMP your wardrobe with US!

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.

(716) 773-9682

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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.

Kathy Shaklee & Mary Musilowski are the winners for **December!**

CONGRATULATIONS!



GIVE
BELIEVE
SPARKLE
BE JOYFUL
SING CAROLS
PARTY, PARTY
DECK THE HALLS
BE MERRY & BRIGHT
KISS UNDER MISTLETOE
BE WITH YOUR LOVED ONES
INDULGE IN HOLIDAY TREATS
DREAM OF A WHITE CHRISTMAS
MISS THOSE WHO ARE FAR AWAY
CREATE MEMORIES FOR YEARS TO COME
HUG YOUR LOVED ONES A LITTLE TIGHTER
REFLECT ON THE YEAR THAT IS BEHIND US

10.) nutcracker
9.) carolers
8.) evergreen
7.) first
6.) blanket
5.) scraper
4.) cocoa
3.) blue
2.) energy
1.) change

January Anagram Answers:

(716) 773-9682



CHECK OUT THE JANUARY ANAGRAMS!

GOOD LUCK! BONNE CHANCE!

January is a frigid month, filled with unique traditions, historical significance, and quirky celebrations that make it a time for family gatherings and joyous moments. As the cold winter winds come in, January reminds to reflect, pay gratitude, and embrace the transition of the season, inviting us to appreciate the beauty of change and the warmth of togetherness.

What could these SURPRISE words be?!?!

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

Good luck! How many can you guess?!?

(ANSWERS ARE BELOW, in LEFT COLUMN, page 12)

JANUARY FUN FACTS

- January was named after Janus, the Roman god of doors, gates, and transitions.
- Eating 12 grapes at midnight on New Year's Eve is a Spanish tradition thought to bring good luck.
- In some parts of the United States, eating black-eyed peas on New Year's Day is thought to bring prosperity.



- 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.



Our next **Safe Defensive Driving Class** with Wayne West is coming up on **Monday, February 2 & Monday, February 9, 2026 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.



love fresh fruits and veggies?

Stop by to purchase fresh, healthy, affordable
and locally grown produce!



NEW STOP STARTING ON 2/5/25!

Grand Island Golden Age Center

3278 Whitehaven Rd, Grand Island, NY

14072

**1st, 3rd, and 5th Wednesday of the
month**

10:30-11:30am



The Farm Market accepts credit, debit, cash, and SNAP!

**FeedMore
wny**

FeedMore WNY
www.feedmorewny.org
(716) 822-2002