



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

October 2023

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—4:00pm,
 Monday - Friday**

Website: www.grandislandny.us/280/Golden-Age-Center

Pete Marston
 Town Supervisor

Christian Bahleda
Tom Digati Mike Madigan
 Town Board

Jennifer R. Menter
 Recreation Supervisor—Senior Citizen

Carrie Mesmer
 Recreation Leader—Senior Citizen



Happy Birthday to those members celebrating October birthdays!



| | | | |
|------------|--|------------|---|
| October 1 | Arlene Carlucci | October 19 | Donald Papaj |
| October 4 | Robert Vaccaro | October 20 | Maxine Caffarella |
| October 5 | Carolyn Mesches | October 21 | Gunnar Munk |
| October 6 | Jane Consier & Joan Sponn | October 22 | Roger Adornetto & William Johnson, Jr. |
| October 7 | Paul Leuchner | October 23 | Judy Wozniak |
| October 8 | John Mingus & Elaine Miller | October 25 | Anne Hagopien & Betsy Morrison |
| October 9 | Roberta Rivers, Rosemary Ryan, Marion Samland & Patricia Stevick | October 26 | Pete Gottler & Lorraine Mangin |
| October 10 | Philip Russo | October 28 | Carl Beach, Brenda Cassoni, Ray Gress & Kathleen Ricci |
| October 12 | Fred Mazur | October 30 | Nancy Beach |
| October 13 | Nelson Schnable & Kim Yarwood | October 31 | Suzanne Cummings, Carolyn Huffman, Penny Panepinto & Jane Wynne |

Weekly Consistent Activities at the Golden Age Center

ATTENTION: Please note the following PRIOR to your visit:

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

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

MONDAY

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

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

Billiards games: 8:15am onward in the Lounge

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

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

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

Fun with French: 12:45pm with **Jen** in the Arts & Crafts Room

Bridge: 12:30pm in the Dining Area **on the 2nd and 4th Mondays of the month** Knitting & Crocheting: 2:15pm in the Arts & Crafts Room

TUESDAY

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

Billiards games: 8:15am onward in the Lounge

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

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

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

Canasta: 12:30pm in the Dining Area

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

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

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

WEDNESDAY

Independent Craft Activities: 8:15am –10:00am; 2:15pm—3:45pm in the Arts & Crafts Room

Walking Club: meet at 9:00am at the Golden Age Center (*see inside newsletter for details*)

Billiards games: 8:15am onward in the Lounge

Hall Walking: 9:00am in the Golden Age Center

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

****NEW: Pinochle:** 12:30pm in the Dining Area

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

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

****Fun with French**:** 12:45pm with **Jen** on the 3rd Wednesday of the month in the Arts & Crafts Room

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

THURSDAY

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

Billiards games: 8:15am onward in the Lounge

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

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

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

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

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

FRIDAY

****NEW: Women's Poker:** 12:30pm in the Dining Area

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

Billiards games: 8:15am onward in the Lounge

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

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

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

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

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

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

October 2023 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, September 18 – Monday, October 30: 1:00PM – 3:30PM

Choose Healthy WNY Program, with Diabetes, in conjunction with Erie County Senior Services (see flyer on page 11)

NO class on Monday, October 9 for Columbus Day

Tuesday, October 3: 10:00AM – 3:00PM

Day Trip to Marilla, Santora's, & Meyer Brothers Cider Mill

Join Carrie as she heads out again to a favorite spot, Marilla Country Store. Carrie will give you time to shop around after which we will head over to Santora's for lunch. After lunch, our final stop will be at the Meyer Brothers Cider Mill where you can purchase cider and apple related treats along with some deliciously made donuts and pastries. **Cost: \$15 for transportation; food and purchases are on one's own.** The Golden Age van will be leaving the senior center at 10:00AM and returning around 3:00PM.

Wednesday, October 4: 9:30AM

Birthday Party Set-Up

Do you love to decorate? Do you love to give pizzazz to the room? Do you love to celebrate? Want to join in and give a hand? We will be meeting in the Dining Area to put up decorations for this afternoon's birthday party. Many hands make light work!

Wednesday, October 4: 11:45AM: 12:30PM – 2:00PM for the entertainment

Oktoberfest Birthday Party

Join us in celebrating all the October birthdays this month. Come and enjoy the wonderful German music being performed by The Frankfurters! Wear your Oktoberfest clothing, get ready to dance and be lively, and enjoy our special "beer" for the event! Add to the ambience by enjoying our delicious Oktoberfest-themed lunch as well. *Ein Prosit!*

Thursday, October 5: 10:30AM

Spread Kindness Game

Join Carrie this morning and let's play this board game and have a discussion on how we can all share kindness in the world!

Thursdays in October: 1:00PM

Festival of Tree Crafting during Sewing Club

Who is ready to craft, create, and get ready to decorate? Get those creative juices flowing with us! Join us each Thursday, in the Arts & Crafts Room this month, as we start our work on our entry tree decorations for the *Festival of Trees 2023*.

Thursdays in October: 1:00PM – 3:00PM

A Matter of Balance Class, in conjunction with Erie County Senior Services (see flyer on page 10)

Friday, October 6: 10:30AM

Vaccine and MedPack Presentation with Island Prescription Center

Join us this morning for an important presentation regarding vaccines and a new offering at a local pharmacy – bubble pack of your medications. Instead of emptying bottles and separating all your individual medication into pill boxes, MedPack simplifies the entire process by packaging all your prescribed medications in sealed, pharmacists – verified packets with all the instructions clearly printed on the outside of each packet. Come and hear more about this new service being offered by Island Prescription Center. Michael Manuszewski, RPH, will be presenting this program.

Friday, October 6: 1:00PM

Bingo Bonanza!

For **\$1.00 for the first bingo board** and a dream, you too can try to win the prize envelopes for Bingo Bonanza! Additional boards are available for just \$.25 each, and each player can play for up to four (4) boards. Come one, come all! **Join us for laughs and lots of fun!**

Monday, October 9: "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 10, 17, 24, and November 7: 10:00AM – 11:30AM

Everyday Mindfulness

Enjoy and have fun as we explore creative ways to use simple mindfulness practices to reduce stress, work toward optimal brain fitness and live even healthier lives. Research shows that even a couple of minutes of practice, a few times a day, can positively impact your body and brain! Sponsored by the Prevention Council of Erie County. Registration is limited to 15 participants. Please register for this program by calling (716) 773-9682 OR by stopping by the Office. Please check out the flyer in the newsletter for more information and for the registration details.

Tuesday, October 10: 1:00PM

Tips for Tough Conversations

If you know someone who is experiencing changes in memory, thinking and behavior, this education program provides tips and strategies for difficult - but important - conversations about changes that may be related to dementia. Join our friends from the Alzheimer’s Association for this great presentation. Please register for this important program by calling us at (716) 773-9682.

Wednesday, October 11: 10:30AM

At The Races

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

Wednesday, October 11: 1:30PM – 4:30PM

Social Respite Group Program

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

Thursday, October 12: 10:30AM

University Express: The Sun, the Moon, The Solar Eclipse & YOU!

Join staff from the Penn Dixie Fossil Park and Nature Reserve as they prepare us for the total solar eclipse that is coming to WNY on Monday, April 8, 2024. During this once in a lifetime event, Erie County will be shrouded in darkness for almost 4 minutes. Learn about the celestial mechanisms that make a solar eclipse happen, what you can expect to see on Earth, and how to view it safely. Please call and register with the center for this program at (716) 773-9682. While there is no charge for the class, you MUST pre-register as a courtesy to both the speakers and the Golden Age Center staff, so we can accommodate all who wish to participate in this program.

Gym equipment & piano

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

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

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

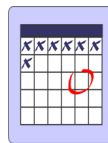
The gym equipment and piano are available for use (and will be disinfected after each use):

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

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

Thursdays: 8am—3:45pm

MARK YOUR CALENDARS!



Holiday Happenings

Craft Vendors, 50/50, Basket Raffle, Lunch Sale, Bake Sale & MORE! Come one, come ALL!

Saturday, October 21, 2023 9am—1pm

Reserve your craft sale table at our fantastic event by calling the Golden Age Center at (716) 773-9682.

Go GREEN with us and SAVE OUR EARTH! Fill out this form and return it to the Office to receive your monthly copy of the **Golden Voice** newsletter via e-mail AND to receive ANY Golden Age Center e-blasts AND phone calls WITH up-to-date information, as it becomes available.

Please print clearly. Thank you! Name: _____

Phone Number: _____

E-mail Address: _____

Golden Age Center Lunch Calendar

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










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

Drive-Thru lunch is paid for Front Office of the Golden Age Center and picked up at the Kitchen with our talented chef.

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

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

October 2023 Lunch Calendar

| Sun. | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. | |
|------|---|---|---|---|--|--|---|
| 1 | 2 Baked Ham with Rice with Pineapple | 3 Hamburger Bar with all the fixings, Chips, Fruit Cup, & Baked Beans | 4 Birthday Lunch \$6  themed meal | 5 Beef Taco Salad | 6 Souper Seniors  | 7 | |
| 8 | 9 CLOSED  | 10 <i>Brunch for Lunch!</i> Pancakes, Sausage, Fruit Cup & Scrambled Eggs | 11 Meatloaf with Mashed Potatoes | 12 Chicken Stir Fry with Rice | 13 Souper Seniors  | 14 | |
| 15 | 16 Crispy Chicken with Stuffing, Baked Beans & Corn | 17 "Rachel" with Chips and a Pickle | 18 Chicken Cordon Bleu | 19 Executive Board Meeting \$5 Homemade Baked Ziti with Green Beans & Garlic Bread | 20 Souper Seniors  | 21 Holiday Happenings  | |
| 22 | 23 Chef's Choice | 24 Pulled Pork with Home-made Mac 'n Cheese | 25 Swedish Meatballs & Rice | 26 General Meeting \$5 Open-Faced Turkey with Stuffing & Gravy | 27 Souper Seniors  | 28 | |
| 29 | 30 Spaghetti & Meat Sauce | 31 Halloween BASH 11am-2pm \$10 for lunch & festivities!  | <p>Update: You MUST call us at (716) 773-9682, 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. <i>Thank you!</i></p> | | | |  |

Bountiful BOO-FFET! Read INSIDE the Golden Voice to find the FRIGHTFUL feast!

Friday, October 13: 10:15AM – 2:00PM

Tour of Grand Island with Mary Cooke

Please join Carrie and Mary today as we head out to learn of incredible, unique history and places of importance of Grand Island. Mary will describe the sites while you ride in comfort of the Golden Age Center van. We will stop for lunch at the Village Inn. Towards the end of the trip, we will head over to Kelly's Country Store so you can shop in another place preserved in Grand Island history. **Cost: \$10 for transportation; all purchases and lunch will be on one's own.**

Friday, October 13: 10:30AM

University Express: Radium Girls: The Walking Dead

Join our return speaker, Theresa Wiater, retired teacher of gifted education and 5th graders from Clarence School District, as she talks about the use of radium. Discovered in 1898 by Marie Currie and used to fight cancer, radium was also used during WWI painted on dials of airplanes so pilots could see the gauges as they "glowed in the dark". Women were painting these items and found to be mysteriously dying; come and learn more about this fact in history. Please call and register with the senior center for this program at (716) 773-9682. While there is no charge for the class, you MUST pre-register as a courtesy to both the speakers and the Golden Age Center staff.

Monday, October 16: 9:00AM-11:30AM

Lawley Insurance with John Weatherby

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

Monday, October 16: 10:30AM

University Express: The Niagara River Ice Boom...Does it make our winters longer or seem longer?

We welcome back presenter, Harry Meyer, Docent and Lecturer of WNY History and Architecture and retired attorney/partner with Hodgson Russ LLP, as he presents all about the Niagara River Ice Boom. It is an annual rite that happens in late Fall, when the boom is installed about 2 miles up from the Peace Bridge, and then removed in the Spring. *Please call and register with the center for this program at (716) 773-9682.* While there is no charge for the class, you MUST pre-register as a courtesy to both the speakers and the Golden Age Center staff.

Monday, October 16 & Monday, October 23: 1:00PM – 4:00PM

Defensive Driving of New York

Join Wayne West as he instructs you on defensive driving. Licensed drivers can take this class, designed to refine existing skills, as well as develop new skills, and develop new, safe defensive driving techniques. Bring your driver's license to the class. 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 ahead with the staff of the center; bringing in a **\$25.00 check or money order, made payable to Wayne West**, will secure your spot in the class.

Tuesday, October 17: 4:30PM; 6:00PM

Potluck & Paint Night

Tonight, the senior center will be opened at 4:30PM for you to come in and join in the Autumn Potluck. You must register and bring a dish to pass for the Potluck by calling (716) 773-9682; dinner will start promptly at 5:00PM and then if you choose, join our guest artist, Kim from Artytime, as she leads us in a painting for the autumn season. Registration and payment for the paint night activity is a **MUST; Cost is \$20 per person and must be paid upon registration.**

Wednesday, October 18: 10:30AM

University Express: Identity Theft & Credit

Let's talk about ways to ensure your identity is protected, how to avoid identity theft and what exactly goes into your credit score. Do you review your credit report on a regular basis? Join Jennifer Andres, Director of Consumer Protection for Erie County as she speaks on this very important topic. Please call and register with the center for this program at (716) 773-9682. While there is no charge for the class, you MUST pre-register as a courtesy to both the speakers and the senior center staff.

Thursday, October 19: 11:00AM

Executive Board Meeting

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



Go GREEN with US!



Bring your water bottle to the Golden Age Center and the Community Center when participating in your favorite program or your favorite exercise program! Fill up your water bottle at our filtered bottle water fountains. Recycle bins are located in the Front Foyer as well. Help us reduce, reuse, recycle as much as possible!

Friday, October 20: 10:15AM – 2:00PM

Tour of Grand Island with Mary Cooke

Please join Carrie and Mary today as we head out to learn of the history and places of importance in the history of Grand Island. Mary will describe the sites, while you ride in comfort in the senior center van. We will stop for lunch at the Village Inn. Towards the end of the trip, we will head over to Kelly's Country Store, so you can shop in another place special to Grand Island history. **Cost: \$10 for transportation; all purchases and lunch will be on one's own.**

Friday, October 20: 10:30AM

University Express: The Guaranty Building of Buffalo New York

Please join presenter, Harry Meyer, Docent and Lecturer of WNY History and Architecture and retired attorney/partner with Hodgson Russ LLP, as he talks about the Guaranty Building. It was built in 1895 and recognized as one of the masterpieces of Louis Sullivan. Come and learn some historical facts! Please call and register with the senior center for this program at (716) 773-9682. While there is no charge for the class, you MUST pre-register as a courtesy to both the speakers and the Golden Age Center staff.

Monday, October 23: 10:30AM

University Express: Who Was Who on the Avenue?

From Niagara Square to Gates Circle, learn about the man who is credited with growing the Village of Buffalo into the 8th largest city in the country. Join speaker, Marla Bujnicki, certified Master Docent for Preservation Buffalo Niagara, for Forest Lawn and boat tour Narrator aboard the Miss Buffalo II, as she takes us down the Avenue and introduces us to some of its well-known residents. Please call and register with the senior center for this program at (716) 773-9682. While there is no charge for the class, you MUST pre-register as a courtesy to both the speakers and the Golden Age Center staff.

Tuesday, October 24: 10:00AM – 2:00PM

Fall Fun at Beaver Island State Park

Today, we will spend part of our day celebrating our local state park and the beautiful fall weather. There will be activities, a short hike, and a cookout to enjoy as we come together. **Cost: \$10.00, which includes a picnic lunch and activities.** Transportation will be provided if needed. **Happy Fall Y'All!** The fun starts at 10:00AM and concludes about 2:00PM.

Tuesday, October 24: 12:45PM

Brain Games

Playing brain games with others is a double whammy for brain health in seniors, staving off loneliness and depression and providing needed "exercise" for the brain. It's a win-win! A commitment to brain games and staying sharp can improve quality of life for your senior loved ones for years to come. Exercise your brain and have fun at the same time with your friends!

Wednesday, October 25: 10:30AM

Cooking with Carrie – Mulled Cider and Pumpkin Bread

You MUST register ahead for this program and pay the \$2 fee in order to participate. We will be making mulled cider and whipping up some pumpkin bread to enjoy later this afternoon. Come and join in the fun! **Cost: \$2.00 to participate**

Wednesday, October 25: 12:30PM

Cooking with Carrie Social

You made it this morning, now come, and enjoy the fruits of your labor! We will enjoy our treats and share the recipes before we play Bingo this afternoon. Be sure to register ahead for the morning program so that you can participate in this social.

Wednesday, October 25: 1:30PM

Dementia Caregiver Support Group

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

Our **Coffee for the Month for October** has been graciously donated by **Cathy Mancuso**, in memory of **Andrew A. Mancuso & Mary C. Mancuso**. We are grateful for her thoughtful generosity and support! *This program will continue due to the generosity of our Golden Age 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 housing, legal services, domestic, health & wellness, food & nutrition, mental health, support groups, & developmental disabilities

Erie County Senior Services: (716) 858-8526

HEAP: (716) 858-7644



Unscramble the 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.) laves _____
- 5.) oloscr _____
- 7.) rlpcs _____
- 9.) laketbn _____

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

A warm



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

Debbie Whalen
Kathleen McGuire
Gloria Bondrow

Robert (Bob) Whalen
Nancy Moran
Ronald Fehr

Robin Vickner
Alice Westmoore
Arnold Batcho

Judy Link
Paul Westmoore
Cynthia Kalinowski

We welcome new members to join us for our programs, on our many programs, special events, for our transportation needs, our home-cooked lunch program, and MORE!

NEW! Monthly Lunch Drawing:



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



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

Thursday, October 26: 10:00AM – 2:00PM

Walking About in Ellicottville, New York

This trip brings our monthly travel to an end. You will be able to do shop around and enjoy the beauty of the village of Ellicottville, during the beautiful autumn season. Enjoy a beautiful drive through the Southern Tier! **Cost: \$15 per person for transportation; lunch and purchases are on one's own.**

Thursday, October 26: 11:15AM for the General Meeting; 12:00PM for lunch

General Meeting

Join President Joy Mesmer, 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.

Friday, October 27: 10:30AM

University Express: Vampires, Werewolves, Witches, and Other Creatures of the Night

Join guest presenter, Phillips Stevens, PHD, Emeritus Professor of Anthropology, University at Buffalo, as he engages us in cultures throughout history that have believed dangerous beings roam in search of human victims. We will look at examples of such beliefs and explanations for them. Just in time for Halloween! Spooky! Please call and register with the center for this program at 716-773-9682. While there is no charge for the class you MUST pre-register as a courtesy to both the speakers and the GAC staff.

Friday, October 27: 9:30AM – 2:30PM

Clarity Group with Kathleen Flynn

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

Friday, October 27: 1:00PM

Musical Bingo

Join Carrie for a game of fun Music Bingo. You listen to the song, find it on your board and try to cover a line of Bingo. This game involves no money, but just another way to have a good time. It is guaranteed to bring back memories of some great eras of music!

Monday, October 30: 11:30AM

Fabulous Film Fun Luncheon

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

Members we lost in September 2023:

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

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

Tom Croft Kathy Jakob Don Lewis Jerry Kutis Carl Maier

Members that were sick in September 2023:

Millie Attrino Paul Bassette Marie Casey Ruth Cunningham Garry Deutchlander Iris Galeza
 Dick Koch Nancy Koch Carl Maier Betty Marinell Bill Ortiz Penny Panepinto Ruth Landel
 Fran Fusco Lee Tetkowski Chuck Tobe Ann Erker Iris Galeza Linda Smith Bob Gesl
 Henry Lobl Jan Zaborowski Elaine Miller Mary Ann Reszel Kathleen Garlapow



Need Food?



For confidential assistance, call the Neighbors Foundation of Grand Island

716-775-7998

Gineighbors14072@gmail.com



Scan QR Code for instant access to our website at: www.gineighbors.org

Our mission statement
Neighbors Helping Neighbors

We are an all volunteer organization providing confidential food assistance to our Grand Island Neighbors through the generosity of individuals, churches and other groups who donate funds and non-perishable goods.

Lions Club Closet



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

Nike Base Par 3, 9 Hole Golf Course



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

Veterans



Calling all veterans! Thank you for your service to our country, thank you for your bravery, and thank you for the example that you set for us. If you are a member of our senior center, and you are a veteran, let Jen know, and let Jen know what branch of service that you were a part of. Thank you!



Golden Age Club

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

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

The Try & Buy Clothing Closet

remains OPEN for the holiday season!



The Try & Buy remains OPEN for the early winter season! Golden Age members can start to bring in their 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 (5) fall & winter pieces at a time. The Try & Buy will be open through the Christmas season.

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.

Do you have concerns about falling?

Many older adults experience concerns about failing and restrict their activity. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

This program emphasizes practical strategies to manage falls.

IN CLASS YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to decrease fall risks at home
- Exercise to increase strength and balance

WHO SHOULD ATTEND?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has a history of a fall has limited activity because of a fall

The next class will be held:

Where: The Golden Age Center

3278 Whitehaven Rd

Grand Island NY 14072

**Date: Thursdays, September 14-
October 26**

Time: 1:00PM—3:00PM

**For more information or to
sign up: Call or email**

Jen Menter

(716) 773-9682

jrmenter@grand-island.ny.us





CHOOSE HEALTHY WNY PROGRAM

With Diabetes

MAKE THE CHOICE TO IMPROVE YOUR HEALTH TODAY!

Grand Island Golden Age Center

3278 Whitehaven Rd., Grand Island 14072

6 Monday Sessions: September 18th – October 30th, 2023
(Skip Monday, October 9th)

Time: 1:00 p.m. - 3:30 p.m

No Cost to Participate!

***Requirements: You must plan to attend all 6 sessions.**

Attend this 6-week evidence-based workshop to learn more about:



- ❖ Meal planning & healthy eating
- ❖ Managing stress & other symptoms
- ❖ Problem-solving & decision-making skills
- ❖ Fitness & exercise
- ❖ Setting goals for improving health
- ❖ Effectively communicating with your doctor
- ❖ **FEELING GREAT AGAIN!**
- ❖ Includes a **Free** Resource Book and Relaxation CD!



**Sign Up
Today!**

Spaces Are Limited!

To Sign Up or for more information:

Call Erie County Senior Services: 716-858-7470

or e-mail Janice.Nowak@erie.gov



Erie County Senior Services
Mark Poloncarz, County
Executive



Monday, October 30: 1:00PM

Technology Basics Class

Come and join Carrie today as we discuss your technology issues with your devices. Want to learn more? Be safe in an ever-changing world. You can always check to see what the topics are to be discussed. Please register for this class by calling (716) 773-9682.

Friday, October 6: 10:30AM-11:30AM

Flu Shot Clinic with Island Prescription Center

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



Flu Shot Clinic



Friday, October 6, 2023

10:30am—11:30am

Golden Age Center

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

Please bring your health insurance card & photo ID!

Lung Cancer Awareness month is coming up in NOVEMBER!

*Tuesday – Thursday, October 24—26
Roswell Park Cancer Institute Lung Cancer Screening will be coming to the Golden Age Center!*

**Spooktacular
Halloween**

Bash

**Tuesday, October 30
11am – 2pm**



Let's get "sheet" faced from our TRICKED-out Taco Bar and BOO-zed off our Spider Cider and enjoy a day of festivities planned at our SPOOK-tacular Halloween Bash, complete with monster music, Candy Bar Bingo, Scavenger Hunt, THRILLER Talent Show & MORE!

"When black cats prowl and pumpkins gleam, may luck be yours on HALLOWEEN!"



G.A.C. Series: Everyday Mindfulness

Enjoy and have fun as we explore creative ways to use simple mindfulness practices to reduce stress, work toward optimal brain fitness and live even healthier lives. Research shows that even a couple of minutes of practice, a few times a day, can positively impact your body and brain!



Sponsored by the Prevention Council of Erie County. Sign up now for the 4-week series on Tuesdays, 10-11:30 am, October 10, 17, 24, and Nov. 7. Registration is limited to 15 participants. Others will be placed on a waiting list for future programs

To register, please call 716-831-2298, ext. 123, mention Grand Island mindfulness and leave your name and contact telephone number or email: jburns@thepreventioncouncilec.org.
Deadline to register is September 30th

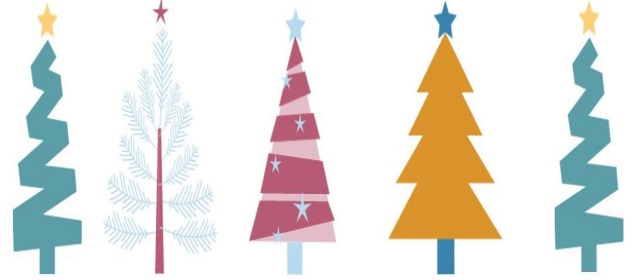
Potluck and Paint Night
with Artytime

October 17th 4:30-8:00 PM

Paint night cost is \$20 pp
Must register for both activities ahead but do not need to attend both

bring a dish to pass

The Grand Island Golden Age Center
3278 Whitehaven Rd, Grand Island, NY 14072
Phone (716) 773-9682



THE GOLDEN AGE CENTER & THE GOLDEN AGE CLUB
PROUDLY PRESENTS

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!**

HOLIDAY HAPPENINGS CRAFT BAZAAR & FARMERS MARKET

SATURDAY, OCTOBER 21, 2023
9 AM TO 1 PM
GOLDEN AGE CENTER

Nike Base, 3278 Whitehaven Road, Grand Island

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 *

Blanket Raffle * 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!