



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

August 2020

Flower: Gladiolus

Birthstone: Peridot OR Sardonyx

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

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

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

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

Website: http://www.grandislandny.us/departments/golden_age/index.php

John Whitney
Town Supervisor

Jennifer Baney **Tom Digati**
Mike Madigan **Pete Marston**
Town Board

Jennifer R. Menter
Recreation Supervisor—Senior Citizen

Carrie Mesmer
Recreation Leader—Senior Citizen
Golden Age Center

August Member Birthdays

August 1	Ermina Atkinson & Rita Packard	August 15	Donald O'Connor
August 2	Mary Tront	August 17	Jean Schlegel, Jill Schopp, Trudi Shelp, Deborah Tirado, & Heidi Travagline
August 4	Mark Walker	August 21	Karen Cowart
August 5	George Allen	August 22	Mary E. Maj & Kenneth DeVantier
August 6	Sheila Ferrentino & John Senall	August 24	Mary Ann Fancher & Sara Sahagian
August 8	Anna Joslyn	August 25	Bill Jenkins
August 9	Marcella Buell & Evelyn Lewis	August 26	Gail Allen & Herta Krein
August 10	Lillian Beach, Neil Hoffman, Kathy Jakab & Deb Lepore	August 27	Raymond Krause, Pat Shickluna & Michael Spaudling
August 11	Linda Sexton	August 28	Michelle Chasse & Joseph Steffan
August 13	Bernie Callahan, Cyndi Krupp & Ruth Roughsedge	August 29	Barbara Macrides, Sharon Nichols & Shirley Rogers
August 14	Anne Hipp & Ronald Tebo	August 31	Michael J. Owen

Weekly Consistent Activities at the Golden Age Center
Offered from Monday, August 17, 2020—Tuesday, September 8, 2020

ATTENTION: Social distancing measures AND new recreation program measures will be in place prior to enjoying such programs. Please note the following PRIOR to your visit:

- Masks must be worn
- Temperature checks will be taken when you enter the Golden Age Center
- You will sign a waiver upon entry to our senior center
- You will register for the program or activity you wish to participate in at the Office along with the room that the activity/program will be done in
- Hand sanitizing throughout activity and hand washing is encouraged often throughout your visit
- Before leaving, you must sign out at the Office
- If participating in a Zoom activity, sign up for the activity to receive the Zoom activity codes; Zoom activity codes will be given the day before the activity OR the morning of the activity

Welcome back! *We can't wait to see you soon for our Consistent Activities AND our Special Events via Zoom (Virtual Recreation Activities), our Outdoor Recreation Activities AND our next phase of activities in September!*
Stay well and be well, Golden Age Center staff

MONDAY

Color & Coffee Talk Time: 9:30am - 10:30am in the Dining Area

Independent Activities: 8:15am - 11:30am in the Arts & Crafts Room SGN at the GAC: 11:30am in the Dining Area

Card Games with NEW RESTRICTIONS (see Staff for details): 1:15pm –3:15pm in the Dining Area

****Fun with French on ZOOM**:** 12:45pm with Jen

TUESDAY

Coffee Talk: 8:15am - 10:30am in the Dining Area

SGN at the GAC: 11:30am in the Dining Area

Total Body Workout: 9:30am with Michelle **OUTSIDE** the Golden Age Center on front lawn (*call for more info*)

****Bingo on ZOOM and on site (see Calendar for specific dates) **:** 12:45pm with Carrie in the Dining Area

WEDNESDAY

Coffee Talk: 8:15am - 10:30am in the Dining Area

Walking Club: 9:15am with **LOCATION TBD** starting Wednesday, August 26

Tennis: 10:00am on the Tennis Courts on the Nike Base

SGN at the GAC: 11:30am in the Dining Area

Card Games with NEW RESTRICTIONS (see Staff for details): 1:15pm –3:15pm in the Dining Area

****Fun with French on ZOOM**:** 12:45pm with Jen (3rd, 4th, & 5th Wednesdays of the month)

THURSDAY

Total Body Workout: 9:30am with Michelle **OUTSIDE** the Golden Age Center on front lawn on front lawn (*call for more info*)

****Bingo on ZOOM and on site (see Calendar for specific dates) **:** 10:00am with Carrie in the Dining Area

SGN at the GAC: 11:30am in the Dining Area

Independent Activities: 12:45pm in the Arts & Crafts Room

Card Games with NEW RESTRICTIONS (see Staff for details): 1:15pm –3:15pm in the Dining Area

FRIDAY

Coffee Talk: 8:15am - 10:30am in the Dining Area

Coups for Troops: 9:30am - 10:30am in the Dining Area

SGN at the GAC: 11:30am in the Dining Area

Independent Activities: 12:45pm in the Arts & Crafts Room

Card Games with NEW RESTRICTIONS (see Staff for details): 1:15pm –3:15pm in the Dining Area

August 2020 Virtual Recreation Opportunities via Zoom

You must call the Golden Age Center at (716)773-9682 to register for any of these programs by giving us your name, telephone number, and e-mail address so that you can be e-mailed the Zoom invitation information. The Zoom information will be e-mailed out the day before the program. Thank you!

Thursday, August 6 @ 10:00am

Prize Bingo on Friendship Day

Join us for some fun Bingo games! We invite you to pick up your bingo board and play along with us via Zoom. You must register for this program by calling (716) 773-9682 and giving us your name, telephone number, and email address so that you can be emailed the Zoom invite information. Prizes will be given out to the Bingo winners AFTER Bingo has concluded AND Bingo winners can call the Golden Age Center prior to picking up their prize.

Monday, August 10 @ 12:45pm

Fun with French

Join Jen as she and the group discuss summer sports and activities one likes to participate in during the summer season. What are your summer favorites? What do you dislike about summer? She can't wait to discuss it with you with great French conversation!

Tuesday, August 11 @ 12:45pm

Prize Bingo

Join us for some fun Bingo games! We invite you to pick up your bingo board and play along with us via Zoom. You must register for this program by calling (716) 773-9682 and giving us your name, telephone number, and email address so that you can be emailed the Zoom invite information. Prizes will be given out to the Bingo winners AFTER Bingo has concluded AND Bingo winners can call the Golden Age Center prior to picking up their prize.

Wednesday, August 12 @ 1 10:30am

Coffee Social

Grab your coffee or tea and join me for a unique way to visit with each other during the pandemic. No political discussions! Let's discuss and share our favorite peach recipes. Eventually we will have a Golden Age Center cookbook to put these into.

Thursday, August 13 @ 10:00am

Matter of Balance

Join Jen for some stretches and exercises that will help you gain and strengthen your balance and mobility. Invigorate your day and your morning! All you need is a chair, wear comfortable clothing and sturdy shoes.

Thursday, August 13 @ 12:45pm

Dance party with Music from Elvis Presley and others

This week is known as Elvis Week so we will celebrate with a variety of his music as well as selections from other artists. Join in for another great way to spend time with our friends at the Golden Age Center.

Tuesday, August 18 @ 12:45pm

Kindness Rock Painting

We would like to encourage anyone interested in helping with a simple painting project. Starting today at 12:45 pm you may stop at the GAC for your kindness rock painting kit. You can either keep the rocks to distribute around Grand Island on your own or return them and we will put them around town for you. No art skill truly needed; just a desire to spread good will to our community. If you have small rocks to use please do so!

Wednesday, August 19 @ 10:30am

Technology Class

Join Carrie and others as we start with the basics of a new phone, tablet, laptop or desktop and navigate internet safety along with how to add/download an app onto your device. If Zoom class isn't your thing right now or you need extra help, please call us at the Golden Age Center.

Thursday, August 20 @ 10:00am

Prize Bingo

Join us for some fun Bingo games! We invite you to pick up your bingo board and play along with us via Zoom. You must register for this program by calling (716)773-9682 and giving us your name, telephone number, and email address so that you can be emailed the Zoom invite information. Prizes will be given out to the Bingo winners AFTER Bingo has concluded AND Bingo winners can call the Golden Age Center prior to picking up their prize.

Monday, August 24 @ 12:45pm

Fun with French

Join Jen as she and the group discusses birds and animals found in our area and action verbs! Let's try to sing the song 'Alouette' too together! Do you know what the tune is all about?

Tuesday, August 25 @ 12:45pm

Super Bingo via Zoom sponsored by the Golden Age Club

Join us for some fun Super Bingo games, sponsored by the Golden Age Club! We invite you to pick up your bingo board and play along with us via Zoom. You must register for this program by calling (716)773-9682 and giving us your name, telephone number, and email address so that you can be emailed the Zoom invite information. Super Bingo Prizes will be given out to the Bingo winners AFTER Bingo has concluded AND Bingo winners can call the Golden Age Center prior to picking up their prize. You MUST see the Super Bingo prizes we have! From gift cards to spa bags to lunch tickets to surprises and more, come join the fun!

Wednesday, August 26 @ 12:45pm

Fun with French

Join Jen for a SURPRISE lesson today! Join in the fun!

Thursday, August 27 @ 10:00am

Matter of Balance

Join Jen for some stretches and exercises that will help you gain and strengthen your balance and mobility. Invigorate your day and your morning! All you need is a chair, wear comfortable clothing and sturdy shoes.

Thursday, August 27 @ 11:15am

Cheerful Pen Pal Program

Today is the first day that we will start a new program during "Be Kind to Humankind Week". We will individually write letters to persons in an assisted living outside of Rochester, NY. It is time to spread some cheer to others and let them know they are thought of from someone on Grand Island. You can share news of our hometown and ask them about themselves... you may even find that many grew up around the Buffalo/WNY area. Cards can be provided or you can use your own. Once you complete we will send them all together.

Friday, August 28 @ 10:30am

Coffee, Campfire, and Camp Stories

Have your coffee and tall tales ready to share around our virtual campfire. It will be the safest campfire you have ever been to!

Monday, August 31 @ 11:30am

National Eat Outside Day

Pack your lunch bag and join Jen and Carrie for a socially-distanced picnic lunch at our picnic tables outside on National Eat Outside Day and catch up with our Golden Age friends! Call (716) 773-9682 and register for this program. Come dressed for the weather and wear sunglasses, sunscreen and a hat.

Monday, August 31 @ 12:45pm

Fun with French

Join Jen for learning how to describe the daily rituals of taking care of oneself by using something called reflexive verbs.



**Extended Trip
Update from
Michelle Chassé:**



The trip to Mackinaw Island is being postponed until next year. Those of you who have made deposits and/or purchased trip insurance will see a full refund in the next two weeks. The trip refund will be done by Diamond Tours and the trip insurance is a separate refund by the insurance company.

Member Shirley Martin is looking to give away the following items to a good home:

- **recliner**
- **Maple dining room table with leaf extensions and chairs**
- **Lazy Boy love seat**
- **Queen size bed with new mattress and box spring**
- **4 piece bedroom set**

Interested? Please call Shirley at (716) 517-0675.

Fun August Holidays to Remember:

Saturday, August 1: National Mustard Day

Tuesday, August 4: National Chocolate Chip Cookie Day

Sunday, August 9: Book Lover's Day

Monday, August 10: National S'mores Day

Saturday, August 16: National Tell A Joke Day

Monday, August 17: National Thriftshop Day

Friday, August 21: Senior Citizen's Day

Wednesday, August 26: National Dog Day

Monday, August 31: National Eat Outside Day

Will you do anything fun to celebrate these fun holidays? Share your ideas with Jen at jrmenter@grand-island.ny.us and enter your idea to win a great prize! Entries must be in by Monday, August 31, 2020.

Croquet



Did you know? The Golden Age Center has a croquet set available for member use (*when the GAC reopens*) and ready for interested individuals to borrow to practice their croquet skills on the Nike Base!

Stop by the Office to sign out the Croquet set. The Croquet set must be returned by 3:30pm so that they can be properly cleaned and disinfected.

Nike Base Par 3, 9 Hole Golf Course



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

Stop by the Office to sign out a bag of golf clubs. Golf clubs must be returned by 3:30pm so that they can be properly cleaned and disinfected.

New Policies to Remember as we welcome you back to the Golden Age Center

PLEASE READ THIS: What to expect as the Golden Age Center reopens....

We know reopening under new guidelines and policies that is new and different is going to be a bit challenging and hard for all of us to get adjusted to. We are doing our best to offer what we can during these challenging time, in the safest way we possibly can. Your cooperation is most appreciated and will help us keep our facility safe, facility healthy for all to enjoy our programming, keep us all together having fun together, and will help us keep our doors open.

- All patrons must come in through the Front Door (West door) or the Back door (East door) and register with the Office, show that their mask is being worn, get their temperature checked, and sign the waiver, which patrons should confidentially answer NO to: confidentially answer "NO" the three questions or they should NOT enter: (1) I am not experiencing any symptoms of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell. (2) I have not traveled to a highly impacted area within the last 14 days. A "highly impacted" area is a country or region for which the U.S. Centers for Disease Control and Prevention ("CDC") have issued a Level 3 travel health notice. (3) I have not been in a state or other jurisdiction in the United States, at any time in the last 14 days, from which individuals who travel to New York State are currently required by New York State to self-quarantine upon arriving in New York State. (4) [I have not been diagnosed with Coronavirus/COVID-19, nor have I been exposed to someone with a confirmed or suspected case of the Coronavirus/COVID-19 within the last 14 days.](#) (5) I am following state and local requirements and CDC recommended guidelines as much as possible to limit exposure to the Coronavirus/COVID-19 AND then sign the Contact Tracing Form.
- The Golden Age Center doors will be locked at 3:45pm to start the disinfecting process.
- Golden Age Center rooms, frequently-touched spots (door handles, windowsills, tables, chairs, etc.) will be disinfected throughout the day.
- Patrons MUST register to participate in any kind of program or activity at the Golden Age Center. Program space is LIMITED at the Golden Age Center and patrons must be respectful of space, social distancing and mandates.

- Hand sanitizer pumps and stations are located in the hallway outside the Pool Room/Lounge, outside the Office window, in every room at the Golden Age Center, on each Arts & Crafts Room table, outside the Storage Room door by the Kitchen, and inside each doorway of the Dining Area for people to sanitize their hands. Patrons are encouraged to sanitize AND wash their hands frequently in the Restroom too.
- Restrooms are set up for social distancing as well, accommodating one person in the restroom at a time. Please be as respectful as possible. We understand emergencies happen at times.
- Plexiglass has been installed over public interaction areas, such as the Office & Kitchen window.
- Please bring a water bottle with you when coming to the Golden Age Center; water fountain is NOT available for use.
- Social distancing signage and floor signage has been posted for reminders to help control public interaction.
- There will be NO communal snacks, coffee stations OR fountains. You may go to the Coffee Corner, NOW located at Kitchen window, to ask for a cup of coffee or a homemade breakfast treat, or a breakfast treat, donated from our friends from Tops, given to patrons by Golden Age staff members. Coffee Corner will be open from 8:15am—11:00am daily.
- Each room has the “Room Policies” posted. Please ask any questions you may have if you need clarification.
- Prior to leaving, you MUST sign out at the Office so we know that you have safely left the building AND safely left our program.
- Interested in transportation? Stop by the Office or see the attached Transportation Policies.
- Interested in our home-cooked lunch program? See our attached menu!

How our reopening goes depends on how well everyone respects the policies and adheres to these policies. If you're not comfortable, we ask that you do not come back to the Golden Age Center until we go to a more normal way of operating OR feel free to join us in our Outdoor Recreational Opportunities we'll be offering starting in September, OR join us for our Virtual Zoom Opportunities!

Questions? Just ask! ***Welcome back! We missed you!***

Stay well and be well, *Golden Age Center staff*

Golden Age Center Lunch Calendar

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

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

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

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

August 2020

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

<p>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 spaces are LIMITED due to social distancing; reserve your spot today! Indoor AND outdoor seating at picnic tables will be offered. You will remove your mask when your lunch is served to you. <i>Bon appétit!</i></p>						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 Spaghetti & Meatballs	18 Corned Beef & Cabbage	19 Chicken & Rice Casserole	20 Turkey with Mashed Potatoes	21 Pizza, Wings and 3 Bean Salad	22
23	24 Welcome Spring Cookout <i>(Please call for menu!)</i>	25 Barbecue Chicken	26 Sausage & Sauerkraut	27 Meatloaf with Mashed Potatoes & Carrots	28 Souper Seniors 	29
30	31 Ham with Pineapple & Scalloped Potatoes					

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: _____



Unscramble the WORDS:



- 1.) ICNCPI _____
- 2.) OLFG _____
- 3.) SNRIEFDHIP _____
- 4.) HDOOGT _____
- 5.) MATREONWEL _____
- 6.) COQRUET _____
- 7.) CPMFERAI _____



We hope that you all enjoyed the **60th Anniversary of the Golden Age Club and the Golden Age Center!**

SAVE THE DATE!

Our 65th Anniversary of the Golden Age Club and the Golden Age Center will be on Monday, December 16, 2024!

A warm welcome to all our new members of the Golden Age Center, as of July 2020:

Dana Papaj Don Papaj, Jr.

We look forward to welcoming new members when we reopen in the near future AND we welcome new members to join us on our many Monthly Virtual Recreational opportunities we offer via Zoom!



Our Coffee for the Month program has been graciously donated by the **Read and Feed Book Club for the month of August**, and we are grateful for their thoughtful generosity and support! *This program will continue due to the generosity of our Golden Age Center friends!*



Gym equipment & piano

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

We also have a piano to play!

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

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

Mondays, Wednesdays, & Fridays: 8-10am;
1:30-4pm

Tuesdays: 8-9am; 3-4pm

Thursdays: 8-9am; 12:30-4pm

Monthly Birthday

Drawing:



Each month, we will have a drawing for **two lunch**

tickets at the **Golden Age Center**.

If your birthday falls during the current month, each day you participate in the lunch program, you may fill out a slip and put it in the **Birthday Drawing**.

The winner will be drawn the last day of the month. **Jim Walf** was the lucky winner for the month of **March!**



Senior Discounts shared to us by Golden Age Center member to enjoy around the community:



Take advantage of these great discounts around the community:

- ◆ Walgreens: 15% off on the 1st Tuesday of the month; 25% off Walgreens brand items
 - ◆ Savers: 30% off on Tuesdays
- ◆ Rite Aid: 20% off ALMOST EVERYTHING the 1st Wednesday of the month
 - ◆ Tops: 6% off on the 1st Tuesday of the month
 - ◆ Olympic Restaurant: Senior Dinner Discounts **EVERY NIGHT!**
- ◆ Fucillo Toyota: 10% discount on non-discounted services, such as oil change
 - ◆ Denny's: 15% off
 - ◆ Ted's: Veterans get a 10% discount

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

****PLEASE REMEMBER TO SUPPORT YOUR LOCAL GRAND ISLAND BUSINESSES, NOW AND ALWAYS!****

Members we lost in July 2020:

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.

Jackie Kazmierczak

Members that were sick in July 2020:

Linda Leuchner

Michelle Chassé

Sharon Koehler

John Cassoni

Mary Savoy

Bill Ortiz

Neighbors Foundation of Grand Island



stands ready to help with food for families who find themselves temporarily in financial difficulty. Long-term or repeat help must come from government social services or staffed help agencies, but the Neighbors Foundation can provide emergency help. To start a request for help, phone: **(716) 773-1452 or (716) 773-4684**



Looking for VOLUNTEERS for the following endeavors:

- *Writing cards to isolated, lonely seniors*
- *Calling seniors through our Grand Island Dial-A-Senior Program*
 - *Volunteering through our Meals on Wheels program*

Does this interest you? Call Jen at (716) 773-9682 to speak with her regarding these opportunities!