

**You must call the site to register for the session ahead of time.  
Slots are limited and not guaranteed.**

**No walk-ins are welcome.**

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

Phone: 773-9682

Site	Day	Date	Time	Topic
GI Golden Age Center	Tuesday	10/6/2020	10:00 AM	Preventing Dehydration
GI Golden Age Center	Thursday	10/15/2020	2:00 PM	COVID-19, the Flu, and You
GI Golden Age Center	Wednesday	10/21/2020	10:00 AM	We Are All in This Together: The Shared Experiences of Loss, Grief and COVID-19
GI Golden Age Center	Thursday	10/29/2020	10:00 AM	Overwhelmed by All your Health Insurance Options?
GI Golden Age Center	Friday	11/6/2020	10:00 AM	Burchfield Paints the Town
GI Golden Age Center	Monday	11/16/2020	10:00 AM	In the Shadow of the White Oak: Facts Behind the Fiction
GI Golden Age Center	Wednesday	11/18/2020	10:00 AM	Caregiver 101
GI Golden Age Center	Thursday	11/19/2020	2:00 PM	Who Was That Man?
GI Golden Age Center	Wednesday	12/2/2020	10:00 AM	Breaking the Sugar Habit
GI Golden Age Center	Thursday	12/10/2020	10:00 AM	Influential People from Buffalo During the 1800s