



# The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

**September 2018**

**Flower: Aster**

**Birthstone: Sapphire**

Town of Grand Island  
**Golden Age Center**  
 3278 Whitehaven Road  
 Grand Island, NY 14072

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

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

Website: [http://www.grandislandny.us/departments/golden\\_age/index.php](http://www.grandislandny.us/departments/golden_age/index.php)

**Nathan McMurray**  
*Town Supervisor*

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

**Jennifer R. Menter**  
*Recreation Supervisor—Senior Citizen*  
*Golden Age Center*



## September Birthdays



September 1	<b>Christian Hipp &amp; Brooks Rimes</b>	September 13	<b>Cindy Baker &amp; David Cole</b>
September 2	<b>Dorothy Click</b>	September 19	<b>Ann Marie Chartrand</b>
September 3	<b>Nancy Grabenstatter, Carol Gress, Laurence Ledwon, &amp; Ruth Loncar</b>	September 21	<b>Louise Carlson</b>
September 7	<b>John Monkelban</b>	September 22	<b>Julia Goodwin, Kathleen McCormick &amp; Richard Smyth</b>
September 8	<b>Marie Perry</b>	September 23	<b>Joyce Cline &amp; Jack Bugman</b>
September 9	<b>William Seifert &amp; Bonita Shevlin</b>	September 26	<b>Betty Walk &amp; James Walters, Sr.</b>
September 10	<b>Cathleen Moore</b>	September 27	<b>Linda Clark, Amy Heist &amp; Jack Kuhn</b>
September 11	<b>Joseph Mesmer &amp; Lynn Ryan</b>	September 28	<b>Richard Gaudy</b>
September 12	<b>Carole Bifano</b>	September 30	<b>Lee Cohen, Nancy Kaul, Georgina Munk, Barbara Nowakowski, Michael Rossiter &amp; Stuart Short</b>

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

### MONDAY

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

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

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

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

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

Bridge: 1:15pm in the Dining Area

### TUESDAY

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

Trim Time: 10:00am on the Stage

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

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

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

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

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

Bowling: 1:00pm at Mallwitz Lanes

### WEDNESDAY

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

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

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

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

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

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

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

### THURSDAY

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

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

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

Crafting for a Cause: 12:30pm with **Jen** in the Dining Area (**1st AND 2nd Thursdays of the month**)

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

### FRIDAY

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

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

Trim Time: 10:00am on the Stage

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

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

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

**Monday, September 3:** The Golden Age Center will be *CLOSED* for the Labor Day holiday.

**Tuesday, September 4 & Tuesday, September 11:** *55 Alive AARP Safe Driving Class*

Time: **12:15-4:00pm**

Place: *Arts & Crafts Room*

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

**Wednesday, September 5:** *Tea Party Birthday Lunch*

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

Place: *Dining Area*

Let's get together for lunch and celebrate the seniors who are celebrating a birthday this month! In the spirit of the party, please wear your best, favorite outfit, dress, hat, gloves, you name it! Be creative! A fun tea bar will be ready for all to enjoy, both hot and cold tea options, starting at 11am. Starting at 11am, spin the **Prize Wheel** with Erin for **\$1 a spin**, and win fantastic jewelry to take home, or wear at our party! A delicious, themed feast will be served for lunch, complete with birthday cake & ice cream, graciously donated by Elderwood at Grand Island. Join us for some great entertainment from Michael Nugent at 12:45pm. Mark your calendars and join in the fun!

**Thursday, September 6:** *Parkview Health Services*

Place: *Dining Area*

Time: **10:00am—12:00pm**

Chat with Tony to find out about the services Parkview Health Services provides, including: sorted medicines with clearly labeled descriptions, dosages, and organized by date and time; FREE DELIVERY, & personalized pharmacy services. Stop by today!

**Friday, September 7:** *Effective Communication Strategies with the Alzheimer's Association of WNY*

Time: **10:00am**

Place: *Dining Area*

Communication is more than just listening and talking...it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

**Monday, September 10:** *Members' Coffee*

Place: *Dining Area*

Time: **10:30am**

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

**Tuesday, September 11:** *Walmart Trip*

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

Place: Meet at the benches at the *Entrance*.

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

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

**Wednesday, September 12:** *Dementia Caregiver Support Group*

Time: **1:30pm**

Place: *Stage*

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

**Wednesday, September 12:** *Social Program for Individuals with Dementia*

**Time:** 1:30pm—4:30pm

**Place:** *Community Building*

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

**Thursday, September 13:** *Build your own Fairy Garden*

**Place:** *Stage*

**Time:** 12:45pm

**Cost:** \$5

Join Molly as she guides everyone in building your own, creative, Fairy Garden! Supplies will be provided to all participants. Bring your creativity and bring an old shirt/art smock to wear. Bring a gnome or fairy to add to your garden. Please sign up at the Office or call (716) 773-9682 to reserve your spot. **\*\*This program will be limited to 12 participants! SIGN UP EARLY, as this program will fill up FAST!\*\***

**Friday, September 14:** *Vitamins & Supplements : What You Need to Know*

**Time:** 10:00am

**Place:** *Dining Area*

Does a vitamin a day really keep the doctor away? Most people realize eating a well-balanced diet is the best way to get the nutrients your body needs for good health. But we are often encouraged to supplement our diet with a variety of vitamins, minerals, herbal supplements, and more. How do you know what makes the most sense for you? In this seminar, you'll learn: the facts about popular dietary supplements, supplement safety tips, & questions to ask before taking a dietary supplement. Join HealthFitness as they present this topic.

**Monday, September 17:** *Travel Club meeting*

**Time:** 10:30am

**Place:** *Dining Area*

Please join Jen for this meeting as we discuss the upcoming plans for day trips for September, final info on our trip to Boston/Cape Ann/Salem in October with the Golden Age Center, as well as October Day Trip opportunities. Come travel with us! Please bring your checkbook or cash, for payment will hold your spot on our trips.

**Tuesday, September 18:** *Brunch, Bubbles & BINGO*

**Time:** 11:15am for Bubbles; 11:45am for Brunch; 12:30pm for BINGO

**Place:** *Dining Area*

Come join us for this fun, special day! Bring your appetite and thirst! Bubbly punch will be served starting at 11:15am and throughout the event, with a delicious Brunch for Lunch served at 11:45am, and then BINGO for GREAT PRIZES and PRIZE MONEY (from \$1—\$10 winnings). Come one, come ALL! **COST:** **\$6.00 (\$4 for brunch; \$2 to play BINGO) OR \$2 to play BINGO & to enjoy Bubbles**

**Wednesday, September 19:** *United Health Care*

**Time:** 10:00am—11:30am

**Place:** *Outside of the Dining Area*

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

**Thursday, September 20:** *Executive Board Meeting*

**Time:** 12:30pm

**Place:** *Stage*

**ATTENTION: Calling ALL members of the Golden Age Club Executive Board!** The Golden Age Club President Nancy Tobe requests the presence of all officers and chairpersons for the monthly meeting following lunch.

**Friday, September 21:** *Flu Shot Clinic with Walgreens*

**Time:** 9am—2pm

**Place:** *Stage*

Protect yourself this flu season by making an appointment with us to get your flu shot. Please bring your ID & health insurance card. Appointments will be held in 15 minute increments. Please call (716) 773-9682 or stop by the Office to sign up for your appointment slot. **\*\*This is the FIRST flu shot clinic; if this doesn't fit into your schedule, the next Flu Shot Clinic will be in October.\*\***

**Friday, September 21:** *Discussion with Dr. Graham from the GI Central School District*

**Time:** 10:00am

**Place:** Stage

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

**Tuesday, September 25:** *Walmart Trip*

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

**Place:** Meet at the benches at the *Entrance*.

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

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

**Wednesday, September 26:** *Blood Pressure Checks*

**Place:** Dining Area

**Time:** 10:00am—12:00pm

Put your health first by coming and getting your blood pressure checked by the pharmacist from Walgreens on Grand Island.

**Wednesday, September 26:** *University Express presentation: Sugar Savvy*

**Place:** Dining Area

**Time:** 1:00pm

Presented by Colleen Moser from Wegmans. Sugar. What do I need to know? Come learn about naturally occurring and added sugars, how much is too much, and how the new nutrition facts label makes it easy to make healthy choices every day!

**Wednesday, September 26:** *Celebration of Gratitude with Island Ship Center*

**Place:** Island Ship Center, 1879 Whitehaven Road

**Time:** 1:00pm—3:00pm

Join Fahim for a tour of Island Ship Center, including a celebration with light refreshment, games & prizes as he thanks Golden Age members for their business and support. Meet us there after lunch for this celebration!

**\*\*Transportation will be available for those who need it.\*\***

**Thursday, September 27:** *Town Time with Supervisor Nathan McMurray & General Meeting*

**Time:** 10:30am for time with Supervisor McMurray; General Meeting at 11:15am; lunch at 12 Noon

**Place:** Outside & inside the GAC & the Dining Area

Starting the morning, Supervisor McMurray will be here at 10:30am to update us on happenings taking place in Grand Island. He will gladly answer questions that the members have. After he spends time with Golden Age members, we will have our General Meeting there after, including a delicious lunch. Stay in the know!

**Thursday, September 27:** *14 Ways to Preserve Assets*

**Place:** Dining Area

**Time:** 1:00pm

Robert Friedman of Friedman & Ranzenhofer, Attorneys will explain how to preserve your assets and plan for incapacity with powers of attorney, health care proxies, living wills, wills, trusts, transferring your home to family members, long term care insurance, prepaid funeral accounts, IRAs, pensions, properly documented gifts, spousal allowances and transfers, caregiver agreements and promissory notes. To register for the free seminar, call (716) 631-9999; complete the contact form at [WNY-Lawyers.com](http://WNY-Lawyers.com) or email [Jessica@LegalSurvival.com](mailto:Jessica@LegalSurvival.com) OR reserve your spot with Jen in the Office.

**Friday, September 28:** *Fidelis Care*

**Time:** 9:30am-10:30am

**Place:** Dining Area

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

**Friday, September 28:** *Brain Games*

**Place:** Dining Area

**Time:** 10:00am

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

## Golden Age Center Lunch Calendar

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






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

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

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

# September 2018

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

						1
2	3  <b>CLOSED</b>	4 Meatloaf with Mashed Potatoes	5 Birthday Lunch \$5.00 Tea Party: Deviled Eggs, Quiche, Tea Sandwiches, Tomato Tarts, Waldorf Salad & MORE!	6 Chicken Parmesan with Pasta	7 <b>Souper Seniors</b> 	8
9	10 Members' Coffee 10:30am Gourmet Mac 'n Cheese	11 Beef Taco Salad	12 Vegetable Tetrazzini	13 Stuffed Meatballs with Roasted Garlic Potatoes	14 <b>Souper Seniors</b> 	15
16	17 Travel Club meeting 10:30am Polish Sausage & Sauerkraut	18 Bubbles, <b>Special Brunch</b> & BINGO!	19 Grilled Marinated Chicken	20 Executive Board Meeting South- western Taco Pie	21 <b>Souper Seniors</b> 	22
23	24 Reuben with Chips & a Pickle	25 Various Pizzas with Garden Salad	26 Cold Plate	27 General Meeting \$5.00 Pork Chops with Pumpkin Pie	28 <b>Souper Seniors</b> 	29
30						

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

Name: \_\_\_\_\_ E-mail Address: \_\_\_\_\_



## Try & Buy



**SUMMER** is nearing its end and our **Try & Buy** is **OPEN!** We are gladly accepting gently used & nearly new clothing, shoes and for our **Try & Buy Clothing Closet**. All proceeds support the senior citizens of the **Golden Age Center**, by keeping our lunch price low and helps us purchase our **Wish List** needs!  
Come shop with us today.

## Save the Date!

### Holiday Happenings



**Saturday, October 20**  
**9am—2pm**



**Vendors, HUGE Basket Raffle, Bake Sale, Tours, Face Paint, Lunch Sale and MORE!**

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

Gloria Brown

Barbara Fritchey

Jay Fritchey

Debbie Jenkins

Barbara Krause

Raymond Krause

Joyce McCloskey

Dennis McCloskey

Nancy Riggs

Lonnie Riggs

Lynn Ryan

Tom Ryan

Mary Sitarski

Jerry Sitarski

Coffee for the Month of September has been graciously donated by the

**American Legion Post 1346** and the **Canasta Group**, *in memory of Eleanor*

**Stephan**. Thank you to the **American Legion Post 1346** & the **Canasta Group** for

their generosity this month & continued support of the **Golden Age Center**.



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



### Birthday Drawing:



Each month, we will have a drawing for **two lunch tickets** at the **Golden Age Center**. If your birthday falls during the current month, each day you participate in the lunch program, you may fill out a slip and put it in the Birthday Drawing.

The winner will be drawn the last day of the month. **Jeanne Anstett** is the lucky winner for the month of **July!**



## Neighbors Foundation



The Grand Island Neighbors Foundation provides emergency assistance, primarily food, for Grand Island residents who find themselves in temporary need, helping our community since 1973. In need of help? Individuals are encouraged to call **(716) 773-1452 OR (716) 773-4684** for more information.



### Attention Chess & Bridge Players:



Calling all *Chess & Bridge* players!

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



### Senior Discounts to enjoy around the community:

Take advantage of these great discounts around the community:



- ◆ Walgreens: 15% off on the *1st Tuesday of the month*;  
25% off *Walgreens brand items*
- ◆ Savers: 30% off on *Tuesdays*
- ◆ Rite Aid: 20% off *ALMOST EVERYTHING the 1st Wednesday of the month*
  - ◆ Tops: 6% off on the *1st Tuesday of the month*
- ◆ Olympic Restaurant: *Senior Dinner Discounts EVERY NIGHT!*
- ◆ Tim Hortons: 10% off your order *ANYTIME!*

If you know of any other discounts, please let us know, so we can spread the news to our senior citizens!

## Golden Age Center piano

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

The piano is available for use:

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

Tuesday: 8-10am; 3-4pm

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

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

## Gym equipment

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

The gym equipment is available for use:

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

Tuesday: 8-10am; 3-4pm

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

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





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

Payment holds your spot on these great day trips!

## September 2018 Day Trip Opportunities

### Friday, September 7: GI Garage Sale Fun

Time: The Golden Age Bus departs at **8:30am and will return after 12pm.**

Place: Please meet in the *Front Foyer.*

Bring your money and reusable bags and/or cart to shop at some of the great Grand Island Garage Sales today! Please dress in comfortable shoes and dress for the weather. Garage Sale goers will stop by Adrian's for lunch around 11:30am that morning for an early lunch, before returning back to the Golden Age Center. Stop by the Office or call (716) 773-9682 to hold your spot! **Cost: \$3.00**

### Friday, September 14: Day trip to East Aurora & Vidlers 5 & 10

Time: The Golden Age Bus departs at **8:30am and will return after 2pm.**

Place: Please meet in the *Front Foyer.*

Bring your money and reusable bags and/or cart to shop at some of the great Grand Island Garage Sales today! Please dress in comfortable shoes and dress for the weather. Garage Sale goers will stop by Adrian's for lunch around 11:30am that morning for an early lunch, before returning back to the Golden Age Center. Stop by the Office or call (716) 773-9682 to hold your spot! **Cost: \$7.00**

### Monday, September 24: Explore Lockport!

Time: **The bus will depart at 8:45am and will return around 5pm.** Place: Please meet in the *Dining Area.*

Start the day shopping at Gordie Harper's Bazaar, eat an early lunch there, and then go on a 12:30pm voyage through the Lockport Locks for a guided tour. We will finish the day with wine tasting at Flight of Five & ice cream at Lake Effect Ice Cream. **Cost: \$30 (includes boat tour, transportation, & ice cream) plus purchases and lunch on one's own.**

## ***FYI—Attention! - Looking ahead to October 2018***

### Thursday, October 11: Lunch & Trolley Tour of Forest Lawn Cemetery

Time: **Lunch is served at 11:45am; trolley departs the GAC around 12:30pm; trolley returns to GAC around 4pm.**

Place: Please meet in the *Dining Area.*

Start the day socializing and enjoying a delicious lunch with travel goers at the Golden Age Center, and enjoy a private, guided tour of Forest Lawn Cemetery! **Cost: \$30 (includes lunch, trolley transportation, guided tour & lunch) plus purchases on one's own.**

\*\*\*\*\*

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

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

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

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

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



# Senior Fall Walking Program



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

**Wednesday, September 5th**

- No Walking Today!

**Wednesday, September 12th @ 9:45am**

- Beaver Island State Park  
(Meet in the parking lot next to the Clubhouse)

**Wednesday, September 19th @ 9:45am**

- River Lea  
(Meet in River Lea Parking Lot)

**Wednesday, September 26th @ 9:45am**

- Buckhorn State Park  
(Meet in Woods Creek Parking Lot)

Please come dressed appropriately; sneakers are highly encouraged.

Also, bring water if it is warm out.

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

Please come dressed appropriately, sneakers are highly encouraged.

Also, bring water if it is warm out.

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



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

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

***Should you have any questions, please call Erin at  
(716) 773-9682.***