



# The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

**December 2021**

**Flower: Poinsettia**

**Birthstone: Turquoise OR Lapis**

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](mailto:goldenage@grand-island.ny.us)

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

Website: [http://www.grandislandny.us/departments/golden\\_age/index.php](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*



***Happy Birthday to those celebrating December birthdays!***



<b>December 1</b>	Betty Lou Camardella, John Cassoni, Jr., Kathi James & Christine LaBarre	<b>December 15</b>	Garry Deutchlander
<b>December 2</b>	Barbara Stouter	<b>December 18</b>	Deborah Brennan, Jean Brighton, & Jan Zaborowski
<b>December 3</b>	Robert Ginsburg	<b>December 19</b>	Lucy D'Alessandro
<b>December 5</b>	Mary Beth Lean	<b>December 20</b>	Gloria Brown, John Duchnik, & Brian Mongiolo
<b>December 6</b>	Robert Goulding & Donald Weber	<b>December 23</b>	Gerarda Payne
<b>December 7</b>	Maxine Eldridge	<b>December 26</b>	Thomas Dunmire & Geri Stalica
<b>December 11</b>	Richard Poveromo	<b>December 27</b>	David Phillips
<b>December 12</b>	Stephen Stouter	<b>December 29</b>	Sue Magro & Judy Castiglia
<b>December 13</b>	Hal Lawrence & Sandy Sugg	<b>December 31</b>	Nancy Riggs & Carol Sterzelbach
<b>December 14</b>	Jeff Boreali, Amy Fischer, Nancy Koch, Amy Fischer, Mary Savoy, & Sue Whitbeck		<b><i>Happy Birthday, friends!</i></b>

# Weekly Consistent Activities at the Golden Age Center

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

• **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 (INCLUDING Poker, Canasta, Pinochle, Dominoes, Crafting, etc. due to limits for programs)\***

- 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, CALL 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

**4 PERSON LIMIT  
on Card Games AND  
Domino games at this  
time!**

## MONDAY

Independent Craft Activities: 8:00am—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** in the Community Center\*\*

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

**\*\*Quilting Club\*\*:** 10:30am in the Arts & Crafts Room

Card Games & Dominoes with NEW RESTRICTIONS (see Staff for details): 9:00am –3:15pm in the Dining Area

Bridge with NEW RESTRICTIONS (see Staff for details): 12:30pm in the Dining Area *on the 1st and 3rd Mondays of the month*

**\*\*Fun with French\*\*:** 12:45pm with **Jen**

## TUESDAY

Independent Craft Activities: 8:00am– 3:15pm in the Arts & Crafts Room

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

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

Canasta, Dominoes & Card Games with NEW RESTRICTIONS (see Staff for details): 9:00am –3:15pm in the Dining Area

Advanced Line Dancing: 12:45pm with **Richard** on the Stage Bowling: 12:45pm with **Joanne** at Mallwitz Lanes (\$7 for 3 games)

## WEDNESDAY

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

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

Pinochle, Dominoes & Card Games with NEW RESTRICTIONS (see Staff for details): 9:00am –3:15pm 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 3rd & 4th 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: 8:00am—12:45pm in the Arts & Crafts Room

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

Pinochle, Dominoes, Euchre, AND Card Games with NEW RESTRICTIONS (see Staff for details): 9:00am –3:15pm in the Dining Area

Total Body Workout: 9:45am with **Michelle** in 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: 8:00am—9:30pm AND 12:15pm –3:15pm in the Arts & Crafts Room

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

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

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

Book Club in person AND on ZOOM: 10:00am in the A/C Room

Poker, Dominoes & Card Games with NEW RESTRICTIONS (see Staff for details): 9:00am –3:15pm in the Dining Area

## December 2021 Special Events

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). Should you want a ZOOM code for a program, please give us a call and talk to Jen OR Carrie. Join in the fun with us! Thank you!

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### Wednesday, December 1: 9:30AM – 11:30AM

#### *Health Care Information with United Health Care*

Please join John Koller, representative for United Health Care insurance, as he will be in our building today. John, who is also a broker for many other insurance companies, will be here to assist you with this year's open enrollment period for your health care needs. You are also able to book an appointment that is convenient for you with John personally for another time; please contact John directly at (716) 404-5155. **THE DEADLINE IS DECEMBER 7<sup>TH</sup>!**

### Wednesday, December 1: 11:45AM; 12:45PM—1:45PM for the entertainment

#### *Winter Sweater Birthday Party*

Let's get together for lunch and celebrate the seniors who are celebrating a birthday this month! Be sure to wear your fun, winter socks, crazy winter shirt or sweater for this **THEMED** birthday party! A delicious, hearty feast will be served for this December Birthday lunch, complete with ice cream & birthday cake! Join us for a fun-filled celebration, get ready to hear some great festive music from **Don Petrino**, great food, socialize with your friends, and enjoy great company as we celebrate together.

### Thursday, December 2: 1PM AND Friday, December 3: 10:00AM onward

#### *Hanging of the Greens*

Calling all creative friends and those who LOVE to decorate! Come and meet Jen in the Dining Area as we start the afternoon by decorating for Christmas, Hanukkah, and Winter! Grab a cup of coffee or tea, Jingles, and join in making our senior center look festive and beautiful for our holly, jolly, holiday season! We appreciate all those who come out to help!

### Friday, December 3: 10:30AM

#### *Stern at Home Therapy with Samantha*

Bring therapy into your home! Don't let pain or poor mobility keep you from living your life! Let our professionals help you get back on your feet. Regain your strength, function, LIFE! **Samantha** from **Stern at Home Therapy** will be here to tell you how you may be able to receive physical therapy for minimum cost or FREE through Medicare or Medicaid...get your free evaluation!

### Friday, December 3 @ 12:45PM

#### *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!

### Friday, December 3 @ 9:00AM – 1:00PM

#### *Open Enrollment assistance with Kathleen Flynn*

October 15<sup>th</sup> was the first day that you can make Medicare enrollment changes to take effect for 2022. You can book a time for an independent review of your situation, to go over your Annual Notice of Change from your current carrier, and discuss benefits like dental, hearing, and vision and plans available to you, including Medicare Supplement plans and EPIC. It is recommended that you have a list of your prescriptions and physicians. Please call Carrie at (716) 773-9682 for a 20–30-minute appointment, with Kathleen Flynn, MBA, CLTC from the Clarity Group, Longevity Financial and New York Life.

### Tuesday, December 7: 10:30 AM

#### *Crafting with Carrie– Holiday Lantern*

Come and check out what we are doing with, of all things, Hot Wheels tracks! A beautiful item for you to gift or keep as your own décor. There is a sample in the Office Window of what the completed project will look like. Registration is important, so that materials can be purchased and prepped ahead of time. Registration is LIMITED and REQUIRED, so please be sure to sign up ASAP. The cost is **\$6.00** and payable upon registration at the Office.

### Tuesday, December 7: 12:30PM

#### *Dominoes OR Card Games with Carrie*

Join Carrie as we get together and enjoy a relaxing game of dominoes or cards (*Majority rules!*) If you don't know how to play, come and join us! We can teach you in a very patient manner. Scout's honor!

### Wednesday, December 8: 10:30AM

#### *Holiday Trivia Fun*

Join Carrie as we test our mental skills and engage in a variety of puzzling fun and trivia related to Christmas and Hannukah.

### Thursday, December 9: 12:30PM

#### *Executive Board Meeting*

Club President Anna Vaccaro asks for the presence of the Executive Board together for their monthly meeting, to discuss Club business, wrap up our Holiday Happenings event and December to Remember event, discuss our Christmas Dinner, Elections, upcoming events and MORE. Officers, mark your calendars and join us. Anna looks forward to seeing everyone then!

**Wednesday, December 8: 1:30pm on the phone**

*Social Group Respite Program*

Today, we will do a special COVID-style Social Group Respite Program with a special November theme, via phone. We will start our group in-person in JANUARY! For more information, please call Jen (716) 773-9682, option 2.

**Wednesday, December 8: 1:00 PM**

*Afternoon of Games!*

Did you know that we have some great games inside in the Community Center for all to enjoy? 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 fun afternoon!

**Thursday, December 9: 10AM-11:30AM: 1:00PM-2:30PM**

*Fill out your HEAP application*

This winter is projected to be a cold and wet season, with much higher than average heating bills. Do you qualify for HEAP? HEAP eligibility and benefits are based on household size, income levels, and are designed to help households reduce their heating bills. Jen would be happy to help those in filling out their HEAP applications for the 2021-2022 season. Please make your appointment at the Office OR by calling (716) 773-9682. Appointments will be 20 minutes in length with COVID protocols in place. Please bring your license and necessary documents to prove income.

**Thursday, December 9 : 10:30AM**

*University Express - Sow Many Seeds*

Join our virtual class today with Caitlin Tucker, Extension Assistant with Cornell Cooperative Extension- Cornell Vegetable Program, as she talks about the importance of regional adaptation and choose varieties that will thrive. As we prepare to tuck our gardens in for the season, we can rejoice that seed catalog season is here! Caitlin will unpack a lot of symbols and terms in this enlightening presentation! Please register for this program by calling (716) 773-9682.

**Friday, December 10: 12:45PM**

*Cooking with Carrie- Gingersnap Dip*

In this class, we will try our hand at making a dip that you can have to take home and enjoy along with wedges of cinnamon (or plain) chips we will make as well. Getting into the spirit of tasty holiday treats with this one. This was a recipe submitted by one of our seniors who can attest to its deliciousness!

**Monday, December 13: starting at 1:00PM and through Wednesday, December 22 at 3:30pm**

*Santa's Workshop*

Make an appointment and come shop for your family and friends in the comfort of the GAC. This will be running from this afternoon until the 22<sup>nd</sup> of December. Call early to get the best selection! Just another way to stay safe this holiday season!

**Tuesday, December 14: 10:30 AM**

*Crafting with Carrie- Christmas Ornament Making Class*

Today, you will have the opportunity to make a number of different ornaments for your tree or someone else's. Registration is important so that materials can be purchased and prepped ahead of time. See the item in the Office Window. Registration is LIMITED and REQUIRED, so please be sure to sign up ASAP. The cost is **\$6.00** and payable upon registration at the Office.

**Thursday, December 14: 11:45AM**

During today's lunch, we will be showing the "Radio City Christmas Spectacular with the Rockettes"! This will be a nice way to kick off the Christmas countdown, as well as enjoying the costumes and wonderful dancing abilities of a famous dance group. Get in the spirit of Christmas with us and conclude our event today on a nice note by touring our building to look at all of our decorations!

**Wednesday, December 15: 9:00AM**

*Nike Base Trails Hike*

Join Jen as she leads walkers on the Nike Base trails for a 45 minute to hour long walk/trek on the trails. Please dress for the weather and please dress with appropriate shoe wear (sturdy sneakers or rain boots) as the trails may be a bit wet/mucky. Check out our new addition to the Nike Base and enjoy a dose of the fall weather and the outdoors! Get a breath of fresh, crisp air with your friends!

**Wednesday, December 15: 4:30PM – 8:00PM**

*Wednesday Night at the Golden Age Center*

As we open the Golden Age Center again at 4:30pm, tonight will be a culmination of holiday spirited fun. At 5:00pm, you can participate in the catered meal (cost involved). The menu will be posted and registration is a MUST! After the meal, we will do a variety of holiday activities, including holiday trivia, singing Christmas carols, and if you are willing to play, Twisted Santa Gift Exchange. To participate in the gift exchange, you would need to bring in a **\$5** wrapped gift. **PLEASE REGISTER AHEAD!**

**Thursday, December 16: 10:30am**

*Crafting with Carrie– Candy Bar Gifting Treats*

Today's class will find us making a *sweet gift* for you or someone else! We will also enjoy some treats during this class, just because! Registration is important, so that materials can be purchased and prepped ahead of time. See the item in the Office Window. Registration is LIMITED and REQUIRED, so please be sure to sign up ASAP. The cost is **\$6.00** and payable upon registration at the Office.

**Thursday, December 16: General Meeting with the Installation of Officers & Christmas Luncheon**

**Time: General Meeting at 11:15am; Christmas Dinner at 12Noon**

**Place: Dining Area**

The day will start with the General Meeting at 11:15am, followed by the Installation of Officers. We will serve our bountiful Thanksgiving feast at 12 Noon. CALL EARLY ON THE DAY OF for our Christmas feast! Come and celebrate our friendships together and celebrate the many blessings of the season! ***\*Please bring a canned good, boxed food (cereal, pasta, etc.) or paper product (tissues, toilet paper, paper towels, etc.) to support the less-fortunate in our community, especially this very hard year, all to support the Neighbors Foundation Share the Happiness Drive.\****

**Friday, December 17: 11:00AM– 12:30PM**

***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!

**Friday, December 17: 12:30PM**

***Holiday Movie Fun!***

Today, Carrie will host a movie event with the movie to be determined. It will be a holiday film to get in the spirit of the season. You can purchase a movie snack pack for \$2, to include popcorn, candy and a cold beverage. When you register for this event, let us know if you would like the snack pack. Come join the fun!

**Tuesday, December 21: 10:30AM**

***Cooking with Carrie—Koolaid Pie***

In this class, we will try our hand at making two Koolaid pies for us to enjoy afterwards. This was a recipe submitted by one of our seniors. Who's ready to give making a new recipe a try? Our senior said it was the best pie EVER!

**Tuesday, December 21: 12:30PM**

***Dominoes or Card Games with Carrie***

Join Carrie as we get together and enjoy a relaxing game of dominoes or cards (majority rules!). If you don't know how to play, come and join us! We can teach you in a very patient manner. Scout's honor!

**Wednesday, December 22: 9:30AM**

***Carrie's Holiday Coffee Cart***

Carrie will be bringing her special hot beverage cart around the Golden Age Center this morning, loaded with a variety of winter hot beverages for you to enjoy! Be sure to come in the building during this time and have a concoction or two to start your day! She also will have a special holiday treat to share! Anyone?!?!

**Wednesday, December 22: 1:00PM**

***Holiday Bingo***

Join in the fun and festivities with a special bingo game for all! Carrie's thought was terrific turkey bingo was fun? Well, hold onto your biscuits, because here comes another fun activity this afternoon, filled with laughter and twists and turns!

**Thursday, December 23 & Friday, December 24** The Golden Age Center will be ***CLOSED*** for the Christmas holiday.

***May the magic of Christmas live in your heart! Blessings and joy to you and yours this holiday season.***

**Tuesday, December 28: 10:30AM**

***Crafting for a Cause***

Today we will make/pack a gift for the participants of our Meals on Wheels program and for our monthly gifting to Friends of Night People. This is a nice way to give back to your community to help others.

**Wednesday, December 29: 10:30AM**

***New Year's Resolutions***

Resolutions or goals? Call it what you want but let's make it interesting and fun as we map out whatever your thoughts are for 2022!

**Thursday, December 30 & Friday, December 31** The Golden Age Center will be ***CLOSED*** for the New Year's Eve and New Year's Day holiday.

***A new year is like a blank book, and the pen is in your hands. It is your chance to write a beautiful story for yourself. Wishing you a very Happy New Year.***

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## **Walmart Shopping Trips**

Join us on select mornings (**Please CALL FOR AVAILABILITY AT(716) 773-9682**) for a few hours of shopping to your hearts content. (You MUST wear a mask AND due to social distancing measures, those shopping will now go one at a time.) Dress comfortably AND bring your reusable bags. The driver will pick you up from Walmart around 11:30am.

**Shopping Trips have a 4 bag limit per shopper. Sign up EARLY for these shopping opportunities as opportunities fill up fast!**

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# Golden Age Center Lunch Calendar

Lunch is \$4.00 OR \$5.00 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 Door 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, 4 oz. vegetables, & 4 oz. starch

# December 2021

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

<p><b>Update:</b> You MUST call the register for lunch; calls will be accepted 8am until 10:30am. NO reservations for lunch will be allowed on the machine. Lunch openings are to amount of food available and the 10:30am cut off time.</p>	<p><b>DAY OF</b> to be accepted answering machine. Lunch openings are LIMITED due to amount of food available and the 10:30am cut off time.</p>	<p><b>1 Birthday Lunch \$5</b> Open-Faced Roast Beef with Mashed Potatoes and Gravy</p>	<p><b>2</b> <b>Chicken Cordon Bleu Bake</b></p>	<p><b>3</b> <b>Two Soups and a Scoop</b> </p>	<p><b>4</b></p>	
<p><b>5</b></p>	<p><b>6</b> Baked Chicken with Stuffing</p>	<p><b>7</b> Goulash with Garlic Bread</p>	<p><b>8</b> <b>Swiss Chicken with Rice</b></p>	<p><b>9 Executive Board Meeting \$5</b> Beef Stroganoff </p>	<p><b>10</b> <b>Two Soups and a Scoop</b> </p>	<p><b>11</b></p>
<p><b>12</b></p>	<p><b>13</b> BBQ Chicken with Gourmet Mac &amp; Cheese</p>	<p><b>14</b> Ham &amp; Swiss Melts with Chips &amp; a Pickle</p>	<p><b>15 Brunch for Lunch:</b> Egg Bake Casserole, Yogurt Parfait &amp; French Toast Sticks</p>	<p><b>16 General Meeting \$7</b> Christmas Dinner with all the fixings!</p>	<p><b>17</b> <b>Two Soups and a Scoop</b> </p>	<p><b>18</b></p>
<p><b>19</b></p>	<p><b>20</b> Hot Dog with Tater Tots &amp; Baked Beans</p>	<p><b>21</b> Chicken Taco Salad</p>	<p><b>22</b> <b>Chef's Choice</b></p>	<p><b>23 CLOSED</b> </p>	<p><b>24 CLOSED</b></p>	<p><b>25</b> </p>
<p><b>26</b></p>	<p><b>27</b> Chili with Corn-bread</p>	<p><b>28</b> Chicken à la King with Biscuit</p>	<p><b>29</b> Pizza with Wings &amp; Fruit Cup</p>	<p><b>30 CLOSED</b> </p>	<p><b>31 CLOSED</b></p>	<p><b>Two Soups and a Scoop</b> 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!</p>

## ***From Jen's Desk...***

The end of November and beginning of December continues to celebrates the changes of the Fall season and has really had to let me think quickly on my toes. Time quickly changes, as does the weather, as does the winds of change, as does the seasons ...The weather has snapped and has gotten cooler. It's a new season of rejuvenation, a new season to get re-organized. It's time to change over your drawers and closets for Fall and Winter. The winds of change are blowing in, the colorful leaves are falling off the trees, and we are starting to reflect on all of our blessings this month. What are you thankful for? What are you grateful for? I'm grateful that we are all having fun and staying healthy. As so much has already changed in this short month, here is what I wanted to share with all of you in this quick month of November:

Here's just a few things that I wanted to share with you:

- Our mandates are changing QUICKLY. With that being said, I am changing them as QUICKLY as they come. If you have ANY questions, PLEASE call us at (716) 773-9682 with ANY questions you may have.
- If I have ANY updates, I will post UPDATES in the following areas: Town of Grand Island website, under Golden Age, on Isledegrande, on our doors, via e-blast, via word-of-mouth around the Golden Age Center, via our Town Facebook page, and via our Town Emergency ticker (if I can). This is the BEST way I can get the word out right now. We are TRYING our best; you have to do your part to reach out to us too.
- We already had (1) Pop-Up COVID-19 Booster Shot Clinic that I got together in (3) days time, and 42 people came. If there is a desire for another one, please let me know ASAP and I can try my best to organize another Booster Shot Clinic. All (3) vaccines were offered.
- Thank you to ALL who donated decorations, Christmas trees (of any size) to the Golden Age Center, to make our senior center FESTIVE! As this goes out to print, we are making our senior center FESTIVE and a delight for all to enjoy all MONTH long! I am in the works of bringing a new EVENT to the community for all to enjoy this month. (*Stay tuned as this is MANDATE dependent. Thank you for understanding.*)
- Thank you so much for your donations of yarn and fabric. At this time, we can't accept any more because we've run out of space! If you're crocheting or knitting for our Mitten Project, come and pick up some more from us! We are starting to gather items for our **2022 Mitten Project! We made over 1,100 pieces for our 2021 Mitten Project! Thank you to ALL of our donors and our AMAZING participants! We will celebrate your success and caring help in JANUARY!**
- Do you need a lanyard and a lanyard pouch to keep your COVID Vaccination Card safe in? If so, please stop by and see us in the Office and we'd be happy to give you one to protect your card.
- 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!

The Golden Age Center has strived to make December's activities surround this theme of connection, strength, staying strong (mentally, socially, and physically) and finding joy, not only this month, but all the year through, with our members, volunteers, and our community.

We have SO many great programs, presentations, and events in store for you this month! Are you READY for all the fun?!?! **Join us.** *We even have some great events to make you joyful, exercise your brain, make you laugh, and more!* Stop in and see us to see what we have in store. We hope that something really peaks your interest.

***Make December one to REMEMBER!***

***Stay well and be well, Jen***

## **Senior Wishes is seeking wish applicants**

Senior Wishes, a WNY non-profit founded by the United Church Home Society, strives to fulfill wishes that may have been set aside by older adults. As vaccinations increase and our communities safely re-open, Senior Wishes is looking forward to re-engaging with qualifying seniors.

A wish can be any meaningful experience the recipient deeply desires. Past wishes have included visiting museums, celebrations for milestone birthdays, and lessons or supplies to revisit an abandoned hobby. Sometimes, a senior just needs a small household item to bring them some cheer.

According to Wendy Miller Backman, Executive Director, "Senior Wishes was created to foster respect and appreciation by providing seniors with a life enriching experience to be remembered. These are people who have spent their lives serving our country, caring for others, volunteering in the community and raising their families. We want them to know they are not forgotten."

Qualifying seniors may submit an application which is reviewed bi-monthly by a volunteer wish granting committee. After approval, a Senior Wishes representative will work together with the senior to plan the details of their wish. Community members are encouraged to reach out to deserving seniors, talk to them about their needs/dreams, and help them fill out the paperwork.

Wish recipients must be 65+ and a resident of Western New York with an annual income under \$38,000 for a household of one or under \$44,000 for a household of two. Permanent residents of care facilities are exempt from the income qualification.

Vacations, medical items, furniture, household repairs, bill payments and travel outside of the continental U.S. are excluded.

Full details can be found at [www.SeniorWishes.org](http://www.SeniorWishes.org) or by calling Wendy at (716) 508-2121.



**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: \_\_\_\_\_

## Wellness Wednesdays:

Come on in anytime between 9:30am -10:00am on the following Wednesdays to check in with your Wellness! Get your blood pressure taken, and get helpful tips on wellness, self-care, and MORE! Give yourself a tune up and check in with Jen on one-on-one with her in the Dining Area during these times:

**December 1**

**December 8**

**December 15**



## Quilting Club

Mondays at 10:30am onward in the *Arts & Crafts Room*

Join members as we learn how to quilt! Join members as together, they learn how to sew on the machine, how to use a rotary cutter, and members together will be working on creating a quilt, with other projects on the horizon, such as: placemats, table runners, and more! Join friends and members as they bring their talents, passions, and their expertise to Golden Age members!



### 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):

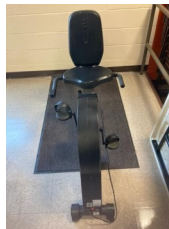
Mondays & Fridays: 8am—3:30pm

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



Piano

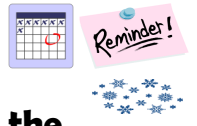


Rowing machine



**Join us ALL MONTH LONG during normal business hours !**

**Get in the spirit of the holidays and come and enjoy our ALL AGES outdoor holiday light, indoor decorations, and holiday tree event for the community come to....**



*A December to Remember at the Golden Age Center*

**(\*Wearing of masks, social distancing, & contact tracing will be enforced at this event. \*)**

*Holiday lights, decorated trees, holiday displays for all to see...holiday carols, cocoa too, cookies to munch...more to see and do! Come one, come all, come see, have fun, get in the spirit, and hum a few lyrics!*





**Unscramble the December-themed words! Good luck! Bonne chance!**

December is such a beautiful time of year! The days are getting colder, the days are getting shorter, this month we see our first snowfall, and we celebrate MANY holidays and togetherness with our friends and family! **What activities will you do in December? What WINTER activities are your favorite? What could these SURPRISE**

- words be?!?! 1.) n w s o \_\_\_\_\_ 2.) t s l s e c o i \_\_\_\_\_
- 3.) v e g r n e e r e \_\_\_\_\_ 4.) e m o n r a h \_\_\_\_\_
- 5.) o k l o e c \_\_\_\_\_ 6.) s o k c l f n g \_\_\_\_\_
- 7.) n s e s t g t o e h r e \_\_\_\_\_ 8.) m l s t e o t e o \_\_\_\_\_
- 9.) f t i g \_\_\_\_\_ 10.) e l c m e n a m t \_\_\_\_\_



***Senior Bowling has started at 12:45pm 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 November 2021:**

Lynn Mincher   David Marinaccio   Sara Marinaccio   Chris Nestark  
David Brem

**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 program has been graciously donated by **The Menter Family**, in honor of all Golden Age members, and we are grateful for their thoughtful generosity and support! *This program will continue due to the generosity of our Golden Age Center friends!*



**The Try & Buy Clothing Closet has CLOSED for the WINTER!**

**The Try & Buy has CLOSED for the winter months! We hope that Golden Age members have enjoyed it! The closet is now used as a coat closet, for people to hang their coats and for people to put their boots. In here, we also have: our Lost & Found, items to loan out from the Lions Club Closet, and our collection bin for the Neighbors' Foundation. The Try & Buy will reopen again in April.**

**Thank you for your participation & support!**



**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. **Brenda Cassoni is the WINNER for the month of October! CONGRATULATIONS!**

# Golden Age Center Pantry & Closet



**Did you know? The Golden Age Center has a small pantry of food, 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.**

## Members we lost in November 2021:

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.

*Edna Kunzelman Martha Bojarski*

## Members that were sick in November 2021:

*Lucy Delavalle Pam O'Brien Marge Lebreuz Ruth Cunningham  
Joan Mazur Lee Smith Paul Wudyka Kathleen Garlapow  
Ruth Landel Jean Bartholomew*

\*\*\*\*\*



## Lending a Hand:



The following staff members are recognized for the love and kindness that they share with other Golden Age Center members and for ALL that they do here at the Golden Age Center:

***Thank you from the members of the Golden Age Center! You help make our senior center the BEST place to be AND a welcoming place to be!***

***When you see them in the hall, in our Golden Age van, at the Office, in our Dining Area, or serving your favorite meal, say, "Thank you!" to...***

***Tammy, Carrie, Sue, Jenny, Ryan, Denise, Erin & Pat***



## 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**

