



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

March 2020

Flower: Jonquil

Birthstone: Aquamarine

Town of Grand Island

Golden Age Center

3278 Whitehaven Road

Grand Island, NY 14072

Phone: (716) 773-9682 OR (716) 773-9683

E-mail: goldenage@grand-island.ny.us

Business Hours: 8am—4pm, Mondays, Tuesdays,
Thursdays & Fridays

8am— 8pm Wednesdays

Website: [http://www.grandislandny.us/
departments/golden_age/index.php](http://www.grandislandny.us/departments/golden_age/index.php)

John Whitney

Town Supervisor

**Jennifer Baney
Mike Madigan**

**Tom Digati
Pete Marston**

Town Board

Jennifer R. Menter
Recreation Supervisor—Senior Citizen

Carrie Mesmer
*Recreation Leader—Senior Citizen
Golden Age Center*

March Member Birthdays

March 1	Don Hoke & Phillis Martin	March 16	Debbie Jenkins & Pat Phillips
March 3	Joyce Cowan	March 17	Nonnie Carroll
March 4	Sally Hoffman	March 19	Ruth Landel
March 5	Robert Haag	March 20	Robert Phillips
March 6	Pat Bassler	March 21	Dolores Laska & Dorothy Martinelli
March 7	Linda Leuchner	March 22	Beverly Kinney
March 8	Elaine Friedman	March 25	Jack Mahnk
March 9	Elaine Hardman	March 26	Angelo LaDuca, Betty Marinell & Charlotte Posch
March 10	Dorothy Hahn	March 27	Frances G. Tracy
March 11	Shirley Norman	March 28	Valerie Robinson
March 13	Martha Bojarski & Susan Marston	March 29	Michele LaBarre
March 14	Laurie McGinn, Kathy Shaklee, & Jim Walf	March 31	Anna Kapus
March 15	Henry Lobl		<i>Happy Birthday, Members!</i>

Weekly Consistent Activities at the Golden Age Center

MONDAY

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

Color & Coffee Time: 9:30am in the Dining Area

Anything Craft Class: 10:00am with **Lorraine** in the Arts & Crafts Room

Arthritic Chair Exercises: 12:30pm with **Lorraine** behind the Stage

Pinochle & Various Card Games: 12:30pm in the Dining Area

Fun with French: 12:45pm with **Jen** in the Dino Room in the Activity Center

Bridge: 1:15pm in the Dining Area

TUESDAY

Total Body Workout: 9:30am with **Michelle** in the Community Center (*Fee for class is \$1*)

Technology Club: 10:45am in the Arts & Crafts Room

Beginner Line Dance: 11:00am with **Richard** behind the Stage

Canasta and Various Card Games (Pinochle, etc.): 12:30pm in the Dining Area

Bingo: 12:45pm with **Carrie** in the Arts & Crafts Room

Advanced Line Dance: 12:45pm with **Richard** behind the Stage

WEDNESDAY

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

Artists' Haven: 10:00am in the Dino Room in the Activity Center

Various Card Games (Pinochle, Canasta, etc.): 12:30pm in the Dining Area

Fun with French: 12:45pm with **Jen** in the Dino Room in the Activity Center (**3rd, 4th, & 5th Wednesdays of the month**)

THURSDAY

Total Body Workout: 9:30am with **Michelle** in the Community Center (*Fee for class is \$1*)

Bingo: 10:00am with **Carrie** in the Arts & Crafts Room

Mahjongg: 12:15pm in the Pool Room (Lounge)

Euchre & Various Card Games (Pinochle, Canasta, etc.): 12:30pm in the Dining Area

Ceramics: 1:00pm in the Arts & Crafts Room

FRIDAY

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

Chess: 9:00am in the Dino Room in the Activity Center

Coups for Troops: 9:30am in the Dining Area

Trim Time: 10:00am on the Stage

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

Arthritic Chair Exercises: 12:30pm with **Lorraine** in the Arts & Crafts Room OR behind the Stage

Poker & Various Card Games (Pinochle, Canasta, etc.): 12:30pm in the Dining Area

****NEW**: Chair Yoga: 1:15pm with **Vanessa from Soma Cura** on the Stage**

Tuesdays in March: *Choose Healthy WNY: Healthy Living Self-Management Workshop – 6 week program*

Time: 1:00 – 3:30pm

Place: Arts & Crafts Room

Cost: Free

A 6-week community workshop series for adults who are ready to make the choice to improve their health today! Put life back in your life! * Lose weight, manage pain, eat healthier, reduce stress * tips to maintain a full and active lifestyle * learn new skills which enable you to overcome challenges regardless of your current condition * caregivers welcome! Workshops are interactive and fun! FREE resource book and Relaxation CD are given to each participant. Call 858-8526 to register OR sign up in the Golden Age Center office.

REMINDER: FRIDAYS: *Chair Yoga*

Time: 1:15pm

Place: Stage

This yoga class is designed specifically for older adults looking to gain flexibility, strength and clarity of mind, all without needing to leave your chair or practice on the floor. Anyone who uses a walker or cane are welcome too. We will practice stretching and strengthening poses all with the use of the chair. We will also practice meditation to help find ease in the body, mind and soul. Join Vanessa from Soma Cura for this great class.

Monday, March 2: *Members' Coffee*

Time: 10:30am

Place: Dining Area

Please join Jen for a warm beverage and a light breakfast as members discuss thoughts, wishes, and happenings at the Golden Age Center. Questions, suggestions and feedback are warmly welcomed. Come and join in the conversation; your input, time and feedback are valuable! Jen hopes to see you there!

Monday, March 2: *Decorating the Center*

Time: 12:30pm

Place: Dining Area

Let's have some fun taking down the winter decorations and putting up March & St. Patrick's Day decorations. Many hands make light work!

Tuesday, March 3: *Crafting for a Cause*

Time: 10:30am

Place: Dining Area

Please join Carrie while we make a March gift for our Meals on Wheels recipients here on Grand Island. Help give back to your community and share our love for our seniors who are housebound.

Wednesday, March 4: *Around the World Birthday Lunch*

Time: 12:00 NOON for the *Birthday Lunch*; 12:45pm for the *entertainment*

Place: Dining Area

Travel around the world for this INTERNATIONAL-themed party. Let's get together for lunch and celebrate the seniors who are celebrating a birthday this month! Of course, the party would not be complete without ice cream & birthday cake, graciously donated by Elderwood at Grand Island. Join us for some great entertainment by Emerald Isle starting at 12:45pm, to wrap up our Birthday Party. Mark your calendars and join in the fun!

Thursdays in March: March 5, 12, & 19: *Sewing Club Meeting*

Time: 12:45pm

Place: Arts & Crafts Room

This month's project is to begin work on spring placemats for our Meals on Wheels recipients. All supplies will be provided. If you would like to make some for yourself, Carrie will have a supply list available to you at the first class. The Sewing Club will gladly take donations of sewing shears, fabric and batting. You do NOT need to be an accomplished sewer to be a part of our group.

Friday, March 6: *Scrabble Fun*

Time: 10:00am

Place: Dining Area

Join Carrie and Liz for some engaging Scrabble matches. Test your word knowledge and work up your appetite before lunch!

Friday, March 6: *Birding Basics*

Time: 12:45pm

Place: Dining Area

You see a bird but you have no clue what it is! Come join us and learn the basics of bird identification and equipment needed to get you started on this fun-filled hobby! Weather-permitting, let's go outside and see what birds we encounter, as many start their spring migration the early part of March. Join us for this great presentation, put on by Kelly Sieman from NYS Parks, Recreation and Historic Preservation. Please call (716) 773-9682 to reserve your spot in this free presentation.

Monday, March 9: *Travel Club meeting*

Time: 10:30am

Place: Dining Area

Come join Carrie and Jen as we start our Travel Club meetings again for our travel this year. Come share your ideas and learn about the upcoming trips. Claire Saunders from the BPO will also be here to discuss the 2020 – 2021 Coffee Concert Opportunities. Bring your checkbook if you wish to partake in the BPO Coffee Concert series this year!

Tuesday, March 10: *Walmart Trip*

Time: The Golden Age Bus will leave at 8:30am.

Place: Meet at the benches at the Entrance.

We are offering a shopping trip to Walmart to those seniors who don't drive off the Island or for those who would rather leave the driving to us! This is the perfect opportunity to get your bi-weekly shopping done. **Reminder: you are limited to 4 shopping bags that YOU can lift.** Please call us at (716) 773-9682 or stop in to reserve your spot on our Golden Age Van.

Suggested donation: \$3.00

Tuesday, March 10: *Shamrock Wreath Door Decoration* **Time:** 10:00am

Place: Dining Area

Carrie will be providing instruction on making a pretty but easy craft of a shamrock wreath for you to keep or give as a gift.

****This craft is only available to the first 9 people who register and pay.**** **Cost:** \$6.00.

Wednesday, March 11: *Social Group Respite Program* Time: **1:30pm—4:30pm** Place: *Community Center*
Attention caregivers of people with Alzheimer's disease or a related dementia: A dementia-specific respite program runs today and every 2nd Wednesday of the month from **1:30pm until 4:30pm in the Community Center on the Nike Base**. This is a social group respite that we find benefits people with dementia and their caregiver. 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 for more information on this social program.

Friday, March 13: *BlueCross BlueShield of WNY* Time: **10:00am – 12:00am** Place: *Dining Area*
Paula Venne from BlueCross BlueShield of WNY will be here to answer any of your health insurance questions and will be able to provide you information on their health care plans. Stop on by and have some peace of mind about the many health insurance changes in 2020.

Friday, March 13: *High Blood Pressure—Know Your Numbers* Time: **10:00am** Place: *Dining Area*
Join Darcie Hanson, RN, as she educates us on the importance of keeping this in check. 1 in 3 American adults have high blood pressure. In this seminar, you'll learn what increases your risk for high blood pressure and how it's diagnosed. We'll also discuss symptoms, treatments, risks related to high blood pressure, and resources. Come join us for this informative presentation.

Friday, March 13: *Spa Day* Time: **12:30pm** Place: *Dining Area*
Join Carrie, Liz and Erin as they treat you to a relaxing manicure with some special touches.

Monday, March 16: *Leprechaun Word Games & Green Trivia* Time: **10:30am** Place: *Dining Area*
Join Carrie as she celebrates the upcoming St. Patrick's Day with some special brain games focusing on all things green and leprechauns.

Tuesday, March 17: *St. Patrick's Day Festivities!*
Green Social Time: **10:30am** Place: *Dining Area*

Join the fun as we start the St. Patrick's celebration this morning with a cup of Irish coffee (no alcohol) and some green treats. Feel free to bring in your own green treats to share!

Traditional Irish Luncheon Time: **11:45am** Place: *Dining Area*
Join us for our traditional Irish luncheon, of corned beef and cabbage, and all the trimmings! Listen to great Irish music brought in from our staff member Pat, wear your green, wear your shamrocks, and dress as a LEPRECHAUN! The most CREATIVE leprechaun will win a GREAT prize! **Our LEPRECHAUN contest will be at 12:35PM!**

Clann na Cara Irish Step Dancing Show Time: **12:45pm** Place: *Dining Area*
Enjoy the luck of the Irish and stay in the spirit of the day by enjoying a show from the Clann na Cara talented Irish Step Dancers! Get ready to clap, dance, and smile as the talented dancers wow you and make the day complete!

****There will be NO BINGO this afternoon at 12:45pm today due to the day's festivities.****

Wednesday, March 18: *United Health Care* Time: **10:00am – 11:30am** Place: *Outside the Dining Area*
John Koller from United Health Care will be at the Center to answer any of your health insurance questions and will be able to provide you information on health care plans from United Health Care & Aetna. Stop on by and have some peace of mind about the many health insurance changes in 2020.

Wednesday, March 18: *Ladder Trellis Necklace Craft with Liz & Sue* Time: **10:00am** Place: *Dining Area*
Join Sue and Liz as they teach you how to make this special necklace using a unique yarn and a crochet hook. All supplies will be provided. **Cost: \$3.00**

Thursday, March 19: *Spring Fling Bingo* Time: **10:00am** Place: *Arts & Crafts Room*
Today is the first day of spring and we will welcome it in with special bingo fun! Join Carrie as we tip toe through the tulips!

Thursday, March 19: *Executive Board Meeting* Time: **12:30pm** Place: *Stage*
ATTENTION: Calling ALL members of the Golden Age Club Executive Board! The Golden Age Club President Anna Vaccaro requests the presence of all officers and chairpersons for the monthly meeting following lunch. She looks forward to seeing you there, as we'll be discussing March events, upcoming April events, as well as other important topics. Mark your calendars!

Friday, March 20: *At the Races* Time: **10:00am** Place: *Dining Area*
Join Carrie for this hilarious fun game with no money involved but lots of betting and chances! May the best horse win!

Friday, March 20: *Coffee & Caregiver Hour with the Alzheimer's Association* Time: **11:45am** Place: *Stage*
Understanding and Responding to Dementia-Related Behaviors Time: **12:45pm** Place: *Dining Area*
The Understanding and Responding to Dementia-Related Behavior program of the Alzheimer's Association was designed to provide practical information and resources to help dementia caregivers learn to decipher behaviors and determine how best to respond. The program offers a four-step process to follow, and provides details that may be applied to any behavior. The goal is for participants to thoroughly understand this process and to leave the program feeling comfortable with using four-step model to intervene with behaviors they may encounter in their caregiving.

Monday, March 23: *NYS Free Weatherization Program*

Time: 12:30pm

Place: Dining Area

Come hear presenter, Eileen Vicki, Outreach Coordinator from Ivy Lea Construction on the eligibility factors and what can be provided for you through the NYS Weatherization Program. This program can assist both renters as well as homeowners. Eileen will give you a short presentation followed by the ability to apply and ask questions after.

Tuesday, March 24: *Crafting for a Cause*

Time: 10:30am

Place: Dining Area

Please join Carrie while we continue our t-shirt bags for the Matt Urban Hope food pantry in Buffalo. Help give back to our extended community! Used t-shirts in good condition are accepted for this project.

Tuesday, March 24: *Walmart Trip*

Time: The Golden Age Bus will leave at 8:30am. **Place:** Meet at the benches at the Entrance. **Suggested donation:** \$3.00

We are offering a shopping trip to Walmart to those seniors who don't drive off the Island or for those who would rather leave the driving to us! This is the perfect opportunity to get your bi-weekly shopping done. **Reminder:** you are limited to 4 shopping bags that YOU can lift. Please call us at (716) 773-9682 or stop in to reserve your spot on our Golden Age Van.

Thursday, March 26: *General Meeting & Town Time*

Time: 11:15am for the General Meeting; 12:30pm for Town Time

Place: Dining Area

Join us for our monthly General Meeting with the Golden Age Club and the Golden Age members, hear about happenings in the past month, as well as upcoming events and programs at the Golden Age Center. Enjoy a delicious lunch at 12 Noon, and stay to hear the updates on happenings around our Grand Island community after lunch with Town Time with our Town Supervisor Whitney and Town Liaison Marston. Stay informed!

Friday, March 27: *BPO Coffee Concert*

Time: The bus will depart at 8:15am.

Place: Dining Area

BPO Coffee Concert goes, enjoy today's concert of ***The Doo Wop Project***. The stunning resurgence of (pop-acapella traditions today has roots in the music of the 1950s and 1960s. Join the BPO, The Doo Wop Project and John Morris Russell for a retrospective of brilliant vocalism.

Friday, March 27: *Maple Sugaring*

Time: 10:00am

Place: Dining Area

Come watch us turn sap into syrup and learn about how the process has evolved over time! Find out why Native Americans called it sugar water and how they harnessed this gooey goodness, and have a taste for yourself of some freshly made Maple Syrup! Join us for this great presentation, put on by Kelly Sieman from NYS Parks, Recreation and Historic Preservation. Please call (716) 773-9682 to reserve your spot in this free presentation.

Friday, March 27: *Grand Island Memorial Library Mobile Bookmobile*

Time: 10:30am—12 Noon

Place: Dining Area

Join Bridgette and the Grand Island Memorial Library staff will 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!

Monday, March 30: *Cricut Fun*

Time: 10:00am

Place: Dining Area

Have you ever heard of the Cricut Machine? Do you have one but want to learn how to use it? Join Carrie as we do some crafts for the bulletin boards and for fun.

Monday, March 30: *Bulletin Board Decorating*

Time: 12:30pm

Place: Dining Area

Willing to lend a hand to Carrie to changeover the bulletin boards? Join us after lunch to take out the old and bring in the new!

Tuesday, March 31: *Shopping Trip to Savers & Donut Kraze*

Time: 8:30am—11:00am

Place: Dining Area

We will have enjoy coffee and donut on your own at Donut Kraze after which we will head over to Savers to do a little shopping. Remember: Tuesday is Senior Day at Savers, which gives you 30% off! **Cost:** \$3.00 and limited to the first 8 paid shoppers!

Tuesday, March 31: *Bingo Bonanza!*

Time: 12:45pm

Place: Dining Area

Come join us for some fun, special BINGO Bonanza games! Join us for a chance to win GREAT PRIZES and PRIZE MONEY (from \$1—\$5 winnings). Come one, come ALL! **COST:** \$1.00 to play; players can play up to 4 Bingo boards for this price. Each additional BINGO board (over 4 boards) can be purchased for an additional \$1.00. Come one, come all!

AARP Tax Preparation—February—April 2020



The **Golden Age Center** is happy to provide the AARP Tax Aide Service again this year! Please call (716) 773-9682 and leave your name and phone number if you'd like to have your taxes prepared. A volunteer representative will return your call 24—48 hours to set up an appointment on a Wednesday from February 5—April 8 and will make sure your tax return is something they can handle as well as the proper documentation required.

Golden Age Center Lunch Calendar

Lunch is \$4.00. ON SPECIAL EVENT DAYS, lunch will be \$5.00 or more, and will be noted in the lunch calendar.















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

On Special Event days, lunch is served at 12 Noon.

Lunch includes: A cup of homemade soup, vegetable or fruit, an entrée with a meat, potato or other starch, dessert, with a choice of hot tea, iced tea OR coffee

Our Souper Seniors Lunch Includes: Unlimited soup & sandwiches, beverage & a dessert

March 2020

Sun.	Mon.	Tue.	Wed.	Thu.	Fri	Sat
1	2 Members' Coffee 10:30am  Cheese Enchiladas	3 Savory Beef over Noodles	4 International Birthday Lunch Asian Chicken Thighs \$5	5 Reuben with Chips and a Pickle	6 Souper Seniors  	7
8  Change your clock, CHANGE your batteries	9 Brunch for Lunch (Please call for menu!)	10 Chili with Cornbread	11 Meaty Macaroni & Cheese	12 Chicken Lasagna	13 Souper Seniors  	14
15	16 Spaghetti & Meatballs	17 St. Patrick's Day  Corned Beef & Cabbage	18 Chicken & Rice Casserole	19 Executive Board Meeting Breaded Pork Chops & Au Gratin Potatoes	20 Souper Seniors  	21 
22	23 Welcome Spring Cookout (Please call for menu!)	24 Barbecue Chicken	25 Sausage & Sauerkraut	26 General Meeting \$5 Meatloaf with Mashed Potatoes & Carrots	27 Souper Seniors  	28
29	30 Ham with Pineapple & Scalloped Potatoes	31 Chef Salad with Chicken		  Happy 99th Birthday, Betty!		



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

CONGRATULATIONS to **January Birthday Lunch Split Club Raffle Ticket** **winners:**

Nancy Tobe, Bob Vaccaro, Connie O'Brien,
Jane Consier, Rick Berti, Sue Phillips,
& Joy Mesmer

CONGRATULATIONS to January General Meeting Split **Club Raffle Ticket winners:**

Fran Tracy, Linda Black, Lorraine Mangin,
Sue Bognar, Kathy Lechner & Kathy Shaklee



We hope that you all
enjoyed the
**60th Anniversary of the
Golden Age Club and
the Golden Age Center!**

SAVE THE DATE!

**Our 65th Anniversary of the
Golden Age Club and the Golden
Age Center will be on
Monday, December 16, 2024!**

A warm welcome to all our new members of the Golden Age Center:

Lou Ann Devonshire John VanHagen Carolyn Phillips
Robert Phillips Renee Gietz Dan Gietz
Shirley Ann Rogers



Coffee for the Month of March has been graciously donated by the
Grand Island Legion Post #1346. Thank you to Grand Island Legion
Post #1346 for their thoughtful generosity and support of the
Golden Age Center.



Gym equipment & piano

On the *Stage*, the *Golden Age Center* has a stationary bike, a rowing machine, resistance bands, small exercise balls & some light weights for our members to use, as well as a piano to play! Members who use this equipment will sign a waiver & will be shown how to properly use the equipment. **The gym equipment and piano are available for use:**

Mon. & Fri.: 8-10am; 1:30-4pm

Tuesday: 8-9am; 3-4pm

Wed.: 8-10am; 1:30-4pm

(EXCEPT the 2nd Wednesday of the month
from 1:30-2:45pm)

Thursday: 8-9am; 12:30-4pm



Monthly Birthday **Drawing:**



Each month, we will have a
drawing for **two lunch tickets** at the
Golden Age Center. If your birthday
falls during the current month, each day you
participate in the lunch program, you may
fill out a slip and put it in the
Birthday Drawing.
The winner will be drawn the last day of the
month. **Martha Muller** is the lucky winner
for the month of January!



Senior Discounts shared to us by Golden Age Center member to enjoy around the community



Take advantage of these great discounts around the community:

- ♦ Walgreens: 15% off on the *1st Tuesday of the month*; 25% off Walgreens brand items
 - ♦ Savers: 30% off on Tuesdays
- ♦ Rite Aid: 20% off *ALMOST EVERYTHING* the *1st Wednesday of the month*
 - ♦ Tops: 6% off on the *1st Tuesday of the month*
- ♦ Olympic Restaurant: *Senior Dinner Discounts EVERY NIGHT!*
- ♦ Fucillo Toyota: 10% discount on non-discounted services, such as oil change
 - ♦ Denny's: 15% off
 - ♦ Ted's: Veterans get a 10% discount

If you know of any other discounts, please let us know, so we can spread the news to our senior citizens!

Members we lost in February 2020:

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.

Angela Parisi

Rosemarie Shelp

Neighbors Foundation of Grand Island



stands ready to help with food for families who find themselves temporarily in financial difficulty. Long-term or repeat help must come from government social services or staffed help agencies, but the Neighbors Foundation can provide emergency help. To start a request for help, phone:

773-1452 or 773-4684



Members - Thank you for your support of the 34th Annual Hospice Spring Bouquet Sale! All bouquets will be delivered here to the Golden Age Center on the afternoon of Tuesday, March 3. Every bunch truly makes a life better! The Bouquet Sale has raised over \$6.4 billion in 34 years and over 630,501 bouquets and 63,740 Tribute bouquets have been sold. Thank you for supporting Hospice Buffalo.

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.)*

Wednesday, March 4: *Polar Bite Nite*

Time: 5:00pm – 7:30pm

Place: Dining Area

Tonight we will be showing the movie, “Artic”, 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.



Grand Island Recreation Department



Sunday Family Swim 2019-2020

Open swim and lap swim for children and adults;
Supervised by Recreation Department Lifeguards

Please note the following regulations for all participants:

- Enter the school through door #21
- Enter the pool through the shallow end side and sign in with lifeguard at the door
- Swimmers only on deck – all others must sit in the upstairs bleacher area
- Diving board and starting blocks are not available for use
- One to two lap lanes will be put in as needed
- Only toys / equipment provided by the Recreation Department at the pool is allowed
- All participants must have a completed Recreation Department Medical Form which includes emergency contact information. Note: Anyone under the age of 18 must have a parent / guardian signature

Please note the following regulations for all minors:

- Any child under the age of 18 who wishes to be alone in the pool (*see guidelines below*) must take a swim test on their first visit to the pool
- Children under age 14 must be accompanied by an adult age 18 or over
- Children ages 14-17 must be able to swim 1 length of the pool without assistance or stopping to be left unaccompanied.
- Children who are still potty training must wear a swim diaper.

**Please note, rules and regulations may change without prior notice to ensure safety of all participants*

Dates: (Sundays)	November	December	January	February	March	April
	3	1	5	2	1	5
	17	8	12	9	8	
		15	26	23	15	
					22	



Time: 12:00-3:00 p.m.



Location: High School Pool



Updates and cancellations will be posted online at:

<https://grandislandny.myrec.com>

Recreation Department
3278 Whitehaven Road
Grand Island, NY 14072

The Town of Grand Island
Joseph A. Menter
Recreation Supervisor

Office - (716) 773-9680
Cell - (716) 465-8370
recreation@grand-island.ny.us