

## October Events

This October, we have a showcase of events going on! We are excited to announce the following events:

### **Oktoberfest Birthday Party**

Wednesday, October 2: 11:45am

### **Viking Cares Events**

Please see the NUMEROUS events throughout the newsletter! **Sign up for our events!**

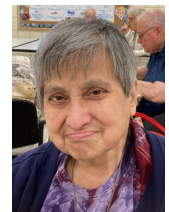
### **Holiday Happenings!**

Saturday, October 19: 9am - 1pm

Schedule a program by calling our Golden Age Center by calling (716) 773-9682. **Get in quick!**

## September Event Photos

Did you get snapped at our last events? Check out the photos below and also check out our website to see if you were snapped at our great, fun events!



## A Warm Welcome from our Incredible Staff

### **Welcome to the Golden Age Center!**

The Grand Island Golden Age Center provides services to all Grand Island residents, 50 years of age and older, regardless of religious, racial, political or ethnic background. This Town-sponsored facility provides transportation services, special events, educational, recreational & travel opportunities, as well as a congregate site featuring home-cooked meals on weekdays. Our mission is to provide safe, nurturing, and enjoyable activities to meet the needs of our senior population. Membership is free of charge. The staff and members of the Golden Age Center welcome you!

### **Recreation Supervisor - Senior Citizen**

Jennifer R. Menter

### **Recreation Leader - Senior Citizen**

Carrie Mesmer

### **Transportation Coordinator**

Jenny Gula

### **Recreation Attendants & Program Coordinators**

Daniella Salvatore

Sandy Thomasula

### **Van Drivers**

Tammy Violanti

Fran Molnar

### **Nutritional Staff**

Cathy Moore

Ryan Zygmunt



## A Message from Jen

The autumn season is upon us, and as the days are growing shorter and the nights are getting crisper, we are all getting onto a new schedule and enjoying the season of change. The trees are changing their colors, the leaves are starting to fall, the winds are getting cooler. New changes are coming to our senior center this autumn season...join us for them!

We have the last of our Day Trips going out this month, the BPO coffee concerts, great University Express Fall 2024 presentations starting this month, great partnerships with the school children from the Grand Island Central School District, Holiday Happenings, Halloween festivities, and so much more fun to be had! Come and see what we're all about!

Please know that we are now e-blasting our flyers and newsletter out through Constant Contact! Please update your e-mail address & phone number with us so we can send text updates to you too! (*should you like!*)

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

Bring in your Tupperware container to take home left over lunch. If your lunch is too big, you can eat the leftovers for dinner.

Please be sure to say "Hello!" to us and check in at the Office and check in for the activity you are participating in at the Office. This is to ensure safety and to keep accurate attendance in our facility.

Autumn is the season that teaches us that change can be beautiful. Embrace the season of change!

*Best, Jennifer R Menter*

# The Golden Voice

## Mark Your Calendars!



**Flu Shot, COVID, RSV & Shingles Vaccine Clinic**

**Friday, October 4, 2024**  
**9am—2pm**  
**Golden Age Center**

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

Please bring your health insurance card & photo ID!

Protect yourself this Fall and this Winter by signing up for Flu Shots & the following vaccines with our friendly pharmacist from **IvyLea Pharmacy!** To make your appointment, please call us at (716) 773-9682. Please let us know what vaccines you would like when you sign up for our clinic.

Please bring your ID and your health insurance card with you. Please come 5 minutes early to fill out the necessary paperwork.

**Put your health first this season!**

Coffee for the month of  
**October**  
will be **FREE** compliments of  
**Cathy Mancuso**  
in memory of  
**Andrew A. Mancuso & Mary C. Mancuso**



We are grateful for the thoughtful generosity and support of our donors! This program will continue due to the generosity of our Golden Age Center friends!

(716) 773-9682

# October Consistent Weekly Programs at the Golden Age Center

## MONDAY

**Independent Craft Activities:** Work on your craft projects independently at your leisure from **8:15am—12:30pm; 2:15pm—3:45pm** in the **Arts & Crafts Room**  
**Billiards games:** Join us for exciting Billiard games! Whether you're a seasoned player or a beginner, this is perfect for anyone who loves the game. All are welcome to join **8:15am onward** in the **Lounge**  
**Tai Chi:** Experience meditation in motion and this mind-body practice at **9:00am** with **Pat** in the **Community Center**  
**Fit for Life!** **10:00am** with **Jenny** in the **BACK of the Dining Area**  
**Guitar:** Strum and play fun songs on the guitar at **10:00am** in the **Music Room** in the **Recreation Building**  
**Card Games & Dominoes:** Play a variety of card games with friends from **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 **BACK of the Dining Area** on the **2nd and 4th Mondays of the month**

## TUESDAY

**Independent Craft Activities:** Work on your craft projects independently at your leisure from **8:15am—12:30pm; 2:15pm—3:45pm** in the **Arts & Crafts Room**  
**Billiards games:** Join us for exciting Billiard games! Whether you're a seasoned player or a beginner, this is perfect for anyone who loves the game. All are welcome to join **8:15am onward** in the **Lounge**  
**Total Body Workout:** Designed to target all of the major muscle groups in the body, this class incorporates strength training using various equipment, such as light weights, resistance bands, fly swatters, and body weight. Join us at **9:30am** with **Michelle & Diane** in the **Community Center**  
**Seniors in Stitches:** **10:00am** in the **Arts & Crafts Room**  
**Beginner Line Dancing:** This is a line dancing class...with a twist! Join **Richard** at **11:00am** on the **Stage**  
**Canasta, Dominoes & Card Games:** Play a variety of card games with friends from **12:30pm –3:45pm** in the **Dining Area**  
**Mahjongg:** Mahjong is a game that originated in China, and it's a game that requires some skill, strategy, calculation, and a bit of chance! Come play at **12:30pm** with **Anna** at the **BACK of the Dining Area**  
**Advanced Line Dancing:** This is a line dancing class...with a twist! Join **Richard** at **12:45pm** on the **Stage**  
**Bowling:** For \$7, bowl 3 games and get in on the friendly fun! Join **Joanne** at **1:00pm** at **Mallwitz Island Lanes**

## WEDNESDAY

**Independent Craft Activities:** Work on your craft projects independently at your leisure from **8:15am—12:30pm; 2:15pm—3:45pm** in the **Arts & Crafts Room**  
**Billiards games:** Join us for exciting Billiard games! Whether you're a seasoned player or a beginner, this is perfect for anyone who loves the game. All are welcome to join **8:15am onward** in the **Lounge**  
**Chorus:** Sing songs of all different genres among your peers at **10:00am** with **Don** on the **Stage**  
**Artists' Haven:** Come and Paint with us! Bring your paints, your palette, your paintbrush and let your imagination run wild and inspire you, as we paint in a room filled with bright sunlight at **10:00am** in the **Arts & Crafts Room**  
**Sit and Stretch:** Stretch your tight muscles, relax your mind, calm your body and soul, and leave feeling rejuvenated at **10:00am** with **Sue** in the **BACK of the Dining Area**  
**Dominoes & Card Games:** **12:30pm –3:45pm** in the **BACK of the Dining Area**  
**\*\*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\*\***)

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |  
[www.grandislandny.us/280/Golden-Age-Center](http://www.grandislandny.us/280/Golden-Age-Center)



The Golden Voice

Members who are sick and under the weather in September 2024; we send you healing thoughts your way!



Joyce Berk  
Barbara Berry  
John Cassoni  
Bobbie Capp  
Pat Ehinger  
Kathy Elias  
Fran Fusco  
Iris Galeza  
Kathleen Garlapow  
David Johnson  
Dick Koch  
Nancy Koch  
Bob Lamb  
Diane Maness  
Betty Marinell  
Kay McGuire  
Bill Ortiz  
Dave Rogers  
Larry Schupp  
Dee Schuman  
Chuck & Nancy Tobe  
Lura Wilson  
Sue Whitbeck

Welcome to our new members of the Golden Age Center in the month of September 2024:



Kathy Gumkowski  
Garry Graber  
Sharon Graber  
Rosemary Gellinick  
Heather Hyland  
Vicki Correa  
Valvir Kaur  
Barbara Dow  
Cynthia Jorgensen  
Earl Jorgensen

(716) 773-9682

October Consistent Weekly Programs at the Golden Age Center

THURSDAY

**Independent Craft Activities:** Work on your craft projects independently at your leisure from **8:15am—12:30pm; 2:15pm—3:45pm** in the **Arts & Crafts Room**  
**Billiards games:** Join us for exciting Billiard games! Whether you're a seasoned player or a beginner, this is perfect for anyone who loves the game. All are welcome to join **8:15am** onward in the **Lounge**  
**Total Body Workout:** Designed to target all of the major muscle groups in the body, this class incorporates strength training using various equipment, such as light weights, resistance bands, fly swatters, and body weight. Join us at **9:30am** with **Michelle & Diane** in the **Community Center**  
**Pinochle, Dominoes & Card Games:** **12:30pm –3:45pm** in the **FRONT of the Dining Area**  
**Matter of Balance:** Exercise from the comfort of the chair with gentle exercises. This award-winning program is designed to increase activity levels. Join Jen & Jenny at **1:00pm** in the **BACK of the Dining Area**

FRIDAY

**Independent Craft Activities:** Work on your craft projects independently at your leisure from **8:15am—12:30pm; 2:15pm—3:45pm** in the **Arts & Crafts Room**  
**Tai Chi:** Experience meditation in motion and this mind-body practice at **9:00am** with **Pat** at the **Community Center**  
**Chess:** Strategize and play games of Chess at **9:00am** on the **Stage**  
**TGIF Couponing:** Cut coupons with us for those in need at **9:15am** in the **Dining Area**  
**Read & Feed Book Club:** Designed to share in friendship & a love of reading! Join us at **10:00am** in the **Arts & Crafts Room**  
**Poker & Euchre:** **11:00am** onward in the **BACK of the Dining Area OR Lounge**  
**Mahjongg:** Mahjong is a game that originated in China, and it's a game that requires some skill, strategy, calculation, and a bit of chance! Come play at **12:30pm** with **Anna** at the **BACK of the Dining Area**  
**Chair Yoga & Meditation:** Exercise & do yoga from the comfort of the chair with gentle poses. Leave feeling Zen and at peace. Join **Martha** at **1:00pm** in the **Community Center**

For any questions on our programs, please call (716) 773-9682 OR stop by the Office to register or discuss with Golden Age staff member.

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

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

Erie County Senior Services: (716) 858-8526

HEAP: (716) 858-7644

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |  
[www.grandislandny.us/280/Golden-Age-Center](http://www.grandislandny.us/280/Golden-Age-Center)

## The Golden Voice

### For Your Information!



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

Please LABEL your coats or sweatshirts with your first and last name. Members may wear similar looking items and makes it easier for similar coats to go home with the correct members, especially in the Fall months, when we are coming into the senior center, during the cooler, or rainy weather months. Thank you for your help and understanding!

### HEAP - Home Energy Assistance Program



HEAP is federally funded assistance with home heating costs and energy conservation for eligible households. Program components include benefit assistance for heat and electricity, furnace repair or replacement, weatherization referral, and cooling assistance (in summer months-based on medical necessity). Do you qualify? To fill out the application with guidance, please make an appointment to meet with our Recreation Supervisor, Jennifer Menter, by calling (716) 773-9682 to make an appointment. REMINDER: HEAP opens on November 1st!

## October 2024 Special Events Calendar at the Golden Age Center











Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member.

### Golden Age Center Lunch Calendar

Membership allows you to partake in our nutritious lunch program; lunch is \$4.00 OR \$5.00 OR MORE on Special Event days. Lunch is served at 11:45am Monday-Thursday & 11:30am on Friday. Please call (716) 773-9682 to reserve your lunch. Please remember to call us and CANCEL your meal if you cannot attend so that we can sell your lunch to another member.

*\*Our Take-Out lunch is paid for at the Front Office of the Golden Age Center and lunch is picked up at the Kitchen from our talented Chef. Enjoy!\**

## October 2024 Lunch Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Menu may change without notice. Special Diet meals may be different than stated on the menu to meet dietary requirements. Thank you for understanding!	1 Baked Ham with Rice & Pineapple	2 Oktoberfest Birthday Party \$6  themed meal	3 Spaghetti with Meat Sauce & Green Beans	4 Souper Seniors 	5
	 7 Travel Club meeting Italian Sausage with Peppers & Onions with French Fries	8 Chicken Cordon Bleu	9 Beef Stroganoff	10 Chicken Pot Pie with Ambrosia	11 Souper Seniors 	12 
3	14CLOSED 	15 Shepherd's Pie	16 Brunch for Lunch! Pancakes with Yogurt Parfait, Egg Scramble, Sausage & Fruit Cup	17 Executive Board meeting \$6 Open-Faced Turkey Dinner with Stuffing, Cranberry Sauce, & Carrots	18 Souper Seniors 	19 Holiday Happenings 9am-1pm 
10	21 Swedish Meatballs with Rice	22 Pierogi with Polish Sausage & Applesauce	23 Hawaiian Pulled Pork Sliders with Mac & Cheese	24 \$6 Pork Chops with Mashed Potatoes & Applesauce	25 Souper Seniors 	26
17	28 Lasagna with Green Beans & Garlic Bread	29 Beef Stew with Biscuit & Fruit Cup	30 "Rachel" with Chips and a Pickle	31 General Meeting Halloween BASH 10am-2pm \$10 for lunch & festivities! 		

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. Thank you!

(716) 773-9682

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |  
[www.grandislandny.us/280/Golden-Age-Center](http://www.grandislandny.us/280/Golden-Age-Center)



## The Golden Voice

Members that we lost in  
the month of  
September 2024:

*In  
Loving  
Memory*

Noel Bartlo  
Jerry Balisteri  
John Duchnik  
Gerry Robinson

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.



# Need Food?



For confidential assistance, call the  
Neighbors Foundation of Grand Island

716-775-7998

[Giveighbors14073@gmail.com](mailto:Giveighbors14073@gmail.com)



Scan QR Code for instant  
access to our website at:  
[www.giveighbors.org](http://www.giveighbors.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.*

## October 2024 Special Events Calendar at the Golden Age Center

Please register for programs by calling (716) 773-9682 OR stop by the Office to  
register for programs with a Golden Age staff member.

**Tuesday, October 1: 9:00AM - 4:00PM**

### HEAP/SNAP/NY Connects Outreach

Join Adam and counselors from Erie County Senior Services and let them connect  
you to great long-term services that can help you and your well-being by  
connecting you to free health insurance, counseling, activities, transportation,  
supports, respite, assistance, health and wellness, and so much more! Please  
bring: ID, proof of income for last 30 days, pension statement, proof of resources.  
Appointments will be 30 minutes in length.

**Tuesday, October 1: 10:00AM - 11:30AM**

### University Express: Outsider Art with Marsha Mis

A short history of art with emphasis on Judith Scott, an American fiber sculptor.  
Judith was deaf and had Down's Syndrome, but was internationally renowned for  
her art. Students should bring an object with them to wrap, such as small tree  
branches, a hanger, old CD's, or a glass bottle. Instructor: Marsha Mis, Artist, BFA  
from University at Buffalo. *Class size is limited to 20 students. REGISTRATION IN  
ANY UNIVERSITY EXPRESS PROGRAM IS A MUST BY CALLING THE GOLDEN AGE  
CENTER AT (716) 773-9682.*

**Tuesday, Wednesday & Thursday, October 1 - October 3: 9:00AM - 4:00PM**

### Lung Cancer Screening with mobile Roswell Park Cancer Institute, sponsored by Wayne West

Lung Cancer Screening is EASY, and it can save your life! Join Roswell Park Cancer Institute  
by going to the Lung Cancer Screening Truck, sponsored by Wayne West. Go to the  
Screening Truck, found in the Golden Age Center Parking Lot, between 9am - 4pm to get  
screened. **For more information OR to make an appointment, call 1-800-ROSWELL.**

**Wednesday, October 2: 9:30AM**

### Birthday Party Set-Up

Want to join in and give a hand? Do you love to decorate? We will be meeting in  
the Dining Area to put up decorations for this afternoon's birthday party. Come  
and join us and lend a helping hand!

**Wednesday, October 2: 11:45AM; 12:45PM – 1:45PM for entertainment**

### Oktoberfest Birthday Party featuring The Frankfurters

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 folk 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 3: 10:30AM**

### University Express: Buffalo City Hall with Harry Meyer

One of the largest city halls in America, Buffalo's City Hall is often taken for granted by  
residents who live and work downtown. City Hall's location and style changed the way  
Buffalo looks. Explore the exterior and interior of this Art Deco masterpiece, including the  
many symbolic figures and decorations that portray the industrial prowess of Queen City.  
Instructor: Harry Meyer, Docent & Lecturer of WNY History & Architecture, Retired  
Attorney/Partner, Hodgson Russ LLP. *REGISTRATION IN ANY UNIVERSITY EXPRESS  
PROGRAM IS A MUST BY CALLING THE GOLDEN AGE CENTER AT (716) 773-9682.*

(716) 773-9682

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |  
[www.grandislandny.us/280/Golden-Age-Center](http://www.grandislandny.us/280/Golden-Age-Center)

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The Golden Voice

October 2024 Special Events Calendar at the  
Golden Age Center

Golden Age Center  
Transportation Vans



Call the Golden Age Center TRANSPORTATION Department at (716) 773-9682 to book your transportation appointment!

Our Transportation Services are available for the following:

- Bringing members to the Golden Age Center to socialize and participate in our 39 Consistent Weekly Programs and many varied Special Events
- General Medical Appointments **NOT** requiring sedation
- **Nutrition** – Dining at the Center OR Grocery Shopping
- **Financial** – Banking, Social Security Administration, going to the Post Office, Town Hall, and so forth
- **Personal Care** - Hair Salon appointments and Barber Shop
- **Medical appointments** - Please schedule as far in advance as possible!
- **Golden Age Center visits** - Call us at least TWO days in advance, to be scheduled on the van schedule.
- **All other appointments**: Schedule as far in advance as possible. We will do our best to accommodate your request.

Call us **TODAY!**

Call us at **(716) 773-9682** and ask to speak to Jenny, our Transportation Coordinator.

**Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member.**

**Friday, October 4: 10:30AM**

**BPO Coffee Concert**

This morning, our Golden Age members will be enjoying the first Buffalo Philharmonic Coffee Concert this morning, featuring Classical Mystery Tour with Martin Herman, conductor. Golden Age members will depart the Golden Age Center at 8:30AM for the Coffee Concert, to have time to have coffee, donuts and socialize, and to enjoy the sights and sounds of the BPO.

**Friday, October 4: 11:00AM – 12:30PM**

**Grand Island Memorial Library**

Join Bridgette, Director of the Grand Island Memorial Library today as she comes here to the Golden Age Center bringing the mobile Bookmobile! Register to get a new library card, learn more about the programs and services the local library provides, AND be able to check out NEW titles of library books. Check out all that our local library has to offer our community! Today is READ A BOOK DAY!

**Friday, October 4: 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, and Bingo players can play up to four (4) boards. *Come one, come all!* Join us for laughs, some competition and lots of fun!

**Sunday, October 6: 11:30AM**

**Day Trip-The Famous Sunday in the Cemetery Trolley Tour**

We will meet at the Golden Age Center at 11:30am and then head to Forest Lawn Cemetery, where we will board the trolley for a 2-hour tour. We will learn about the cemetery's history, art and architecture, trees, waterbodies, wildlife, and, most importantly, some of their permanent residents. You will even meet a few of them along the way! After the tour, we will head over to Joey's Place for an early Sunday dinner! Cost: \$43 per person, which includes your transportation and the trolley tour. Dinner cost will be your own. The Golden Age Center van will leave around 11:45AM and will return about 5:30PM.

**Monday, October 7: 10:00AM**

**University Express: What Your Survivors Need to Know with James Bardot**

End-of-life presentations typically cover advanced directives, wills, and power of attorney. Although these documents are crucial, they often omit a vast array of information necessary when a spouse or life partner dies or becomes incapacitated. This presentation primarily aims to highlight key issues that need consideration or action following a significant life event; it does not provide legal, financial, or estate planning counsel. Instructor: James Bardot, MS, BPS, Retired Lecturer, Program Coordinator, Assistant Professor & Academic Dean. REGISTRATION IN ANY UNIVERSITY EXPRESS PROGRAM IS A MUST BY CALLING THE GOLDEN AGE CENTER AT (716) 773-9682.

## The Golden Voice

## October 2024 Special Events Calendar at the Golden Age Center

### Golden Age Center Transportation Vans



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- **All other appointments**: Schedule as far in advance as possible. We will do our best to accommodate your request.

Call us **TODAY!**

Call us at **(716) 773-9682** and ask to speak to Jenny, our Transportation Coordinator.

**HAVE YOU EVER Smoked?**  
You need to meet **EDDY**  
Early Detection Driven to You.

**LUNG CANCER SCREENING**  
Lung cancer screening is **easy**.  
And could **SAVE YOUR LIFE**.

Lung cancer screening is for people 50 or older with at least 20 years of heavy smoking.

**Grand Island Senior Center**  
3278 Whitehaven Rd. Grand Island, NY 14072

**Oct. 1 2 3 2024**

**ROSWELL PARK**  
COMPREHENSIVE CANCER CENTER

Find out if you're eligible, and where EDDY will be next [Roswellpark.org/EDDY](https://Roswellpark.org/EDDY) or call 1-800-ROSWELL (767-9355)



You have questions.  
NY Connects is here to help you find answers.

**OUR MISSION IS TO SUPPORT YOUR HEALTH AND WELL BEING.**

NY Connects is your resource for information regarding long term services and supports for older adults and individuals with disabilities of all ages. This is a FREE service that can link you to free health insurance counseling, activities, transportation, meal delivery, free fitness classes and more! Call us today!

**(716) 858-8526**



- Transportation
- Home Care
- Family Caregiver Assistance
- Respite
- & more!

Reach out to us today and let us help you navigate the many programs and services that are available to help you LIVE WELL in Erie County!

**Town of Grand Island Golden Age Center**

3278 Whitehaven Rd.  
Grand Island, NY 14072

716-773-9682

### Erie County Seniors!

**By appointment only event:**

**Tuesday, 10/1/2024**

**Golden Age Center**

**9am-4pm**

**Call 716-773-9682 to schedule your appointment.**

### WE CAN HELP WITH:

- Applications for Benefits and Entitlements (HEAP, Medicaid/Medicare, SNAP, Temporary Assistance, etc.)
- Health Insurance Counseling and Assistance
- Disability Support and Services
- Child Services
- Veteran Services
- Mental Health Services
- Caregiver Support
- Homecare
- Home-delivered Meals
- Health & Wellness
- Housing Information
- & MUCH MORE!!



**CALL OR VISIT US ONLINE TODAY!**

716-858-8526

[erie.gov/seniorservices](https://erie.gov/seniorservices)

[f](#) ECSeniorServices

[t](#) @ECSeniorSvc

**(716) 773-9682**

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |  
[www.grandislandny.us/280/Golden-Age-Center](https://www.grandislandny.us/280/Golden-Age-Center)



## The Golden Voice

### Golden Age Club



#### MISSION STATEMENT of the Grand Island Golden Age Club:

- \* To make the later years of life a  
"Treat rather than a Retreat".
- \* To recognize Recreation as a  
basic human need
- \* To bring new interests, activity  
& friendships into retirement living.
- \* To provide creative experience that  
gives personal happiness & satisfaction.



#### **Golden Age Club**

Here is your next Executive Board as of  
November 2023. Elections were held on  
Thursday, November 16 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 14, 2023. 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.....Beth Julin**

**Treasurer.....Bob Vaccaro**

#### **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!**

**(716) 773-9682**

## **October 2024 Special Events Calendar at the Golden Age Center**

**Please register for programs by calling (716) 773-9682 OR stop by the Office to  
register for programs with a Golden Age staff member.**

#### **Monday, October 7: 10:00AM**

##### **Travel Club & Conversation with Carrie**

Enjoy your beverage and breakfast item and come and join Carrie this morning  
as she discusses and signs up folks for October programming and those trips  
planned for the month of October. As with any program or day trip registration,  
you must pay to be registered for the day trips AND NO spots will be held.  
Payments must be made in CASH ONLY.

#### **Tuesday, October 8: 10:30AM**

##### **University Express: Landlubbing on the Buffalo River with Marla Bujnicki**

From the comfort of your chair, "sail" down the Buffalo River with its rich industrial history  
and learn about the day it caught fire, the role it played in the Civil Rights movement and  
how it was instrumental in electrifying the city of Buffalo. Stories of how a poor Irish lad  
came to live on The Avenue and how a cataclysmic series of events caused a bridge to  
topple will also be retold. Instructor: Marla Bujnicki, Preservation Buffalo Niagara (PBN),  
former Vice President, Docent & Presenter at Forest Lawn Cemetery, Boat Tour Narrator  
on the Miss Buffalo II. REGISTRATION IN ANY UNIVERSITY EXPRESS PROGRAM IS A MUST  
BY CALLING THE GOLDEN AGE CENTER AT (716) 773-9682.

#### **Tuesday, October 8: 12:15PM – 1:45PM**

##### **Painting pumpkins with the Interact Club with Mrs. Grabek & Mrs. Wojciechowski from GISHS.**

Take the time to have drinks, dessert, and paint pumpkins with the students of the Grand  
Island Senior High School Interact Club! We will be painting pumpkins for a great, crafty  
Fall activity this afternoon. Sign up for this great activity by registering at the Office or by  
calling us at (716) 773-9682.

#### **Wednesday, October 9: 9:00AM – 11:30AM**

##### **Lawley Insurance**

Questions about Medicare? John is here to help. He can go over the A, B, C, and D of  
Medicare...what to do and when. He can compare your needs to all the carriers including  
Independent Health, Highmark BCBS, Univera, United, Humana and Aetna, to name a few.  
Or, if you just want to sit and talk, he is here for that too! Join John Weatherby, Medicare &  
Individual Health Insurance Consultant. To make an appointment to meet with John,  
please call the Golden Age Center at (716)773-9682.

#### **Thursdays from September 12- October 24: 1:00PM - 3:00PM**

##### **A Matter of Balance Class**

This program emphasizes practical strategies to manage falls. In this class, you will learn  
to: view falls as controllable, set goals for increasing activity, make changes to decrease fall  
risks at home, and exercise to increase strength and balance. Who should attend? Anyone  
concerned about falls, Anyone interested in improving balance, flexibility and strength,  
and anyone who has a history of a fall has limited activity because of a fall. To register for  
this program, please call (716) 773-9682. This program is very social, engaging, and  
educational! Every participant will receive a FREE workbook. This program is award-  
winning and based on research out of Boston University. **Sponsored by Erie County  
Senior Services and the Golden Age Center.**

#### **Wednesday, October 9: 9:30AM – 11:30AM**

##### **Highmark Blue Cross Blue Shield of WNY**

Jeff Lewis, from Highmark Blue Cross Blue Shield of WNY, will be on site to assist with  
planning for Medicare and retirement health coverage. Stop on by and have some peace  
of mind about the many upcoming health insurance changes in 2024.

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |  
[www.grandislandny.us/280/Golden-Age-Center](http://www.grandislandny.us/280/Golden-Age-Center)



**The Golden Voice**  
**Happy Birthday to our**  
**members celebrating**  
**October birthdays!**



**October 1**.....Arlene Carlucci & Carla Cathcart  
**October 3**.....Michelle Allaire  
**October 4**.....Robert Vaccaro  
**October 5**.....Carolyn Mesches  
**October 6**.....Jane Consier, Joan Spohn, & Amy Banas  
**October 7**.....Paul Leuchner  
**October 8**.....Casey Galeza, Lana Redell, Freida McGrigg, Beth Anderson-Balmer, & Mally Fellingner  
**October 9**.....Marion Samland, Patricia Stevick, Roberta Rivers, & Rosemary Ryan  
**October 10**.....Philip Russo  
**October 12**.....Fred Mazur  
**October 13**.....Nelson Schnable & Kim Yarwood  
**October 16**.....Mark O'Connell & Sandra Vasey  
**October 19**.....Donald Papaj  
**October 21**.....Heather Hyland & Gunnar Munk  
**October 22**.....Roger Adornetto, William Johnson, Jr., Christine Kulczyk, & Jack Lillico  
**October 25**.....Betsy Morrison & Anne Hagopian  
**October 26**.....Pete Gottler, Rick Karpie, & Lorraine Mangin  
**October 27**.....Alfonso Rebong  
**October 28**.....Brenda Cassoni & Janine Little  
**October 31**.....Suzanne Cummings, Carolyn Huffman, Penny Panepinto & Jane Wynne

**October 2024 Special Events Calendar at the**  
**Golden Age Center**

**Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member.**

**Wednesday, October 9: 10:30AM**

**Understanding Annuities with JBM**

What are annuities? Why do people invest in them? What kinds of guarantees can they provide? What different kinds of annuities are available? What are the pros and cons of owning them? What role can they play for retirees or those approaching retirement? Chartered Financial Consultant ® Jason Myers will explore these questions and more in this this education – only presentation. Please register by Monday, October 7 for this special presentation by calling the Office at (716) 773-9682.

**Wednesday, October 9: 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 Dining Area of the Golden Age Center. 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.

**Wednesday, October 9: 5:00PM potluck; 6:00PM presentation**

**University Express: Scajaquada Beyond the Multitude with Dr. Kedron**

Explore 500 years of history about the Scajaquada and beyond. Let's go on a journey together through the centuries that will uncover the rich cultural and environmental significance of the Scajaquada, and the influence it has had on shaping the surrounding landscape. Instructor: Mary Ann Kedron, PhD, Founder Kedron Books and More, Board member Black Rock Historical Society, Member Scajaquada Corridor Coalition, Emeritus BRRAlliance. REGISTRATION IN ANY UNIVERSITY EXPRESS PROGRAM IS A MUST BY CALLING THE GOLDEN AGE CENTER AT (716) 773-9682.

**Thursday, October 10: 10:00AM – 11:30AM**

**Medicare 101 with Clarity Group**

Kathleen Flynn with Clarity Group will do an overview on the Medicare changes this year. You may also schedule a (private) appointment to meet with Kathleen, a licensed agent with the Clarity Group and Financial Advisor from NY Life Insurance Company, who can look at your current Medicare coverage and review your options. Please call the office at (716) 773-9682 to register.

**Friday, October 11: 10:30AM**

**University Express: Fran Striker/Lone Ranger with Jolene Hawkins**

Let's go back to the days of Radio programs. Most of us grew up in the age of television, but our parents would always talk about the "old time radio shows" The Lone Ranger, The Green Hornet, Sgt. Preston of the Yukon, and others. Well, did you know that the creator of The Lone Ranger was from WNY! Come learn more about him. Instructor: Jolene Hawkins, Historian, Town of Concord, Village of Springville; Author; Researcher at Lucy Bensley Center. REGISTRATION IN ANY UNIVERSITY EXPRESS PROGRAM IS A MUST BY CALLING THE GOLDEN AGE CENTER AT (716)773-9682.

**Dennis's Dad Joke of the Month****Why don't you tell secrets in a corn field?****There are too many EARS!****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!****Did you know?!?**

A free light breakfast is available each morning from 8:00am—11:30am in the Dining Area for all to enjoy.

A variety of donuts, pastries and coffee is available for our Golden Age members to enjoy. Enjoy this among the company of members and friends!

Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member.

**Tuesday, October 15: 10:30AM****University Express: Master Greeting Card Class with Cindy Solly**

In this class, we will create two greeting cards: one for the football season and one for Halloween. Kits will be provided. Class size is limited. Instructor: Cindy Solly, Arts & Crafts Wiz. LIMITED NUMBER OF PARTICIPANTS! REGISTRATION IN ANY UNIVERSITY EXPRESS PROGRAM IS A MUST BY CALLING THE GOLDEN AGE CENTER AT (716) 773-9682.

**Wednesday, October 16: 9:30AM****Day Trip- Niagara Produce/Santora's/Meyer Brother's Cider Mill**

Stops on today's day trip include Niagara Produce for shopping, lunch at Santora's and a stop at the Meyer Brother's Cider Mill! Join in the fun of this great Autumn day trip! Cost: \$15 per person for transportation; purchases and lunch are on one's own. The Golden Age van will leave at 9:30AM and return about 2:30PM.

**Thursday, October 17: 10:00AM****University Express: Weathering the Storm with Pati Aine Guzinski**

Western New Yorkers pride themselves as being "winter tough." While winter weather is growing more severe, this class will help us get ready for the coming cold weather season. Join us to learn key winter weather terms, when and how to prepare for snow emergencies and potential life saving tips.

Instructor: Pati Aine Guzinski, Training Coordinator, Erie County Department of Health Office of Public Health Emergency Preparedness. REGISTRATION IN ANY UNIVERSITY EXPRESS PROGRAM IS A MUST BY CALLING THE GOLDEN AGE CENTER AT (716) 773-9682.

**Thursday, October 17: 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, to discuss Holiday Happenings and our winter events, the Installation of the new Officers, yearly plans, and MORE. Officers and Executive Board members, PLEASE mark your calendars and join us. Joy and the Executive Board look forward to seeing everyone then!

**Thursday, October 17: 12:15PM****Luncheon Matinee**

This afternoon, we will show a special movie matinee TO BE DETERMINED. Ask at the Office for the film info. Guaranteed to cause some laughter, we encourage you to join us for the fun! Bring your own lunch or sign up early for the lunch being served here. You will be able to enjoy the film while you have lunch.

**Friday, October 18: 10:00AM****University Express: Jacqueline Kennedy – A Style Icon with Theresa Wiater**

Jackie Kennedy was not only the President's wife; she was a style icon who captured the attention of the entire world. Learn how one man's vision, along with Mrs. Kennedy's impeccable taste changed how women in America dressed and how dignitaries from other countries were charmed with her simplistic elegance.

Instructor: Theresa Wiater, Retired Teacher, Clarence Center Elementary School. REGISTRATION IN ANY UNIVERSITY EXPRESS PROGRAM IS A MUST BY CALLING THE GOLDEN AGE CENTER AT (716) 773-9682.





**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.**



**Need Food?**

For confidential assistance, call the  
Neighbors Foundation of Grand Island

**716-775-7998**

[www.grandislandny.us/280/Neighbors-Foundation](https://www.grandislandny.us/280/Neighbors-Foundation)

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 local residents, churches and other groups who donate funds and non-perishable goods.

## Do you have concerns about falling?

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



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

#### VARIOUS TOPICS INCLUDE:

- Identifying home hazards
- Exercise & strength training
- Medications (How they relate to falls)
- Proper Footwear
- Balance Testing
- Personal Emergency Response Systems
- Nutrition (and how it affects falls)

The next class will be held:

Where: The Golden Age Center

3278 Whitehaven Rd

Grand Island NY 14072

Date: Thursdays, September 12-October 31

Time: 1:00PM—3:00PM

For more information or to sign up: Call or e-mail

Jen Menter

(716) 773-9682

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



**(716) 773-9682**

**Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member.**

### Saturday, October 19: 9:00AM - 1:00PM

#### **Holiday Happenings at the Community Center & Golden Age Center**

Get in the holiday spirit and shop away and support the Golden Age Club and the Golden Age Center! Come one, come all and support senior services! Shop the delicious Bake Sale from 9am onward, shop from 15 wonderful craft vendors to get a great start on your holiday shopping, peruse and enjoy our 120+ Basket Raffle and Gift Cards in the Community Center, try your luck at our 50/50 Raffle and Christmas Tree Lottery Raffle, Door Prize Raffle, and MORE surprises along the way! Lunch Sale starts at 10:30am. All proceeds support the Golden Age Center AND Golden Age Club! We look forward to seeing you at our FUN Fall Fundraising event and all the fun for the whole family to enjoy!

### Monday, October 21: 10:30AM

University Express: What is Memory: And How to Keep It with Dr. Thomas Rosenthal Partially interactive, this class will show components of memory creation. We'll demo a few simple memory exercises and discuss the role of new medications to ward off dementia. You'll gain a few tricks to improve memory and hurdle those "senior moments." Instructor: Thomas Rosenthal, MD, Emeritus Professor, Family Medicine, Jacobs School of Medicine & Biomedical Science, University at Buffalo.

REGISTRATION IN ANY UNIVERSITY EXPRESS PROGRAM IS A MUST BY CALLING THE CENTER AT (716) 773-9682.

### Monday, October 21 & Monday, October 28: 1:00PM – 4:00PM

#### **Defensive Driving of New York**

Join us for our popular instructor, Wayne West, as he instructs you on safe, defensive driving. You MUST attend both sessions to receive the course completion certificate, which you can turn into your insurance company, to receive a discount on your auto insurance policy. You MUST register ahead for this program. Bringing in your check or money order for \$25.00, made payable to Wayne West, will secure your spot in the class.

### Tuesday, October 22: 9:30AM

#### **Day Trip-Fall Fun in Ellicottville!**

You will be dropped off on Main Street in Ellicottville and have time on your own before we meet back up at a designated place and make our way to Pumpkinville (if time and weather permits). Cost: \$20 per person for transportation; purchases and lunch on your own. The Golden Age Center van will leave at 9:30AM and return about 2:30PM.

### Tuesday, October 22: 12:10PM

#### **4th Grade Classes from Kaegebein Elementary Perform & VISIT!**

As part of the Vikings Care initiative this month, Mrs. Chadwick and the 4th Grade classes from Kaegebein Elementary School will be here this afternoon to sing songs for us and stop by for a visit! Come and enjoy the children from our community!

### Tuesday, October 22: 12:30PM

#### **Buffalo Bills Party with Mrs. Randles & the students from Veronica Connor Middle School**

As part of the Vikings Care initiative this month, Mrs. Randles & her class from Veronica Connor Middle School will be here for a Buffalo Bills PARTY! Wear your Bills' gear, and party with us! We will play Bills games, Bingo, an emoji game, and MORE! Spend the afternoon with us and the children!



Our next **Hearing Screenings** with Dr. Salvatore Gruttadauria, AuD, CEO, from Diversified Rehabilitation Services, Diversified Hearing Services, Children's Rehab Services of WNY, is coming up on **Thursday, November 7** from **8am - 11am** on the **STAGE of the Golden Age Center**.

Screenings will take place every **15 minutes**. To sign up for your **FREE** Hearing Screening, please call (716) 773-9682. **Please put your health and HEARING FIRST!**

#### Did you know?!?



A free light breakfast is available each morning from **8:00am—11:30am** in the Dining Area for all to enjoy. A variety of donuts, pastries and coffee is available for our Golden Age members to enjoy. Enjoy this among the company of members and friends!

**Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member.**

#### **Wednesday, October 23: 9:15AM**

##### **Day Trip-Eden Kazoo Factory and Four Corners Cafe**

Traveling today to Eden to tour the factory and do a little shopping. You can pay at the factory should you choose to make your own kazoo for \$5.99. After we will enjoy lunch at the Four Corners Café. Cost: \$16 per person for transportation and tour; purchases and lunch will be on one's own. The Golden Age Center van will leave at 9:15AM and will return about 1:30PM.

#### **Wednesday, October 23: 5:00PM potluck; 6:00PM presentation**

##### **University Express: Weathering the Storm with Pati Aine Guzinski**

Western New Yorkers pride themselves as being "winter tough." While winter weather is growing more severe, this class will help us get ready for the coming cold weather season. Join us to learn key winter weather terms, when and how to prepare for snow emergencies and potential life saving tips.

Instructor: Pati Aine Guzinski, Training Coordinator, Erie County Department of Health Office of Public Health Emergency Preparedness. **REGISTRATION IN ANY UNIVERSITY EXPRESS PROGRAM IS A MUST BY CALLING THE GOLDEN AGE CENTER AT (716) 773-9682.**

#### **Thursday, October 24: 10:00AM**

##### **University Express: Christmas Tree Ornaments Around the World with Aileen Gonzales-Marti**

Celebrate global diversity this holiday season by crafting Christmas ornaments from around the world! Choose from three ornament designs and create two unique pieces—one to keep and one to display at the WSCS Christmas Senior Luncheon. This class offers a creative way to embrace holiday traditions and learn about different cultures. Instructor: Aileen Gonzalez-Marti, Manager of Senior Programs, West Side Community Services; Multidisciplinary Artist; Co-founder of Los Artistas del Barrio Buffalo. **LIMITED NUMBER OF PARTICIPANTS! REGISTRATION IN ANY UNIVERSITY EXPRESS PROGRAM IS A MUST BY CALLING THE GOLDEN AGE CENTER AT (716) 773-9682.**

#### **Friday, October 25: 1:00PM**

##### **University Express: The Making of the Nikola Tesla Legacy Corridor with and Dr. Francis Lestingi**

Learn how a group of local private citizens created a Triptych Tribute of Appreciation, the Nikola Tesla Legacy Corridor, to honor our fellow New Yorker, the brilliant inventor & scientist who changed the world. Tesla's "spark" that illuminated the entire globe was ignited right here in Western New York. Discover what he did and how we are acknowledging it. Instructor: Francis S. Lestingi, PhD, Professor Emeritus, SUNY Buffalo State University; President, Buffalo Niagara Nikola Tesla Council, Inc. **REGISTRATION IN ANY UNIVERSITY EXPRESS PROGRAM IS A MUST BY CALLING THE GOLDEN AGE CENTER AT (716) 773-9682.**

#### **Monday, October 28: 10:00AM**

##### **University Express: Reach Out to 911 with Elizabeth Forkl and Andrew Marts**

Everyone knows how to dial the number, but not everyone knows **WHEN!** Let us teach you all about the Who, What, Where, When, Why, and How's of calling 911 for help. We answer questions such as: When should you call 911? What information do you need to know? Learn the difference between 911, 211, 311, 988 and other numbers that offer assistance! Instructors: Elizabeth Forkl & Andrew Marts, reach out to 911 Coordinators. **REGISTRATION IN ANY UNIVERSITY EXPRESS PROGRAM IS A MUST BY CALLING THE GOLDEN AGE CENTER AT (716) 773-9682.**



**Bread Donations from Tops Markets**

Due to the generosity of Tops Markets, we receive donations from Tops on Mondays, Tuesdays and Thursdays. Members can choose to take home one item per person to enjoy. We are thankful and grateful for the generosity of Tops Markets for the breads, pastries, cookies, and desserts they provide our Golden Age members!



**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.) h i t l g l t w \_\_\_\_\_
- 2.) p l a e p s \_\_\_\_\_
- 3.) l a v e e s \_\_\_\_\_
- 4.) w c a r e r s c o \_\_\_\_\_
- 5.) o l o s c r \_\_\_\_\_
- 6.) a e t \_\_\_\_\_
- 7.) r l p c s \_\_\_\_\_
- 8.) o l l e g f a \_\_\_\_\_
- 9.) l a k e t b n \_\_\_\_\_
- 10.) h l l c l \_\_\_\_\_

**Did you know?!**

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**Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member.**

**Tuesday, October 29: starting at 10:00AM****Cooking with Carrie**

Let's have a SPOOKY meal today! Come and join us for preparing the meal and cooking, then we will all sit down and enjoy it together. The menu for this month will be as follows: ***Butternut Squash Soup with Crisp Pancetta, Brie and Apple Grilled Cheese, and for dessert, Pumpkin Dump Cake.*** The cost is \$10 per person, and you must register by the 18th of October.

**Tuesday, September 24: 1:00PM****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 30: 5:00PM potluck; 6:00PM presentation****University Express: Christmas Shopping in Buffalo with Explore Buffalo Docent**

Do you remember being in downtown Buffalo at Christmastime? This talk will bring back memories of getting dressed up, spending the day shopping in the wonderful stores, looking at the department store window decorations, eating at the AM&A's top floor restaurant and so much more! We'll also talk about all of the great retailers that made Buffalo their home. Instructor: Explore Buffalo Docent. REGISTRATION IN ANY UNIVERSITY EXPRESS PROGRAM IS A MUST BY CALLING THE GOLDEN AGE CENTER AT (716) 773-9682.

**Thursday, October 31: Beginning at 10:00AM****Welcome to Emerald City!**

Join us today for the 2024 Golden Age Center Halloween celebration! Bring your courage, leave your broom at home and fill your brain with knowledge as you follow along our yellow brick road. Enjoy the themed menu served in our own Golden Age Center Emerald City Castle Dining Area, where you will have a bewitching time. There will be no monkeying around, my little pretties, but it will be a tornado of a time! Ding Dong, the bell has rung, and it's time to party! Be sure to sign up early! **Cost is \$10 per person, and includes all the day's endless activities! Be ready to PARTY HARDY, my pretties!**

**Activity schedule INCLUDES:**

**10:00am: Travel the Yellow Brick Road**

**11:15am: Witches brew & Twisters cheese and crackers**

**11:45am: Wizard Of Oz Themed Lunch**

**12:15pm – 1:30pm: Candy Bar Bingo**

**1:30pm: Over The Rainbow dance by the Soma Cura Chair Yoga & Meditation Class**

**1:40pm: Wizard of Oz Trivia and Parting Memento**

**Thursday, October 31: 11:15AM****General Meeting of the Golden Age Club**

Join President Joy Mesmer, the Executive Board, and the Golden Age members for their monthly meeting. The day will start with the General Meeting of the Golden Age Club at 11:15am, followed by our delicious lunch and great company of our friends, along with Town Time with Town Supervisor Marston at 12:20PM.

Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member.



- Does your loved one have dementia, Alzheimer's, and you're looking for certain resources?
- Are you looking for senior housing apartments?
- Are you looking for Adult Day programs?
- Are you looking for transportation needs?

IF these are some of your questions, please call (716) 773-9682 for us to point you in the right direction.



Our next **Safe Defensive Driving Class** with Wayne West is coming up on **Monday, October 21 & Monday, October 28** from **1pm - 4pm** in the **FRONT Dining Area**. The class is **\$25 per person**; CHECKS made payable to Wayne West.

Payment is DUE upon registration for the class. Participants **MUST** participate in **BOTH** classes in order to receive the auto insurance discount & the class certificate.



THE GOLDEN AGE CENTER &  
THE GOLDEN AGE CLUB PROUDLY  
PRESENTS

# HOLIDAY HAPPENINGS CRAFT BAZAAR & HOLIDAY MARKET

SATURDAY, OCTOBER 19, 2024

9 AM TO 1 PM

GOLDEN AGE CENTER &  
COMMUNITY CENTER

Nike Base, 3278 Whitehaven Road, Grand Island





Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member.



Look at Tammy's decorating style for FALL! She decorates so beautifully for us! Look at the Front Foyer AND the Office window of the Golden Age Center! Thank you, Tammy!



**NEW!**

### Monthly Lunch Drawings!

Each month, we will have a drawing for two lunch tickets at the **Golden Age Center**.

Each day that you participate in the lunch program, you may fill out a slip and put it in the **Monthly Lunch Drawing**. The winners will be drawn the last day of the month.

**Brian Mongiello & Wayne Anstett** are the winners for the month of **September!**  
**CONGRATULATIONS!**



## 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 & Holiday 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 & gift cards, 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 \*  
BILLS Raffle \* Lottery Ticket Tree 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!**