



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

August 2023

Flower: Gladiolus

Birthstone: Peridot OR Sardonyx

Town of Grand Island
Golden Age Center

3278 Whitehaven Road
Grand Island, NY 14072

Phone: (716) 773-9682

E-mail: goldenage@grand-island.ny.us

**Business Hours: 8am–4:00pm,
Monday - Friday**

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

John Whitney
Town Supervisor

Christian Bahleda Tom Digati
Mike Madigan Pete Marston
Town Board

Jennifer R. Menter
Recreation Supervisor—Senior Citizen

Carrie Mesmer
Recreation Leader—Senior Citizen



Happy Birthday to those members celebrating August birthdays!



August 1	Elaine Gorman	August 17	Eric Arnold, Robbin Mancuso, Jean Schlegel, Jill Schopp & Trudi Shelp
August 8	Mark Walker	August 23	Jack Skinner & Jackie Sullivan
August 9	Patty Grasso & Evelyn Lewis	August 24	Gary Loncar & Ann Nichols-Ruland
August 10	Lillian Beach, Colleen Hiam & Deb Lepore	August 25	Margaret Boyce & Bill Jenkins
August 12	Alfreda Homa	August 26	Gail Allen
August 13	Brian Bean, Shirley Johnson & Ruth Roughsedge	August 28	Michelle Chassé
August 15	Peggy Bastian	August 29	Sharon Nichols, Barbara MacRides, Shirley Rogers & Dr. Michael Rayhill
August 16	Jimmy Wilkinson	August 31	Sally Dinino & Michael Owen

Weekly Consistent Activities at the Golden Age Center

ATTENTION: Please note the following PRIOR to your visit:

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

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

MONDAY

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

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

Billiards games: 8:15am onward in the Lounge

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

****NEW: Beginner Mahjongg:** 10:30am with **Anna** on the Stage

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

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

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

TUESDAY

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

Billiards games: 8:15am onward in the Lounge

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

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

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

Canasta: 12:30pm in the Dining Area

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

Bowling: 4:00pm with **Debbie** at Mallwitz Island Lanes (\$7 for 3 games)

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

WEDNESDAY

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

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

Billiards games: 8:15am onward in the Lounge

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

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

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

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

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

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

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

THURSDAY

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

Billiards games: 8:15am onward in the Lounge

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

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

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

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

****Seniors in Stitches:** 1:00pm in the Arts & Crafts Room (*read inside Golden Voice for more details!*)

FRIDAY

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

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

Billiards games: 8:15am onward in the Lounge

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

****NEW:Beginner/Intermediate Mahjongg :** 12:30pm in the Billiards Room

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

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

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

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

August 2023 Special Events & Programs

New & Consistent Programs...come and join us!

ATTENTION! All programs that use the Community Center (*Tai Chi, Total Body Workout, Chair Yoga, Social Group Respite Program, & Afternoon of Games, & any other special programs*) - Please note that June 23– August 18, the Community Center is CLOSED for Summer Rec Programs. **The Golden Age Center will be hosting your programs at the FRONT of the Dining Area and that space is OPEN for you and your programs! We look forward to hosting you for the next 8 weeks!**

Wednesday, August 2: 9:30AM

Birthday Party Set-Up

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

Wednesday, August 2: 11:45AM; 12:45PM – 1:45PM for the entertainment

S.S. Golden Age Center Cruise Ship Birthday Party

Wear your favorite cruise wear and join the party boat of the year! Carouse with us and try Captain Cathy's special menu that will delight your taste buds. No need to throw us a lifeline or row your own boat, all the fun will be had on our very own SSS Ship. Be sure not to miss this party as we celebrate all those with birthdays in August! Our entertainment will be provided by Don Petrino and The Black & Blues Trio.

Thursday, August 3: 10:00AM – 4:00PM

HEAP OUTREACH in the Arts & Crafts Room

In partnership with Erie County Senior Services, Legislature John Bargnesi announces HEAP OUTREACH to help residents with the application process for cooling. Staff members Briana and Sandra from Erie County Social Services will help applicants apply. Please bring copies of the following: *proof of residency, identification for all family members, proof of income in the last 30 days, and current shut off notice (IF applicable).*

Thursday, August 3: 10:30AM

Doughnut Making Fun

Join Carrie as she cooks up some delicious mini donuts. You can dip them in chocolate sauce or powdered sugar as they come out. While we missed National Doughnut Day, we will celebrate today. If you have a doughnut recipe you would like to share, please feel free to bring it to the program.

Thursday, August 3: 4:00PM – 9:00PM

Food Truck Thursday at Gateway Harbor

This evening, join the group as we travel to the City of Tonawanda and set ourselves up comfortably at Gateway Harbor. Musical entertainment is provided by Dave Bienik - Dave's Night Out. You can bring a chair to sit there and some cash to enjoy one of the food truck vendors, should you desire. Cost: \$10.00 per person for transportation; dinner and purchases are on one's own.

Friday, August 4: 10:30 AM

Domino Fun!

Join Carrie and others as we enjoy a game of dominoes. Want to learn? You are welcome too! Come and join in on the fun.

Friday, August 4: 1:00 PM

Bingo Bonanza!

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

Monday, August 7: 10:30AM

Travel Club

Join Carrie this morning as she tells you about the upcoming Day & Evening Trips planned currently for September. Feel free to offer suggestions as well, however it would be best if you check that places are still open as many places have closed. Let us come together and share the excitement!

Monday, August 7: 1:00 PM

Card Game Fun

Join Carrie and others as we play a card game or two. Beginners are welcome to attend as well!

Tuesday, August 8: 10:00AM; 12Noon luncheon

Cooking with Carrie Prep & Luncheon

Today, our main course will be Chicken and Waffles because you guessed it... today is National Fried Chicken and Waffles Day. We will have a few easy sides to go with and a delicious dessert. To participate, we ask that you pay **\$8.00** to offset the cost of the food. **Payment and registration is due by Monday, August 7,** as this is a limited space program.

Wednesday, August 9: 9:00AM – 11:00AM

Book Lovers Book Swap

Today is Book Lovers Day, and let's come together to share our love of reading. Want to gift books to others or grab yourself a new read? Today is the day! Any books left at the end of the event will be donated to the Grand Island Memorial Library.

Wednesday, August 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 Community Center on the Nike Base. This is a social group respite that we find benefits people with dementia and their caregivers. This respite is fun filled with EIGHT varied activities planned throughout the course of the program. Great friendships and fun take place here! Please call Jennifer Menter at (716) 773-9682, option 2, for more information on this social program.

Thursday, August 10: 10:30AM

Musical Trivia

How well do you know your music over the years?!?! We will listen to snippets of music and try to guess what the song is. Lots of fun, laughter and reminiscing will be had during this program. Spark a memory and join in playing *Name That Tune!*

Thursday, August 10: 3:00PM – 8:00PM

Evening Trip: Traveling in Tonawanda

We will head to our first stop The Old Chapel Antique & Artisan Market for some shopping fun, then after, we will feast over at the Beijing Buffet for dinner. Once done with dinner, we can head over to the Wurlitzer Building (*Fathey Beer Co, Platter's Chocolates, Tattered Tulip and Woodcock Brewing Co.,*) You choose what you want to do once we get to the Wurlitzer. **Cost: \$10 per person for transportation; dinner and purchases will be on one's own.**

Monday, August 14: 10:30AM

Iced Tea Social

Join us for refreshments galore as the iced tea offerings will be both black and other teas. There will be some other options for you non-tea tasters. Keep hydrated in a variety of tasty, creative ways on this summer day!

Monday, August 14: 1:00PM

National Creamsicle Day

'I scream, you scream, we all scream for ICE CREAM!' Today is the day to celebrate CREAMSICLES! Come and join Carrie for this delicious treat as we reminisce about ice cream and ice cream shops. While there is no charge for this program, you MUST register ahead of time to be included.

Gym equipment & piano

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

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

WE ALSO HAVE A PIANO TO PLAY!

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

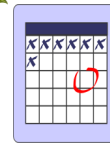
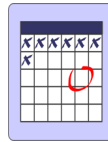
Mondays & Fridays: 8am—10am; 12pm —3:45pm

Tuesdays: 8-11am; 3-3:45pm

Wednesdays: 11:30am—3:45pm

Thursdays: 8am—3:45pm

MARK YOUR CALENDARS!



Holiday Happenings

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

Saturday, October 21, 2023 9am—1pm

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

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

Please print clearly. Thank you! Name: _____

Phone Number: _____

E-mail Address: _____

Golden Age Center Lunch Calendar

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

Lunch is served at 11:45am Monday-Thursday & 11:3 am on Friday.










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

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

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

August 2023 Lunch Calendar

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

		1 Brunch for Lunch! Pancakes, Sausage, Fruit Cup & Scrambled Eggs	2 Birthday Lunch \$6 Dinner with Chef Cathy & Cruise Director 	3 Spaghetti with Meat Sauce	4 Souper Seniors 	5
6 	7 Travel Club 10:30am Chicken & Broccoli Alfredo	8 Beef Stroganoff	9  Meatloaf with Mashed Potatoes	10 Chicken Craisin Salad with Fruit Cup	11 Souper Seniors 	12
13	14 Tuna Casserole	15 Swiss Chicken with Rice	16 "Rachel" with Chips and a Pickle	17 Hobo Pack with Applesauce	18 Souper Seniors 	19
20	21 Fried Chicken with Mashed Potatoes, & Three Bean Salad	22 Pulled Pork with Mac & Cheese	23 Lasagna with Garlic Bread & Green Beans	24 Executive Board Meeting \$5 Open-Faced Turkey with Stuffing	25 Souper Seniors 	
27	28 Pork Chops with Mashed Potatoes & Applesauce	29 Greek Chicken Pita	30 Swedish Meatballs with Rice	31 Golden Age Club Carnival Day \$6 Lunch @11:45AM Hamburger OR Hot Dog Bar with all the fixings!	Update: You MUST call 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.	

Tuesday, August 15: 9:00AM – 11:00AM

Nascentia Health Presentation by Jim O'Brien

Nascentia is a non-profit healthcare organization that provides home and community-based care and supports, to allow individuals to stay safely in their homes. Our largest offering is our Medicaid Managed Long Term Care program. Managed long-term care (MLTC) is a Medicaid plan that helps those who are chronically ill or disabled, need Medicaid-eligible medical and/or non-medical home and community-based care to remain safely at home. An MLTC plan provides an individualized plan of care for each member. Working in conjunction with a member's primary care provider (PCP), each managed long-term care program coordinates everything members need to stay safe and healthy at home by using a large, wide array of specialty providers in their network. Medicaid pays for these services. We also have our Medicare Advantage Plan which has many benefits for those also on Medicare and Medicaid.

Tuesday, August 15: 4:00PM

Potluck & Gazebo Concert

Bring your favorite summer potluck dish, and mangia with us! We will start our night with our Potluck at 4:30pm, and then head over to the Town Common and listen to the LAST concert of the season. Tonight's performance will be by *House Rockers*, a group that plays a high energy catalog of classic rock hits. They'll be playing some good old-fashioned music, with sing along and dance favorites, for an amazing fun night out! **The cost will be \$1.00 for round trip transportation to the concert**, should you desire to join the group. Sign up early!

Thursday, August 17: 10:30AM – 12:30PM

Independent Health Assure Advantage Plan or HMO-CSNP

Do you want to learn more about these programs offered through Independent Health? Come in and meet Jessica Bielawa and Sara Cordovano, Individual Sales Consultants with Independent Health as they will be set up in the Dining Area and can meet with you individually to answer questions. If you would like to schedule a time during their visit as noted above, please call the senior center at (716) 773-9682.

Thursday, August 17: 10:30AM

At The Races

Today's fun will have us bring out a game we haven't done in a while. Join as we bet using play money and race our eclectic assortment of horses down our track.

Thursday, August 17: 3:00PM – 8:00PM

Evening Trip: Sunflowers of Sanborn and Dinner Out

Join Carrie tonight as she takes you to visit the Sunflowers of Sanborn. You can enjoy some time walking around at the variety of activities and things to do. After our time at the fields, we will go out to dinner together. **Cost: \$10 per person for transportation; purchases and dinner on your own.**

Friday, August 18: 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!

Monday, August 21 & Monday, August 28: 1:00PM – 4:00PM

Defensive Driving of New York

Join Wayne West as he instructs you on defensive driving. Licensed drivers can take this class, designed to refine existing skills, as well as develop new skills, and develop new, safe defensive driving techniques. Bring your driver's license to the class. You MUST attend both sessions in order to receive the course completion certificate which you can turn into your insurance company and receive a discount on your auto insurance policy. You must register ahead with the staff of the center; bringing in a **\$25.00 check or money order, made payable to Wayne West**, will secure your spot in the class.

Tuesday, August 22: 3:00 PM – 8:00 PM

Evening Trip: Traveling in Tonawanda

We will head to our first stop The Old Chapel Antique & Artisan Market then after some shopping over to the Beijing Buffet for dinner, once done with dinner we can head over to , the Wurlitzer Building (Fattley Beer Co, Platter's Chocolates, Tattered Tulip and Woodcock Brewing Co) You choose what you want to do once we get to the Wurlitzer. **Cost: \$10 per person for transportation; dinner and purchases are on one's own.**

Wednesday, August 23: 11:30AM

Creating Your Medicine List & Pill Box

Join member & retired RN Bonnie Alabiso as she educates us on how to properly fill up a medicine organizer, & educates us all on the importance of a pill organizer, how to use daily, keep in your purse or your bag, for when you travel, and so forth. She will also educate us on creating and updating a Medicine List that you can keep in your purse, at home, and to take with you when you travel, and to take with you when you go to the doctor. Come here this quick presentation before you enjoy a nutritious lunch!



Go GREEN with US!



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



August Summer Senior Walking Club



Join Golden Age staff members at these great at locations for a one mile walk (sometimes longer), on the following dates:

Wednesday, August 2 @ 9:00am

• West River Bike Path Trail

(Meet at the Golden Age Center, and leave from here)

Wednesday, August 9 @ 9:00am

• Nike Base Trail

(Meet at the Golden Age Center, and leave from here)

Wednesday, August 16 @ 9:00am

• Veterans' Park

(Meet in the Grand Island Memorial Library Parking Lot)

Wednesday, August 23 @ 9:00am

• Scenic Woods

(Meet in the Scenic Woods Parking Lot)

Wednesday, August 30 @ 9:00am

• Buckhorn State Park

(Meet in Woods Creek Parking Lot)

Please come dressed appropriately; sneakers are highly encouraged. They may get dirty depending on where we go. Also, bring water if it is hot out.

We will MEET at the above locations at 9:00am, and will begin our walk at 9:05am.

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

Wednesday, August 23: 1:30PM

Dementia Caregiver Support Group

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

Thursday, August 24: 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. PLEASE mark your calendars and join us. Joy and the Executive Board look forward to seeing everyone then!

Monday, August 28: 9:00 AM – 11:00 AM

Highmark BlueCross/BlueShield of WNY

Join the Highmark BlueCross and BlueShield of WNY representative for Grand Island, Jeff Lewis, as he will be on-site today to discuss plans, answer questions about your current plan or work to resolve any problems you may be having with your plan. We look forward to seeing you there.

Tuesday, August 29: 1:00PM

Technology Basics Class

Come and join Carrie today as we discuss your technology issues with your devices. She will also have some information on protecting yourself from scams and how to be safe on the phone, on the internet and just in general. Want to learn more? Be safe in an ever-changing world. Please register ahead for this class by calling (716) 773-9682.

Thursday, August 31: 10:00AM-2:00PM

Club Picnic Day & Afternoon Matinee

Our annual Club Picnic Day has arrived! **HOORAY!** Come early to join in the fun of indoor and outdoor games, win prizes, and take part in other activities. Sign up early to secure your spot for our Picnic Day. After our **DELICIOUS** traditional Picnic Lunch, join us for our Afternoon Matinee in the Dining Area, where we will be watching a great summer favorite. We have some great surprises along the way...**you don't want to miss it!** Gather your friends and join in the fun of our summer games, great conversation and comradery, and enjoy this great event! Great music, delicious food, great laughs, and a beach movie are a sure winner! **Come and enjoy our great summer tradition!**



Our **Coffee for the Month for August** has been graciously donated by **Total Body Workout**, in memory of **Jason Chassé**. We are grateful for their thoughtful generosity and support! *This program will continue due to the generosity of our Golden Age Center friends!*



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

2023 Tuesday Night Summer Concerts

At Marion Klingel Town Common Located at 2255 Baseline Rd. Grand Is. NY

NEW THIS YEAR: *530pm Grand Island Rec. Dept. Dancers & ** ZONTA CLUB Snack Stand, basket raffle and 50/50 Zonta Club of Grand Island – empowering women through service and advocacy <https://zontagrandisland.org/>

*** Tuesday June 27- Dance performance at 530pm-630pm by GI Rec. Dept Dancers!**

@ 7pm: **Creek Bend** : A blend of original, contemporary, and traditional bluegrass with a smattering of gospel, western swing, Cajun, Irish, and country

***** Tuesday July 11 Dance performance at 530pm-630pm by GI Rec. Dept Dancers!**

@ 7pm: **Rock Angel** Rock Angel is a high energy performance band featuring a variation of rock, blues and more. Rock Angel's focus is on producing a dynamic live performance that includes a variety of popular music styles. Including rock, pop, blues, southern rock, country, funk, and a bit of jazz.

Tuesday July 18 @ 7pm: Sunshine and Company

Presenting a unique blend of classic rock, pop, blues, country, Americana, and great American songbook Standards. Everything from Elvis to The Beatles to Sinatra to Bonnie Raitt to The Grateful Dead....and everything in between...

Tuesday July 25 @ 7pm: My Cousin Jone

This Jazz Band is noted for its' well-rehearsed and unique arrangements. The band is the winner of the 2021 JazzBuffalo Poll for Favorite Large Ensemble Jazz group in the region. The band has performed at jazz festivals, including the Northwest Jazz Festivals, Rooftop venues and more!

Tuesday August 1 @ 6:30pm: Hello Molly

Buffalo band rocking the 70's, 80's and 90's along with some originals

**** Tuesday August 8 @ 6:30 pm: The Formula**

An authentic Italiano band that has captured a versatility balance, performing old Italian classic hits as well as a fresh young modern dance sound, and with a twist of Latino

Tuesday August 15 @ 6:30 pm: House Rockers

Play a High Energy Catalog of Classic Rock Hits! Spend an evening with The House Rockers when they'll be cooking up a recipe of good old fashioned classic rock with sing a long and dance favorites for an amazing fun night out!

Bring the entire family out to Marion Klingel Town Common for an evening of free local entertainment from fine music bands. Brought to you by the Grand Island Recreation Department.



Half way through 2023! Can you believe it?!?! So many FUN things are happening this month AND are themes this month! What could these SURPRISE words be?!?! **GOOD LUCK :)**

- | | |
|----------------------|--------------------|
| 1.) PCAEH _____ | 5.) TDUOOSR _____ |
| 2.) HRIDSFNEIP _____ | 6.) GMGHNAOJ _____ |
| 3.) MQUOISTO _____ | 7.) PCICIN _____ |
| 4.) NCRREAITO _____ | 8.) KYKAA _____ |

A warm



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

Timothy Smith	Jaswant Chawal Singh	Judy Seebauer	John Seebauer
Mary Steigerwald	Freida McGrigg	Joanne Yannello	Michael Yannello
Fred Mazur	Heather Mara	Dana Papaj	Linda Foglia
			Linda Clark

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



NEW! Monthly Lunch Drawing:

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



The winner will be drawn the last day of the month. **DIANE BIALEK is the WINNER for the month of JULY! CONGRATULATIONS!**



Summer Community Center updates



Please note that the following Golden Age Center programs will transition from the Community Center over to the FRONT of the Dining Area for summer from Friday, June 23—approximately Friday, August 18:

Tai Chi: Mondays & Fridays at 9am

Total Body Workout: Tuesdays & Thursdays at 9:45am

**Social Group Respite Program: 2nd Wednesday from 1:30pm-4:30pm will be using the ENTIRE Dining Area in July & August
July 12
August 9**

****NO Afternoon of Games on Wednesdays until after Summer Recreation Programs conclude****

Chair Yoga & Meditation: Fridays at 1pm

Members we lost in July 2023:

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

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

Betty Phillips

Ann Crawford

Members that were sick in July 2023:

Pat Akinbami	Millie Attrino	Paul Bassette	Gerri Benzing	Marie Casey	Ruth Cunningham	
Garry Deutchlander	Iris Galeza	Dick Koch	Nancy Koch	Don Lewis	Carl Maier	Betty Marinell
Bill Ortiz	Penny Panepinto	Ruth Landel	Fran Fusco	Lee Tetskowski	Chuck Tobe	Eliane Miller
	Ann Erker	Iris Galeza	Linda Smith	Bob Gesl	Don Lewis	



Need Food?



For confidential assistance, call the Neighbors Foundation of Grand Island

716-775-7998

Gineighbors14072@gmail.com



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

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

Lions Club Closet



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

Nike Base Par 3, 9 Hole Golf Course



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

Veterans



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



Golden Age Club

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

President.....Joy Mesmer

Vice President...Martha Marrinan

Chaplain.....Cathy Mancuso

Sargeant of Arms.....Tom Natale

Corresponding Secretary...Sue Bognar

Reporting Secretary.....Jan Yardley

Treasurer.....Bob Vaccaro



The Try & Buy Clothing Closet is now OPEN!



The Try & Buy has **OPENED** back up again! 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 in no more than (15) pieces at a time.** The Try & Buy will be open until mid-November.

Golden Age Center Pantry & Closet



Did you know? The Golden Age Center has a small pantry of **food, disposable undergarments, disposable bed pads, toiletries, paper products, small appliances, a closet of bedding, and other special items** that have been gathered due to the generosity of Golden Age members, to help other Golden Age members in need. **Are you in need of help?** Don't let food and item insecurities hurt you or your family. Call (716) 773-9682 and ask to speak to *Jen*, *confidentially*, about your situation.

August Kayaking Program for Golden Age Center



West River Sunset Paddle

Beginner to Intermediate Paddling Ability - Come and join us for a relaxing sunset paddle! We will launch from the Fix Road Overlook and take a nice easy paddle / float with the current along the West River and watch the sunset. Bring binoculars and camera for some good bird viewing and pictures. Bring a snack or dinner (something easy to eat) if you would like as well. We will finish at the Whitehaven Road Overlook and ride back in the Golden Age Center van to pick up vehicles. Please note, both overlooks are a shoreside entry; there is no ADA-accessible launch.

Location: Fix Road to Whitehaven Road Overlooks

Time: 6:30 p.m. – 9:00 p.m.

Perfect for the novice/intermediate (someone who has had experience on the water with us OR kayaking before!)

Date: Tuesday, August 29, 2023

Max Seats: 6 participants

To register: Call the Golden Age Center at (716) 773-9682 to register.

Fun Paddle

Intermediate Paddling Ability - This is a great program for anyone who is comfortable paddling in the Niagara River. We will start with a general safety briefing and then paddle along the shore through the Eagle Overlook, paddling to Burnt Ship Creek and more. It is nice and shallow, and we will be able to have a nice paddle, be able to see Niagara Falls, USA and Niagara Falls, Canada, and throughout this paddle, we will get a close look at the habitat restoration projects and have a chance to see birds and other wildlife up close.

Location: Eagle Overlook (NO ADA-launch)

Time: 9:00 a.m. – 12:00 p.m.

Perfect for the intermediate paddler (someone who has had experience on the water with us OR kayaking before! We will be paddling against the current for a portion of the paddle.)

Date: Wednesday, August 23, 2023

Max Seats: 6 participants

To register: Call the Golden Age Center at (716) 773-9682 to register.

