



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

January 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

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

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

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 January birthdays!



January 1	Julie Andolina & Millie Attrino	January 15	Carol Boreali
January 2	Raymond Whitbeck	January 16	Darlene Hewitt & Joy Mesmer
January 4	Gail Berti & Karen Woods	January 18	Gail Becher & Linda Piro
January 5	Dennis McCloskey, Sue Novits, & Bob Zielinski	January 21	Mary Cooke
January 8	Sharon Koehler & Brooks Rimes	January 22	Jean Bousquet
January 9	Richard Brzyski & Martha Merrinan	January 24	Warren Becher
January 10	Sheila Colan & Darlene Connors	January 25	Judi Polizzi & Carolyn Spacone
January 11	Joyce Neill	January 26	Sharon Tokash
January 12	Martha Muller	January 27	Pat Shickluna & Mary Stewart
January 13	Lynn Henschel	January 31	Ronald Duguay

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 wishing to participate 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 UNLESS discussed!**

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** 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 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** 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: 8:15am –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: 8:15am—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: 8:15am—9:30pm AND 12:15pm –3:30pm 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

January 2022 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!

Tuesday, January 4: 10:30am

Trivia Fun with Carrie

Today is National Trivia Day. This is a day, believe it or not, when collectors of data kept in their brains are celebrated for knowing and sharing sometimes astounding or absurd bits of knowledge. Who knew? So, join Carrie today and let's see if you all can collectively outdo one another in sharing some useless tidbits!

Wednesday, January 5: 11:45AM for the Birthday Lunch; 12:45PM—1:45PM for the entertainment

Polar Bites Birthday Lunch

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 January Birthday lunch, complete with our OWN Polar Bites, creamy ice cream & homemade birthday cake! Join us for a fun-filled celebration, get ready to hear some great music entertain us this afternoon, enjoy great food, socialize with your friends, and enjoy great company as we celebrate together.

Wednesday, January 5: 12:30PM onward

Afternoon of Games!

Did you know that we have some great games inside 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 fun afternoon!

Thursday, January 6: 10:30AM

Healthy Brain & Educational Intervention for Alzheimer's Disease

Are you over 50? Want to learn more about keeping your brain healthy? Want to be involved in research that may reduce your risks of cognitive decline? Please join us for this special and informative presentation brought to us by Mallory Ziegler, Research Assistant with UBMD Neurology.

Friday, January 7: 10:00AM onward

Taking Down the Greens around the Golden Age Center

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, January 7: 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!

Monday, January 10: 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!

Tuesday, January 11: 10:30AM

Fun with National Milk Day

Join in the craziness of today with our own celebration of this "holiday". We will engage in some trivia and other activities with an added sweet twist. Be sure to join in this frothy fun!

Wednesday, January 12: 1:30pm on the phone OR in person

Social Group Respite Program

Today, we will do a special COVID-style Social Group Respite Program with a special January theme, via phone OR in person (to be determined via mandates). For more information, please call Jen (716) 773-9682, option 2.

****COST: \$2.00 for each class, towards the ingredients****

NEW in 2022: Cooking classes!

****COST: \$2.00 for each class, towards the ingredients****

Tuesday, January 12: 10:30AM

Cooking with Carrie- Sour Cream Coffee Cake

Today, we will try our hand in working together to create a delicious homemade sour cream coffee cake. After it bakes for about an hour, those who join in this activity will be able to have a slice with a hot cup of coffee or tea and be able to take a slice home for later or to share. Please register ahead so Carrie has the proper amount of ingredients.

Monday, January 31: 10:30AM

Cooking with Carrie- Creamsicle Cookies

The recipe today had been offered by one of our seniors. We will make a number of these cookies to try and to take home. Please register ahead so Carrie has the proper amount of ingredients.

Thursday, January 13: 10:30 AM

Crafting with Carrie– Holiday & Winter Lantern

Come and check out what we are doing with, of all things, Hot Wheels tracks! A beautiful item for you to gift or to 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.**

Friday, January 14: The Golden Age Center will be *CLOSED* for staff training. *Thank you for understanding!*

Monday, January 17: The Golden Age Center will be *CLOSED* in observance of Martin Luther King, Jr. day.

Wednesday, January 19: 4:30PM – 8:00PM

Wednesday Night at the Golden Age Center

As we open the Golden Age Center again tonight at 4:30pm, we encourage you to join us for a relaxing game night and a catered dinner from the Village Inn. At 5:00pm, you can participate in the catered meal (**cost involved**). **The menu will be posted at the Office and registration is a MUST!** After the meal, we will break into groups and play games OR if you desire to, use the Pool Room OR Arts & Crafts Room. **PLEASE REGISTER AHEAD!**

Thursday, January 20: 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 events and December to Remember & Santa’s Workshop event, discuss our upcoming events and MORE. Officers, mark your calendars and join us. Anna looks forward to seeing everyone then!

Tuesday, January 20: 10:30AM

Crafting for a Cause

Today we will be putting together a gift for all our Meals on Wheels participants and also for the Friends of Night People. Please join in this heart warming activity. Many hands make light work AND giving back to the community is an added benefit!

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:

January 5

January 12

January 26

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):

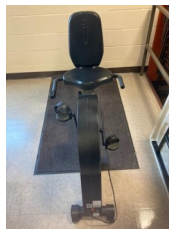
Mondays & Fridays: 8am—3:30pm

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: _____

Friday, January 21: 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, January 21: 12:45PM

Cricut Projects

Carrie will demonstrate the various uses for the cricut and lead the group in a simple paper project. We will make a variety of items today that will move us towards doing more activities with the cricut in the months to come, including iron-on transfer work. There is **NO** cost involved in this activity at this time, but, please register ahead by stopping at the Office or calling (716) 773-9682.

Monday, January 24: 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, January 26: 9:30AM

Carrie's Coffee/Tea and Sweet Cart

Carrie will be bringing her special hot beverage cart around the 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 sweet treat to share!

Wednesday, January 26: 12:30PM

Afternoon of Games!

Did you know that we have some great games inside 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 fun afternoon!

Thursday, January 27: 10:30 AM

Crafting with Carrie- Valentine's "Cloche"

We will be making a small decorative piece that includes a Vintage Valentine, wooden thread spool, buttons and pretty confetti, all sealed inside a plastic dome! There is a sample of the project at the Office window. **Registration is IMPORTANT so that materials can be purchased and prepped ahead of time**, so please be sure to sign up **ASAP**. The cost is **\$6.00** and payable upon registration at the Office.

Thursday, January 27: January General Meeting of the Golden Age Club

Time: General Meeting at 11:15am; lunch to follow

Place: Dining Area

The day will start with the General Meeting at 11:15am, followed by our delicious lunch and great company of our friends.

All WINTER, please consider bringing 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 winter, all to support the Neighbors Foundation.

Friday, January 28: 12:30PM

Kazoos and Klondikes Jamboree

Come in for a rowdy and fun time with Carrie on this obnoxiously crazy program this afternoon to help chase away those wintertime blues. You will learn some fun facts about a local Western New York business, try out something new perhaps, and enjoy a wintry treat. We will have some fun music playing and try our hand at creating our "GAC Band". Well, maybe not, but we can sure enjoy the laughter at our efforts! Don't be stuck in the cold....join us to stay warm!



Walmart Shopping Trips



Join us on select few hours of

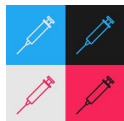
mornings (**Please CALL FOR AVAILABILITY AT(716) 773-9682**)

for a



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!**



In-Home Covid Vaccination is now available through Erie County. If any of you want the vaccine, and you are homebound for any reason, you can call: (716) 858-2929 to request an in-home vaccination. Hours are: Monday—Friday, 8:30am—5:00pm.

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

January 2022

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

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
						1 
2	3 Chicken Pot Pie with Biscuit & Butter	4 Beef Taco Salad	5 Birthday Lunch \$5 Fried Chicken with Applesauce, Corn, Mashed Potatoes and Gravy	6 <u>Brunch for Lunch:</u> Egg Bake Casserole, Yogurt Parfait, Sausage & French Toast	7 Two Soups and a Scoop 	8
9	10 Pulled Pork on Roll with Gourmet Mac & Cheese	11 Chicken Stir Fry with Rice	12 Goulash with Garlic Bread	13 Chili with Corn-bread	14 CLOSED 	15
16	17 CLOSED 	18 Ham & Swiss Melts with Chips & a Pickle	19 Swiss Chicken with Rice	20 Executive Board Meeting \$5 Open-Faced Roast Beef with Mashed Potatoes and Gravy	21 Two Soups and a Scoop 	22
23	24 Pizza with Chicken Fingers & Fruit Cup	25 Chicken Tacos with Spanish Rice	26 Hobo Pack	27 General Meeting \$5 Glazed Ham with Scalloped Potatoes	28 Two Soups and a Scoop 	29
30	31 Beef Stroganoff	<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 openings are LIMITED due to amount of food available and the 10:30am cut off time.</p>			<p>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!</p>	