

## March 2020 Wednesday Night Programming

**Remember all the things the Golden Age Center has to offer from 4:00pm – 8:00pm!**

Come and use the Golden Age Center to play pool, play games, do crafts and use our sewing machines, exercise on the Stage on our rowing machine, stationary bike, gentle exercise equipment, play piano, use our computers, and MORE! Your choice, the Center will be OPEN and you may use the Pool Lounge, Stage, and Arts & Crafts Room. (Please note, some areas of the GAC may be being used by other programs but any areas not are available.)

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**Wednesday, March 4:** *Polar Bite Nite* Time: 5:00pm – 7:30pm Place: Dining Area

Tonight we will be showing the movie, "Arctic", and having an ice cream social! Come bring your own dinner or come after dinner and we will begin with the movie then have an ice cream social starting at 6:00pm. **Cost is \$3.00** for a ticket to the social payable ahead at the desk.

**Wednesday, March 4:** *Dementia Caregiver Support Group* Time: 6:00pm Place: Stage

Build a support system with people who understand. Alzheimer's Association caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, friends and family of persons with dementia to: develop a support system, exchange practical information on caregiving challenges and possible solutions, talk through issues and ways of coping, share feelings, needs and concerns, and learn about community resources. Join us for this monthly group & come when you can. Respite is available. Please call 1 (800) 272-3900 for more details AND to register for the group AND please call (716) 773-9682 should you need respite for tonight.

**Wednesday, March 11:** *Potluck Dinner & Game Night* Time: 5:00pm – 7:30pm Place: Dining Area

Join us this evening for a delicious potluck by making your favorite dish, an evening with friends, and great conversation, beginning at 5:00pm and after dinner, your choice of games! You can bring your own games or use one available from our Entertainment Center OR start a game of Pool from our Pool Room Lounge. Please register and let us know what you will be bringing by stopping at the Office or by calling (716) 773-9682. Join in the fun of our very popular Potluck nights!

**Wednesday, March 11:** *Alternative Yoga* Time: 6:00pm – 7:00pm Place: Stage

Alternative Yoga offers gentle breathing and fluid movements to encourage circulation and body awareness. Balancing postures will promote strength, courage and a deep sense of calm. Stay grounded and learn to soar! A chair and sometimes blocks are the main props used in this class, but they are not necessary. Join Vanessa from Soma Cura for this FREE program; register by calling (716) 773-9682.

**Wednesday, March 18:** *Potluck Night* Time: 4:30pm

Tonight, we will start the Potluck at **4:30pm**, for anyone wanting to join in. Afterwards, you can do the craft, OR, your own activity here at the Center. Please register and let us know what you will be bringing by stopping at the Office or by calling 773-9682.

**Wednesday, March 18:** *Alternative Yoga* Time: 6:00pm – 7:00pm Place: Stage

Alternative Yoga offers gentle breathing and fluid movements to encourage circulation and body awareness. Balancing postures will promote strength, courage and a deep sense of calm. Stay grounded and learn to soar! A chair and sometimes blocks are the main props used in this class, but they are not necessary. Join Vanessa from Soma Cura for this FREE program; register by calling (716) 773-9682.

**Wednesday, March 18:** *Craft Night with guest artists from StudioHue*

Time: 5:30-7:30pm Place: Dining Area Cost: \$22

Tonight is a special crafting night with StudioHue. They will teach us a pretty string-art shamrock craft that is mounted on wood. Come and learn this art with experienced teachers! StudioHue has offered SPECIAL PRICING for Golden Age members for this Craft Night as well! LIMITED spots are AVAILABLE! **Cost: \$22.00.** Please register by stopping at the OFFICE or by calling 773-9682 for more information.

**Wednesday, March 25:** *Potluck Night* Time: 5:00pm Place: Dining Area

Tonight, we will start the Potluck at **5:00pm**, for anyone wanting to join in. No cost involved; just bring a dish to pass! Afterwards, you can stay for Mr. Falkowski's presentation, OR, enjoy your own activity here at the Center. Please register and let us know what you will be bringing by stopping at the Office or by calling 773-9682.

**Wednesday, March 25:** *Historic & Influential People from Buffalo & WNY – the Early 1800s*

Time: 6:00pm Place: Dining Area

Join Rick Falkowski as he presents this fascinating program. It will include information and photos on the people that built the factories and businesses, which made Buffalo & WNY a manufacturing center during the late 1800s. He will also touch upon the mansions built in the city which had the most millionaires per capita in the country. This presentation will include many historic photos. Mr. Falkowski will also be bringing his book of the same title for purchase so you can learn more in depth.

**Please call 773-9682 or stop at the Office to register for this event.**