



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

November 2022

Flower: Chrysanthemum

Birthstone: Topaz OR Citrine

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—3:45pm,
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
Golden Age Center*



Happy Birthday to those celebrating November birthdays!



| | | | |
|-------------|--|--|---|
| November 1 | Rhonda Arsenault | November 20 | Gursharan Ghuman, Kathy Menter & Joan Wilkinson |
| November 4 | Maryann Gullo & Bill Salansky | November 21 | Dennis Lang & Carol Moscati |
| November 6 | Edward Garcia & Jo-Ann Greico | November 23 | Barbara LaDuca & MaryAnn Lochren |
| November 7 | Judy Bassette & John Ver Hagen | November 24 | Jean Caprio |
| November 11 | Mark Carrig & Elinor (Ellie) Hubert | November 25 | Anthony Carlucci & Charlene Gornicki |
| November 12 | Carol Lindelow | November 27 | Gerald Dubiel, Jean Montgomery & Linda Smith |
| November 13 | Sheryl Kutis & Ann Rossiter | November 28 | Andrew Baranyi & Dennis Caldwell |
| November 15 | Tom Dworak | November 29 | Joanne Carcione, Daisy Moore, Mary Savio & John Stark |
| November 16 | Fran Romanchock | November 30 | Pat Akinbami & Nancy Tobe |
| November 18 | Gayle Quint |    | Happy Birthday! |

Weekly Consistent Activities at the Golden Age Center

ATTENTION: NEW Recreation program measures will be in place prior to enjoying such programs. 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.**
- Hand sanitizing throughout activity and hand washing is **strongly encouraged** often throughout your visit at the Hand Sanitizing stations. **PLEASE** ask for hand sanitizing pumps to be set out for these activities. (*ex. Card game tables, etc.*)
- 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. *Our doors close at 3:45pm to start disinfecting the building for the night.*
- **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

Pool games: 8:15am onward in the Pool Room/Lounge

Tai Chi: 9:00am with **Pat** at the Community Center **

****(NEW NAME) Fit for Life!**: 10:00am with **Jenny** on the Stage

Quilting Bee: 10:30am in the Arts & Crafts Room

Card Games & Dominoes: 9:00am –3:30pm in the Dining Area

****NEW: Knitting & Crocheting:** 2:15pm in the Arts & Crafts Room

Bridge: 12:30pm in the Dining Area *on the 2nd and 4th Mondays of the month*

Fun with French: 12:45pm with **Jen**

TUESDAY

Independent Craft Activities: 8:15am– 3:30pm in the Arts & Crafts Room

Pool games: 8:15am onward in the Pool Room/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: 9:00am –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

Pool games: 8:15am onward in the Pool Room/Lounge

Pinochle, Dominoes & Card Games: 9:00am –3:30pm in the Dining Area

Artists' Haven: 10:00am in the Arts & Crafts Room

Chorus: 10:00am with **Don** on the Stage

****Fun with French**: 12:45pm with **Jen** on the 3rd, 4th & 5th and Wednesdays of the month**

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

Pool games: 8:15am onward in the Pool Room/Lounge

Pinochle, Dominoes, Euchre, AND Card Games: 9:00am –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

****NEW: 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

Pool games: 8:15am onward in the Pool Room/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 & Card Games: 9:00am –3:30pm in the Dining Area

Book Club: 10:00am in the Arts & Crafts Room

****NEW: Yoga, Mindfulness & Meditation with Soma Cura:** 1:00pm at the Community Center**

November 2022 Special Events & Programs

Wednesdays in November (2, 6, 23, 30): 11:00AM – 1:00PM

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.

Tuesday, November 1: 10:30AM

Being Less Vulnerable in a Technological World

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 to reserve your spot in this presentation. This is important, and you should NEVER be ashamed of being scammed; you need to protect yourself and be proactive!

Tuesday, November 1: 12:30PM

Birthday Party Set Up

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

Wednesday, November 2: 10:30AM AND Friday, November 4 at 12:30PM

Festival of Tree Crafting

Join Carrie today, for one of the many craft classes where she and the group are working on the decorations for the submission of the tree for this year's Festival of Trees, benefitting Children's Hospital of Buffalo. She encourages you to participate in this, regardless of your crafting ability. It is a great way to give back to the community!

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

Fall Harvest Birthday Party with Slingo

Come and join us today for the monthly birthday party fanfare for those born in the fall month of November! We will have a hearty luncheon that will warm you inside and out! We encourage you to stay and enjoy the unique entertainment of Slingo....kind of like a musical bingo. Come and try your hand and try to get the answers right! Come and celebrate with us and all of your friends!

Friday, November 4: 10:30AM – 12:30PM

University Express: The Cloud

Today's class is being presented by Brendan Challa from the Buffalo & Erie County Public Library's TechKnow Lab. The Cloud is everywhere! But what is "The Cloud"? How does it work? Learn this and more about one of the most important Internet-based technologies around. Feel free to bring your lunch or join us for Golden Age Center home-cooked lunch (*Please register early for lunch!*) **Please register at the Office or by calling (716) 773-9682.**

Friday, November 4: 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, up to four (4) boards. *Come one, come all!* Join us for laughs and lots of fun!

Monday, November 7: 9:00AM – 11:00AM

Caption Calling Presentation and Q & A

Join Jim O'Brien as he will have the caption calling telephones and demonstrate how the program works. Jim can explain how the process works and how it is a free service provided to those who qualify. Jim can also get you set up for installation of this service. Come and see how easy it is to use this service. **Please register at the Office or by calling (716) 773-9682.**

Monday, November 7: 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.

Monday, November 7: 10:30AM

Coffee & Conversation with Carrie

Join Carrie as she highlights the upcoming events and will be available to answer questions and sign you up for a wide variety of activities. This will also be a good time to discuss scheduling assistance with your devices for 1:1 classes supporting your quest to learn more about your phone, tablet, laptop, computer. Come and enjoy a hot beverage, a breakfast treat and some great conversation.

Tuesday, November 8: 10:30AM

University Express: The Evils of Probate

Join this class today with featured speaker, Valerie Stanek, ESQ., CFP, Attorney, Certified Financial Planner as she shares everything you ever wanted to know about probate and why everyone wants to avoid it. **Please register at the Office or by calling (716) 773-9682.**

Tuesday, November 8: 12:30PM

Festival of Tree Crafting

Join Carrie today, for one of the many craft classes where she and the group are working on the decorations for the submission of the tree for this year's Festival of Trees, benefitting Children's Hospital of Buffalo. She encourages you to participate in this, regardless of your crafting ability. It is a great way to give back to the community!

Thursday, November 8: 12:45PM

Executive Board Meeting

Club President Anna Vaccaro asks for the presence of the Executive Board together for their monthly meeting, to discuss Club business, to discuss our wrap-up of Holiday Happenings and other Fall events, discuss our holiday events, our Nomination of Officers and MORE. Officers and Executive Board members, PLEASE mark your calendars and join us. Anna and the Executive Board look forward to seeing everyone then!

Wednesday, November 9: 10:00AM

Medicare 101

Kathleen Flynn of Clarity Group will be here to answer your questions regarding Medicare and the upcoming annual enrollment. If you would like to meet with her one-on-one, please call the senior center at (716) 773-9682 to arrange an appointment for today, or just stop in.

Tuesday, November 8: Doors open @ 4:30PM; Dinner @ 5:00PM

Friendsgiving @ the Golden Age Center

Tonight's event will be catered by Eggsquisite Eats and will be held here in the Golden Age Center. The menu for the night is the following: sliced turkey, stuffing, cranberry sauce, mashed potatoes, gravy, green bean casserole, dinner rolls and pie for dessert. The ticket costs \$30 per person and are available at the Office; tickets MUST be purchased **by Friday, November 4th**. ***For any questions, please reach out to the Office by calling (716) 773-9682.***

Wednesday, November 9: 1:30PM – 4:30PM

Social Group Respite Program

Attention Caregivers of individuals with Alzheimer's Disease or a related dementias: A dementia-specific respite program runs today and every 2nd 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 caregiver. This respite is fun filled with EIGHT varied activities planned throughout the course of the program, geared with a different theme each and every month. Great friendships and fun take place here! Please call Jennifer Menter at (716) 773-9682, option 2, for more information on this dynamic, social program.

Friday, November 11: The Golden Age Center will be ***CLOSED*** for the Veteran's Day holiday. To all those who have served, and those who continue to serve, thank you for your service. ***The Town of Grand Island cordially invites veterans, family members and friends to attend the Veteran's Day Services on Friday, November 11, 2022 at 11:00AM at Veterans Park, located at 1717 Bedell Road. Please join us for this moving ceremony.***

Monday, November 14: 11:00AM—2:00PM

Vision Board Class with Nicki Minasidis

Life Coach Nicki Minasidis is coming to the Golden Age Center to help and guide you in creating your Vision board and Retro board. This is an important tool to help enhance motivation and bring more meaning and value to your life. This is also an effective way to get your creative juices flowing, going, and to get out of your bubble. You MUST sign up for this program; SPACE IS LIMITED. Call & register today!

Gym equipment & piano

On the *Stage*, the *Golden Age Center* has a stationary bike, a NEW incumbent bike, a rowing machine, resistance bands, small exercise balls & some light weights for our members to use, as well as stationary pedals & stationary steppers 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—3:30pm

Tuesdays: 8-9am; 3-4pm Wednesdays: 11:30am—3:30pm

Thursdays: 8am—3:30pm

A Sincere “THANK YOU!”



**for your love & support of
Holiday Happenings!**

**Holiday Happenings was an INCREDIBLE success due to
your wonderful participation & support of senior services!**

**Thank you very much from your friends at the
Golden Age Center & the Golden Age Club**

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: _____

Tuesday, November 15: 12:30PM

University Express: Wildlife in the Winter

Winter survival depends on adaptation. Join today's class to learn more about the wonderful world of winter animals and how they survive and thrive in our climate. Presented by a park ranger from Erie County Parks, Recreation & Forestry. **Please register at the Office or by calling (716) 773-9682.**

Wednesday, November 16: 12:45PM

Scents of the Season

The smell of baking gingerbread cookies, the **scent** of the fresh pine Christmas tree, the welcome warmth and aroma of an open fire, or a whiff of the sweet, hot spiciness of cinnamon give rise to some of the **scents** of the holiday **season**. Our memories are deeply infused with the smells swirling all around us during this magical time of year and are attached to the holiday traditions that we celebrate. Join Jenny, Jen, & Sue for this program, as we discuss how our memories are tied to scents, emotions, and how this is all intertwined together in such special ways. Join us for this great reminiscing program!

Wednesday, November 16: Potluck dinner at 4:30PM; open fun time from 5:30PM-7:30PM; presentation at 6:00PM

Tips for Tough Conversations with the Alzheimer's Association

Potluck dinner starts at 4:30pm (please sign up for the dish you will bring), followed by open senior center night, followed by this important presentation by the WNY chapter of the Alzheimer's Association.

When someone shows signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program offers tips on how to have honest and caring conversations to address some of the most common issues. Topics covered in the program include: » Going to the doctor » Deciding when to stop driving » Making legal and financial plan. Register by calling (800) 272-3900 OR (716) 773-9682.

Thursday, November 17: General Meeting with Nominations of Officers & Thanksgiving Luncheon

Time: General Meeting at 11:15am; Thanksgiving Dinner at 11:45am

Place: Dining Area

The day will start with the General Meeting at 11:15am, followed by the Nominations of Officers. We will serve our bountiful Thanksgiving feast at 11:45am. PLEASE SIGN UP EARLY for our Thanksgiving feast! Come and celebrate our friendships together and celebrate the many blessings of the season! ***Please bring 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 very hard year, all to support the Neighbors Foundation Share the Happiness Drive.***

Friday, November 18: 10:00AM

Medicare 101

Kathleen Flynn of Clarity Group will be here to answer your questions regarding Medicare and the upcoming annual enrollment. If you would like to meet with her 1:1, please call the senior center at (716) 773-9682 to arrange an appointment for today, or just stop in.

Friday, November 18: 12:30PM

Festival of Tree Crafting

Join Carrie today, for one of the many craft classes where she and the group are working on the decorations for the submission of the tree for this year's Festival of Trees, benefitting Children's Hospital of Buffalo. She encourages you to participate in this, regardless of your crafting ability. It is a great way to give back to the community!

Friday, November 18: Doors open @ 4:30PM; Dinner @ 5:00PM; Dancing @ 6:00PM

Harvest Dinner Dance

Tonight, we are hosting a very special evening here at the Golden Age Center as we head into the holiday season. The Village Inn will be catering a delicious meal of Stuffed Pork Loin, Sweet Potato Casserole, Homemade Applesauce, Green Bean Casserole, Homemade Seasonal Dessert and assortment of beverages. There will be live music provided by Mr. Charlie Morris, who will entertain us on the piano and steel drum. Tickets will be sold until November 9th and can be picked up by stopping by at the Office for a price of **\$20 each**. **For questions, please feel free to reach out to us by calling (716) 773-9682.**

Monday, November 21: 10:30AM

Golden Age Center Turkey Trot

Time to work off those calories from your Golden Age Center's Thanksgiving Dinner and get in your daily steps! Join us for some fun and prizes! Your "entry fee" is a canned good/boxed item(s) to be given to the Neighbor's Foundation Share the Happiness Drive. Try for a prize, awarded for the following categories: the most creative turkey, the "Go The Distance" turkey, and the "Grand Island Town Turkey! We will walk, weather permitting, INSIDE the Golden Age Center, around a special CIRCUIT course. Come on, you know you want to do this! Have some great fun, and laugh along the way!

Monday, November 21: 10:30AM & 12:30PM

Festival of Tree Crafting

Join Carrie today, for one of the many craft classes where she and the group are working on the decorations for the submission of the tree for this year's Festival of Trees, benefitting Children's Hospital of Buffalo. She encourages you to participate in this, regardless of your crafting ability. It is a great way to give back to the community!

Thursday, November 24 & Friday, November 25: The Golden Age Center will be **CLOSED** for the Thanksgiving Day holiday weekend. Gobble, Gobble! **"There is always something to be thankful for."** ~Anonymous

Monday, November 28: 10:30AM ONWARD

Festival of Tree Crafting

Join Carrie today, for one of the many craft classes where she and the group are working on the decorations for the submission of the tree for this year's Festival of Trees, benefitting Children's Hospital of Buffalo. She encourages you to participate in this, regardless of your crafting ability. It is a great way to give back to the community!

From Jen's Desk...

I just wanted to take a moment to tell everyone "Thank YOU!" to everyone for your incredible support of our Holiday Happenings! I can't tell you all how much it meant to me to see your smiling faces, to see so many friends that I haven't seen in so long, so many friends from our community come back together again in so long, it felt like things were coming back to normal again. The sense of community, the stories, the catching up, hearing your stories, hearing pieces of history, seeing pictures, sharing hugs, you name it, it all made my day! Thank you all for your donations of baked goods, baskets, gift cards, quilts and more, for coming and supporting our event, for shopping at our members' tables of treasures and beautiful crafts, for shopping at our vendors outside, and for enjoying a day of togetherness. You can't beat that! It was so good to see our Golden Age members together. A big THANK YOU goes out to all of the volunteers that helped set up, work the event, and clean up after the event, and a HUGE THANK YOU goes out to the staff for all of their hard work in making the beautiful baskets. Together, as a team, volunteers and staff, the event was a HUGE success, because of all of us working together. Togetherness is EVERYTHING. Thank you EVERYONE for such a WONDERFUL day and for such a successful Holiday Happenings! Thank you again from the Golden Age Center and the Golden Age Club!

November continues to celebrate the changes of the Fall season...The weather has snapped and has gotten cooler. It's a new season of rejuvenation, a new season to get organized. It's time to change over your drawers and closets for Fall. The winds of change are blowing in, the colorful leaves are falling off the trees, and we are starting to reflect on all of our blessings this month. What are you thankful for? What are you grateful for?

Here's just a few things that I wanted to share with you this month:

- **We will be hosting our Brain Games class at 12:45pm in the Arts & Crafts Room with Jen on Wednesday, 11/30. Exercise your brain and have fun at the same time with your friends!**
- Thank you so much for your donations of yarn and fabric. At this time, we can't accept any more because we've run out of space! If you're crocheting or knitting for our Mitten Project, come and pick up some more from us!
- **Calling all volunteers! On Tuesday, 11/29, Help pack donations for the Mitten Project from 12:45pm – 2pm in the Arts & Crafts Room with Jen! Help keep those in need this winter by keeping them warm with our homemade hats, gloves, scarves, & mittens.**
- Don't forget to label your coats with your first and last name. Coats may look the same, and we don't want it to go home with the wrong individual!
- Feel free to bring a plastic container to bring home your leftovers from lunch home in if lunch is too big for you. We strive to make lunch your biggest meal of the day. You may also brown bag your lunch anytime here too!

The Golden Age Center has strived to make November's activities surround this theme of connection, strength, staying strong (mentally, socially, and physically) and finding joy, not only this month, but all the year through, with our members, volunteers, and our community. We have SO many great programs, presentations, and events in store for you this month! Are you READY for all the fun?!?! ***Join us. We even have some great events to make you joyful, exercise your brain, make you laugh, and more!***

In November, we have great classes in store, and MORE! Stop in and see us to see what we have in store. We hope that something really peaks your interest.

Make November NOTEWORTHY!

Stay well and be well, Jen



Neighbors Helping Neighbors

Hearts and Hands is a nonprofit organization that connects caring, reliable volunteers with older community members who have essential needs to ensure that they can continue living independently.

Volunteers assist with transportation to medical appointments, grocery stores, social and worship gatherings, and to run errands. They also assist their neighbors with in-home supports such as minor home repairs and yard work, and companionship through friendly visits. Services are provided at no charge for those that need them.

They also make volunteering easy! Volunteers choose assignments based on their schedule and interests, and the Hearts and Hands Volunteer Coordinators handle all the arrangements. Supplemental insurance coverage and mileage reimbursement is provided. By donating just two hours a month of your time, you can make a difference in your community.

In need of services? Call (716) 406-8311 ext. 107.

Ready to help your neighbors stay connected to the community? Call (716) 406-8311 ext. 102 or visit volunteerhnh.org.

Members we lost in October 2022:

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.

Members that were sick in October 2022:

Millie Attrino
Rocky Piro Bill Ortiz

Betty Marinell
Don Hamman

Garry Deutschlander
Jean Montgomery

Pat Phillips
Joanne Carcione

Betty Phillips
Heidi Travagline

Neighbors Foundation of Grand Island

stands ready to help with food for families who find themselves temporarily in financial difficulty. Long-term or repeat help must come from government social services or staffed help agencies, but the Neighbors Foundation can provide emergency help. To start a request for help, phone: (716) 773-4684



RAPID COVID-19 TEST KITS & N95 MASKS



Stop on by the **Golden Age Center** to pick up your **N95 masks** **AND** **RAPID COVID-19 TEST KITS.**

RAPID COVID-19 TEST KITS COME TWO TO A BOX.

MASK LIMIT: box of 20 masks per household
TEST KIT LIMIT: 2 boxes per household

First come, first served.
Available while supplies last!
Must be GI resident; show ID.
CANNOT pick up for others.

MONDAY – FRIDAY
8AM- 3:45PM

6PM-8PM
MONDAY&THURSDAY
NIGHTS



Nike Base
Golden Age Center
3278 Whitehaven
Road

CONTACT:
Call (716) 773-9682 OR
for more information



Golden Age Club Ballot

Here is the slate of candidates for the next Executive Board as of October 2022. Elections will be held on Thursday, November 17 at the General Meeting during the Thanksgiving Dinner and the Installation of Officers will be held at the General Meeting at the Christmas Dinner on Thursday, December 15, 2022.

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

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



Unscramble the November-themed words! Good luck! Bonne chance!

November is such a beautiful time of year! The days are getting cooler, the nights are getting colder, it's football season, and the leaves are turning beautiful shades and hues of various colors! What could these SURPRISE words be?!?!



1.) hltlgtw _____

2.) plaeps _____

3.) lavees _____

4.) wcarersco _____

5.) oloscr _____

6.) aet _____

7.) rlpes _____

8.) ollegfa _____

9.) laketbn _____

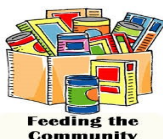
9.) hllcl _____



Our **Coffee for the Month for November** has been graciously donated by **Barbara Minton**, in memory of Eileen Minton & Ricky Whitmire, and the Grand Island American Legion #1346, in honor of Golden Age Center 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 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.

A warm *welcome* to all our new members of the Golden Age Center,

as of October 2022:

Joy Rohring
Robert Bendes

James Ressman
Linda Source

Wendy Ressman
Elaine Stedman

Alice Kozen
Arlene Carlucci

Charles Source
Anthony Carlucci

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!

LAST CHANCE! The Try & Buy Clothing Closet IS CLOSING for the SEASON!

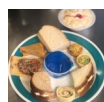


The Try & Buy has a great FALL SALE! Check out some gently used and nearly new clothing items, shoes, and jackets to are now for **FREE** for the next few days!

Golden Age members for bringing in clothing items, coats, hats, and shoes all season, for people to enjoy freshening up their wardrobes these seasons.

The Try & Buy will be open again next April 2023.

Find a new piece for your wardrobe!



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. **JEAN CAPRIO is the WINNER for the month of OCTOBER! CONGRATULATIONS!**

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

November 2022

| Sun. | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. |
|---|--|--|--|---|--|------|
| | | 1 Spaghetti & Meat Sauce | 2 Birthday  Lunch \$6 Open-Faced Roast Beef and Mashed Potatoes with Hearty Veggies | 3 Polish Sausage with Pierogi | 4 Souper Seniors   | 5 |
| 6  | 7 Baked Ham with Rice & Pineapple | 8 Lasagna with Green Beans & Garlic Bread | 9 Chili & Corn-bread | 10 Executive Board Meeting \$5 Beef Stew with Biscuit | 11 CLOSED  | 12 |
| 13 | 14 Chicken & Vegetable Lo Mein | 15 Ham & Swiss Melt with Chips & a Pickle | 16 Pulled Pork with Home-made Mac 'n Cheese | 17 General Meeting \$8 Thanksgiving Dinner with all the fixings!  | 18 Souper Seniors   | 19 |
| 20 | 21 Meatloaf & Mashed Potato | 22 Creamy Chicken & Rice Casserole | 23 Chef's Choice | 24 CLOSED  | 25 CLOSED | 26 |
| 27 | 28 Garden Salad with Chicken Strips | 29 Hobo Pack | 30 Pepperoni Pizza with 3 Bean Salad | | | |

Sat.