



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

July 2023

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—4:00pm,
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



Happy Birthday to those members celebrating July birthdays!



July 1	Gary Roesch	July 19	Jean Bartholomew & Connie Harrod
July 3	Don Lewis	July 20	Richard Berti, Russell Certo & Deborah Goss
July 4	John Bartlo	July 21	Betty Phillips
July 6	Patricia Paolucci & Concetta Wadsworth	July 24	Suzanne Phillips & Jill Travis
July 11	Donald Barton	July 26	Sandra Thomasula
July 14	Bernadette Childs	July 27	Rose Bahgat & Tom Redell
July 15	Robert Bendes & Alice Kozen	July 28	Bob Elias & Ann Erker
July 17	Marie O'Hara & Mary Warburton	July 29	Iris Galeza & Frank Greico

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 in our facility.**
- Hand sanitizing throughout activity and hand washing is **strongly encouraged** often throughout your visit at the Hand Sanitizing stations. Should you want hand sanitizing pumps to be set out for these activities. (*ex. Card game tables, etc.*), **just ask us!**
- 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.

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 Billiards games: 8:15am onward in the Lounge

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

****NEW:** Beginner Mahjongg: 10:30am on the Stage

Fit for Life!: 10:00am with **Jenny** in the Dining Area

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

Card Games & Dominoes: 12:30pm –3:30pm in the Dining Area

Fun with French: 12:45pm with **Jen** in the Arts & Crafts Room

Bridge: 12:30pm in the Dining Area **on the 2nd and 4th Mondays of the month** Knitting & Crocheting: 2:15pm in the Arts & Crafts Room

TUESDAY

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

Billiards games: 8:15am onward in the Lounge

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

Beginner Line Dancing: 11:00am with **Richard** on the Stage

Dominoes & Card Games: 12:30pm –3:30pm in the Dining Area

Canasta: 12:30pm in the Dining Area

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

Bowling: 4:00pm 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

Walking Club: meet at 9:00am at the Golden Age Center (*see inside newsletter for details*)

Billiards games: 8:15am onward in the Lounge

Hall Walking: 9:00am in the Golden Age Center

Dominoes & Card Games: 12:30pm –3:30pm in the Dining Area

****NEW:** Pinochle: 12:30pm in the Dining Area

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

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

****Fun with French**:** 12:45pm with **Jen on the 3rd Wednesday of the month** in the Arts & Crafts Room

Bingo: 1:00pm with **Carrie** 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

Billiards games: 8:15am onward in the Lounge

****Matter of Balance Exercises:** 1:00pm in the Dining Area

Pinochle, Dominoes, AND Card Games: 12:30pm –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

****NEW:** Women's Poker: 12:30pm in the Dining Area

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

Billiards games: 8:15am onward in the Lounge

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

****NEW:Beginner/Intermediate Mahjongg :** 12:30pm in the Billiards Room TGIF Couponing: 9:15am - 10:00am in the Dining Area

Poker & Euchre: 11:00am –3:45pm in the Dining Area

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

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

July 2023 Special Events & Programs

New Consistent Programs...come and join us!

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 23– August 18, the Community Center is CLOSED for Summer Rec Programs. **The Golden Age Center will be hosting your programs at the FRONT of the Dining Area and that space is OPEN for you and your programs! We look forward to hosting you for the next 8 weeks!**

Wednesdays in July: 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!

Monday, July 3: 10:30AM

Travel Club

Join Jen and Carrie this morning as they talk to you about the upcoming Day Trips planned currently for July. Feel free to offer suggestions as well, however, it would be best if you check that places are still open, as many places have closed. Let us come together and share the excitement! Remember, please bring money or your checkbook, to pay for travel opportunities that you would like to sign up for, as payment holds your spot on trips!

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

Thursday, July 6:10:30AM

University Express: Silo City

Join us today for our final University Express class for the semester. Presented by Mr. Harry Meyer, join us as he will speak on the days when Buffalo was once known as the Grain Milling and Malting Capital of the World. Participants will learn about this time in history and what is happening now to transform some of Buffalo's flour mills and grain storage silos. Registration is a MUST. Sign up by calling (716) 773-9682.

Wednesday, July 5: 9:30AM

Birthday Party Set-Up

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

Wednesday, July 5: 11:45AM; 12:30PM – 2:00PM for the entertainment

Vintage Birthday Bash!

Join us for an old-fashioned birthday where we ask you to wear clothing attire from your favorite era. We will have a delicious lunch after which you will be entertained by an Old Time Radio Presentation with Tom Cherre. Tom will play snippets of radio shows familiar to us. Don't be fuddy-duddy or a buttoned-down – come to the best party in town!

Friday, July 7: 10:30AM

Chocolate Tasting

Chocolate lovers unite! Chocolate is long known as a decadent treat for hundreds of years, and across the globe. For years, it was only enjoyed by the elite, and just for celebrations. Indulge yourself and join in a unique chocolate tasting celebration! Register for this program by signing up for this at the Office OR by calling (716) 773-9682. **Cost for this program is \$2.00.**

Friday, July 7: 1:00PM

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

Monday, July 10: 10:45AM – 12:45PM

Celebrate the BIRTHDAY of the Golden Age Center!

How well do you know the history of the Golden Age Center? Join Jen as we celebrate the 62nd Birthday of the opening of the Golden Age Center! Join Jen for a historical tour of the Golden Age Center, as she guides you through historical pieces, artifacts, stories, and tidbits of the Golden Age Center. Join us for a senior center favorite, a themed-lunch, themed back 62 years ago at 11:45am, enjoy great music of that era, and some other special surprises along the way!

Tuesday, July 11: 9:00AM – 11:00AM

Highmark BlueCross/BlueShield of WNY

Join the Highmark BlueCross and BlueShield of WNY representative for Grand Island, Jeff Lewis, as he will be on-site today to discuss plans, answer questions about your current plan or work to resolve any problems you may be having with your plan. We look forward to seeing you there.

Tuesday, July 11: 10:15AM – 3:00PM

Day Trip: Breakfast at Tiffanys, but first, lunch!

Join Carrie as she takes you to East Aurora for some free time in the village, then, a meet up at the Aurora Theatre for a special showing of *Breakfast at Tiffany's*. **Cost is \$12 per person, upon registration, and lunch and purchases are on one's own.**

Thursday, July 11: 10:30AM

Cheer Up the Lonely Day

Today is *Cheer Up the Lonely Day*, so we will be writing cards today and packaging up a gift to share with others. Share the love to your best friend by creating an original card for him OR her and/or having fun writing them. Calling all volunteers: we'd love to have your help in assembling this great volunteer project to help our lonely seniors in need of a smile and a bit of cheer! Put your pen to the paper and help bring a smile to someone's face!

Wednesday, July 12: 10:30AM – 12:30PM

Independent Health Assure Advantage Plan or HMO-CSNP

Do you want to learn more about these programs offered through Independent Health? Come in and meet Sara Cordovano, an Individual Sales Consultant with Independent Health as she will be set up in the dining room and can meet with you individually to answer questions. If you would like to schedule a time during Sara's visit as noted above, please call us at (716) 773-9682 to schedule your appointment with Sara.

Wednesday, July 12: 1:30PM – 4:30PM

Social Respite Group Program

Attention Caregivers of individuals 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 caregivers. 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 13: 9:30AM—11:30AM

Pop Up Seniors Helping Seniors Event

In the spirit of National Give Something Away Day, we are going to have a Summer Pop Up Pantry! Let's give a helping hand to each other in times of need! Bring a reusable bag and individuals may take up to 5 food items, 3 hygiene items, masks, COVID tests, and MORE home with them. Golden Age Center & Erie County Senior Service information will be provided, as well as info on Local Food Access. Join us for our **Pop Up Seniors Helping Seniors** event.

Monday, July 17: 10:45AM—12:45PM

716 Day

Let's celebrate what makes the 716 unique! You know you're from Buffalo when.... Buffalo and our area is such a UNIQUE, incredible place to be! Wear your favorite Buffalo-themed sports gear, shirt, or Buffalo hat, pants, you name it, and join us as we celebrate our great community! Join us for a Buffalo-themed lunch, Buffalo trivia, treats, a game, music, you name it! Join us as we celebrate our **Buffa-LOVE!**

Gym equipment & piano

On the Stage, the *Golden Age Center* has a stationary bike, a NEW recumbent bike, a rowing machine, resistance bands, small exercise balls & some light weights for our members 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!

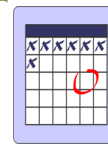
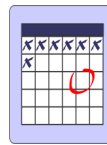
The gym equipment and piano are available for use (and will be disinfected after each use):

Mondays & Fridays: 8am—3:45pm

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

Thursdays: 8am—3:45pm

MARK YOUR CALENDARS!



Holiday Happenings

Craft Vendors, 50/50, Basket Raffle, Lunch Sale, Bake Sale & MORE! Come one, come ALL!

Saturday, October 21, 2023 9am—1pm

Reserve your craft sale table at our fantastic

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 2023 Lunch Calendar

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<p>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></p>						1
2	<p>3 Travel Club 10:30am Julienne Salad </p>	<p>4 CLOSED </p>	<p>5 Birthday  Lunch \$6 Pork Chops with Mashed Potatoes & Applesauce</p>	<p>6 Brunch for Lunch! Pancakes, Sausage, Fruit Cup & Scrambled Eggs</p>	<p>7 Souper Seniors </p>	8
9	<p>10 Meatloaf with Mashed Potatoes</p>	<p>11 Beef Stroganoff</p>	<p>12 "Rachel" with Chips and a Pickle</p>	<p>13 Fried Chicken with Mashed Potatoes, Baked Beans</p>	<p>14 Souper Seniors </p>	15
16	<p>17 716 Day! Pepperoni Pizza with Chicken Tenders & Carrots & Celery</p>	<p>18 Beef Taco Salad</p>	<p>19 National Hot Dog Day & Summer Cookout! Hot Dog Bar with Onion Rings, Baked Beans, & Pickle</p>	<p>20 Executive Board Meeting \$5 Open-Faced Turkey with Stuffing</p>	<p>21 Souper Seniors </p>	22
23	<p>24 Polish Sausage & Lazy Pierogi</p>	<p>25 Chicken and Vegetable Stir Fry</p>	<p>26 Ham & Swiss Melt with Fruit Cup</p>	<p>27 General Meeting \$6 Savory Beef Tips over Noodles</p>	<p>28 Souper Seniors </p>	29
30	<p>31 Swiss Chicken with Rice</p>					



Summer Senior Walking Club



Join Golden Age staff members at these great locations for a one mile walk (sometimes longer), on the following dates:

Wednesday, July 5 @ 9:00am

. Nike Base Trail

(Meet at the Golden Age Center, and leave from here)

Wednesday, July 12 @ 9:00am

. West River Bike Path Trail

(Meet at the Golden Age Center, and leave from here)

Wednesday, July 19 @ 9:00am

. Spaulding Trail

(Meet in the Ferry Village Parking Lot)

Wednesday, July 26 @ 9:00am

. River Lea Trail

(Meet in the Ferry Village Parking Lot)

Please come dressed appropriately; sneakers are highly encouraged. They may get dirty depending on where we go. Also, bring water if it is hot out.

*We will **MEET** at the above locations at 9:00am, and will begin our walk at 9:05am. If the weather is inclement, (severe rain/thunderstorms), we will not meet.*

If you have any questions, please call us at (716) 773-9682.



Our **Coffee for the Month for July** has been graciously donated by **Denise LaBarre** in memory of **Martha Muller**. 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

Tuesday, July 18: 4:30PM-9:00PM

“Dinner and a Concert”

Join Carrie as she takes you out to dinner at a local restaurant, then afterwards, we will head to the Town Commons for a lively concert, performed by *Sunshine and Company*. After the concert, we will head back to the Golden Age Center. Our van will leave promptly at 4:30pm and we should return no later than 9:00pm. **Cost is \$5 per person and must be paid in cash only, upon registration. Dinner is on one's one.**

Thursday, July 20: 11:00AM

Executive Board Meeting

Club President Joy Mesmer asks for the presence of the Executive Board together for their monthly meeting, to discuss Club business. PLEASE mark your calendars and join us. Joy and the Executive Board look forward to seeing everyone then!

Thursday, July 20: 11:45AM

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.

Tuesday, July 25: 4:30PM –9:00PM

“Picnic and a Concert”

Join Carrie as she takes you to Town Commons for a picnic before the concert, put on by *My Cousin Tone*. After the concert, we will head back to the Golden Age Center. Our van will leave promptly at 4:30pm, and we should return no later than 9:00pm. **Cost is \$10 per person and must be paid in cash only, upon registration.**

Wednesday, July 26: 1:00PM

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!

Wednesday, July 26: 1:30PM

Dementia Caregiver Support Group

Providing care for a loved one with Alzheimer's or dementia can be isolating and stressful, but support groups can help. **The Alzheimer's Association's Caregiver Support Groups** are designed to provide emotional, educational and social support for caregivers through regularly scheduled meetings. They help participants develop methods and skills to solve problems. The groups encourage caregivers to maintain their own personal, physical and emotional health, as well as optimally care for the person with dementia. Free respite care may be available to provide activities and a safe place for people with dementia while their loved ones attend this group. Assessment and pre-registration is required. Please call 1 (800) 272-3900 to register before attending.

Thursday, July 27: 11:15AM for the General Meeting; 12:00PM for lunch

General Meeting

Join President Joy Mesmer, the Executive Board, and the Golden Age members for their monthly meeting and catch up on happenings around the Golden Age Center, especially happenings during the last month, as well as programs and events coming up at the Golden Age Center. Enjoy a delicious lunch after 12pm. Stay informed! We look forward to seeing you all.

Thursday, July 27: 10:15AM—11:15AM

Game Day Fun!

In honor of National Park & Recreation Month, join us for some Game Day Fun! Play some Clothespin Drop, Bean Bag Toss, Putt Putt Golf, Ladder Ball, and other surprise games. Join us for some great laughs, great competition, and great fun!

Friday, July 28: 11:00AM – 12:30PM

Grand Island Memorial Library

Join Bridgette, Director of the Grand Island Memorial Library today as she comes here to the Golden Age Center bringing the 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, July 31: 1:00PM

Technology Basics Class

Does technology overwhelm you? Do you have questions that you need answers to? Here's your time to come in and get them solved! Come and join Carrie today as we discuss more features on your devices. Individual appointments can be made for issues that are more involved at the end of the class. Register for this program by stopping by the Office or by calling (716) 773-9682.



Go GREEN with US!



Bring your water bottle to the Golden Age Center and the Community Center when participating in your favorite program or your favorite exercise program! Fill up your water bottle at our filtered bottle water fountains. Recycle bins are located in the Front Foyer as well. Help us reduce, reuse, recycle as much as possible!



WHERE THERE'S A

WILL

THERE'S A

PLAY

SHAKESPEARE
IN DELAWARE PARK

shakespeareindelawarepark.org

**Wednesday, July 26th at Nike Base Park
7:00pm Show!**

Four actors will be appearing in OUR PARK to enchant you with the words of William Shakespeare! Follow a Shakespearean acting troupe of 4 as they are preparing to perform some of Shakespeare's Greatest Hits for all of WNY, in celebration of a monumental and momentous occasion, featuring scenes from *As You Like It*, *Much Ado....*, *Romeo & Juliet*, *Pericles*, *Measure for Measure*, *Julius Caesar*, *Hamlet*, and many more! Don't miss this frolicking, fun and fact filled show which is sure to help everyone brush up their Shakespeare! *Come one, come ALL! Bring your chair and picnic! Lawn games will be out for all to play & food truck will be available as well.*

If you have any questions, or to reserve your spot, call the Golden Age Center at (716) 773-9682.

2023 Tuesday Night Summer Concerts

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

NEW THIS YEAR: *530pm Grand Island Rec. Dept. Dancers & ** ZONTA CLUB Snack Stand, basket raffle and 50/50 Zonta Club of Grand Island – empowering women through service and advocacy <https://zontagrandisland.org/>

*** Tuesday June 27- Dance performance at 530pm-630pm by GI Rec. Dept Dancers!**

@ 7pm: **Creek Bend** : A blend of original, contemporary, and traditional bluegrass with a smattering of gospel, western swing, Cajun, Irish, and country

***** Tuesday July 11 Dance performance at 530pm-630pm by GI Rec. Dept Dancers!**

@ 7pm: **Rock Angel** Rock Angel is a high energy performance band featuring a variation of rock, blues and more. Rock Angel's focus is on producing a dynamic live performance that includes a variety of popular music styles. Including rock, pop, blues, southern rock, country, funk, and a bit of jazz.

Tuesday July 18 @ 7pm: 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...

Tuesday July 25 @ 7pm: My Cousin Jone

This Jazz Band is noted for its' well-rehearsed and unique arrangements. The band is the winner of the 2021 JazzBuffalo Poll for Favorite Large Ensemble Jazz group in the region. The band has performed at jazz festivals, including the Northwest Jazz Festivals, Rooftop venues and more!

Tuesday August 1 @ 6:30pm: Hello Molly

Buffalo band rocking the 70's, 80's and 90's along with some originals

**** Tuesday August 8 @ 6:30 pm: The Formula**

An authentic Italiano band that has captured a versatility balance, performing old Italian classic hits as well as a fresh young modern dance sound, and with a twist of Latino

Tuesday August 15 @ 6:30 pm: House Rockers

Play a High Energy Catalog of Classic Rock Hits! Spend an evening with The House Rockers when they'll be cooking up a recipe of good old fashioned classic rock with sing a long and dance favorites for an amazing fun night out!

Bring the entire family out to Marion Klingel Town Common for an evening of free local entertainment from fine music bands. Brought to you by the Grand Island Recreation Department.



Half way through 2023! 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.) N R A E I G D N G _____ | 5.) T D U O O O S R _____ |
| 2.) B U B R Y L E E R _____ | 6.) F G A L _____ |
| 3.) O R F W K I E R _____ | 7.) G I L R L _____ |
| 4.) N C R R E A I T O _____ | 8.) S N U S T E _____ |

A warm



to all our new members of the Golden Age Center, as of June 2023:

Fred Gleave Gwen Gleave Yvonne Beard Brian Bean Kathy Ho Choi Loongsang
 Anne Hagopian Patricia Riscili Rosemary Ryan Dianne Tiede Nelson Schnable
 Robert Schnable Mary Jane Fonte Thomas Cadille Lynn Usewicz

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!

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. **JACKIE SULLIVAN is the WINNER for the month of JUNE! CONGRATULATIONS!**



Summer Community Center updates



Please note that the following Golden Age Center programs will transition from the Community Center over to the FRONT of the Dining Area for summer from Friday, June 23—approximately Friday, August 18:

Tai Chi: Mondays & Fridays at 9am

Total Body Workout: Tuesdays & Thursdays at 9:45am

**Social Group Respite Program: 2nd Wednesday from 1:30pm-4:30pm will be using the ENTIRE Dining Area in July & August
 July 12
 August 9**

****NO Afternoon of Games on Wednesdays until after Summer Recreation Programs conclude****

Chair Yoga & Meditation: Fridays at 1pm

Members we lost in June 2023:

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.

Donna Baranyi Anita DeGlopper Marek Usewicz Bruce Shaffer

Members that were sick in June 2023:

Pat Akinbami Millie Attrino Paul Bassette Geri Benzing Marie Casey Ruth Cunningham
 Garry Deutchlander Iris Galeza Dick Koch Nancy Koch Don Lewis Carl Maier Betty Marinell
 Bill Ortiz Penny Panepinto Betty Phillips Pat Phillips Lee Tetkowski Chuck Tobe



Need Food?



For confidential assistance, call the Neighbors Foundation of Grand Island

716-775-7998

Gineighbors14072@gmail.com



Scan QR Code for instant access to our website at: www.gineighbors.org

*Our mission statement
 Neighbors Helping Neighbors
 We are an all volunteer organization providing confidential food assistance to our Grand Island Neighbors through the generosity of individuals, churches and other groups who donate funds and non-perishable goods.*

Lions Club Closet



Do you or your loved one need a walker, cane, commode, shower chair or any other assistive device? Call us at (716) 773-9682 so we can find the assistive device you need from the Lions Club Closet!

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!

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!



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 and THANK YOU for your service!

- 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**

The Try & Buy Clothing Closet is now OPEN!

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. The Try & Buy will be open until mid-November.

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.

July Kayaking Program for Golden Age Center



West River Sunset Paddle

Beginner to Intermediate Paddling Ability - Come and join us for a relaxing sunset paddle! We will launch from the Fix Road Overlook and take a nice easy paddle / float with the current along the West River and watch the sunset. Bring binoculars and camera for some good bird viewing and pictures. Bring a snack or dinner (something easy to eat) if you would like as well. We will finish at the Whitehaven Road Overlook and ride back in the Golden Age Center van to pick up vehicles. Please note, both overlooks are a shoreside entry; there is no ADA-accessible launch.

Location: Fix Road to Whitehaven Road Overlooks

Time: 6:30 p.m. – 9:00 p.m.

Perfect for the novice/intermediate (someone who has had experience on the water with us OR kayaking before!)

Date: Wednesday, July 19, 2023

Max Seats: 6 participants

To register: Call the Golden Age Center at (716) 773-9682 to register.

Fun Paddle

Intermediate Paddling Ability - This is a great program for anyone who is comfortable paddling in the Niagara River. We will start with a general safety briefing and then paddle along the shore through the Eagle Overlook, paddling to Burnt Ship Creek and more. It is nice and shallow, and we will be able to have a nice paddle, be able to see Niagara Falls, USA and Niagara Falls, Canada, and throughout this paddle, we will get a close look at the habitat restoration projects and have a chance to see birds and other wildlife up close.

Location: Eagle Overlook (NO ADA-launch)

Time: 9:00 a.m. – 12:00 p.m.

Perfect for the intermediate paddler (someone who has had experience on the water with us OR kayaking before! We will be paddling against the current for a portion of the paddle.)

Date: Tuesday, July 25, 2023

Max Seats: 6 participants

To register: Call the Golden Age Center at (716) 773-9682 to register.