

The Golden Voice

May Events

May 2026

This May, we have a showcase of events going on to make for **a sensational start to the SPRING season!** We are excited to announce the following events:

Coffee & Conversation & Travel Club Meeting-NOTE the DATE this month!

Tuesday, May 5: 10:00am

I LOVE NY Birthday Party

Wednesday, May 6: 11:15am - 1:45pm

Bingo Bonanza!

Friday, May 8: 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!**

April 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

Van Drivers

Tammy Violanti

Fran Molnar

Nutritional Staff

Cathy Moore

Fran Molnar

Ryan Zygmunt



A Message from Jen

May is Senior Citizen Month, Mental Health Month, AND Older Americans Month, and the theme for Older Americans Month is Championing Your Health. We are planning a MEMORABLE month of MAY for you all. Set a routine to kick start your spring, and enjoy great programming with us!

We are now in month THREE of our 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 average 135 pounds of compost a month! Great job, ALL!

As we start our Spring Cleaning and Updates for our facility, and we have continued to freshen up our spaces and now have a revamped different spaces of our facility. On our Stage, we have a nice open space now for Piano Playing, Chorus, Line Dancing, Mahjonn, meetings and MORE! In the BACK of the Dining Area, there are new puzzles made weekly at our Puzzle Corner, we have added space to our area. Outside, drainage work continues, as well as parking lot updates. Use caution and drive SLOWLY through the parking lot, as construction is taking place. MANY updates will continue throughout the year, both INSIDE and OUTSIDE. **Thank you for your flexibility!**

We have a rack out in the Coat Room for you to hang your wet hats, and the boot trays are out for you to place your rainboots and umbrellas... 'tis the season for the spring-like weather.

Did you know we have FREE Wi-Fi? When you come to Nike Base, we'll show you what our Wi-Fi Name is! NEW Wi-Fi routers are being installed this month.

We are into Rollercoaster Weather 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.

At the end of the month, we will host our Memorial Ceremony, where we remember our members that have passed away this last year. This is a touching service to remember our dear friends.

May is a month of hope and fresh beginnings. Together, let's make May memorable!

Best, Jennifer R. Menter

(716) 773-9682

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

1

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 April 2026:



Phyllis Baker Bonnie Root
Elaine Freidman Bonnie Szydlo
Francis Fisher III Ray Szydlo
Jo Fechter Felicia Kreuzer
Maryanne Fechter
Patricia Kendaierski
Shelly Shepherd Roseanne Cascio
Denise Reed Dean Gordon, Sr.
Cheryl Wienckowski Linda Geldin
Mary Coram
Ken Rogoza
Mary Ann Campbell
Missy DeLaria
Marlene Wilson
Kathy Root
Peter Szczykutowicz
Nancy Kendall
Missy DeLaria
Marlene Wilson
Peter Szczykutowicz

Welcome!

Coffee for the month of

May

will be FREE compliments of
Grand Island American Legion
#1346
in honor of
Golden Age Members



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

May 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**

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

2

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Welcome to the Golden Age Center!

YES

In partnership with Erie County Department of the Aging, we are now participating in composting, to further reduce our waste at our senior center!

Be mindful of what you throw away at our senior center.

We compost the following:

- Food scraps, coffee & tea liquids, beverages & soups
- napkins
- and MORE!

For more information, just give us a call at (716) 773-9682 and we are happy to answer any questions.



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.

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**

GRAND ISLAND LEGION POST 1346

2026 Annual Mothers Day Flower Fundraiser

Friday, May 8th & Saturday, May 9th
7AM-6PM or until SOLD OUT

HANGING BASKETS \$18.00
PATIO TOMATOES \$6.00

DEGLOPPER MEMORIAL
Baseline & Grand Island Blvd.
Legion personnel available to assist as needed

SUPPORT OUR VETERANS!

QUESTIONS PLEASE CALL:
Ray DeGlopper (716) 863-6256 / Paul Sommer (716) 472-4523
Gary Roesch (716) 583-7969

Cash, Checks, Credit and Debit cards accepted

The Golden Voice

May 2026 Consistent Weekly Programs at the Golden Age Center

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



- Wayne Anstett
- Joan Barone
- Rob Frasier
- Bogdan Fundalinski
- Casey Galeza
- Iris Galeza
- Robert Gorny
- Tom Kunselman
- Barbara & Bob Lamb
- Jack Lillo
- Jack Mahnk
- Deb McGarrigue
- Brian Mongielo
- Joe Paolucci
- Pat Paolucci
- Bonnie Peete
- Jerry Peete
- Tom Pynn
- Elaine Miller
- Dave Rogers
- Dee Schuman
- Kathy Shaklee
- Mary Stewart
- John Synakowski
- Chuck & Nancy Tobe
- Barb Weinrib



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

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**
Pinocle, Dominoes & Card Games: **12:30pm –3:45pm** in the **FRONT of the Dining Area**
Indoor Bocce: **12:30pm –2:30pm in the Community Center**
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

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 | **4**
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 for Cooling Benefits opens on April 15 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 \$5.00 OR MORE on Special Event days. Lunch is served at 12NOON Monday-Thursday & 11:30am on Friday, for lunch participants to enjoy, among the company of the senior membership, in a home-like setting. Please call (716) 773-9682 to reserve your lunch. Please remember to call us and **CANCEL** your meal if you cannot attend so that we can sell your lunch to another member.

May 2026 Lunch Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	The Souper Seniors meal includes: TWO different soups, a sandwich, a fruit OR vegetable and a side. Enjoy!				1 Souper Seniors 	2
3	4	5	6	7	8	9
Lunch on Monday, 5/11: Will be served at 11:15AM!	Meatloaf with Mashed Potatoes and Gravy	Travel Club 10:00am Beef Taco Salad with Corn, Chips & Salsa, & Fried Ice Cream \$5	6 I < 3 New York Birthday Party \$6 Italian Sausage with Peppers & Onions, Baked Potato Bar, NY Applesauce & Fried Dough & Ice Cream	Julienne Salad with Roll & Butter	8 Mother's Day Tea Lunch 	
10	11	12	13	14	15	16
	Turkey Dinner with Stuffing, Carrots, & Cranberry Sauce	12 Brunch for Lunch! Pancakes, Scrambled Eggs, Yogurt, Sausage & Melon	13 Chicken Fettuccini Alfredo with Broccoli	14 Spring Cookout! Hamburger Bar with French Fries, Jello & Pickle	15 Souper Seniors 	16 Gram's Garage Sale! 9am-1pm
17	18	19	20	21	22	23
	Beef Stir Fry with Pineapple & Egg Roll	19 Chicken à la King with Biscuit	20 Salisbury Steak with Mashed Potatoes & Peas	21 \$6 Executive Board Meeting Pork Chops with Mashed Potatoes, Gravy & Applesauce	22 Souper Seniors 	Lunch at Gram's: Hot Dog, Macaroni Salad, Baked Beans Pickle & Drink: \$5
24/31	25	26	27	28	29	30
	25 CLOSED 	Spaghetti with Meat Sauce & Green Beans	27 Glazed Ham with Scalloped Potatoes	28 Older \$6 Americans Month & General Meeting Stuffed Peppers with Garden Salad	29 Souper Seniors 	30

(716) 773-9682

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

In Loving Memory

Gloria Brown
Joan Mazur

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!



May 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.

Tuesdays & Thursdays in MAY: Tuesday, May 5 & Thursday, May 7: 10:00AM - 11:00AM

BINGOize!

Join our popular instructors, Janice & Michelle, as they continue 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.

Wednesdays: 9:00AM

Wednesday Walking Club

Kick off your morning with a great walk, along with the company of your peers! Meet us at the Golden Age Center and start your walk by 9:05am as we walk to the following locations: rain location will be the Community Center in the month of May. **5/6: West River Bike Path; 5/13: Big Six Marina; 5/20: Nike Base Trails; 5/27: West River Bike Path**

Wednesday, May 6 AND Wednesday, May 20: 10:30AM-11:30AM

FeedMore Farm Market Truck

Stop by and purchase fresh, healthy, affordable and locally-grown produce! The FarmMarket Truck will be here from 10:30am - 11:30am with their offerings today. The FarmMarket Truck accepts cash, credit, debit and SNAP!

Friday, May 1: 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, May 1: 1:15PM

Day Trip: Cloudberry Cafe

We will be leaving the Golden Age Center promptly at 1:15PM, and heading out to Cloudberry Café on Grand Island Boulevard. You can see their menu online. We will return to the senior center after, and for those of you who are needing transportation home, we can certainly provide that for you. Purchases are on your own, but the ride is FREE and limited to 14 participants!

Monday, May 4: 10:00AM

May the Fourth Be with You

Today, join us for a Star Wars activity, commemorating May 4th! We have trivia questions, some movie clips, and iconic music to listen to as we celebrate this unofficial Star Wars holiday.

Monday, May 4: 12:30PM

Day Trip: Our Lady of Victory National Shrine & Basilica & 773 North

The Golden Age Center van will leave at 12:30PM and head to Our Lady of Victory Basilica. We have a scheduled tour at 2:00PM, so if time allows prior to tour, we can visit the Father Baker Museum. After the tour and visit to the gift shop, we will be heading to 773 North on Grand Island to have dinner. Cost: \$25 per person for transportation and tour; purchases and DINNER will be on one's own.

(716) 773-9682

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The Golden Voice

May 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.



Tuesday, May 5: 10:00AM

Coffee & Conversation AND Travel Club with Carrie

Join Carrie this morning as she serves some tasty beverages, treats, and highlights the special programs for the month of May. She will review the information, answer questions, and sign people up as requested. We will discuss May trips and roll out the June trips. Sign ups can begin with payment after the meeting. 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, May 5: 11:30AM – 2:30PM

How to Spot and Avoid Tech Support Scams with Centre of Information and Integrity of UB

Please join us for a 90-minute interactive course to learn the tricks scammers use and practice how to stay safe. We will cover the most prevalent types of identity theft, the techniques used to trick you out of personal information, practice spotting red flags, and how to respond. There is also a lunch for those who participate. You MUST stay for the entire time as it is a class, then work with the students. This class is limited to 15 total participants. Your participation will help the students evaluate how easy and helpful an online program is for older adults to use. If you agree to participate in a follow-up survey to help us learn how effective the course is, you will receive a thank you gift. The entire class itself is 2-3 hours, so be prepared to stay the entire time. Knowledge is power!

Wednesday, May 6: 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 Golden Age Center at (716) 773-9682, should you require a one-on-one appointment with John.

Wednesday, May 6: Activities begin at 11:15AM; entertainment at 12:45PM

I Love NY State Birthday Party with Nan Hoffman & Friends

Come and join us today as you visit various regions of New York State and complete your "NYS Passport". Enjoy a variety of activities, trivia and crazy fun around the regions of our beautiful state. We encourage you to dress as a tourist and have your photo taken in each region. Adventure awaits you at this event that is kicking off our Older Americans Month as well as celebrating the May birthdays of all our friends. Please be sure to sign up early! At 12:45pm, join us for entertainment from Nan Hoffman & friends!

Thursday, May 7: 1:00PM

University Express: Living with a Positive Attitude. You can be Bitter or Better! with Sister Judith Beiswanger

Join Sister Judith as she shares her own experiences and she challenges seniors to live with a positive attitude. Our world needs people who can model for living a happy life, even through difficult circumstances. Presented by Sister Judith Beiswanger, Sister of St. Francis and retired teacher. You must register ahead, so please call (716) 773-9682 or register with the Office.

Thursday, May 7: 2:30PM

Day Trip: Niagara Power Vista/Polish Nook

The Golden Age Center van will leave at 2:30 PM, as we make our way to the Niagara Power Vista. We have a guided tour shortly after arrival, but you will have time to explore on your own, before we depart for dinner at the Polish Nook in Niagara Falls. As the restaurant opens at 4:00PM, we will be leaving Power Vista at approximately 4:30PM to head there.

Cost: \$15 per person for transportation; purchases and DINNER will be on one's own.

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.



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.

Wednesday, May 8: 10:00AM

Good Neighbor Project

Want to be a good neighbor? Come and join us this morning as we pack bags of food for those in need in our community. This is a slower-moving project, so please be prepared to let others be a part of it (a.k.a no rushing!) and be a good neighbor!

Friday, May 8: 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 laugh as you vie for the prize envelopes! Come one, come all! Join us for laughs and lots of fun!

Monday, May 11 - This afternoon, the Golden Age Center will be CLOSED from 12:30pm - 4:00pm for Staff Training. We will have LUNCH at 11:15AM AND we will NOT have Afternoon programs today at the Golden Age Center. Thank you for understanding!

Tuesday, May 12: 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.

Tuesday, May 12: 10:30AM

University Express: Senior Living Hacks for Green Living with Amy Alduino

Come and explore new tech that can make your life a little bit greener and safer. Presented by Amy Alduino, Senior Environmental Compliance Specialist, Environment & Planning. You must register ahead so please call (716) 773-9682 or register with the office.

Wednesday, May 13: 1:30PM - 4:30PM

Social Respite Group Program

Attention Caregivers of individuals with Alzheimer's Disease or a related dementia: A dementia-specific respite program runs today and every 2nd Wednesday of the month from 1:30 pm until 4:30pm at the Golden Age Center on the Nike Base. This is a social group, respite that we find benefits people with dementia and their caregivers! This respite is fun filled with EIGHT varied activities planned throughout the course of the program. Great friendships and fun take place here! Please call Jennifer Menter at (716) 773-9682, option 2, for more information on this social program.

Thursday, May 14: 9:00AM - 3:30PM

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. For HEAP, bring your ID, electric/gas/fuel utility bills, Social Security number, 1 month of paystubs or tax returns.

The Golden Voice

May 2026 Special Events Calendar at the Golden Age Center

Happy Birthday to our members celebrating

May birthdays!

- May 1**.....Mike Fetzer, Don Hamman, Joyce LeFauve, & Paul Wudyka
- May 2**.....Barbara Snyder & Elizabeth Wodjeski
- May 3**.....Joan Swartzwelder & Ellen Valvo
- May 4**.....Mary Corrao, Rosemary Gellinick, & David Sugg
- May 5**.....Suzanne Muller
- May 6**.....Maria Fox & Tammy Violanti
- May 7**.....Mark Andrews
- May 8**.....Lynn Gottler, Garry Graber, James Huffman, Robert Titran
- May 11**.....Richard Garlapow & Karen Piershalski
- May 12**.....Marcia Sweney
- May 13**.....Sue Bognar
- May 14**.....Rebecca Perkins & Teresa Santospirito
- May 15**.....Sanjeeda Begum, Ed Bognar, Barbara Brzyski, & Amy Tates
- May 16**.....Michele Drabik & June Kramer
- May 17**.....Patrick Doyle, Barbara Kirsch & Cathi Rugg
- May 18**.....Kathleen Liberatore
- May 21**.....Cathy Kaegebein & Barbara Holler
- May 24**.....Gayle Piershalski
- May 26**.....Elizabeth Krawczyk, Carrie Mesmer, Christine Secord, Mary Wierda, & Elizabeth Wilbert
- May 27**.....Gerald Peete
- May 28**.....Patricia Bachman, Pamela
- May 30**.....Daniel Fox & Adele Sommer

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

Saturday, May 16: 9:00AM – 1:00PM

Gram's Garage Sale

Bring your reusable shopping bags and hit up our garage sale EARLY to find all of your treasures! We will kick off the morning with a HUGE Garage Sale of 15+ member vendors and businesses outside the Golden Age Center. In addition, shop our delicious Bake Sale from 9am, take a chance at our 50/50 Raffle, Blanket Raffle, and MORE! Our Lunch Sale starts at 10:30am, and includes Hot Dog Bar with all the toppings, with Macaroni Salad, Baked Beans, Pickle & drink for \$5. All who come to Gram's Garage Sale get the chance to win a GREATDoor Prize! Come one, come all and kick off garage sale season with US!

Wednesday, May 20: 12:30 PM

Golden Age Center Senior Variety Show

Come one and come all! A great chance to not only have fun, but share your talents for the rest of us! Upon request, we have returned this program to the calendar.... Please consider being a part of this UNIQUE program. Can you read or write poetry, play an instrument, dance, sing, tell jokes, perform? 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! Be a part of this year's Senior Variety Show!

Wednesday, May 20: Potluck at 5:00PM; Presentation at 6:00PM

University Express: US Naval War Production during World War II with Shane Stephenson

In this class, Shane will discuss the ever-changing shipbuilding production of US Naval war vessels from the period right after World War I, through the austere interwar period, and the leadup to production for the two-ocean war known as World War II. The US Navy and associated shipyards constructed over 100,000 vessels of all types and sizes for the war. Shane will also bring shipbuilding down to our local area and highlight the Bison Shipbuilding Company, which was located on Tonawanda Island. **Instructor:** Shane Stephenson, Director of Museum Collections, Buffalo Naval Park. You must register ahead so please call (716) 773-9682 or register with the Office.

Thursday, May 21: 10:00AM

Personal Care/Household Bingo!

One of many new Bingo programs! For only a \$3.00 fee, you can try to win some personal care or household items! Each month, there will be a different type of Bingo game, so join in the fun, and try to win!

Thursday, May 21: 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 summer plans, wrap up 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!



Did YOU KNOW that Walking Club has walked INDOORS for the last FIVE months?

As the weather is now turning and transitioning to warmer, milder spring months, our Walking Club will meet now at the Golden Age Center to move and to safely walk together. Should the weather not be great, we will walk at the Community Center in May. Indoors, 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 on Wednesday mornings!



**See schedule on page 6!
(716) 773-9682**

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!

Thursday, May 21: 12:30PM

Senior Gardener/Sow & Sip Club

Join Carrie and Jennifer from Erie County as we work on the garden beds outside the center. We are really hoping to add more plants this year including a floral garden in the raised beds. Please come and be a part of this exciting project and help in whatever way you can!

Friday, May 22: 8:30AM

Day Trip: BPO – Patriotic Pops

Join your BPO and the Buffalo Philharmonic Chorus for a patriotic tradition as we honor the men and women who served our country and pay tribute to the American spirit. Those of you who purchased the season tickets and the transportation are a part of this.

Friday, May 29: 10:15AM

Cooking with Carrie

Join Carrie as we prepare our meal and then enjoy it once done! This is only open to 10 people, so register and pay soon! This month's meal is Fruit Salsa and Cinnamon Chips, Beef Burrito Bowls, and Sopapilla Cheesecake. Cost: \$10 per person; payable upon registration. *Limited to 10 people.*

Monday, May 25

Golden Age Center is CLOSED today in observance of the Memorial Day holiday. Join us at the Memorial Day Ceremony, taking place at 10:00am at the DeGlopper Memorial Park, located at the corner of Grand Island Blvd. & Baseline Road. "Their remembrance be as lasting as the land they honored."

Tuesday, May 26: beginning at 10:00AM

Senior Circuit Training with Jenny and Carrie

Join us this morning as we participate in an activity that coincides with May's Older American's Month theme, *Champion Your Health*. There will be fun stations set up for you to participate in that will get you safely moving. Along the way, you will learn some great tips and learn about some upcoming classes here at the Golden Age Center that will be coming soon! We will also include a component on healthy snacking, so you can try them AND get some simple recipes to do on your own. Celebrated every May, Older Americans Month (OAM) is led by the Administration for Community Living (ACL). Established in 1963, OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving older adults in our communities. This year's theme, "*Champion Your Health*," focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages older adults to take an active role in their health — advocating for themselves, accessing preventive care, and making informed decisions that support independence.

Wednesday, May 27: 1:00PM

University Express: Who Knew? with Marla Bujnicki

When recalling some of Buffalo's movers and shakers names like Heacock, Marshall and Cass may not readily come to mind. However, the Archives of Forest Lawn Cemetery have uncovered some lesser-known Buffalonians whose stories will be told so that their contributions can be both recognized and appreciated. Instructor: Marla Bujnicki, Preservationist and Buffalo Enthusiast. You must register ahead so please call (716) 773-9682 or register with the Office.

Thursday, May 28: 9:30AM

Day Trip: Shawnee Country Barns Antique Co-Op/Country Cottage

We will depart from the Golden Age Center at 9:30am, and head to the antique barn. You will have about 2 hours to go through the building, and then we will board the bus to go to the Country Cottage, a casual eatery serving home-cooked meals. You can see their menu online to peek before getting there. Cost: \$15 per person for transportation; purchases and lunch will be on one's own.

Thursday, May 28: 12:45PM

General Meeting at 11:30AM; Memorial Ceremony at 11:50AM; Town Time with Town Supervisor Marston at 12:20PM;

General Meeting of the Golden Age Club & Memorial Ceremony & Older Americans Month Celebration
Join President Bob Vaccaro, the Executive Board, and the Golden Age members for their monthly meeting. The day will start with the General Meeting of the Golden Age Club at 11:30AM, followed by the Memorial Ceremony at 11:50am, our delicious lunch and great company of our friends at 12:00pm, along with Town Time at 12:30PM – 12:45PM AND we will conclude the day with entertainment from 23 Skidoo to end Older Americans Month at 12:45PM.

Friday, May 29: 10:15AM

Cooking with Carrie

Join Carrie as we prepare our meal and then enjoy it once done! This is only open to 10 people so register and pay soon! This month's meal is fruit salsa and cinnamon chips, beef burrito bowls, and sopapilla cheesecake. Cost: \$10 per person; payable upon registration. Limited to 10 people.

(716) 773-9682



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

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.

(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!

Anne's Anecdotes



Be happy! (It drives people CRAZY!)

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 April!

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

- John Cassoni
Kathy Cerrillo
Don Hamman
Kathy Shaklee
Pat Shickluna
Bonnie Peete
Terry Warner

CONGRATULATIONS!

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

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

Dennis's Dad Joke of the Month



What kind of lion doesn't roar? ~ A dandelion!

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!

Piano Playing

We have a piano you can play, for your musical delight!

WE ALSO HAVE (3) MUSIC STANDS THAT CAN BE USED, WHEN PLAYING THE PIANO OR INSTRUMENTS.

The piano and music stands are available for use (and will be disinfected after each use):

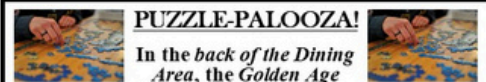
Mondays: 8:00am—12:00pm

Tuesdays: 8:00am-11:00am

Wednesdays: 11:30am—3:45pm (except 1st Wednesday of the month)

Thursdays: 8:00am—11:00am; 12:00pm—3:45pm

Fridays: 8:00am—12:00pm



PUZZLE-PALOOZA!

In the back of the Dining Area, the Golden Age Center has a puzzle table,

set up for people to enjoy putting together puzzles, for our members to try at their leisure.

Members can also sign out puzzles to enjoy and put together at home. We have puzzles from 100 pieces—550 pieces. If you are interested, SIGN OUT the puzzles at the Office. You can enjoy the puzzles for a month of time.

The puzzles are available for use:

Mondays: 8am—10am; 11:30am—3:45pm

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

Thursdays: 8am—12:45pm Fridays: 8am—10am



NEW!

Monthly Lunch Drawings!

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

The winners will be drawn the last day of the month. **Carol Moscati and Elaine Hollingsworth** are the winners for **April!** **CONGRATULATIONS!**



- 1.) sunset
- 2.) flag
- 3.) earth
- 4.) tulips
- 5.) taxes
- 6.) spring
- 7.) baseball
- 9.) allergies
- 10.) robins

April Anagram Answers:

(716) 773-9682



MAY TO-DO LIST

Check every item on daily to-do list

Get your space organized

Reconnect with an old friend

Explore a new place or city

Make time for your passion

Smile more, worry less

OurMindfulLife.com

CHECK OUT THE MAY ANAGRAMS!

GOOD LUCK! BONNE CHANCE!

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! **May** brings such beauty and welcomes in the season of change and rebirth. And, I think we ALL need it at this time of year!

What could these SURPRISE words be?!?!

Can you figure them out? **Good luck!**

- 1.) ENS SUT _____
- 2.) FGAL _____
- 3.) TAR HE _____
- 4.) UTIL SP _____
- 5.) ALIM ME OR _____
- 6.) NR SPI G _____
- 7.) LL BASE A _____
- 8.) TB AO IG N _____
- 9.) LE GE AL RIS _____
- 10.) SN I BO R _____

GOOD LUCK to YOU!

MAY FUN FACTS

- **"April"** comes from the verb **"aperire"**, which means **"to open"**, referring to the trees & flowers, opening and blooming.
- Friends with April birthdays have a **diamond** as their birthstone, representing innocence and purity.
- After a 1500 year hiatus, the **Olympics** first took place again, during the modern era, on **April 6, 1896, in Athens**.
- **George Washington** was inaugurated as the **First President of the United States** on **April 30, 1789**.



- Does your loved one have dementia, Alzheimer's, and you're looking for certain resources?
- Are you looking for senior housing apartments?
- Are you looking for Adult Day programs?
- Are you looking for transportation needs?

IF these are some of your questions, please call (716) 773-9682 for us to point you in the right direction.



Our next **Safe Defensive Driving Class** with Wayne West is coming up on **Monday, June 8 & Monday, June 15, 2026** from **1pm - 4pm** in the **FRONT Dining Area**. The class is **\$25 per person**; CHECKS made payable to Wayne West. Payment is DUE upon registration for the class. Participants **MUST** participate in **BOTH** classes in order to receive the auto insurance discount & the class certificate.

ERIE COUNTY DEPARTMENT
FOR THE AGING PRESERVE

COOKING WITH

Sass 3 week fun, interactive & **hands-on cooking**

series (Smart & Simple Sustenance)

SPACES ARE
LIMITED!
SIGN UP
TODAY!
CALL
716.773.9682

Thursday, June 4th: Cooking for or 2
Tues, June 9th: Cooking on a Budget
Tues, June 16th: Sneaking in Healthy
Ingredients

**Includes Hands-on
Participant Involvement &
Food Sampling!**

With
**Erie County
Dept for the
Aging
Chefs!**

Grand Island Golden Age Center
3278 Whitehaven Rd., Grand Island
Thurs, June 4; Tues, June 9 & 16
Time: 10:15 -11:15 a.m.

ERIE COUNTY DEPARTMENT FOR THE
AGING STAY FIT DINING PROGRAM

716 858 7470 | Janice.Nowak@erie.gov





BODY MIND RESET

“WELLNESS WITHOUT LIMIT”



6 Weeks to reset your body and mind!

Join our comprehensive 6-week Health & Wellness Program designed especially for older adults who want to feel stronger, safer, and more energized in their daily lives.

Each week, we focus on key areas that support healthy aging and overall well-being.

Where and when:

Grand Island Senior Center

3278 Whiteheaven Rd

NY 14072

Phone: 716-773-9682

Date and time:

July 23rd (Thursday) to August 27

Time: 1:00 PM-2:30 PM

This supportive and welcoming program is designed to help older adults to reset, recharge, and regain confidence—both physically and mentally.

- ✦ Improve your strength
- ✦ Enhance your balance
- ✦ Nourish your body
- ✦ Refresh your mind



Healthy Eating

Nutrition – Learn how to fuel your body with balanced meals that boost energy, strengthen immunity, and support healthy aging.

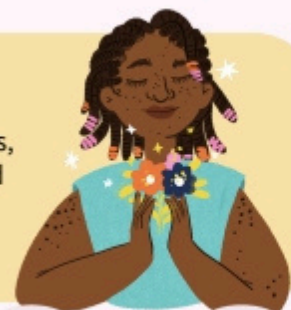
Regular Exercise

🏃 Exercise – Participate in gentle, guided exercises that build strength, flexibility, and confidence at your own pace.



Practice Mindfulness

Explore techniques to reduce stress, improve mood, and keep your mind active and engaged.



More Information:
Jennifer.chowdhury@erie.gov



love fresh fruits and veggies?

Stop by to purchase fresh, healthy, affordable and locally grown produce!



NEW STOP STARTING ON 2/5/25!

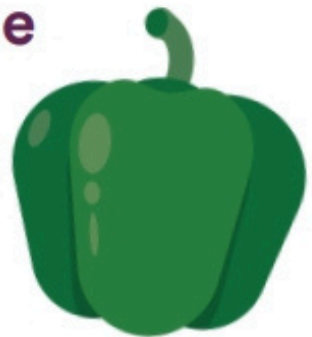
Grand Island Golden Age Center

3278 Whitehaven Rd, Grand Island, NY

14072

1st, 3rd, and 5th Wednesday of the month

10:30-11:30am



The Farm Market accepts credit, debit, cash, and SNAP!

**FeedMore
wny**

FeedMore WNY
www.feedmorewny.org
(716) 822-2002



ATTENTION!



Mark your calendars!

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

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

**Bring
reusable
shopping
bags!**



**Shop
Golden Age
member
garage sale
tables
INSIDE, and
other business
tables
OUTSIDE!**

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

Gram's Garage Sale at the *Golden Age Center*

3278 Whitehaven Road, Grand Island

Saturday, May 16, 2026

9:00am - 1:00pm

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