



# The Golden Voice



Golden Age Center  
3278 Whitehaven Road, Grand Island, NY

## May 2024 Newsletter

May Flower: *Lily of the Valley*

May 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](mailto:goldenage@grand-island.ny.us)

**Business Hours: 8:00am—4:00pm,  
Monday - Friday**

Website: [www.grandislandny.us/280/Golden-Age-Center](http://www.grandislandny.us/280/Golden-Age-Center)

**Pete Marston**  
*Town Supervisor*

**Christian Bahleda**  
**Tom Digati Dan Kilmer**  
*Town Board*

**Jennifer R. Menter**  
*Recreation Supervisor—Senior Citizen*

**Carrie Mesmer**  
*Recreation Leader—Senior Citizen*



**Trees in BLOOM on the Nike Base**



**Health Screening Truck at Nike Base**

## Door Wreaths



**Hikers & Trail Marker on Nike Base**



**Learn something NEW with our presentations!**



**Stay FIT with one of great  
exercise classes!**



**from all of us at the  
Golden Age Center!**



**Crafting away with our monthly  
crafts!**

# MAY 2024 CONSISTENT WEEKLY PROGRAMS

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

5

### 6 Independent Craft

**Activities:** 8:15am—12:30pm; 2:15-3:45pm  
**Billiards Games:** 8:15am-3:45pm  
**Tai Chi:** 9am  
**Fit for Life:** 10am  
**Aging Mastery:** 10:15am  
**Card Games & Dominoes:** 12:30pm  
**Fun with French:** 12:45pm

12



### 13 Independent

**Craft Activities:** 8:15am—12:30pm; 2:15-3:45pm  
**Billiards Games:** 8:15am-3:45pm  
**Tai Chi:** 9am  
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19

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**Fit for Life:** 10am  
**Card Games & Dominoes:** 12:30pm  
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26

### 27 CLOSED

Memorial Day



### 7 Independent Craft

**Activities:** 8:15am—12:30pm; 2:15-3:45pm  
**Billiards Games:** 8:15am-3:45pm  
**Total Body Workout:** 9:30am  
**Seniors in Stitches:** 10am  
**Beginner Line Dancing:** 11am  
**Canasta:** 12:30pm  
**Mahjongg:** 12:30pm  
**Advanced Line Dancing:** 12:45pm

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28

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**Activities:** 8:15am—12:30pm; 2:15-3:45pm  
**Billiards Games:** 8:15am-3:45pm  
**Chorus:** 10am  
**Artists' Haven:** 10am  
**Sit & Stretch:** 10:00am  
**Pinochle, Card Games & Dominoes:** 12:30pm  
**Bingo:** 1pm

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**Billiards Games:** 8:15am-3:45pm  
**Total Body Workout:** 9:30am  
**Guitar:** 10:00am  
**Card Games & Dominoes:** 12:30pm  
**Matter of Balance Exercises:** 1:00pm

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23

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10

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**Billiards Games:** 8:15am-3:45pm  
**Tai Chi:** 9am  
**Chess:** 9am  
**TGIF Couponing:** 9:15am  
**Book Club:** 10:00am  
**Poker:** 11:00am  
**Euchre:** 12:30pm  
**Mahjongg:** 1:00pm  
**Chair Yoga & Meditation:** 1pm

17

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24

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**Chair Yoga & Meditation:** 1pm

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18  
Gram's Garage Sale!  
9am—1pm



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## **Active Recreation Programs to Enjoy in May!**

**Wednesdays in May (1, 15, 22 & 29): 1:00PM—2:00PM**

### *Afternoon of Games!*

Did you know that we have some great games inside in the Community Center for all to enjoy? Come and play with us! Enjoy an afternoon of foosball, air hockey, shuffleboard, basketball, ping pong, and other games with us, held by the Recreation Department and the Golden Age Center. Join us for an afternoon of fun! Call us at (716) 773-9682 to register to be a part of this program.

**Mondays in May (6, 13, 20 & 27): 10:30AM—11:30AM**

### *Morning of Games!*

Did you know that we have some great games inside in the Community Center for all to enjoy? Come and play with us! Enjoy an afternoon of foosball, air hockey, shuffleboard, basketball, ping pong, and other games with us, held by the Recreation Department and the Golden Age Center. Join us for an morning of fun! Call us at (716) 773-9682 to register to be a part of this opportunity.

**Wednesdays in May: 10:00AM—10:45AM**

### *Sit and Stretch with Sue*

Relax your mind and body, stretch your tight muscles and leave feeling rejuvenated. Come join us at the back of the Dining Area for this great class with Sue, all to peaceful, restful, music, to calm the body and soul. Call us at (716) 773-9682 to register to be a part of this new class OR to find out more!



**Happiest Birthday wishes to those members celebrating May birthdays!**



<b>May 1</b>	<b>Don Hamman &amp; Paul Wudyka</b>	<b>May 16</b>	<b>Michele Drabik</b>
<b>May 2</b>	<b>Deborah Mikulsky, Rita Volpe &amp; Elizabeth Wodjeski</b>	<b>May 17</b>	<b>Patrick Doyle &amp; Barb Kirsch</b>
<b>May 3</b>	<b>David Sugg</b>	<b>May 18</b>	<b>Kathleen Liberatore</b>
<b>May 5</b>	<b>Suzanne Muller</b>	<b>May 19</b>	<b>Pattie Frentzel</b>
<b>May 6</b>	<b>Maria Fox &amp; Tammy Violanti</b>	<b>May 21</b>	<b>Barbara Holler &amp; Cathy Kaegebein</b>
<b>May 8</b>	<b>Lynn Gottler &amp; James Huffman</b>	<b>May 26</b>	<b>Clyde Haupt, Elizabeth Krawczyk, Carrie Mesmer, Christine Secord, Lee Tetkowski, &amp; Elizabeth (Liz) Wilbert</b>
<b>May 10</b>	<b>Gwen Gleave</b>	<b>May 27</b>	<b>Diana Bell &amp; Ronald Fehr</b>
<b>May 11</b>	<b>Karen Piershalski</b>	<b>May 28</b>	<b>Pat Shaw</b>
<b>May 12</b>	<b>Thomas Cadille</b>	<b>May 29</b>	<b>Muriel Porter</b>
<b>May 13</b>	<b>Susan Bogнар &amp; Gerald Howe</b>	<b>May 30</b>	<b>Daniel Fox &amp; Max Nizialek</b>
<b>May 15</b>	<b>Sanjeeda Begum, Edward Bogнар, Barbara Brzyski, &amp; Betty Childrose</b>	<b>May 31</b>	<b>Ken Bykowicz &amp; Lynn Usewicz</b>



## **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!**



## Bookmobile

Join Bridgette, Director of the Grand Island Memorial Library today as she comes here to the Golden Age Center on **Friday, May 10 from 11:00AM – 12:30PM**, 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!

## Celebrations

**Wednesday, May 1, 2024: 11:45AM; 12:45 – 1:45PM for entertainment**

*May Day Birthday Party, featuring entertainment by Slingo*

Come one, come all for another fantastic fun-filled party featuring the entertainment of **Slingo**! You can get your *lei*, or *NAY*, and play the singing version of bingo. No May Pole dancing, but, get your free floral lei AND floral hair barrettes! Come in your floral attire and enjoy the special lunch we've prepared for you, and enjoy the SURPRISES we have in store for you this Older Americans Month, as we celebrate all those with May birthdays.

**Friday, May 10: 11:30AM**

*Mothers' Day Tea Luncheon*

Our lunch today will be a special event, as we honor and celebrate the special women who have been a part of our lives. You must register ahead for this Friday luncheon, *by the end of the business day on Wednesday, May 8.*

**Friday, May 10: 12:30PM**

*Afternoon Matinée: Mother's Day*

Head down into the Arts & Crafts Room to watch this comedy featuring Jennifer Aniston, Kate Hudson, Julia Roberts and Jason Sudeikis. Please register to be a part of this *matinée*, as it will start after the Mother's Day Tea Luncheon.

**Thursday, May 23: 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!

**Wednesday, May 29: 12:30PM**

*GAC Senior Variety Show*

As we are coming to the close of Older Americans Month, let's share with one another our talents in a fun way. Please consider being a part of this unique program. Can you read or write poetry, play an instrument, dance, sing, tell jokes, juggle, act, show off a magic trick, or something new? We want YOU to be a part of this! Want to do a duet, come on stage as a group? Whatever you choose will be great! What a way to end such a celebratory month for us all, celebrating all that makes us special, unique, and one-of-a-kind!

## Crafts

**Friday, May 17: 10:30AM**

*Crafting with Carrie – Using the Cricut and Stamp-ing Fun*

Today, we will be trying to expand our use of our Cricut and the plethora of stamps! Make a card, share a card. Think of future projects as well, and share your ideas with Carrie!

## Mind Aerobics

**Monday, May 20: 1:00PM**

*Pokeno!*

Stay after lunch today and engage in a game of Pokeno with Carrie. Let's just have fun and try this game out again. Pokeno is like bingo except you play with playing cards rather than numbered bingo balls. There is no money involved!

**Tuesday, May 28: 1:00PM**

*Brain Games*

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

## Service Projects/Gifting to Others

**Wednesday, May 1: 9:30AM**

*Birthday Party Set-Up*

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

**Tuesday, May 14: 1:00PM**

*Friends of Night People Bag Packing*

Join us this afternoon in packing both snack bags and toiletry bags for the Friends of Night People. Many hands make light work and these items are so appreciated by the consumers of their programs. Please come help those in need in the community by giving back of your time and giving of your heart!



## Do you love to sing?



*Does music move your soul? Do you love to sing?* Listening to music and singing together has been shown in several studies to directly impact neuro-chemicals in the brain, and fosters social connection and support. New research suggests that singing together releases endorphins, helps us reminisce, helps with well-being and reduces stress. Our **Chorus** gathers together on Wednesday mornings at 10am and sings songs from a variety of genres, themes, time periods, showtunes, you name it! If you are interested in getting together to sing in the **Chorus** and would like more information, please ask for **Don** OR call the Golden Age Center at (716) 773-9682.

Our Coffee for the Month for May has been graciously donated by **Grand Island American Legion**, in honor of **Golden Age members**. We are grateful for their thoughtful generosity and support! This program will continue due to the generosity of our **Golden Age Center friends!**





# 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.







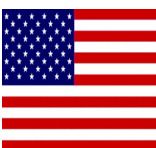

Lunch is served at 11:45am Monday-Thursday & 11:30am on Friday.

***\*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!\****

**Lunch includes:** An entrée with a meat, starch, vegetable OR fruit, dessert, and beverage.

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

## May 2024 Lunch Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> May Day <b>Birthday Party</b> <b>\$6</b> Maple Glazed Pork with Pineapple Salsa, Sweet Potato Puffs, and MORE!	<b>2</b> Julienne Salad with Roll & Butter	<b>3</b> <b>Souper Seniors</b> 	<b>4</b>
<b>5</b>	<b>6</b> Beef Taco Salad	<b>7</b> Monte Cristo Sandwich & French Fries	<b>8</b> Brunch for Lunch! French Toast Sticks with Ambrosia, Sausage & Egg Scramble	<b>9</b> Beef Stroganoff	<b>10</b> <b>Mother's Day Tea Lunch</b> 	<b>11</b>
<b>12</b> 	<b>13</b> Polish Sausage & Lazy Pierogi, Applesauce & Sour Cream	<b>14</b> Chicken Pot Pie	<b>15</b> Meatloaf & Mashed Potatoes	<b>16</b> Executive Board meeting <b>\$6</b> Open-Faced Turkey with Stuffing & Cranberry Sauce	<b>17</b> <b>Souper Seniors</b> 	<b>18</b> Gram's Garage Sale! 9am-1pm 
<b>19</b>	<b>20</b> Sloppy Joe's with French Fries	<b>21</b> Lasagna with Meat Sauce & Green Beans	<b>22</b> Chicken & Vegetable Stir Fry	<b>23</b> General Meeting <b>\$6</b> Stuffed Peppers with Garden Salad	<b>24</b> <b>Memorial Day Picnic Party</b> 	<b>25</b>
<b>26</b>	<b>27</b> CLOSED Memorial Day 	<b>28</b> Baked Chicken with Scalloped Potatoes	<b>29</b> Chicken Carbonara	<b>30</b> "Rachel" with Chips, Pickle & Fruit Cup	<b>31</b> <b>Souper Seniors</b> 	



# May Events...Mark your calendars!



## Updates to our May Schedule

The Golden Age Center will be *CLOSED* for Memorial Day on **Monday, May 27** in observance of the Memorial Day holiday.

## Monthly Meetings

### Time with Town Supervisor Marston

Supervisor Pete Marston will be here to talk with our Golden Age Center members on **Thursday, May 30 at 12:20pm**. He will be updating us on happenings taking place in Grand Island. He looks forward to seeing Golden Age members then!

### Thursday, May 2: 10:00AM

#### *Travel Club & Conversation with Carrie*

Enjoy your beverage and breakfast item and come and join Carrie this morning as she discusses and signs up folks for May programming and those trips planned for the month of May. Laura from the Buffalo Philharmonic Orchestra will be here as well to discuss the 2024-2025 Coffee Concert series. Bring your checkbook to hold your spot on the wonderful day trips and excursions coming up! Join in the excitement!

### Executive Board Meeting

President Joy Mesmer requests the presence of all Executive Board members for the monthly meeting before lunch at **11:00am**, on the Stage, on **Thursday, May 23**.

### General Meeting

Please join President Joy Mesmer and the Executive Board and come before lunch for the General Meeting, which starts at **11:15am on Thursday, May 30**, to hear the happenings coming up at Golden Age Center in the month of June. **\*All SPRING, please consider bringing a canned good, boxed food (cereal, pasta, etc.) or paper product (tissues, toilet paper, paper towels, etc.) to support the less-fortunate in our community, especially this winter, all to support the Neighbors Foundation, when you come to our lunches OR our General Meeting OR Executive Board meetings, to help those in need.\***

## Evening Program

### Thursday, May 30: 4:30PM Doors Open: 5:00PM Program Begins

#### *Murder Mystery Dinner Night at Eggsquisite Eats – “A Taste for Wine and Murder”*

Get ready for the return of yet ANOTHER fun night of a murder mystery dinner being held at this fabulous restaurant tonight. You will be entertained by a group of your fellow members who will be acting out a play and NONE of them know who did it! You will enjoy a delicious dinner prepared by the staff of Eggsquisite Eats and we will have the place to ourselves. Those of you who have attended previously and/or acted know what fun we can have! **Cost is \$23.00, CASH ONLY, and includes your full dinner and includes coffee, tea or pop.** Please call the Golden Age Center for the featured menu! *Any alcohol must be purchased independently at the restaurant.*

## Defensive Driving Course

### Monday, April 22 & Monday, May 6: 1:00PM – 4:00PM

#### *Defensive Driving of New York*

Join us for our popular instructor, Wayne West, as he instructs you on safe, defensive driving. You **MUST** attend both sessions to receive the course completion certificate, which you can turn into your insurance company, to receive a discount on your auto insurance policy. You **MUST** register ahead for this program. Bringing in your check or money order for **\$25.00**, made payable to Wayne West, will secure your spot in the class.

## Health Insurance Information

### Lawley Insurance

Questions about Medicare? I am here to help. We can go over the A, B, C, and D of Medicare. What to do and when. Compare your needs to all of 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, I am here for that too! **Join John Weatherby**, Medicare & Individual Health Insurance Consultant with Lawley Insurance from **9:00am—11:30am on Wednesday, May 15**.

### 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 on **Wednesday, May 8 from 9:30am-11:30am** and have some peace of mind about the many upcoming health insurance changes in 2024.

### Independent Health

Do you want to learn more about these programs offered through Independent Health? Do you also have chronic heart conditions? Come in and meet Jessica Bielawa, an Individual Sales Consultant with Independent Health, and Michelle, on **Monday, May 13, from 10:30am—12:30pm**, as they both will be set up in the Dining Area and can meet with you individually to answer questions. **Michelle** from Independent Health will also be here to talk about **chronic heart conditions**, and how Independent Health can help you. If you would like to schedule a time during Jessica's and Michelle's visit as noted above, please call the Golden Age Center at (716) 773-9682.

## Presentations

### Thursday, May 9: 10:30AM

#### *University Express: Have an Old Artifact....Learn How to Research It!*

Join Jolene Hawkins, Dept Historian for the Town of Concord, Village of Springville Historian, author, researcher at the Lucy Bensley Center and aka Grandma Butter at the Erie County Fair as we enjoy a presentation on how to research old artifacts. Have a small object or found something of interest around the house? Let's look at it and determine if it has value. Feel free to bring in your object or just come to learn what to look for.

**REGISTRATION IN ANY UNIVERSITY EXPRESS PROGRAM IS A MUST BY CALLING THE SENIOR CENTER AT (716) 773-9682.**

### Monday, May 13: 1:00PM- 3:00PM

#### *University Express: Drum 4 Health*

Join Carolyn Zimmermann, owner of Drum4health/Bringing Rhythm to Life, Member of HAHA (Healthy Alternatives Through Healing Arts) as she introduces us to the magic, fun, and healing power of recreational music made with handheld drums. No prior experience needed – just bring your enthusiasm, and she will do the rest! There have been several studies done showing that all types of drumming can reduce stress and lower your blood pressure along with boosting your immunity. **LIMITED NUMBER OF PARTICIPANTS! REGISTRATION IN ANY UNIVERSITY EXPRESS PROGRAM IS A MUST BY CALLING THE CENTER AT (716) 773-9682.**

## **Wellness & Support Groups**

**Mondays (6 & 13) in May: 10:15AM**

*Aging Mastery Class*

Through this 10- class program, you will develop sustainable behaviors across many dimensions that will lead to improved health, stronger financial security, enhanced well-being, and increased connectedness to communities. Learn about:

Healthy Eating, Sleep Management, Medication Management, Exercise, Memory Matters, Financial Fitness, Healthy Relationships, Falls Prevention, Community Engagement, and Navigating Longer Lives. For more information on this class, offered by the Golden Age Center AND Erie County Senior Services, stop by the Office or call (716) 773-9682.

### **Social Program for Individuals with Dementia**

**Wednesday, May 8: 1:30pm—4:30pm**

**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 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.

### **Dementia Caregiver Support Group**

**Wednesday, May 22: 1:30pm**

Join us for this monthly meeting on **Wednesday, April 24 at 1:30pm**. Build a support system with people who understand. Alzheimer's Association caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, friends and family of persons with dementia to: develop a support system, exchange practical information on caregiving challenges and possible solutions, talk through issues and ways of coping, share feelings, needs and concerns, and learn about community resources. Join us for this monthly group & come when you can. Please call 1 (800) 272-3900 for more details AND to register for the group.

## **Physical Fitness**

**Mondays: 9:00AM**

Tai Chi

**Mondays: 10:00AM**

Fit for Life

**Tuesdays: 9:30AM**

Total Body Workout

**Tuesdays: 11:00AM**

Beginner Line Dancing

**Tuesdays: 12:45PM**

Advanced Line Dancing

**Wednesdays: 10:00AM**

Sit and Stretch with Sue

**Thursdays: 9:30AM**

Total Body Workout

**Thursdays: 1:00PM**

A Matter of Balance Exercise Class

**Fridays: 9:00AM**

Tai Chi

**Fridays: 1:00PM**

Chair Yoga and Meditation with Soma Cura

## **For Your Information**

### **Lions Club Closet**

The Grand Island Lions Club has durable medical equipment for anyone in need. Equipment includes wheelchairs, walkers, canes, commodes, bath seats, etc. Anyone in obtaining an item may call Dick Crawford at (716) 818-6992 or the Golden Age Center at (716) 773-9682 to make an appointment to pick up an item.

### **ATTENTION!**

Please know that the Front and Back doors of the Golden Age Center are open to our facility. Please say **HELLO** and check in at the Office to let us know what activity you are participating in at the Office. This is to ensure safety and for us to keep accurate attendance in the facility. PLUS, we want to say **HELLO** to our friends! Before leaving, sign OUT at the Office at the Office so we know that you have safely exited the building. *Thank you!*

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 is an expensive cost for us to incur. Thank you for your help in this matter.

Please **LABEL** your coats with your first and last name. Members may wear similar looking coats and makes it easier for similar coats to go home with the correct members, especially in the Spring months, when we are coming into the senior center, bundled up during the cooler, 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.

**The Golden Age Center will gladly accept the following donations:**

- **Fake Christmas Trees**
  - Card shuffler
  - Jam jars
  - yarn



# Crafts

**Monday, May 20: 10:00AM**

*Crafting with Carrie – Wooden Spoon Beehives*

Come and craft with Carrie today as we create an easy door hanging "wreath". Bee décor is all the rage, and you can make this for more than less the cost in the stores. The completed craft is hanging at the Office. Check it out! **The cost is \$4.00 and payable upon registration; deadline for registration is Wednesday, May 15<sup>th</sup>.**

## Fun Activities

**Friday, May 3: 1:00PM**

*Bingo Bonanza!*

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

**Friday, May 17: Starting at 2:00PM**

*Gram's Garage Sale Set Up*

If you have paid your table rental fee and are going to be a part of tomorrow's event, you may set up your garage sale wares at your assigned table **AS OF 2PM**. Please do not come any earlier, as we will need to clean up from lunch and set the room up for our big event! All afternoon activities in the Dining Area will NOT be in session due to the set-up of our special event. You will be able to set up your tables until 4:00PM today.

**Saturday, May 18: 9:00AM – 1:00PM**

*Gram's Garage Sale*

Come and check out the many treasures that Golden Age members will have available for you to purchase and enjoy. Lunch will be available for purchase, featuring Pulled Pork Sandwiches with Homemade Macaroni & Cheese AND MORE. Stop by the Bake Sale, 50/50 Raffle, Lottery Ticket Raffle, and more surprises! We can't wait for you all to enjoy the event, sponsored by the Golden Age Club and the Golden Age Center!

## Presentations

**Tuesday, May 21: 1:00PM**

*University Express: Erie County Park History*

Today's presentation, led by a park ranger from the Erie County Department of Parks, Recreation & Forestry, will include discussion and the history of the 5 main heritage parks of Erie County's Parks System. Those five parks will be Chestnut Ridge, Emery, Ellicott Creek, Como Lake and Akron Falls.

**REGISTRATION IN ANY UNIVERSITY EXPRESS PROGRAM IS A MUST BY CALLING THE SENIOR CENTER AT (716) 773-9682.**

**Wednesday, May 22: 4:30PM Doors Open; 5:00 PM**

*Potluck, 6:00PM Program*

*University Express: Every Marker Tells a Story*

This evening will be a special evening with a potluck first and then our evening's presentation given by Mary Ann Kedron, founder of Kedron Books and More, member of Black Rock Historical Society, Black Rock Riverside Alliance, Buffalo Niagara River Land Trust & Birds and Niagara Boats Business and the Black Rock Harbor. Ms. Kedron will walk us through the Black Rock Historic Markers and the stories behind them. From waterworks like Jubilee Springs to changing times and changing markers like Unity Island. She will also share a sneak peek at the stories behind some historic homes and buildings. You are welcome to join us for both evenings' activities or just come later for the presentation. We do ask that you bring a dish to pass for the potluck please. **REGISTRATION IN ANY UNIVERSITY EXPRESS PROGRAM IS A MUST BY CALLING THE SENIOR CENTER AT (716) 773-9682.**

**Thursday, May 30: 10:30 AM**

*University Express: Early History of the Sisters of Mercy and Mercy Hospital in South Buffalo*

Join Sr. Peggy Gorman will trace the roots of the founding of Mercy Hospital and how the Sisters of Mercy arrived in Buffalo.

**REGISTRATION IN ANY UNIVERSITY EXPRESS PROGRAM IS A MUST BY CALLING THE SENIOR CENTER AT (716) 773-9682.**

## Special Luncheons & Celebrations

**Friday, May 24: 11:45AM lunch; 1:00PM for entertainment**

*Memorial Day Picnic Party with The Bar Room Buzzards*

Join us today for a special luncheon and entertainment as we start the Memorial Day weekend off right. A special picnic lunch will be served, followed by the rousing and very entertaining group of The Bar Room Buzzards. Beer (Root) will also be served! *Come and celebrate with us in a PATRIOTIC way!*

## Day Trips

**Thursday, May 16: Leaving GAC at 10:30AM**

*Lunch at The Grill and miniature golf at Adventure Landing*

We will leave the senior center at 10:30AM and have lunch at The Grill after which we will head over to Adventure Landing to play miniature golf. **Cost is \$22.50 per person CASH ONLY** and covers the transportation and golf. *Lunch will be paid for on one's own.*

**Thursday, May 23: 9:45 AM**

*Visit Our Lady of Fatima Shrine, The Silo for lunch, and Hibbards for ice cream.*

We will head out at 9:45AM with our first stop at the Fatima Shrine. We will spend some time there, and then head to the waterfront for lunch and before heading home, we will stop for ice cream. *(A favorite of the members from the last time).* **Cost is \$14 per person CASH ONLY** and covers transportation. *Lunch will be paid for on one's own.*

**ATTENTION!**  
**Mark your calendars!**

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

**Lunch Sale  
11am - sold out!**

**Garage Sale**

**Bring reusable shopping bags!**

**Shop Golden Age member garage sale tables INSIDE, and & 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 18, 2024**  
**9:00am - 1:00pm**  
**Come and shop around for some new treasures!**



Help support the **Golden Age Center** by taking your  
cans and bottles to:  
**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.

**Thank you for your anticipated support!**



## Monday Wellness Walks



Join Golden Age staff members at these great locations for a mile walk on the following dates:

**Monday, May 6 @ 9:00am**

**. Nike Base Trail**

*(Meet at the Golden Age Center, and depart from here)*

**Monday, May 13 @ 9:00am**

**. West River Bike Path Trail**

*(Meet at the Golden Age Center, and depart from here)*

**Monday, May 20 @ 9:00am**

**. River Lea Trail**

*(Meet off of Ferry Road, by the East River Marsh Parking Lot)*

**Monday, May 27**

**. Memorial Day**

*(We will NOT walk today due to the holiday.)*

Please come dressed appropriately; sneakers are highly encouraged. They may get dirty depending on where we go. Also, bring water if it is hot out.

We will **MEET** at the above locations at 9:00am, and will begin our walk at 9:05am.

If the weather is inclement, (severe rain/thunderstorms), we will not meet.

**If you have any questions, please call us at  
(716) 773-9682.**



## Dementia Caregiver Support Group

Providing care for a loved one with Alzheimer's disease can be stressful and isolating, but support groups can help.

**Grand Island Golden Age Center**

3278 Whitehaven Road

**4th Wednesday of the month at 1:30pm**

Free respite care may be available to provide activities and a safe place for people with dementia while their loved ones attend this group. Assessment and pre-registration is required.

Please call for details.

**Please call our free 24/7 Helpline at  
1.800.272.3900 to register before attending.**

alzheimer's  association®

WNY Chapter  
6400 Sheridan Drive, Suite 320, Amherst  
1.800.272.3900



**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: \_\_\_\_\_

### 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!

### 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!



**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.) E N S S U T \_\_\_\_\_

4.) F G A L \_\_\_\_\_

2.) T A R H E \_\_\_\_\_

3.) U T I L S P \_\_\_\_\_

5.) A L I M M E O R \_\_\_\_\_

6.) N R S P I G \_\_\_\_\_

7.) L L B A S E A \_\_\_\_\_

8.) T B A O I G N \_\_\_\_\_

**GOOD LUCK to YOU!**

### 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! Stop by the Office to sign out a bag of golf clubs and golf cards to keep score. Golf clubs must be returned by 3:45pm.

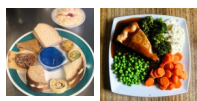
A warm



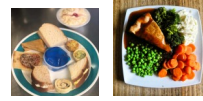
to all our new members of the Golden Age Center, as of April 2024:

Charles Ciceno	Julie Deuble	Mark Deuble	Mary Worthing	Ezra Florence
Patrick Doyle	Donna Lavallee	Debbie Hays	Kathleen Liberatore	Sylvia Burke

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. **MARTHA MARRINAN is the WINNER for the month of APRIL! CONGRATULATIONS!**



## Members we lost in April 2024:

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.

Chie Doring Carolyn Huffman Mina Atkinson Hank Kammerer Mary Warburton Gloria Slovick

## Members that were sick in April 2024:

Millie Attrino Bernadette D'Aurelio Lawrence D'Aurelio Paul Bassette Marie Casey Ruth Cunningham  
Garry Deutchlander Iris Galeza Dick Koch Nancy Koch Betty Marinell Bill Ortiz Penny Panepinto  
Fran Fusco Henry Lobl Pat Ehinger Joyce Berk John Stark Bobbie Capp Ruth Landel Elaine Hard-  
man Bill Salansky John Duchnik Tom Kunselman Sandy Thomasula David Johnson Rosalie Palamuso Kathy  
Menter Yvonne Turri Lee Tetkowski Kathleen Garlapow Patti Nardone Ann Erker



## Need Food?

For confidential assistance, call the  
Neighbors Foundation of Grand Island

716-775-7998

[Gineighbors14072@gmail.com](mailto:Gineighbors14072@gmail.com)



Scan QR Code for instant  
access to our website at:  
[www.gineighbors.org](http://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*



## 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 Trails

The Nike Base Trail system consists of over 3 miles of six marked trail loops. The trail-  
head is at Nike Base and allows access to ample parking. The trail network connects  
the West River Shoreline Trail to WNY Land Conservancy's Margery Gallogly Nature  
Preserve. Enjoy the seven trails and pick up a map at the Golden Age Center OR  
Recreation Department!

## 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.

## 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 Club

Here is your next Executive Board as of  
November 2023. Elections were held on

Thursday, November 16 at the General Meeting  
during the Thanksgiving Dinner and the Installa-  
tion of Officers was held at the General Meeting  
at the Christmas Dinner on Thursday, December  
14, 2023. 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.....Beth Julin**

**Treasurer.....Bob Vaccaro**

*"The longer I live, the more beautiful  
life becomes."*

*~ Frank Lloyd Wright*

## 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.



# Need Food?



For confidential assistance, call the  
Neighbors Foundation of Grand Island

**716-775-7998**

[Gineighbors14072@gmail.com](mailto:Gineighbors14072@gmail.com)



Scan QR Code for instant  
access to our website at:  
[www.gineighbors.org](http://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*



## Solar Eclipse Glasses

Recycle your Solar Eclipse Glasses with US! We will be sending our Solar Eclipse Glasses off to countries that will be enjoying solar eclipses coming up in the next year. Help those in need see upcoming solar eclipses SAFELY!

**Grand Island Legion Post #1346  
2024 Annual Flower Fundraiser at  
DeGlopper Memorial Park**

**Friday, May 10 & Saturday, May 11  
7am—6pm OR until sold out**

**Come and support the VETERANS!  
Cash and Credit Card accepted**

**Flowers are \$18 EACH and tomatoes are \$6 EACH**



## 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 21, 2024**

**Max Seats: 6 participants**

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