



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

May 2023

Flower: Lily of the Valley

Birthstone: Emerald

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—4:00pm,
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



Happy Birthday to those members celebrating May birthdays!



May 1	Mary Ann Beatty, Janice Hecko, Don Hamman, Cynthia Stamler, & Paul Wudyka	May 13	Susan Bognar & Gerald Howe
May 2	Deborah Mikulsky & Rita Volpe	May 15	Edward Bognar, Barbara Brzyski, Surinder Kaur Kandola & Susan Phillips
May 4	Dave Sugg & Barbara Taefi	May 16	Barbara Bartus & Michele Drabik
May 5	Patricia Banko & Suzanne Muller	May 17	Barbara Kirsch
May 6	Chris O'Donnell & Tammy Violanti	May 19	Pattie Frentzel
May 7	Deborah Clemens & Carolyn Phillips	May 23	John Robert Brand
May 8	Lynn Gottler & James Huffman	May 24	Bonnie Butler, Marcia Carr, John Gibney, & Nancy Tebo
May 9	Joanne Albert	May 25	Connie O'Brien, Paula Sciuk, & Thomas Pellegrino
May 10	Karen Bruno	May 26	Carrie Mesmer, Lee Tetkowski, & Liz Wilbert
May 11	Karen Piershalski	May 28	Sandra J. Sherman, Pat Shaw & Scott Wallace

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 in our facility.**
- Hand sanitizing throughout activity and hand washing is **strongly encouraged** often throughout your visit at the Hand Sanitizing stations. Should you want hand sanitizing pumps to be set out for these activities. (*ex. Card game tables, etc.*), **just ask us!**
- 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.

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

Billiards games: 8:15am onward in the 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: 12:30pm –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

Billiards games: 8:15am onward in the 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: 12:30pm –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

Walking Club: meet at 9:00am at the Golden Age Center (*see inside newsletter for details*)

Billiards games: 8:15am onward in the Lounge

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

Pinochle, Dominoes & Card Games: 12:30pm –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 Wednesday of the month** in the Arts & Crafts Room

Bingo: 1:00pm with **Carrie** 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

Billiards games: 8:15am onward in the Lounge

****Matter of Balance Exercises:** 1:00pm in the Dining Area

Pinochle, Dominoes, AND Card Games: 12:30pm –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

Billiards games: 8:15am onward in the 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 & Euchre: 11:00am –3:45pm 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

May 2023 Special Events & Programs

New Consistent Programs...come and join us!

Wednesdays in May (3, 17, 24, 31): 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? 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 in May: 9:00AM

Walking Club

Work on yourself or your goals as we walk either in the center or outside (weather permitting) 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 May: 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!**

Monday, May 1: 10:30AM

Travel Club meeting

Join Carrie this morning as she tells you about the upcoming Day Trips planned currently for June. Feel free to offer suggestions as well, however it would be best if you check that places are still open as many places have closed. Let us come together and share the excitement!

Monday, May 1: 1:00PM

15 Ways to Avoid Probate with Robert Friedman

Join attorney Robert Friedman of Friedman & Razenhofer, PC with over forty-four years of estate planning legal experience as he presents 15 ways to avoid probate. During this presentation you will learn about estate and asset protection planning techniques, probate legal procedures, the risks and benefits of avoiding probate, the best forms of real estate ownership, common estate planning mistakes, recent changes in estate and gift tax laws, the duties of trustees and executors, myths about living trusts, updating your will, life insurance, IRAs, annuities, joint accounts, payable-on-death accounts, and preventing will contests.

Tuesday, May 2: 10:30AM

Coffee & Conversation with Carrie

Join Carrie as she highlights the upcoming events for May 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 friendly conversation.

Wednesday, May 3: 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, May 3: 11:45AM; 12:30PM – 2:00PM for the entertainment

Color Me Happy Birthday Party!

Come on and be happy and wear your **favorite color** as we celebrate all of you who have been born in the month of May. We will have a **colorful** menu and enjoy the special talents of *Singo* as our entertainment today. *Singo* is a fun way to play a BINGO related game!

Thursday, May 4: 10:30AM – 12:30PM

Independent Health Assure Advantage Plan or HMO-CSNP

Do you want to learn more about these programs offered through Independent Health? Come in and meet Sara Cordovano, an Individual Sales Consultant with Independent Health as she will be set up in the dining room and can meet with you individually to answer questions. If you would like to schedule a time during Sara's visit as noted above; please call the center at (716) 773-9682.

Thursday, May 4: 10:30AM

May the 4th Be with You!

Star Wars fun can be had today as we enjoy special activities. A play on May the force be with you, come and check out what is in store for you! Registration is helpful and can be made by calling (716) 773-9682.

Friday, May 5: 10:30AM

Cinco de Mayo Fun and Celebration

Join us today in your Cinco de Mayo wear and join in all the fun! There will be surprises and some crazy things to try! We will even have a taco bar for lunch. I "mustach" you to be sure and not miss this event! Margaritas (N/A) included!

Friday, May 5: 1:00PM

Bingo Bonanza!

For **\$1.00 for the first bingo board** and a dream, you too can try to win the envelopes! Additional boards are available for just \$.25 each for up to four (4) boards. Come one, come all! Join us for laughs and lots of fun!

Monday, May 8: 10:30AM

University Express: Navigating Medical Bills & Insurance

Today begins our spring semester here at the Golden Age Center of the course offerings of University Express through the Erie County Department of Senior Services. In today's presentation, you will learn what options and support you have when it comes to understanding medical bills and addressing denials of coverage. Presenter will be staff from the Center for Elder Law & Justice. Please call and pre-register with the office staff or by calling 716-773-9682.

Monday, May 8: 11:00AM – 2:00PM

Coca-Cola Float Fundraiser

Today is National Have a Coke Day and what better way to celebrate than to order one of our coke floats (or two) to benefit Grand Island's Relay for Life. For just \$2, you can have a Giant Coke float! So not only do you get to enjoy a delicious treat, you get to support a very worthwhile cause. Wear your purple and support a great cause!

Monday, May 8: 1:00PM

Dominoes, Board & Card Game Club - horse racing

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! Today, we will try our hand at our horse racing game.

Tuesday, May 9: 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.

Wednesday, May 10: 9:00AM – 4:00PM

Windsong Radiology Mobile Mammography

If women are due for their yearly screening and women have had their prior mammograms, they can call (716)929-9494 to schedule their yearly screening. Women would need a script from their doctor. Don't put off your health; put your health FIRST!

Wednesday, May 10: 10:30 AM

Fraud Prevention & Being Less Vulnerable with Northwest Bank

Come and join in this class as our presenter, Leigh Macadlo, Office Manager III- Vice President of the Grand Island branch of Northwest Bank, speaks to us about the process to follow if you have been scammed. She will touch upon ways to keep yourself safe and learn some things about cybersecurity. We encourage you to sign up ahead by calling (716-773-9682) or stopping at the office of the Golden Age Center. This is important and you should never be ashamed of being swindled; you need to protect yourself and be proactive!

Gym equipment & piano

On the Stage, the Golden Age Center has a stationary bike, a NEW 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!

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

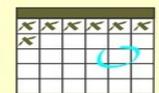
Birthday Lunch includes: An entrée with a meat, starch, vegetable, fruit, Birthday Cake, ice cream, and dessert **Each entrée includes:** 4 oz. meat, 4 oz. fruit OR 4 oz. vegetables, & 4 oz. starch

May 2023

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 Travel Club Baked Penne with Green Beans & Garlic Bread	2  Hamburger Bar with the fixings, Chips, Baked Beans, & Pickle	3  Birthday Lunch \$6 Color My World Mystery Meal	4 Hearty Beef Stew with Biscuit	5 Cinco de Mayo Taco Bar	6
7	8 Meatloaf with Mashed Potatoes	9 Grilled Chicken over Fresh Garden Salad with Fruit	10 Beef Stroganoff	11 Lasagna with Meat Sauce & Green Beans	12 Mother's Day Celebration Souper Seniors 	13
14 	15 Polish Sausage with Lazy Pierogi, Applesauce & Broccoli	16 Swiss Chicken with Rice	17 Chili with Cornbread	18 Executive Board Meeting \$5 Crispy Chicken with Stuffing, Baked Beans & Corn	19 Souper Seniors 	20 Gram's Garage Sale! 9am-1pm 
21	22 Chef's Choice	23 Open-Faced Turkey with Stuffing & Corn	24 <i>Brunch for Lunch!</i> Pancakes, Sausage, Fruit Cup & Scrambled Eggs	25 General Meeting \$5; Lunch @ 12PM Pork Chops and Mashed Potatoes with Applesauce & Hearty Vegetables	26 Souper Seniors 	27
28	29 CLOSED 	30 Spaghetti with Meat Sauce	31  Hawaiian Luau Luncheon	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. <i>Thank you!</i>		

ATTENTION!

Mark your calendars!



Bake Sale...9am until it sells OUT!

**Open House
Tours
10am - 11am**

**Bring
reusable
shopping
bags!**



**Shop
Golden Age
member
garage sale
tables
INSIDE, and
GI farmers &
GI businesses
OUTSIDE!**

**Entry to our event gives you chance to win
a great prize!**

Gram's Garage Sale at the Golden Age Center

Saturday, May 20, 2023

9:00am - 1:00pm

**Come and shop around
for some new treasures!**

Wellness Wednesday:

Come on in anytime between 12:30pm -1:00pm on Wednesday, May 24 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.



Our Coffee for the Month for May has been graciously donated by the *Grand Island American Legion Post #1348*. We are grateful for their 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

Wednesday, May 10: 1:30PM – 4:30 PM

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 1:30 pm 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 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, May 12: 11:30AM

Mother's Day Tea Luncheon

Today, we are having a unique and celebratory lunch celebrating our mothers and the women in our lives. Our lunch will be tea sandwiches with soup, fruit cup and a delicious, fun dessert, so be sure to come and show your support and love!

Monday, May 15: 10:30AM

University Express: Three Identical Strangers

In today's presentation, join Theresa Wiater, retired teacher from Clarence Center Elementary School, as she presents her program. Based on the movie of the same name, learn the story of adopted siblings who found each other after being separated for almost 20 years. Please call and pre-register with the Office staff or by calling (716) 773-9682.

Monday, May 15: 12:00PM – 5:30PM

Day Trip: Seneca Niagara Casino

Today we have Scenic Excursions picking you up here at the Golden Age Center and returning you after your afternoon of winning! (Think positive) This is a go on your own day trip; there will be no staff in attendance.

Monday, May 15: 1:00PM

Chocolate Chip Baking Class

Today is National Chocolate Chip Day, so we are going to celebrate in the tastiest way! We will collectively be making cookies and enjoying them after, and hopefully, take some home as well to enjoy later! Please be sure to register for the class ahead.

Tuesday, May 16: 10:30AM

Succulent Plant Craft Class

Join Carrie as we plant succulents in our personally designed planters. This will be a relaxing craft time – **no stress!** All materials will be provided for the class. Please register by Friday, May 12, and the fee is **\$2.00**, which must be paid at the time of registration.

Thursday, May 18: 10:30AM

Photo Fixing with Bob Vaccaro

Do you have old photos that can use some **tender loving care**? Bob Vaccaro will be here to help you with your photos by straightening and cropping, restoring faded colors, getting rid of scratches, sharpen the pictures and colorize your old black and white photos. What you will need to bring for this class is your photos and a thumb drive that you will take with you that day after he does the needed and requested work on the photos. This will allow you to download onto your own devices to print them or to be able to take them to Walgreens or the like. Bob will be graciously donating his time and his equipment to provide this service.

Thursday, May 18: 11:45AM

Golden Age Center Memorial Ceremony

Join us this afternoon as we celebrate the lives of our members who are no longer with us. "Death leaves a heartache no one can heal; Love leaves a memory no one can steal." Please join us for this memorial event that will celebrate the beauty of our friends!

Thursday, May 18: 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 us. Joy and the Executive Board look forward to seeing everyone then!

Friday, May 19: 10:30AM – 3:00PM

Day Trip: Buffalo Niagara Heritage Museum

We will head out to the Museum this morning and start our day with our self-led tour of the museum. Be sure to wear good walking shoes as you will have to get around. After the tour we will head to Ghada Have It Mediterranean Home Cooking for lunch. The cost is \$20 per person for transportation and museum entrance. Lunch is on your own. Please register at the Office.



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!

Friday, May 19: 11:00 AM – 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 Book-mobile! 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, May 19: 1:30PM

Gram's Garage Sale Set Up

If interested, please come, and help the staff set up the Dining Area to be ready for our big event AND help the vendors to come in and set themselves up. All help is appreciated as we get ready for the return of this event! Registered vendors may start to set up starting this afternoon at 1:30pm. All afternoon activities in the Dining Area will NOT be in session due to the set-up of our special event.

Saturday, May 20: 9:00AM – 1:00PM

Gram's Garage Sale

Come and check out the many treasures that folks will have available for you to take home and enjoy. Lunch will be available for purchase!

Monday, May 22: 10:30AM

Dominoes, Board & Card Game Club - DOMINOES

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! Today we will concentrate on dominoes, but all games are available so bring your group of friends in and have fun!

Monday, May 22: 11:30AM

Me, You & Kazoos!

Today is buy a musical instrument day, but instead of buying, how about Carrie giving you one so we can try our hand at our own Golden Age Center Kazoo band? (just for fun folks, I am not booking us for entertainment anywhere) Come and be silly for a short while before lunch!

Tuesday, May 23: 10:30AM

Spring Mason Jar Craft Class

Join Carrie as we decorate a mason jar for you to use as you wish.... maybe gift it to someone to brighten their day. This will be a no-stress craft time. All materials will be provided for the class. Please register by Friday, May 19, and the fee is **\$2.00**, which must be paid at the time of registration.

Wednesday, May 24: 10:30AM

University Express: Staying Safe Online

Join Dave Stott, Junior Information Security Analyst, Erie County as he presents today's class. You will learn ways to keep your personal information safe online and for what to be on the lookout. You will also learn what to do and who to call if your information has been compromised. In a world where technology consistently changes, these programs are ever so more important. Please call and pre-register with the office staff or by calling (716) 773-9682.

Thursday, May 25: 10:30 AM

The Great Grape Gathering

In recognition of National Wine Day, we will celebrate grapes! (**Sorry, no wine**). There will be a variety of activities related to grapes; try winning a "grape" prize! This is just a means of having some fun. Please register with center staff or by calling (716) 773-9682. **Do not gripe, just grape!**

Thursday, May 25: 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.

Friday, May 26: 9:45AM – 2:45PM

Day Trip: Traveling in Tonawanda

This day trip has us on a luxurious bus with multi-stops in Tonawanda. Our stops include: The Old Chapel Antique & Artisan Market, Beijing Buffet for lunch, the Wurlitzer Building (Fathey Beer Co, Platter's Chocolates, Tattered Tulip and Woodcock Brewing Co) You choose what you want to do once we get to the Wurlitzer. This was a huge hit last year! **The cost is \$38 per person.** Lunch cost is separate. Please register at the Office.

Monday, May 29: *The Golden Age Center is CLOSED* in observance of the Memorial Day Holiday.

Tuesday, May 30: 1:00 PM

Technology Basics Class

Come and join Carrie today as we discuss more features on a cell phone. Do you want to understand Facebook and Twitter? Learn about the Legacy Contact that Facebook has so our accounts are not just hanging around after we pass. We can cover how to use social media safely and what warning signs to look out for. Carrie continues to meet one on one for other issues and as class time permits. Individual appointments can be made for issues that are more involved at the end of the class.



We have just changed the clocks FORWARD and Mother Earth is coming alive again... The trees are in BLOOM and the birds are chirping beautiful songs! What could these SURPRISE words be?!?!

- 1.) ENSSUT _____
- 2.) TARHE _____
- 3.) UTILSP _____
- 4.) FGAL _____
- 5.) ALIMMEOR _____
- 6.) NRSPIG _____
- 7.) LLBASEA _____
- 8.) TBAOIGN _____

GOOD LUCK to YOU!

A warm



to all our new members of the Golden Age Center, as of March 2023:

- | | | | | | |
|------------------|----------------|-------------------------|--------------------------|------------------|----------------------|
| Bobbie Capp | Jeanne Bartlo | Noel Bartlo | Margery-McKinney Burkman | Thomas Burkman | Patricia Cross |
| Gordon Ducey | Kristin Ducey | Julie Nabozny | Timothy Nabozny | Andrea Reynolds | Patricia Stevick |
| Roger Adornetto | Margaret Boyce | Nova Muhlenberg-Bonnett | Carol Dearlove | Kurt Lorence | |
| Patricia Lorence | Martha Hayes | Pamela Haupt | Robert Porter | Muriel Porter | Deborah Porter-Jones |
| Kathy Ringer | Jennifer Gula | Sandra Thomasula | Mary Lou Jerge | Deborah Mikulsky | James Mikulsky |
| Ann Kwitchoff | Marcia Carr | Melvin Frank | Karen Bruno | Joanne Rayhill | |

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. **DARLENE CONNERS is the WINNER for the month of MARCH! CONGRATULATIONS!**



Don't forget to change the batteries in your clocks and in your carbon monoxide detectors and smoke alarms this month!

Tuesday, May 30: Doors open at 4:30PM; Potluck at 5:00PM; Program at 6:00PM

University Express: Graycliff: Isabelle & Darwin Martin's Frank Lloyd Wright Designed House on Lake Erie

Tonight, we will begin our evening with a potluck. Please register and bring a dish to pass. At 6:00pm, a Graycliff Docent will lead the program. Graycliff is a story about a wealthy businessman's ambition of building a breezy summer retreat for his family, a woman's steadfast influence in an otherwise male-dominated society, an acclaimed architect on the downward slope of his career, and a country on the brink of a financial crisis that threatened to extinguish it all. This fascinating story is one you won't want to miss! You are welcome to attend both activities tonight or just one. Just be sure to pre-register with Office staff or by calling (716) 773-9682.

Wednesday, May 31: 11:30AM activities start

Hawaiian Luau!

As we wrap up Older Americans Month celebrating the theme of Aging Unbound, join us for a special event with our Hawaiian Luau. Complete with a Hawaiian luncheon and music performed by Randy Ramundo, there will be fun to take part in. Be sure to wear your Hawaiian wear and join us for the LUAU fun!

Grand Island Legion Post #1346 2023 Annual Flower Fundraiser at Deglopper Memorial Park

Friday, May 12 & Saturday, May 13

7am—6pm OR until sold out

Come and support the VETERANS!



Ask for Membership Information! Open to Veterans that have served anytime, anywhere! Membership is \$40/year.

Members we lost in April 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.

Dave Phillips

Bernie Callahan

Members that were sick in April 2023:

Millie Attrino Garry Deutschlander Betty Phillips Lucy D'Alessandro Paul Bassette Jane Consier
 Carl Maier Ellie Maier Ruth Cunningham Fran Fusco Pat Akinbami Jack Mahnk
 Connie Harrod Brenda Cassoni Dan Erker Lee Tetkowski Don Lewis John Stark Iris Galeza



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.*

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!

Nike Base Par 3, 9 Hole Golf Course



The Golden Age Center has four golf bags of clubs available for member use and ready for interested individuals to borrow to practice their golf swing and practice their golf skills on the Nike Base!

Grandparent's Closet



This is Carolyn Mesches's idea come to life! Grandparents, do you have grandchildren coming to town and you don't have items for them to play with, travel around in, or sleep in? No fear! We have a lending closet for you, full of toys, books, stroller, playpen, bassinet and more. Call us 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 Bognar
- Reporting Secretary.....Jan Yardley
- Treasurer.....Anna Vaccaro

The Try & Buy Clothing Closet is now OPEN!



The **Try & Buy** has **OPENED** back up again! 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. **Golden Age members will be asked to bring in no more than (15) pieces at a time.** The Try & Buy will be open until mid-November.

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.

May Kayaking Program for Golden Age Center



Fun Paddle

Intermediate Paddling Ability - This is a great program for anyone who is comfortable paddling in the Niagara River. We will start with a general safety briefing and then paddle along the shore through the East River Marsh to the historic River Lea dock. From here we will cross the river channel to the NYS DEC Motor Island Wildlife Management Area, drift along this area, then head back across the river to the East River Marsh. Throughout this paddle we will get a close look at the habitat restoration projects and have a chance to see birds and other wildlife up close.

Location: East River Marsh Kayak Launch

Time: 9:00 a.m. – 12:00 p.m.

Perfect for the intermediate paddler (someone who has had experience on the water with us OR kayaking before! We will be paddling against the current for a portion of the paddle.)

Date: Tuesday, May 16, 2023

Max Seats: 6 participants

To register: Call the Golden Age Center at (716) 773-9682 to register.

West River Sunset Paddle

Beginner to Intermediate Paddling Ability - Come and join us for a relaxing sunset paddle! We will launch from the Fix Road Overlook and take a nice easy paddle / float with the current along the West River and watch the sunset. Bring binoculars and camera for some good bird viewing and pictures. Bring a snack or dinner (something easy to eat) if you would like as well. We will finish at the Whitehaven Road Overlook and ride back in the Golden Age Center van to pick up vehicles. Please note, both overlooks are a shore-side entry; there is no ADA-accessible launch.

Location: Fix Road to Whitehaven Road Overlooks

Time: 6:30 p.m. – 9:00 p.m.

Perfect for the novice/intermediate (someone who has had experience on the water with us OR kayaking before!)

Date: Tuesday, May 30, 2023

Max Seats: 6 participants

To register: Call the Golden Age Center at (716) 773-9682 to register.