



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY



July 2024 Newsletter

July Flower: Larkspur

July 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: 8:00am—4:00pm,
Monday - Friday

Website: www.grandislandny.us/280/Golden-Age-Center

Pete Marston

Town Supervisor

Christian Bahleda

Tom Digati Dan Kilmer

Town Board

Jennifer R. Menter

Recreation Supervisor—Senior Citizen

Carrie Mesmer

Recreation Leader—Senior Citizen



Trees in BLOOM on the Nike Base



Kayaking at Woods Creek



Wellness Walk at Spaulding Trail



Packing bags for Friends of the Night People



Gram's Garage Sale FUN!



Stars & Stripes forever!



Sewing FUN!



Going Places in our many transportation vans!

July Consistent Weekly Activities at the Golden Age Center

MONDAY

Independent Craft Activities: 8:15am—12:30pm; 2:15pm—3:45pm in the Arts & Crafts Room

Billiards games: 8:15am onward in the Lounge

Tai Chi: 9:00am with **Pat** at the ***BACK of the Dining Area***

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

Guitar: 10:00am in the Music Room at Recreation Building

Card Games & Dominoes: 12:30pm –3:45pm 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***

TUESDAY

Independent Craft Activities: 8:15am– 3:45pm in the Arts & Crafts Room

Billiards games: 8:15am onward in the Lounge

Total Body Workout: 9:30am with **Michelle** in the ***BACK of the Dining Area***

Seniors in Stitches: 10:00am in the Arts & Crafts Room

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

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

Canasta: 12:30pm in the Dining Area

Mahjongg: 12:30pm with **Anna** in the Lounge

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

Bowling: 4:00pm with **Debbie** at Mallwitz Island Lanes (\$7 for 3 games)

WEDNESDAY

Independent Craft Activities: 8:15am –10:00am; 2:15pm—3:45pm in the Arts & Crafts Room

Billiards games: 8:15am onward in the Lounge

Walking Club: 9:00am (***see Walking Club flyer inside for detailed locations!***)

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

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

Sit and Stretch: 10:00am with **Sue** in the ***BACK of the Dining Area***

Dominoes & Card Games: 12:30pm –3:45pm in the Dining Area

Pinochle: 12:30pm in the Dining Area

****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*****)

THURSDAY

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

Billiards games: 8:15am onward in the Lounge

Total Body Workout: 9:30am with **Michelle** in the ***BACK of the Dining Area***

Pinochle, Dominoes, AND Card Games: 12:30pm –3:45pm in the Dining Area

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

FRIDAY

Independent Craft Activities: 8:15am—9:30pm AND 12:15pm –3:45pm in the Arts & Crafts Room

Tai Chi: 9:00am with **Pat** in the ***BACK of the Dining Area***

Chess: 9:00am on the Stage

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

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

Poker & Euchre: 11:00am –3:45pm in the Arts & Crafts Room

Chair Yoga & Meditation with Soma Cura: 1:00pm with **Martha** in the ***BACK of the Dining Area***

Mahjongg: 1:00pm with Anna on the Stage

ATTENTION and Welcome to the Golden Age Center! 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. **PLUS**, we want to say **HELLO** to our friends!
- 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. **PLUS**, we want to say **GOODBYE** to your smiling face and all of our friends!

Thank you for your cooperation! Have fun at the Golden Age Center! ENJOY!



Happiest Birthday wishes to those members celebrating July birthdays!



July 1	Gary Roesch & Judy Seebauer	July 21	Nancy Moran
July 3	Gilda Bonnevie & Nancy Vizzi	July 22	Robert Whalen
July 4	John Bartlo & Robin Vickner	July 23	Judy Link
July 6	Patricia Paolucci	July 24	Diane Maness, Suzanne Phillips, & Jill Travis
July 7	Barbara Weinrib	July 26	Judith Roehrig & Sandra Thomasula
July 14	Bernadette Childs	July 27	Rosemary Bahgat & Tom Redell
July 15	Robert Bendes & Alice Kozen	July 28	Bob Elias & Ann Erker
July 17	Patricia Geiger & Marie O'Hara	July 29	Iris Galeza & Frank Greico
July 18	Marie Ford, Mary Habict, & Debbie Whalen	July 30	Susan Fleming & Mary Worthing
July 19	Jean Bartholomew	July 31	Heather Mara
July 20	Richard Berti, Russell Certo, & Deborah Goss	Happy Birthday, friends!	

SAVE THE DATE! Join us for a **A Midsummer Night's Tour** on **Monday, July 15** at **Nike Base Park** for a **7:00pm Show**. **If you have any questions, or to reserve your spot, call the Golden Age Center at (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!

Play
lawn
games
before
the
event!



Tantalizing
tidbits
AVAILABLE!

Join us for a ***A Midsummer Night's Tour***
Monday, July 15 at Nike Base Park
7:00pm

**Featuring food offerings at our *Noshes & Nibbles* Snack Stand,
starting at 6:00pm:**

Romeo's Charcuterie Platter for **\$6.00** &
Juliet's Love Potion for **\$1.00**

Four actors, featuring Isaiah Brown, Ayden Herreid, Katie Osborn, Lauren Teller & Norman Sham, will be appearing in OUR PARK to enchant you with the words of William Shakespeare! *An hour long telling of Shakespeare's classic tale of the King and Queen of the fairies, Oberon & Titania, and their sidekick in mischief, Puck, meddling with the lives of four confused lovers, and a ragtag troupe of would be actors.*

Don't miss this frolicking, fun and fact filled show which is sure to help everyone brush up on their Shakespeare!

Come one, come ALL! Bring your chair and picnic!

Shakespeare Basket Raffle - \$1 each OR 7 tickets for \$5

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

Golden Age Center Lunch Calendar

Membership allows you to partake in our nutritious lunch program; lunch is \$4.00 OR \$5.00 OR MORE on Special Event days.

Lunch is served at 11:45am Monday-Thursday & 11:30am on Friday. Please call (716) 773-9682 to reserve your lunch. Please remember to call us and **CANCEL** your meal if you cannot attend.
Our Take-Out lunch is paid for at the Front Office of the Golden Age Center and lunch is picked up at the Kitchen from our talented Chef. Enjoy!

July 2024 Lunch Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Travel Club meeting  Chicken Carbonara	2 Swedish Meatballs with Rice	3 Patriotic Birthday Party \$6 Pork Chops with Applesauce, Hearty Vegetables & Strawberry Shortcake	4 CLOSED 	5 Souper Seniors 	6
7	8 Cow Appreciation Day \$5 Call for special menu! 	9 Meatloaf with Mashed Potatoes	10 Lasagna with Garlic Bread and Green Beans	11 Golden Age Center Birthday Party Call for special menu! 	12 Souper Seniors 	13
14	15 Beef Taco Salad	16 716 Day \$5 Pepperoni Pizza, Chicken Tenders with Carrots & Celeri with Ranch Cup	17 Chicken à la King with Biscuit	18 Executive Board meeting \$6 Savory Beef Tips over Noodles	19 Souper Seniors 	20
21	22 Italian Sausage with Peppers, Onions & French Fries	23 Ham & Swiss Melt with Ambrosia	24 Shepherd's Pie	25 General Meeting \$6 Fried Chicken with Stuffing, Four Bean Salad, and MORE!	26 Souper Seniors 	27
28	29 Monte Cristo Sandwich with Chips	30 Chicken & Vegetable Stir Fry with Rice & Pineapple	31 Spaghetti & Meat Sauce with Peas	<div> Menu may change without notice. Special Diet meals may be different than stated on the menu to meet dietary requirements. Thank you for understanding! </div> <div> 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. Thank you! </div>		

Updates to our July Schedule

The Golden Age Center will be **CLOSED** on **Thursday, July 4** in observance of the Independence Day holiday. Please join us at **9am** for the **48th Annual Independence Day Parade** **AND** the **48th Annual Dick Bessel Independence Day Run**! Join in the fun of this Island tradition.

Monthly Meetings

Time with Town Supervisor Marston

Supervisor Pete Marston will be here to talk with our Golden Age Center members on **Thursday, July 25 at 12:20pm**. He will be updating us on happenings taking place in Grand Island. He looks forward to seeing Golden Age members then!

Travel Club & Conversation with Carrie

Enjoy your beverage and breakfast item and come and join Carrie this morning as she discusses and signs up folks for July programming and those trips planned for the months of July & August. Bring your checkbook to hold your spot on the wonderful day trips and excursions coming up! Join in the excitement on **Monday, July 1 at 10:00am**!

Executive Board Meeting

Club President Joy Mesmer requests the presence of all Executive Board members for the monthly meeting before lunch at **11:00am**, on the Stage, on **Thursday, July 18**. She will be discussing Club business, to discuss summer & fall events, yearly plans, 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!

General Meeting

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.

Evening Program

Wednesday, July 10: 4:30PM Doors Open, 5:00PM

Potluck, 6:00PM Program

University Express: Buffalo's Murals

In the last several years, there has been an explosion of murals in Buffalo. They come in all shapes and sizes and are all over the region. Explore Buffalo has several tours by bicycle and on foot that explore some of these. This talk is designed to give you an overview of the locations, artists, and wide variety of murals around town. You are welcome to join us for both evenings' activities, OR, just come later for the presentation. We do ask that you bring a dish to pass for the potluck, please. **REGISTRATION IN ANY UNIVERSITY EXPRESS PROGRAM IS A MUST BY CALLING THE GOLDEN AGE CENTER AT (716) 773-9682.**

Tuesday, July 16: 3:30PM – 8:00PM

Evening Trip – The Wilson Community Farmer's Market and Brownie's Car Cruise Night

We will be leaving the Golden Age Center at 3:30pm and heading out to Wilson. You can take yourself around and enjoy the market, dinner, ice cream and the car cruise. Live entertainment will be there as well for all to enjoy! We will leave around 7:00PM to return to the Golden Age Center. The cost of this trip is **\$15.00 per person**, which includes transportation and admission to the car show.

Tuesday, July 30: 6:00PM

Evening Trip – Potluck and Concert at Town Commons

Join us for a night of great, live entertainment and a feast of food! We will be leaving the senior center at 5:45PM and heading to Town Commons. We will set up a potluck of sorts – we encourage you to bring picnic and finger food items. The concert will begin at 7:00pm and we will listen to classic rock from the 1960s to the present day, as played by *The Ellen Band*. **The cost is \$1.00 per person, if you need transportation. We will have chairs available for your use. Please register for this great program, even if you don't want transportation. Join in the fun of the Tuesday Night Concert series AND our Tuesday Night FUN!**

Health Insurance Information

Highmark Blue Cross Blue Shield of WNY

Jeff Lewis, from Highmark Blue Cross Blue Shield of WNY, will be on site to assist with planning for Medicare and retirement health coverage. Stop on by on **Wednesday, July 10 from 9:30am-11:30am** and have some peace of mind about the many upcoming health insurance changes in 2024.

Independent Health

Do you want to learn more about these programs offered through Independent Health? Do you also have chronic heart conditions? Come in and meet Jessica Bielawa, an Individual Sales Consultant with Independent Health, and Michelle, on **Tuesday, July 30, from 10:30am—12:30pm**, as they both will be set up in the Dining Area and can meet with you individually to answer questions. **Michelle** from Independent Health will also be here to talk about **chronic heart conditions**, and how Independent Health can help you. If you would like to schedule a time during Jessica's and Michelle's visit as noted above, please call the Golden Age Center at (716) 773-9682.

Crafts

Monday, July 15: 10:30AM

Create Origami Flowers with Anne Hagopian

Many requested this program, and Anne is willing to teach you! You can see some of her work in the Corner Cabinet in the Front Lobby. Come and craft with Anne, with this beautiful craft program! **Please register by Thursday, July 11 to ensure that Anne has enough supplies for all to participate AND pay Anne \$1.00 at the class.**

Monday, July 29: 1:00PM

Crafting for a Cause

This afternoon, we will be putting together bags for our members, and we will be creating cards and small gifts for our Meals on Wheels Recipients. Please join us as we come together to send smiles across the miles! Giving back to others in our community means so much and makes us feel good!

Bookmobile

Friday, July 12: 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!

Celebrations

Monday, July 8: Starting at 10:00AM

Cow Appreciation Day

Did you know that there was even this day? It was created by the Chick-Fil-A chain in support of all the hard work cows do for us: providing food and fuel and helping to promote a sustainable environment. We here at the GAC also recognize the importance of the cow- especially the cute ones! Well today we will celebrate in our own way- Cow Chip Throwing Contest in the morning along with a rousing wrangle the cow game. We will have a “moovalous” meal for lunch (look for the menu cards to be posted) followed by Cow Chip Cookie Social starting at 1:00 pm. While we might have to “beef” up security for this event, it will still be a very moo-ving experience for all that attend this bovine event. Guaranteed to have udderly ridiculous fun. **Don't be a plop- make your reservations for this special event and sign up early.**

Thursday, July 11: 11:00AM—12:45PM

Birthday Party for the Golden Age Center

Let's celebrate the birthday of the Golden Age Center, which opened back up in 1961! We will be looking at the slides of the 1973 July 4th Parade and history from yesteryear, along with a themed meal from 1961, music, birthday cake, and MORE special surprises along the way! Join in the fun!

Mind Aerobics

Wednesday, July 10: 10:30AM

Music Trivia

Join Carrie this morning as she plays a bit of music. Can you guess the song? Music trivia will also be included. Music lovers unite as we join in trivia fun!

Tuesday, July 30: 1:00PM

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!



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

Presentations

Wednesday, July 10: 4:30PM Doors Open, 5:00PM

Potluck, 6:00PM Program

University Express: Buffalo's Murals

In the last several years, there has been an explosion of murals in Buffalo. They come in all shapes and sizes and are all over the region. Explore Buffalo has several tours by bicycle and on foot that explore some of these. This talk is designed to give you an overview of the locations, artists, and wide variety of murals around town. You are welcome to join us for both evenings' activities, OR, just come later for the presentation. We do ask that you bring a dish to pass for the potluck, please. **REGISTRATION IN ANY UNIVERSITY EXPRESS PROGRAM IS A MUST BY CALLING THE GOLDEN AGE CENTER AT (716) 773-9682.**

Wednesday, July 17: 10:30AM

Bee Keeping with Joe

Come and join us as we learn a little bit about bee keeping and the cycle of a bee's life. There will be a tasting of honey made by the bees on Grand Island. Please sign up at the Office or by calling (716) 773-9682 for this program.

Friday, July 19: 10:30AM

University Express: Books and Censorship: History Repeats Itself

Join Dr. Linda Drajem, retired from Buffalo Public Schools and Buffalo State College as she delves into the history of banned books. The American Library Association documented more books bans in 2022 and 2023 than in any other time since they began compiling data 20 years ago. Where is this happening? Which books are most likely to be cited? Why now?

REGISTRATION IN ANY UNIVERSITY EXPRESS PROGRAM IS A MUST BY CALLING THE GOLDEN AGE CENTER AT (716) 773-9682

I'm not old. I've just been young for a very long time.
~Unknown



Solar Eclipse Glasses

Recycle your Solar Eclipse Glasses with US! We will be sending our Solar Eclipse Glasses off to countries that will be enjoying solar eclipses coming up in the next year. Help those in need see upcoming solar eclipses SAFELY!

Wellness & Support Groups

Mondays in July: 1:00PM—3:30PM

Choose Healthy WNY Program

Through this 6-class program will wrap up on Monday, July 8. Make the choice to improve your life TODAY! Learn about: *Coping with pain, fatigue & stress; healthy eating, fitness & exercise; problem solving & decision making; setting goals for improving health; effectively communicating with your doctor AND feeling great AGAIN!* For more information on this class, offered by the Golden Age Center AND Erie County Senior Services, stop by the Office or call (716) 773-9682 OR call Erie County Senior Services.

Social Program for Individuals with Dementia

Wednesday, July 10: 1:30PM—4:30PM

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 BACK of the Dining Area of the Golden Age Center. 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.

Celebrations

Monday, July 1: 1:00PM

Ice Cream Sundae Social

Join Carrie this afternoon with a good old-fashioned sundae party on Monday! We will have a variety of toppings for you to enjoy this refreshing treat on a warm summer day. **Cost is \$1.00 and will be payable at the event.**

Wednesday, July 3: 11:45PM; 12:45 – 1:45PM
for entertainment

Let Freedom Ring July Birthday Celebration featuring Tom & Diana Hastings

Come and celebrate not only the birthdays for the month of July, but, also our patriotism on this day before the Independence Day holiday! Wear your patriotic colors, enjoy our special lunch menu, and listen to the performance of the Hastings. Stars and stripes forever as we celebrate and let freedom ring with our July party fun!



**The longer I live,
the more beautiful
life becomes.**

~Frank Lloyd Wright

For Your Information

Lions Club Closet

The Grand Island Lions Club has durable medical equipment for anyone in need. Equipment includes wheelchairs, walkers, canes, commodes, bath seats, etc. Anyone in obtaining an item may call Dick Crawford at (716) 818-6992 or the Golden Age Center at (716) 773-9682 to make an appointment to pick up an item.

ATTENTION!

Please know that the Front and Back doors of the Golden Age Center are open to our facility.

Please say **HELLO** and check in at the Office to let us know what activity you are participating in at the Office. This is to ensure safety and for us to keep accurate attendance in the facility. PLUS, we want to say **HELLO** to our friends! Before leaving, sign OUT at the Office at the Office so we know that you have safely exited the building. *Thank you!*

Please do **NOT** flush paper towels, disposable undergarments, hand wipes, or sanitary items down the toilets in our restrooms. Please dispose of these items in the garbage can, located in each restroom. We are on a septic system, and septic backups can happen easily, making this is an expensive cost for us to incur. Thank you for your help in this matter.

Please **LABEL** your coats or sweatshirts with your first and last name. Members may wear similar looking items and makes it easier for similar coats to go home with the correct members, especially in the Summer months, when we are coming into the senior center, during the warmer, or rainy weather months. ***Thank you for your help and understanding!***

HEAP - Home Energy Assistance Program

HEAP is federally funded assistance with home heating costs and energy conservation for eligible households. Program components include benefit assistance for heat and electricity, furnace repair or replacement, weatherization referral, and cooling assistance (in summer months-based on medical necessity). Do you qualify? To fill out the application with guidance, please make an appointment to meet with our Recreation Supervisor, Jennifer Menter, by calling (716) 773-9682 to make an appointment.

Does your loved one have dementia, Alzheimer's, and you're looking for certain resources? Are you looking for senior housing apartments? **Are you looking for Adult Day programs?** Are you looking for **transportation needs?** *If these are some of your questions, please call (716) 773-9682 for us to point you in the right direction.*

The Golden Age Center will gladly accept the following donations:

- Fake Christmas Trees
- Jam jars
- Yarn
- Sour Cream container lids & Cream Cheese container lids

Fun Activities

Friday, July 5: 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, for up to four (4) boards. ***Come one, come all!*** Join us for laughs, some competition and lots of fun!

Thursday, July 11: 10:30AM

7-11 Day

Hop in the van as we head over to the local 7-11 for 7-11 Day. Bring a covered drink cup so you can partake in the fun.

Friday, July 12: 10:00AM

Cooking with Carrie – Cookout Version!

Come in and sign up for this cooking with Carrie. Decided to celebrate World Kabob or Kebob Day in style. Today's menu will be Chicken Kabobs, rice, easy Fruit Salad, Corn Muffins, fresh Tomato Caprese Salad and for dessert– Strawberry Shortcake Kabobs! ***The cost is \$10.00 and you MUST sign up by Tuesday, July 10th.***

Friday, July 19: 12:00PM

Luncheon Matinee

This afternoon, we will show a movie to surprise you! Ask at the office for the film offering. ***Guaranteed to cause some laughter, we encourage you to join us for the fun!*** Bring your own lunch or sign up early for the lunch being served here. You will be able to enjoy the film while you have lunch. ***Due to the nature of the program, you must register by Wednesday, July 17, by the close of business.***

Service Projects/Gifting to Others

Tuesday, July 2: Starting at 10:00AM

Fourth of July Parade Float Prep

Come one and come all! Join the fun as we put together the items for our float for this week's 4th of July parade in the center of town. Many hands make light work for this venture, and, if you would also like to be in on the parade in some way, please let us know! Be a part of our Golden Age Center float AND our Island tradition!

Wednesday, July 3: 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. Come and join us and lend a helping hand!

Thursday, July 4: EARLY!

GAC 4th of July Parade Float

Sign up to be a part of the parade! See the Office for more details.

Monday, July 29: 1:00PM

Crafting for a Cause

This afternoon, we will be putting together bags for our members, and we will be creating cards and small gifts for our Meals on Wheels recipients. Please join us as we come together to make something to make others smile and to lift their spirits. Help us give back to our community! No need to register; just check in at the Office.

Day Trips

Tuesday, July 9: 10:00AM – 4:00PM

Day Trip - Lunch, Shopping & Movie in East Aurora

We will be leaving the Golden Age Center at 10:00AM and heading directly to the Iron Kettle for lunch. Once we finish lunch, we will be heading into the village of East Aurora, where you will have some time on your own, after which we will meet in front of the movie theatre. The movie shown today will be Elvis Presley in *Jailhouse Rock*. The cost of this trip is **\$15.00** per person, which includes transportation and movie admission; lunch and purchases will be on one's own.

Tuesday, July 16: 3:30PM – 8:00PM

Evening Trip – The Wilson Community Farmer's Market & Brownie's Car Cruise Night

We will be leaving the Golden Age Center at 3:30pm and heading out to Wilson. You can take yourself around and enjoy the market, dinner, ice cream and the car cruise. Live entertainment will be there as well for you all to enjoy! We will leave around 7:00PM to return to the Golden Age Center. The cost of this trip is **\$15.00 per person**, includes transportation; lunch and purchases will be on one's own.

Thursday, July 18: 9:30AM

Day Trip – North Tonawanda Farmer's Market, & Panes Restaurant

We will be leaving the Golden Age Center at 9:30AM and heading out to the market. You will have time to shop around and enjoy their offerings and make your purchases; please bring bags labeled with your name to carry your purchases in. After lunch, we will head over to Panes Restaurant for lunch. The cost of this trip is **\$14.00 per person**, which includes transportation and movie admission; lunch and purchases will be on one's own.

Tuesday, July 30: 9:30AM – 3:00PM

Day Trip – Marilla Country Store & Santora's

We will be leaving the Golden Age Center at 9:30AM and we will head directly to the Marilla Country Store, where you will be given time to shop. Once we are done, we will head over to Santora's for lunch...the place with humongous portions! Once we finish, we will then head back to the Golden Age Center. The cost of this trip is \$14.00 per person, which includes transportation. Lunch and purchases will be on one's own.

Tuesday, July 30: 6:00PM

Evening Trip – Potluck and Concert at Town Commons

We will be leaving the senior center at 5:45PM and heading to Town Commons. We will set up a potluck of sorts – we encourage you to bring picnic and finger food items. The concert will begin at 7:00pm, and we will listen to classic rock from the 1960s to the present day as played by *The Ellen Band*. The cost is **\$1.00 per person**, if you need transportation. We will have chairs available for your use. Please register, even if you don't want transportation.



Do you love to sing?

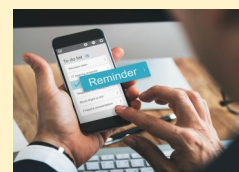
Does music move your soul?



Do you love to sing? Listening to music and singing together has been shown in several studies to directly impact neuro-chemicals in the brain, and fosters social connection and support. New research suggests that singing together releases endorphins, helps us reminisce, helps with well-being and reduces stress. Our ***Chorus*** gathers together on Wednesday mornings at 10am and sings songs from a variety of genres, themes, time periods, showtunes, you name it! If you are interested in getting together to sing in the ***Chorus*** and would like more information, please ask for ***Don*** OR call the Golden Age Center at (716) 773-9682.

JUST A REMINDER! Please mark your CALENDAR!

(see Page 2 of Golden Voice Newsletter)



All Golden Age Center activities that are scheduled in the Community Center will be MOVED to the BACK of the Dining Area from **Monday, June 10—Friday, August 15 due to Summer Recreation Programs. Thank you!**



Help support the **Golden Age Center** by taking your
cans and bottles to:
Bottle Junction

2447 Grand Island Blvd.

Grand Island, NY 14072 (716) 774-1200

When you take your bottles & cans to the counter, please let them know that you'd like your money to go towards the **Golden Age Center**.



Monday Wellness Walks



Join Golden Age staff members at these great locations for a mile walk on the following dates:

Monday, July 1 @ 9:00am

. Nike Base Trail

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

Monday, July 8 @ 9:00am

. West River Bike Path Trail

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

Monday, July 15 @ 9:00am

. Spaulding Trail

(Meet off of Ferry Road, by the East River Marsh Parking Lot)

Monday, July 22 @ 9:00am

. Veterans Park

(Meet in the Parking Lot at the Grand Island Memorial Library)

Monday, July 29 @ 9:00am

. Scenic Woods

(Meet in the Parking Lot at Scenic Woods (off of Bishops Gate & Windham Lane/Sturbridge Lane)

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.

2024 Tuesday Night Summer Concerts

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

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.

* 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 25 @ 7pm: Creek Bend A blend of original, contemporary, and traditional bluegrass with a smattering of gospel, western swing, Cajun, Irish, and country

Tuesday July 2 @ 7pm: Tom Stahl and the Dangerfields Members of the Buffalo Music Hall of Fame, the Dangerfield's 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 9 @ 7pm: (Zonta) Flank the Cover Premiere WNY Cover Band performing an eclectic mix of classic rock, R&B, top 40, and country music

Tuesday July 16 @ 7pm: The Boomers – Rock and Pop From ballads to boogie...a terrific mix of dance music.

Tuesday July 23 @ 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 30 @ 7pm: The Ellen Band Classic rock, from 60s to present day! Janis Joplin, Jefferson Airplane, Rollin Stones, Beatles, a little bit of everyone! 3-person Band, guitar, vocals-John Cameron, Bass, lead vocals-Ellen Trainham and drummer, vocals-Steve Schul. Ellen Trainham, lead singer and bass player has an album out on all major streaming sites, Apple, Amazon, Spotify, etc.

***Tuesday August 6 @ 6:30 pm: (Zonta) Double Down Blues Band** Local band plays the best of B.B. King, Albert Collins, Jack DeKeyser, Tommy Castro and more!

Tuesday August 13 @ 6:30 pm: 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.



Have a fun and safe Summer!



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: _____

Did you know?!?!?



A free light breakfast is available each morning from **8:00am—11:30am** in the Dining Area for all to enjoy. A variety of donuts, pastries and coffee is available for our Golden Age members to enjoy. Enjoy this among the company of members and friends!

Bread Donations from Tops Markets



Due to the generosity of Tops Markets, we receive donations from Tops on Mondays, Tuesdays and Thursdays. Members can choose to take home one item per person to enjoy. We are thankful and grateful for the generosity of Tops Markets for the breads, pastries, cookies, and desserts they provide our Golden Age members!



Half way through 2024! 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 _____ |

GOOD LUCK to YOU! Soak up the SUN and enjoy this beautiful MONTH!

Nike Base Par 3, 9 Hole Golf Course

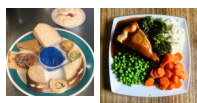


The Golden Age Center has four golf bags of clubs available for member use and ready for interested individuals to borrow to practice their golf swing and practice their golf skills on the Nike Base! Stop by the Office to sign out a bag of golf clubs and golf cards to keep score. Golf clubs must be returned by 3:45pm.

A warm  **to all our new members of the Golden Age Center, as of June 2024:**

Wendy Menter	Natalie Grunzweig	Mark Gollwitzer	Jenn Pusatier	Rich Nassar	Debra Rosetti	Dede Secic	
Dick Snyder	Barbara Snyder	Carol Haines	Susan Grenda	Brian Kenney	Linda Velarde	Joseph Roettler	Maureen
Steck Paul Steck	Kathleen Kapus-Shackelford	Dave Miller	Janis Miller	Patti Nardone	Sally Goris	Pat Bedford	Richard
Garlapow	Kathleen Garlapow	David Bailey	Rebecca Simpson	Megan Calero	Shirley Rogers	John Parisi	Mary
Vescio	Margie Gambino	Susan Palcic	Marilyne Brandoni	William (Bill) Brandoni			

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 winners will be drawn the last day of the month. **RICK BERTI & MIKE OWEN are the WINNERS for the month of JUNE! CONGRATULATIONS!**

Members we lost in June 2024:

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.

Sally Waterson

Elaine Hardman

Members that were sick in June 2024:

Bernadette D'Aurelio Lawrence D'Aurelio Paul Bassette Marie Casey Ruth Cunningham Garry Deutchlander
Iris Galeza Dick Koch Nancy Koch Betty Marinell Bill Ortiz Penny Panepinto Fran Fusco Henry Lobl
Pat Ehinger Joyce Berk John Stark Bobbie Capp Bill Salansky John Duchnik David Johnson
Nancy Tobe Chuck Tobe Sue Whitbeck Barbara Berry Kay McGuire Bob Lamb Carol O'Connor



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

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 Trails

The Nike Base Trail system consists of over 3 miles of six marked trail loops. The trail-
head is at Nike Base and allows access to ample parking. The trail network connects
the West River Shoreline Trail to WNY Land Conservancy's Margery Gallogly Nature
Preserve. Enjoy the seven trails and pick up a map at the Golden Age Center OR
Recreation Department!

Veterans



Calling all veterans! Thank you for your service to our country, thank
you for your bravery, and thank you for the example that you set for us.
If you are a member of our senior center, and you are a veteran, let Jen
know, and let Jen know what branch of service that you were a part of.

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 Club

Here is your next Executive Board as of
November 2023. Elections were held on

Thursday, November 16 at the General Meeting
during the Thanksgiving Dinner and the Installa-
tion of Officers was held at the General Meeting
at the Christmas Dinner on Thursday, December
14, 2023. 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.....Beth Julin

Treasurer.....Bob Vaccaro



"The summer night is a
perfection of thought."



~ Wallace Stevens

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.



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



Our Coffee for the Month for July has been graciously donated by **Pat Shaw**, in memory of **Sheila Colan**. We are grateful for their thoughtful generosity and support! *This program will continue due to the generosity of our Golden Age Center friends!*



Call the Golden Age Center TRANSPORTATION Department at (716) 773-9682 to book your transportation appointment!

Our Transportation Services are available for the following:

- [Bringing members to the Golden Age Center](#) to socialize and participate in our 34 consistent weekly programs and many varied special events
- [General Medical Appointments](#) not requiring sedation
- [Nutrition](#) – Dining at the Center OR Grocery Shopping
- [Financial](#) – Banking, Social Security Administration, going to the Post Office, Town Hall, and so forth

- [Personal Care](#) - Hair Salon appointments and Barber Shop

[Medical appointments:](#) Please schedule as far in advance as possible!

[Golden Age Center visits:](#) Call us at least two days in advance, to be put on the van schedule.

[All other appointments:](#) Schedule as far in advance as possible. We will do our best to accommodate your request.

Call us TODAY!

July Kayaking Program for Golden Age Center



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 East River Marsh to the historic River Lea dock. From here we will cross the river channel to the NYS DEC Motor Island Wildlife Management Area, drift along this area, then head back across the river to the East River Marsh. 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: East River Marsh Kayak 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: Friday, July 12, 2024

Max Seats: 6 participants

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

Do you have concerns about falling?

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.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

This program emphasizes practical strategies to manage falls.

IN CLASS YOU WILL LEARN TO:

- **View falls as controllable**
- **Set goals for increasing activity**
- **Make changes to decrease fall risks at home**
- **Exercise to increase strength and balance**

WHO SHOULD ATTEND?

- **Anyone concerned about falls**
- **Anyone interested in improving balance, flexibility and strength**
- **Anyone who has a history of a fall has limited activity because of a fall**

VARIOUS TOPICS INCLUDE:

- **Identifying home hazards**
- **Exercise & strength training**
- **Medications (How they relate to falls)**
- **Proper Footwear**
- **Eye Exams**
- **Personal Emergency Response Systems**
- **Nutrition (and how it affects falls)**

The next class will be held:

Where: The Golden Age Center

3278 Whitehaven Rd

Grand Island NY 14072

Date: Thursdays, September 12-October 24

Time: 1:00PM—3:00PM

For more information or to sign up: Call or e-mail

Jen Menter

(716) 773-9682

jrmenter@grand-island.ny.us

