



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

October 2018

Flower: Dahlia

Birthstone: Opal or Tourmaline

Town of Grand Island

Golden Age Center

3278 Whitehaven Road

Grand Island, NY 14072

Phone: (716) 773-9682 OR (716) 773-9683

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E-mail: goldenage@grand-island.ny.us

Business Hours: 8am–4pm, Monday–Friday

Website: http://www.grandislandny.us/departments/golden_age/index.php

Nathan McMurray

Town Supervisor

**Jennifer Baney Bev Kinney
Mike Madigan Pete Marston**

Town Board

Jennifer R. Menter





Recreation Supervisor—Senior Citizen

Golden Age Center



October Birthdays



October 1	Carol Mihalovich	October 17	Rosemarie McDonald & Kathy Zielinski
October 2	Richard Warner & Mary Zerilli	October 18	Sharon Ledwon
October 4	Afiza Mojowalla, Lynn Polizzi, Celia Spacone, PhD., Bob Vaccaro & Dawn Whitbeck	October 20	Paula Hann
October 5	Carolyn Mesches	October 21	Bob Henschel & Gunnar Munk
October 6	Jane Consier & Ruth Cunningham	October 22	Stanford Harrington
October 7	Bob McCormick, Paul Leuchner, Robert Redfearn, & Lorraine Willcox	October 23	Gerald Robinson & Ed Shelp
October 8	Casey Galeza	October 24	Thomas Dugan
October 9	Marion Samland	October 26	Pete Gottlier, Dorothy Lew, Lorraine Mangin, & David Russell
October 10	Geraldine Burrano & Annette Lobl	October 28	Brenda Cassoni & Ray Gress
October 13	Priscilla Johnson & Kim Yarwood	October 29	Thomas Roell
October 14	Iris Jircitano, Barbara Krause & Sheryl Kutis	October 30	Lynda Black & Sharon Moffett
October 15	Joyce Ernst & Jerry Sitarski	October 31	Jane Wynne
October 16	Kathleen Loth	   	Happy Birthday, members!

The following activities are consistently offered at the **Golden Age Center...**

MONDAY

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

Anything Craft Class: 10:00am with **Lorraine** in the Arts & Crafts Room

Arthritic Chair Exercises: 12:30pm with **Lorraine** behind the Stage

Various Card Games (Pinochle, Canasta, etc.): 12:30pm in the Dining Area

Fun with French: 12:45 pm with **Jen** in the Dino Room in the Activity Center

Bridge: 1:15pm in the Dining Area

TUESDAY

Total Body Workout: 9:30am with **Carole** in the Community Center (*Fee for class is \$1, payable to Carole Joseph*)

Trim Time: 10:00am on the Stage

Computer Club: 10:45am with **Molly** in the Arts & Crafts Room

Beginner Line Dance: 11:00am with **Richard** behind the Stage

Bingo Bonanza: 12:30pm with **Carrie** in the Arts & Crafts Room

Advanced Line Dance: 12:45pm with **Richard** behind the Stage

Various Card Games (Pinochle, Canasta, etc.): 12:30pm in the Dining Area

Bowling: 1:00pm at Mallwitz Lanes

WEDNESDAY

Anything Craft Class: 10:00am in the Arts & Crafts Room

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

Tennis: 10:00am on the Tennis Courts (weather pending...go out and play and enjoy!)

Artists' Haven: 10:00am in the Dino Room in the Activity Center

Coups for Troops: 10:45am with **Carrie** in the Dining Area

Mahjongg: 12:15pm in the Dining Area

Various Card Games (Pinochle, Canasta, etc.): 12:30pm in the Dining Area

Fun with French: 12:45 pm with **Jen** in the Dino Room in the Activity Center (**3rd & 4th Wednesdays of the month**)

THURSDAY

Total Body Workout: 9:30am with **Carole** in the Community Center (*Fee for class is \$1, payable to Carole Joseph*)

Bingo: 10:00am with **Carrie** in the Arts & Crafts room

Euchre & Various Card Games (Pinochle, Canasta, etc.): 12:30pm in the Dining Area

Crafting for a Cause: 12:30pm with **Carrie** in the Dining Area (**1st , 2nd & 3rd Thursdays of the month**)

Ceramics: 1:00pm in the Arts & Crafts room

FRIDAY

Chess: 9:00am in the Dino Room in the Activity Center

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

Trim Time: 10:00am on the Stage

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

Arthritic Chair Exercises: 12:30pm with **Lorraine** in the Arts & Crafts Room

Poker & Various Card Games (Pinochle, Canasta, etc.): 12:30pm in the Dining Area

Monday, October 1: Members' Coffee

Place: Dining Area

Time: 10:30am

Please join Jen for coffee and a pastry as we discuss happenings at the Golden Age Center. Questions and suggestions and feedback are warmly welcomed. Come and join in the conversation. We hope to see you there!

Tuesday, October 2: Boston/Cape Ann/Salem Travel Social

Place: Dining Area

Time: 12:45pm

Please join Jen for this Travel Social for our extended trip, as she gives everyone the chance to get to know one another! Jen will go over the trip itinerary in great detail, and she will answer any last minute questions that you may have. Light refreshments and a light snack will be offered during this time. Start packing your suitcase NOW and start getting excited for our trip!

Wednesday, October 3: Oktoberfest Birthday Lunch

Time: NOON for the Birthday Lunch; 12:45 for the entertainment

Place: Dining Area

Let's get together for lunch and celebrate the seniors who are celebrating a birthday this month! In the spirit of the party, feel free to wear your lederhosen for our Oktoberfest party. Be creative! A delicious, themed feast will be served for lunch, complete with birthday cake & ice cream, graciously donated by Elderwood at Grand Island. Join us for some great entertainment from Red Blazer Chorus at 12:45pm. Mark your calendars and join in the fun!

Friday, October 5: Brain Games

Place: Dining Area

Time: 10:00am

Exercising your brain and trying something new is just as important as exercising your body! Brain games help you increase your focus, exercise helps your long term memory, sharpens your short term memory, and have some fun and laughter along the way, with your peers. Come and join us!

Monday, October 8: The Golden Age Center will be *CLOSED* for the Columbus Day holiday.

Tuesday, October 9: Walmart Trip

Time: The Golden Age Bus will leave at 8:30am.

Place: Meet at the benches at the Entrance.

We are offering a shopping trip to Walmart to those seniors who don't drive off the Island or for those who would rather leave the driving to us. This is the perfect opportunity to get your monthly shopping done!

Reminder: you are limited to 4 shopping bags that YOU can lift. Please call us at (716) 773-9682 or stop in to reserve your spot on the bus. Suggested donation: \$3.00

Wednesday, October 10: Dementia Caregiver Support Group

Time: 1:30pm

Place: Stage

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

Wednesday, October 10: Social Program for Individuals with Dementia

Time: 1:30pm—4:30pm

Place: Community Building

Attention caregivers of people with Alzheimer's disease or a related dementia: A dementia specific respite program runs today and every 2nd Wednesday of the month from **1:30pm until 5:30pm in the Community Building 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 many various activities. Great friendships and fun take place here! Please call Jennifer Menter at (716) 773-9682 for more information on this social program.

Friday, October 12: Decorating Pumpkins & Gourds

Time: 12:30pm

Place: Stage

Cost: \$3

Join Jen as she guides everyone in decorating your own, creative pumpkins & gourds! Supplies will be provided to all participants. Bring your creativity and bring an old shirt/art smock to wear. Pumpkins, gourds, paints, brushes, pumpkin carving knives, ribbons, and ALL other supplies will be provided. Please sign up at the Office or call (716) 773-9682 to reserve your spot. ****This program will be limited to 12 participants! SIGN UP EARLY, as this program will fill up FAST!****

Friday, October 12: *Fat Facts: What You Need to Know*

Time: 10:00am

Place: Dining Area

Join Jennifer Johnson, Health Promotion Coordinator of BCBS of WNY, will present this topic, sharing the benefits of having good fats in your daily diet. Learn about fats – which are the healthiest and which to limit in your diet. We'll share tips for adding healthy fats to your meals without sacrificing taste.

Monday, October 15: *Travel Club meeting*

Place: Dining Area

Time: 10:30am

Please join Jen for this meeting as we discuss the upcoming plans for day trips for October, as we discuss how our extended trip to Boston/Cape Ann/Salem went, as well as November Day Trip opportunities. Come travel with us! **REMEMBER: Payment holds your spot on our trips! Please bring your checkbook or cash, for payment will hold your spot on our trips. Spots are available on a first come, first served basis to paying customers!**

Tuesday, October 16: *BINGO Bonanza*

Time: 12:30pm

Place: Dining Area

Come join us for some fun, special BINGO Bonanza games! Join us for a chance to win GREAT PRIZES and PRIZE MONEY (from \$1—\$10 winnings). Come one, come ALL! **COST: \$1.00 to play; players can play up to 4 Bingo boards for this price. Each additional BINGO board (over 4 boards) can be purchased for an additional \$1.00.** Come one, come all!

Thursday, October 18: *Executive Board Meeting*

Time: 12:30pm

Place: Stage

ATTENTION: Calling ALL members of the Golden Age Club Executive Board! The Golden Age Club President Nancy Tobe requests the presence of all officers and chairpersons for the monthly meeting following lunch. She looks forward to seeing you there, as we'll be discussing last-minute items for the upcoming Holiday Happenings event, as well as wrapping up the 2018 event year.

Friday, October 19: *Setting up for Holiday Happenings*

Time: 9:00am—2:00pm

There will be NO programs taking place on the Stage or the Dining Area from 12:30pm onward, since we will be setting up for our annual Holiday Happenings event.

Saturday, October 20: *Holiday Happenings*

Time: 9:00am—2:00pm

Come and join us for our Fall event! The day will start with our Bake Sale starting at 9am, featuring a variety of desserts and canned goods. You will be able to shop from 15 vendors, selling their craft goods, from 9am—2pm. Take a chance and try to win some AMAZING baskets from our HUGE BASKET RAFFLE! Winners of the basket raffle will be raffled at 2pm; winners need NOT be present to win. Join us for our Lunch Sale, featuring beverages, Chili with Cornbread, Chicken Noodle soup with crackers, & Roast Beef Sandwiches. Face Painters will be on hand for the children to enjoy! Come one, come all, and join in the fun!

Monday, October 22: *Flu Shot Clinic with Walgreens*

Time: 9am—2pm

Place: Stage

Protect yourself this flu season by making an appointment with us to get your flu shot. Please bring your ID & health insurance card. Appointments will be held in 15 minute increments. Please call (716) 773-9682 or stop by the Office to sign up for your appointment slot. ****This is the LAST flu shot clinic! Protect yourself from the harsh flu that may go around this Fall and Winter!****

Monday, October 22: *United Health Care & Aetna*

Time: 10:00am—11:30am

Place: Outside of the Dining Area

John from United Health Care will be at the Center to answer any of your health insurance questions and will be able to provide you information on health care plans from United Health Care & Aetna. Stop on by and have some peace of mind about the many health insurance changes in 2018!

Tuesday, October 23: *Walmart Trip*

Time: The Golden Age Bus will leave at 8:30am.

Place: Meet at the benches at the Entrance.

We are offering a shopping trip to Walmart to those seniors who don't drive off the Island or for those who would rather leave the driving to us! This is the perfect opportunity to get your monthly shopping done. **Reminder: you are limited to 4 shopping bags that YOU can lift.** Please call us at (716) 773-9682 or stop in to reserve your spot on the bus. **Suggested donation: \$3.00**

Tuesday, October 23 & Tuesday, October 30: 55 Alive AARP Safe Driving Class

Time: 12:15-4:00pm

Place: Arts & Crafts Room

ONLY 8 SPOTS LEFT! Be safer on the road, and receive an auto insurance discount by taking this course. You MUST attend both classes in order to receive the auto insurance discount. A check made payable to AARP will hold your spot in the class. **COST: \$20.00 for AARP members; \$25.00 for non-AARP members**

Thursday, October 25: Town Time with Supervisor Nathan McMurray & General Meeting

Time: General Meeting at 11:15am; lunch at 12 Noon; 12:30pm for time with Supervisor McMurray

Place: Dining Area

The day will start with the General Meeting, followed by a delicious lunch, and Supervisor McMurray will be here at **12:30pm** to update us on happenings taking place in Grand Island. He will gladly answer questions that the members have. Stay in the know, in both senior services, and in our community!

Friday, October 26: Fidelis Care

Time: 9:30am-10:30am

Place: Dining Area

Patrick Murphy from Fidelis will be at the Center to answer any of your health insurance questions and will be able to provide you information on health care plans.

Friday, October 26: Design Your Own Fall Leaf Print T-Shirt

Time: 12:30pm

Place: Stage

Join member Joy Mesmer as she leads crafters in making their own Fall Leaf Print t-shirt design! Please dress ready to craft, wearing old clothes or bring an art smock to wear as you craft, and please bring your own t-shirt (please make sure it's already washed). Bleach, leaves & supplies will be provided to crafters. Please sign up at the Office or call (716) 773-9682 to reserve your spot. ****This program will be limited to 12 participants! SIGN UP EARLY, as this program will fill up FAST!****

Monday, October 29: Discussion with Dr. Graham from the GI Central School District

Time: 12:45pm

Place: Dining Area



Dr. Graham will continue his discussion with Golden Age members to discuss the district's ongoing work on threat assessment and keeping students and staff safe. Dr. Graham welcomes questions and thoughts. He will also bring information on the Gold Pass that the District offers to senior citizens. He looks forward to seeing all of you!

Wednesday, October 31: Halloween Party

Time: Starting at 11am with fun Halloween apps; 11:45am lunch; costume contest & fun at 12:30pm

Place: Dining Area

Come join us for our Halloween Party, complete with fun Halloween music, and our traditional "Ghoul"ash & Garlic Bread, with other surprises up our sleeves for you all to enjoy. Come dressed in your favorite Halloween costume for a costume contest that will begin at 12:30pm. Prizes will be awarded for the most original, most creative, & most scary costumes! Come have some SPOOKTACULAR fun with US!


Coffee for the Month of October has been graciously donated by **Cathy Mancuso, in memory of Andrew A. Mancuso & Mary C. Mancuso** and **Joyce Hornbeck, for all members to enjoy.** Thank you to the **Cathy & Joyce** for their generosity this month & continued support of the **Golden Age Center.**


Go Green! Fill out this form and return it to the Office to receive your monthly copy of the **Golden Voice** newsletter via e-mail!

Name: _____ **E-mail Address:** _____

Golden Age Center Lunch Calendar

Lunch is \$4.00. ON SPECIAL EVENT DAYS, lunch will be \$5.00 or more, and will be noted in the lunch calendar.










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

Lunch includes: A cup of homemade soup, vegetable or fruit, an entrée with a meat, potato or other starch, dessert, with a choice of hot tea, iced tea OR coffee

Our Souper Seniors Lunch Includes: Unlimited soup & sandwiches, beverages & a dessert

October 2018

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

	1 Members' Coffee 10:30am  Meatloaf with Mashed Potatoes	2 Egg Casserole with Sausage & Biscuit	3 Birthday Lunch \$5.00 German Sausage with German Potato Salad	4 Hearty Beef Stew	5 Souper Seniors 	6
7	8 CLOSED  <small>Columbus Day</small>	9 Chicken Parmesan over Pasta with Green Beans & Garden Salad	10 Open-Faced Roast Beef with Mashed	11 Hobo Pack	12 Souper Seniors 	13
14	15 Travel Club meeting 10:30am Fried Bologna with Garden Salad, Chips & a Pickle 	16 Beef Taco Salad	17 Chicken Rice Casserole	18 Executive Board Meeting Pork Chops with Mashed Potatoes & Gravy	19 Souper Seniors 	20
21	22 Spaghetti with Meatballs	23 Reuben with Chips & a Pickle	24 Ham Steaks with Scalloped Potatoes & Pineapple	25 General Meeting \$5.00 Barry's Famous Southwestern Taco Pie	26 Souper Seniors 	27
28	29 White Chicken Chili	30 Pizza with Garden Salad	31  Halloween Party! "Ghoul"ash with Garlic Bread 			

October 2018 University Express classes offered at the Golden Age Center:

Please call us at (716) 773-9682 OR (716) 773-9683 to reserve your spot in these fantastic classes.

Thursday, October 4: *Yearning to Breathe Free: The Statue of Liberty* 1PM Dining Area

The Statue of Liberty is a 151-foot-tall copper sculpture created by French artists as a gift to America to celebrate the centennial of the Declaration of Independence. It is the iconic subject of many works of art, as well as a welcoming destination for thousands of immigrants arriving on U.S. shores for over 100 years. The statue still stands as a symbol and tourist must-see work of art. Join Jean Serusa, certified New York State Art educator, for this presentation.

Friday, October 5: *Political Civility* 1PM Dining Area

So frayed has political discourse become that there has even been debate on whether civility is good in the first place. Civility has been dismissed as “political correctness” or “Niceness” that robs political protest of its force. We’ll examine how civility represents a long tradition of moral virtues—including integrity, honesty, and respect for others—that are essential to democratic engagement. Join Marian Deutschman, professor emerita of Communications, Buffalo State College, for this presentation.

Thursday, October 11: *The Death of Fossil Fuels* 1PM Dining Area

Although the world remains heavily dependent on oil, coal, and natural gas—which supply around 80% of our primary energy needs—the industry is rapidly crumbling. In just two decades, the total value of the energy being produced by fossil fuel extraction has plummeted by more than half. How will the rapid decline of the giant fossil fuel industry impact the global economy? Join Goldfarb Financial Team: Jeffrey Goldfarb, certified financial planner and chartered advisor in philanthropy; Chintan Shukla, investment executive; and Adam Goldfarb, financial advisor and philanthropic consultant, for this informative presentation.

Friday, October 19: *America the Beautiful: Landscapes in Art* 10AM Dining Area

Revisit images of pristine 19th-century landscapes through the artists who worked to establish, preserve, and protect State and National Parks for future generations to enjoy. Idyllic settings encouraged people and nature to coexist and find relief from encroaching urbanization. Sacred Native American sites were set aside in respect for indigenous culture. The original 1893 song lyrics by Katharine Lee Bates will be illustrated with artwork from Thomas Cole, Winslow Homer, Ansel Adams, and others. Join Jean Serusa, certified New York State Art educator, for this presentation.

Wednesday, October 24: *Meal Planning for One or Two* 10AM Dining Area

Most recipes are designed for family cooking, which can make it challenging for singles or couples to maintain a healthy diet. In this seminar, we will discuss strategies for menu planning and grocery shopping that make cooking for one or two enjoyable and easy! This topic will be presented by Jennifer Johnson, health promotion coordinator, Blue-Cross BlueShield of Western New York.

Wednesday, October 24: *Buffalo Shipwrecks* 1PM Dining Area

As the Queen City of the Great Lakes during the late 1800s and early 1900s, Buffalo’s maritime history lies beneath the surface. Strong storms made the bottom of Lake Erie the resting place for many vessels. Hear stories and see photos of ships like the Tonawanda, Barge 43, and the Richardson. Join Jack Messmer, Buffalo Harbor Museum, for this presentation.



John & Jack are happy to teach any interested members to play pool! Stop by the Pool Room 11am Monday—Thursday, and they'd be happy to teach you the tricks and tools to be a great pool player!



Birthday Drawing:



Each month, we will have a drawing for **two lunch tickets** at the *Golden Age Center*. If your birthday falls during the current month, each day you participate in the lunch program, you may fill out a slip and put it in the Birthday Drawing. The winner will be drawn the last day of the month. **Evelyn Lewis** is the lucky winner for the month of **August!**



Attention Chess & Bridge Players:



Calling all *Chess & Bridge* players!

Golden Age Members Brooks & Bertha are interested in getting together more *Chess & Bridge* games. If you are interested in getting together to play either game, please call **Jen** at (716) 773-9682. She and the staff would be happy to introduce interested members and would be happy to organize such games.

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

- | | | |
|------------------------|-----------------|-------------------|
| Heidi Travagline | Patricia Klebes | Ardell Wagne |
| Michelle LaBarre | Barbara Davis | Cindy Kovacs |
| Stephan R. Kovacs, Jr. | John Ventry | Mary Trachinowicz |
| Richard Poveromo | George Begole | Elsie Bilyj |
| | Roger Williams | |

Golden Age Center piano

Calling all piano players! Has it been ages since you played? Come and practice and play tunes on our piano!

The piano is available for use:

Mon.: 8-12:30pm; 1:30-4pm

Tuesday: 8-10am; 3-4pm

Wed. & Fri.: 8-10am; 1:30-4pm

Thursday: 8-10am; 12:30-4pm (except for the 3rd Thursday: 2-4pm)

Gym equipment

On the *Stage*, the *Golden Age Center* has two treadmills, a stationary bike, a rowing machine, resistance bands, small exercise balls & some light weights for our members to use. Members who use this equipment will sign a waiver & will be shown how to properly use the equipment.

The gym equipment is available for use:

Mon.: 8-12:30pm; 1:30-4pm

Tuesday: 8-10am; 3-4pm

Wed. & Fri.: 8-10am; 1:30-4pm

Thursday: 8-10am; 12:30-4pm (except for the 3rd Thursday: 2-4pm)



Please sign up at the Office for any of these day trip opportunities!

Payment holds your spot on these great day trips!

October 2018 Day Trip Opportunities

- Walmart Trip: Tuesday, October 9 & Tuesday, October 23; bus departs at **8:30am** for each trip. *Suggested donation: \$3 per trip*
- Autumn Kayak Trip to the Upper Niagara Islands: Tuesday, October 9 (raindate: Tuesday, October 16), led by member **Paul Leuchner & Joe Menter**; cost is \$20 per person, which includes the use of the kayak, paddle & lifejacket AND lunch at the GAC after the trip. IF NO supplies needed, lunch is just \$5 to be enjoyed with the group. **LIMIT: 15 participants**
- Forest Lawn Cemetery Trolley Tour & lunch: Thursday, October 11; cost is \$30 per person, which includes lunch at the GAC & the guided Trolley Tour. Lunch will be served at 11:45am; Trolley will pick up travelers around 12:30pm and will return travelers around 4pm.
- Tour of Grand Island: Wednesday, October 17. GAC Bus departs at **9am**, lunch at the Village Inn around **12:30pm**, and GAC Bus will return after **2pm**. Cost: \$5, with lunch on one's own.
- Friday BPO Coffee Concert: Friday, October 19. GAC Bus departs at **8:15am** and will return after **1pm**. Enjoy the 1st concert of the season! **SOLD OUT!**
- Learn to Kayak with Tina Spencer: Friday, October 26; cost is \$5 per person, which includes the use of the kayak, paddle & lifejacket & van transportation. Van departs at 9:40am & returns after 1pm. Bring a brown-bag lunch and dress for the weather. ***Last opportunity of the year***

REMEMBER: Payment holds your spot on the trip! Sign up early to hold your spot!

Does this describe you? Jen is looking for the following individuals...

Calling all Golden Age members that are veterans! Can you let Jen know what branch of service you served in?

Are any Golden Age members interested in being trained as an AARP Tax Preparation volunteer?

Are there any individuals out there who would like to be a volunteer for our Social Respite Group for those with Alzheimer's & dementias?

If any of the following describes YOU, please let Jen know! Stop on by to talk to Jen, please call her at (716) 773-9682 OR e-mail jrmenter@grand-island.ny.us to let her know.

Thank you!



Senior Fall Walking Program



Join us at these great locations for a one mile walk (or longer) on the following dates:

Wednesday, October 3rd @ 9:45am

- ***Spaulding Trail***

(Meet in the Ferry Village Parking Lot)

Wednesday, October 10th @ 9:45am

- ***Beaver Island State Park***

(Meet in the parking lot next to the Clubhouse)

Wednesday, October 17th @ 9:45am

- ***River Lea***

(Meet in River Lea Parking Lot)

Wednesday, October 24th @ 9:45am

- ***Buckhorn State Park***

(Meet in Woods Creek Parking Lot)

Wednesday, October 31st @ 9:45am

- ***Big Six Mile Creek Marina & West River Trail***

(Meet at the Golden Age Center, in the Front Foyer)

Please come dressed appropriately, sneakers are highly encouraged.

Also, bring water if it is warm out.

We will MEET at the above locations at 9:45am,
unless specified otherwise.

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

Should you have any questions, please call the Golden Age Center at (716) 773-9682.

