



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

January 2023

Flower: Carnation

Birthstone: Garnet

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: 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 January birthdays!



January 1	Julie Andolina & Millie Attrino	January 16	Darlene Hewitt & Joy Mesmer
January 2	Raymond Whitbeck	January 18	Gail Becher & Linda Piro
January 4	Gail Berti & Karen Woods	January 21	Mary Cooke
January 5	Dennis McCloskey	January 22	Jean Bousquet
January 8	Sharon Koehler & Heidi Rust	January 24	Warren Becher
January 9	Richard Brzyski & Martha Merrinan	January 25	Carolyn Spacone
January 10	Sheila Colan & Darlene Conners	January 26	Sharon Tokash
January 12	Martha Muller	January 27	Pat Shickluna & Mary Stewart
January 13	Lynn Henschel	January 31	Ron Duguay
January 15	Carol Boreali	  	<i>Happy Birthday, friends!</i>

Weekly Consistent Activities at the Golden Age Center

ATTENTION: Please note the following PRIOR to your visit:

- Front **AND** Back doors of the facility are **OPEN** to the Golden Age Center.
- Please **SAY HELLO** 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, please **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 **

****Fit for Life!**: 10:00am with **Jenny** on the Stage

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

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

****Knitting & Crocheting:** 2:15pm in the Arts & Crafts Room

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**

****Bowling:** 1:00pm with **Joanne** at Mallwitz Lanes (\$7 for 3 games)

NOTE: Jenny's class, Fit for Life on Mondays, is a low-impact, strengthening & balance class for ALL ABILITY levels.

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

Hall Walking: 9:00am in 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 **Bobbie** on the Stage

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

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

**Mahjongg - meets
Wednesdays OR
Thursdays at 12pm**

THURSDAY

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

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

****NEW:** Matter of Balance Exercises: 1:00pm at the back of the Dining Area

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 ****Knitting & Crocheting:** 1:00pm in the Arts & Crafts Room

****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

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

January 2023 Special Events & Programs

Wednesdays in January (4,18 & 25): 1:00PM—3:00PM

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.

Wednesdays starting in January: starting at 9:00AM

Hall Walking

Work on yourself, or your goals, as we start a new activity: walking in the center for exercise. Carrie will have surprises on occasion as we reach our personal milestones and **just have fun!** Please register at the Office or by calling (716) 773-9682.

Thursdays starting in January: starting at 1:00PM

Matter of Balance Exercises

Many older adults experience concerns about failing and restrict their activity. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. Come join us for this 45 minute gentle exercise and stretching class. Invest in yourself!

Monday, January 2, 2023: The Golden Age Center will be **CLOSED** for the New Year's 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 and Healthy New Year!

Wednesday, January 4: 11:45AM; 12:45PM – 2:00PM for the entertainment

Brrrry Flurry Birthday Party

Winding down from the holidays, come and join us for some unusual fun as we celebrate those born in the month of January. We have a special menu this day for lunch and some unexpected treats! Entertainment will be provided by Lyle Stang today, so come and celebrate our friends celebrating January birthdays today!

Thursday, January 5: 9AM—3:00PM

Taking Down the Greens around the Golden Age Center

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

Friday, January 6: 1:00PM

Bingo Bonanza!

For **\$1.00 for the first bingo board** and a dream, you too can try to win the prize 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!

Tuesday, January 10: 10:30AM

Coffee & Conversation with Carrie

Join Carrie as she highlights the upcoming events and will be available to answer questions and sign you up for a wide variety of activities. This will also be a good time to discuss scheduling assistance with your devices for 1:1 class supporting your quest to learn more about your phone, tablet, laptop, computer. Come and enjoy a hot beverage, a breakfast treat, and some great conversation.

Tuesday, January 10: 12:45PM

Snowman Craft

Today, we are making a snowman out of a spice jar. Please register ahead for the craft. The cost is **\$2.00**. See Carrie for details or any questions.

Wednesday, January 11: 10:30AM

National Milk Day Fun

Get in the spirit of the holiday season! Join us as Ms. Carissa Sugar accompanies the Select Chorus from Huth Road Elementary School to the Golden Age Center and listen to the students as they serenade us in song. A Hot Cocoa Bar, complete with Christmas cookies, will be provided to all who attend.

Wednesday, January 11: 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, geared with a different theme each and every month. Great friendships and fun take place here! Please call Jennifer Menter at (716) 773-9682, option 2, for more information on this dynamic, social program.

Thursday, January 12: 10:30AM

EPIC Presentation with Gabrielle Doetterweich

An EPIC Representative will be at the Golden Age Center on Thursday, January 12, 2023 at 10:30AM to present the on the program. After the presentation, the EPIC Representative can assist in enrolling seniors. Please bring 2021 or 2022 income and current monthly information. EPIC is a New York State program that provides secondary drug coverage for those enrolled in Medicare Part D drug plans throughout the year. This results in additional savings for members to purchase needed medications.

Friday, January 13: 1:00PM

Putting Your Affairs in Order

Join Carrie today as she explains the program and looks to see what the interest is in this program being offered. With this program, there will be classes held to help you put your important records in order. You will end up with a binder that your family can access. Come and hear what would be entailed and decide if this is for you.

Monday, January 16: The Golden Age Center will be *CLOSED* in observance of the Martin Luther King, JR. holiday

Tuesday, January 17: 9:00AM – 11:00AM

Caption Calling Presentation and Q & A

Join Jim O'Brien as he will have the caption calling telephones and demonstrate how the program works. Jim can explain how the process works and how it is a free service provided to those who qualify. Jim can also get you set up for installation of this service. Come and see how easy it is to use this service. ***Please register at the Office or by calling (716) 773-9682.***

Tuesday, January 17: 12:45PM

Brain Games

Playing brain games with others is a double whammy for brain health in seniors, staving off loneliness and depression and providing needed "exercise" for the brain. It's a win-win! A commitment to brain games and staying sharp can improve quality of life for your senior loved ones for years to come. Exercise your brain and have fun at the same time with your friends!

Wednesday, January 18: 10:30AM

Reminisce: Winnie the Pooh

We will reminisce today about the character Winnie the Pooh. Today is the anniversary of the birthdate of his creator A.A. Milne and so many years later this beloved teddy bear is as popular now as he was then. If you have a Winnie the Pooh, bring it along to the program!

Thursday, January 19: 12:30PM

Executive Board Meeting

Club President Joy Mesmer asks for the presence of the Executive Board together for their monthly meeting, to discuss Club business, to discuss our Sweets & Treats Christmas Cookie Bake Sale, our Yearly Events, and MORE. Officers and Executive Board members, PLEASE mark your calendars and join us. Joy and the Executive Board look forward to seeing everyone then!

Thursday, January 19: 10:30AM

Soup for You! Cooking Class

Come and join the fun and help make a Potato Cheese Soup! We will prepare it together and cook it, but serve it tomorrow to us as we enjoy a private lunch together of the soup, sandwich, and special dessert. You MUST register by Tuesday, January 17 and the cost is \$4 per person.

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—3:45pm

Tuesdays: 8-9am; 3-3:45pm Wednesdays: 11:30am—3:45pm

Thursdays: 8am—3:45pm

A Sincere "THANK YOU!"



**for your love & support of the
Sweets & Treats Holiday Bake Sale!**

**This was an INCREDIBLE success due to your wonderful
participation & support of senior services!**

**Thank you very much from your friends at the
Golden Age Center & the Golden Age Club!**

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.








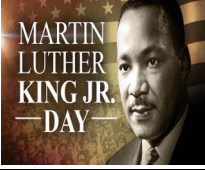



****Drive-Thru lunch is paid for and picked up at the Front Office of the Golden Age Center.****

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

January 2023

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

1 	2 	3 Hamburger Bar with the fixings, Chips, Baked Beans, & Pickle	4 Birthday Lunch \$6 Pork Chops with Applesauce and Mashed Potatoes 	5 Swiss Chicken with Rice	6 Souper Seniors  	7
8	9 Chicken Pot Pie	10 "Rachel" (Turkey Reuben) with Chips & a Pickle	11 Beef Stew with Biscuit	12 Lasagna with Green Beans & Garlic Bread	13 Souper Seniors  	14
15	16 CLOSED 	17 Chef's Choice	18 Chicken & Vegetable Lo Mein	19 Executive Board Meeting \$5 Open-Faced Turkey with Stuffing	20 Souper Seniors  	21
22	23 Polish Sausage with Pierogi	24 Pulled Pork with Home-made Mac 'n Cheese	25 Beef Stroganoff	26 General Meeting \$5 Pot Roast with Hearty Vegetables with Roll & Butter	27 Souper Seniors  	28
29	30 Ravioli with Meat Sauce & Green Beans	31 Meatloaf & Mashed Potatoes	Update: You MUST call us at (716) 773-9682, the DAY OF, to register for lunch; calls will be accepted 8am until 10:30am. NO reservations for lunch will be allowed on the answering machine. Lunch openings are LIMITED due to amount of food available and the 10:30am cut off time. <i>Thank you!</i>			

Friday, January 20: 11:30AM

Special Soup Luncheon

Those of you who registered and assisted yesterday with the soup making can be a part of the luncheon where we will share our soup and enjoy a nice meal together. Many hands make light work and delicious food!

Monday, January 23: 1:00PM

Letter Writing Day

In celebration of National Handwriting Day, we will come together and enjoy quiet time to write to our friends who are home-bound. All supplies will be provided. It will be a nice way to wind down and relax after the holiday and provide a much-needed break.

Tuesday, January 24: Starting at 8:30AM

Compliment Day

When you come into the senior center, you will find slips of paper on the counter. We encourage you to fill at least one out to participate in today's activity. All compliments will be read at lunch time. When you fill them out, you can either remain anonymous or add your name as the one giving the compliment. In a world where things are often so negative, it will be a day to specifically spread a little joy and sunshine. Please participate!

Tuesday, January 24: Doors Open @ 4:30PM; Dinner @ 5:00PM

Blizzard Bingo and Polar Bite Night at the Golden Age Center

Tonight will be another dinner and special bingo here at the senior center. You may come to the center at 4:30PM and at 5:00 PM dinner will be served. Pay one price, and it gets you in the door so you can enjoy a catered Pita Bar dinner by Ghada Have It Mediterranean, special beverage station, desserts and fun bingo with higher value prizes! **Cost is \$25 per person payable at the Office window.** You MUST purchase a ticket by Friday, January 20th. **NO EXCEPTIONS!**

Thursday, January 26: 10:30AM

Make It & Bake-It Craft Class

Today's craft class will be unique crafts, in a very vintage way. Please register ahead for the craft. The supply fee is \$2. See Carrie for details or any questions.

Wednesday, January 25: 1:30PM

Dementia Caregiver Support Group

Support groups are a safe, confidential supportive environment where you can gain emotional, educational and social support to help develop coping methods and problem-solving skills. Share techniques that work for you and get new ideas from your peers. Respite is available for those who need care for their loved one; please call (716) 773-9682 to reserve your spot for respite. To register for the Support Group, call 1 (800) 272-3900 or visit alz.org/CRF.

Just a reminder...



On snowy mornings, the
Nike Base sidewalks and
parking lot will be
plowed and salted by
8:45am.



Closings due to winter weather



If the *Golden Age Center* is **CLOSED**, you will find this information in the following places:

- On the ***Town of Grand Island*** website, under ***Departments***, & under ***Golden Age Center***
- ***On the Town of Grand Island Facebook page***
- Announced on news channels 2, 4, & 7



Our **Coffee for the Month for January** has been graciously donated by ***the Grand Island Community Chorus***, in honor of **Golden Age Center members**. We are grateful for their thoughtful generosity and support! *This program will continue due to the generosity of our Golden Age Center friends!*



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

Emergency Phone Number: (716) 773-7508

Crisis Services: (716) 834-3131

9-8-8: National Suicide Hotline

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

Members we lost in December 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.

Members that were sick in December 2022:

Millie Attrino Betty Marinell Garry Deutschlander Pat Phillips Betty Phillips Lucy D'Alessandro
Paul Bassette Nancy Tobe Don Hamman Carl Maier Joanne Carcione Ruth Cunningham
Iris Galeza Don Hamman Connie Harrod Debbie Jenkins Geri Benzing



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



Golden Age Club

Here is your next Executive Board as of November 2022. Elections were held on Thursday, November 17 at the General Meeting during the Thanksgiving Dinner and the Installation of Officers was held at the General Meeting at the Christmas Dinner on Thursday, December 15, 2022. Congratulations!

President....Joy Mesmer

Vice President...Martha Marrinan

Chaplain...Cathy Mancuso

Sargeant of Arms...Tom Natale

Corresponding Secretary...Sue Bognar

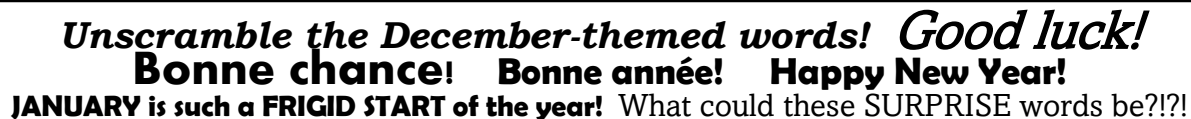
Reporting Secretary...Jan Yardley

Treasurer...Anna Vaccaro

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.



- 1.) nh cage _____ 2.) g neegy _____
3.) uleb _____ 4.) o c c o a _____
5.) th a c p e r _____ 6.) s r e h c e _____
7.) t s I f r _____ 8.) l e g n i b n n g _____
9.) l a k e t b n _____ 10.) e i l m s t e t o _____

A warm *welcome* to all our new members of the Golden Age Center,

as of December 2022:

Ann Ruland
Wendy Brown

Carol Hamm
Janet Martin
Charles Ackerman

Mary Ann Beatty
Nasreen Sharih
Jerry Howe

Colleen Hiam
Yousuf Sharih

We welcome new members to join us for our programs, on our many programs, special events, for our transportation needs, our home-



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.



Thursday, January 26: 11:15AM

General Meeting of the Golden Age Club

Join President Joy Mesmer, the Executive Board, and the Golden Age members for their monthly meeting. The day will start with the General Meeting of the Golden Age Club 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 27: beginning at 10:30AM

Polar Pajama Party

Please join in the crazy and zany fun of beating the winter blues by participating in our first ever pajama party. We will begin in the morning with some activities related to this theme and then move into lunchtime. After lunch, we will show a special movie with some polar snacks. Be sure to wear your pajamas and get ready to try to win at some trivia that will be thrown in there as well. Wintertime blues will be chased away!

Friday, January 27: 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!

Monday, January 30: 1:00PM

Technology Basics Class

Come and join Carrie today as we discuss the basics of a cell phone. Carrie can direct you how to solve most problems with your phone as well as teach you some of the basics: how to control volume, access apps, etc. The attendees will direct the topics of this class. Individual appointments can be made for issues that are more involved.

Tuesday, January 31: 11:30AM

Mitten Recognition Luncheon

This special luncheon recognizes all of the Golden Age members that have given their time and talents in crocheting, looming, and knitting hats, gloves, scarves, and headbands for those in the community who are less fortunate. Join us as we thank them for the efforts in giving back to our WNY community; helping to keep people warm and cozy during the cold, winter months.