



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

July 2022

Flower: Larkspur

Birthstone: Ruby

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 July birthdays!



July 1	Gary Roesch	July 21	Betty Phillips
July 3	Donald Lewis	July 23	Diane Maness
July 6	Patricia Paolucci	July 24	Suzanne Phillips & Jill Travis
July 14	Bernadette Childs	July 27	Rose Bahgat
July 17	Marie O'Hara & Mary Warburton	July 28	Bob Elias & Ann Erker
July 19	Jean Bartholomew & Connie Harrod	July 29	Iris Galeza & Frank Greico
July 20	Richard Berti		Happy Birthday, friends!

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 Golden Age 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 Golden Age 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

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 Golden Age 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 Golden Age 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 Golden Age Center

July 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 July, 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!

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 June 27 – July 29, the Community Center is CLOSED for Summer Rec Programs. **The Golden Age Center will be hosting your programs at the BACK of the Dining Area and that space is OPEN for you and your programs! We look forward to hosting you for the next 5-6 weeks!**

Monday, July 4: The Golden Age Center is **CLOSED** in observance of *Independence Day* holiday.

ATTENTION! Calling all volunteers! Please sign up on the sheet outside of the Office if you are interested in helping decorate our Golden Age Van for an Island tradition, The Independence Day Parade. **Come meet us at 8:00am at St. Stephen's.** Wear your red, white, blue and all things patriotic! We are also looking for members to ride in the Red Van and to decorate our beloved vehicle. The parade will begin at approximately **9:20am**, after the Dick Bessel Run. After the parade, we will take the decorations off the van at St. Stephen's and wrap up the day around 10:45am. Come and join the fun!

Wednesday, July 6: 11:45AM for the Birthday Lunch; 12:45PM—1:45PM for the entertainment

Play Ball! Birthday Party with Just Banjos

Celebrate America's favorite pastime. Wear your favorite baseball team attire at today's party as we celebrate all those that were born in the month of July. Special activities will be included too. Come and join the fun!

Thursday, July 7: 10:30AM

University Express: Being Social on Social Media

****this was rescheduled from May****

Join us for a lesson on social media platforms like Twitter, Instagram, Facebook, and Tik Tok. We will learn how they are used, how they work, and how you can join. Our presenter today is Cassandra Kubiak, MS, Director of Enrollment Marketing for Niagara University. Registration is a MUST. Sign up by calling (716) 773-9682.

Friday, July 8: 9:30AM – 2:30PM

"Country Roads Take Me to Marilla"

This day trip includes a stop at the Marilla Country Store, and then lunch at Hillview Restaurant. The store has 2 floors, so be aware to visit the second floor, you must be able to do the staircase. **Cost is \$10 for transportation; all purchases and lunch is on one's own.**

Friday, July 8: 12:45PM

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, and you may play up to four (4) boards. Come one, come all! Join us for laughs and lots of fun!

Monday, July 11: 10:30AM

Travel Club

Join the fun and find out about the upcoming day trips in July! Be sure to bring your money so that you can sign up for trips starting TODAY. Carrie is still accepting suggestions at the meeting, and she has been working hard on those suggestions 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. *Join us at this great meeting and TRAVEL WITH US!*

Monday, July 11, 2022: 11:45 AM

Celebrating the 61st year of the Opening of the GAC

Come and join the celebration today, starting with a delicious meal dating back to 1961. We will have a toast and share pieces of history of the Golden Age Center and some music from that era. There will also be cake! Be sure to come and celebrate this historical date in our history.

Tuesday, July 12: 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 cost of the ingredients, **the COST is \$2.00 per person**, payable at the Office.

Tuesday, July 12: 4:30 PM

Potluck & Concert Outing

Bring a dish to pass at our Potluck Dinner, and then join us for as we head over to the Marion Klingel Town Commons and enjoy the music by **Double Down Blues Band**. It is a local band that plays the best of B.B. King, Albert Collins, Jack DeKeyser, Tommy Castro and more! 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, July 13: 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 senior center lunch (make your reservation as usual) or bring in your own lunch. We will finish off the lunch with our delicious peanut butter pie that we made.

Wednesday, July 13: Social Group Respite Program Time: **1:30pm—4:30pm** Place: **Golden Age Center** Attention care-

givers of people with Alzheimer’s disease or a related dementia: 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, July 14: 8:30 am – 2:30 pm

“To Market to Market To Buy Some Brewskis”

This unique trip will take us to Rochester, stopping first at the City of Rochester Public Market. There could potentially be more than 300 vendors there, perfect to do some retail therapy! We will spend time meandering around the market, then later head to the Genesee Brew House Restaurant & Bar. You can choose to do a tasting, but that is a separate cost. We will, however, have lunch there and enjoy the scenery. We will board the Bedore Tour bus for Golden Age Center around 1:00pm. **Cost: \$45 pp; purchases and lunch will be on one’s own.**

Friday, July 15: 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!

Tuesday, July 19: 12:45PM

Super Bingo, sponsored by the Golden Age Club

Calling all BINGO lovers! Join in the fun this afternoon as we play different, varied BINGO games for incredible prizes! You never know what you may win! The BINGO games are FREE to play today, and are sponsored by the generosity of the Golden Age Club. From Regular Bingo, to Flag, to Outside Corners, to Letter T, you never know what game we’ll play...take a chance to win some wonderful prizes!

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):**

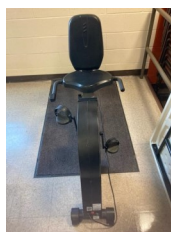
Mondays & Fridays: 8am—3:30pm

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 Bike



Stationary stepper & stationary peddles



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**

July 2022

Sun.

Mon.

Tue.

Wed.

Thu.

Fri.

Sat.

						1 Two Soups and a Scoop 	2
3	4 CLOSED 	5 Chicken Taco Salad	 6 \$6 Baseball Birthday Lunch & MORE surprises!	7 Chicken & Vegetable Lo Mein with Mandarin Oranges	8 Souper Seniors 	9	
10 	11 Travel Club 1961-themed meal to celebrate the Opening the Golden Age Center	12 Chef's Choice	13 Beef Stroganoff	14 Santa Fe Chicken	15 Two Soups and a Scoop 	16	
17	18 Italian Sausage with Peppers & Onions	19 Chicken Pot Pie with Ambrosia	20 Ham with Pineapple & Rice	21 Executive Board Meeting \$5 Open Faced Roast Beef with Mashed Potatoes	22 Souper Seniors 	23	
24	25 Spaghetti with Meat Sauce	26 Sandwich Melts with Watermelon, Mac Salad, Chips & a Pickle	27 Cobb Salad	28 General Meeting \$5; Lunch@12PM Meatloaf with Mashed Potatoes	29 Two Soups and a Scoop 	30	
31	<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>			

Wednesday, July 20:10:30 AM

Medicare Seminar

Please join Michael Matecki from AAA Members Insurance Agency of Central & WNY for a comprehensive look at Medicare planning. After the presentation, you will have time to sit down 1:1 with Mike to review your current plan and what might better suit your needs (he offers 11 different plans, including Independent Health!). Please call and register to attend this seminar at (716) 773-9682.

Wednesday, July 20: 12:45 PM

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, July 21: 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, mark your calendars and join us. Anna looks forward to seeing everyone then!

Saturday, July 23: 4:30PM & 7:00PM

Shakespeare in the Park – Et Tu, Shakespeare?

Today, there will be two performances on the GAC grounds of this wonderful show, featuring members of the Shakespeare in the Park group. If you were here last year, **you will NOT want to miss this!** A cast of 4 actors will present different Shakespeare material entwined throughout. Fun and laughter will be throughout the day & night. Please stop in or call (716) 773-9682 to register to attend this FREE community event. We will have lawn games for all to enjoy AND great ambiance. Food & drink will be offered for sale OR pack your own picnic to enjoy! Bring your chairs, bring your picnic blanket, sit on our picnic benches and enjoy the show, surrounded by nature here at the Nike Base.

Monday, July 25 : 10:30 AM

University Express: Putting Your Affairs in Order

Today, Valerie Stanek, Esq., CFP, Attorney at Law will discuss how to put your affairs in order. She will assist us in considering your important documents, how to keep track of your accounts, and what to share with trusted family and friends. Registration is a MUST. Sign up by calling (716) 773-9682.

Tuesday, July 26: Games @ 11:15 AM; Movie, Lunch & Activities @ 11:45 AM

Summer Beach Affair

Join Carrie this afternoon as we head to the beach (within the Golden Age Center) and have fun in the sun! She encourages you to wear your summer attire, play some beach games and watch a movie in the afternoon while you enjoy your special meal. After lunch and the movie, we will do some beach activities including sand art and **mocktail “daiquiris.”** Please be sure to register for this program so we can have enough for all. See you at the **“beach”!**

Tuesday, July 26: 3:00PM – 8:00PM

Cruising Through the Buffalo Harbor

Tonight is a special evening here for the GAC. We will head out to the marina for a Buffalo Harbor Cruise for a narrated cruise. The tour begins on the Buffalo River across from the original lighthouse, built in 1833, and continues through Lake Erie and the Black Rock Canal. We will see the Peace Bridge, pass by one of the oldest Yacht Clubs in the country, and a boat house designed by Frank Lloyd Wright. After the cruise, we will head to dinner at the Pearl Street Grill & Brewery. We will then return to the Golden Age Center at approximately 8:00pm. **Cost: \$34 per person (\$10 transportation; \$24 for ticket)** with dinner and purchases on one's own. Please register & pay at the Office.

Wednesday, July 27: 10:30AM

Iced Tea, Blueberries & Watermelon

Did you know that July is National Blueberry Month & National Watermelon Month? How great is that? Even greater is the fact that we are going to CELEBRATE! Come join Carrie and have an iced tea, slice of watermelon and a treat made with blueberries. Watermelon has a water content of 90%. It is a terrific way to increase your fluid intake during the hot days of summer AND take in a daily serving of fruit along the way!

Thursday, July 28: 11:15AM for the General Meeting; 12:00PM for lunch & the Past Presidents' Luncheon

General Meeting & Past Presidents' Luncheon

This is a dual event day! 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. Starting at 12:00pm, the Past Presidents of the Golden Age Club will be honored today at a special luncheon.



Quilting Bee meets at 10:30 am on Mondays



The group is now learning the history of and how to make basic blocks. *The May block of the month was the Nine Patch.* June's Block of

the Month is Churn Dash. 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!

Thursday, July 28: 12:00PM – 4:00PM

Bisons Baseball Game

The Golden Age Center van will leave the Center at NOON. Game starts at 1:05pm as the Bisons take on the Worcester Red Sox.

Cost: \$28 per person (\$10 for transportation AND \$18 for the baseball ticket). Food AND purchases will be on one's own.

Friday, July 29: 12:15PM

The GAC Price Is Right

YOU READ THAT CORRECTLY! We will be having our OWN version of the Price Is Right. Come test your shopping skills and try to win some prizes. We will have some crazy and zany fun with this program. Come beat the heat and join us! Please register at the Office or by calling the Center at (716) 773-9682.

Monthly Shopping Trips

Tuesday, July 12: 8:15AM departure

Walmart Trip

Sign up at the Office or by calling (716) 773-9682 to be dropped off at Walmart in Niagara Falls and picked up 2 hours later. Limited seating and limited bags allowed. Please see or talk to Staff for more details.

Shopping Trips coming up in August...

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

Tops

Target

Aldi

Walmart

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!

Other surprises!

Lunch Sale:
11am—1pm



Support GI
businesses!

Bake Sale

Gram's Garage Sale & Farmer's Market
Saturday, August 13, 2022 from 9am-1pm
Reserve your table by calling (716) 773-9682

Save the Date!

Bake Sale

Lunch Sale:
11am—1pm



Basket Raffle!

Other surprises!

Holiday Happenings

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

Saturday, July 23rd at Nike Base Park - 4:30pm & 7:00pm Show!

Four actors will be appearing in OUR PARK to enchant you with the words of William Shakespeare! Featuring scenes from some of the Bards most famous shows including - Romeo & Juliet, Othello, Caesar, Macbeth and many-more! Don't miss this frolicking, fun and fact filled show which is sure to help everyone brush up their Shakespeare! Save your spot by RSVPing by calling the Golden Age Center at (716) 773-9682.

THE BARD'S IN OUR YARD!
SHAKESPEARE
IN DELAWARE PARK

shakespeareindelawarepark.org *Wegmans*

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



New Dart Board



Sewing Machines



Park Benches OUT for Spring!



NEW, Cozy Welcoming Summer Foyer



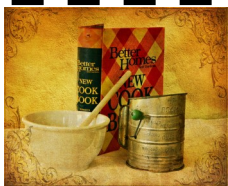
Displaying Member Artwork

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!*
- The back of the Dining Area welcomes Tai Chi, Total Body Workout, Chair Yoga, & Social Group Respite Program for the next 5-6 weeks as the Community Center is being used for Summer Recreational Programming.
- 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 June & summer! Enjoy every moment! 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 to get your tech questions answered. She's the TECH GURU 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 and bushes blooming? 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, 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 June 2022:

Liu Zhenlan Lynn Pesesky Cynthia Ellis Dr. Edward Rayhill
Michael Rayhill Robert John Brand Patricia Foley

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 July has been graciously donated by *Grand Island Historical Society*, in honor of 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 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 May! CONGRATULATIONS!***

Members we lost in June 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.

Lee Cohen Iris Jircitano Skip DeLong Donna Rodriguez Olga DeMicke Nonnie Carroll

Members that were sick in June 2022:

Millie Attrino Ruth Cunningham John Leszczak Larry Schupp Garry Deutschlander
Ruth Landel Kathy Shaklee Judy Schmidt Martha Merrinan

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

MONDAY – FRIDAY
8AM- 3:45PM

6PM-8PM
MONDAY&THURSDAY
NIGHTS



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.

Nike Base
Golden Age Center
3278 Whitehaven
Road

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

Unscramble the June-themed words! Good luck!

Half way through 2022! 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.) NRAEIGDNG _____
- 2.) TDUOOSR _____
- 3.) RFEAHT _____
- 4.) FGAL _____
- 5.) RMUSME _____
- 6.) SFG INH _____
- 7.) ATECEI (2 words) _____
- 8.) ATRWSERBRY _____

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



Crisis Services: (716) 834-3131



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.