

The Golden Voice

March Events

This March, we have a showcase of events going on! We are excited to announce the following events:

Carnival Birthday Party

Wednesday, March 5: 11:45am

Get ready for the scrumptious AND warm celebration with friends!

Bingo Bonanza

Friday, March 7: 12:45pm

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

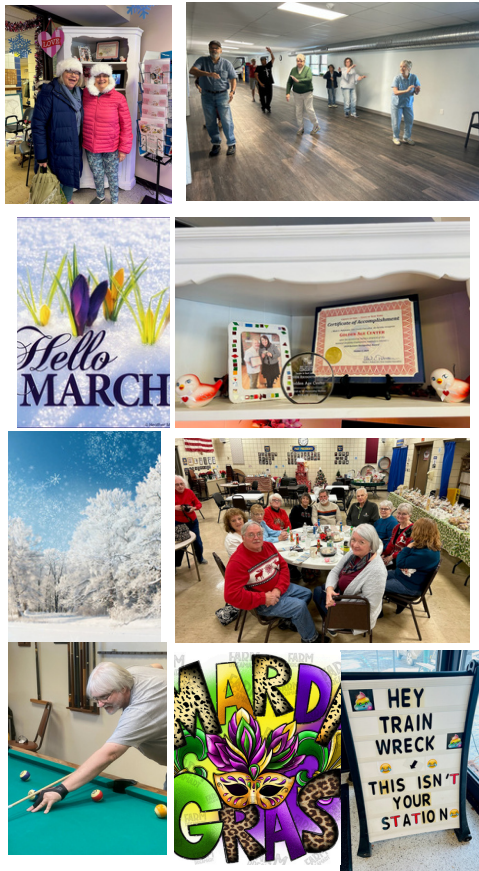
Silent Auction

Wednesday, March 26: 12:30pm

Schedule a program by calling our Golden Age Center by calling (716) 773-9682. **Get in quick!**

February 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

With the warmer, sunnier days upon us, I think everyone is starting to get a taste of Spring Fever. Does anyone else feel the same way? We are planning for an action-packed, energetic, and exciting Spring. **Join us for the fun!**

As you enter the Coat Room, a rack has been left to leave your winter weather gear out to dry while you are here. Don't forget to pack an extra pair of shoes to wear as you enjoy some fun here!

Our Try & Buy is now OPEN! You may NOW bring in clothing items for the clothing closet. Please bring your donations to the Office. Everyone has eagerly awaited the opening of our closet! Refresh and update your wardrobe with US!

Our new bus is on the road and has joined our fleet. We are SO excited to hit the road in our new vehicle, to enjoy some new adventures! We will be starting day trips this month (to be determined based on weather)! Adventure awaits! We can't wait to hit the road with you!

Don't forget, label your winter coats and boots so that they do not get mixed up with other's belongings! Thank you for understanding!

Please bring your water bottle to the Golden Age Center OR Community Center when participating in your favorite program. Fill up your water bottle at our filtered water bottle fountains. Recycle bins are located in the Front Foyer as well. Help us to reduce, reuse & recycle!

Bring in your Tupperware container to take home left over lunch. If your lunch is too big, you can eat the leftovers for dinner. We can NOT give out take out containers for your leftovers. if the lunches are bigger for you, take it home to enjoy for dinner! **Thank you for understanding!**

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 and to keep accurate attendance in our facility.

We are on the cusp of the change of seasons! Spring is on the way, and longer days are coming.

Best, Jennifer R. Menter

(716) 773-9682

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

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The Golden Voice

Mark Your Calendars!



Tuesday, March 25 at 10:30AM

Brain Games

Join in this great time to reminisce! Energize your spirit and activate your brain by playing a variety of games together from Stay Smart kits and games themed to the month of March! Socialize and improve your mental health and well-being with others!



Coffee for the month of

March

will be **FREE** compliments of

Patricia Feinen

in memory of

Betty Marinell



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

March 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** with **Pat** at the **BACK of the Dining Area**

Fit for Life! **10:00am** with **Jenny** in 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**

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** on the **2nd and 4th Mondays of the month**

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

Seniors in Stitches: **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**

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**

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**

****Fun with French**:** **12:45pm** with **Jen** on the **3rd Wednesday** of the month in the **Arts & Crafts Room**

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

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

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The Golden Voice

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



Barbara Berry

Bobbie Capp

Dave Cole, Sr.

Gary Deutchlander

Pat Ehinger

Fran Fusco

Cindy Hammann

Dick & Nancy Koch

Tom Kunselman

Ed Krawczyk

Frank Greico

Ruth Landel

Cathy Mancuso

Deb McGarrigle

Sherry Miller

Marie O'Hara

Dee Schuman

Chuck & Nancy Tobe

Fran Tracy

Sue Whitbeck

Jimmy Wilkinson

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



Kathy Fetzer

Mike Fetzer

Collen Fachko

Sue Asbach

Bonita Frazer

Tim Gibney

Alpha Wingert

Philip Behrens

Linda Itzo

Thomas Igier

Chuck Bailey

Samuel Serra

March Consistent Weekly Programs at the Golden Age Center

THURSDAY

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

Bingo: **10:00am** with **Carrie** in the **Dining Area**

Pinochle, Dominoes & Card Games: **12:30pm –3:45pm** in the **FRONT of the Dining Area**

Balance for All: This program includes gentle strengthening exercises, coordination drills, and balance challenges. This class is designed to enhance your overall stability and is designed to increase activity levels. Join Jen & Jenny at **1:00pm** in the **BACK of the Dining Area**

FRIDAY

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**

Tai Chi: Experience meditation in motion and this mind-body practice at **9:00am** with **Pat** in the **BACK of the Dining Area**

Chess: Strategize and play games of Chess at **9:00am** on the **Stage**

TGIF Couponing: Cut coupons with us for those in need at **9:15am** in the **Dining Area**

Read & Feed Book Club: Designed to share in friendship & a love of reading! Join us at **10:00am** in the **Arts & Crafts Room**

Poker & Euchre: **11:00am** onward in the **BACK of the Dining Area OR Lounge**

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 **1:00pm** with **Anna** at the **BACK of the Dining Area**

Chair Yoga & Meditation: Exercise & do yoga from the comfort of the chair with gentle poses. Leave feeling Zen and at peace. Join **Martha** at **1:00pm** in the **Community Center**

For any questions on our programs, please call (716) 773-9682 OR stop by the Office to register or discuss with Golden Age staff member.

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

(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 Spring 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 April 1st!

March 2025 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 \$5.00 OR MORE on Special Event days. Lunch is served at 12NOON 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 so that we can sell your lunch to another member.

Our Take-Out lunch is paid for at the Front Office of the Golden Age Center and lunch is picked up at the Kitchen from our talented Chef. Enjoy!

March 2025 Lunch Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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			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!			
2	3 Swedish Meatballs with Rice and Peas	4 Mardi Gras Bunch for Lunch! Pancake, Yogurt Parfait, Sausage Fruit Cup	5 Carnival Birthday Party \$6 Potato Pancakes with Sour Cream, Applesauce & Broccoli	6 Chicken Pot Pie with Ambrosia	7 Souper Seniors	8
9	10 Ham & Swiss Melts with Sweet Potato Fries & Mixed Fruit Cocktail	11 Pulled Pork, Macaroni & Cheese and Peas	12 Cathy's Crispy Chicken with Mashed Potatoes, Gravy & Mixed Vegetables	13 Goulash with Garlic Bread & Green Beans	14 Souper Seniors	15
16	17 Shepherd's Pie with Peaches, Leprechaun Jello, with Roll & Butter	18 Spaghetti with Meat Sauce, Green Beans & Jello	19 Greek Chicken Pita with French Fries & Pears	20 Executive Board Meeting \$6 Turkey Dinner with Stuffing, Carrots & Cranberry Sauce	21 Souper Seniors	22
23	24 Open-Faced Roast Beef Dinner with Scalloped Potatoes & Carrots	25 "Rachel" with Apple Slices, Chips & a Pickle	26 Tuna Noodle Casserole	27 General Meeting \$6 Pork Chops with Mashed Potatoes, Applesauce & Hearty Vegetables	28 Souper Seniors	

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The Golden Voice

March 2025 Special Events Calendar at the Golden Age Center

Members that we lost in the month of February 2025:

In Loving Memory
Barbara LaDuca
Cathy Gajewski
Ann Dkulinski

Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member.

Monday, March 3: 10:00AM

Coffee & Conversation & Travel Club with Carrie

Join Carrie this morning as she serves some tasty beverages, treats, and highlights the special programs for the month of March. She will review the information, answer questions, and sign people up as requested. We will also look forward in traveling...the new bus has arrived! As always, it is important to read your newsletter and check out all the events! Bring your calendars so you can add your events to your monthly calendar!

Monday, March 3: 12:45PM

Irish Trivia & Music

Come and listen to some music and test your Irish knowledge. Enjoy the fun!

Tuesday, March 4th at 10:30AM:

Ice Bridges with NYS Parks, Recreation and Historic Preservation

Come and learn about Ice Bridges of Niagara, see historic photos, and talk about some other ice phenomena that we see occur across the Western New York region!

Tuesday, March 4: 12:45PM

Crafting with Carrie – Mardi Gras Mason Jar

This afternoon, we will be making a Mardi Gras style mason jar, complete with lighting. All supplies will be provided. The cost for today's craft is \$5.00. Please register with the Office staff by Monday, March 3.

Wednesday, March 5: 9:00AM – 11:30AM

Lawley Insurance

Questions about Medicare? John is here to help. He can go over the A, B, C, and D of Medicare, including what to do and when. 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, John is here for that too! Join John Weatherby, Medicare & Individual Health Insurance Consultant.

Wednesday, March 5: 9:30AM

Birthday Party Set-Up

Want to join in and give a hand? Do you love to be creative and do you love to decorate? We will be meeting in the Dining Area to put up decorations for this afternoon's Carnival Birthday Party. Many hands make light work!

Wednesday, March 5: 11:30AM; 12:45PM – 1:45PM for entertainment
Carnival Birthday Party

Today's celebration, for all those born in March, finds us celebrating in style....Mardi Gras, Ash Wednesday and some Irish thrown in there! We will enjoy a menu appropriate for Ash Wednesday, and enjoy the musical entertainment of Emerald Isle. There will be special activities along the way, with a King's Cake for dessert. Join the krewe and don't miss the fun! Flambeaux, beads and doubloons galore....LAISSEZ LES BONS TEMPS ROULER!

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.



Need Food?



For confidential assistance, call the Neighbors Foundation of Grand Island

716-775-7998

gineighbors14072@gmail.com



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

(716) 773-9682

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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 39 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.

March 2025 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, March 7: 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 7: 12:45PM

Bingo Bonanza!

For \$1.00 for the first bingo board and a dream, you too can try to win the Bingo prize envelopes! Additional boards are available for just \$.25 each, and players can play up to four (4) boards. **Come one, come all!** Join us for laughs and lots of fun! We will also be celebrating National Cherry Month with a special beverage for all attendees.

Monday, March 10: 9:00AM – 12:00PM

Independent Health Assure Advantage Plan or HMO-CSNP

Please join our new Individual Sales Consultant with Independent Health, Chris Guarino, as he will set up and be available for one on ones here at the center as you navigate any changes with your policies. Come and stop by his table to say “hello” and become familiar with who he is and introduce yourselves! If you would like to schedule a time during Chris' visit, as noted above, please call the Golden Age Center at (716) 773-9682.

Monday, March 10: 10:00AM

Needlework & Cross Stitch

If you would like to come and do simple stamped cross-stitch and decorate a pillowcase, then this class is for you! All supplies are provided and instructions, if needed. If this isn't for you, but, you want to continue working on your knitting and crocheting projects, you can have this additional time to work on it as well.

Monday, March 10: 12:45PM

Pokeno

The fun for today is playing the game of Pokeno. No money involved. Stay after lunch to play this fun game together and make new friends!

Tuesday, March 11: 9:00AM – 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 on by and have some peace of mind about the many upcoming health insurance changes in 2025.

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The Golden Voice

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.



Golden Age Club Ballot

Here is the slate of candidates for the next Executive Board as of November 2024. Nominations were made on Thursday, November 21, 2024 at the General Meeting during the Thanksgiving Dinner and the Installation of Officers will be held at the General Meeting at the Christmas Dinner on Thursday, December 19, 2024. Thank you to our Executive Board for their time, talents, and service!

President.....Bob Vaccaro
Vice President.....Martha Marrinar
Chaplain.....Cathy Mancuso
Sergeant of Arms.....Tom Natale
Corresponding Secretary.....Sue Bognar
Reporting Secretary.....Beth Julin
Treasurer.....Joy Mesmer

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!

(716) 773-9682

March 2025 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, March 12: 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.

Friday, March 14: 12:45PM

National Pi Day (3.14)

Come celebrate today and make your own personal-sized pie! We can talk about pies and all sorts of things related to pies and pie making. Program fee cost is \$5.00 and needs to be paid upon registration. Program registration needs to be in by Tuesday, March 11th.

Monday, March 17: 10:00AM-12:30PM

Luck of the Irish St. Patrick's Day Festivities

Top of the morning to YOU! Jig in the morning with Irish tunes made to make your heart smile! We will kick off the morning with a performance from the McCarthy School of Irish Dance at 10:15am. After, we will continue on with Leprachaun Scavenger Hunt, special activities, Irish treats, and Lucky Loot Bingo. We will end the festivities with Shepherd's Pie and delicious Irish dessert. Wear your green, shamrocks, and all things lucky as we are all Irish today!

Tuesday, March 18: 12:30PM

Day Trip: Magical Mystery Tour

This is a mystery, and it is FREE as we take our new bus on an inaugural trip around the Island. Join us for some zany fun as we participate in this activity with Carrie. Singing is required, but not necessarily on key or good singing...just having fun in a VERY unique way. This activity is limited to the first TWELVE people who register! You won't want to MISS IT!

Wednesday, March 19: 11:00AM

Random Acts of Kindness- Sending Smiles Across the Miles

Send smiles across the miles by joining us as we write cards to members who are under the weather, on our Meals on Wheels program, or in local nursing homes. Receiving a hand-written note, tender words, and to know someone cares means so much to our seniors who are home-bound, sick, or not feeling their best. Let's make someone smile today by spreading joy and sweet thoughts! All cards, pens, and stamps will be provided. *Give back to those who need a pick-me-up!*

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The Golden Voice

Happy Birthday to our members celebrating March birthdays!

March 1.....Don Hoke, Cynthia Kalinowski, & Phyllis Martin
March 3.....Joyce Cowan & Gerry Lawrence
March 5.....Jody Rider
March 6.....Bonnie Peete & Ivette Vazquez
March 7.....Linda Leuchner & Cheryl Zito
March 10.....Lori Barr, Robert Cockrell, Doretha Hahn, & Margie Gambino
March 11.....Shirley Norman & Gary Webster
March 13.....Kathleen Olszewski
March 14.....Kathy Shaklee & Rose Godard
March 15.....Sandra Watkins
March 16.....Doris Cockrell, Sandra Fonte, Debbie Jenkins & Pat Phillips
March 18.....William Brandoni
March 19.....Ruth Landel & Thomas Pynn
March 21.....Peggy Bauman, Joseph Fisher & Dorothy Martinelli
March 25.....Vicki Correa, Kathy Gumkowski, Jack Mahnk & Rick Ryder
March 26.....Angelo LaDuca
March 27.....Fran Tracy & Mary Carol Wozniak
March 31.....Wendy Cook & Jeff Banas

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 & Linda Smith for helping to sell the Birthday Split Club Raffle Tickets every month!

The winners of February's Birthday Split Club Raffle are:

Tom Dunmire
Don Hamman
Joe Mesmer
Bonnie Peete
Lauretta Brennan
Bob Vaccaro
Beth Julin

CONGRATULATIONS!

(716) 773-9682

March 2025 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, March 19: 5:00PM dinner; 6:00PM games

Casino Royale

Tonight, we will be having a special themed supper, and then playing a variety of games. This is all-inclusive and anyone who wants to participate does need to purchase a ticket ahead. RSVP by Monday, March 17th by the end of the business day. Join in all the fun of this special night! The cost is \$25.00, which includes supper and dessert, and specials along the way!

Thursday, March 20: 11:00AM

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 Silent Auction, the Easter Egg Hunt event, 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!

Friday, March 21: 11:30AM

Pizza Luncheon Matinee

Be sure to sign up early, by Wednesday, March 19th at the latest, to join in the pizza luncheon and the special film for the afternoon. You can register for the luncheon and pay at the Office with any staff. Cost is \$5.00 for the pizza luncheon. The special movie that will be shown is.....*stay tuned!*

Monday, March 24: Starting at 9:30AM

Cooking with Carrie

Come and join in the fun as we come together this month to create a meal that St. Patrick would be proud of. The menu for this month will be as follows: Turkey Sausage, Colcannon, Cucumber Salad with Sour Cream, Irish Cream Bundt Cake, and Irish Tea. **The cost is \$10 per person**, and you must register by Thursday, March 20th.

Monday, March 24: 12:45PM

Majority Rules Game

Come and join us in the fun of this newer game. We will be playing it as a group. Very easy to do....just give it a try!

Thursday, March 27: 11:30AM

General Meeting of the Golden Age Club

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 Town Supervisor Marston at 12:20PM.

Wednesday, March 26: 12:30PM

Silent Auction

Take a chance at today's Silent Auction! Over 40 pieces will be up for bid, all to support the Golden Age Club! From housewares to jewelry, decorations, to treasures, you never know what will be up for grabs! Most items will start to bid at \$3; some items may open the bid at \$5 OR \$10. There is a special item for EVERYONE'S budget! Find a treasure to make you smile! The Silent Auction will be open from 8:00am - 12:30pm. WINNING bids will be called at 12:30pm. Winners need NOT be present to WIN!

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

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

The Golden Voice

Dennis's Dad Joke of the Month



Why can't you trust trees anymore?
~ *Because they are a BIT shady!*

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!



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!

March 2025 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.

Thursday, March 27: 12:45PM

Fun with Cricut

Join Carrie today as we work on the Cricut, and she teaches some basic skills on the machine. Please pre-register for this program so that enough supplies are ready for all participants! This is a FREE program! Get creative with Carrie!

Friday, March 28: 12:45PM

Air Plant Craft with Carrie and Marsha Mis

You must pre-register for this class. Stop by the Office to see the model. It is a low-maintenance plant, in a unique setting. Cost is \$8.00, and you must register by Friday, March 21 by the end of the business day, to participate in this program. *This is a perfect program to get in the spirit of Spring!*

Monday, March 31: 10:00AM

Needlework & Cross Stitch

If you would like to come and do simple stamped cross-stitch and decorate a pillowcase, then this class is for you! All supplies are provided and instructions, if needed. If this isn't for you, but, you want to continue working on your knitting and crocheting projects, you can have this additional time to work on it as well.

Monday, March 31: 12:45PM

Art is Fun!

Today is National Crayon Day, and we will be working with some products to relax and enjoy art. *Come and design your own masterpiece!*

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

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

(716) 773-9682

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 | **9**
www.grandislandny.us/280/Golden-Age-Center **Open 8AM - 4PM Mon. - Fri.**



The Try & Buy Clothing Closet remains IS NOW OPEN for the Spring season!

Golden Age members can start to bring in their gently used and nearly new clothing items, shoes, and jackets to be sold for a very low price this SPRING.

Golden Age members will be asked to bring (10) clothing pieces at a time. The Try & Buy is NOW OPEN, Monday, March 3.

Refresh your revamp your wardrobe with us!



Need Food?

For confidential assistance, call the Neighbors Foundation of Grand Island

716-775-7998



Scan QR Code for instant access to our website at: www.grandislandny.us/280/Neighbors

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.

The Salvation Army Tonawanda
46 Broad Street



Worship & Community Center
Tonawanda, NY 14150

3rd THURSDAY MOBILE

FRESH PRODUCE

DAIRY

MEAT

FRESH VEGETABLES

& MORE



FOOD PANTRY

Join us for our 3rd Thursday Mobile Food Pantry. If you need food, we will be serving the community at the Grand Island Town Hall beginning April 17th and the third Thursday of each month following. It is a drive-thru pantry and all you need is your ID and proof of address.

WHEN
APRIL 17th

Every 3rd Thursday of the Month
10am & While supplies last

WHERE

Grand Island Town Hall
2255 Baseline Road - Grand Island, NY 14072

For more information, email Lt. Adam Mack - adam.mack@usa.salvationarmy.org or give us a call at 716-469-2269 and leave a msg.



(716) 773-9682

Do you have concerns about falling?

Many older adults experience concerns about falling and restrict their activity. A **MATTER OF BALANCE** is an award-winning program designed to manage falls and increase activity levels.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

This program emphasizes practical strategies to manage falls.

IN CLASS YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to decrease fall risks at home
- Exercise to increase strength and balance

WHO SHOULD ATTEND?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has a history of a fall has limited activity because of a fall

VARIOUS TOPICS INCLUDE:

- Identifying home hazards
- Exercise & strength training
- Medications (How they relate to falls)
- Proper Footwear
- Balance Testing
- Personal Emergency Response Systems
- Nutrition (and how it affects falls)

The next class will be held:

Where: The Golden Age Center

3278 Whitehaven Rd

Grand Island NY 14072

Date: Tuesdays, March 18—
Tuesday, April 29

Time: 9:15AM—11:15AM

For more information or to sign up: Call or e-mail

Jen Menter

(716) 773-9682

jrmenter@grand-island.ny.us



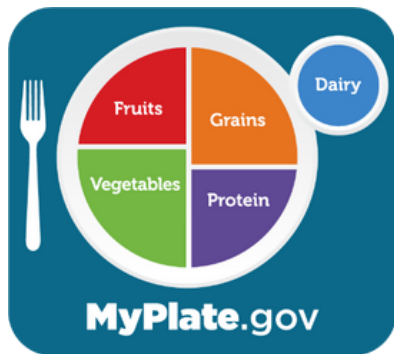
Just a reminder...
REMEMBER On snowy mornings, the Nike Base sidewalks and parking lot will be plowed and salted by 8:45am.

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

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



Are you 60 years or older? Come join our workshops and have fun while learning how to improve your choices in shopping, eating and physical activity!



Golden Age Center

3278 Whitehaven Rd

Grand Island 14072

Thursdays at 10:00 – 11:00am

Workshop Topics:

March 20 - Balancing Nutrition with MyPlate

March 27 - Eat your Fruits & Vegetables

April 3 - Adventure into the World of Whole Grains

April 10 - Diverse Proteins, Balanced Living

April 17 - Eating Better on a Budget

April 24 - The Art of Preparing Tomorrow's Meals Today

May 1 - Unlocking the Secrets to Affordable Fresh Fruits and Veggies

May 8 - Fuel for an Active Lifestyle

TO REGISTER STOP BY THE FRONT DESK OR CALL THEM AT 716-773-9682

If you have any questions about the workshops, please call (716) 858-4951

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP aids low-income individuals and families in buying nutritious food for a better, healthier diet.

For more information call 1-800-352-8401

This institution is an equal opportunity provider and employer.

If you would like to request reasonable accommodations to participate in this program, please contact Erie County Senior Services at (716) 858-4951 or Michelle.Werneiowski@erie.gov



Welcome Family & Friends
from our Recreation programs Music & Dance, and Golden Age Center

St. Patrick's Day Performance

Saturday March 15, 2025

12pm to 3pm

(Doors open: 11:45am)

Golden Age Center

3278 Whitehaven Road, Grand Island (look for the green awning)

Guest Tickets \$5 per person *(Cash only)*

Includes: Show, lunch and chance to win the door prize!

Lunch: 2 slices of pizza, beverages and a sweet treat!

Kitchen open: 1230pm to 2pm

Tickets are NOT SOLD at the door.

*****Please RSVP no later than 3pm on Wednesday March 12, 2025*****

Golden Age members please RSVP to Jen Menter jrmenter@grand-island.ny.us

or call 716-773-9682 x 780

Rec. members please RSVP to Laura lprusinski@grand-island.ny.us

or call 716-773-9680 x 761.

**Tickets can be picked up at the office M-F 8:30am to 3pm
or at rehearsal on Friday, March 14, from 4pm to 7pm.**

Guests are encouraged to help support our local food pantry by donating
canned or dry goods upon entry to the show!

*****Donation will benefit the Grand Island Neighbors Foundation*****

Enjoy FREE Coffee, Tea, Activities, or shop our country store for gifts!



Town of Grand Island Recreation Department 716-773-9680

<https://grandislandny.myrec.com>

Golden Age Center 716-773-9682





Our next **Hearing Screenings** with Dr. Salvatore Gruttadauria, AuD, CEO, from Diversified Rehabilitation Services, Diversified Hearing Services, Children's Rehab Services of WNY, is coming up on **Friday, October 18** from **8:30am - 11:30am** on the **STAGE of the Golden Age Center**. Screenings will take place every **15 minutes**. To sign up for your **FREE** Hearing Screening, please call (716) 773-9682. **Please put your health and HEARING FIRST!**

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!



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. **Don Hamman & Pam Haupt** are the winners for the month of **February!** **CONGRATULATIONS!**



- 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.

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!



Unscramble the March-themed words! Good luck! Bonne chance! MARCH is a month full of such LUCK and such a FRIGID month! What could these SURPRISE words be?!?! May luck be in your favor!

- 1.) ul ck _____
- 2.) sn olc _____
- 3.) ms rah ok c _____
- 4.) nu ot ref _____
- 5.) nu ot ref _____
- 6.) lo fo bt al _____
- 7.) vr l co e _____
- 8.) re n ge _____
- 9.) sr ng pl _____
- 10.) rf eh ers _____
- 9.) m re ef do _____
- 10.) et co h cl ao _____



Our next **Safe Defensive Driving Class** with Wayne West is coming up on **Monday, April 7 & Monday, April 14, 2025** 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!