



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

October 2022

Flower: Dahlia

Birthstone: Opal OR Tourmaline

Town of Grand Island
Golden Age Center

3278 Whitehaven Road
Grand Island, NY 14072

Phone: (716) 773-9682

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

**Business Hours: 8am–3:45pm,
Monday - Friday**

Website: [http://www.grandislandny.us/280/
Golden-Age-Center](http://www.grandislandny.us/280/Golden-Age-Center)

John Whitney
Town Supervisor

Christian Bahleda Tom Digati
Mike Madigan Pete Marston
Town Board

Jennifer R. Menter
Recreation Supervisor—Senior Citizen

Carrie Mesmer
Recreation Leader—Senior Citizen
Golden Age Center



Happy Birthday to those celebrating October birthdays!



October 4	Bob Vaccaro	October 21	Gunnar Munk
October 5	Carolyn Mesches	October 23	Judy Wozniak
October 6	Jane Consier	October 25	Betsy Morrison
October 7	Paul Leuchner	October 26	Pete Gottler & Lorraine Mangin
October 8	Casey Galeza & Lana Redell	October 28	Carl Beach, Brenda Cassoni, & Ray Gress
October 9	Marion Samland	October 30	Nancy Beach
October 13	Kim Yarwood	October 31	Penny Panepinto, Carolyn Huffman, & Jane Wynne
October 19	Donald Papaj		Happy Birthday!

Weekly Consistent Activities at the Golden Age Center

ATTENTION: NEW Recreation program measures will be in place prior to enjoying such programs. Please note the following PRIOR to your visit:

- **Front AND Back doors of the facility are OPEN to the Golden Age Center.**
- **Please SIGN IN at the Office and let us know what program OR activity you are here to participate in; this is to ensure your safety and for us to keep accurate attendance.**
- Hand sanitizing throughout activity and hand washing is **strongly encouraged** often throughout your visit at the Hand Sanitizing stations. **PLEASE** ask for hand sanitizing pumps to be set out for these activities. (*ex. Card game tables, etc.*)
- Before leaving, you must **SIGN OUT** at the Office. This is for us to keep **accurate attendance** and that ensures that we know you have **safely exited** the building. *Our doors close at 3:45pm to start disinfecting the building for the night.*
- **Thank you for your cooperation! Have fun at the Golden Age Center! ENJOY!**

MONDAY

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

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

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

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

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

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

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

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

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

TUESDAY

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

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

Total Body Workout: 9:45am with **Michelle** at the Community Center

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

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

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

****Bowling:** 1:00pm with **Joanne** at Mallwitz Lanes (\$7 for 3 games)

NOTE: Jenny's class, Fit for Life on Mondays, is a low-impact, strengthening & balance class for ALL ABILITY levels.

WEDNESDAY

Independent Craft Activities: 8:15am –10:00am; 2:15pm—3:30pm in the Arts & Crafts Room

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

Walking Club: 9:00am (*meet at the Golden Age Center*)

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

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

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

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

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

Mahjongg - meets Wednesdays OR Thursdays at 12pm

THURSDAY

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

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

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

Total Body Workout: 9:45am with **Michelle** at the Community Center ****Knitting & Crocheting:** 1:00pm in the Arts & Crafts Room

****NEW: Seniors in Stitches:** 1:00pm in the Arts & Crafts Room (*read inside Golden Voice for more details!*)

FRIDAY

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

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

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

Chess: 9:00am with **Brooks** on the Stage

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

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

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

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

October 2022 Special Events & Programs

Wednesdays in October, starting at 9:00AM: Walking Club

Get your steps in and join the group for the resuming of the much-anticipated Walking Club. Each week, there will be a different place to walk along with those that would like to do a shorter version closer to the Center. We encourage you to see the Golden Age Center staff and sign up to join the group and to get the schedule. Take charge of your health!

Wednesdays in October (5, 19, 26): 11:00AM – 1:00PM

Afternoon of Games!

Did you know that we have some great games inside and outside (weather pending) 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.

Monday, October 3: 9:00AM – 11:00AM

Highmark BlueCross/BlueShield of WNY

Join the Highmark BlueCross and BlueShield of WNY representative for Grand Island, John Weatherby, as he will be on-site today to discuss plans, answer questions about your current plan or work to resolve any problems you may be having with your plan. We look forward to seeing you there.

Monday, October 3: 10:30AM

Travel Club

Join us as we wind down the travel with a trip or two to end the season. We will also be looking for ideas for the coming year, so be sure to come in and add your suggestions to the mix. *****Note the change in the week of the meeting, due to the Columbus Day holiday****

Monday, October 3: 1:00 PM

The 10 Warning Signs of Alzheimer's

This educational program will help you recognize common signs of the disease in yourself and others, and next steps to take, including how to talk to your doctor. Presented by the Western New York Chapter of the Alzheimer's Association. **Please register at the Office or by calling (716) 773-9682.**

Wednesday, October 5: 1:00PM

Bingo Bonanza!

For **\$1.00 for the first bingo board** and a dream, you too can try to win the prize envelopes! Additional boards are available for just \$.25 each, up to four (4) boards. **Come one, come all!** Join us for laughs and lots of fun! *****Note the day change due to the special birthday event on Friday*****

Thursday, October 6: 10:30AM

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 tomorrow's birthday party. Many hands make light work!

Friday, October 7: 11:45 AM; 12:30 PM – 2:00 PM for the entertainment

Oktoberfest Birthday Party with The Frankfurters

Everyone is German today as we celebrate the birthdays of October! Our special luncheon will satisfy your appetite. Yodel your way to this party as sip is about to get real! Beer of the root variety will be plentiful and we know that we have never disliked anyone who has handed us a beer. So strap on your lederhosen and join the party! Music by The Frankfurters should not be missed either. Come for the food, for the beer (**root variety, that is!**), for the fun, or the music. **Ein Prosit!**

Monday, October 10:

"You can never cross the ocean until you have the courage to lose sight of the shore." ~Christopher Columbus. The Golden Age Center is **CLOSED** today in recognition of the Columbus Day holiday.

Tuesday, October 11: 9:00AM-1:00PM

Flu Shot Clinic with Walgreens – Grand Island

Barb and the staff from Walgreens – Grand Island will be here from 9am – 1pm today to give flu shots to the community. Protect yourself this flu season! Bring your photo ID and health insurance card. Sign up EARLY to hold your spot by calling us at (716) 773-9682.

Wednesday, October 12: 10:00AM – 3:15PM

"Playing Around in East Aurora"

We will head out to East Aurora today with our first stop at the Fisher Price toy store. After a time of shopping, Carrie will drive you to the village and you may visit Vidlers, any other shops on the main road and have lunch before we meet up again and then head to the Made in the America Store for a last shopping stop. We will then head out to return to the senior center. **Cost is \$10 for transportation; all purchases & lunch will be on your own.**

Wednesday, October 10: 1:30PM – 4:30PM

Social Group Respite Program

Attention Caregivers of individuals with Alzheimer's Disease or a related dementias: A dementia-specific respite program runs today and every 2nd Wednesday of the month from **1:30pm until 4:30pm in the Community Center on the Nike Base.** This is a social group respite that we find benefits people with dementia and their caregiver. This respite is fun filled with EIGHT varied activities planned throughout the course of the program. 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, October 13: 10:30AM

Craft Class with Carrie- Scarecrow

Calling all creative souls! We will be making a scarecrow wall/door hanging out of a pizza pie pan. Come and join the fun! **Cost: \$5 per person, payable at the Office. Payment holds your spot in the class.**

Friday, October 14: 10:00AM

Medicare 101

This morning, there will be a 15 minute overview on Medicare, presented by Kathleen Flynn with Clarity Group. Kathleen will than be available to meet with you individually to answer any questions you may have.

Friday, October 14: 11:00AM – 12:30PM

Grand Island Memorial Library Bookmobile

Join Bridgette and the Grand Island Memorial Library staff today as they come here to the Golden Age Center to bring their 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!

Monday, October 17 & Monday, October 24: 1:00PM – 4:00PM in the Dining Area

Defensive Driving of New York

Join Wayne West as he instructs you on defensive driving. You MUST attend both sessions in order to receive the course completion certificate which you can turn into your insurance company and receive a discount on your auto insurance policy. You must register for this class ahead of the start date; bringing in \$25 check or money order, made payable to Wayne West, will secure your spot in this class.

Monday, October 17: 10:00AM – 3:15PM

“Fall Fun in Marilla”

Our first stop takes us to Marilla Country Store. You will have time to see the Fall and Christmas décor they are selling, along with all their special items. We will leave and head over to Santora’s for lunch, where you will enjoy a lunch of your choice. Once we are done, your final stop will be at the Mayer Brothers Cider Mill. **Cost is \$10 for transportation; all purchases & lunch will be on your own.**

Tuesday, October 18: 10:30AM

Cooking Class with Carrie

Today in class, we will be making Nutter Butter Acorn Cookies. Come and join the cooking fun and enjoy a tasty treat, and enjoy some treats to take home too. **Cost: \$2.00 per person, payable at the Office.**

Tuesday, October 18: 4:30PM

Murder Mystery: Eat, Drink and Be Married at Eggsquisite Eats

Tickets now on sale for another Murder Mystery NIGHT! Join us and our fellow senior thespians as they act out this mystery and we try to figure out **who done it!** The menu for the night is beverage service (**coffee, tea, pop**), meatloaf, mashed potatoes, vegetable and dessert. We had so much fun the last time, we thought we would do a **different** mystery and try it again! Doors open at 4:30pm, with the event starting at 5:00pm. **Cost: \$24 per person, includes the meal and gratuity. Come JOIN US!**

Thursday, October 20: 10:30AM

Craft Class with Carrie

We will be making Halloween candy jars this morning. An item you can gift or keep, complete with some candy. Come and join the fun! **Cost: \$5 per person, payable at the Office.**

Gym equipment & piano

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

Members who use this equipment will SIGN IN at the Office, will sign a waiver & will be shown how to properly use the equipment. **WE ALSO HAVE A PIANO TO PLAY!** The gym equipment and piano are available for use (and will be disinfected after each use):

Mondays & Fridays: 8am—3:30pm

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

Thursdays: 8am—3:30pm

**Congratulations to the WINNERS of the
TOPS gift cards drawing from our
Seniors Helping Seniors Pop-Up Pantry!**



ELAINE MILLER

TOM NATALE

MARY STEWART

RUTH THOMPSON

JAN ZABOROWSKI

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: _____

Thursday, October 20: 12:45PM

Executive Board Meeting

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

Friday, October 21: 12:30PM ONWARD

Holiday Happenings Set Up

If interested, please come and help the staff set up our building to be ready for the vendors to come in and set themselves up. Any and all help is appreciated as we get ready for the return of this FANTASTIC event! Vendors may start to set up starting this afternoon at 1:30pm. Thank you for your patience as we get ready for our annual craft bazaar and fundraising event!

Monday, October 24: 10:00AM – 1:30PM

“Tour of Grand Island & Lunch at 773 North”

Join the group as Mary Cooke leads us in a historical tour of Grand Island! Mary will explain each bus stop we make; no need to get off the bus for this! After our tour, we will head to 773 North for a delicious lunch of your choice. Once we are done with lunch, we will be heading over to Kelly’s Country Store to hear about the historical significance there, and then you will have time to shop. The Golden Age Center van leaves our beloved center at 10:00am and will return about 1:30pm. **Cost is \$10 for transportation; all purchases and lunch will be on your own.**

Tuesday, October 25: 10:30AM

University Express: Eating Healthy When You Don’t Like to Cook

Our first class of the Fall University Express semester leads off with the presentation of strategies to eat healthy when you don’t have time or motivation. A discussion of time and energy-saving tips to keep you healthy and in and out of the kitchen fast. Presented by staff of the Erie County Department of Senior Services. **Please register at the Office or by calling (716) 773-9682.**

Wednesday, October 26: 4:30PM

Batty Bites & Bingo

Tonight, there will be a special event involving food, fun and B-I-N-G-O! Pay one price and it gets you in the door, so you can enjoy a catered Pita Bar dinner by **Ghada Have It Mediterranean**, special beverage station, **CrAZY desserts** and FUN B-I-N-G-O with higher value prizes! **Cost is \$25 per person payable at the Office window.**

Thursday, October 27: 11:15AM for the General Meeting; 12:00PM for lunch

General Meeting

Join President Anna Vaccaro, the Executive Board, and the Golden Age members for their monthly meeting. The day will start with the General Meeting at 11:15am, followed by our delicious lunch and great company of our friends.

Thursday, October 27: 2:45PM – 7:30PM

“Have a Slice of Deliciousness”

Carrie and Tammy will take you on a trip to remember this evening! Tonight we will head out to Becker Farms where we will do the Pie & Coffee Tour. The tour provides the history of the farm, a wagon ride around the farm and a slice of their famous handmade fruit pie with coffee or tea. Once the tour ends you will have time to look around the grounds and the buildings. **Cost is \$10 for transportation and \$10 for the Pie & Coffee Tour; all purchases/lunch are on your own.**

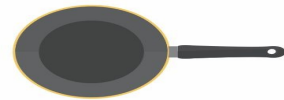
Monday, October 31: 11:00AM – 2:00PM

Monster Bash at the GAC

Attention all ghosts and witches and creatures of fright, don’t miss the call of this Halloween Night. Come one, come all in the threads of the season, if you miss this bash, ‘tis an act of Treason. Be here by eleven or meet your fate. Be sure to check in at our front gate (office). Tis but a mere \$10 per person to attend, but don’t be tardy to THIS Halloween party! There will be a scavenger hunt, pumpkin decorating, mystery boxes, and bingo. Just wear your costume and use the lingo! Join the fun, the mayhem and mischief, just don’t stay home because you won’t get our tastiest dishes.



Recipe



Servings _____

Prep Time _____

Cook Time _____

Ingredients _____

Directions _____



From the Kitchen of _____

Golden Age Center Lunch Calendar

Lunch is \$4.00 OR \$5.00 OR MORE on Special Event days.

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

Drive-Thru lunch is paid for and picked up at the Front Office of the Golden Age Center.

Lunch includes: An entrée with a meat, starch, vegetable, fruit, dessert, and beverage

Birthday Lunch includes: An entrée with a meat, starch, vegetable, fruit, Birthday Cake, ice cream, and dessert **Each entrée includes:** 4 oz. meat, 4 oz. fruit OR 4 oz. vegetables, & 4 oz. starch

October 2022

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

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
						1
2	3 Lasagna with Green Beans & Garlic Bread	4 Beef Taco Salad	5 Bingo Bonanza!  Chicken Pot Pie	6 Pulled Pork with Home-made Mac 'n Cheese	7 \$6 Oktoberfest Birthday Lunch  Schnitzel with German Potato Salad	
9	10 CLOSED 	11 "Rachel" (Turkey Reuben) with Chips & a Pickle	12 Chicken & Rice Casserole	13 Brunch for Lunch! Egg Bake Casserole with French Toast Sticks & Sausage	14 Souper Seniors 	15 
16	17 Ham & Swiss Melt with Tater Tots	18 Swiss Chicken	19 Chili & Corn-bread	20 Executive Board Meeting \$5 Homemade Baked Ziti with Green Beans & Garlic Bread	21 Souper Seniors 	22 Holiday Happenings 9am-1pm 
23 	24 Beef Stroganoff	25 Meatloaf & Mashed Potatoes	26 Chicken Cordon Bleu	27 General Meeting \$5 Open-Faced Turkey with Mashed Potatoes & Gravy	28 Souper Seniors 	29 
31 Monster Bash 11am-2pm \$10		<p>Update: You MUST call the DAY OF to register for lunch; calls will be accepted 8am until 10:30am. NO reservations for lunch will be allowed on the answering machine. Lunch openings are LIMITED due to amount of food available and the 10:30am cut off time.</p>				
<p>Bountiful BOO-FFET! Read INSIDE the Golden Voice to find the FRIGHTFUL feast!</p>						



Quilting Bee meets at 10:30 am on Mondays



The group is now learning the history of and how to make basic blocks. The September Block is Bolt of Lightning. The October Block

of the Month is Playing Around. The group is using skills they've learned for a couple projects in progress for community service.

Drop by at 9:30am if you're raring to get sewing!



\$10

Join us for the Monster Bash, Monday, October 31, from 11am-2pm

\$10



Please join us for the this FRIGHTENING BOUNTIFUL BOO-FFET FEAST: Stuffed Pumpkin Peppers, Mini Mummy Hot Dogs, 3 Puking Pumpkins, Scary Dessert Station, and BOO-tiful Beverage Station. The day includes: Halloween Mystery Boxes, Scavenger Hunt, Decorate a Pumpkin, & Candy Bar Bingo. Come in costume or in your Halloween attire! **BE THERE!**

Grandparent's Closet



This is Carolyn Mesches's idea come to life!

Grandparents, do you have grandchildren coming to town and you don't have items for them to play with, travel around in, or sleep in? **NO FEAR!** We have a lending closet for you, full of toys, books, stroller, playpen, bassinet and more. Call us for more information!

Get Boosted!

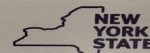
Erie County residents can get a **FREE** COVID-19 vaccine or booster at home.

Call (716) 858-2929



VAX
visits

LiveWell
ERIC



NY Connects
Your Link to Long Term Services and Supports

of ERIE COUNTY
(800) 342-9871 (716) 858-8526



Erie County
Department of Health



Photos of the Golden Age Center in BLOOM this AWESOME AUTUMN!



Artsy Activity Center



Back entrance



Welcoming Front Entrance



100+ baskets for
Holiday Happenings



Picnic & Seating Area



Borrow fishing supplies—
courtesy of Tom Kunselman



Parade Sign—
Circa 1980



Welcoming Front
Foyer for FALL



Sun shining on Lorraine Lane



THE GOLDEN AGE CENTER & THE GOLDEN AGE CLUB
PROUDLY PRESENTS

HOLIDAY HAPPENINGS CRAFT BAZAAR & FARMERS MARKET

SATURDAY, OCTOBER 22, 2022
9 AM TO 1 PM
GOLDEN AGE CENTER

Nike Base, 3278 Whitehaven Road, Grand Island





GREAT HOLIDAY FINDS

FOR EVERYONE ON YOUR SHOPPING LIST!

Have a happy holiday, complete with all the decorations you need, and gifts to put under the tree by shopping at the **Holiday Happenings Craft Bazaar & Farmers' Market!** Stop by the Welcome Table while you're there for your chance to win a great **DOOR PRIZE!**

Take a chance to win over 100+ FANTASTIC raffle baskets, with all proceeds to support senior services

Tickets for sale between 9am - 12pm

Winners will be drawn starting at 12pm; winner need NOT be present to win

Tickets: 1 sheet for \$7 and 4 sheets for \$20

Bake Sale from 9AM until it sells out! * 50/50 RAFFLE *

Spin to Win Prize Wheel * MORE surprises! *

Lunch Sale from 10:30AM until it sells out! *

100+ Basket & Gift Card Raffle

THANK YOU FOR YOUR SUPPORT OF THE GOLDEN AGE CENTER, THE GOLDEN AGE CLUB, AND OF OUR SENIOR POPULATION!

Updates from Jen's Desk...let's gear up for a SENSATIONAL SEPTEMBER!

Here are a few UPDATES that I wanted to share with you this month:

- We have Rapid COVID-19 Test Kits available for our members, as well as masks. With variants still going around, and NOW, with colds and viruses going around, should you need some tests or masks, please come in and ask to pick some up! **We are happy to help you.** Should you want us to bring them to you outside, through our Drive Thru, just call us at (716) 773-9682, and we'd be happy to bring them out to you, especially if you feel you are sick OR feel you have been exposed. **Protect yourself and LET'S PROTECT each other.**
- **Please know that as you enter our building from the front door or the back door, we will welcome you to our senior center and sign you in, and will ask you what program you will be participating in. Remember to sign out with us as you leave the senior center for the day; this is for your safety.** Our normal cleaning and disinfecting will happen throughout the day. Should you wish to stay for lunch, pick up your drinks and silverware, and then participants will walk up to the Kitchen window to pick up their meals. Those who wish to brown bag their lunch, we welcome you with open arms! Thank you for abiding by the rules and being respectful of one another! We appreciate your respectfulness and we appreciate your cooperation. After the Kitchen closes for the day, you can help yourself to our Coffee Corner or to the water fountain. Bring your water bottles—help be earth conscious!
- We kindly ask for your understanding and patience when our staff members are on the phone or working in the Kitchen. We kindly ask that you do not bang on the plexiglass. Among other things, we are assisting homebound members, coordinating Meals on Wheels volunteer schedules and coordinating medical appointments for our vans, and cooking food for our members, and helping our members with resources, and answering many questions. Please be assured that we will assist you as soon as we are able to do so.
- Your safety is of our utmost importance. PLEASE sign in at the Office when you come in and sign OUT when you leave our senior center, so that we know of your whereabouts. With this being a public building, safety is our TOP priority, and not only do we strive to make this the MOST warm and welcoming place, we want to preserve our fun, safe and happy atmosphere. *Thank you for your cooperation!*
- How good are the RAPID COVID-19 ANTIGEN home tests past their expiration dates? Good question. For the CareStart tests we've been passing out, based on the guidance of a local pharmacist AND with the guidance of Erie County Health Department and the distributor, they are good 12 MONTHS past their expiration date, and they will still give an accurate reading. If you are using a different brand, please give Jen a call for more detailed information.
- When walking outside on the Nike Base, hiking the trails, playing outside, playing tennis or baseball, did you know that there is an accessible restroom to use, after hours? It is on the back side of the Community Center, facing the Tennis Courts.
- Calling all artists and creative spirits! We have a new *Featured Member Artists* area in our senior center, and we KNOW how talented you ALL are! We welcome members that wish to display art work of their very own! Should you wish to display your work, please contact Jen at (716) 773-9682 for more information and to set something up with her.



Special thanks to Kathie and Anna for making and donating Beautiful tote bags for our friends In our Social Group Respite Program!



6 tables of Pop-Up Pantry Giveaways!



Linda Smith helping to set up



Tom & Carrie working together as a team!



Cookbook Project

Before that dreaded COVID entered our lives, our members had been submitting and trying a variety of recipes to put a cookbook.

Our cookbook project has a number of desserts, beverage, entrées, and appetizer recipes.... but we need MORE. We would love to create our own cookbook so that others can enjoy what we have shared with our family and friends over the years. **Feel free to submit your recipes too!** You can see Carrie in the Office (or any of the staff) or member Elaine Miller who started this project with Carrie before COVID. Many thanks to you all who have submitted previously, and we look forward to seeing more recipes! Let's make this a GREAT Golden Age Center Cookbook! Grab a recipe card from the Dining Area and fill out your recipe TODAY!

Lions Club Closet



Need medical equipment from the Lions Club closet? PLEASE call us and make an appointment for us to find the right piece for you. It takes time to see if we have the right piece for you, as quantities are LIMITED and staffing is LIMITED. Call us at (716) 773-9682 to set your appointment to let us help you fit your needs.



Unscramble the October-themed words! *Good luck! Bonne chance!*

October 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 activities will you do in October?**

What fall activities are your favorite? What could these SURPRISE words be?!?!)



- 1.) hltlgtw _____
- 3.) lavees _____
- 5.) oloscr _____
- 7.) rlpcs _____
- 9.) laketbn _____

- 2.) plaeps _____
- 4.) wcarersco _____
- 6.) aet _____
- 8.) ollegfa _____
- 9.) hllcl _____

Golden Age Center Pantry & Closet



Did you know? The Golden Age Center has a small pantry of **food, disposable undergarments, disposable bed pads, toiletries, paper products, small appliances, a closet of bedding, and other special items** that have been gathered due to the generosity of Golden Age members, to help other Golden Age members in need. ***Are you in need of help?*** Don't let food and item insecurities hurt you or your family. Call (716) 773-9682 and ask to speak to *Jen, confidentially*, about your situation.

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

as of September 2022:

Michael K. Bardo
Lauretta Brennan

Anne Paquette
Ruth Golda

Kristine Dodge
Robin Shipman

Diana Cone
Patricia Scott

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!

Our Coffee for the Month for October has been graciously donated by *Joyce Berk*, in honor of Golden Age members, and *Cathy Mancuso*, in memory of *Mary C. Mancuso & Andrew A. Mancuso*, and we are grateful for their thoughtful generosity and support! *This program will continue due to the generosity of our*

Golden Age Center friends!

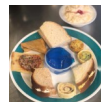


BIG SALE! The Try & Buy Clothing Closet has some of the BIGGEST SALES of the SEASON!



The Try & Buy has a great FALL SALE! Check out some gently used and nearly new clothing items, shoes, and jackets to be sold for a very low price. **Golden Age members will be asked to bring in no more than (15) pieces at a time, as many items are being brought in by many members at a time.** *The Try & Buy will be open until mid-November.*

Find a new piece for your wardrobe!



NEW! Monthly Lunch Drawing:



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

The winner will be drawn the last day of the month. **AL HUJER** is the **WINNER** for the month of **SEPTEMBER! CONGRATULATIONS!**

Members we lost in September 2022:

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

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

Members that were sick in September 2022:

Millie Attrino Betty Marinell Ruth Cunningham Larry Schupp Garry Deutschlander Pat Phillips
 Kathy Shaklee Rocky Piro Don Hamman Luisa Martinez Joe & Pat Paolucci

Neighbors Foundation of Grand Island

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



**RAPID COVID-19
 TEST KITS &
 N95 MASKS**

MONDAY – FRIDAY
 8AM- 3:45PM

 6PM-8PM
 MONDAY&THURSDAY
 NIGHTS



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

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

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

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

**Nike Base
 Golden Age Center
 3278 Whitehaven
 Road**

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



Golden Age Club Ballot

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

- President....Joy Mesmer**
- Vice President...Michelle Chassé**
- Chaplain...Cathy Mancuso**
- Sargeant of Arms...Jerry Kutis**
- Corresponding Secretary...Sue Bognar**
- Reporting Secretary...Jan Yardley**
- Treasurer...To Be Determined**

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

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

