



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

March 2022

Flower: Jonquil

Birthstone: Aquamarine

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: 8am—4pm, Monday - Friday

Website: http://www.grandislandny.us/departments/golden_age/index.php

John Whitney

Town Supervisor

Christian Bahleda Tom Digati
Mike Madigan Pete Marston
Town Board

Jennifer R. Menter
Recreation Supervisor—Senior Citizen

Carrie Mesmer
Recreation Leader—Senior Citizen
Golden Age Center



Happy Birthday to those celebrating February birthdays!



March 1	Don Hoke & Phyllis Martin	March 16	Debbie Jenkins & Pat Phillips
March 3	Joyce Cowan	March 17	Nonnie Carroll
March 4	Sally Hoffman	March 19	Ruth Landel
March 6	Pat Bassler	March 21	Peggy Bauman & Dolores Laska
March 7	Linda Leuchner	March 22	Beverly Kinney
March 9	Elaine Hardman	March 25	Jack Mahnk & Rick Ryder
March 10	Dorothy Hahn	March 26	Angelo LaDuca & Betty Marinell
March 11	Shirley Norman	March 27	Frances Tracy & Mary Carol Wozniak
March 13	Susan Marston	March 28	Marilyn Rudolph & Valerie Robinson
March 14	Laurie McGinn, Kathy Shaklee, & Jim Walf	March 29	Michele LaBarre
March 15	John Corrao & Henry Lobl	March 31	Anna Kapus

Weekly Consistent Activities at the Golden Age Center

ATTENTION: NEW Recreation program measures will be in place prior to enjoying such programs. Please note the following PRIOR to your visit:

- *Front **AND** Back doors of the facility are **OPEN** to the Golden Age Center.*
- ****You will register for the program or activity you wish to participate in at the Office along with the room that the activity/program will be done in (INCLUDING Poker, Canasta, Pinochle, Dominoes, Crafting, Line Dancing, etc. due to limits for programs)*** Tai Chi & Total Body Workout, **JUST COME! We have more than enough room for all!***
- Hand sanitizing throughout activity and hand washing is ***strongly encouraged*** often throughout your visit at the Hand Sanitizing stations. **PLEASE** ask for hand sanitizing pumps to be set out for these activities. (ex. Card game tables, etc.)
- Before leaving, you must sign out at the Office.
- ***Thank you for your cooperation!***

MONDAY

Independent Craft Activities: 8:15am—12:30pm; 2:15pm—3:30pm in the Arts & Crafts Room

Pool games: 8:15am onward in the Pool Room/Lounge

Tai Chi: 9:00am with **Pat** in the Community Center**

Chair Exercise: 10:00am with **Jenny** on the Stage

****Quilting Club****: 10:30am in the Arts & Crafts Room

Card Games & Dominoes: 9:00am –3:15pm in the Dining Area

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

****Fun with French****: 12:45pm with **Jen**

TUESDAY

Independent Craft Activities: 8:15am– 3:30pm in the Arts & Crafts Room

Pool games: 8:15am onward in the Pool Room/Lounge

Total Body Workout: 9:45am with **Michelle** in the Community Center Beginner Line Dancing: 11:00am with **Richard** on the Stage

Canasta, Dominoes & Card Games: 9:00am –3:15pm in the Dining Area

Advanced Line Dancing: 12:45pm with **Richard** on the Stage

Bowling: 12:45pm with **Joanne** at Mallwitz Lanes (\$7 for 3 games)

WEDNESDAY

Independent Craft Activities: 8:15am –10:00am; 2:15pm—3:30pm in the Arts & Crafts Room

Pool games: 8:15am onward in the Pool Room/Lounge

Pinochle, Dominoes & Card Games: 9:00am –3:15pm in the Dining Area

Artists' Haven: 10:00am in the Arts & Crafts Room

Chorus: 10:00am with **Don** on the Stage

****Fun with French****: 12:45pm with **Jen** on the 3rd & 4th and Wednesdays of the month**

Bingo: 1:00pm with **Carrie** in the Dining Area (****EXCEPT the 1st Wednesday of the month****)

THURSDAY

Independent Craft Activities: 8:15am—12:45pm in the Arts & Crafts Room

Pool games: 8:15am onward in the Pool Room/Lounge

Pinochle, Dominoes, Euchre, AND Card Games: 9:00am –3:15pm in the Dining Area

Total Body Workout: 9:45am with **Michelle** in the Community Center

****NEW: Seniors in Stitches:** 1:00pm in the Arts & Crafts Room (*read inside Golden Voice for more details!*)

FRIDAY

Independent Craft Activities: 8:15am—9:30pm AND 12:15pm –3:30pm in the Arts & Crafts Room

Tai Chi: 9:00am with **Pat** in the Community Center**

Chess: 9:00am with **Brooks** on the Stage**

TGIF Couponing: 9:15am - 10:00am in the Dining Area

Book Club: 10:00am in the Arts & Crafts Room

Poker, Dominoes & Card Games: 9:00am –3:15pm in the Dining Area

March 2022 Special Events

You must call the Golden Age Center at (716) 773-9682 to register for any of these programs in order to meet participant limits. **First come, first served!** Please give us your name and telephone number to register for the program (Payment ALSO for programs that have a cost, as payment holds your spot in the program). **Join in the fun with us! Thank you!**

Mondays in March: 1:30pm

Coffee Club with Carrie

Please join Carrie in the Dining Room each Monday to share what is coming up in the week ahead and check in with how we are all doing. Hot and cold beverages will be available for all to enjoy. Please be sure to come and join Carrie!

Wednesday in March, beginning at 1:00pm

Afternoon of Games!

Did you know that we have some great games inside and outside (weather pending) 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 great opportunity.

Fridays in March: 1:00pm

Yoga, Mindfulness & Meditation with Soma Cura

Come and join the staff of Soma Cura for a free program of light yoga and meditation to center yourselves and work towards a stress-free and happier you! We have all navigated some crazy times over the last few years and it is time to concentrate on improving yourself while adding a healthy habit to your life. Register for this FREE program by calling our center at (716) 773-9682.

Tuesday, March 1: 10:45am

Mardi Gras Fun

Join us today as we celebrate Mardi Gras. Wear your colorful clothing (think green, purple, and gold). We will try a game and then celebrate with a delicious pancake meal for lunch. We will even see who finds the Mardi Gras "baby" in our version of King's Cake!

Wednesday, March 2: 11:45AM for the Birthday Lunch; 12:45PM—1:45PM for the entertainment

Irish Birthday Party with Emerald Isle

Wear your green attire today, as today we are all Irish for the day! We will have a delicious lunch served at 11:45am, followed by the wonderful music performed by Emerald Isle. Tap your toes, dance your jig, and have some great beverages that you can swig! (Non-alcoholic of course!)

Thursday, February 3: 10:30AM

Random Acts of Kindness Preparation

In the month of February, let's celebrate care and compassion throughout our Golden Age Center community for our friends to recognize Random Acts of Kindness week that is celebrated from the 14th – 20th. We will make up small bags and cards for us to share in the coming weeks during these special dates. Help spread kindness in our community!

Friday, March 4: 12:45PM

Bingo Bonanza

For **\$1.00 for the first bingo board** and a dream, you too can try to win the PRIZE envelopes! Additional boards are available for just \$.25 each, and you may play up to four (4) boards. Come one, come all! Join us for laughs and lots of fun!

Tuesday, March 8: 10:30AM

Maple Sugaring

Join Kelly from NYS Parks & Niagara Region Park Interpretive Programs and come and learn about the process that provides us with sweet, sugary, maple syrup! Presentation will be followed by/joined by a demonstration on boiling down sap! Call us to register for this program by calling us at (716) 773-9682.

Tuesday, March 8: 1:00pm

Cricut Fun

Carrie will start a series of classes to engage you in using the Cricut machines here at the center. We will continue with the card making for yourself and for others. Please come and share your skills with the group and let us work together!

Wednesday, March 9: 1:30pm on the phone

Social Group Respite Program

Today, we will do a special Social Group Respite Program with a special March theme via phone. The group will return to meeting in April 2022. For more information, please call Jen (716) 773-9682, option 2.

Wednesday, March 9: 1:30pm on the phone

Wednesday Night at the Golden Age Center

Tonight, we will enjoy games and fun of your choice after a delicious dinner of pizza, salad, and ice cream sundaes. You must register with the office and pay upon registration. You must pay in advance when you register and only cash can be accepted as the money is turned over to the restaurant. Cost is **\$15.00**. Call us at (716) 773-9682 for more information. Reservations WILL NOT be accepted for dinner after the close of business on Friday, March 8.

Thursday, March 10: 10:30AM

Crafting with Carrie- St Patrick's Shadow Box

Join the class today as we create a shadow box and try our hand at a number of crafting tools on the Cricut. Simple painting is required. An example can be found at the office on display. There is a limited number of participants to this class. Registration is limited and REQUIRED, so please be sure to sign up ASAP. The cost is **\$3.00** and payable upon registration at the Office.

Monday, March 14: 10:30AM

Travel Club

IT'S BACK!!! Join us today as we brainstorm about resuming our Day Trip program. While it will be a slow start to a return of a beloved program, it will be good to come together and think about places to go. Before suggesting places, it might be a good idea to check that places are still operational as COVID has not been kind to a number of businesses. Let's come together and share the excitement!

Monday, March 14: There will be NO Coffee Club today.

Thursday, March 17: 12:45PM

Executive Board Meeting

Club President Anna Vaccaro asks for the presence of the Executive Board together for their monthly meeting, to discuss Club business and to discuss upcoming events and MORE. Officers, mark your calendars and join us. Anna looks forward to seeing everyone then!

Thursday, March 17: 1:00PM

St. Patrick's Day Scavenger Hunt

Join the HoliDay fun and search the Center for the CLUES that Jen will provide. Wear your green clothing and shamrocks too!

Friday, March 18: 11:00am-12:30pm

Grand Island Memorial Library Bookmobile

Join Bridgette and the Grand Island Memorial Library staff today as they come here to the Golden Age Center to bring their 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!

Wellness Wednesdays:

Come on in anytime between 9:30am -10:00am on the following Wednesdays to check in with your Wellness! Get your blood pressure taken, and get helpful tips on wellness, self-care, and MORE! Give yourself a tune up and check in with Jen on one-on-one with her in the Dining Area during these times:

March 9

March 23

Gym equipment & piano

On the Stage, the Golden Age Center has a stationary bike, a NEW incumbent bike, a rowing machine, resistance bands, small exercise balls & some light weights for our members to use, as well as stationary pedals & stationary steppers 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!** The gym equipment and piano are available for use (and will be disinfected after each use):

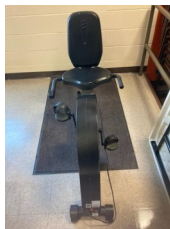
Mondays & Fridays: 8am—3:30pm

Tuesdays: 8-9am; 3-4pm Wednesdays: 11:30am—3:30pm

Thursdays: 8am—3:30pm

Take a look at our Gym equipment & piano you can use...don't miss out!

Incumbent bike



Stationary Bike



Stationary stepper & stationary peddles



Rowing machine

Piano



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: _____



Just a reminder...



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



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**
- Announced on news channels 2, 4, & 7
- Via signs on our door
- By calling our Office at (716) 773-9682 & (716) 773-9683

Tuesday, March 22: 10:30 AM

Crafting for a Cause

Today we will be packing items to give to various organizations. Please join us as many hands make light work!

Tuesday, March 22: 1:00PM

Cricut Fun

Carrie will start a series of classes to engage you in using the Cricut machines here at the center. We will continue with the card making for yourself and for others. Please come and share your skills with the group and let's work together!

Thursday, March 24: 10:30AM

rie- Using old time cigarette boxes

Crafting with Car-

Join the class today, as we create a small keepsake box made out of an old cigarette box. An example can be found at the Office on display. There is a limited number of participants to this class due to the supply of these unique boxes. Registration is limited and REQUIRED, so please be sure to sign up ASAP. The cost is **\$1.00** and payable upon registration at the Office.

Thursday, March 24: General Meeting of the Golden Age Club

Time: General Meeting at 11:15am; lunch to follow

Place: Dining Area

The day will start with the General Meeting at 11:15am, followed by our delicious lunch and great company of our friends. ***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.* Thank you, in advance, for your thoughtful consideration. <3**

Friday, March 25: 10:30AM

Oscar 2022 Pre-View Party

Join us for a look at the nominations this year and watch a few clips while "sipping champagne" dressed in your Oscar finery. Get caught up on the celebrities' fashions from the last Oscars.

Tuesday, March 29: 4:30pm -8:00pm

Tuesday Night at the Golden Age Center

Join us for a NEW night

this month where our center is open for a NEW event! Join us for cooking with 773 North. The Executive Chef Katie K will be here and walk us through a meal that you will be able to assist in making your own, and then we will eat it together. The center is open for ALL members, *but this is a limited participant program, so pre-registration IS required.* You may bring your own dinner to eat with us if you do NOT want to participate in cooking with 773 North. Join us for this special night! Call us with any questions at (716) 773-9682. **Registration deadline, with payment, is Wednesday, March 23.**

Wednesday, March 30: 1:00PM

Brown Bag Auction

Today we will have 25 brown bags that you may bid on.... you just will not know what is in them until you purchase! What surprises are in store?!?! The bidding starts at **\$1.00** and goes up in **\$.25** increments. Join us for this fantastic Golden Age Club fundraiser! Thank you for your anticipated support!

I AM A HOSPICE SPRING BOUQUET
SALE COORDINATOR!

CONTACT ME TO PRE-ORDER YOUR FLOWERS



\$12 10 stem
Mixed
Bouquet

\$35 30 stem
Tribute
Bouquet

Members - Think spring, and help Hospice Buffalo during their 36th Annual Hospice Spring Bouquet Sale! The Town of Grand Island is participating by taking pre-sale orders at the Golden Age Center. The beautiful mixed standard bouquets are available for \$12. There is also a special Tribute bouquet available for \$35. All bouquets will be delivered here to the Golden Age Center on Tuesday, March 8. The order deadline is Friday, February 18 and payment is also due by Friday, February 18. Call (716) 773-9682, e-mail Jen, or stop by the Office to place your order. Every bunch truly makes a life better! The Bouquet Sale has raised over \$6.9 billion in 35 years. Thank you for supporting Hospice Buffalo.



In-Home Covid Vaccination is now available through Erie County. If any of you want the vaccine, and you are homebound for any reason, you can call: (716) 858-2929 to request an in-home vaccination.

Golden Age Center Lunch Calendar

Lunch is \$4.00 OR \$5.00 on Special Event days.

Lunch is served at 11:45 am Monday-Thursday & 11:30 am on Friday.

****Drive-Thru lunch is paid for and picked up at the Front Office of the Golden Age Center.****

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

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

March 2022

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1 Mardi Gras! Pancakes with Sausage, Yogurt Parfait, Scrambled Eggs & King Cake	2 Ash Wednesday Potato Pancakes with Applesauce, Sour Cream & Broccoli	3 Beef Taco Salad	4 Two Soups and a Scoop 	5
6	7 Open Faced Turkey Sandwich	8 Winter Cookout! Hot Dog Bar with Chips, Baked Beans, & Pickle	9 Macaroni & Cheese with Tomato Slices	10 Grilled Chicken over Fresh Garden Salad with Fruit	11 Two Soups and a Scoop 	12
13 	14 Chicken Stir Fry with Rice	15 Hobo Pack with Applesauce	16 Lasagna with Green Beans	17 Executive Board Meeting \$5; Lunch@12PM Pot Roast with Mashed Potatoes and Roasted Carrots 	18 Two Soups and a Scoop 	19
20 	21 Egg Bake Casserole with French Toast Sticks & Sausage	22 Spaghetti with Meat Sauce with Green Beans & Garlic Bread	23 Baked Chicken with Stuffing	24 General Meeting \$5; Lunch@12PM Beef Stroganoff	25 Two Soups and a Scoop 	26
27	28 Ham & Swiss Melt with French Fries	29 Chicken à la King over Biscuit	30 Reuben with Chips and a Pickle	31 Chili with Cornbread		