



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

March 2023

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—3:45pm,
Monday - Friday**

Website: www.grandislandny.us/280/Golden-Age-Center

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 March birthdays!



March 1	Don Hoke & Phyllis Martin	March 15	John Carrao, Jane Faruga, & Henry Lobl
March 3	Joyce Cowan	March 16	Sandra Fonte, Debbie Jenkins, & Pat Phillips
March 4	Sally Hoffman	March 18	Arthur Pelletier & Kenneth Pieri
March 5	Robert Haag & Dorothy Hudson	March 19	Ruth Landel
March 6	Pat Bassler & Bonnie Peete	March 21	Peggy Bauman, Jim Gajewski & Delores Laska
March 7	Linda Leuchner	March 22	Kristine Dodge & Beverly Kinney
March 9	Elaine Freedman & Jody Slipko	March 25	Jack Mahnk & Rick Ryder
March 10	Louisa Anderson & Dorothy Hahn	March 26	Betty Marinell & Angelo LaDuca
March 11	Shirley Norman	March 27	Fran Tracy
March 12	Joan Papaj	March 28	Valerie Robinson
March 13	Susan Marston	March 29	Michele LaBarre
March 14	Laurie McGinn, Kathy Shaklee & Jim Walf	March 30	Helen Fae Bailey

Weekly Consistent Activities at the Golden Age Center

ATTENTION: Please note the following PRIOR to your visit:

- Front **AND** Back doors of the facility are **OPEN** to the Golden Age Center.
- Please **SAY HELLO** at the Office and let us know what program **OR** activity you are here to participate in; **this is to ensure your safety and for us to keep accurate attendance.**
- 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, please **SIGN OUT** at the Office. This is for us to keep **accurate attendance** and that ensures that we know you have **safely exited** the building. *Our doors close at 3:45pm to start disinfecting the building for the night.*
- **Thank you for your cooperation! Have fun at the Golden Age Center! ENJOY!**

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** at the Community Center

****Fit for Life!** 10:00am with **Jenny** on the Stage

Quilting Bee: 10:30am with **Jan** in the Arts & Crafts Room

Card Games & Dominoes: 9:00am –3:30pm in the Dining Area

Fun with French: 12:45pm with **Jen** in the Arts & Crafts Room

Bridge: 12:30pm in the Dining Area **on the 2nd and 4th Mondays of the month** Knitting & Crocheting: 2:15pm in the Arts & Crafts Room

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** at the Community Center

Beginner Line Dancing: 11:00am with **Richard** on the Stage

Canasta, Dominoes & Card Games: 9:00am –3:30pm in the Dining Area

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

Bowling: 1:00pm with **Joanne** at Mallwitz Lanes (\$7 for 3 games)

NOTE: Jenny's class, Fit for Life on Mondays, is a low-impact, strengthening & balance class for ALL ABILITY levels.

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

Hall Walking: 9:00am in the Golden Age Center

Pinochle, Dominoes & Card Games: 9:00am –3:30pm in the Dining Area

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

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

****Fun with French**:** 12:45pm with **Jen** on the 3rd, 4th & 5th and Wednesdays of the month in the Arts & Crafts Room

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

**Mahjongg - meets
Wednesdays OR
Thursdays at 12pm**

THURSDAY

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

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

****NEW:** Matter of Balance Exercises: 1:00pm at the back of the Dining Area

Pinochle, Dominoes, Euchre, AND Card Games: 9:00am –3:30pm in the Dining Area

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

Knitting & Crocheting: 1:00pm in the Arts & Crafts Room

****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

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

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

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

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

Poker, Dominoes & Card Games: 9:00am –3:30pm in the Dining Area

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

Chair Yoga, Mindfulness & Meditation with Soma Cura: 1:00pm at the Community Center

March 2023 Special Events & Programs

New Consistent Programs...come and join us!

Wednesdays in March (1,15, 22 & 29): 1:00PM—3:00PM

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.

Wednesdays, continuing in March: starting at 9:00AM

Hall Walking

Work on yourself, or your goals, as we start a new activity: walking in the center for exercise. Carrie will have surprises on occasion as we reach our personal milestones and ***just have fun!*** Please register at the Office or by calling (716) 773-9682.

Thursdays, continuing in March: starting at 1:00PM

Matter of Balance Exercises

Many older adults experience concerns about failing and restrict their activity. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. Come join us for this 45-minute gentle exercise and stretching class. ***Invest in yourself!***

Wednesday, March 1: 9:30AM

Birthday Party Set-Up

Want to join in and give a hand? We will be meeting in the Dining Area to put up decorations for this afternoon's birthday party. Many hands make light work!

Wednesday, March 1: 12:00PM; 12:45PM – 2:00PM for the entertainment

Around the World Birthday Party

Let us celebrate the many incredible cultures around the world! Wear the clothing of your heritage OR choose a special country to represent. Travel around the world with us with our fun birthday party theme as we celebrate our friends that have March birthdays! Enjoy great entertainment from ***Emerald Isle***.

Tuesday, March 2: 10:30AM

Fairy Garden Craft Class

Join us this morning as we create a ***Fairy Garden*** of your choice. You provide the container, dirt, small plants, and such, and we will provide the items and decorations for the ***Fairy Garden***. Please register by ***Tuesday, February 28*** and the fee is ***\$3.00*** which must be paid at the time of registration. Craft displayed outside the Office window for you to see so check it out!

Friday, March 3: 1:00PM

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, up to four (4) boards. ***Come one, come all!*** Join us for laughs and lots of ***FUN!***

Monday, March 6: 1:00 PM

Dominoes, Board & Card Game Club

Come and join us as we come together and enjoy games of Dominoes, board games from our vast collection, or cards. Be open to trying new things and come join the fun!

Tuesday, March 7: 9:00AM – 11:00AM

Highmark BlueCross/BlueShield of WNY

Join the Highmark BlueCross and BlueShield of WNY representative for Grand Island, John Weatherby, as he will be on-site today to discuss plans, answer questions about your current plan or work to resolve any problems you may be having with your plan. We look forward to seeing you there.

Tuesday, March 7: 10:30AM

Coffee & Conversation with Carrie

Join Carrie as she highlights the upcoming events and will be available to answer questions and sign you up for a wide variety of activities. Enjoy a hot beverage, a breakfast treat, and some great conversation.

Wednesday, March 8: Starting at 10:00AM

Nail Care & Hand Massage

Join the staff as we polish nails, provide basic nail care, and offer a hand massage. Please remember we are not professionals but will be offering this free service on occasion with a gentle touch. This is a first come, first served basis, and will be offered for a one-hour duration.

Wednesday, March 8: 1:30PM – 4:30PM

Social Group Respite Program

Attention Caregivers of individuals with Alzheimer's Disease or a related dementias: 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, geared with a different theme each and every month. Great friendships and fun take place here! Please call Jennifer Menter at (716) 773-9682, option 2, for more information on this dynamic, social program.

Thursday, March 9: 10:30AM

Get Cooking with Carrie

Sign up to help prepare this special meal! Our special menu will be Turkey Reubens, Dill Pickle, Homemade Potato Salad, Deviled Eggs and Irish Apple Cake. To be a part of this program, you must pay your fee ahead. Deadline to sign up will be Monday, March 6th. Cost of this is a **ONE-TIME fee of \$8.**

Friday, March 10: 11:30AM

Cooking with Carrie Luncheon

Yesterday, we worked together and prepped our special luncheon and, we reap our rewards...today, we will enjoy our feast! You must have pre-registered and assisted in the making of this delicious lunch to be a part of our special luncheon today.

Monday, March 13: 10:30 AM

Travel Club Meeting

Join us as Travel Club resumes! Carrie will discuss upcoming April trips. Come prepared to sign up with payment and as to be fair, no reservations can be made without it. Suggestions of places to visit are **ALWAYS WELCOME!** Keep in mind that many trips may have to be chartered with a bus company, which unfortunately drives up the price. Come and join the conversation!

Tuesday, March 14: 10:30AM

Bee Happy Craft Class

Join us this morning as we create a one-of-a-kind Bee craft. All materials will be provided for the class. Please register by **Friday, March 10** and the fee is **\$3.00** which must be paid at the time of registration. The craft will be displayed outside the Office window for you to see, so check it out!

Wednesday, March 15: 10:30AM

Medicare 101

Are you turning 65 soon or planning to retire? AAA members know that we offer a variety of services: roadside assistance, travel planning, auto, home, and even life insurance. But did you know your trusted friends at AAA offer **no-cost Medicare reviews?** We have licensed Medicare advisors who can help you navigate the enrollment process and find the best plan for you.

If you are turning 65, a veteran, leaving an employer group plan, or are insured through the Health Insurance Marketplace, this presentation is for you. You will learn about important timelines for enrollment and health insurance coverage options based on your needs.

You do not need to be a AAA member to attend. Today we have Michael Matecki, Medicare Sales Representative from AAA Members Insurance Agency Western and CNY INC. Mike will give a presentation overview and then answer any of your questions afterwards. Please call the Office to register at (716) 773-9682.

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—3:45pm

Tuesdays: 8-9am; 3-3:45pm Wednesdays: 11:30am—3:45pm

Thursdays: 8am—3:45pm

MARK YOUR CALENDARS!



Gram's Garage Sale

Saturday, May 20, 2023 9am—1pm
Reserve your Garage Sale table at our fantastic event by calling the Golden Age Center at (716) 773-9682. *First come, first served!*

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: _____

Golden Age Center Lunch Calendar

Lunch is \$4.00 OR \$5.00 OR MORE 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 OR 4 oz. vegetables, & 4 oz. starch




March 2023

Sun. Mon. Tue. Wed. Thu. Fri. Sat.

Update: You MUST call us at (716) 773-9682, the DAY OF, to register for lunch; calls will be accepted 8am until 10:30am. NO reservations for lunch will be allowed on the answering machine. Lunch openings are LIMITED due to amount of food available and the 10:30am cut off time. *Thank you!*

1 Birthday Lunch \$6 
Chicken & Vegetable Stir Fry with Egg Roll & Garden Salad

2 Swedish Meatballs

3 Souper Seniors
  

4




5

6 Lasagna with Garlic Bread

7 French Dip with French Fries & Fruit

8 Open-Faced Turkey with Stuffing

9 Brunch for Lunch!
French Toast Sticks, Sausage, Fruit Cup & Scrambled Eggs

10 Souper Seniors
  

11

12



13 Travel Club 10:30am
Beef Stroganoff

14 Winter Cookout!
Hot Dog Bar with Chips, Baked Beans, & Pickle

15 Meatloaf & Mashed Potatoes

16 Ham & Swiss Melt with French Fries

17 St. Patrick's Day  
Shepherd's Pie, Leprechaun Jello, with Roll & Butter

18

19 →




20 Polish Sausage with Lazy Pierogi

21 Spaghetti with Meat Sauce with Green Beans & Garlic Bread

22 Swiss Chicken Casserole

23 Executive Board Meeting \$5
Crispy Chicken with Stuffing, Baked Beans & Corn

24 Souper Seniors
  

25



26

27 Beef Taco Salad

28 "Rachel" with Chips and a Pickle

29 Chicken à la King over Biscuit

30 General Meeting \$6
Pork Chops and Mashed Potatoes with Applesauce & Hearty Vegetables

31 Souper Seniors
  

Thursday, March 16: 10:30AM

Ceramics Class

This morning, we will work in the Arts & Crafts Room, if space allows, on a ceramic project that you can choose. Currently, there is no fee! If you already had a project in the works you are encouraged to work on it to complete it before moving on to another project. Get your creativity flowing!

Friday, March 17: 11:00AM – 12:30PM

Grand Island Memorial Library

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

Friday, March 17: 11:30AM., 12:15PM – 12:45PM entertainment, 1:00PM Game-a-POLOOZA!

St Patrick's Day Fun!

Another day to celebrate all things **Irish!** Wear your **GrEeN** and come have fun! Before lunch, we will have some Irish trivia and music fun. After your Irish-themed lunch, we will have special entertainment from Harris-Greco Academy of Irish Dance, and then after the performance, we will play St. Patrick's Day Bingo and win some GREEN!

Join us for Wellderly Week of activities from March 20—March 24!

Monday, March 20: 1:00 PM

Spring Fling

Welcome to the first day of spring! This special event includes a number of activities. Today we will decorate and fill a planter. We will decorate spring sugar cookies that you can take home and we will also enjoy a "dirt sundae" (I promise no actual dirt is involved in this!) This will be fun afternoon! A nominal fee of **\$5.00** is required upon registration.

Tuesday, March 21: 10:30 AM

Grief Support Group

Join Anna VanDien, LCSW, Coordinator Wilson Support Center and Hospice Bereavement Services Hospice & Palliative Care Buffalo as she talks about ways to support yourself and your family/friends during times of grief and during dealing with chronic/serious illness. Please register by calling (716)773-9682.

Wellness Wednesday:

Come on in anytime between 12:30am – 1:00pm on Wednesday, March 29 to check in with your Wellness! Get your blood pressure taken, and get helpful tips on wellness, self-care, stress management tips, and MORE! Give yourself a tune up and check in with Jen on one-on-one with her in the Dining Area.



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***
- ***On the Town of Grand Island Facebook page***
- Announced on news channels 2, 4, & 7



Our **Coffee for the Month for March** has been graciously donated by **Don Hamman**, in memory of **Mary Ellen Hamman**. We are grateful for his thoughtful generosity and support! *This program will continue due to the generosity of our* **Golden Age Center friends!**



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

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

Erie County Senior Services: (716) 858-8526

HEAP: (716) 858-7644

Members we lost in February 2023:

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.

Dorothy Lenahan Alan Geldin

Members that were sick in February 2023:

Millie Attrino Garry Deutschlander Betty Phillips Lucy D'Alessandro Paul Bassette Jane Consier
Carl Maier Ellie Maier Ruth Cunningham Fran Fusco Jenn Pusatier
Connie Harrod Brenda Cassoni Chuck Delavalle Dan Erker Lorraine Mangin



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: (716) 773-4684.



RAPID COVID-19 TEST KITS & N95 MASKS



Stop on by the *Golden Age Center* to pick up your **N95 masks** **AND** **RAPID COVID-19 TEST KITS.**

RAPID COVID-19 TEST KITS COME TWO TO A BOX.

MASK LIMIT: box of 20 masks per household
TEST KIT LIMIT: 2 boxes per household

First come, first served.
Available while supplies last!
Must be GI resident; show ID.
CANNOT pick up for others.

MONDAY – FRIDAY
8AM- 3:45PM
MONDAY NIGHTS
6PM- 8PM



Nike Base
Golden Age Center
3278 Whitehaven
Road

CONTACT:
Call (716) 773-9682 OR
for more information



Golden Age Club

Here is your next Executive Board as of November 2022. Elections were held on Thursday, November 17 at the General Meeting during the Thanksgiving Dinner and the Installation of Officers was held at the General Meeting at the Christmas Dinner on Thursday, December 15, 2022. Congratulations and THANK YOU for your service!

President....Joy Mesmer

Vice President...Martha Marrinan

Chaplain...Cathy Mancuso

Sargeant of Arms...Tom Natale

Corresponding Secretary...Sue Bogner

Reporting Secretary...Jan Yardley

Golden Age Center Pantry & Closet



Did you know? The Golden Age Center has a small pantry of **food, disposable undergarments, disposable bed pads, toiletries, paper products, small appliances, a closet of bedding, and other special items** that have been gathered due to the generosity of Golden Age members, to help other Golden Age members in need. ***Are you in need of help?*** Don't let food and item insecurities hurt you or your family. Call (716) 773-9682 and ask to speak to *Jen*, confidentially, about your situation.

Tuesday, March 21: 1:00PM

Healthy Brain Activities

Join Carrie as we continue to celebrate **Welllderly** week by exercising our brains! Some fun trivia along with our version of **Name that Tune**! Come join the fun!

Wednesday, March 22: 10:30AM

Ceramics Class

This morning, we will work in the Arts & Crafts Room (if space allows) on a ceramic project that you can choose. Currently, there is no fee. If you already had a project in the works, you are encouraged to work on it to complete before moving to another project. Paints and ceramics are provided! Let your creativity flow!

Wednesday, March 22: 10:30AM

Senior Services Overview

Join Bill Daniels, Coordinator of Insurance Outreach and Counseling of Senior Services of Erie County. Join Bill as he discusses how senior services can assist you with your needs and as he explains the variety of programs available to seniors in Erie County. Please register by calling (716) 773-9682 or by stopping at the Office to sign up.

Wednesday, March 22: 1:30PM

Dementia Caregiver Support Group

Support groups are a safe, confidential supportive environment where you can gain emotional, educational, and social support to help develop coping methods and problem-solving skills. Share techniques that work for you and get latest ideas from your peers. Respite is available for those who need care for their loved one; please call (716) 773-9682 to reserve your spot for Respite. To register for the Support Group, call 1 (800) 272-3900 or visit alz.org/CRF.

Thursday, March 23: 10:30AM

Healthy Cooking Demonstration

Today, we will have an easy cooking demonstration that will be healthy too! Please register for this program so that we can have the necessary supplies ready for all registered for our participants!

Thursday, March 23: 12:30PM

Executive Board Meeting

Club President Joy Mesmer asks for the presence of the Executive Board together for their monthly meeting to discuss Club business. PLEASE mark your calendars and join her. Joy and the Executive Board look forward to seeing everyone then.

Friday, March 24: Starting at 10:00AM

Nail Care & Hand Massage

Join the staff as we polish nails, provide basic nail care, and offer a hand massage. Please remember, we are not professionals, but will be offering this free service on occasion with a gentle touch. This is a first come, first served basis, and will be offered for a one-hour duration.

Friday, March 24: Starting at 11:00AM

Never Act Your Age Pizza & Pajama Party

Come and join us today as we just have **fun**! We will order pizza from a local pizzeria and enjoy a salad and some snacks as we watch the movie, **Calendar Girls**. You MUST pre-register, **NO EXCEPTIONS**! BY Monday, March 20th and the fee is **\$10.00**.

Monday, March 27: 1:00PM

Dominoes, Board & Card Game Club

Come and join us as we come together and enjoy games of Dominoes, board games from our vast collection, or cards. Be open to trying new things and come join the fun!

Tuesday, March 28: 12:45PM

Brain Games

Playing brain games with others is a double whammy for brain health in seniors, staving off loneliness and depression and providing needed "exercise" for the brain. It's a win-win! A commitment to brain games and staying sharp can improve quality of life for your senior loved ones for years to come. Exercise your brain and have fun at the same time with your friends!



Go GREEN with US!



Bring your water bottle to the Golden Age Center and the Community Center when participating in your favorite program or your favorite exercise program! Fill up your water bottle at our filtered bottle water fountains. Recycle bins are located in the Front Foyer as well. Help us reduce, reuse, recycle as much as possible!



Unscramble the March-themed words! *Good luck!* **Bonne chance! Bonne année!**

March is a month full of such LUCK and such a FRIGID month!
What could these SURPRISE words be?!?! Take a chance and take a guess!
May LUCK be in your favor!

1.) ulck _____

2.) snolc _____

3.) msrahokc _____

4.) nuotref _____

5.) erpihesflan _____

6.) lofbotal _____

7.) VRLCOE _____

8.) RENGE _____

9.) SRNGPI _____

10.) RFEHERS _____

A warm



to all our new members of the Golden Age Center,

as of February 2023:

Alice Wong-Zabaldo

Kathleen Baltes

Michael Bardo

Deborah Goss

Gerald Hagen

Edward Hallock

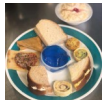
Charyleen Martin

Joan Spohn

Suzanne Stewart

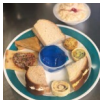
Eloise Mayberry

We welcome new members to join us for our programs, on our many programs, special events, for our transportation needs, our home-cooked lunch program, and MORE!



NEW! Monthly Lunch Drawing:

Each month, we will have a drawing for **two lunch tickets** at the **Golden Age Center**. Each day you participate in the lunch program, you may fill out a slip and put it in the **Monthly Lunch Drawing**.



The winner will be drawn the last day of the month. **DOROTHY MARTINELLI is the WINNER for the month of FEBRUARY! CONGRATULATIONS!**

Tuesday, March 28: Doors open at 4:30PM

Casino Game Night & Dinner at the Golden Age Center

Come and join us tonight for some fun. Doors open at 4:30pm and dinner will be served at 5:00pm with Games starting at 6:00 pm. Dinner will be catered by Ava's Table at the Vineyard and consist of subs/wraps, snacks, beverages, and dessert. **Cost is \$15 per person and MUST be paid upon registration BY Tuesday, March 21. NO EXCEPTIONS!**

Wednesday, March 29: 8:30AM – 12:30PM; winners drawn after that!

Silent Auction

Items will be up for your silent bidding from 8:30 AM until 12:30PM after which the bidding will close. To bid you put in on the paper slip provided the money you would like to pay for the item, place it in the cup. Once bidding closes, Jen and Carrie will be announcing who won which items and you can pay the "banker". You need not be present to win and we are accepting items (new preferred or gently used). This is a fundraiser for the Grand Island Golden Age Club.

Wednesday, March 29: 10:30AM

Ceramics Class

This morning, we will work in the Arts & Crafts Room (if space allows) on a ceramic project that you can choose. Currently, there is no fee. If you already had a project in the works, you are encouraged to work on it to complete it before moving on to another project. Let your creativity flow!

Thursday, March 30: 11:15AM for the General Meeting; 12:00PM for lunch

General Meeting

Join President Joy Mesmer, the Executive Board, and the Golden Age members for their monthly meeting. 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.***

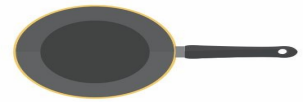
Friday, March 31: 11:30AM

March Madness

We can enjoy an afternoon of basketball trivia and sharing the history of basketball. Test your skills by throwing some basketballs too. If you have some basketball stories to share or even some memorabilia please feel free to bring in.



Recipe



Servings _____

Prep Time _____

Cook Time _____

Ingredients _____

Directions _____



From the Kitchen of _____

Thank you!



A special “Thank you!” goes out to the Alden Inmate Project. Correctional Officer Matthew Dils and Project Manager John Fisher and all of the inmates presented the Golden Age Center with beautiful holiday wreaths during the holiday season, which were on display at the front & back entrances of our senior center. Thank you for brightening our holiday season with these gorgeous wreaths! It brought us so much holiday cheer. In the Spring, the Alden Inmate Project gives back to us by donating to our Community Garden by giving us a variety of vegetable plants that we plant in our Community Garden, such as tomatoes, herbs, peppers, and more. We can’t wait to see what the Spring brings!

AARP Tax Preparation—February—April 2023

The **Golden Age Center** is not hosting AARP Tax Aide Service this year, BUT, NO FEAR! For your tax preparation needs, the following locations are hosting the AARP Tax Preparation Service for seniors. *Please call the following locations to set up your appointment:* *Amherst Senior Center @ (716) 636-3055, ext. 3108; calls are only accepted between 10am –1pm on Tuesdays, Wednesdays and Thursdays. Appointments will be held through Thursday, April 6, 2023.

*Town of Tonawanda Senior Center @ (716) 874-3266.

*By calling 211, ask to make an appointment for the AARP Tax Preparation Program at the Kenmore Library on Delaware Road, and the volunteer representative will set up an appointment once all details are finalized and they will make sure your tax return is something they can handle as well AND will go over the proper documentation required.

*Please call the Town of West Seneca Senior Center at (716) 675-9288 to make your Tax Preparation appointment.

***Call us with any other questions at (716) 773-9682.**

Thank you!





Town of Grand Island



Sunday, March 5, 2023

Recreation, Parks and Golden Age Center Open House and Outdoor Recreation Expo

9:00 a.m. – 1:00 p.m.

What:

Open House - come explore recreation programs and amenities the Town offers:

Recreation Programs – youth and adult programs, adult leagues, special events

Community Center Rentals – space can accommodate up to 100 people, great for parties, graduations and other celebrations

Park Trails and Amenities – experience the new Town Trails at Nike Base Park and see other Town park amenities

Senior Services – see daily activities, day trips, lunch program and more for seniors

Outdoor Recreation – see outdoor recreation opportunities around G.I. - trails, fishing, kayaking *and more!*

Department Info:

Recreation Department
grandislandny.myrec.com

716-773-9680

Parks Department
ginyparks.com
716-773-9686

Golden Age Center
grandisland.ny.us – click on the Golden Age Center Link
716-773-9682

Activities:

Guided Trail Hikes - starting at 9:30 a.m. and 11:30 a.m. – *each time slot will have both a short hike and a long hike.*

Short Hike – approx. 1 ½ miles; 45 min.

Long Hike – approx. 3 ½ miles; 1½ hours

Snowshoeing – come try out snowshoes around the Nike Base - youth and adult sizes available.

Snowshoes will be available for the guided hikes – reservations required

**Snowshoe usage weather dependent*

Chili, Chicken Noodle Soup & Chicken à la King Sale –homemade by the Golden Age Center and available for purchase – dine in or take out. Available 10:30 am – 1:00 pm (or sold out)

Display Tables – display and information tables by the Recreation Department, Parks Department, Golden Age Center and other outdoor recreation groups around Town.

Scavenger Hunt – pick up your scavenger hunt sheet when you arrive.

Indoor and outdoor scavenger hunt around the Nike Base. Find all the items to win a prize.

Registration

Registration for snowshoes can be completed on the Recreation Department website or by calling at 716-773-9680

When and Where: Sunday, March 5, 9:00 a.m. – 1:00 p.m.

Nike Base Park, 3278 Whitehaven Road - Community Center, Golden Age Center, Town Trails

Come Explore the Outdoors on Grand Island and Discover Outdoor Recreation Opportunities Around Western New York!

Exhibitors Include:



Niagara River Greenway Commission
New York State Parks Interpretive Office
Citizen Coalition on Wildlife and Education
Siberian Husky Club of the Niagara Frontier
Explore Wild New York!
Town of Grand Island Recreation Department
Town of Grand Island Parks Department
Town of Grand Island Golden Age Center



Activities Include:

Guided Trail Hikes

Led by Conservation Advisory Board members Paul Yaeger and Diane Evans – Paul and Diane are avid outdoor enthusiasts and have years of knowledge on the environment, Nike Base trails and Grand Island history. Join them on the 1 ½ mile short hike (45 min.) or the 3 ½ mile long hike (1.5 hours). Both hikes will take you along the Nike Base Trails and will stop at the bridge over Big Six Mile Creek for a refreshment break with coffee, tea, hot chocolate and snacks.

No snow, no problem. You can still enjoy the outdoors in wintertime. There is plenty of wildlife activity and nice scenery this time of year. We'll have snowshoes available for people to try on and familiarize themselves with for the next time we have snow.

Scavenger Hunt and Wood Carving Raffle

Be sure to pick up your trail map and scavenger hunt sheet from the Recreation Department table in the Community Center. The scavenger hunt has 30 items located in the Nike Base facilities and on the Nike Base trails. There are two levels of difficulty - easy/moderate and moderate/advanced. Complete one or both levels and return sheet to the Recreation Department table for a prize for each level completed.

Wood Carving Raffle - earn a raffle entry for a wood carving by Paul Yaeger. Paul is a Grand Island resident and wood carving enthusiast. Carvings are made of basswood, a local wood that grows on Grand Island. Earn a raffle entry for each level of the scavenger hunt completed.

Lunch Sale by the Golden Age Center

Enjoy homemade Chili, Chicken Noodle Soup & Chicken à la King prepared by the Golden Age Center staff. Dine in or take out. Lunch available from 10:30 a.m. – 1:00 p.m. or until sold out.

Event is for all ages and pet friendly!

**Bring the family and check out the Town's Recreation and Golden Age Center programs.
Programs start at 1.5 years old and go to 90 years and older!**

Friendly pets on leashes welcome outdoors. Please remember to pick up after your pet.

Trail hikes can be experienced on one of the scheduled guided hikes or explore the trails at your own pace.