

The Golden Voice October Events

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

Coffee & Conversation & Travel Club Meeting

Monday, October 1: 10:00am

Festive Flannels Fall Fest Birthday Party

Wednesday, October 7: 11:15am - 1:45pm

Bingo BONANZA!

Friday, October 2: 12:45pm

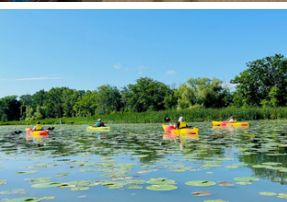
Get ready to win GREAT prize envelopes with our varied Bingo games! *Get out your lucky boards!*

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

Get in quick! See you soon!

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 & Meals on Wheels on weekdays. Our mission is to provide safe, nurturing, and enjoyable activities to meet the needs of our senior population. Membership is free of charge for Grand Island residents. The staff and members of the Golden Age Center welcome you!

Recreation Supervisor - Senior Citizen

Jennifer R. Menter

Recreation Leader - Senior Citizen

Carrie Mesmer

Transportation Coordinator

Fran Molnar

Program Coordinator

Jenny Gula

Van Drivers

Tammy Violanti

Fran Molnar

Nutritional Staff

Cathy Moore

Ryan Zygmunt



A Message from Jen

Wow, autumn has been filled full of change, everyone's hopes, wishes, travels from the season, and more. Thank you all for sharing that with me! I hope you've all enjoyed the beautiful summer we've been blessed with and I hope that autumn is off to an amazing start! This month is filled apples being picked, harvest festivals, pumpkin carving, football season, shorter days, cooler nights, and the start of change, and a new routine. Check out our programs surrounding these themes! Let's make it an SENSATIONAL month!

September has truly been a season of change. We continued our Summer projects and updates to our facility. Outside, drainage work has been completed, as well as parking lot updates. Our gardens were updated and freshened up out front, by the Memorial Wall and front lawn. Our Golden Age Garden is thriving and really blossoming, with fresh herbs, vegetables and flowers, many of which ends up in our meals AND used in our cooking program. MANY updates will continue throughout the remainder of the year, both INSIDE and OUTSIDE our building. We have updated our outdoor doors and created fresh spaces, with new floors and fresh painting. Stay tuned as our fall projects finalize by December! Thank you for your flexibility and patience!

We are appreciative of everyone's continued participation in our Compost Project this year! When disposing of garbage, please help us reduce our waste by throwing your garbage in the appropriate bin! Thank you for being so mindful as you toss out trash. We average over 100+ pounds of compost a month! Great job, ALL! Keep up the SUPER work! This greatly reduces the amount of waste in our trash bin daily. **Just a gentle reminder that in our daily work, we strive to give each member the utmost attention to their questions and needs. Please be patient, kind, and respectful to the time we take with each member, through phone call, question at the Office, conversation, and help we provide. Thank you for understanding, as some situations are complex, sensitive in nature, and we want all to have the same private, respectful experience. We are into rollercoaster weather season! Please bring a sweater or jacket with you, as the air conditioning will be on for the hot days, and we try our best to keep everyone comfortable, with all the varying comfort levels of our members. Thank YOU for understanding!**

Mark your calendars for our next BIG special event, Holiday Happenings, coming up on Saturday, October 17 from 9am - 1pm! Join us as we showcase our talented senior crafters, host our Bake Sale, Basket Raffle, Grand Island small businesses, Lunch Sale & MORE, to support the seniors of Grand Island! What a way to get ready for the holiday season! Sign up for your event table TODAY! Help support our senior citizens AND what makes Grand Island so GREAT!

Best, Jennifer R. Menter

(716) 773-9682

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |

www.grandislandny.us/280/Golden-Age-Center Open 8AM - 3PM Mon. - Fri.

The Golden Voice

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



Linda Caminiti
Karen Hildebrandt
Barbara Mantione
Louis Palazza
William (Bill) VanTassell
Edna Kloehn
Bed Prasai
Loretta Reid
Ron Sweeney
Suzanne Sweeney
Joan Panepinto
Donna Young
Lisa Vanderbrook
Nicholas Constantino
Susan Constantino
Penny Giambra
Patricia Czora

Welcome!

Coffee for the month of
October
will be **FREE** compliments of
Rebecca Simpson
in honor of
Golden Age Center members



Coffee for the month of
October
will be **FREE** compliments of
Lynn Henschel
in honor of
Golden Age Center members



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

(716) 773-9682

October 2026 Consistent Weekly Programs at the Golden Age Center

MONDAY:

Independent Craft Activities: Work on your craft projects independently at your leisure from **8:15am—12:00pm in the Arts & Crafts Room**
Billiards games: Join us for exciting Billiard games! Whether you're a seasoned player or a beginner, this is perfect for anyone who loves the game. All are welcome to join **8:15am - 12:00pm in the Lounge**
Tai Chi: Experience meditation in motion and this mind-body practice at **9:00am** at the **BACK of the Dining Area**
Guitar: Strum and play fun songs on the guitar at **10:00am on the Stage**
Fit for Life! **10:00am** with **Jenny** in the **BACK of the Dining Area**
Morning of Games: Play Ping Pong, Foosball, Shuffleboard, and other games with friends at **on the 1st Monday of the month at 10:30am in the Community Center**
Card Games & Dominoes: Play a variety of card games with friends from **12:00pm – 2:30pm** in the **Dining Area**
Fun with French: **12:30pm** with **Jen** in the **Arts & Crafts Room**
Bridge: **12:00pm - 2:30pm** in the **FRONT of the Dining Area**
Gentle Yoga: **12:45pm** with **Sue** in the **BACK of the Dining Area**
Chinese Mahjong: **12:30 - 2:30pm** in the **BACK of the Dining Area** with **John**

TUESDAY:

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

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The Golden Voice

Welcome to the Golden Age Center!



In partnership with Erie County Department of the Aging, we are now participating in composting, to further reduce our waste at our senior center!

Be mindful of what you throw away at our senior center.

We compost the following:

- Food scraps, coffee & tea liquids, beverages & soups
- napkins
- and MORE!

For more information, just give us a call at (716) 773-9682 and we are happy to answer any questions.



Should there be changes to our daily schedule, due to weather conditions, emergencies, and so forth, we will notify you of changes in the following ways:

- Updates on our Golden Age Center webpage
- E-blast to our members
- Post updated information on our Town of Grand Island website, on the Main Page, under “Alerts”

For more information, just give us a call at (716) 773-9682.

October 2026 Consistent Weekly Programs at the Golden Age Center

WEDNESDAY:

Independent Craft Activities: Work on your craft projects independently at your leisure from **8:15am—11:45am; 12:15pm—2:30pm** in the **Arts & Crafts Room**

Billiards games: Join us for exciting Billiard games! Whether you're a seasoned player or a beginner, this is perfect for anyone who loves the game. All are welcome to join **8:15am - 12:00pm** in the **Lounge**

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

Chorus: Sing songs of all different genres among your peers at **10:00am** with **Bobbie** on the **Stage**

Artists' Haven: Come and Paint with us! Bring your paints, your palette, your paintbrush and let your imagination run wild and inspire you, as we paint in a room filled with bright sunlight at

10:00am in the **Arts & Crafts Room**

Sit and Stretch: Stretch your tight muscles, relax your mind, calm your body and soul, and leave feeling rejuvenated at **10:00am** with **Sue** in the **BACK of the Dining Area**

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

Afternoon of Games: Play Ping Pong, Foosball, Shuffleboard, and other games with friends at **1:00pm** in the **Community Center**

Autumn Landscape Painting

Cost: \$40

Cost: \$40

Thursday, November 12
12:15pm—2:15pm

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

The Salvation Army Tonawanda

46 Broad Street

Worship & Community Center

Tonawanda, NY 14150

3rd THURSDAY MOBILE

FRESH PRODUCE

DAIRY

MEAT

FRESH VEGETABLES & MORE

FOOD PANTRY

Join us for our 3rd Thursday Mobile Food Pantry. If you need food, we will be serving the community at the Grand Island Town Hall beginning April 17th and the third Thursday of each month following. It is a drive-thru pantry and all you need is your ID and proof of address.

WHEN

APRIL 17th

Every 3rd Thursday of the Month

10am & While supplies last

WHERE

Grand Island Town Hall

2255 Baseline Road – Grand Island, NY 14072

For more information, email Lt. Adam Mack – adam.mack@usa.salvationarmy.org or give us a call at 716-469-2269 and leave a msg.

(716) 773-9682

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The Golden Voice

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



Joyce Berk

Barbara Davis

Dominic Defeo

George Deglopper

Jacque DesJardins - LoManto

Rob Frasier

Bogdan & Janice Fundalinski

Casey & Iris Galeza

Elaine Gibney

Frank Greico

Kathy Hoppel

Tom Kunselman Beverly Kuszczak

Barbara & Bob Lamb

Jack Lillico Cindy Lin

Beverly Luszcak

Jack Mahnk Elaine Miller

Cathy Moore

Peg Price

Dave Rogers

Dee Schulman

Laura Sexton

Dave Sugg

Mary Stewart

John Synakowski

Chuck Tobe

Barbara Weinrib



October 2026 Consistent Weekly Programs at the Golden Age Center

THURSDAY:

Independent Craft Activities: Work on your craft projects independently at your leisure from **8:15am—11:45am; 12:15pm—2:30pm** in the **Arts & Crafts Room**

Billiards games: Join us for exciting Billiard games! Whether you're a seasoned player or a beginner, this is perfect for anyone who loves the game. All are welcome to join **8:15am - 12:00pm** in the **Lounge**

Total Body Workout: Designed to target all of the major muscle groups in the body, this class incorporates strength training using various equipment, such as light weights, resistance bands, exercise balls, and body weight. Join us at **9:30am** with **Michelle & Diane** in the **Community Center**

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

Bocce: **12:30pm - 2:30pm in the Community Center**

Balance for All: This program includes gentle strengthening exercises, coordination drills, and balance challenges. This class is designed to enhance your overall stability and is designed to increase activity levels. Join **Jenny & Jen** at **12:45pm** in the **BACK of the Dining Area**

FRIDAY:

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

Tai Chi: Experience meditation in motion and this mind-body practice at **9:00am** in the **BACK of the Dining Area**

Read & Feed Book Club: Designed to share in friendship & a love of reading! Join us at **10:00am** in the **Arts & Crafts Room**

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

Mahjong: Mahjongg is a game that originated in China, and it's a game that requires some skill, strategy, calculation, and a bit of chance! Come play at **12:30pm 2:30pm on the Stage**

Chair Yoga & Meditation: Exercise & do yoga from the comfort of the chair with gentle poses. Leave feeling Zen and at peace. Join **Martha** at **12:45pm** in the **Community Center**

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

Emergency Phone Number: (716) 773-7508



Crisis Services: (716) 834-3131



9-8-8: National Suicide Hotline

2-1-1: available 24 hours a day, 7 days a week. Free and confidential referral service. Human & social services, emergency 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

(716) 773-9682

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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 Winter and Spring months, when we are coming into the senior center, during the snowy or rainy weather months. *Thank you for your help and understanding!*

HEAP - Home Energy Assistance Program



HEAP is federally funded assistance with home heating costs and energy conservation for eligible households. Program components include benefit assistance for heat and electricity, furnace repair or replacement, weatherization referral, and cooling assistance (in summer months - based on medical necessity). Do you qualify? To fill out the application with guidance, please make an appointment to meet with our Recreation Supervisor, Jennifer Menter, by calling (716) 773-9682 to make an appointment. **REMINER:** HEAP for Heating Benefits opens on October 15 and available until funds are exhausted.

(716) 773-9682

October 2026 Special Events Calendar at the Golden Age Center

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

Golden Age Center Lunch Calendar

Membership allows you to partake in our nutritious lunch program; lunch is \$4.00 OR \$5.00 OR MORE on Special Event days. Lunch is served at 11:45AM Tuesday-Thursday & 11:30am on Monday and Friday, for lunch participants to enjoy, among the company of the senior membership, in a home-like setting. Please call (716) 773-9682 to reserve your lunch. Please remember to call us and **CANCEL** your meal if you cannot attend so that we can sell your lunch to another member. *Thank you!*

October 2026 Lunch Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Menu may change without notice. Special meals may be different than stated on the menu to meet dietary requirements and based on supply. <i>Thank you for understanding!</i>		1 Polish Sausage with Lazy Pierogi, Applesauce & Broccoli	2 Souper Seniors 	3
	5 Chef's Choice 	6 Salisbury Steak with Mashed Potatoes & Mixed Vegetables	7 Festive \$8 Flannels Fall Fest Butternut Squash Soup, Autumn Harvest Salad, Chicken Pot Pie, Apple Pear Salad & Pumpkin Dump Cake with Ice Cream	8 Buffalo Bills Day! Pizza with Chicken Wings, Veggie Cup with Bleu Cheese & Bills dessert	9 Souper Seniors 	10
11	12 CLOSED 	13 Italian Sausage with Peppers & Onions and Baked Penne	14 Pulled Pork with Hearty Macaroni & Cheese and Baked Beans	15 Executive \$6 Board meeting Cathy's Crispy Drumsticks, Mashed Potatoes, Carrots, Apples & Pie	16 Souper Seniors 	17 Holiday Happenings 9am-1pm
18	19 Chef's Choice 	20 <i>Brunch for Lunch!</i> Pancakes with Bacon, Scrambled Eggs & Yogurt Parfait	21 Swedish Meatballs with Rice & Peas	22 General Meeting \$6 Savory Roast Beef with Scalloped Potatoes, Hearty Vegetables, & Ambrosia	23 Souper Seniors 	24
25	26 Chef's Choice 	27 Pork Chops with Mashed Potatoes, Carrots & Applesauce	28 Baked Chicken with Linguine & Mushrooms and Peas	29 Monster Mash Halloween BASH 10am-2pm \$12 for lunch & festivities 	30 Souper Seniors 	HALLOWEEN

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The Golden Voice
Members that we lost
in the month of
August 2026:



Jerry Peete
Joe Synakowski

Please keep these members and their families and friends in your thoughts during this difficult time. Our Golden Age friends are dearly missed and they will be forever in our hearts.
If any Golden Age members have passed away and are not listed, please contact the Office at (716) 773-9682 so we can update our records.
We sincerely appreciate your help!



October 2026 Special Events Calendar at the Golden Age Center

Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member. If you can NOT attend a program, kindly call us to CANCEL your reservation, so that we can offer your spot in a program to another member. Thank you for your cooperation!

Wednesdays: 9:00AM

Wednesday Walking Club

Kick off your morning with a great walk, along with the company of your peers! Meet us at the Golden Age Center and start your walk by 9:05am as we walk to the following locations: rain location will be offered in the month of SEPTEMBER at the Community Center, walking together by 9:05am! **10/7:** West River Bike Path; **NORTH;** **10/14:** Big Six Marina; **10/21:** Nike Base Trails; **10/28:** West River Bike Path **SOUTH**

1st, 3rd & 5th WEDNESDAYS: Wednesday, October 7 & Wednesday, October 21: 10:30AM-11:30AM

FeedMore Farm Market Truck

Stop by and purchase fresh, healthy, affordable and locally-grown produce! The FarmMarket Truck will be here from 10:30am - 11:30am with their offerings today. The FarmMarket Truck accepts cash, credit, debit and SNAP! Bring your reusable bags and stock up on fresh, quality produce!

Thursday, October 1: 9:15AM

Day Trip: Niagara County History Center, One-Eyed Jacks, and Spirit Halloween store

This trip will start at the history center, which according to their website, "The five building Niagara History Center Complex at 215 Niagara Street in Lockport interprets the history of the Niagara Frontier from the time of Native American occupation to the early 20th century". Once we have completed our visit, we will head to the restaurant for some great BBQ options. Our last stop will be the Spirit of Halloween store to check out the Halloween displays, and if you would like some costume accessories for our Halloween party later this month, now is a great time to find your costume! **Cost: \$20 per person for transportation and history center admission; lunch and purchases will be on one's own.**

Friday, October 2: 10:00AM - 2:00PM

Flu Shot Clinic with Ivy Lea Pharmacy

Ivylea Pharmacy will be here to provide flu vaccine, COVID, pneumonia, RSV and shingles vaccines for interested members. Please bring your ID & health insurance card. Members can have up to (3) vaccines at a time. This is also a great time to ask any questions to the pharmacist! Please call us at (716) 773-9682 to make an appointment. Protect yourself this flu season and put your health first!

Friday, October 2: 11:00AM – 12:30PM

Grand Island Memorial Library

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

Friday, October 2: 12:45PM

Bingo Bonanza!

For \$2.50, you will get up to 4 boards to play all the games for the afternoon! Follow along for fun and laugh as you vie for the prize envelopes! From Letter X to Regular Bingo, Coverall to Railroad Track, a variety of games will be played! *Come one, come all! Join us for laughs and lots of fun!*

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The Golden Voice

Golden Age Center Transportation Vans



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

Our Transportation Services are
available for the following:

- Bringing members to the Golden Age Center to socialize and participate in our 34 Consistent Weekly Programs and many varied Special Events
- General Medical Appointments **NOT** requiring sedation
- **Nutrition** – Dining at the Center OR Grocery Shopping
- **Financial** – Banking, Social Security Administration, going to the Post Office, Town Hall, and so forth
- **Personal Care** - Hair Salon appointments and Barber Shop
- **Medical appointments** - Please schedule as far in advance as possible!
- **Golden Age Center visits** - Call us at least TWO days in advance, to be scheduled on the van schedule.
- **All other appointments:** Schedule as far in advance as possible. We will do our best to accommodate your request.

Call us **TODAY!**

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

October 2026 Special Events Calendar at the Golden Age Center

Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member. If you can NOT attend a program, kindly call us to CANCEL your reservation, so that we can offer your spot in a program to another member. Thank you for your cooperation!

Monday, October 5: 10:00AM

Coffee & Conversation AND Travel Club with Carrie

Join Carrie this morning as she serves some tasty beverages, treats, and highlights the special programs for the month of October. She will review the information, answer questions, and sign people up as requested. We will discuss October opportunities and talk about a few November trips; signups can begin with payment after the meeting. As always, it is important to read your newsletter and check out all the events! Bring your calendars so you can add your events.

Monday, October 5: 12:30PM

Outside Art w/ Marsha Mis

Join Marsha today as she leads us in art initiated by Judith Scott, who was an internationally renowned American fiber sculptor. Let us see where our creativity leads us! Please register by Friday, October 2 at the Office by the end of the day. *Limited to 15 people.*

Tuesday, October 6: 9:30AM – 12:00PM

Highmark Blue Cross Blue Shield of WNY

Jeff Lewis, from Highmark Blue Cross Blue Shield of WNY, will be on site to assist with planning for Medicare and retirement health coverage. Stop by and visit and ask Jeff any questions you may have regarding your coverage.

Tuesday, October 6: 10:00AM

Sip & Sow Club/Erie County gardening

Calling all gardeners! Please join us as we clean out our gardens and prepare them for the winter. *Many hands will make light work, so please come and assist!*

Tuesday, October 6: 10:00AM

Sit and Groove with Jenny & Carrie

The class was such a HIT, we thought we would continue! Join us for great music and a FUN and ENERGETIC way to exercise. The ladies will get you dancing!

Wednesday, October 7: 9:30AM

Birthday Party Set-up

Calling all creative souls and calling all decorators! Come and help us set up for today's party. *Many hands make light work as we decorate for all the birthday party FUN!*

Wednesday, October 7: Activities begin at 11:15AM; entertainment at 12:45PM

Festive Flannels Fall Fest Birthday Party

Be sure to wear your favorite flannel shirt OR fall sweatshirt as we celebrate the beauty of the autumn season! We will also be celebrating the October birthdays in an autumn-themed way! We will start at 11:15am with a variety of treats AND Fall Fest games, before sharing a delicious, hearty, harvest lunch. Once we finish lunch, we will enjoy dessert and the musical entertainment of Custodi & Parisi, beginning at 12:45pm. Just huddle together with your friends and companions, and celebrate the season! *Register EARLY to hold your spot for the celebration!*

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Golden Age Club



MISSION STATEMENT of the Grand Island Golden Age Club:

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



**Looking for Pinochle Players
to play on Wednesdays
between 12:00 PM – 2:00 PM
AND**

**looking for Bridge players to
play on Mondays from
12:30pm – 3:00pm.**

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

Lions Club Closet



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

October 2026 Special Events Calendar at the Golden Age Center

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Thursday, October 8: 9:45AM

Day Trip: Highmark Stadium Tour

This is a special event in conjunction with your Golden Age Club. It includes transportation, tour tickets and lunch. We will depart from the Golden Age Center and head to Orchard Park for the 90-minute tour. After, we will return to the senior center and enjoy a special Buffalo-themed luncheon of pizza and wings and treats, sponsored by the Golden Age Club. *(The luncheon is ONLY for the attendees of this event, and the center is not open today to others due to the nature of the programming and requiring all staff to drive and assist.)* After lunch, there will be Bills vendors you can visit for all things Bills-related, including cookies! The tours are expensive, but thanks to the generosity of the not-for-profit, it is being partially supported by them as well. ***This may be the chance of a lifetime to see the new Highmark Stadium, so be sure to join us. Cost: \$45 per person for transportation, tour ticket and lunch. All purchases are on your own.***

Friday, October 9: 10:00AM

University Express: Crazy 1960s

It was the time of musical experimentation, the British invasion in music and fashion, and the emergence of pop culture. It was also the time of political violence, the civil rights movement and the Vietnam War. Instructor is Harriet Grayson, author and urban planner. You must register to reserve your seat in this class, so please call (716) 773-9682 or register with the Office.

Friday, October 9: 11:30AM

Final Cut Fridays!

Join Carrie and bring your lunch or buy ours and come into the Arts & Crafts Room to watch a film centering around the Halloween theme. ***Bewitched***, a 2005 film featuring Nicole Kidman, Will Ferrell, and Shirley MacLaine, follows the actor, played by Ferrell, discovers while making the remake of *Bewitched*, that his co-star (played by Nicole Kidman) is an actual witch.

Monday, October 12: The Golden Age Center will be CLOSED for the Columbus Day holiday. ***"You can never cross the ocean until you have the courage to lose sight of the shore."*** ~Christopher Columbus

Tuesday, October 13: 10:15AM

Day Trip: East Aurora

We will depart from the Golden Age Center and head to East Aurora. We will start our trip at Riley Street Station for lunch. We will meet at the Aurora Theatre at an established time to watch the film ***The Ghost and Mr. Chicken***. This movie is a 1966 American comedy, horror, mystery film starring Don Knotts as Luther Hegg, the town dunce and a newspaper typesetter who spends a night in a haunted house, which is located in the fictitious community of Rachel, Kansas. In between, you will be given time to shop; then, we will meet at the Aurora Theatre at the designated time! ***Cost: \$17 per person for transportation and movie tickets; purchases and lunch on your own.***

Wednesday, October 14: 9:00AM – 11:30AM

Lawley Insurance with John Weatherby

Questions about Medicare? John is here to help you navigate all the complexities of the 2026 Medicare plans. He can compare your needs to all the carriers including Independent Health, Highmark BCBS, Univera, United, Humana and Aetna, to name a few. Or, if you just want to sit and talk, he is there for that too! Join John Weatherby, Medicare & one-on-one appointment with John.

The Golden Voice

**Happy Birthday to our
ACTIVE members
celebrating October
birthdays!**

October 1.....*Arlene Carlucci,
Carla Cathcart, Francis Fisher III, & Ronald
Shul*
October 2.....*Carol Borden, Mary Gertz,
& Laurie Young*
October 3.....*Michelle Allaire*
October 4.....*Bob Vaccaro*
October 5.....*Carolyn Mesches*
October 6.....*Sue Asbach, Amy Banas,
Krista Drexilius, & Joan Spohn*
October 7.....*Paul Leuchner & Robert Lenz*
October 8.....*Beth Anderson-Palmer, Molly
Fellinger, Casey Galeza, Freida McGrigg,
Lana Redell, Rebecca Simpson & Marlene
Wilson*
October 9.....*Rosemary Ryan & Rosemarie
Shemik*
October 10.....*Philip Russo*
October 12.....*Laura Bonarek*
October 13.....*Kim Yarwood*
October 14.....*Carol Gorney &
Mary Lou Schihl*
October 15.....*Irene Frank*
October 17.....*Susan Bauer & Cheryl Redlein*
October 18.....*Roy Redlein & Denise Reed*
October 19.....*Trish Andrews & Lydia Ruiz*
October 20.....*Darcy Lyor*
October 21.....*Heather Hyland & Gunnar
Munk*
October 22.....*Roger Adornetto & Jack Lillico*
October 23.....*Lynette Burg & Judy Wozniak*
October 25.....*Anne Hagopian*
October 26.....*Pete Gottler & Lorraine
Mangin*
October 28.....*Carl Beach, Brenda
Cassoni, Janine Little, & Christine Sanborn*
October 31.....*Penny Panepinto &
Jane Wynne*



**Did YOU KNOW that Walking Club has
walked INDOORS over the FIVE winter
months, totaling over 50 miles?**

As the weather has turned and
transitioned to warmer summer months,
our **Wednesday Wellness Walking Club**
will meet now at the Golden Age Center to
move and to safely walk together outdoors.

**Come and join us from
9am - 9:50am on
Wednesday mornings!
See schedule on page 6!**

October 2026 Special Events Calendar at the Golden Age Center

**Please register for programs by calling (716) 773-9682 OR stop by the Office to register
for programs with a Golden Age staff member. If you can NOT attend a program, kindly
call us to CANCEL your reservation, so that we can offer your spot in a program to
another member. Thank you for your cooperation!**

Wednesday, October 14: 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 TYPICALLY every 2nd Wednesday of
the month from 1:30pm until 4:30pm in 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.

Thursday, October 15: 11:15AM

Executive Board Meeting

Club President Bob Vaccaro asks for the presence of the Executive Board together for
their monthly meeting, to discuss Club business, to discuss Fall & Winter plans, plan
for Holiday Happenings, and MORE. Officers and Executive Board members, PLEASE
mark your calendars, and join us. Bob and the Executive Board look forward to seeing
everyone then!

Thursday, October 15: 12:45PM

Addressing Concerns about Side Effects & Safety

As the third part in our Community Education Series, we will discuss the importance
of addressing concerns about side effects, safety, and more with vaccines. We will
discuss vaccines, common side effects, hesitancy, vaccine myths, strategies, with
interactive activities, and time for a Pharmacy Q & A. This workshop is interactive,
engaging, with time for questions and answers with the team. Learn the with UB
Research Team and Ivy Lea Pharmacy! To sign up for this program, please call (716)
773-9682.

Friday, October 16: 8:00AM – 11:30AM

Hearing Evaluations with Dr. Sal Gruttadauria from Diversified Hearing and Speech

October is **National Protect Your Hearing Month**, raising awareness about
preventing noise-induced hearing loss and promoting lifelong hearing health.
Dr. Sal Gruttadauria from Diversified Hearing and Speech will be here to provide FREE
hearing evaluations for Golden Age members. You MUST register for this event! See
Office staff for details OR call us at (716) 773-9682 to book your FREE hearing
evaluation.

Friday, October 16: 10:00AM

Good Neighbor Project

Want to be a good neighbor? Come and join us this morning as we make snack packs
for the Friends of the Night People. Come, be a part of our neighborhood and share
love with others!

Friday, October 16: 12:00PM – 3:00PM

PLEASE NOTE: Golden Age staff and volunteers will be setting up for Holiday
Happenings from 12:00pm – 3:00pm in the Dining Area and the Stage. Poker will be
played in the Pool Room/Lounge, ALL Card Games will be in the Arts & Crafts Room
AND there will be NO Mahjongg today. *Thank you for your flexibility and
understanding!*

(716) 773-9682

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 | **10**
www.grandislandny.us/280/Golden-Age-Center Open 8AM - 3PM Mon.- Fri.

The Golden Voice

Home-Cooked Lunch Program



REMINDER: Effective IMMEDIATELY, The home-cooked lunch program NO LONGER has take-out lunches. Please consider dining in as our program is for in-house, nutritious meals, socialization over a meal with our senior population. Should you be interested in take-out meals, please call Jen at (716) 773-9682 to discuss the Meals on Wheels plan.



Did YOU KNOW that our volunteers made OVER 1800 pieces in 2025 for the 900 pieces thus far in 2026?

Special thanks to the 20 volunteers who helped organize our distribution for our Mitten Project, all to help those in need! Due to the INCREDIBLE amount of pieces that we had donated and made this year, we were able to help 30 local organizations, schools & charities in the WNY area. We can't thank the Mitten Project crafters & volunteers enough for this generous donation, to help those stay warm during their times of need.

How lucky we are to have such special hearts in our community!

For more information on the Mitten Project, see Jen OR Jenny!

Did you know?!?



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

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Saturday, October 18: 9:00AM – 1:00PM

Holiday Happenings

Come one, come all to our Holiday Happenings, from 9am – 1pm at the Golden Age Center AND our Community Center! Get into the holiday spirit by shopping from our great craft vendors, selling their homemade craft wares and goods. Get a head start on your holiday shopping! A Door Prize will be offered to all of those attend our event. Our Bake Sale takes place from 9am until SOLD OUT, featuring all sweet treats, breads, cakes, pies and treats to tantalize your taste buds! Our Lunch Sale starts at 10:30am, featuring White Bean & Chicken Chili with Cornbread & Beverage for \$5 OR Chicken a la King with Biscuit for \$5. 50/50 Raffle AND a special raffle will be up for grabs on our Stage! Head over to our Community Center, where you will have a chance to win over 120+ baskets and gift cards, all in support of the Golden Age Club! Winners of the Basket Raffle will be finalized after 1pm. *Thank you for your anticipated support!*

Monday, October 19: depart at 12PM; return at 3:00PM

Fun with French field trip – guided tour at the Burchfield Penney Art Gallery

Join the Fun with French group as we explore art to the theme of fashion in Buffalo, and compare it to French fashions! The bus will be departing at 12:00pm, with an hour-long tour to begin at 12:30pm. After our guided tour, we will have time to enjoy the museum shop, as well as enjoy a late lunch or treat at Roux Soup Bar & Cafe. ***Cost: \$25.00 per person; lunch & purchases will be on one's own.***

Monday, October 19 & Monday, October 26: 12:00PM – 3:00PM

Defensive Driving of New York Safe Driving Class

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 20: 10:00AM

Sit and Groove with Jenny & Carrie

The class was such a HIT, we thought we would continue! Join us for great music and a fun way to exercise! This class will get you dancing and grooving!

Wednesday, October 21: 12:45PM

Know the 10 Warning Signs

WHAT TO WATCH FOR IN YOURSELF AND OTHERS.

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging. Join us to learn about: » The difference between normal aging and Alzheimer's. » Common warning signs » The importance of early detection and benefits of diagnosis. » Next steps and expectations for the diagnostic process. » Alzheimer's Association resources. There will be time for questions and answers with the presenter. To register for this program, please stop by the Office or call (716) 773-9682.

Thursday, October 22: 11:15AM

General Meeting of the Golden Age Club & Town Time with Town Supervisor Marston

Join President Bob Vaccaro, 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 from 12:15-12:35PM.

Thursday, October 22: 12:45PM

University Express: Western New York Amusement Parks

Presented by Rose Ann Hirsch, author and artist, and will have us taking a wild ride at the past and present parks of the region including Crystal Beach, Celoron Park, Midway Park, Dealings, Glen Park, Fantasy Island, and Darien Lake. You must register ahead, so please call (716) 773-9682 OR register with the Office.

(716) 773-9682

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 | **11**
www.grandislandny.us/280/Golden-Age-Center Open 8AM - 3PM Mon. - Fri.

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Friday, October 23: 9:30AM – 1:00PM

Senior Day of Service

Join us as seniors from Grand Island Senior High School join us for a morning of FUN! The students will be playing games with seniors starting with puzzle races with multiple tables AND having competitions with seniors! Once done, card games AND board games will be played and enjoyed by all. Kids will help pass lunch, and students have a special surprise for all seniors to enjoy! After, Bingo games will be played until 1:00pm. *Make a new friend with the great students from our local district!*

Wednesday, October 28:10:00 AM

Crafting with Carrie – Painted wood pumpkin

This month crafting will be using wooden pumpkins, paint and buttons to create a unique art piece to showcase in your home or someone whom you choose to give to! You can see the inspiration for this project at the Office. Please bring an apron, as you will be painting some of it, and you may be getting messy. Most of the craft will be assembling and creating this unique fall picture. **Cost: \$5.00 per person. Please register and pay at the Office by Friday, October 23.**

Thursday, October 29: 10:00AM

University Express: The Origin & Traditions of Halloween

To kick off our Halloween event, we will host a speaker of the examination of the origins and traditions of this internationally-celebrated holiday. From its earliest foundations to the present day, it provides mystery and enjoyment to the world. Join Henry Pogodzinski, English Teacher (retired) John F. Kennedy High School and a former Civil War Re-enactor for today's presentation. You must register ahead, so please call (716) 773-9682 OR register with the Office.

Thursday, October 29: 11:30AM; entertainment at 12:45PM

Monster Mash Halloween Bash!

Come and join in the fun as we continue the morning with some fun activities, special lunch, and then dance until your feet bleed with *The Hastings*. *Get ready for a howlingly good time!* This year, we are throwing a Halloween celebration that balances spooky fun with comfort and nostalgia. There will be a costume contest for Best Halloween Costume, with the winner winning a monster-ific prize! Whether you want to dress up as your favorite classic movie star, enjoy some festive treats, OR just chat by our photographic pumpkin patch, there is something for EVERYONE! **Cost: \$12 per person**

Friday, October 30: 9:45AM

Day Trip: Lewiston

We will depart from the Golden Age Center and head to the village of Lewiston. We will independently be walking around to shop on our own at the lovely boutiques and small businesses around Lewiston, and perhaps small groups of you can choose to pick a place to have lunch! (*Carrie is not making lunch reservations for this trip. as there are so many great places to choose from.*) Travelers will meet at an appointed time and place and return to the Golden Age Center. **Cost: \$10 per person for transportation; purchases and lunch will be on one's own.**



(716) 773-9682

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 | **12**
www.grandislandny.us/280/Golden-Age-Center Open 8AM - 3PM Mon. - Fri.



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

Golden Age members can bring in their gently used and nearly new AUTUMN clothing items, shoes, and jackets to be sold for a very low price this season. Golden Age members will be asked to bring (5) clothing pieces at a time.

REFRESH your REVAMP your wardrobe with US!

Help support the Golden Age Center by taking your cans and bottles to:



Bottle Junction

5677 NF Blvd.

Niagara Falls, NY 14304
(716) 299-0877

Bottle Junction

1942 Colvin Blvd.

Tonawanda, NY 14223
(716) 834-1111

When you take your bottles & cans to the counter, please let them know that you'd like your money to go towards the Golden Age Center.

Your support will help the Golden Age Center keep lunch prices low, will support future programming & help us purchase wish list items.

(716) 773-9682

Veterans



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

Anne's Anecdotes



Thank YOU for making me feel better about my own problems!



Birthday Split Club Raffle Winners



The Birthday Split Club Raffle takes place at EVERY Monthly Birthday Party, held on the 1st Wednesday of EVERY month, from 10:15am - 11:45am. Winners will split the proceeds of the Birthday Split Club Raffle with the Golden Age Club. You GOTTA be in it to win it! Special thanks to Kathy Lechner & Bob Vaccaro this month for helping to sell the Birthday Split Club Raffle Tickets for the month of September!

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

Beth Julin

Kathy Lechner

Carolyn Mesches

Nancy Prusak

Trudi Shelp

CONGRATULATIONS!

Dennis's Dad Joke of the Month



Why do ducks have feathers on their tails?

~ To hide their butt-quacks!

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!

Piano Playing

We have a piano you can play, for your musical delight!

WE ALSO HAVE (3) MUSIC STANDS THAT CAN BE USED, WHEN PLAYING THE PIANO OR INSTRUMENTS.

The piano and music stands are available for use (and will be disinfected after each use):

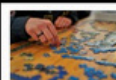
Mondays: 8:00am—12:00pm

Tuesdays: 8:00am-11:00am

Wednesdays: 11:30am—3:45pm
(except 1st Wednesday of the month)

Thursdays: 8:00am—11:00am; 12:00pm—3:45pm

Fridays: 8:00am—12:00pm



PUZZLE-PALOOZA!



In the back of the Dining Area, the Golden Age Center has a puzzle table, set up for people to enjoy putting together puzzles, for our members to try at their leisure.

Members can also sign out puzzles to enjoy and put together at home. We have puzzles from 100 pieces—550 pieces. If you are interested, **SIGN OUT the puzzles at the Office. You can enjoy the puzzles for a month of time.**

The puzzles are available for use:

Mondays: 8am—10am; 11:30am—3:45pm

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

Thursdays: 8am—12:45pm Fridays: 8am—10am



NEW!

Monthly Lunch Drawings!

Each month, we will have a drawing for two lunch tickets at the **Golden Age Center**. Each day that you participate in the lunch program, you may fill out a slip and put it in the **Monthly Lunch Drawing**. The winners will be drawn the last day of the month. **For the month of September, Fred Thompson & Terry Warner** are the winners for **SEPTEMBER!**

CONGRATULATIONS!



1.) hayride
2.) apples
3.) leaves
4.) scarecrow
5.) colors
6.) tea
7.) pecan
8.) foliage
9.) blanket
10.) chili

October Anagram Answers:



OCTOBER ANAGRAMS

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 autumn activities are your favorite?
What could these **SURPRISE** words be?!?!?

- 1.) e a y h i d r _____
- 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.) e c p a n _____
- 8.) o l i e g f a _____
- 9.) l a k e t b n _____
- 10.) h i l c l _____

Good luck! How many can you guess?!?

OCTOBER FUN FACTS

- It is the peak of the Atlantic hurricane season in the Northern Hemisphere.
- Americans buy nearly **\$3 billion** dollars in candy for the **Halloween holiday!**
- Henry Ford made the Model T in October 1, 1908.
- Birthstones are the **opal** and **pink tourmaline**, **symbolizing creativity, emotional well-being, and personal growth.**



- 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 19 & Monday, October 26, 2026** 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.

10 WARNING SIGNS OF ALZHEIMER'S

An education program presented by the Alzheimer's Association®



WHAT TO WATCH FOR IN YOURSELF AND OTHERS.

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging.

Join us to learn about:

- » The difference between normal aging and Alzheimer's.
- » Common warning signs.
- » The importance of early detection and benefits of diagnosis.
- » Next steps and expectations for the diagnostic process.
- » Alzheimer's Association resources.

Free!

**Wednesday, October 21
12:45pm**

**Grand Island
Golden Age Center
3278 Whitehaven Rd.**

Register by calling our free
24/7 Helpline at
800.272.3900, the Grand
Island Golden Age Center
at 716.773.9682 or by the
QR code



Visit alz.org/CRF to explore additional caregiver education programs in your area.

This program is supported in part by a grant from the New York State Department of Health

**ALZHEIMER'S
ASSOCIATION**

Western New York Chapter



love fresh fruits and veggies?

OPEN TO THE PUBLIC!

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



Grand Island Golden Age Center
3278 Whitehaven Road
Grand Island, NY 14072



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

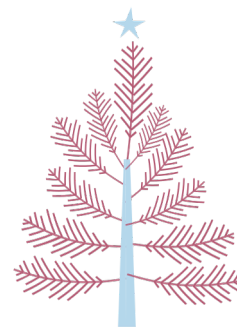
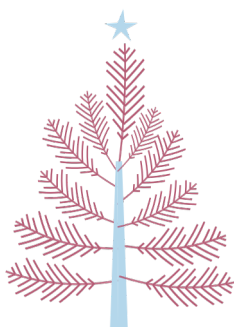


**The Farm Market accepts cash, debit/credit, tap to pay &
SNAP/EBT (50% off)!**

FeedMore
wny

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

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



THE GOLDEN AGE CENTER &
THE GOLDEN AGE CLUB PROUDLY
PRESENTS

HOLIDAY HAPPENINGS CRAFT BAZAAR & HOLIDAY MARKET

SATURDAY, OCTOBER 17, 2026

9 AM TO 1 PM

GOLDEN AGE CENTER &
COMMUNITY CENTER

Nike Base, 3278 Whitehaven Road, Grand Island

