

# The Golden Voice

## March Events

# March 2026

This March, we have a showcase of events going on to make for a **marvelous end to the WINTER season!** We are excited to announce the following events:

**Coffee & Conversation AND Travel Club Meeting - FIRST of 2026!**

Monday, March 2: 10:00am

**40 Shades of GREEN Irish Birthday Party**

Wednesday, March 4: 10:30am - 1:45pm

**Bingo Bonanza!**

Friday, March 6: 12:45pm

Get ready to win GREAT PRIZES with our great Bingo games! *Get out your lucky boards!*

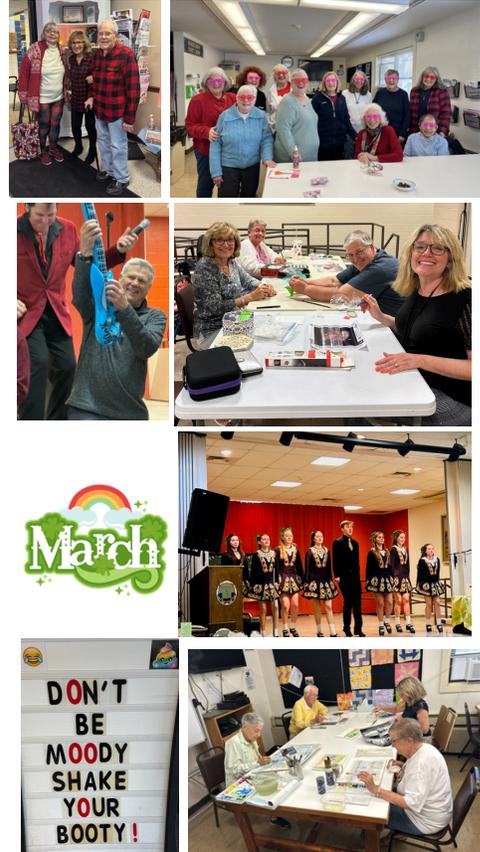
Schedule a program by calling our Golden Age Center by calling (716) 773-9682.

**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 for Grand Island residents. 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**  
WOW! Thank you for helping to spread JOY this season to all, as this winter season has been quite tough! Though the days are feeling like a rollercoaster, and it may be harder to get out, NO FEAR; we are planning an action-packed, energetic, and exciting month of MARCH for you all to savor. Set a routine to kick start your spring and enjoy great programming with us!

**We are now part of a Composting project with Erie County! In order to reduce waste, we are composting the following: food waste, tea bags, coffee grounds, food liquids, napkins, paper plates (non-plastic coated), egg shells, to name a few. When disposing of garbage, please help us reduce our waste by throwing your garbage in the appropriate bin!**

We have continued to freshen up our spaces and now have a revamped Lending Library of games and puzzles, a Memories Over the Years nook that lets us reflect and reminisce about our senior center through history and photos, a Library full of new books and great authors, and a Country Store of new items to shop to your heart's delight. Peruse these areas to see other facets of our senior center, and take the time to look, borrow a puzzle, and buy a new read, or maybe find a new treasure for yourself!

**We have a rack out in the Coat Room for you to hang your wet gloves and hats, and the boot trays are out for the change in the weather...weather it's SNOWING or RAINING!**

Did you know we have FREE Wi-Fi? When you come to Nike Base, we'll show you what our Wi-Fi Name is!

**We are into Heating Season! Please bring a sweater or jacket with you, as the heat will be on during cool days, and we try our best to keep everyone comfortable, with all the varying comfort levels of our members. 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, in the case of emergency, to keep accurate attendance in our facility, and to make sure all are enjoying the day's programs.

**As the cold, wind and snow usher in March, don't let the ups and downs of winter doldrums get you down! Together, let's make March MAGNIFICENT!**

*Best, Jennifer R. Menter*

**(716) 773-9682**

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

1

[www.grandislandny.us/280/Golden-Age-Center](http://www.grandislandny.us/280/Golden-Age-Center) Open 8AM - 4PM Mon. - Fri.

# The Golden Voice

Welcome to our new members of the Golden Age Center in the month of February 2026:



- Nina Leskiw            Gary Leskiw
- Rebecca Simpson    Dave Norman
- Roxann Norman     Sharon Miller
- Larry Slovick        Mary Slovick
- Janet Kantor        Theone Oblanski
- Elizabeth Mariani   Philip Mariani
- Kathleen Milne     James Mulcahy
- Maureen Mulcahy   Joanne Cook
- Artie McAuliffe    Thomas McAuliffe
- Susan Bauer        Teresa Bauer
- Christine Sanborn   Lynn Leckey
- Lorraine Dale       Shirley Beam
- Richard Szafran     Gail Click
- Stephanie Schwartz Ellen Monaco
- Salvatore Monaco    Chad Perkins
- Rebecca Perkins    Marsha Pinzotti

## Welcome!

Coffee for the month of  
**March**  
 will be FREE compliments of  
**Gunnar & Georgina Munk**  
 in memory of  
**Roy & Dorothy Cotton**



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 2026 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** at 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**
- Fit for Life!** **10:00am** with **Jenny** in the **BACK of the Dining Area**
- Morning of Games:** Play Ping Pong, Foosball, Shuffleboard, and other games with friends at **10:30am in the Community Center**
- 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**
- Gentle Yoga:** **1:00pm** with **Sue** in the **Community Center**
- Chinese Mahjongg:** **1:00 - 3:00pm** on the **Stage** with **John**

### 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, exercise balls, and body weight. Join us at **9:30am** with **Michelle & Diane** in the **Community Center**
- Seniors in Stitches:** Stitch away with your favorite craft at **10:00am** in the **Arts & Crafts Room**
- Diamond Art Painting:** **10:00am** in the **Arts & Crafts Room** with **Sandy**
- 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**
- Bingo:** **1:00pm** with **Carrie** in the **FRONT of the Dining Area**
- Bowling:** For \$7, bowl 3 games and get in on the friendly fun! Join **Joanne** at **1:00pm** at **Mallwitz Island Lanes**

# The Golden Voice

## March 2026 Consistent Weekly Programs at the Golden Age Center

Welcome to the Golden Age Center!



### 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**

**Wellness Walks with Walking Club:** Walk your way to wellness with your peers at **9:00am** with **Jen** at the **Community Center**

**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**

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

**Just a reminder...**

**REMINDER**

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



Should there be changes to our daily schedule, due to weather conditions, emergencies, and so forth, we will notify you of changes in the following ways:

- Updates on our Golden Age Center webpage
- E-blast to our members
- Post updated information on our Town of Grand Island website, on the Main Page, under "Alerts"

For more information, just give us a call at (716) 773-9682.

**Members** - THANK YOU ALL for thinking SPRING, and helping Hospice Buffalo during their 40th Annual Hospice Spring Bouquet Sale! The Town of Grand Island is participating by taking pre-sale orders at the Golden Age Center. The beautiful mixed standard bouquet (10 stems) are available for **\$15**. There is also a special Tribute bouquet (30 stems) available for **\$40. All bouquets will be delivered here to the Golden Age Center on Tuesday, March 3.** The order deadline is **Friday, February 13** and payment is also due by **Friday, February 13.** Call (716) 773-9682, e-mail Jen, or stop by the Office to place your order. *Every bunch truly makes a life better!* The Bouquet Sale has raised over \$9.6 billion in 39 years. **Thank you!**



Standard bouquet \$15 (10 stems)  
Tribute bouquet \$40 (30 stems)

For every tribute bouquet purchased, Hospice will donate a standard bouquet to a patient receiving care



**(716) 773-9682**

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 | **3**  
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# The Golden Voice

Members who are sick and under the weather in February 2026; we send you healing thoughts your way!



- Joan Barone
- Jeanne Bartlo
- Joyce Berk
- Barbara Brzyski
- Mary Caldwell
- Mary Cooke
- Casey Galeza
- Robert Gorny
- Pam Haupt
- Tom Kunselman
- Ruth Landel
- Bob Lamb
- Kathy Lechner
- Mary Ann Lochren
- Jack Mahnk
- Cathy Mancuso
- Martha Marrinan
- John Moreno
- Shirley Moreno
- Nancy Prusak
- Dave Rogers
- Dee Schuman
- Kathy Shaklee
- Mary Stewart
- Chuck & Nancy Tobe
- Jan Zaborowski



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

## March 2026 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, exercise balls, and body weight. Join us at **9:30am** with **Michelle & Diane** in the **Community Center**

**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 **Jenny & Jen** 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** 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 **Lounge OR back of the Dining Area**

**Mahjongg:** Mahjongg 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 on the Stage**

**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**

#### 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

Erie County Senior Services: (716) 858-8526

HEAP: (716) 858-7644

**(716) 773-9682**

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[www.grandislandny.us/280/Golden-Age-Center](http://www.grandislandny.us/280/Golden-Age-Center) Open 8AM - 4PM Mon. - Fri.

### For Your Information!

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



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 November 1 and available until funds are exhausted.

### Golden Age Center Lunch Calendar

Membership allows you to partake in our nutritious lunch program; lunch is \$4.00 OR \$6.00 OR MORE on Special Event days.

Lunch is served at 12:00pm 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.**

## March 2026 Lunch Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Travel Club Meeting  Swedish Meatballs with Rice and Peas	3 Chicken Pot Pie with Ambrosia	4 40 Shades of GREEN Birthday Party Dublin Coddle, Irish Soda Bread, Coins Over the Rainbow, Leprechaun Jello & Blondie Brownie	5 Turkey Dinner with Stuffing, Cranberry Sauce and Mixed Vegetables	6 <b>Souper Seniors</b> 	7
8 	9 Ham & Swiss Melts with Sweet Potato Fries & Mixed Fruit Cocktail	10 Pulled Pork Tacos with Coleslaw, Chips & Salsa, & Corn	11 Million Dollar Chicken with Rice and Mixed Vegetables	12 Goulash with Garlic Bread & Green Beans	13 <b>Souper Seniors</b> 	14
15	16 Savory Beef Tips over Noodles	17 St. Patrick's Day \$5 Shepherd's Pie with Carrot Coins, Leprechaun Jello, with Roll & Butter and Shamrock	18 Lasagna with Meat Sauce, Green Beans & Garlic Bread	19 Executive Board Meeting \$5 Pork Chops with Mashed Potatoes & Gravy with Applesauce & Peas	20 <b>Souper Seniors</b> 	21 
22	23 Meatloaf & Mashed Potatoes ***** 30 Apple Cheddar Grilled Cheese with Tomato Soup	24 "Rachel" with Chips, Pickle & Fruit ***** 31 Open-Faced Roast Beef with Scalloped Potatoes	25 Tuna Noodle Casserole with Peas	26 General Meeting \$5 Lemon Chicken Piccata with Herb-Roasted Potatoes	27 <b>Souper Seniors</b> 	28

**(716) 773-9682**

**The Golden Voice**  
**Members that we lost**  
**in the months of**  
**February 2026:**



**Elizabeth**  
**McDonnell**

**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!**



**March 2026 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.**

**Monday, March 2: 10:00AM**

**Coffee & Conversation with Carrie AND Travel Club Meeting**

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. There is a trip in March and several in April that will be revealed today, and signups for these trips can begin after the meeting. REMINDER: Payment holds your spots on these trips! As always, it is important to read your newsletter and check out all the events! Bring your calendars so you can add your events.

**Tuesday, March 3: 10:00AM - 11:00AM**

**BINGOcize!**

Join our popular instructors, Janice & Michelle, as they start a 10-week health promotion program that combines the game of Bingo with inclusive exercises for EVERYONE! Come play and meet new people, while learning about nutrition! Participants MUST sign up for all 10 weeks. This special workshop program starts Tuesdays and Thursdays @ 10:00am starting Tuesday, March 3 and goes through Thursday, May 7, 2026. You MUST register ahead for this program. This program is FREE! For more information, please call Jen at (716) 773-9682.

**Wednesday, March 4: 9:00AM - 11:30AM**

**Lawley Insurance with John Weatherby**

Questions about Medicare? John is here to help you navigate all the complexities of the 2026 Medicare plans. 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, he is there for that too! Join John Weatherby, Medicare & Individual Health Insurance Consultant. Call the senior center at (716) 773-9682, should you require a one-on-one appointment with John.

**Wednesday, March 4: 9:30AM**

**Birthday Party Set-Up**

*Calling all creative souls and those who like to decorate!* 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 4 & 11: 11:00AM - 11:45AM**

**The Golden Age Center Treble Makers**

Join the all-new chorus group after the fantastic group that Don leads. This choral group will be performing here at the senior center at the holidays or special events ALONG with various WNY locations. *This is for fun! All voices are WELCOME!*

**Wednesday, March 4: 10:30AM; 12:45PM - 1:45PM for entertainment**

**40 Shades of Green Irish Birthday Party**

Start your day off right imbibing in Irish Cream Coffee, and then wear your 40 shades of green and come get sham-rocked with us at the party of the month! Don't be a dud, spud, but be a good craic! All festivities begin at 10:30am and include a performance by the GAC Treble Makers, Pass the Tater Game, Tater Toss, and our own resurrected Mr. Potato Head race. We will be offering a tasty Irish menu with some green beverages and traditional Irish fare. Today's celebration of all those born in March finds us celebrating in style....don't be caught acting the maggot, but do the zig-zaggot and roll up like your mother's cabbage roll! Special entertainment from Emerald Isle will wrap up our festivities.

# The Golden Voice

## March 2026 Special Events Calendar at the Golden Age Center

### Golden Age Center Transportation Vans

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 5: 10:00AM

##### Color Art

Working independently, coloring sheets and supplies will be provided. What a nice and easy way to enjoy the morning! Did you know that coloring for adults provides stress and anxiety relief, improved mindfulness, and a creative outlet? It can also enhance fine motor skills, improve focus and concentration, and promote a sense of calm that may lead to better sleep. *Kick off your morning on a relaxing note!*

#### Friday, March 6: 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 6: 12:45PM

##### Bingo Bonanza!

For \$2.50, you will get up to 4 boards to play all the games for the afternoon. Follow along for fun and laughs as you vie for the prize envelopes! From Letter T, Coverall Bingo, Railroad Track, to "L" for LUCKY, we play a great variety of games! **Come one, come all!**

#### Monday, March 9: 10:00AM

##### Dominoes

Come and join us for a fun game of Dominoes!

#### Tuesday, March 10: 9:30AM – 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 by and visit and ask Jeff any questions you may have regarding your coverage.

#### Wednesday, March 11: 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 2<sup>nd</sup> 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 for 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.

#### Thursday, March 12: 9:00AM - 3:30PM in the Arts & Crafts Room

##### HEAP Outreach with Erie County Outreach

Join Adam Kowalyk, Aging & Disability Resource Representative, and other Social Services representatives as they host a HEAP Outreach for the community. other informaton from NY Connects will be available. Stop by and get more information or sign up for Home Energy Assistance Program (HEAP). HEAP may be able to help you if you heat your home with: electricity, natural gas, oil, coal, propane, wood/pellets, kerosene or corn. Eligibility and benefits are based on income, household size, the primary heating source, and the presence of a household member who is under age 6, age 60 or older or permanently disabled. For more information, visit: [Home Energy Assistance Program \(HEAP\) | OTDA](https://www.eriecounty.gov/energy-assistance-program). For HEAP, bring your ID, electric/gas/fuel utility bills, Social Security number, 1 month of paystubs or tax returns.

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 34 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.

**(716) 773-9682**

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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.

**UB PHARMACY**  
Presents  
**Diabetes and Stroke Info Session**

April 9, 12:00 PM  
2255 Baseline Rd (Golden Age Center), Grand Island  
POTLUCK LUNCH TO FOLLOW  
Features giveaways, information, and Q & A session

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!

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 16: 10:00AM

Color Art

Working independently, coloring sheets and supplies will be provided. What an easy way to enjoy the morning! Did you know that coloring for adults provides stress and anxiety relief, improved mindfulness, and a creative outlet? It can also enhance fine motor skills, improve focus and concentration, and promote a sense of calm that may lead to better sleep. Join us for a creative and relaxing activity!

Tuesday, March 17: 10:00AM - 1:45PM

Shamrock Shenanigans

Join us for the festivities as we kick off the morning with a performance by McCarthy School of Irish Dance at 10:15am. Activities after our dance show include: Pot of Gold, Cabbage Throw, Kiss the Blarney Stone, St. Patrick's Day Charades, sipping on Shamrock Shakes, and enjoying our St. Patrick's Day-themed meal. After our themed meal, we will play Lucky Loot BINGO at 12:45pm! Wear all the green you can find, as everyone is Irish today! Celebrate with us TODAY!

Thursday, March 19 - 9:00AM - 12:00PM

Clerk on the GO with Clerk Kearns' Office

Join Clerk Kearns' staff to provide such services: assist with auto bureau reservations, information about "Renew Local", answer questions in regards to REAL ID, enroll veterans in the S.A.L.U.T.E.S program AND our Thank A Vet Discount Program, provide passport applications AND assist with questions, inform residents on the Property Alert System to send alerts about possible fraudulent activity, support constituents with their Erie County Clerk needs and more. For more information, stop on by this event OR call the Clerk's Outreach Center at (716) 858-8864.

Thursday, March 19: 10:15 AM

Cooking with Carrie

Join Carrie as they prepare the meal and then enjoy it together, once done! This is ONLY open to 10 people, so it's small, intimate and engaging, so register EARLY! This month's meal is: Breaded Pork Chops, Sweet & Sour Red Cabbage, Corn Casserole, and Apple Cider Donut Bundt Cake. Cost: \$10 per person, payable upon registration. Limited to 10 people!

Thursday, March 19: 11:15AM

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 yearly events, Gram's Garage Sale, 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 20: 12:30PM

Afternoon Matinee

Today is "Won't You Be My Neighbor Day", and in that spirit, we will be showing a Mr. Rogers film after lunch. Fred Rogers, whose background included Presbyterian minister and author, was well known for many years as Mister Rogers, an American television personality who hosted the tv series, Mister Rogers' Neighborhood, for over 30 years. We should all aspire to be good neighbors especially for those who do not have family in the area! What ways can you strive to be a good neighbor?

Monday, March 23: 12:45PM

Good Neighbor Project

Want to continue with being a good neighbor? Come and join us for a special Cricut project with Carrie. If you have good paper AND/OR crafting scissors, bring them along as well as your creativeness! Be a good neighbor and help!

# The Golden Voice

**Happy Birthday to our members celebrating**

**March birthdays!**

- March 1**.....Gail Click, Don Hoke & Phyllis Martin
- March 3**.....Joyce Cowan & Gerry Lawrence
- March 4**.....Alice Carlson, Rhonda Monin & Scott Murray
- March 5**.....Jody Rider
- March 6**.....Donna Harris, Bonnie Peete, Ivette Vazquez & Mary Slovick
- March 7**.....Lynn Leckey & Linda Leuchner
- March 8**.....Geraldine Insana & Elizabeth Weisel
- March 9**.....Andy Calderon
- March 10**.....Gary Agnello, Lori Barr, Robert Cockrell & Doretha Hahn
- March 11**.....Shirley Norman & Gary Webster
- March 12**.....Bonnielyn Krull
- March 13**.....Carolyn Evans & Kathleen Olszewski
- March 14**.....Rose Godard, Kathy Shaklee, & James Wolf
- March 15**.....Maureen Mulcahy & Sandra Watkins
- March 16**.....Doris Cockrell, Sandra Fonte, Debbie Jenkins & Eileen Lesh
- March 17**.....James Bernardoni
- March 18**.....Bill Brandoni & Art Pelletier
- March 19**.....Kathy Hoppel & Thomas Pynn
- March 21**.....Peggy Bauman, Dominic Defeo, Joseph Fischer & Dorothy Martinelli
- March 24**.....Terresa Bauer, Patricia Sexton & Dr. Leon Smith
- March 25**.....Vicki Correa, Kathy Gumkowsk, Jack Mahnk & Rick Ryder
- March 26**.....Angelo LaDuca & Ellen Monaco
- March 27**.....Dee Dee Bernardoni & Fran Tracy
- March 28**.....Thera Lewis & Sherry Miller
- March 31**.....Jeff Banas & Wendy Cook



**Did YOU KNOW that Walking Club has walked at various location outdoors for the last SEVEN months?**

As the weather has now turned and transitioned to colder, snowier months, our Walking Club will meet now in the Community Center to move, walk, and to safely walk together during the Winter months! Music will be played, lights weights will be out, circuits & a walking course will be set up!

**Come and join us from 9am - 9:50am in the Community Center Wednesday mornings!**

## March 2026 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 25: 12:45PM

#### **Super BINGO**

Calling all **BINGO** lovers! Join in the fun of this afternoon as we play different, varied **BINGO** games! From **Regular Bingo**, to **Letter T**, to **Flag**, to **Outside Corners**, you never know what game we will play! Winners will get the chance to win some fun, incredible prizes! **Join in the fun, sponsored by the Golden Age Club!**

### Thursday, March 26: 10:00AM

#### **Snack Bingo!**

One of many NEW Bingo programs! For only a \$3.00 fee, you can try to win some fun and delicious snack items! Each month, there will be a different type of Bingo theme, so join in the fun and try your luck at winning some great Bingo games & prizes!

### Thursday, March 26: 11:30AM

#### **General Meeting of the Golden Age Club AND Town Time with Supervisor Marston**

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 11:15AM, followed by our delicious lunch and great company of our friends, along with Town Time with Town Supervisor Marston at 12:20PM.

### Friday, March 27: 1:00PM

#### **Bunco**

NEW game! Some of us took a University Express class and learned this fun game. Join us as we muddle through and try our hand at something fun together!

### Monday, March 30: 12:45PM

#### **The 10 Warning Signs of Alzheimer's**

WHAT TO WATCH FOR IN YOURSELF AND OTHERS: Alzheimer's causes changes in memory, thinking and behavior that are not normal aging. Join us to learn about: » The difference between normal aging and Alzheimer's. » Common warning signs. » The importance of early detection and benefits of diagnosis. » Next steps and expectations for the diagnostic process. » Alzheimer's Association resources. This program is supported in-part by a grant from the New York State Department of Health. Join us Monday, March 30 at 12:45pm. The presenter will gladly answer questions throughout this presentation. Visit [alz.org/CRF](http://alz.org/CRF) to explore additional education programs online and in your area. Register for this program by calling (716) 773-9682 OR stop by the Office to register.

### Tuesday, March 31: 8:30AM

#### **Day Trip to Broadway Market AND Olympic Restaurant**

Join us as we start our travel season again and hit the road in our Golden Age Center van! We will head over to the Broadway Market to shop and see the sights, during the special Easter season, and then head back and have lunch at the Olympic Restaurant in Kenmore/Tonawanda. Get more details at the FIRST Travel Club Meeting earlier in the month! Stop by the Office with any questions.



**(716) 773-9682**

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

Home-Cooked Lunch Program



REMINDER: Effective IMMEDIATELY, The home-cooked lunch program NO LONGER has take-out lunches. Please consider dining in as our program is for in-house, nutritious meals, socialization over a meal with our senior population. Should you be interested in take-out meals, please call Jen at (716) 773-9682 to discuss the Meals on Wheels plan.



Did YOU KNOW that our volunteers made OVER 1800 pieces in 2025 for the Mitten Project AND we've made over 400 pieces thus far in 2026?

Special thanks to the 20 volunteers who helped organize our distribution for our Mitten Project, all to help those in need! Due to the INCREDIBLE amount of pieces that we had donated and made this year, we were able to help 30 local organizations, schools & charities in the WNY area. We can't thank the Mitten Project crafters & volunteers enough for this generous donation, to help those stay warm during their times of need.

How lucky we are to have such special hearts in our community!

For more information on the Mitten Project, see Sandy or Jen!

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!

(716) 773-9682

ST. PATRICK'S DAY PERFORMANCE



Welcome Family & Friends

Recreation Programs – Music & Dance | Golden Age Center

WHEN & WHERE

Saturday, March 14, 2026, from 12:00 PM to 2:00 PM (Doors open at 11:30 AM)

Golden Age Center — 3278 Whitehaven Road, Grand Island (Green awning)

TICKETS & LUNCH:

\$5 Ticket per person (Cash only) Includes: - Live performance - Lunch - Door prize entry  
Lunch: 2 slices of pizza, beverages & sweet treat. (Kitchen open 12:30 to 1:30 PM)

! Ticket Policy: 4 Guest tickets will be pre-reserved for each performer  
Remaining guest tickets will be sold while supplies last until 9AM on Thursday March 12, 2026

\*Tickets will not be sold day of or at the door

RSVP (REQUIRED)

Deadline: 9 AM on Thursday March 12, 2026

RSVP CONTACTS & TICKET PICKUP (Choose One)

Office: Mon–Fri 8:30 AM to 4:00 PM

Recreation Department Members

Recreation Dept: Laura | lprusinski@grand-island.ny.us | 716-773-9680

Golden Age Center Members

Golden Age Center: Jen Menter | jrmenter@grand-island.ny.us | 716-773-9682

♥ HELP SUPPORT OUR COMMUNITY: Please bring canned or dry goods.  
Donations benefit the Grand Island Neighbors Foundation.

FREE beverages, activities, basket raffles, & Country Store shopping!  
Music • Dance • Food • Fun



Town of Grand Island Recreation Department 716-773-9680  
<https://grandislandny.myrec.com>  
Golden Age Center 716-773-9682





**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!

**Dennis's Dad Joke of the Month**



**Why is it bad to iron a four leaf clover?**  
 ~ Because you NEVER should press your luck!

The Try & Buy Clothing Closet remains OPEN for the Winter season! Golden Age members can bring in their gently used and nearly new WINTER clothing items, shoes, and jackets to be sold for a very low price this WINTER. Golden Age members will be asked to bring (5) clothing pieces at a time. REFRESH your REVAMP your wardrobe with US!

*Anne's Anecdotes*



**My cable and internet go out more than I do.**

**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 and Bob Vaccaro this month for helping to sell the Birthday Split Club Raffle Tickets for the month of February!

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

- Jane Consier
- Joanne Cook
- Deb Goss
- Jennifer Keller
- Jeff Kirsch
- Sue Magro
- Nancy Riggs
- Bonnie Peete

**CONGRATULATIONS!**

**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!

**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!**

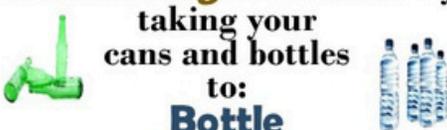
The gym equipment and piano are available for use (and will be disinfected after each use):

Mondays: 8am—10am; 12:45pm—3:45pm

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

Thursdays: 8am—3:45pm      Fridays: 8am—10am

Help support the Golden Age Center by taking your cans and bottles



**Bottle Junction**

2447 Grand Island Blvd.  
 Grand Island, NY 14072  
 (716) 774-1200

When you take your bottles & cans to the counter, please let them know that you'd like your money to go towards the Golden Age Center.

Your support will help the Golden Age Center keep lunch prices low, will support future programming & help us purchase wish list items.

**(716) 773-9682**



# AARP Tax Preparation—February—April 2026

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:*

\* **John A. Duke Senior Center** in Niagara Falls at (716) 297-9324

*(9am—3pm Tuesdays, Wednesdays, & Thursdays by APPOINTMENT ONLY)*

\* **Amherst Senior Center** @ (716) 636-3055, ext. 3108; *calls are only accepted between 10am –1pm on Tuesdays, Wednesdays and Thursdays*

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

*(9am—2pm on Tuesdays & Thursdays by APPOINTMENT ONLY)*

• **North Buffalo Community Center** @ (716) 464-7771

• **Lewiston Senior Center** @ (716) 754-2071 on *Fridays from 10am—2pm BY APPOINTMENT ONLY*

• **North Tonawanda Knights of Columbus** @ (716) 243-2655 on *Tuesdays from 9:00am – 2:30pm BY APPOINTMENT ONLY*

\* **Northwest Buffalo Community Center** @ (716) 876-8108, ext. 17.

\*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. *Appointments are Mondays & Wednesdays between 9:30am—1:30pm.*

\*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!



# 10 WARNING SIGNS OF ALZHEIMER'S

An education program presented by the Alzheimer's Association®



## WHAT TO WATCH FOR IN YOURSELF AND OTHERS.

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging.

### Join us to learn about:

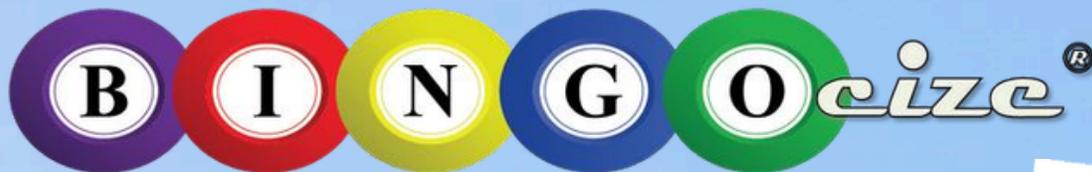
- »The difference between normal aging and Alzheimer's.
- »Common warning signs.
- »The importance of early detection and benefits of diagnosis.
- »Next steps and expectations for the diagnostic process.
- »Alzheimer's Association resources.

**Monday, March 30  
12:45pm**

**Grand Island  
Golden Age Center  
3278 Whitehaven Rd.**

To register, please call 1.800.272.3900 or visit [bit.ly/AlzGrandIslandMar26](http://bit.ly/AlzGrandIslandMar26)

Visit [alz.org/CRF](http://alz.org/CRF) to explore additional education programs online and in your area.



# NUTRITION WORKSHOP

*A 10-week health  
promotion program that  
combines the game of  
bingo with inclusive  
exercises for everyone!*

*Come play and meet new  
people while learning  
about nutrition!*

**Golden Age Center  
3278 Whitehaven Rd**

**Tuesdays and Thursdays @ 10:00am  
Starting March 3 through May 7, 2026**

If you would like to request reasonable accommodations to participate in this program, please contact Michelle at Erie County Department for the Aging at (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.

