



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

August 2022

Flower: Gladiolus

Birthstone: Peridot OR Sardonyx

Town of Grand Island

Golden Age Center

3278 Whitehaven Road

Grand Island, NY 14072

Phone: (716) 773-9682

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

**Business Hours: 8am—3:45pm,
Monday - Friday**

Website: [http://www.grandislandny.us/280/
Golden-Age-Center](http://www.grandislandny.us/280/Golden-Age-Center)

John Whitney

Town Supervisor

**Christian Bahleda Tom Digati
Mike Madigan Pete Marston**
Town Board

Jennifer R. Menter
Recreation Supervisor—Senior Citizen

Carrie Mesmer
*Recreation Leader—Senior Citizen
Golden Age Center*



Happy Birthday to those celebrating August birthdays!



August 8	Mark Walker	August 9	Evelyn Lewis
August 10	Lillian Beach & Deb Lepore	August 13	Bernie Callahan, Shirley Johnson & Ruth Roughsedge
August 17	Jean Schlegel, Jill Schopp, Trudi Shelp & Deborah Tirado	August 23	Jackie Sullivan
August 24	Gary Loncar	August 25	Bill Jenkins
August 26	Gail Allen	August 27	Thomas James
August 28	Michelle Chassé	August 29	Barbara MacRides, Sharon Nichols, Dr. Edward Rayhill & Shirley Rogers
August 31	Sally Dinino & Michael Owen		
			<i>Happy Birthday, friends!</i>

Weekly Consistent Activities at the Golden Age Center

ATTENTION: NEW Recreation program measures will be in place prior to enjoying such programs. Please note the following PRIOR to your visit:

- *Front **AND** Back doors of the facility are **OPEN** to the Golden Age Center.*
- ***Please SIGN IN at the Office and let us know what program OR activity you are here to participate in; this is to ensure your safety and for us to keep accurate attendance.***
- Hand sanitizing throughout activity and hand washing is ***strongly encouraged*** often throughout your visit at the Hand Sanitizing stations. **PLEASE** ask for hand sanitizing pumps to be set out for these activities. (*ex. Card game tables, etc.*)
- Before leaving, you must **SIGN OUT** at the Office. This is for us to keep **accurate attendance** and that ensures that we know you have **safely exited** the building. *Our doors close at **3:45pm** to start disinfecting the building for the night.*
- ***Thank you for your cooperation! Have fun at the Golden Age Center! ENJOY!***

MONDAY

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

Pool games: 8:15am onward in the Pool Room/Lounge

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

Chair Exercise: 10:00am with **Jenny** on the Stage

Quilting Bee: 10:30am in the Arts & Crafts Room

Card Games & Dominoes: 9:00am –3:30pm in the Dining Area

Bridge: 12:30pm in the Dining Area *on the 2nd and 4th Mondays of the month* Fun with French: 12:45pm with **Jen**

TUESDAY

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

Pool games: 8:15am onward in the Pool Room/Lounge

Total Body Workout: 9:45am with **Michelle** at the Community Center Beginner Line Dancing: 11:00am with **Richard** on the Stage

Canasta, Dominoes & Card Games: 9:00am –3:30pm in the Dining Area

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

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

WEDNESDAY

Independent Craft Activities: 8:15am –10:00am; 2:15pm—3:30pm in the Arts & Crafts Room

Pool games: 8:15am onward in the Pool Room/Lounge

Walking Club: 9:00am (*meet at the Golden Age Center*)

Pinochle, Dominoes & Card Games: 9:00am –3:30pm in the Dining Area

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

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

****Fun with French**:** 12:45pm with **Jen** on the 4th & 5th and Wednesdays of the month**

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

THURSDAY

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

Pool games: 8:15am onward in the Pool Room/Lounge

Pinochle, Dominoes, Euchre, AND Card Games: 9:00am –3:30pm in the Dining Area

Total Body Workout: 9:45am with **Michelle** at the Community Center**

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

FRIDAY

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

Pool games: 8:15am onward in the Pool Room/Lounge

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

Chess: 9:00am with **Brooks** on the Stage

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

Poker, Dominoes & Card Games: 9:00am –3:30pm in the Dining Area

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

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

August 2022 Special Events & Programs

You must call the Golden Age Center at (716) 773-9682 to register for any of these programs in order to meet participant limits. **First come, first served!** Please give us your name and telephone number to register for the program (Payment ALSO for programs that have a cost, as payment holds your spot in the program). **Join in the fun with us!**
Thank you!

Wednesdays in August, starting at 9:00 AM: Walking Club

Get your steps in and join the group for the resuming of the much-anticipated Walking Club. Each week, there will be a different place to walk along with those that would like to do a shorter version closer to the Center. We encourage you to see the Golden Age Center staff and sign up to join the group and to get the schedule. Take charge of your health!

Wednesdays in August (3, 17, 24, 31) : 11:00 AM – 1:00 PM

Afternoon of Games!

Did you know that we have some great games inside and outside (weather pending) in the Community Center for all to enjoy? Come and play with us! Enjoy an afternoon of foosball, air hockey, shuffleboard, basketball, ping pong, and other games with us, held by the Recreation Department and the Golden Age Center. Join us for an afternoon of fun! Call us at (716) 773-9682 to register to be a part of this.

ATTENTION! All programs that use the Community Center (*Tai Chi, Total Body Workout, Chair Yoga, Social Group Respite Program, & Afternoon of Games, & any other special programs*) - Please note that they have NOW RETURNED BACK TO THE COMMUNITY CENTER. **The back of the Dining Area at the Golden Age Center has returned back to normal in appearance. We look forward to hosting your programs again another time!**

Monday, August 1 & 22: 12:30 PM

Dominoes

Join Carrie today as we play the game of dominoes. If you'd like to learn this game, today is the day! There is lots of fun. We will play the two dates with Carrie; all are welcome to play independently other times.

Tuesday, August 2: 1:00 PM

Birthday Party Set Up

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

Wednesday, August 3: 11:45 AM; 12:45 PM – 1:45 PM for the entertainment

A Mystical, Magical Birthday Party with Mentalist Chris Johnson

Come celebrate our August birthdays in an unusual way! After our delicious birthday lunch, we will be entertained by Chris who is a mentalist. A mentalist is someone who appears to demonstrate highly developed mental or intuitive abilities. Come join in the fun!

Thursday, August 4: 10:30 AM – 2:30 PM

"Buffalo Transportation Pierce-Arrow Museum & Chef's Restaurant"

This day trip takes us to the museum. You will learn more about the Pierce-Arrow vehicles and their status. Did you know that they were the official White House vehicle for a number of US Presidents? After our visit we will head to Chef's for a nice lunch. **Cost is \$10 for transportation and \$15 for museum ticket; all purchases/lunch on your own.**

Friday, August 5: 1:00 PM

Bingo Bonanza!

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

Monday, August 8: 10:15AM

Travel Club AND presentation from the BPO on the 2022—2023 Coffee Concert Series

Join us for this DUAL meeting—join in the fun and find out about the upcoming day trips in August AND meet our friends from the Buffalo Philharmonic Orchestra as they fill us in on the line up for the 2022-2023 Coffee Concert Series! Be sure to bring your money OR your checkbook, so that you can sign up for day trips, starting TODAY! Carrie is still accepting suggestions at the meeting and has been working hard on those that you have provided thus far. Let us come together and share the excitement! Please remember, to be fair to all, NO reservations can be made WITHOUT payment. We appreciate your patience and understanding of this.

Tuesday, August 9: 9:00 AM – 2:30 PM

"A Cottage and a Saloon"

Our day starts at the Darien Country Cottage. You will have plenty of time to walk about the 6 little cottages and the gardens nestled among them. There are gifts and garden décor to purchase should you like. After our visit we will head to My Saloon restaurant for lunch before heading back to the center. **Cost is \$10 for transportation; all purchases/lunch on your own.**

Tuesday, August 9: 4:30 PM

Potluck & Concert Outing

Bring a dish to pass and join us for dinner then we will head over to the Marion Klingel Town Commons and enjoy the music by **Sunshine and Company**. It is a local band that plays presents a unique blend of classic rock, pop, blues, country, Americana, and great American songbook Standards. Everything from Elvis to the Beatles to Sinatra to Bonnie Raitt to The Grateful Dead....and everything in between! The concert is part of the Tuesday Night Concert Series hosted by the Recreation Department of Grand Island. Come join the fun! Please register with the office for this event (even if you are only doing one part of it). No cost involved; please bring a dish to pass.

Wednesday, August 10: 12:30PM

National S'more Day

Today, we celebrate in the most delicious way! We just can't let this day pass us by....who doesn't like a rich and gooey and messy s'more?!?! Come and try a piece of the traditional or not-so-traditional sweet summer treat.

Wednesday, August 10: 1:30PM – 4:30PM

Social Group Respite Program

Attention Caregivers of individuals with Alzheimer's Disease or a related dementias: A dementia-specific respite program runs today and every 2nd Wednesday of the month from **1:30pm until 4:30pm in the Community Center on the Nike Base**. This is a social group respite that we find benefits people with dementia and their caregiver. 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 11: 10:30AM

At the Races

Let us have fun "betting" on our own horses here at the Golden Age Center. Try out our homemade track with our horses. Free "play money" to use, so yahoo, and giddy up!

Friday, August 12: 12:30PM

Gram's Garage Sale Set Up

If interested, please come and help the staff set up the Dining Area to be ready for our big event AND help the vendors to come in and set themselves up. Any and all help is appreciated as we get ready for the return of this event! Vendors may start to set up starting this afternoon at 1:30pm. All afternoon activities in the Dining Area will NOT be in session due to set up of our special event.

Tuesday, August 16: 10:30 AM

Cooking Class with Carrie

Join Carrie this morning as we prepare a No Bake Peanut Butter Pie for us to enjoy tomorrow after lunch. This pie does need to set, and the time required will not allow us to enjoy this today, but if you can come back tomorrow and either buy or bring your lunch, we will have a special time together to eat and enjoy the fruits of our labor – THE PIE! You must PRE-REGISTER for this class and to offset the ingredients the **COST** is **\$2.00** per person, payable at the Office.

Tuesday, August 16: 12:30 PM

Paper Crafting

This class will begin at 12:30pm and you will be given minimal direction to complete a paper product of your choice. A Cricut will be used amongst other things. There is no cost to join; just a request that you are there on time. Registering for this class is helpful.

Wednesday, August 17: 11:45 PM

Cooking Class Luncheon

If you were part of the cooking class yesterday, then you will not want to miss this! We will enjoy the Golden Age Center lunch (make your reservation as usual) or brown bag your lunch. We will finish off the lunch with our delicious Peanut Butter Pie that we made.

Wednesday, August 17: 3:00 PM – 8:00 PM

"Fair Days into the Night"

Join Carrie and Tammy as we take you down to the Erie County Fair! The GAC van leaves at 3:00pm and will leave the fair at 7:30pm. This will give you plenty of time to explore the areas of your choice of the fair **Cost** is **\$10 for transportation and fair ticket is \$13.50; all purchases/lunch on your own**.

Gym equipment & piano

On the Stage, the Golden Age Center has a stationary bike, a NEW incumbent 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.

Members who use this equipment will **SIGN IN at the Office, will sign a waiver & will be shown how to properly use the equipment.** **WE ALSO HAVE A PIANO TO PLAY!** **The gym equipment and piano are available for use (and will be disinfected after each use):**

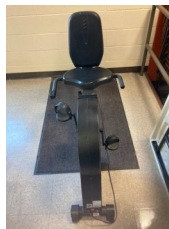
Mondays & Fridays: 8am—3:30pm

Tuesdays: 8-9am; 3-4pm Wednesdays: 11:30am—3:30pm

Thursdays: 8am—3:30pm

Take a look at our Gym equipment & piano you can use...don't miss out!

Incumbent bike



Stationary stepper & stationary peddles

Stationary Bike



Rowing machine

Piano



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

Please print clearly. Thank you! Name: _____

Phone Number: _____

E-mail Address: _____

Golden Age Center Lunch Calendar

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

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

****Drive-Thru lunch is paid for and picked up at the Front Office of the Golden Age Center.****








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

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

Update: You MUST call the DAY OF to register for lunch; calls will be accepted 8am until 10:30am. NO reservations for lunch will be allowed on the answering machine. Lunch openings are LIMITED due to amount of food available and the 10:30am cut off time.

August 2022

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

	1 Chicken & Broccoli Alfredo	2 Beef Stroganoff	3\$6 Birthday Lunch  Ham with Pineapple & Rice, Apple & Carrot Salad, & MORE	4 Chicken Craisin Salad with Fruit Cup	5 Two Soups and a Scoop 	6
7 	8 Travel Club Meatloaf with Mashed Potatoes	9 Egg Bake Casserole with French Toast Sticks & Sausage	10 Swiss Chicken with Rice	11 Ham & Swiss Melt with Tater Tots	12 Souper Seniors 	13
14	15 Italian Sausage with Peppers & Onions	16 Chicken & Vegetable Lo Mein with Mandarin Oranges	17 Spaghetti with Meat Sauce	18 Executive Board Meeting \$5 Open-Faced Turkey with Mashed Potatoes	19 Two Soups and a Scoop 	20
21	22 Chicken Pot Pie with Ambrosia	23 Pulled Pork with Mac & Cheese	24 Hobo Pack with Applesauce	25 Golden Age Club Carnival Day \$6; Lunch @ 11:45AM Hamburger OR Hot Dog Bar with all the fixings!	26 Souper Seniors 	27
28	29 "Rachel" (Turkey Reuben) with Chips & a Pickle	30 Beef Taco Salad	31 Ravioli with Meat Sauce & Green Beans	<div> <div></div> <div>Two Soups and a Scoop includes two delicious soups and a scoop of a delicious, to be determined, salad (ex. Chicken salad) to be enjoyed, along with fruit, crackers, and dessert!</div> <div></div> </div>		

Wednesday, August 17: 12:45PM

Healthy Living for the Brain & Body

Join Jen, Jenny, and Sue as they discuss this important topic. Learn about research in the areas of diet, nutrition, exercises, how to strengthen your muscles & bones, cognitive activities, social engagement, and MORE. Incorporate these recommendations into building a plan for healthy aging for yourself! Join us for this important program today in the Arts & Crafts Room.

Thursday, August 18: 10:30AM

Serendipity Day

Every August 18th, this day is celebrated to encourage people to look for and notice those unexpected good things that are always out there. Join the discussion with Carrie as we share our thoughts and enjoy some coffee, tea and sweet things and a few surprises along the way!

Thursday, August 18: 12:45PM

Executive Board Meeting

Club President Anna Vaccaro asks for the presence of the Executive Board together for their monthly meeting, to discuss Club business and to discuss upcoming events and MORE. Officers and Executive Board members, mark your calendars and join us. Anna looks forward to seeing everyone then!

Friday, August 19: 11:00 AM – 12:30 PM

Grand Island Memorial Library Bookmobile

Join Bridgette and the Grand Island Memorial Library staff today as they come here to the Golden Age Center to bring their 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!

Wednesday, August 24: 9:15 AM – 3:30 PM

“Take Me to Oz...via E. Aurora”

We will start our day with brief free time in the village, maybe enough to get a cup of coffee, after which we will head over to The Aurora Theatre for a showing of the Wizard of Oz. After the movie, you will have time to have lunch and visit your stores of choice in East Aurora. When we meet up at the appointed time, Carrie will take you over to the Fisher Price Store and she has a coupon for you! Once we are done there, we will head back to the Golden Age Center. **Cost is \$10 for transportation, the movie is FREE and all purchases AND lunch will be on one's own.**

Thursday, August 25: 11:15AM for the General Meeting; 12:00PM for lunch

General Meeting

Join President Anna Vaccaro, the Executive Board, and the Golden Age members for their monthly meeting The day will start with the General Meeting at 11:15 am, followed by our delicious lunch and great company of our friends.

Thursday, August 25: 11:45AM – 2:00PM

Carnival Day at the Golden Age Center

Join us today for all the fun here at our loved Center. There will be a special menu for lunch, and prior to lunch, we will have some games, and then after lunch will be a number of surprises and fun. Come and join in the fun, and please register ahead!

Friday, August 26: 12:30PM

Paper Crafting

This class will begin at 12:30pm and you will be given minimal direction to complete a paper product of your choice. A Cricut will be used amongst other things. There is no cost to join; just a request that you are there on time. Registering for this class is helpful!

Tuesday, August 30: 4:30PM – 8:00PM

Tuesday Night at the GAC- Cookout & Picnic Games

Tonight, we will have a cookout beginning at 5:00pm. We will enjoy hamburgers and hotdogs along with some typical picnic fare and an ice cream bar. Afterwards, we will have fun with some of the outdoor games OR you may participate in your own activities. You must register and pay at the Office window. **Cost is \$12 per person.** See the Office for the menu for the night. Join us in some great summer fun!

Wednesday, August 31: 9:30 AM – 2:30PM

“Lockport Locks and Gordie Harpers”

We start our day trip out today on a lovely cruise this morning on the historic Erie Canal. Once our cruise ends, we will head to Gordie Harper's to have lunch and shop at your leisure. The bus leaves the Golden Age Center at 9:00am and leaves Gordie Harper's at 2:00pm. **Cost is \$51.50 for Bedore bus transportation and ticket for the cruise; all purchases and lunch will be on one's own.**

Bake Sale....9am until it sells OUT!

**Open House
Tours
10am - 11am**

**Bring
reusable
shopping
bags!**



**Shop
Golden Age
member
garage sale
tables
INSIDE, and
GI farmers &
GI businesses
OUTSIDE!**

**Entry to our event gives you chance to win
a great prize!**

Gram's Garage Sale at the Golden Age Center

Saturday, August 13, 2022

9:00am - 1:00pm

**Come and shop around
for some new treasures!**



Quilting Bee meets at 10:30 am on Mondays



The group is now learning the history of and how to make basic blocks. *The July's Block of the Month is Le Moyne Star. The August Block*

is Bolt of Lightning. The group is using skills they've learned for a couple projects in progress for community service.

Drop by at 9:30am if you're raring to get sewing!

Monthly Shopping Trips

Tuesday, August 9: 8:15AM departure

Walmart Trip

Sign up at the Office or by calling (716) 773-9682 to be dropped off at Walmart OR Aldi in Niagara Falls and picked up at a time determined later with the Driver. Limited seating and limited bags allowed. Please see or talk to Staff for more details.

Tuesday, August 23: 8:15AM departure

Aldi Trip

Shopping Trips coming up in September...

Give us your feedback... we are going to try a few shopping trips to the following places...

Target

Aldi

Walmart

Boulevard Shopping Complex

Does this sound interesting to you? Let us know!

Grandparent's Closet



This is Carolyn Mesches's idea come to life! Grandparents, do you have grandchildren coming to town and you don't have items for them to play with, travel around in, or sleep in? No fear! We have a lending closet for you, full of toys, books, stroller, playpen, bassinet and more. Call us for more information!

Save the Date!

Basket Raffle!



Lunch Sale:
11am—1pm

Other surprises!

Bake Sale

Holiday Happenings

Saturday, October 22, 2022 from 9am-1pm
Reserve your table by calling (716) 773-9682

Photos of the Golden Age Center in BLOOM this SUMMER!



Activity Center



Back entrance



Welcoming Front Entrance



Veggie & Flower Garden



Picnic & Seating Area



Memorial Wall



Parade Sign—
Circa 1980



Lorraine Lane



Sun shining on Lorraine Lane

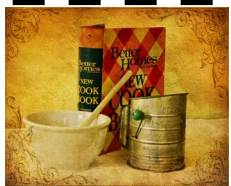
Updates from Jen's Desk...what a SUMMER and what a JULY!

Here are a few UPDATES that I wanted to share with you this month:

- We have Rapid COVID-19 Test Kits available for our members, as well as masks. With variants still going around, should you need some tests or masks, please come in and ask to pick some up! We are happy to help you. Should you want us to bring them to you outside, through our Drive Thru, just call us at (716) 773-9682, and we'd be happy to bring them out to you, especially if you feel you are sick OR feel you have been exposed. Protect yourself and each other.
- **ATTENTION: Please read this carefully:** Our mandates have changed QUICKLY and can change at any time. With that being said, here are the following changes that have taken place this month: ***Please know that as you enter our building from the front door or the back door, we will welcome you to our senior center and sign you in, and will ask you what program you will be participating in. Remember to sign out with us as you leave the senior center for the day; this is for your safety. Our normal cleaning and disinfecting will happen throughout the day. Should you wish to stay for lunch, drinks, silverware and napkins will be passed out to you, and then participants will walk up to the Kitchen window to pick up their meals. Those who wish to brown bag their lunch, we welcome you with open arms! Thank you for abiding by the rules and being respectful of one another! We appreciate your respectfulness and we appreciate your cooperation.***
- Your safety is of our utmost importance. PLEASE sign in at the Office when you come in and sign OUT when you leave our senior center, so that we know of your whereabouts. With this being a public building, safety is our TOP priority, and not only do we strive to make this the MOST warm and welcoming place, we want to preserve our fun, safe and happy atmosphere. *Thank you for your cooperation!*
- How good are the RAPID COVID-19 ANTIGEN home tests past their expiration dates? Good question. For the CareStart tests we've been passing out, based on the guidance of a local pharmacist, they are good 6 months past their expiration date, and they will still give an accurate reading. If you are using a different brand, please give Jen a call for more detailed information.
- When walking outside on the Nike Base, hiking the trails, playing outside, playing tennis or baseball, did you know that there is an accessible restroom to use, after hours? It is on the back side of the Community Center, facing the Tennis Courts.
- Calling all artists and creative spirits! We have a new *Featured Member Artists* area in our senior center, and we KNOW how talented you ALL are! We welcome members that wish to display art work of their very own! Should you wish to display your work, please contact Jen at (716) 773-9682 for more information and to set something up with her.
- Feel free to bring a plastic container to bring home your leftovers from lunch home in if lunch is too big for you. We strive to make lunch your biggest meal of the day. You may also brown bag your lunch anytime here too! Join us for lunch and enjoy the comradery and friendship.
- * Outdoor picnic tables are available for your use at any time or for your programs! Let us know if you need program set up.
- ***Enjoy this SUN-SATIONAL August & summer! Enjoy every moment! It's been such a beautiful season. Enjoy every moment of it! Stay well and be well, Jen***



Trying to learn how to use your new smartphone (android and iPhone)? Have questions about about a phone that you've had awhile? Want to know more about an iPad or Tablet or your computer? Make an appointment to meet with Carrie and staff to get your tech questions answered. We're the TECH GURUS of the Golden Age Center



Cookbook Project

Before that dreaded COVID entered our lives, our members had been submitting and trying a variety of recipes to put a cookbook. Our cookbook project has a

number of desserts, beverage, entrées, and appetizer recipes.... but we need MORE. We would love to create our own cookbook so that others can enjoy what we have shared with our family and friends over the years. **Feel free to submit your recipes too!** You can see Carrie in the Office (or any of the staff) or member Elaine Miller who started this project with Carrie before COVID. Many thanks to you all who have submitted previously, and we look forward to seeing more recipes! Let's make this a GREAT Golden Age Center Cookbook! Grab a recipe card from the Dining Area and fill out your recipe TODAY!

Have you stopped by to see our beautiful new Golden Age Garden, lush trees, and beautiful flowers, blooming garden, and voluminous bushes? Our Nike Base grounds are looking great! Stop by for a visit!

Nike Base Par 3, 9 Hole Golf Course



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

Stop by the Office to sign out a bag of golf clubs. Golf clubs must be returned by 3:45pm.

Golden Age Center Pantry & Closet



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



SUMMER Senior Bowling will start at 4PM on Tuesdays. Bowling is open to all seniors, regardless of bowling skill. Come out to Island Lanes for a fun afternoon of fowling and friendship. The cost is \$7 and covers 3 games, shoes and a bowling ball if you need it. Any questions? Please call Joanne at (716) 773-5698.

A warm *welcome* to all our new members of the Golden Age Center,
as of July 2022:

Marie Mercado Sandra Fonte Gary McTigue Candace McTigue Jean Kropid-
Daniel Passanese Cynthia Sanders Surinder Kandola Alfreda Homa

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



Our Coffee for the Month for August has been graciously donated by Joyce Berk, in honor of Golden Age members, and we are grateful for her thoughtful generosity and support! *This program will continue due to the generosity of our Golden Age Center friends!*



The Try & Buy Clothing Closet is now OPEN for the SEASON!



The Try & Buy has OPENED back up again! Golden Age members can start to bring in their gently used and nearly new clothing items, shoes, and jackets to be sold for a very low price. Golden Age members will be asked to bring in no more than (15) pieces at a time, as many items are being brought in by many members at a time. The Try & Buy will be open until mid-November.



NEW! Monthly Lunch Drawing:



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

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

Members we lost in July 2022:

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.

Nonnie Carroll

Barry Conway

Members that were sick in July 2022:

Millie Attrino

Ruth Cunningham

Larry Schupp

Garry Deutschlander

Pat Phillips

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) 773-4684



RAPID COVID-19 TEST KITS & N95 MASKS



Stop on by the **Golden Age Center** to pick up your **N95 masks** **AND** **RAPID COVID-19 TEST KITS.**

RAPID COVID-19 TEST KITS COME TWO TO A BOX.

MASK LIMIT: box of 20 masks per household
TEST KIT LIMIT: 2 boxes per household

First come, first served.
Available while supplies last!
Must be GI resident; show ID.
CANNOT pick up for others.

MONDAY – FRIDAY
8AM- 3:45PM

6PM-8PM
MONDAY&THURSDAY
NIGHTS



Nike Base
Golden Age Center
3278 Whitehaven
Road

CONTACT:
Call (716) 773-9682 OR
for more information



Unscramble the AUGUST-themed words! Good luck!

Half way through THE SUMMER! 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.) A I R C M E F P _____

2.) T D U O O O S R _____

3.) E A T H _____

4.) E C H P A _____

5.) G W M I N I M S _____

6.) S F G I N I H _____

7.) M E C R A C E I (2 words) _____

8.) A T R W S E R B R Y _____



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



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

Tuesday Night Concerts

2022 Summer Band Concert Schedule

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

Tuesday June 28 @ 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 5 @ 7pm: *Tom Stahl and the Dangerfields*

Members of the Buffalo Music Hall of Fame, the Dangerfields 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 12 @ 7pm: *Double Down Blues Band*

Local band plays the best of B.B. King, Albert Collins, Jack DeKeyser, Tommy Castro and more!

Tuesday July 19 @ 7pm: *Fluse*

Members Ricky Hoover (Guitar + Vocals), Zachary Morano (Drums), Mark Woodworth (Bass), and Sal Cappelino (Guitar + Vocals) have been working together to combine the genres of Funk and Blues. The profound talent in both the rhythm section and the dueling guitars offers an unstoppable momentum. The band's roots and inspiration surface most during a live performance. There you can expect to hear Blues, Jazz, Funk, and everything in between

Tuesday July 26 @ 7pm: *Reflector*

A mix of classic rock including The Eagles, Allman Brothers, The Beatles, ZZ Top, Tragically Hip and more.

Tuesday August 2 @ 6:30 pm: *Wicked Lew'sers*

Wicked Lew'sers is Grand Island's own KISS cover band! Come see the Demon, Starchild, Space & Catman perform the early hits; including Detroit Rock City, Strutter, Deuce and Black Diamond. Join us for a Rock n Roll party. The band will be giving away T-Shirts to the best dressed KISS fans!

Tuesday August 9 @ 6:30 pm: *Sunshine and Company*

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

Bring the entire family out to Marion Klingel Town Common for an evening of fine, local free music.

Brought to you by the Grand Island Recreation Department.