

August Events

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

Out on the Town Birthday Party
Wednesday, August 7: 11:45am

Summer Picnic Day
Thursday, August 22: 10:15am

Super Bingo
Wednesday, August 28: 1:00pm

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

July Event Photos

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



A Warm Welcome from our Incredible Staff

Welcome to the Golden Age Center!

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

Recreation Supervisor - Senior Citizen

Jennifer R. Menter

Recreation Leader - Senior Citizen

Carrie Mesmer

Transportation Coordinator

Jenny Gula

Recreation Attendants & Program Coordinators

Daniella Salvatore

Sandy Thomasula

Van Drivers

Tammy Violanti

Fran Molnar

Nutritional Staff

Cathy Moore

Ryan Zigmunt



A Message from Jen

Now that summer is upon us, I hope that you're taking every advantage to enjoy the beautiful weather, sunny days, and outdoor activities that this beautiful season brings.

Please know that many have inquired about the Farmers' Market coupons! Should we be able to receive Farmers' Market coupons, we will let you all know via flyer, word of mouth, via program announcement, and via e-blast. If we receive these coupons, we usually receive these towards the end of August.

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

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

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

Enjoy each moment of this beautiful summer season!

Best, Jennifer R. Menter

The Golden Voice

August Kayaking Events



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: 6:00 p.m. – 8:00 p.m.

Date: Thursday, August 15, 2024

Max Seats: 6 participants

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

Coffee for the month of

August

will be **FREE**
compliments of

Total Body Workout
in honor of

Golden Age 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

August Consistent Weekly Programs at the Golden Age Center

MONDAY

Independent Craft Activities: Work on your craft projects independently at your leisure from **8:15am—12:30pm; 2:15pm—3:45pm** in the **Arts & Crafts Room**

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

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

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

Guitar: Strum and play fun songs on the guitar at **10:00am** in the **Music Room** at **Recreation Building**

Card Games & Dominoes: Play a variety of card games with friends from **12:30pm –3:45pm** in the **Dining Area**

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

Bridge: **12:30pm** in the **BACK of the Dining Area** on the **2nd and 4th Mondays of the month**

TUESDAY

Independent Craft Activities: Work on your craft projects independently at your leisure from **8:15am—12:30pm; 2:15pm—3:45pm** in the **Arts & Crafts Room**

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

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

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

Beginner Line Dancing: This is a line dancing class...with a twist! Join **Richard** at **11:00am** on the **Stage**

Canasta, Dominoes & Card Games: Play a variety of card games with friends from **12:30pm –3:45pm** in the **Dining Area**

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

Advanced Line Dancing: This is a line dancing class...with a twist! Join **Richard** at **12:45pm** on the **Stage**

WEDNESDAY

Independent Craft Activities: Work on your craft projects independently at your leisure from **8:15am—12:30pm; 2:15pm—3:45pm** in the **Arts & Crafts Room**

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

Walking Club: **9:00am** (see *Walking Club* flyer inside for detailed locations!)

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

Artists' Haven: Come and Paint with us! Bring your paints, your palette, your paintbrush and let your imagination run wild and inspire you, as we paint in a room filled with bright sunlight at **10:00am** in the **Arts & Crafts Room**

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

Pinochle, Dominoes & Card Games: **12:30pm –3:45pm** in the **BACK of the Dining Area**

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

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

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |
www.grandislandny.us/280/Golden-Age-Center

The Golden Voice

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



Joyce Berk
Barbara Berry
Bobbie Capp
Pat Ehinger
Fran Fusco
Iris Galeza
Kathleen Garlapow
David Johnson
Dick Koch
Nancy Koch
Bob Lamb
Betty Marinell
Kay McGuire
Georgina Munk
Carol O'Connor
Bill Ortiz
Larry Schupp
Orma Secic
Chuck & Nancy Tobe
Sue Whitbeck

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



Josette Dickinson
Eileen Stone
Jeffrey Stone
Barbara Burke
Susan Henderson
Barbara Hoddick
Marie Collins
Catherine Hannibal
Kathleen Olszewski
Madeline Balmer - Anderson
Molly Fellingner
Mary Gertz

(716) 773-9682

August Consistent Weekly Programs at the Golden Age Center

THURSDAY

Independent Craft Activities: Work on your craft projects independently at your leisure from **8:15am—12:30pm; 2:15pm—3:45pm** in the **Arts & Crafts Room**

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

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

Pinochle, Dominoes & Card Games: **12:30pm –3:45pm** in the **BACK of the Dining Area**

Matter of Balance: Exercise from the comfort of the chair with gentle exercises. This award-winning program is designed to increase activity levels. Join Jen & Jenny at **1:00pm** in the **BACK of the Dining Area**

FRIDAY

Independent Craft Activities: Work on your craft projects independently at your leisure from **8:15am—12:30pm; 2:15pm—3:45pm** in the **Arts & Crafts Room**

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

Chess: Strategize and play games of Chess at **9:00am** on the **Stage**

TGIF Couponing: Cut coupons with us for those in need at **9:15am** in the **Dining Area**

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

Poker & Euchre: **11:00am** onward in the **BACK of the Dining Area OR Lounge**

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

Chair Yoga & Meditation: Exercise & do yoga from the comfort of the chair with gentle poses. Leave feeling Zen and at peace. Join **Martha** at **1:00pm** in the **BACK of the Dining Area**

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

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



Emergency Phone Number: (716) 773-7508

Crisis Services: (716) 834-3131



9-8-8: National Suicide Hotline

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

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |
www.grandislandny.us/280/Golden-Age-Center

The Golden Voice

August Wellness Walks Schedule



Monday Wellness Walks

Join Golden Age staff members at these great at locations for a mile walk on the following dates:

Monday, August 5 @ 9:00am

. West River Bike Path Trail

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

Monday, August 12 @ 9:00am

. Spaulding Trail

(Meet off of Ferry Road, by the East River Marsh Parking Lot)

Monday, August 19 @ 9:00am

. Veterans Park

(Meet in the Parking Lot at the Grand Island Memorial Library)

Monday, August 26 @ 9:00am

. Scenic Woods

(Meet in the Parking Lot at Scenic Woods (off of Bishops Gate & Windham Lane/Sturbridge Lane)

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.

August 2024 Special Events Calendar at the Golden Age Center

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

Friday, August 2: 12:30PM

International Beer Day

Yes, it's Friday, and we are going to have FUN! In the interest of International Beer Day, we are going to have a beer tasting contest (root beer contest, that is!) This celebration is to gather with friends and enjoy the taste of beer, to celebrate those responsible for brewing and serving, and to unite the world under the banner of beer. In our case, we will celebrate good old fashioned root beer, and do a taste test to see if you can figure out which is root beer! We will also have a snack of beer bread!

Monday, August 5: 10:00AM

Travel Club & Conversation with Carrie

Enjoy a beverage and breakfast treat and come and join Carrie this morning as she discusses and signs up members for August programming and day trips planned for the month of August and September. As with any program or day trip registration, you must pay to be registered. No spots will be held WITHOUT payment.

Tuesday, August 6: 4:45PM – 9:00PM

Evening Trip – Dinner at Adrian's & Concert in Town Commons

Tonight, we will leave the Golden Age Center at 4:45PM and head over to Adrian's for dinner together, a local summertime favorite, then on to the Gazebo in Town Commons for the concert of the evening, performed by "Double Down Blues Band". The cost for transportation is \$1.00; dinner purchase will be on one's own. ***NOTE:** This outing is weather dependent *

Wednesday, August 7: 11:45PM; 12:45 – 1:45PM for entertainment

Out on the Town Birthday Party featuring Michael Stuart

Come and dress in your finery and step out in the city – the GAC city! Enjoy the music of the era of Frank Sinatra and Dean Martin and the glamour of the Big Apple. Please call or stop by the Office to register so we can be prepared to have you join us as we celebrate our love for New York, New York!

Wednesday, August 7: 3:00PM – 8:00PM

Evening Trip – Erie County Fair

After leaving the Golden Age Center at 3:00pm we will head to the Erie County Fair. In order to get into the County Fair, you must bring 4 canned goods (tonight's promotion), otherwise, you will have to pay for your ticket at the gate. You will have time to enjoy the sights, sounds, exhibits, food, entertainment of the fair and then we will meet at a designated place to return to the Golden Age Center (between 7:00-8:00pm). The cost is **\$15.00**, which covers transportation.

Thursday, August 8: 10:30AM – 2:00PM

Day Trip – The Buffalo Transportation Pierce Arrow Museum & Chef's Restaurant

Calling all car enthusiasts! We will be leaving our senior center at 10:30AM and heading to the museum that includes many automobiles that were once produced in Buffalo. We will spend time there perusing the fascinating exhibits and then head to the famous Chef's Restaurant for lunch. Cost is **\$35.00 per person**, which covers admission & transportation; purchases and lunch will be on one's own.

Friday, August 9: Starting at 9:30AM

Book Lovers Day – FREE book exchange!

How appropriate! Today is Book Lovers Day, so we will again host a book exchange starting at 9:30AM. Bring a book, take a book! Any items brought in that are left will be given to the Grand Island Memorial Library for their upcoming Book Sale and for their use. **"The journey of a lifetime starts with the turning of a page." ~Rachel Anders**



For confidential assistance, call the
Neighbors Foundation of Grand Island

716-775-7998

ginighbors14072@gmail.com



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

(716) 773-9682

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |
www.grandislandny.us/280/Golden-Age-Center

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

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

August 2024 Special Events Calendar at the Golden Age Center

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

Friday, August 9: 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, August 9: 1:00PM

Bingo Bonanza!

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

Monday, August 12: Starting at 10:30AM

Vinyl Record Day

Carrie will be your DJ today, as she spins records from our vast Golden Age Center collection. Thrown in will be some trivia, Name That Musical Tune, and overall fun. If you have a record you would like to play from, bring it in! Let's celebrate the historic medium of vinyl records; they have been around for decades for music lovers everywhere!

Tuesday, August 13: 10:00AM – 4:00PM

Day Trip - A Day in East Aurora

We will be leaving the GAC at 10:00AM and heading directly to the Iron Kettle for a delicious lunch. Once we finish lunch, we will be heading into the village of East Aurora, where you will have some time on your own to shop at great boutiques, like Vidler's, Fowler's, Prima Oliva, to name a few. After, we will meet in front of the Aurora Theatre to see the movie *On Golden Pond*, starring Katharine Hepburn, Henry Fonda & Jane Fonda. The cost of this trip is **\$15.00 per person**, which includes transportation and movie admission. Lunch and purchases will be on one's own.

Tuesday, August 13: 4:45PM – 9:00PM

Evening Trip – Dinner at Adrian's & Concert in Town Commons

Tonight, we will leave the Golden Age Center at 4:45PM and head over to Adrian's for dinner, a local summer time favorite, then on to the gazebo at Town Commons for the concert of the evening performed by "Rock Angel". Transportation cost is **\$1.00**; please register so enough seats are at both places for all come! ***NOTE:** *This outing as is all weather dependent.* *

Wednesday, August 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 every 2nd Wednesday of the month from 1:30 pm 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 15: 11:00AM

Executive Board Meeting

Club President Joy Mesmer asks for the presence of the Executive Board together for their monthly meeting, to discuss Club business, to discuss the Club Summer Picnic, Holiday Happenings, yearly plans, and MORE. Officers and Executive Board members, PLEASE mark your calendars and join us. Joy and the Executive Board look forward to seeing everyone then!

(716) 773-9682

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |
www.grandislandny.us/280/Golden-Age-Center

The Golden Voice

Golden Age Club



MISSION STATEMENT of the Grand Island Golden Age Club:

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



Golden Age Club

Here is your next Executive Board as of
November 2023. Elections were held on
Thursday, November 16 at the General Meeting
during the Thanksgiving Dinner and the
Installation of Officers was held at the General
Meeting at the Christmas Dinner on Thursday,
December 14, 2023. Congratulations and
THANK YOU for your service!

President.....Joy Mesmer
Vice President.....Martha Marrinan
Chaplain.....Cathy Mancuso
Sargeant of Arms.....Tom Natale
Corresponding Secretary.....Sue Bognar
Reporting Secretary.....Beth Julin
Treasurer.....Bob Vaccaro

Lions Club Closet



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

August 2024 Special Events Calendar at the Golden Age Center

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

Thursday, August 15: 12:30PM

National Relaxation Day

Join Carrie this afternoon as we engage in some relaxing activities and celebrate this holiday. This is a day where relaxation is the most important virtue. Did you know that relaxation has a whole host of psychological benefits, such as reducing stress and anxiety, and calming your heart rate and reducing your blood pressure? We will sip cucumber water, enjoy hand massages, spend time doing mindful coloring art, and enjoy a special treat of chocolate covered strawberries. Please register for this program in advance. *The cost is \$1.00.*

Monday, August 19: 10:3 AM – 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, an Individual Sales Consultant with Independent Health, as she 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 Jessica's visit as noted above, please call the Golden Age Center at (716) 773-9682.

Tuesday, August 20: 1:00PM

Brain Games

Playing brain games with others is a double whammy for brain health in seniors, staving off loneliness and depression and providing needed "exercise" for the brain. **It's a win-win!** A commitment to brain games and staying sharp can improve quality of life for your senior loved ones for years to come. Exercise your brain and have fun at the same time with your friends!

Wednesday, August 21: 10:00AM – 4:00PM

Day Trip – Bison's Baseball Game at Sahlen Field

Take me out to the BALL GAME! We will be leaving the Golden Age Center at 11:45 AM and heading directly to Sahlen Field. Participants will choose lunch from a variety of Buffalo favorites, at their leisure. At 1:05 pm, the Bisons will take on the Omaha Storm Chasers. The cost of this trip is **\$25.00 per person, which includes transportation and admission. Lunch and purchases will be one's own.** Bring your hat, sunscreen and sunglasses for a great day at the ballpark!

Thursday, August 22: 10:30AM – 2:00PM

Summer Club Picnic Day, sponsored by the Golden Age Club

This year's picnic edition, **Seniors Gone Wild**, has so many choices! Starting at 10:30am, join us for Mini Golf, Shooting Range, Milk Can Throw, Ring Toss, and our Chalk Walk. We will have a fun Picnic Luncheon then at 11:45am, we will have an Award Ceremony for the winners of above. At 1:15pm, join in the special entertainment we will have, including some additional entertainment, including "beer" pong, Tattoo Booth, Pie Throw, and Dessert. *Don't miss out on our special Summer Club Picnic Day!*

Friday, August 23: 11:45AM

Luncheon Matinee

This afternoon, we will show a SURPRISE movie! Ask at the office for the film information. Guaranteed to cause some laughter, we encourage you to join us for the movie matinee! Bring your own lunch or sign up early for the Friday Souper Seniors lunch served here. You will be able to enjoy the film while you have lunch. There is no cost today unless you choose to purchase the lunch of the day.

Monday, August 26: 9:30AM – 3:00PM

Day Trip – Marilla Country Store & Santora's

As we depart the Golden Age Center at 9:30AM, we will head directly to the Marilla Country Store, where you will be given time to shop. Once we are done shopping at the Country Store, we will head over to Santora's for lunch...the place with humongous portions and LOTS of variety! The cost of this trip is **\$14.00 per person, which includes transportation. Lunch and purchases will be on one's own.**

(716) 773-9682

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |
www.grandislandny.us/280/Golden-Age-Center

The Golden Voice

Happy Birthday to our members celebrating August birthdays!



August 1.....Elaine Gorman
August 6.....Barbara Burke
August 8.....James Rados & Leida Pagan
August 9.....Evelyn Lewis
August 10.....Lillian Beach
August 13.....Shirley Johnson & Ruth Roughsedge
August 15.....Peggy Bastian
August 16.....Tim Sullivan & Jimmy Wilkinson
August 17.....Eric Arnold & Mark Korzelius
August 19.....Beverly Kuszczak & Susan Palcic
August 22.....Susan Henderson
August 23.....Maria Claricel Andres & Jackie Sullivan
August 24.....Bonnie Meshulam & Ann Nichols-Ruland
August 25.....Margaret Boyce & Bill Jenkins
August 26.....Angelo Palamuso
August 28.....Michelle Chasse
August 29.....Laura Ferchen, Barbara Macrides, & Sharon Nichols
August 31.....Sally Dinino & Michael Owen

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. **Don Hamman & Suzanne Muller** are the winners for the month of **JULY!**

CONGRATULATIONS!
(716) 773-9682

August 2024 Special Events Calendar at the Golden Age Center

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

Tuesday, August 27: 10:00AM

Cooking with Carrie – Chicken!

Come in and sign up for this Cooking with Carrie. Today's menu will be Caprese Chicken, Orzo, Garlic Bread, and Blueberry Upside Down Cake. The cost is **\$10.00 per person**, and you **MUST** sign up by Tuesday, August 20 to participate!

Wednesday, August 28: 1:00PM

Super Bingo!, sponsored by the Golden Age Club

Calling all BINGO lovers! Join in the fun this afternoon as we play different, varied BINGO games for incredible prizes! *You never know what you may win!* The BINGO games are **FREE** to play today, and are sponsored by the generosity of the Golden Age Club. From Regular Bingo, to Flag, to Outside Corners, to Letter T, you never know what game we'll play...take a chance to win some wonderful prizes!

Thursday, August 29: Starting at 10:30AM

According to Hoyle Day

Edmond Hoyle wrote **A Short Treatise on the Game of Whist**, which became so successful that other books soon followed. Eventually the name Hoyle became synonymous with official rules and where the phrase "According to Hoyle" was born. In recognition of this, grab one of our games in the entertainment center and let us play them – according to Hoyle!

Friday, August 30: Starting at 11:30AM

Toasted Marshmallow Day

At lunchtime, we will celebrate this scrumptious day! We will be serving up smore's for dessert with your lunch, so be sure to sign up for this sweet treat. There will also be a simple contest to go with the special day. **Come for s'more summer fun!**

Farmers' Market Coupon Distribution



Erie County Department of Senior Services' Stay Fit Dining Program

Will be distributing coupons at

**Grand Island Golden Age Center
3278 Whitehaven Rd., Grand Island, NY 14072
Wednesday, August 7th, 2024**

From: 9:30 a.m. To: 10:30 a.m.

All coupon recipients must meet the eligibility requirements as established by New York State:

² 60 years of age or older

AND

² One person household income is at or less than \$2,322

² Two person household income is at or less than \$3,152

² Three person household income is at or less than \$3,981

One \$25.00 booklet issued per person

Coupons will be distributed on a first-come, first-served basis.

You must be present to sign for coupons.

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |
www.grandislandny.us/280/Golden-Age-Center

For Your Information!

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



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 Summer months, when we are coming into the senior center, during the warmer, 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.

Golden Age Center Lunch Calendar

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

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

August 2024 Lunch Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Menu may change without notice. Special Diet meals may be different than stated on the menu to meet dietary requirements. Thank you for understanding!</i></p>		<p>Update: You MUST call us at (716) 773-9682, the DAY OF, to register for lunch; calls will be accepted 8am until 10:30am. NO reservations for lunch will be allowed on the answering machine. Lunch openings are LIMITED due to amount of food available and the 10:30am cut off time. Thank you!</p>		<p>1 Julienne Salad</p>	<p>2 Souper Seniors </p>	<p>3</p>
<p>4</p>	<p>5 Travel Club meeting Open-Faced Turkey with Gravy, Stuffing, & Hearty Vegetables</p>	<p>6 Swedish Meatballs with Rice</p>	<p>7 On the Town Birthday Party \$6 Fettucini à la Sinatra with Breaded Chicken, Broccoli, Arugula Salad, & Cheesecake</p>	<p>8 Brunch for Lunch! French Toast Sticks, Yogurt Parfait, Sausage & Scrambled Eggs</p>	<p>9 Souper Seniors </p>	<p>10</p>
<p>11</p>	<p>12 Spaghetti & Meatballs with Green Beans and Garlic Bread</p>	<p>13 "Rachel" with Chips & a Pickle</p>	<p>14 Antipasta Salad with Roll & Butter and Jello Parfait</p>	<p>15 Executive Board meeting \$6 Fried Chicken with Mashed Potatoes & Mixed Vegetables</p>	<p>16 Souper Seniors </p>	<p>17</p>
<p>18</p>	<p>19 Italian Sausage with Peppers, Onions & French Fries</p>	<p>20 Chicken Carbonara with Peas</p>	<p>21 Sloppy Joe Sandwich & French Fries with Jello</p>	<p>22 Summer Club Picnic Day \$6 Hamburger OR Hot Dog Bar, Macaroni Salad, Watermelon, Pickle, & 3 Bean Salad</p>	<p>23 Souper Seniors </p>	<p>24</p>
<p>25</p>	<p>26 Pulled Pork with Hearty Mac & Cheese</p>	<p>27 Chicken & Vegetable Stir Fry with Rice & Pineapple</p>	<p>28 Stuffed Peppers with Garlic Bread</p>	<p>29 Monte Cristo Sandwich with Chips</p>	<p>30 Souper Seniors </p>	

The Golden Voice

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!



We are more than half way through 2024! 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.) P C A E H

5.) T D U O O O S R

2.) H R I D S F N E I P

6.) G M G H N A O J

3.) M Q U O I S T O

7.) P C I C I N

4.) N C R R E A I T O

8.) K Y K A A

GOOD LUCK to YOU!
Soak up the SUN and enjoy this beautiful MONTH!

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!

(716) 773-9682

August 2024 Special Events Calendar at the Golden Age Center
Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member.

2024 Tuesday Night Summer Concerts

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

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.

* 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 25 @ 7pm: Creek Band A blend of original, contemporary, and traditional bluegrass with a smattering of gospel, western swing, Cajun, Irish, and country

Tuesday July 2 @ 7pm: Tom Stahl and the Dangerfields Members of the Buffalo Music Hall of Fame, the Dangerfield's have been labeled as R&B, folk, rock, pop, rockabilly, and country. A cross of The Eagles, Bob Dylan, Tom Petty, and The Barenaked Ladies.

* **Tuesday July 9 @ 7pm: Zonta Yank the Cover** Premiere WNY Cover Band performing an eclectic mix of classic rock, R&B, top 40, and country music

Tuesday July 16 @ 7pm: The Boomers – Rock and Pop From ballads to boogie...a terrific mix of dance music.

Tuesday July 23 @ 7pm: 23 Skidoo Dixieland and patriotic music heard on the banjo, trumpet, saxophone, tuba, and drums – this year remembering 100 years of music and song for the Roaring 20's

Tuesday July 30 @ 7pm: The Ellen Band Classic rock, from 60s to present day! Janis Joplin, Jefferson Airplane, Rollin Stones, Beatles, a little bit of everyone! 3-person Band, guitar, vocals-John Cameron, Bass, lead vocals-Ellen Trainham and drummer, vocals-Steve Schul. Ellen Trainham, lead singer and bass player has an album out on all major streaming sites, Apple, Amazon, Spotify, etc.

* **Tuesday August 6 @ 6:30 pm: Zonta Double Down Blues Band** Local band plays the best of B.B. King, Albert Collins, Jack DeKeyser, Tommy Castro and more!

Tuesday August 13 @ 6:30 pm: 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.



Have a fun and safe Summer!



Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |
www.grandislandny.us/280/Golden-Age-Center



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

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



Our next **Safe Defensive Driving Class** with Wayne West is coming up on **Monday, October 21 & Monday, October 28** from **1pm - 4pm** in the **FRONT Dining Area**. The class is **\$25 per person**; CHECKS made payable to Wayne West. Payment is DUE upon registration for the class. Participants **MUST** participate in BOTH classes in order to receive the auto insurance discount & the class certificate.

Do you have concerns about falling?

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



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

This program emphasizes practical strategies to manage falls.

IN CLASS YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to decrease fall risks at home
- Exercise to increase strength and balance

WHO SHOULD ATTEND?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has a history of a fall has limited activity because of a fall

VARIOUS TOPICS INCLUDE:

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

The next class will be held:

Where: The Golden Age Center

3278 Whitehaven Rd

Grand Island NY 14072

Date: Thursdays, September 12-October 24

Time: 1:00PM—3:00PM

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

Jen Menter

(716) 773-9682

jrmenter@grand-island.ny.us



