



# The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

November 2023

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

**Business Hours: 8am—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      Mike Madigan**  
*Town Board*

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

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



**Happy Birthday to those members celebrating November birthdays!**



November 4	<b>Bill Salansky</b>	November 19	<b>Sam Alaimo</b>
November 5	<b>Edward Garcia</b>	November 20	Gursharan Ghuman, Kathy Menter & Joan Wilkinson
November 7	<b>Debbie Ailinger &amp; Judith Bassette</b>	November 21	<b>Dennis Lang, Carol Moscati, &amp; Jean Treat</b>
November 9	<b>Kathleen Baltes &amp; Andrea Reynolds</b>	November 23	<b>Barbara LaDuca &amp; MaryAnn Lochren</b>
November 11	<b>Eleanor (Ellie) Hubert &amp; Donna Williams</b>	November 24	<b>Jean Caprio &amp; James Dunlop</b>
November 12	Carol Lindelow, Patti Schwarzkopf & Elaine Stedman	November 25	<b>Anthony Carlucci &amp; Julie Nabozny</b>
November 13	<b>Josephine Lundin &amp; Ann Rossiter</b>	November 27	<b>Jean Montgomery &amp; Linda Smith</b>
November 15	<b>Tom Dworak</b>	November 28	<b>Dennis Caldwell</b>
November 16	<b>Linda Garcia</b>	November 29	Joanne Carcione, Daisy Moore, Mary Savio, Susan Schreckengost, John Stark & Michael Yannello
November 18	<b>Gayle Quint &amp; George Hoechst</b>	November 30	<b>Pat Akinbami, Brigitte Arnold &amp; Nancy Tobe</b>

# ***Weekly Consistent Activities at the Golden Age Center***

**ATTENTION:** Please note the following PRIOR to your visit:

- **Front AND Back doors of the facility are OPEN to the Golden Age Center.**
- **Please SAY HELLO at the Office and let us know what program OR activity you are here to participate in. This is to ensure your safety and for us to keep accurate attendance in our facility. PLUS, we want to say HELLO to our friends!**
- Hand sanitizing throughout activity and hand washing is **strongly encouraged** often throughout your visit at the Hand Sanitizing stations. Should you want hand sanitizing pumps to be set out for these activities. (*ex. Card game tables, etc.*), **just ask us!**
- Before leaving, please **SIGN OUT** at the Office. This is for us to keep **accurate attendance** and that ensures that we know you have **safely exited** the building. **PLUS, we want to say GOODBYE to your smiling face and all of our friends!**

**Thank you for your cooperation! Have fun at the Golden Age Center! ENJOY!**

## **MONDAY**

Independent Craft Activities: 8:15am—12:30pm; 2:15pm—3:45pm in the Arts & Crafts Room

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

Billiards games: 8:15am onward in the Lounge

Fit for Life!: 10:00am with **Jenny** in the Dining Area

Beginner Mahjongg: 10:00am with **Anna** on the Stage

Card Games & Dominoes: 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 Dining Area *on the 2nd and 4th Mondays of the month*

## **TUESDAY**

Independent Craft Activities: 8:15am– 3:45pm in the Arts & Crafts Room

Billiards games: 8:15am onward in the Lounge

Total Body Workout: 9:30am with **Michelle** at the Community Center

Beginner Line Dancing: 11:00am with **Richard** on the Stage

Dominoes & Card Games: 12:30pm –3:45pm in the Dining Area

Canasta: 12:30pm in the Dining Area

Advanced Line Dancing: 12:45pm with **Richard** on the Stage\*\*

Bowling: 1:00pm with **Debbie** at Mallwitz Island 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—3:45pm in the Arts & Crafts Room

Billiards games: 8:15am onward in the Lounge

Dominoes & Card Games: 12:30pm –3:45pm in the Dining Area

Pinochle: 12:30pm 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 Wednesday of the month** in the Arts & Crafts Room

Bingo: 1:00pm with **Carrie** in the Dining Area (\*\*EXCEPT the 1st Wednesday of the month\*\*)

## **THURSDAY**

Independent Craft Activities: 8:15am—12:45pm in the Arts & Crafts Room

Billiards games: 8:15am onward in the Lounge

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

Pinochle, Dominoes, AND Card Games: 12:30pm –3:45pm in the Dining Area

Total Body Workout: 9:30am with **Michelle** at the Community Center

Knitting & Crocheting: 1:00pm in the Arts & Crafts Room

Seniors in Stitches: 1:00pm in the Arts & Crafts Room

## **FRIDAY**

Independent Craft Activities: 8:15am—9:30pm AND 12:15pm –3:45pm in the Arts & Crafts Room

Billiards games: 8:15am onward in the Lounge

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

Beginner/Intermediate Mahjongg : 1:00pm on the Stage

TGIF Couponing: 9:15am - 10:00am in the Dining Area

Poker & Euchre: 11:00am –3:45pm in the Dining Area

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

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

## November 2023 Special Events & Programs

\*\*\*\*\*

### Wednesdays in November (1, 15, 22, & 29): 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.

### Thursdays in November: 1:00PM

#### *Festival of Tree Crafting*

Please stop by the office or call and sign up to participate in the crafting of our ornaments for the 2023 tree we are donating to the Festival of Trees that benefit the John R. Oishei Children's Hospital of Buffalo. You do not need to be crafty to be a part of this great opportunity to give back to our WNY community. The tree will be showcased in the annual FOT auction where we will be excited to see where the tree ends up! Our theme this year is: A Traditional Christmas with Grandma and Grandpa. Come and see how it plays out!

\*\*\*\*\*

### Wednesday, November 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!

### Wednesday, November 1: 11:45AM; 12:45PM – 1:45PM for the entertainment

#### *Magical Birthday Party*

Join the celebration of November birthdays as we enjoy a special meal and the entertainment of Cris Johnson. Cris will keep you spellbound with his magic and lots of fun. Be sure to call in and register to attend this event!

### Friday, November 3: 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!

### Wednesday, November 6: 1:00PM – 4:00PM

#### *Flu Shot Clinic with Ivy Lea Pharmacy*

Please call the senior center at (716) 773-9682 and register to attend the clinic to get your annual flu shot! You must bring your ID and your health insurance/Medicare card to the clinic. Please come 5 minutes before your appointment time to fill out the necessary paperwork. Thank you! Stay healthy this season.

### Monday, November 6: 10:30AM

#### *University Express: Basics of Medicaid and Long-Term Care: Protecting and Preserving Assets*

Please join Jean Harris, attorney and partner with Pfalzgraf Beinhauer Grear Harris Schuller, LLP, as she focuses on strategies to preserve and protect assets if there is a need for Medicaid, skilled nursing home care or care in your home. An experienced Elder Law attorney, Ms. Harris, will discuss how to protect your assets and ensure that you are provided with good care for the rest of your life-even if you are unable to get through the 5 year "look back" period. Please call and register with the center for this program at (716) 773-9682. While there is no charge for the class you MUST pre-register as a courtesy to both the speakers and the GAC staff.

### Monday, November 6: 12:30PM

#### *Moving On – Presentation by Senior Life of WNY*

Please join us this afternoon as Susan King and Sherry McDonald from Hunt Real Estate share their knowledge as Certified Senior Real Estate Specialists. They have the knowledge and expertise needed to guide buyers and sellers transitioning to a new lifestyle. They specialize in providing personalized guidance and support throughout the process of buying or selling a home, ensuring a smooth and stress-free experience tailored to the unique needs of seniors. Also joining these ladies will be Sue Nowowski who will present on the right Senior Housing Made Simple. A senior advisor from Oasis; Sue will speak on when it comes to finding the best senior housing situation for yourself or your loved one, the process can be overwhelming. At Oasis Senior Advisors, we are committed to simplifying the process of selecting a senior housing community for you and your family. Each of our locally owned, community-based services, offers a personal, compassionate approach to help you with your unique needs. We know the many communities in your area and handle all the research for you. Please register with the staff or by calling (716) 773-9682 ahead of time to attend this program.

### Tuesday, November 7: 10:00AM – 11:30AM

#### *Everyday Mindfulness*

Today is the last class of our Everyday Mindfulness program. Enjoy and have fun as we explore creative ways to use simple mindfulness practices to reduce stress, work toward optimal brain fitness and live even healthier lives. Research shows that even a couple of minutes of practice, a few times a day, can positively impact your body and brain! Sponsored by the Prevention Council of Erie County. *Registration is limited to our 15 registered participants. Please check out the flyer in the newsletter for more information and for the registration details.*

**Tuesday, November 7: 10:30AM – 11:30AM**

***“DON'T BECOME A VICTIM – FINANCIAL ELDER SCAMS”*** will be presented members of the Nickel City Financial Task Force, M&T Bank, and AARP at the Grand Island Golden Age Center on November 7, 2023 at 10:30am. The presentation will focus on the current scams used by criminal organizations to target local victims, how to avoid becoming a victim, and what to do once you have been scammed. The Nickel City Financial Task Force is comprised of federal, state, county, and local law enforcement officers, who work with partners in the financial industry to combat financial crimes throughout Western New York.

**Wednesday, November 8: 10:30AM**

***Cappuccino & Conversation with Carrie***

Join Carrie this morning as she serves up a delicious fall beverage and highlights the special programs for the month of November. Please sign up ahead to register.

**Wednesday, November 8: 1:30PM – 4:30PM**

***Social Respite Group Program***

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

**Thursday, November 9: 9:30AM - 1:30PM** *Social Respite Group Program*

***Kathy Flynn with Clarity Group***

Kathleen Flynn from the Clarity Group will conduct individualized reviews for the Medicare Annual Enrollment (October 15 – December 7) for 2024 Medicare coverage. Please make a reservation for a time slot between 9:30 am and 2:00 pm. Bring along your list of medications and physicians, and questions about your coverage needs. For individual questions, Kathleen can be reached at 716-880-6863. Clarity Group may not offer every plan in our area. Any information provided is limited to the plans they do offer in our area. Please contact [medicare.gov](http://medicare.gov) or call 1-800-medicare to get information on all your options.

**Thursday, November 9: 9:30AM START**

***Packing of items for Friends of Night People***

Please join staff and volunteers as they continue our practice of making up snack bags and toiletry bags for the participants in the programs at Friends of Night People. Many hands make light work. If you are interested in being a part of this volunteer project today, please call (716) 773-9682 or stop at the Office and sign up to help.

**Thursday, November 9: 11:00AM**

***Executive Board Meeting***

Club President Joy Mesmer asks for the presence of the Executive Board together for their monthly meeting, to discuss Club business. PLEASE mark your calendars and join us. Joy and the Executive Board look forward to seeing everyone then!

**Friday, November 10:** 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 Saturday, November 11, 2023 at 11:00AM at Veterans Park Memorial Wall, located at 1717 Bedell Road. Please join us for this moving ceremony.**

**Gym equipment & piano**

**On the Stage, the Golden Age Center has a stationary bike, an exercise cycle, a recumbent bike, a rowing machine, resistance bands, small exercise balls & some light weights for our members to use.**

**Members who use this equipment will SIGN IN at the Office, will sign a waiver & will be shown how to properly use the equipment.**

**WE ALSO HAVE A PIANO TO PLAY FOR YOUR MUSICAL DELIGHT!**

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

Mondays & Fridays: 8am—10am; 12:45pm —3:45pm

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

Thursdays: 8am—3:45pm

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

# Golden Age Center Lunch Calendar

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.








*\*Take-Out lunch is paid for Front Office of the Golden Age Center and picked up at the Kitchen with our talented chef.\**

**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. **Each entrée includes:** 4oz. meat, 4oz. fruit OR 4oz. vegetables, & 4oz. starch

# November 2023

Sun. Mon. Tue. Wed. Thu. Fri. Sat.

			<b>1 Birthday Lunch \$6</b> Stuffed Pork Loin with Scalloped Potatoes, Hearty Veggies. & Applesauce 	<b>2 Beef Taco Salad</b>	<b>3 Souper Seniors</b> 	4
<b>5</b>  Turn Clocks BACK in FALL Set Clocks Back 1 Hour First Sunday In November	<b>6 Ham &amp; Swiss Melt with Tater Tots</b>	<b>7 Brunch for Lunch!</b> Cheesy Vegetable Egg Bake with Ambrosia & Sausage	<b>8</b> Barbecue Chicken, Mashed Potatoes, Baked Beans, and Fruit	<b>9 Executive Board Meeting \$5</b> Homemade Baked Ziti with Green Beans & Garlic Bread	<b>10 CLOSED</b> 	11
12	<b>13</b> Beef Stew with Biscuit	<b>14</b> Chicken & Vegetable Stir Fry with Rice	<b>15</b> Lasagna with Green Beans & Garlic Bread	<b>16 General Meeting \$8</b> Thanksgiving Dinner with all the fixings! 	<b>17 Souper Seniors</b> 	18
19	<b>20</b> Swiss Chicken with Rice	<b>21</b> Pulled Pork with Homemade Macaroni & Cheese	<b>22</b> Cheese & Pepperoni Pizza with 3 Bean Salad & Fruit Cup	<b>23 CLOSED</b> 	<b>24 CLOSED</b>	25
26	<b>27</b> Spaghetti & Meat Sauce	<b>28</b> Chicken Pot Pie with Ambrosia	<b>29</b> Beef Stroganoff	<b>30</b> Harvest Chicken Salad with Fruit Cup & Roll & Butter		



**Monday, November 13: 9:00AM-11:30AM**

*Lawley Insurance with John Weatherby*

Join John Weatherby of Lawley Insurance at his informational table which focuses on United Healthcare, Univera, Humana and Aetna. Lawley is contracted to sell **ALL PLANS**, so bring your questions and he will be happy to help!

**Monday, November 13: 11:30AM**

*Fabulous Film Fun Luncheon*

Join us this afternoon for a movie. Bring your own lunch, sign up for our lunch, whatever you desire! It will be a nice afternoon to enjoy a film with friends. Registration is helpful by calling the center at (716) 773-9682. A reminder, as every day, you **MUST** call in for the lunch program 8:00am – 10:30am in the morning.

**Tuesday, November 14: 10:30AM—2:30PM**

*Mitten Project Project Packing*

Calling all volunteers! Do you love to give back to the community? Join us for this project as we give back to those in need this holiday season! Today, we will be packing up all of the hats, mittens, scarves, headbands, socks, lap blankets, and more that have been lovingly made that will be distributed to 25+ local organizations in the Western New York community. For all those that join us in this effort, lunch, beverages, and dessert will be provided for your time and talents! Join in the fun and fellowship of this heartfelt endeavor as we organize this years-worth Mitten Project to keep those in need warm this year! Many hands and hearts, make for light work!

**Wednesday, November 15: 10:30AM**

*At The Races*

Join in the fun again of this racing game as we gather around our racetrack and place our “bets” on our eclectic assortment of horses! Cheer on each other and may the best horse or the most beautiful horse win?!

**Thursday, November 16: 10:00AM**

*Turkey Trivia*

Talk turkey to me! Join the fun of all things related to Thanksgiving and turkey! A way to relax and be silly. Come and play and try to win a turkey of a prize!

**Thursday, November 16: 11:15AM-2:15PM**

*General Meeting with Nominations of Officers & Thanksgiving Luncheon*

**Time: General Meeting at 11:15am; Thanksgiving Dinner at 12:00PM**

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 12:00PM. 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.\*** After a hearty Thanksgiving Dinner, please enjoy the sounds of the Barroom Buzzards from 1pm—2pm with the company of your friends, over coffee and pie à la mode!

**Friday, November 17: 10:15AM**

*Be Prepared for the Future, with our friends from Elderwood at Grand Island*

Dalton Burke, Administrator from Elderwood at Grand Island will be discussing about how we can care for the elderly, discussing Medicaid and Medicare qualifications, falls prevention, memory care, general senior care, Medicare and Medicaid and how to facilitate those type of insurances and the rehab program. Come and get all of these insights on these facets of aging into further care!

**Friday, November 17: 12:30PM**

*Crafting with Carrie*

Today's craft is a small Turkey Wall hanging. The cost is \$2.00 and you need to be **registered by Monday, November 13** to ensure the supplies are available. Please see Carrie for the project.

**Monday, November 20: 10:00AM; 12:30PM**

*Gifting to Others*

Join us this morning as we make a delicious culinary item for our friends that utilize the Meals on Wheels Program. After lunch, we will come back together to gift wrap the food item. Please register for this in the Office or by calling (716) 773-9682.



**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!**

**Tuesday, November 21: 10:00AM; 12:00PM**

***Cooking & Lunch with Carrie***

Today's cooking activity will have us making Pork Wontons with Fried Rice. We will work on making this, and then come together and enjoy lunch with it afterwards. You MUST register by Friday, November 17 for this program and the cost of \$6.00 is expected at the time of registration.

**Wednesday, November 22: Starting at 10:00AM**

***Thanksgiving Fun!***

Before we break for the holiday, let's have some fun in the morning with a special activity; join us for the special surprise! We will enjoy a special lunch as well. After lunch, we will have some Thanksgiving Bingo games.

**Wednesday, November 22: 1:30PM**

***Dementia Caregiver Support Group***

Providing care for a loved one with Alzheimer's or dementia can be isolating and stressful, but support groups can help. The Alzheimer's Association's Caregiver Support Groups are designed to provide emotional, educational and social support for caregivers through regularly scheduled meetings. They help participants develop methods and skills to solve problems. The groups encourage caregivers to maintain their own personal, physical and emotional health, as well as optimally care for the person with dementia. 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 are required. Please call 1 (800) 272-3900 to register before attending.

**Thursday, November 23 and Friday, November 24:**

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 27: 10:30AM**

***Cricut Fun***

Have you ever tried the Cricut? Do you enjoy doing something creative and crafty? We will be working on a paper project working with Cricut. All supplies will be provided for today. Please register ahead of time by stopping by the Office OR by calling the senior center at (716) 773-9682.

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

***Scents & Sounds 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 Jen for this program, as we discuss how our memories are tied to scents, emotions, and sounds and how this is all intertwined together in such special ways. Join us for this great reminiscing program!

**Monday, November 27: 4:30PM – 8:00PM**

***Friendsgiving Potluck with Pirate Bingo***

Join your friends by bring one of your favorite dishes to pass and a \$5.00 gift to play a different version of Bingo with. Please **register by Wednesday, November 22** by either stopping in the senior center or by calling us at (716) 773-9682.

**Wednesday, November 29: 10:30AM**

***University Express: The Language of Holiday Flowers***

Today's presenter, Pati Aine Guzinski, Training Coordinator with the Erie County Department of Health's Public Health Emergency Preparedness Division and SMART will discuss what is the meaning behind holiday flowers. She will teach us what you really mean when you send someone a poinsettia or decorate it with wreaths and evergreens. Pati is also an avid gardener and will share all the above and much more. Please call and register with the center for this program at (716) 773-9682. While there is no charge for the class, you MUST pre-register as a courtesy to both the speakers and the Golden Age Center staff.



Our **Coffee for the Month for October** has been graciously donated by **Sandy Thomasula**, in memory of **Mark Thomasula**, and **American Legion #1346**, in honor of **Golden Age Center members**. We are grateful for her thoughtful generosity and support! *This program will continue due to the generosity of our Golden Age Center friends!*



**Important Phone Numbers to know: Who do you call when you need help?**

Emergency Phone Number: (716) 773-7508

Crisis Services: (716) 834-3131

9-8-8: National Suicide Hotline

2-1-1: available 24 hours a day, 7 days a week. Free and confidential referral service. Human & social services, emergency housing, legal services, domestic, health & wellness, food & nutrition, mental health, support groups, & developmental disabilities

Erie County Senior Services: (716) 858-8526

HEAP: (716) 858-7644



**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.) hltlgtlw \_\_\_\_\_
- 2.) plaeps \_\_\_\_\_
- 3.) lavees \_\_\_\_\_
- 4.) wcarersco \_\_\_\_\_
- 5.) oloscr \_\_\_\_\_
- 6.) aet \_\_\_\_\_
- 7.) rlpes \_\_\_\_\_
- 8.) ollegfa \_\_\_\_\_
- 9.) laketbn \_\_\_\_\_
- 9.) hllcl \_\_\_\_\_

**A warm**



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

- |                 |                 |                |               |                 |
|-----------------|-----------------|----------------|---------------|-----------------|
| Patricia Geiger | Harold Geiger   | Pamela Rowley  | Liz Semaru    | Vincent DiSanto |
| Carolyn Evans   | Vincent DeSanto | Mark Korzelius | Sandra Lucier | Betty Childrose |
| Ella Abate      | Sandra Reagan   | Cheryl Redlein | Marcia Lange  | Mark Lange      |

**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. **JAN YARDLEY is the WINNER for the month of OCTOBER! CONGRATULATIONS!**



**Flu Shot & COVID Vaccine Clinic**



**Monday, November 6, 2023**

**10am—2pm**

**Golden Age Center**

Make your appointment at the Office or by calling (716) 773-9682.

**Please bring your health insurance card & photo ID!**



**Golden Age Club Ballot**

Here is the slate of candidates for the next Executive Board as of October 2023. Elections will be held on Thursday, November 16 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 14, 2023.

- President.....Joy Mesmer**
- Vice President.....Martha Marrinan**
- Chaplain.....Cathy Mancuso**
- Sargeant of Arms.....Tom Natale**
- Corresponding Secretary.....Sue Bognar**
- Reporting Secretary.....OPEN POSITION**
- Treasurer.....Bob Vaccaro**



## Members we lost in October 2023:

Please keep these members and their families and friends in your thoughts during this difficult time. Our Golden Age friends are dearly missed and they will be forever in our hearts.

If any Golden Age members have passed away and are not listed, please contact the Office at (716) 773-9682 so we can update our records. We sincerely appreciate your help.

## Members that were sick in October 2023:

Millie Attrino	Paul Bassette	Marie Casey	Ruth Cunningham	Garry Deutchlander	Iris Galeza
Dick Koch	Nancy Koch	Betty Marinell	Bill Ortiz	Penny Panepinto	Fran Fusco
Chuck Tobe	Linda Smith	Bob Gesl	Henry Lobl	Mary Ann Reszel	Kathleen Garlapow
Gunnar Munk	Pat Ehinger	Joyce Berk	John Stark	Bobbie Cap	



## 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.*

## Lions Club Closet



**Do you or your loved one need a walker, cane, commode, shower chair or any other assistive device? Call us at (716) 773-9682 so we can find the assistive device you need from the Lions Club Closet!**

## Nike Base Par 3, 9 Hole Golf Course



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

## 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.

**LAST CHANCE! The Try & Buy Clothing Closet has CLOSED 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 2024.*

*Find a new piece for your wardrobe!*



## Golden Age Club

Here is your next Executive Board as of November 2022. Elections were held on Thursday, November 17 at the General Meeting during the Thanksgiving Dinner and the Installation of Officers was held at the General Meeting at the Christmas Dinner on Thursday, December 15, 2022. Congratulations and THANK YOU for your service!

**President.....Joy Mesmer**  
**Vice President.....Martha Marrinan**  
**Chaplain.....Cathy Mancuso**  
**Sargeant of Arms.....Tom Natale**  
**Corresponding Secretary...Sue Bognar**  
**Reporting Secretary.....Jan Yardley**  
**Treasurer.....Bob Vaccaro**

## 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.