The Golden Voice

November 2026

November Events

This November, we have a showcase of events going on to make for ***an awesome AUTUMN season***! We are excited to announce the following events:

Coffee & Conversation & Travel Club Meeting
Monday, November 2: 10:00am

Friendsgiving Birthday Party
Wednesday, November 4: 11:30am - 1:45pm

Bingo BONANZA!
Friday, November 13: 12:45pm
Get ready to win GREAT prize envelopes with our varied Bingo games! *Get out your lucky boards!*

Schedule a program by calling our Golden Age Center by calling (716) 773-9682.

Get in quick! See you soon!



October 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
Fran Molnar
Program Coordinator
Jenny Gula
Van Drivers
Tammy Violanti
Fran Molnar
Nutritional Staff
Cathy Moore
Ryan Zygmunt

A Message from Jen

WOW! October just FLEW by in the blink of an eye! Does anyone else feel the same way?

We are so grateful and thankful for the wonderful support we received for our traditional Holiday Happenings. From of vendors, to our donors, volunteers, to our supporters, It was a resounding success, and we can't thank you all enough for your love and support of our cherished event!

October has truly been a season of change. We continued our autumn projects and updates to our facility. Outside, drainage work has been completed, as well as parking lot updates. Our gardens were cleaned up, by the Memorial Wall and front lawn. Our Golden Age Garden thrived, with fresh herbs, vegetables and flowers, many of which ended up in meals AND was used in our cooking program. We have updated our outdoor doors and created fresh spaces, with new floors and fresh painting. Stay tuned as our fall projects finalize by December, with installation of new doors!

Thank you for your flexibility and patience!

WE ARE APPRECIATIVE OF EVERYONE'S CONTINUED PARTICIPATION IN OUR COMPOST PROJECT THIS YEAR! WHEN DISPOSING OF GARBAGE, PLEASE HELP US REDUCE OUR WASTE BY THROWING YOUR GARBAGE IN THE APPROPRIATE BIN! THANK YOU FOR BEING SO MINDFUL AS YOU TOSS OUT TRASH. WE AVERAGE OVER 100+ POUNDS OF COMPOST A MONTH! GREAT JOB, ALL! KEEP UP THE SUPER WORK! THIS GREATLY REDUCES THE AMOUNT OF WASTE IN OUR TRASH BIN DAILY.

Just a gentle reminder that in our daily work, we strive to give each member the utmost attention to their questions and needs. Please be patient, kind, and respectful to the time we take with each member, through phone call, question at the Office, conversation, and help we provide. Thank you for understanding, as some situations are complex, sensitive in nature, and we want all to have the same private, respectful experience.

Day Trips are coming to an end. We will be traveling through mid-November, weather pending. Thank you for enjoying traveling with us this year!

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.

Today is a day that will never come again. Let's make each moment count and cherish every moment. There is beauty in the change of the seasons and let this month remind us how thankful we are for what we have!

Best, Jennifer R. Menter

The Golden Voice

Welcome to our new members of the Golden Age Center in the month of October 2026:



Judi Calucci
Jim Dale
Gail Eames
Kirsti Hunt
Maureen Janik
Michelle Kehoe
Marilyn Scozzaro
Usha Taheem
Salvatore Andolina
Cheryl Caprio
Kathleen DeWitt
Michael Buell
Linda Zindle
Norman J. Zindle

Welcome!

Coffee for the Month of
November
will be **FREE** compliments of
Rebecca Simpson
in honor of
Golden Age members



Coffee for the Month of
November
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!

November 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—12:00pm *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 - 12:00pm *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 *on the Stage***
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 **on the 1st Monday of the month at 10:30am *in the Community Center***
Card Games & Dominoes: Play a variety of card games with friends from **12:00pm – 2:30pm** in the ***Dining Area***
Fun with French: **12:30pm** with ***Jen*** in the ***Arts & Crafts Room***
Bridge: **12:00pm - 2:30pm** in the ***FRONT of the Dining Area***
Gentle Yoga: 12:45pm with ***Sue*** in the ***BACK of the Dining Area***
Chinese Mahjong: 12:30 - 2:30pm in the ***BACK of the Dining Area*** with ***John***

TUESDAY:

Independent Craft Activities: Work on your craft projects independently at your leisure from **8:15am—11:45am; 12:15pm—2:30pm** 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 - 12:00pm** 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***
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 **11:00am –2:30pm** in the ***BACK of the Dining Area***
Mahjong: 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 - 2:30pm** 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: *12:45pm 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***

Welcome to the Golden Age Center!



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.

November 2026 Consistent Weekly Programs at the Golden Age Center

WEDNESDAY:

Independent Craft Activities: Work on your craft projects independently at your leisure from **8:15am—11:45am; 12:15pm—2:30pm** 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 - 12:00pm** in the ***Lounge***

Wellness Walks with Walking Club: Walk your way to wellness with your peers at **9:00am** with ***Jen*** at the ***Golden Age Center***

Chorus: Sing songs of all different genres among your peers at **10:00am** with ***Bobbie*** 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, Pinochle & Card Games: **12:30pm – 2:30pm** in the ***BACK of the Dining Area AND the Stage***

Afternoon of Games: Play Ping Pong, Foosball, Shuffleboard, and other games with friends at **12:30pm in the Community Center**

Autumn Landscape Painting

Cost: $40



Cost: $40

Thursday, November 12
12:15pm—2:15pm

Come celebrate the promise of autumn and create your own painting of an autumn pumpkins using acrylics on canvas. All supplies are included, and no drawing or painting experience is necessary. Step-by-step instructions are available for those who want that, and others can come and play with the paints while getting helpful tips. Color mixing, painting techniques, and tapping into your artist's eye are concepts shared in this "just for fun" experience!



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



Joyce Berk
Barbara Davis
Dominic Defeo
George Deglopper
Jacquie DesJardins - LoManto
Rob Frasier
Bogdan & Janice Fundalinski
Casey & Iris Galeza
Frank Greico
Kathy Hoppel
Tom Kunselman
Beverly Kuszczak
Barbara & Bob Lamb
Jack Lillico
Cindy Lin
Beverly Luszczak
Jack Mahnk
Elaine Miller
Peg Price
Dave Rogers
Dee Schulman
Laura Sexton
Chuck Tobe



November 2026 Consistent Weekly Programs at the Golden Age Center

THURSDAY:

Independent Craft Activities: Work on your craft projects independently at your leisure from **8:15am—11:45am; 12:15pm—2:30pm** 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 - 12:00pm** 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***

Pinochle, Dominoes & Card Games: **12:30pm – 2:30pm** in the ***FRONT of the Dining Area***

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 **12:45pm** in the ***BACK of the Dining Area***

FRIDAY:

Independent Craft Activities: Work on your craft projects independently at your leisure from **8:15am—11:30am; 12:00pm—2:30pm** 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***

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: **10:00am** onward in the ***BACK of the Dining Area***

Mahjong: 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 2:30pm *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 **12:45pm** 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

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

Erie County Senior Services: (716) 858-8526 HEAP: (716) 858-7644

For Your Information!



Please do NOT flush paper towels, disposable undergarments, hand wipes, or sanitary items down the toilets in our restrooms. Please dispose of these items in the garbage can, located in each restroom. We are on a septic system, and septic backups can happen easily, making this is an expensive cost for us to incur. Thank you for your help in this matter.

Please LABEL your coats 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 Heating Benefits opens on November 2 and available until funds are exhausted.*

November 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.

Golden Age Center Lunch Calendar

Membership allows you to partake in our nutritious lunch program; lunch is $4.00 OR $5.00 OR MORE on Special Event days. Lunch is served at 11:45AM Tuesday-Thursday & 11:30am on Monday and 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.** *Thank you!*

November 2026 Lunch Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 **Chef's Choice**	3 Meatloaf with Mashed Potatoes & Beets	4 $8 Maple Balsamic Pork Loin with Rice, Cranberry Sauce, Arugula Salad, Butternut Squash Soup & Carrot Cake	5 Meatball Bombers with French Fries	6 **Souper Seniors**	7
8	9 **Chef's Choice**	10 Savory Beef Tips over Noodles with Mixed Vegetables	11 **CLOSED** 	12 Executive Board meeting Baked Ham with Scalloped Potatoes, Pineapple & Pie $6	13 **Souper Seniors**	14
15	16 **Chef's Choice**	17 Chicken Drumsticks with Corn and Stuffing	18 Shepherd's Pie with Roll & Butter	19 General Meeting & Nomination of Officers Thanksgiving Dinner with all the fixings! $10	20 **Souper Seniors**	21
22 	23 **Chef's Choice**	24 Lasagna with Meat Sauce, Green Beans & Garlic Bread	25 Ham & Swiss Melts with Sweet Potato Fries	26 **CLOSED**	27 **CLOSED** 	28
29	30 **Chef's Choice**					

The Golden Voice

Members that we lost in the month of October 2026:

In Loving Memory

Jean Bleich

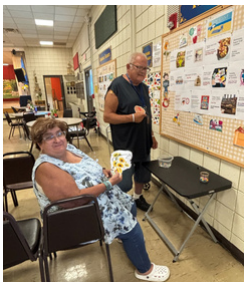
Randy Grotz

Ron Sweeney

Joe Synakowski

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!









November 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. If you can NOT attend a program, kindly call us to CANCEL your reservation, so that we can offer your spot in a program to another member. Thank you for your cooperation!

1st, 3rd & 5th WEDNESDAYS: Wednesday, November 18: 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! Bring your reusable bags and stock up on fresh, quality produce! ***NOTE: The FarmMarket Truck is CANCELLED on Wednesday, November 4. We are sorry for any inconvenience this may cause!***

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Monday, November 2: 10:00AM
Coffee & Conversation/Travel Club with Carrie
Come and review the calendar for November and sign up at the end of your meeting for your programs and events as Carrie answers your questions and explains the calendar. As always, it is important to read your newsletter and check out all the events! Bring your calendars so you can add your events. Get out of your comfort zone AND join in the FUN!

Tuesday, November 3: 10:00AM
Sit and Groove with Jenny & Carrie
The class was such a hit, we thought we would continue! Join us for great music AND an ENERGETIC and fun way to exercise!

Wednesday, November 4: 11:30AM – 1:45PM
Friendsgiving Birthday Party with entertainment from Cris Johnson at 12:45pm
Join us as we celebrate all our members with November birthdays and as we have fun celebrating the bounty and the blessings of this beautiful time of the year. We begin our event with our very own fall-themed treats for our Friendsgiving Birthday Party, friend-themed fun, join us for our fall-themed photo booth and funny games that'll get you laughing! Our Birthday Split Club Raffle will take place at 11:50am, Birthday Lunch will be served at 12Noon, and the mystical, magical entertainment of Cris Johnson will begin at 12:45pm. *You do not want to miss this fun!*

Wednesday, November 4: 5:00PM potluck, 6:00PM program
University Express: Dark History: 72 Sycamore, The Eliza Quirk House
Join our returning speaker, Emily Jarnot, Preservation Planner with Preservation Buffalo Niagara as she gives a lecture on 72 Sycamore, a former 1848 brothel, owned by Irish immigrant Eliza Quirk. The lecture will focus on the history from Eliza to the status as Preservation Buffalo Niagara's future home. Dark undertones include sex work and homicides. Join us for a potluck prior, should you desire. Should you wish to join us for the potluck dinner, let us know what you like to bring to share! You must register ahead, so please call (716) 773-9682, or register with the Office.

Thursday, November 5: 9:15AM
Christmas in the Country
This is a large craft show in the Hamburg Fairgrounds, so if you like to buy gifts for the holidays, this trip is for YOU! Better yet, have a "treat your self" DAY! We will be leaving the Golden Age Center at 9:15AM. ***Cost: $21 per person for transportation and admission.*** Lunch and purchases will be on one's own.

Golden Age Center Transportation Vans



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 Fran, our Transportation Coordinator.

November 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. If you can NOT attend a program, kindly call us to CANCEL your reservation, so that we can offer your spot in a program to another member. Thank you for your cooperation!

****Thursday, November 5: 10:30AM – 1:30PM* (time and day change due to holiday)***

Social Respite Group Program

Attention Caregivers of individuals with Alzheimer's Disease or a related dementia: A dementia-specific respite program runs today *(change in schedule!)* once a month 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.

Friday, November 6: 10:00AM

University Express: Buffalo Made: Inventions That Changed the World!

From windshield wipers to air conditioning to the implantable pacemaker, WNY has a long history of invention and innovation. Yet, it's an often-untold story! For almost 200 years, things made right here in Buffalo (and WNY) have influenced the world! Join Erie County Historian Doug Kohler on a virtual tour of inventors and inventions from WNY that have had a global impact. You must register ahead, so please call (716) 773-9682 or register with the Office.

Friday, November 6: 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, November 6: 12:30PM

Internet Safety

Join Officer Pyc as he discusses how to stay safe navigating the internet and what to watch out for. His previous program on scams and frauds that have affected Grand Islanders was very informative. We encourage you to attend. Also, remember, you can make one-on-one appointments with Carrie if you need assistance with your devices. Officer Pyc will be available after the presentation, should you have questions of personal nature. Please register at the Office or call the Golden Age Center at (716) 773-9682.

Monday, November 9: 9:00AM

Batavia Downs Gaming and Hotel

The Golden Age Center van will leave at 9:00am and will be leaving the facility around 2:00 PM. If you need information about the promo on Mondays, *Forever Young Mondays,* please see Carrie. Cost: $15 per person for transportation; purchases and lunch will be on one's own.

Tuesday, November 10: 10:15AM

East Aurora

We will depart from the Golden Age Center and head to East Aurora. We will start our trip at Riley Street Station for lunch. After, we will meet at the Aurora Theatre at an established time to watch the film *Seems Like Old Times*. This film was written by Neil Simon and pairs up actors Chevy Chase and Goldie Hawn. In between, you will be given time to shop the many boutiques along Main Street, then we will meet at the theatre at 1:45PM to watch the great film, sponsored by Erie County Department of the Aging. ***Cost: $17 per person for transportation and movie tickets; purchases and lunch will be on one's own.***

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.**



Looking for Pinochle Players to play on Wednesdays between 12:00 PM – 2:00 PM AND looking for Bridge players to play on Mondays from 12:30pm – 3:00pm.

Please call the Office at (716) 773-9682 to inquire and find out more details!

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!

November 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. If you can NOT attend a program, kindly call us to CANCEL your reservation, so that we can offer your spot in a program to another member. Thank you for your cooperation!

Tuesday, November 10: 11:30AM

Veteran's Day Celebration

Calling all veterans! Come and have a special meal with us as we pay tribute to all of our Golden Age veterans! To reserve your spot, please call (716) 773-9682 for this special celebration.

Tuesday, November 10: 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.

Wednesday, November 11:

"A hero is someone who has given his or her life to something that is bigger than oneself." ~ Joseph Campbell

The Golden Age Center will be CLOSED for the Veteran's Day holiday.

VETERANS DAY SERVICES will be held on Wednesday, November 11 at 11:00 a.m. at Veterans Park.

Thursday, November 12: 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 Sweets & Treats, end-of-year, discuss Holiday Happenings wrap-up, 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!

Thursday, November 12: 12:15PM – 2:15PM in the Arts & Crafts Room

Painting with Martha Rogala

Come celebrate the promise of autumn and create your own painting of pumpkins OR a beautiful autumn bouquet, using acrylics on canvas. This is perfect for the Thanksgiving season! All supplies are included, and no drawing or painting experience is necessary. Step-by-step instructions are available for those who want that, and others can come and play with the paints while getting helpful tips. Color mixing, painting techniques, and tapping into your artist's eye are concepts shared in this "just for fun" experience! Cost is $40.00 for instruction and all supplies. To register, please stop by the Golden Age Center Office.

Friday, November 13: 10:00AM

Good Neighbor Project

Want to be a good neighbor? Come and join us this morning as we either make or write out Thanksgiving cards for our meals on wheels recipients and others who cannot come into the center *(for a variety of reasons*) that have been a part of our family for a long time. Come, be a part of our neighborhood, and share love with others!

Friday, November 13: 12:45PM *Note Date Change*

Bingo Bonanza!

NEW PRICE! For $2.50, you will get up to 4 boards to play ALL the games for the afternoon. Follow along for fun and laughs as you vie for the prize envelopes! *Come one, come all! From Letter X to Regular Bingo, Coverall Bingo to Railroad Tracks,* join us for laughs and lots of BINGO fun!

Happy Birthday to our ACTIVE members celebrating November birthdays!

November 1.....*Thomas Insana*
November 4.....*Phyllis Baker & Don Bellinger*
November 5.....*Joseph Dembek & Gary Golembiewski*
November 6.....*Gina LaGatta*
November 7.....*Debbie Ailinger & Brian Vizzi*
November 8.....*Roxann Norman & Renee Pimsner*
November 10.....*Patty Butler, Cathy Puyda & Carla Stone*
November 11.....*Charles Anderson, Carolyn Gentz, Elinor Hubert, Valvir Kaur, Mary Musilowski, Colette Rosier, & Donna Williams*
November 12.....*Tracy Amin, Greg Lovett, Carol Lindelow, Patti Schwarzkopf & Elaine Stedman*
November 13.....*Josephine Lundin, Ann Rossiter & Debbie Tront*
November 14.....*Robin Jordan*
November 15.....*Joni Little & Rosalie Palamuso*
November 16.....*Andrew Stanczyk & Cheryl Wienckowski*
November 18.....*George Hoechst*
November 19.....*Sam Alaimo, Ella Abate, Frederick Hamp & Peter Krys*
November 20.....*Mary Ewing & Gursharan Ghuman*
November 21.....*Laura Moore, Carol Moscati & Dennis Lang*
November 22.....*Marilyne Brandoni & Stephanie Schwartz*
November 23.....*Pat Balisteri & MaryAnn Lochren*
November 24.....*Beth Golembiewski*
November 25.....*Anthony Carolucci, Jerry Donovan, Linda Geldin & Julie Nabozny*
November 26.....*William (Barry) Vasey*
November 27.....*Freida Litzel & Linda Smith*
November 28 .....*Dennis Caldwell*
November 29.....*Joanne Carcione, Mary Louise McLaughlin, Catherine Lansberry, Roseanne Ryder, Mary Savio, Susan Schreckengost, & Michael Yannello*
November 30.....*Brigitte Arnold, Trish Cop, Kathleen Kapus-Shackelford, Nancy Tobe, & Thomas Volk*



November 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. If you can NOT attend a program, kindly call us to CANCEL your reservation, so that we can offer your spot in a program to another member. Thank you for your cooperation!

Monday, November 16: 10:00AM

University Express: Recipe Makeover with Jennifer Stanek

Do you want to enjoy the foods you love, but believe eating healthier means boring or yucky? If so, this class is for you! Tell the instructor your favorite dish and she will tell you what to do to keep the taste, but with less carbs and fat. Learn great substitutes and how to eat within the macronutrient limits you need so you can enjoy your meals and still be lean, strong, and healthy. Presented by Jennifer Stanek, Health, Wellness and Energy Coach. You must register ahead, so please call (716) 773-9682 or register with the Office.

Monday, November 16: 12:00PM

Crafting with Carrie – Thanksgiving Hearts

This month's crafting will be using fabric and making hearts to gift or keep. No sewing needed, but, you can, if you prefer. Come to the Office to see the inspiration for this project. ***Cost: $5.00 per person. Please register and pay at the Office by Friday, November 13.***

Tuesday, November 17: 10:00AM

Sit and Groove with Jenny & Carrie

The class was such a hit, we thought we would continue! Join us for great, FUN music and a fun, ENERGETIC way to exercise!

Tuesday, November 17: 12:00PM – 2:00PM

Fall Risk Assessment with Daemen University

Would you like to be assessed and learn more about staying safe from falling? Learn from the physical therapy students and staff from Daemen University. Please register for this program, as there are limited spaces. Each appointment should last around 15 minutes. You can register by calling the Golden Age Center at (716) 773-9682 or stop by the Office.

Wednesday, November 18: 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, November 18: 12:45PM

Caregiving through the Holidays

This program focuses on the ups and downs of being a caregiver through the holiday season, with lots of great tips to have joy through the holiday season, through the journey of caregiving. This program is sponsored by the Alzheimer's Association and the Golden Age Center. To register, please stop by the Office or call (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 1100 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 Jen OR Jenny!

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!

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Wednesday, November 18: 5:00 PM potluck, 6:00 PM program

University Express: Buffalo's East Side Industry

Buffalo's East Side Industry reviews 141 businesses that were or are still located on the East Side. The images included represent an immensely diverse industrial base, when the East Side was the ethnic, cultural, and manufacturing center for Buffalo and Western New York. The author will discuss some of these businesses in detail, talk about the growth of industry in Buffalo and the process used to write industry review books. Instructor for tonight's program is Shane E Stephenson, President and Trustee of the Buffalo Presidential Center. Join us for a potluck prior, should you desire. You must register ahead, so please call (716) 773-9682 or register with the Office.

Thursday, November 19, 2026: 10:00AM -1:45PM

Share the Bounty Thanksgiving Dinner

10:00AM Friendsgiving Thanksgiving, General Meeting and Nomination of Officers at 11:30am, and Thanksgiving Celebration of the Golden Age Center at 12Noon

The day will start with fun Thanksgiving activities, including Turkey Bingo, the Thankful Wall, and fall fun! After that, we will have the General Meeting at 11:30AM, 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, you can enjoy the sounds of Custodi & Parisi over Pie à la mode and coffee at 12:45PM.

Thursday, November 19: 12:30PM

Staying Up-to-Date on Recommended Vaccines

As the fourth part in our Community Education Series, we will discuss the importance of saying up-to-date on recommended vaccines, including which vaccines are most important, how this helps maintain one's health and community health. This workshop is interactive, engaging, with time for questions and answers. Learn the with UB Research Team AND Ivylea Pharmacy. The program will begin and end with a survey. To sign up for this program, please call (716) 773-9682.

Monday, November 23: 10:00AM

Art with Marsha

Come and join us for another class with Marsha. All supplies are provided but you MUST register ahead. These classes have been a lot of fun, and there is no need to be an artist to enjoy! You will also learn and expand your art knowledge!

Monday, November 23: 10:30AM - 2:00PM

Mitten Project Distribution

Calling all volunteers! Come and help Sandy and Jen as we work through making Blessing Bags of over 1100 Mitten Project donations of hats, gloves, scarves, mittens, headbands, lap robes, blankets, socks and MORE. Help the ladies make over 30 Blessing Bags to be given out to over 30 local organizations, schools, hospitals and nursing homes, in need, to help keep those in need warm this season. Help those in need in your community and help open your heart with us! To sign up for this program, please call (716) 773-9682.

Thursday, November 26 and Friday, November 27: The Golden Age Center is ***CLOSED*** in observance of Thanksgiving holiday.

Monday, November 30: ***9:30AM – 3:30PM at the Community Center***

Energy Affordability Outreach with Erie County

Please join us for the Energy Affordability Outreach event today in our community. This event connects residents of all income levels with programs that can help reduce household energy costs. County staff and program partners will be able to provide information and application assistance for programs such as HEAP, utility bill discounts, ECLIPSE Community Solar, and home energy-efficiency and weatherization services. Please bring your ID and utility bills. For more help and information, please stop by the Community Center with your questions.



The Try & Buy Clothing Closet remains OPEN for the AUTUMN season!

Golden Age members can bring in their gently used and nearly new AUTUMN 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
5677 NF Blvd.
Niagara Falls, NY 14304
(716) 299-0877

Bottle Junction
1942 Colvin Blvd.
Tonawanda, NY 14223
(716) 834-1111

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.

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



I can do in one DAY what others can do in one HOUR. The JOYS of senior age!

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 & Bob Vaccaro this month for helping to sell the Birthday Split Club Raffle Tickets for the month of September!

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

Beth Julin
Kathy Lechner
Carolyn Mesches
Nancy Prusak
Trudi Shelp

CONGRATULATIONS!

Dennis's Dad Joke of the Month



What do you call two cannibals wrestling?

~ A food fight!

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!



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. ***For the month of September, Fred Thompson & Terry Warner*** are the winners for **OCTOBER!**

CONGRATULATIONS!



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 :

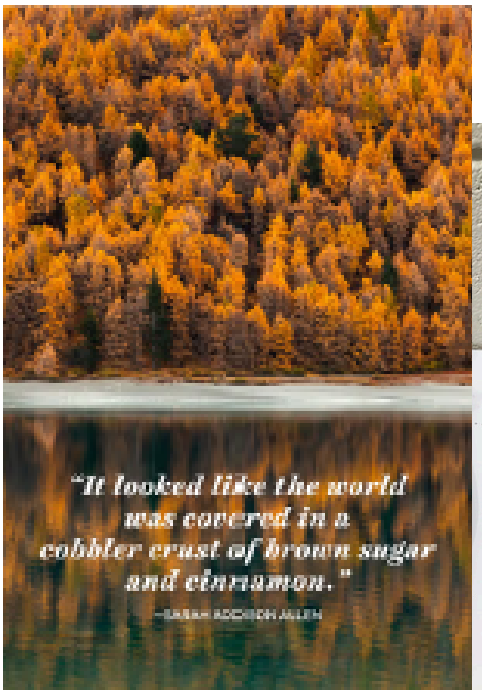
Mondays: 8am—10am; 11:30am —3:45pm
Tuesdays: 8-11:45am Wednesdays: 11:30am—3:45pm
Thursdays: 8am—12:45pm Fridays: 8am—10am

November 2026 Special Events Calendar at the Golden Age Center

Check out the NOVEMBER anagrams! 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! November is a month of reflection, gratitude, and transition, inviting us to appreciate the beauty of change and the warmth of togetherness.
What could these SURPRISE words be?!?!

1.) y r b a c n r e r _____
2.) p l a e p s _____
3.) l a v e e s _____
4.) k y e t r u _____
5.) o l o s c r _____
6.) r d i e y a h _____
7.) s i p s c _____
8.) o l l e g f a _____
9.) l a k e t b n _____
10.) h l l c l _____

Good luck! How many can you guess?!?



November Anagram Answers:
1.) cranberry
2.) apples
3.) leaves
4.) turkey
5.) colors
6.) tea
7.) crisp
8.) foliage
9.) blanket
10.) chill



Calling all Patriotic people! Do you have any patriotic or military branch ornaments OR small display items that you are willing to part with and donate to us? We would like to make a tree here for the centers for our Field of Holiday Trees. Please bring into the Office any donation. Thank you!





NOVEMBER FUN FACTS

- It is the LAST month of the Atlantic hurricane season in the Northern Hemisphere (which has been eerily quiet this year).
- November's full moon is the ***Beaver Moon***, named for the traditional time to set beaver traps before waters froze.
- Birthstones are the **Topaz** and **Citrine, *symbolizing honesty, joy, and optimism.***



- **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, March 1 & Monday, March 8, 2027** 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.

farm market

A Program of FeedMore wny

love fresh fruits and veggies?

OPEN TO THE PUBLIC!

Stop by to purchase fresh, healthy, affordable and locally grown produce, everything under $5!



Grand Island Golden Age Center

3278 Whitehaven Road

Grand Island, NY 14072



9/16, 9/30, 10/7, 10/21, 11/4, 11/18,
12/2, 12/16, 12/30
10:30am-11:30am





The Farm Market accepts cash, debit/credit, tap to pay & SNAP/EBT (50% off)!

FeedMore wny

Find our full schedule at feedmorewny.org under 'Find Food'

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



SWEETS & TREATS

Holiday Bake Sale

GOLDEN AGE CENTER
3278 WHITEHAVEN ROAD

December 2026

MARK YOUR CALENDARS!

1 dozen - $10 2 dozen - $20



Enjoy the holiday decorations around the Golden Age Center, enjoy some holiday contests, and enjoy the ambiance of the holiday season with US!

Grab & Go Gifts and Santa's Workshop

Shop at our Grab & Go Gifts and enjoy holiday shopping that doesn't break the bank from our Santa's Workshop. Find some great gifts for everyone on your list!

THANK YOU FOR YOUR SUPPORT OF THE

Golden Age Club & the Golden Age Center