

The Golden Voice

August Events

This August, we have a showcase of events going on to make for a **sensational SUMMER season!** We are excited to announce the following events:

Coffee & Conversation & Travel Club Meeting

Monday, August 3: 10:00am

Good Vibrations Beach Bash with Richard Strusienki

Wednesday, August 5: 11:15am - 1:45pm

Super BINGO! with the Golden Age Club

Friday, August 14: 12:45pm

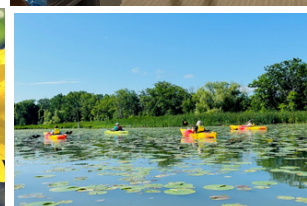
Get ready to win GREAT PRIZES with our varied Bingo games! *Get out your lucky boards!*

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

Get in quick!

July Event Photos

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



A Warm Welcome from our Incredible Staff

Welcome to the Golden Age Center!

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

Recreation Supervisor - Senior Citizen

Jennifer R. Menter

Recreation Leader - Senior Citizen

Carrie Mesmer

Transportation Coordinator

Fran Molnar

Program Coordinator

Jenny Gula

Van Drivers

Tammy Violanti

Fran Molnar

Nutritional Staff

Cathy Moore

Ryan Zygmunt



A Message from Jen

AUGUST is a month filled with many celebrations, such as Picnic Month, Peach Month, Happiness Happens Month, and the summer produce is harvested. Check out our programs surrounding those themes! Let's make it an AWESOME month! *Try something new, learn something new, meet new people and enjoy great programming with us!*

We are appreciative of everyone's participation in our Compost Project! In order to reduce waste, we are composting the following: food waste, tea bags, coffee grounds, food liquids, napkins, paper plates (non-plastic coated), egg shells, to name a few. When disposing of garbage, please help us reduce our waste by throwing your garbage in the appropriate bin! Thank you for being so mindful as you toss out trash. We average over 135 pounds of compost a month! Great job, ALL! Keep up the amazing work!

As we continue our Summer Cleaning and Updates for our facility, and we have continued to freshen up our spaces and now have a revamped different spaces of our facility. On our Stage, we have a nice open space now for Piano Playing, Chorus, Line Dancing, Mahjonn, meetings and MORE! In the BACK of the Dining Area, there are new puzzles made weekly at our Puzzle Corner, we have added space to our area. Outside, drainage work continues, as well as parking lot updates this month. Our gardens continue to be updated and freshened up out front and by the Memorial Wall. Our Golden Age Garden is thriving and really blossoming, with fresh herbs, vegetables and flowers! Use caution and drive SLOWLY through the parking lot, as construction continues to take place. MANY updates will continue throughout the remainder of the year, both INSIDE and OUTSIDE our building, especially this Fall. **Thank you for your flexibility!**

We are into Rollercoaster Weather Season! Please bring a sweater or jacket with you, as the air conditioning will be on for the hot days, and we try our best to keep everyone comfortable, with all the varying comfort levels of our members. Thank you for understanding!

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

August is a month of sizzling hot days, fairs, gatherings, and enjoying the beauty of summer. Together, let's make it astonishing and awe-inspiring!

Best, Jennifer R. Menter



(716) 773-9682

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

www.grandislandny.us/280/Golden-Age-Center Open 8AM - 4PM Mon. - Fri.

The Golden Voice

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



James Orr
Diana Mach
David Butcher
Kathy Butcher
Janet Pieczynski
Kenneth Pieczynski
Rachelle Duszynski
John H. DenBeste
Julie DenBeste
Lorraine Santy
Welcome!

Coffee for the month of

August

will be **FREE** compliments of

Kathi James

in memory of

Tom James



**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 2026 Consistent Weekly Programs at the Golden Age Center

MONDAY:

Independent Craft Activities: Work on your craft projects independently at your leisure from **8:15am—12:30pm; 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** at the **BACK of the Dining Area**

Guitar: Strum and play fun songs on the guitar at **10:00am on the Stage**

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

Morning of Games: Play Ping Pong, Foosball, Shuffleboard, and other games with friends at **10:30am in the Community Center (on pause July - mid-August)**

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 **FRONT of the Dining Area**

Gentle Yoga: **1:00pm** with **Sue** in the **BACK of Dining Area**

Chinese Mahjong: **1:00 - 3:00pm on the Stage** with **John**

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, exercise balls, and body weight. Join us at **9:30am** with **Michelle & Diane** in the **BACK of Dining Area**

Seniors in Stitches: Stitch away with your favorite craft at **10:00am** in the **Arts & Crafts Room**

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

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

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

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

Bingo: **1:00pm with Carrie** in the **FRONT of the Dining Area**

Bowling: For **\$7**, bowl **3 games** and get in on the friendly fun! Join **Joanne** at **4:00pm** at **Mallwitz Island Lanes**

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

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www.grandislandny.us/280/Golden-Age-Center Open 8AM - 4PM Mon. - Fri.

The Golden Voice

Welcome to the Golden Age Center!



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

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

We compost the following:

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

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



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

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

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

(716) 773-9682

August 2026 Consistent Weekly Programs at the Golden Age Center

WEDNESDAY:

Independent Craft Activities: Work on your craft projects independently at your leisure from **8:15am—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**

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

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

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

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

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

Afternoon of Games: Play Ping Pong, Foosball, Shuffleboard, and other games with friends at **1:00pm** in the **Community Center (on pause: July - mid-August)**

The Salvation Army Tonawanda
46 Broad Street



Worship & Community Center
Tonawanda, NY 14150

3rd THURSDAY MOBILE

FRESH PRODUCE

DAIRY

MEAT

FRESH VEGETABLES

& MORE



FOOD PANTRY

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

WHEN
APRIL 17TH

Every 3rd Thursday of the Month
10am & While supplies last

WHERE
Grand Island Town Hall
2255 Baseline Road – Grand Island, NY 14072

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



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

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The Golden Voice

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



Joyce Berk
Jacquie DesJardins - LoManto
Rob Frasier
Bogdan & Janice Fundalinski
Casey Galeza
Iris Galeza
Don Hamman
Kathy Hoppel
Tom Kunselman
Barbara & Bob Lamb
Jack Lillico
Jack Mahnk
Elaine Miller
Tom Natale
Joe Paolucci
Jerry Peete
Peg Price
Dave Rogers
Dee Schulman
Mary Stewart
John Synakowski
Chuck Tobe



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

(716) 773-9682

August 2026 Consistent Weekly Programs at the Golden Age Center

THURSDAY:

Independent Craft Activities: Work on your craft projects independently at your leisure from **8:15am—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, exercise balls, 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 **FRONT of the Dining Area**

Bocce: **12:30pm –2:30pm OUTSIDE at the Golden Age Center**

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

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

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

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



Erie County Senior Services: (716) 858-8526

HEAP: (716) 858-7644

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 | **4**
www.grandislandny.us/280/Golden-Age-Center Open 8AM - 4PM Mon. - Fri.

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

HEAP - Home Energy Assistance Program



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

(716) 773-9682

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 12NOON Monday-Thursday & 11:30am on Friday, for lunch participants to enjoy, among the company of the senior membership, in a home-like setting. Please call (716) 773-9682 to reserve your lunch. Please remember to call us and **CANCEL** your meal if you cannot attend so that we can sell your lunch to another member.

August 2026 Lunch Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Travel Club meeting Meatloaf with Mashed Potatoes, Gravy & Mixed Vegetables	4 Ham & Scalloped Potatoes with Peaches	5 \$8 Good Vibrations Beach Bash Birthday Party Hawaiian Ham & Swiss Slider, Sweet & Sour Meatballs, Fruit Skewer, Coleslaw & Pineapple Upside Down Cake	6 Tuna Noodle Casserole with Peas	7 Souper Seniors 	8
9	10 Pulled Pork Taco with Coleslaw, Chips & Salsa and Tropical Fruit	11 Brunch for Lunch Breakfast Hash Casserole with Yogurt Parfait, Mixed Fruit & Sausage	12 Pork Chops with Mashed Potatoes & Gravy and Applesauce	13 Polish Sausage with Lazy Pierogi and Applesauce	14 Souper Seniors 	15
16	17 Chicken Drumsticks with Stuffing, Peaches & Corn	18 Beef Taco Salad with Chips & Salsa and Tropical Fruit	19 Turkey Dinner with Stuffing, Cranberry Sauce & Carrots	20 \$6 Executive Board meeting Herbed Pork Loin with Rice, Hearty Vegetable & Pie	21 Souper Seniors 	22
23	24 Julienne Salad with Cup of Soup and Roll & Butter	25 Cheese Ravioli with Meat Sauce, Green Beans & Garlic Bread	26 Beef Fajita with Rice & Pineapple	27 \$8 Summer Picnic 2026! Twisted Hot Dog, Hamburger Slider, Veggie Cup with Dip, Watermelon Slice, Macaroni Salad, & Pretzel Bites with Ice Cream Sundae Bar	28 Souper Seniors 	29
30	31 Pizza with Chicken Fingers with Carrots, Celery & Dip	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!				

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



Millie Attrino
Sharon Koehler
Karen Piershalski
Marjorie Alaimo

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!



(716) 773-9682

August 2026 Special Events Calendar at the Golden Age Center

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

Thursdays in AUGUST: 1:00PM - 2:30PM

Body Mind Reset

Join our comprehensive 6-week Health & Wellness Program designed especially for older adults who want to feel stronger, safer, and more energized in their daily lives. Each week, we focus on key areas that support healthy aging and overall well-being. This program is FREE! For more information, please call (716) 773-9682.

Wednesdays: 9:00AM

Wednesday Walking Club

Kick off your morning with a great walk, along with the company of your peers! Meet us at the Golden Age Center and start your walk by 9:05am as we walk to the following locations: NO rain location will be offered in the month of AUGUST! **8/5:** West River Bike Path NORTH; **8/12:** Big Six Marina; **8/19:** Nike Base Trails; **8/26:** West River Bike Path SOUTH

Wednesday, August 5 & Wednesday, August 19: 10:30AM-11:30AM

FeedMore Farm Market Truck

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

Monday, August 3: 10:00AM

Coffee & Conversation/Travel Club with Carrie

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

Monday, August 3: 1:00PM

Sip and Sow Club/Senior Gardeners

Come out and check out the garden beds! Help pick some of the produce that has come in to get ready for cooking class later this month. Enjoy the fresh air for a while AND bring your sunscreen. See what we have done this season!

Tuesday, August 4: 9:45AM

Day Trip: Buffalo Toronto Public Media/Village Inn

We will be starting our morning off by leaving the Golden Age Center at 10:00AM and heading to the Buffalo Toronto Public Media station in downtown Buffalo for our own personal guided tour. After we learn all about our public broadcasting station, we will head back to Grand Island and enjoy lunch at our own Village Inn. **Cost: \$15 for transportation.**

Wednesday, August 5: 9:30AM

Birthday Party Set-up

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

Wednesday, August 5: Activities begin at 11:15AM; entertainment at 12:45PM

Good Vibrations Beach Bash with music from Richard Strusienski

Come and join us for this month's birthday celebration, where you can shine brighter than the sun! Join the fun as we splash into summer in a big way and turn down the tension and turn up the beat! Dance away to the music, join in the activities, and keep calm and party on! There will be activities beginning at 11:15AM, where you can enjoy the summer appetizers and our own special Mermaid Punch before the special beach-themed menu!

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

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The Golden Voice

Golden Age Center Transportation Vans



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

Our Transportation Services are
available for the following:

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

Call us **TODAY!**

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

(716) 773-9682

August 2026 Special Events Calendar at the Golden Age Center

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

Thursday, August 6: 4:15PM

Day Trip: Food Truck Thursday at Tonawanda Gateway Harbor Park

Tonight, we will be leaving the Golden Age Center at 4:15PM and heading out to Tonawanda for tonight's Food Truck Thursday, featuring the music of *Lula's Gun*. *Lula's Gun* is described by them as "Our music selection/direction is Classic Rock, with a touch of blues, Americana/Red Dirt, and country. Our song list features music by The Beatles, The Rolling Stones, Tom Petty, Santana, CCR, ZZ Top, Cross Canadian Ragweed, The Byrds, Eric Clapton, The Eagles, and many more." Please bring along a chair, or if you prefer, you can sit in one of the many seats throughout the park, including picnic tables. There are a variety of food trucks you can choose to eat from; often, the list is posted on their website, prior to the evening OR, you can also pack your own dinner. **Cost: \$10 per person for transportation; any purchases will be on one's own.**

Friday, August 7: 10:00AM

Good Neighbor Project

Want to be a good neighbor? Come and join us this morning as we create cards for those in our community that are housebound, need a little 'pick-me-up', and those who need a smile, and make a few cards for yourself! If time permits, we will fill out the cards and get them ready to send out to those in need most. Spread happiness and sunshine today to those in need and lend a helping hand!

Friday, August 7: 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 7: 12:45PM

Bingo Bonanza!

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

Monday, August 10: 9:45AM

Day Trip: Sullivan's Charbroil/Grape Discovery Center

Leaving the Golden Age Center at 9:45am, we will head out to Fredonia and enjoy lunch at Sullivan's Charbroil. When we are done with lunch, we will head to the Grape Discovery Center in Westfield. The Discovery Center offers wine and juice tastings for a nominal cost. **Cost: \$15 per person for transportation; lunch and purchases will be on one's own.**

Tuesday, August 11: 11:00AM

Sit and Groove with Jenny & Carrie

Join us as we try out a new concept of easy movement and motion, all while having fun! Find your own rhythm and get your groove back! It will be fun - we promise! If nothing else, you will leave laughing at our improvisations. *Just like Mikey, try it, you'll like it.*

Tuesday, August 11: 1:00PM

Cooking Fun with Carrie- Out of the Garden!

We will make both a Caprese Mozzarella Basil appetizer and Stuffed Banana Peppers using what our garden has grown! Adding a few other ingredients from the store, you can enjoy them here and at home! Come and enjoy our bounty with our gardeners & helpers. **Cost: \$5.00 per person; please register and pay at the Office by Friday, August 7.**

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Golden Age Club



MISSION STATEMENT of the Grand Island Golden Age Club:

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



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

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

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

Lions Club Closet



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

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

Wednesday, August 12: 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 Golden Age Center. This is a social group, respite that we find benefit 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.

Friday, August 14: begins at 12:45PM

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!

Monday, August 17: 9:00AM

Day Trip: Batavia Downs Gaming and Hotel

The Golden Age Center van will leave at 9:00AM and will be leaving Batavia around 2:00PM. If you need information about the promo on Mondays, *Forever Young Mondays*, please see Carrie. **Cost: \$15 per person for transportation; purchases and lunch will be on one's own.**

Tuesday, August 18: 10:00AM

Current Trends in Scams Targeting Grand Island Seniors with Officer Pyc

Come and hear what our local law enforcement has been seeing in our community and how you can better protect yourself. Officer Pyc will share some situations, and how you should handle it to keep your money and yourself safe. Please be sure to register with the Office if you would like to be a part of this program & conversation.

Tuesday, August 18: 1:00PM

Cooking Fun with Carrie- Fruit Salsa with Cinnamon Sugar Tortilla Chips

Today is *National Fajita Day*, and to celebrate in our own way, we will come together and make Fruit Salsa and our own tortilla chips. While not quite a fajita, it will be a refreshing and delicious treat to enjoy and take home. **Cost: \$5.00 per person; please register and pay at the Office by Friday, August 14.**

Wednesday, August 19: 12:45PM

Building Brain Healthy Habits

Dive deeper into the latest research on habits that support brain health. Incorporate these recommendations into building a plan for healthy aging. To register for this program, stop by the Office OR call (716) 773-9682.

Thursday, August 20: 10:00AM

Crafting with Carrie – Fall edition

Today's craft will be using doilies and creating a beautiful fall picture. You can see at the Office, the inspiration for this project. Please bring an apron as you will be painting some of the craft. Most of the time will be assembling and creating this unique fall picture. **Cost: \$5.00 per person; please register and pay at the Office by Friday, August 14.**

The Golden Voice

Happy Birthday to our members celebrating August birthdays!

August 1.....Elaine Gorman & Charlene Earley
August 3.....Cherie Lovett
August 4.....Sujel Amin & Theresa Warner
August 6.....Barbara Burke & Barbara Dow
August 7.....Bonnie Antholzner, Juanita Dickey, & Enrica Galante
August 8.....Shirley M. Johnson, Rhonda Mchalke, Linda Pagan, & Jim Rados
August 9.....Evelyn Lewis
August 10.....Rebecca Ramsey
August 11.....Bonnie Lou Rachow
August 13.....Suzanne Deck & Shirley M. Johnson
August 14.....Maryanne Fechter
August 15.....Peggy Bastian
August 16.....James Mulcahy
August 17.....John Ferguson, Mark Korzelius, & Donald Sommer
August 18.....Peter Szczykutowicz
August 19.....Beverly Kuszczak & Susan Palcic
August 20.....Gerald Mikols & Brian Stockton
August 22.....Louie DeSantis, Susan Henderson, & Ivy Wood
August 23.....Maria Claricel Andres & Jackie Sullivan
August 24.....Bonnae Meshulam
August 25.....Margaret Boyce, Bill Jenkins & Jill Skillern
August 26.....Angelo Palamuso
August 27.....Michele Gibney, Raymond Krause & Charles Lesh
August 28.....Charlene Carson & Michelle Chasse
August 29.....Barbara Macrides, Mark Manthei, & Sharon Nichols
August 30.....Margie Cammarano & Mark Surdi
August 31.....Sally Dinino

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

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

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

August 2026 Special Events Calendar at the Golden Age Center

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

Thursday, August 20: 11:15AM

Executive Board Meeting

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

Friday, August 21: 9:30AM

Day Trip: Native American Museum of Art (NAMA) AND Hoover's

We will meet at the Golden Age Center and board the bus shortly after 9:30am. and head to the Native American Museum. The museum describes themselves as being dedicated to strengthening, preserving and revitalizing Native American Cultural Arts. The museum is said to offer innovative and creative Native American art exhibits and collections, featuring the works of Joseph Jacobs, as well as Native American education research, and language information. After our self-guided tour of the museum, we will head to Hoover's Restaurant to eat lunch. **Cost: \$10 for transportation; lunch and purchases will be on one's own.**

Monday, August 24: 10:30AM – 12:00PM

Go Beyond Tax presentation – Retirement & Taxes: The Hidden Rules That Can Cost You Thousands!

Come and hear Jim Swiech, CPA as he presents on retirement tax planning. Jim is a NYS licensed CPA, with 18 years in practice, based in Lockport, NY. He specializes in retirement tax planning – helping retirees and pre-retirees across Western NY understand how taxes work in retirement and how to legally reduce what they owe. This is a valuable presentation that will explain how social security taxation works, the 0% capital gains window available to many retirees, how IRA withdrawals and RMDs shape their lifetime tax bill, and many more topics. There will be time after the presentation for questions and answers. Reserving your spot in this program is required. **Please call and register by Friday, August 21.**

Tuesday, August 25: 10:00AM

Name That Tune & Musical Trivia

Join in the fun today as you try your hand to guess these tunes! No musical knowledge really needed....just be willing to listen, maybe sing along and reminisce!

Wednesday, August 26: 8:30AM

Day Trip: Chautauqua Belle Historical Tour with BBQ luncheon

We will meet at the Golden Age Center and board the bus shortly after 8:30am and make our way to the dock for the Chautauqua Belle. According to their website, this tour offers a narrated historical tour along the northern shore of Chautauqua Lake, reliving the late 1800s when industrialists like Henry Ford and Harvey Firestone summered here. Enjoy shorefront views of tree-lined landscapes and million-dollar mansions from an open-air paddlewheel vessel while the crew shares period stories and local history. During the boat tour, you will enjoy a BBQ lunch, consisting of: Roasted Chicken, Amish Potato Salad, Applesauce, Roll and Butter, a non-alcoholic drink and dessert. **Cost: \$90 for transportation, boat ride and lunch; purchases will be on one's own.**

(716) 773-9682

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 | **9**
www.grandislandny.us/280/Golden-Age-Center Open 8AM - 4PM Mon.- Fri.

The Golden Voice

Home-Cooked Lunch Program



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



Did YOU KNOW that our volunteers made OVER 1800 pieces in 2025 for the 700 pieces thus far in 2026?

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

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

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

Did you know?!!



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

August 2026 Special Events Calendar at the Golden Age Center

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

Wednesday, August 26: 12:45PM

Making Informed Health Decisions

As our first class in our Community Vaccine Education series, today, we will address the importance of making informed health decisions. This is the first class in a Community Vaccine Education Series, being offered by UB Research & Ivylea Pharmacy; these classes will be offered monthly. This program is engaging, interactive, and has time for questions and answers. Participants will be asked to complete a brief survey before and after each session. In addition, participants may receive a \$20 e-gift card! To register for this FREE program, please stop by the Office OR call (716) 773-9682.

Thursday, August 27: 10:00AM - 2:00PM

Summer Picnic Day! The Cirque de Golden Age Center

Beginning at 10:00AM with some fun games to participate in, come to the party of the summer! Join in the fun then head to the Dining Area for the performance and interactive experience with Jacob Drops, and watch as he defies expectations and presents an acrobatic showcase. Embrace the wonder as you will be dazzled by juggling balls, clubs, devils sticks and cigar boxes. After this symphony of movement, you can return to games and participate right up until lunch time. There, you will enjoy a delicious lunch of Twisted Hotdog, Hamburger Slider, Veggie Cup with Dip, Watermelon, Pretzel Bites and an Ice Cream Sundae Bar! *But wait.... there is more!* After lunch, you will enjoy the magic and wonder of performer Cris Johnson. Winners from the games will be announced after the final show! Register **EARLY** for this end-of-the-summer picnic fun!

Friday, August 28: 12:30PM

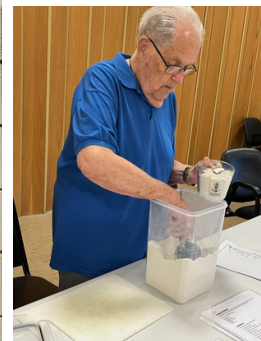
Day Trip: The New York State Welcome Center

We will be leaving the Golden Age Center promptly at 12:30PM, and heading out to The NYS Welcome Center to check out the displays and the information provided there. You can shop in the New York State store and see locally made products, as well as things sourced from the various regions of NYS and learn about those products as well. Purchases will be on one's own, but the ride is FREE and limited to 14 participants!

Monday, August 31: 10:00AM

Art with Marsha: The Invention Convention

We encourage your participation in this program as a hands-on, creative way of adding to your brain health. This class will work on both sides of your brain. We will work for approximately 90 minutes, and no art talent is required, just an open mind! Let your creativity flow! Come and have fun and see how many different projects we end up with. While there is no cost, reservations are required by calling the Golden Age Center or stopping by the Office.



(716) 773-9682



The Try & Buy Clothing Closet remains **OPEN** for the Summer season! Golden Age members can bring in their gently used and nearly new **SUMMER** clothing items, shoes, and jackets to be sold for a very low price this season. Golden Age members will be asked to bring (5) clothing pieces at a time. **REFRESH** your **REVAMP** your wardrobe with US!

Help support the **Golden Age Center** by taking your cans and bottles to: **Bottle Junction**
2447 Grand Island Blvd.
Grand Island, NY 14072
(716) 774-1200

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

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

Veterans



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

Anne's Anecdotes



SWEATING while you shop counts as exercise!



Birthday Split Club Raffle Winners



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

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

Gail Berti
Anne Hagopian
Carolyn Mesches
Fran Molnar
Mary Musilowski
Bonnie Peete
Kathy Shaklee
Jan Yardley

CONGRATULATIONS!

Dennis's Dad Joke of the Month



Where do you learn to make ice cream?
~ Sundae School!

Bread Donations from Tops Markets



Due to the generosity of Tops Markets, we receive donations from Tops on Mondays, Tuesdays and Thursdays. Members can choose to take home one item per person to enjoy. We are thankful and grateful for the generosity of Tops Markets for the breads, pastries, cookies, and desserts they provide our Golden Age members!

Piano Playing

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

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

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

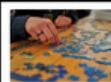
Mondays: 8:00am—12:00pm

Tuesdays: 8:00am-11:00am

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

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

Fridays: 8:00am—12:00pm



PUZZLE-PALOOZA!



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

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

The puzzles are available for use:

Mondays: 8am—10am; 11:30am—3:45pm

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

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



NEW!

Monthly Lunch Drawings!

Each month, we will have a drawing for two lunch tickets at the **Golden Age Center**. Each day that you participate in the lunch program, you may fill out a slip and put it in the **Monthly Lunch Drawing**. The winners will be drawn the last day of the month. **For the month of July, Sandy Reagan & Cheryl Redlein** are the winners for **July!**
CONGRATULATIONS!



- 9.) garden
- 8.) kayak
- 7.) recreation
- 6.) picnic
- 5.) mosquito
- 4.) mahjong
- 3.) friendship
- 2.) outdoors
- 1.) peach

August Anagram Answers:

(716) 773-9682



July went by in the blink of an eye!
The dog days of summer are **HERE!**
Can you believe it?!?! So many **FUN** things are happening this month **AND** are themes this month! What could these **SURPRISE** words be?!?!
1.) P C A E H _____
2.) T D U O O O S R _____
3.) H R I D S F N E I P _____
4.) G M H N A O J _____
5.) M Q U O I S T O _____
6.) P C I C I N _____
7.) N C R E R E A I T O _____
8.) K Y K A A _____
9.) R E G D A N _____

GOOD LUCK to YOU!

Soak up the **SUN** and enjoy this beautiful **MONTH!**

AUGUST FUN FACTS

- **August is the month where most summer produce is harvested!**
- The first ever sandwich was created on August 6, 1762, after the Earl of Sandwich!
- Birth flowers are the **crimson poppy**, symbolizing imagination & eternal sleep, and the **multicolored gladiolus**, symbolizing strength of character and sincerity.
- **August 24AD**, Mount Vesuvius erupted, spewing ash, smoke & pumice.
- **August** commemorates **American Adventure Month! Get out there and explore!**



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

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



Our next **Safe Defensive Driving Class** with Wayne West is coming up on **Monday, October 19 & Monday, October 26, 2026** from **1pm - 4pm** in the **FRONT Dining Area**. The class is **\$25 per person**; CHECKS made payable to Wayne West. Payment is **DUE** upon registration for the class. Participants **MUST** participate in **BOTH** classes in order to receive the auto insurance discount & the class certificate.



BODY MIND RESET

"WELLNESS WITHOUT LIMIT"



6 Weeks to reset your body and mind!

Join our comprehensive 6-week Health & Wellness Program designed especially for older adults who want to feel stronger, safer, and more energized in their daily lives. Each week, we focus on key areas that support healthy aging and overall well-being.

Where and when:

Grand Island Golden Age Center, 3278 Whitehaven Rd.,
Grand Island, NY 14072

Date and time:

Thursdays from July 23 to August 27 (NO class on July 30)

Time: 1:00 PM-2:30 PM

This supportive and welcoming program is designed to help older adults to reset, recharge, and regain confidence—both physically and mentally.

- ✦ Improve your strength
- ✦ Enhance your balance
- ✦ Nourish your body
- ✦ Refresh your mind



Healthy Eating

Nutrition – Learn how to fuel your body with balanced meals that boost energy, strengthen immunity, and support healthy aging.

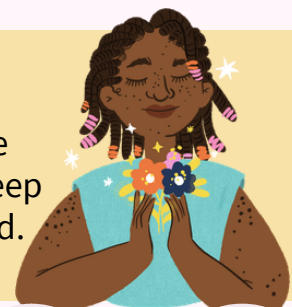
Regular Exercise

🏃 Exercise – Participate in gentle, guided exercises that build strength, flexibility, and confidence at your own pace.



Practice Mindfulness

Explore techniques to reduce stress, improve mood, and keep your mind active and engaged.



More Information:
Jennifer.chowdhury@erie.gov

2026 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 and 50/50.

Zonta Club of Grand Island – empowering women through service and advocacy <https://zontagrandisland.org/>

***Tuesday June 30 @ 630pm: Custode & Parisi Jazz Trio** - focuses on performing the “pre-bop swing” style of jazz, not currently performed by the other jazz groups in the WNY area.

(ZONTA CLUB)

Tuesday July 7 @ 630pm: Rock Revival - Rock Revival plays a blend of classic rock, blues and today’s country. The band is comprised of four seasoned veteran players who have performed locally for decades.

***Tuesday July 14 @ 630pm: 23 Skidoo** - Dixieland and patriotic music heard on the banjo, trumpet, saxophone, tuba, and drums.

(ZONTA CLUB)

Tuesday July 21 @ 630pm: Creek Bend -A blend of original, contemporary, and traditional bluegrass with a smattering of gospel, western swing, Cajun, Irish, and country.

Tuesday July 28 @ 630pm: Barroom Buzzards New Orleans Jazz and Dixieland Music.

Tuesday August 4 @ 630pm: 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 August 11 @ 6:30 pm: Yank the Cover -Premiere WNY Cover Band performing an eclectic mix of classic rock, R&B, top 40, and country music



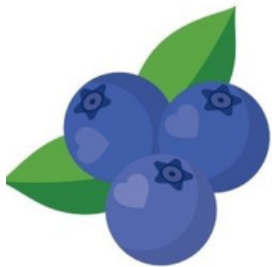
Enjoy the Free Entertainment and have a Safe Summer!



love fresh fruits and veggies?

OPEN TO THE PUBLIC!

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



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



6/3, 6/17, 7/1,
7/15, 7/29, 8/5,
8/19, 9/2, 9/16, 9/30
10:30am-11:30am



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

FeedMore
wny

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

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

Attention: ***Program Changes***

The following programs will transition from the
Community Center

to the Golden Age Center from
June 29-August 14, 2026:

- **Total Body Workout**
- **Gentle Yoga**
- **Chair Yoga & Meditation**

Other program changes from June 29-August 14, 2026:

- **BOCCE Ball will be played OUTSIDE**
- **Morning & Afternoon of Games will be
CANCELLED**

ALL programs will **RESUME at the Community Center**
on Monday, August 17, 2026

***Have a wonderful summer
season!***