

The Golden Voice

July Events

This July, we have a showcase of events going on to make for **a sensational end to the SUMMER season!** We are excited to announce the following events:

Saturday Night Geezer Disco Birthday Party with the Hastings

Wednesday, July 1: 11:15am - 1:45pm

SPECIAL Holiday BINGO!

Thursday, July 2: 1:00pm

Coffee & Conversation & Travel Club Meeting

Tuesday, July 7: 10:00am

Get ready to win GREAT PRIZES with our great Holiday Bingo games! *Get out your Lucky boards!*

Schedule a program by calling our Golden Age Center by calling (716) 773-9682.

Get in quick!

July 2026



June Event Photos

Did you get snapped at our last events? Check out the photos below and also check out our website to see if you were snapped at our great, fun events!



A Warm Welcome from our Incredible Staff

Welcome to the Golden Age Center!

The Grand Island Golden Age Center provides services to all Grand Island residents, 50 years of age and older, regardless of religious, racial, political or ethnic background. This Town-sponsored facility provides transportation services, special events, educational, recreational & travel opportunities, as well as a congregate site featuring home-cooked meals & Meals on Wheels on weekdays. Our mission is to provide safe, nurturing, and enjoyable activities to meet the needs of our senior population. Membership is free of charge for Grand Island residents. The staff and members of the Golden Age Center welcome you!

Recreation Supervisor - Senior Citizen

Jennifer R. Menter

Recreation Leader - Senior Citizen

Carrie Mesmer

Transportation Coordinator

Fran Molnar

Program Coordinator

Jenny Gula

Van Drivers

Tammy Violanti

Fran Molnar

Nutritional Staff

Cathy Moore

Ryan Zygmunt



A Message from Jen

JULY is a month filled with Independence Day, Blueberry month, Parks & Recreation Month, the start of summer, and the growing season. Let's make it a MEMORABLE month for you all. Set a new routine to *kick start your SUMMER and enjoy great programming with us!*

We are now in month FIVE of our Composting project with Erie County! In order to reduce waste, we are composting the following: food waste, tea bags, coffee grounds, food liquids, napkins, paper plates (non-plastic coated), egg shells, to name a few. When disposing of garbage, please help us reduce our waste by throwing your garbage in the appropriate bin! Thank you for being so mindful as you toss out trash. We average 135 pounds of compost a month! Great job, ALL! Keep up the amazing work!

As we continue our Summer Cleaning and Updates for our facility, and we have continued to freshen up our spaces and now have a revamped different spaces of our facility. On our Stage, we have a nice open space now for Piano Playing, Chorus, Line Dancing, Mahjonn, meetings and MORE! In the BACK of the Dining Area, there are new puzzles made weekly at our Puzzle Corner, we have added space to our area. Outside, drainage work continues, as well as parking lot updates. Our gardens will be updated and freshened up out front and by the Memorial Wall.

Use caution and drive SLOWLY through the parking lot, as construction is taking place. MANY updates will continue throughout the year, both INSIDE and OUTSIDE our building.

Thank you for your flexibility!

We have a rack out in the Coat Room for you to hang your wet hats, and the boot trays are out for you to place your rainboots and umbrellas... 'tis the season for the pop-up storms with the summer heat!

Did you know we have FREE Wi-Fi? When you come to Nike Base, we'll show you what our Wi-Fi Name is! NEW Wi-Fi routers are being installed this month.

We are into Rollercoaster Weather Season! Please bring a sweater or jacket with you, as the air conditioning will be on for the hot days, and we try our best to keep everyone comfortable, with all the varying comfort levels of our members. Thank you for understanding!

At the end of July, we will be having our next Summer Recreation Concert, showcasing all the talents of our Golden Age clubs & Summer Recreation programs. Stay tuned to join us for this event!

July is a month of hope and fresh beginnings and life. Together, let's make it joyful and jubilant!

Best, Jennifer R. Menter

(716) 773-9682

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |

www.grandislandny.us/280/Golden-Age-Center Open 8AM - 4PM Mon. - Fri.

The Golden Voice

Welcome to our new members of the Golden Age Center in the month of June 2026:



Amy Hosler
Claville Thomas
Constance Thomas
Jim Lindsey
Sandy Hingston
Laurie Albertsson
Kelly Catanzaro
Kim Ludwig
Nell Mohn
Camille Lombardo

Welcome!

Coffee for the month of **July** will be **FREE** compliments of **American Legion Post #1346** in honor of **Golden Age Center members**



We are grateful for the thoughtful generosity and support of our donors! This program will continue due to the generosity of our Golden Age Center friends!

(716) 773-9682

July 2026 Consistent Weekly Programs at the Golden Age Center

MONDAY:

Independent Craft Activities: Work on your craft projects independently at your leisure from **8:15am—12:30pm; 2:15pm— 3:45pm in the Arts & Crafts Room**

Billiards games: Join us for exciting Billiard games! Whether you're a seasoned player or a beginner, this is perfect for anyone who loves the game. All are welcome to join **8:15am onward in the Lounge**

Tai Chi: Experience meditation in motion and this mind-body practice at **9:00am** at the **BACK of the Dining Area**

Guitar: Strum and play fun songs on the guitar at **10:00am in the Music Room on the Stage**

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

Morning of Games: Play Ping Pong, Foosball, Shuffleboard, and other games with friends at **10:30am in the Community Center (on pause July - mid-August)**

Card Games & Dominoes: Play a variety of card games with friends from **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 **FRONT of the Dining Area**

Gentle Yoga: **1:00pm** with **Sue** in the **BACK of Dining Area**

Chinese Mahjongg: **1:00 - 3:00pm on the Stage** with **John**

TUESDAY:

Independent Craft Activities: Work on your craft projects independently at your leisure from **8:15am—12:30pm; 2:15pm—3:45pm** in the **Arts & Crafts Room**

Billiards games: Join us for exciting Billiard games! Whether you're a seasoned player or a beginner, this is perfect for anyone who loves the game. All are welcome to join **8:15am onward** in the **Lounge**

Total Body Workout: Designed to target all of the major muscle groups in the body, this class incorporates strength training using various equipment, such as light weights, resistance bands, exercise balls, and body weight. Join us at **9:30am** with **Michelle & Diane** in the **BACK of Dining Area**

Seniors in Stitches: Stitch away with your favorite craft at **10:00am** in the **Arts & Crafts Room**

Line Dancing: This is a line dancing class...with a twist! Join **Richard** at **11:00am** on the **Stage**

Canasta, Dominoes & Card Games: Play a variety of card games with friends from **12:30pm -3:45pm** in the **BACK of the Dining Area**

Mahjongg: Mahjong is a game that originated in China, and it's a game that requires some skill, strategy, calculation, and a bit of chance! Come play at **12:30pm** at the **BACK of the Dining Area**

Advanced Line Dancing This is a line dancing class...with a twist! Join **Richard** at **12:45pm** on the **Stage**

Bingo: **1:00pm** with **Carrie** in the **FRONT of the Dining Area**

Bowling: For **\$7**, bowl **3 games** and get in on the friendly fun! Join **Joanne** at **4:00pm** at **Mallwitz Island Lanes**

Welcome to the Golden Age Center!

YES

	Fruit & Vegetable Scraps, Expired Produce		Eggshells
	Grains breads, dough, pasta, rice, etc.		Dairy
	Plate Scraps		Meat, Fish
	Certified BPI or CMA Compostable Liner Bags		Food-Soiled Paper plates, napkins, cups (non-plastic lined)
	Herbs, Flowers		NO Plastic gloves, cups, packaging, plastic lined cups & plates, etc.
	Coffee Grounds, Filters & Tea Bags		

In partnership with Erie County Department of the Aging, we are now participating in composting, to further reduce our waste at our senior center!

Be mindful of what you throw away at our senior center.

We compost the following:

- Food scraps, coffee & tea liquids, beverages & soups
- napkins
- and MORE!

For more information, just give us a call at (716) 773-9682 and we are happy to answer any questions.



Should there be changes to our daily schedule, due to weather conditions, emergencies, and so forth, we will notify you of changes in the following ways:

- Updates on our Golden Age Center webpage
- E-blast to our members
- Post updated information on our Town of Grand Island website, on the Main Page, under "Alerts"

For more information, just give us a call at (716) 773-9682.

WEDNESDAY:

Independent Craft Activities: Work on your craft projects independently at your leisure from **8:15am—12:30pm; 2:15pm—3:45pm** in the **Arts & Crafts Room**

Billiards games: Join us for exciting Billiard games! Whether you're a seasoned player or a beginner, this is perfect for anyone who loves the game. All are welcome to join **8:15am onward** in the **Lounge**

Wellness Walks with Walking Club: Walk your way to wellness with your peers at **9:00am** with **Jen** at the **Golden Age Center**

Chorus: Sing songs of all different genres among your peers at **10:00am** with **Don** on the **Stage**

Artists' Haven: Come and Paint with us! Bring your paints, your palette, your paintbrush and let your imagination run wild and inspire you, as we paint in a room filled with bright sunlight at **10:00am** in the **Arts & Crafts Room**

Sit and Stretch: Stretch your tight muscles, relax your mind, calm your body and soul, and leave feeling rejuvenated at **10:00am** with **Sue** in the **BACK of the Dining Area**

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

Afternoon of Games: Play Ping Pong, Foosball, Shuffleboard, and other games with friends at **1:00pm** in the **Community Center (on pause: July - mid-August)**

SHAKESPEARE
IN DELAWARE PARKS
TOURING PRODUCTION PRESENTS

FOOLS
— AND —
FOES

A Collection of Shakespeare's Notorious Clowns & Villains
Visit shakespeareindelpark.org for schedule and details

Join us for the 51st Season with **Fools AND Foes**
Monday, June 29 at Nike Base Park
7:00pm

Featuring food offerings at our *Noshes & Nibbles* Snack Stand,
starting at 6:30pm:

Romeo's **Charcuterie Platter for \$6.00**

A collection of scenes featuring Shakespeare's most villainous, and
comedic characters, directed by **Nathaniel Higgins!**

Featuring a cast of six
Paige Cummings
Cody Gooley
Camille Keeves
Devin Klumpp
Sue McCormack
Julianna Tracey

Celebrating our 51st season of providing **FREE Shakespeare!!!**
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

The Golden Voice

July 2026 Consistent Weekly Programs at the Golden Age Center

Members who are sick and under the weather in June 2026; we send you healing thoughts your way!



Joyce Berk

Jacquie DesJardins - LoManto

Rob Frasier

Bogdan Fundalinski

Casey Galeza

Iris Galeza

Tom Kunselman

Barbara & Bob Lamb

Jack Lilloco

Freida Litzel

Jack Mahnk

Elaine Miller

Tom Natale

Shirley Norman

Joe Paolucci

Tom Pynn

Peg Price

Dave Rogers

Dee Schuman

Mary Stewart

John Synakowski

Chuck Tobe

Barb Weinrib

Jean Yarwood



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



THURSDAY:

Independent Craft Activities: Work on your craft projects independently at your leisure from **8:15am—12:30pm; 2:15pm—3:45pm** in the **Arts & Crafts Room**

Billiards games: Join us for exciting Billiard games! Whether you're a seasoned player or a beginner, this is perfect for anyone who loves the game. All are welcome to join **8:15am** onward in the **Lounge**

Total Body Workout: Designed to target all of the major muscle groups in the body, this class incorporates strength training using various equipment, such as light weights, resistance bands, exercise balls, and body weight. Join us at **9:30am** with **Michelle & Diane** in the **BACK of the Dining Area**

Pinochle, Dominoes & Card Games: **12:30pm –3:45pm** in the **FRONT of the Dining Area**

Bocce: **12:30pm –2:30pm OUTSIDE at the Golden Age Center**

Balance for All: This program includes gentle strengthening exercises, coordination drills, and balance challenges. This class is designed to enhance your overall stability and is designed to increase activity levels. Join **Jenny & Jen** at **1:00pm** in the **BACK of the Dining Area**

FRIDAY:

Independent Craft Activities: Work on your craft projects independently at your leisure from **8:15am—12:30pm; 2:15pm—3:45pm** in the **Arts & Crafts Room**

Tai Chi: Experience meditation in motion and this mind-body practice at **9:00am** in the **BACK of the Dining Area**

Chess: Strategize and play games of Chess at **9:00am** on the **Stage**

TGIF Couponing: Cut coupons with us for those in need at **9:15am** in the **Dining Area**

Read & Feed Book Club: Designed to share in friendship & a love of reading! Join us at **10:00am** in the **Arts & Crafts Room**

Poker & Euchre: **11:00am** onward in the **Lounge & Dining Area**

Mahjongg: Mahjongg is a game that originated in China, and it's a game that requires some skill, strategy, calculation, and a bit of chance! Come play at **12:30pm on the Stage**

Chair Yoga & Meditation: Exercise & do yoga from the comfort of the chair with gentle poses. Leave feeling Zen and at peace. Join **Martha** at **1:00pm** in the **BACK of the Dining Area**

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

(716) 773-9682

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |

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www.grandislandny.us/280/Golden-Age-Center Open 8AM - 4PM Mon. - Fri.

For Your Information!

Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member.



Golden Age Center Lunch Calendar

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.

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 12NOON Monday-Thursday & 11:30am on Friday, for lunch participants to enjoy, among the company of the senior membership, in a home-like setting. Please call (716) 773-9682 to reserve your lunch. Please remember to call us and **CANCEL** your meal if you cannot attend so that we can sell your lunch to another member.

July 2026 Lunch Calendar

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 Winter and Spring months, when we are coming into the senior center, during the snowy 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. **REMINDER: HEAP for Cooling Benefits opens on April 15 and available until funds are exhausted.**

HEAP - Home Energy Assistance Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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.</p> <p><i>Thank you!</i></p>			<p>1 \$8 Saturday Night Geezer Disco Party with the Hastings Surprise Retro-themed menu!</p>	<p>2 Stuffed Peppers with Garden Salad and Roll & Butter</p>	<p>3 CLOSED</p>	<p>4 HAPPY 4TH OF JULY</p>
	<p>6 Travel Club meeting Breaded Chicken with Stuffing, Carrots & Fruit Salad</p>	<p>7 Open-Faced Roast Beef with Mashed Potatoes & Mixed Vegetables</p>	<p>8 Beef Taco with Chips, Salsa, Corn & Tropical Fruit</p>	<p>9 Chicken Pot Pie with Ambrosia and Roll & Butter</p>	<p>10 Souper Seniors</p>	<p>11</p>
	<p>12</p>	<p>13 Pulled Pork with Hearty Macaroni & Cheese</p>	<p>14 Brunch for Lunch Pancakes, Sausage, Yogurt Parfait, & Scrambled Eggs</p>	<p>15 Hot Dog with Toppings Bar, Macaroni Salad, Baked Beans & Pickle</p>	<p>16 Executive Board meeting \$6 Turkey Dinner with Stuffing, Cranberry Sauce & Carrots</p>	<p>18</p>
	<p>19</p>	<p>20 Sloppy Joe Sandwich with French Fries</p>	<p>21 BLT with Cup of Soup, Side Salad & Jello</p>	<p>22 Greek Chicken Wrap with Tomato Cucumber Salad & Fruit</p>	<p>23 General Meeting \$6 Savory Beef Tips over Noodles with Hearty Vegetables, Fruit Salad & Pie</p>	<p>25</p>
	<p>26</p>	<p>27 Julienne Salad with Cup of Soup and Roll & Butter</p>	<p>28 Hamburger with Toppings Bar, Chips, Pickle & 3 Bean Salad</p>	<p>29 Spaghetti with Meat Sauce, Garlic Bread & Green Beans</p>	<p>30 Italian Sausage with Onions & Peppers and Baked Penne</p>	<p>31 Souper Seniors</p>

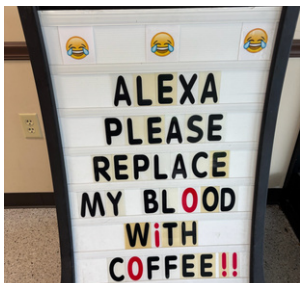
(716) 773-9682

The Golden Voice
Members that we lost
in the months of
May & June 2026:



- Joan Barone**
- Chuck Delavalle**
- Jim Huffman**
- Dolores Laska**
- Dennis Scheffler**
- Edward Shelp**

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!



July 2026 Special Events Calendar at the Golden Age Center

Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member.

Thursdays & Tuesdays in JUNE: Thursday, June 4 & Tuesdays, June 9 & June 16: 10:15AM - 11:15AM Cooking with SASS!

Join our popular instructors, Janice & friends from Erie County Department of the Aging, as they continue a 3-week fun, interactive & hands-on cooking series! They are smart & simple sustenance for EVERYONE! Participants CAN sign up for EACH individual week. This special workshop program includes hands-on participant involvement & food sampling. You MUST register ahead for this program. This program is FREE! For more information, please call Jen at (716) 773-9682.

Wednesdays: 9:00AM
Wednesday Walking Club

Kick off your morning with a great walk, along with the company of your peers! Meet us at the Golden Age Center and start your walk by 9:05am as we walk to the following locations: NO rain location will be offered in the month of June. **7/1:** West River Bike Path NORTH; **7/8:** Big Six Marina; **7/15:** Nike Base Trails; **7/22:** West River Bike Path SOUTH; **7/29:** Big Six Marina

Wednesday, July 1, Wednesday, July 15 & Wednesday, July 29: 10:30AM-11:30AM
FeedMore Farm Market Truck

Stop by and purchase fresh, healthy, affordable and locally-grown produce! The FarmMarket Truck will be here from 10:30am - 11:30am with their offerings today. The FarmMarket Truck accepts cash, credit, debit and SNAP!

Wednesday, July 1: 9:30AM

Birthday Party Set-up

Calling all decorators! Come and help us set up for today's party. Many hands make light work!

Wednesday, July 1: Activities begin at 11:15AM; entertainment at 12:45PM

Saturday Night Geezer Disco Party with The Hastings

So, get up and boogie your way to the Golden Age Center today for this month's GROOVY birthday party event of the summer! Dig out your disco attire, including bell bottoms and big hair, as we dance along to the best hits of the disco days. Come on down to funky town and wiggle your way through the disco den of the 70s. Join us for the activities prior to the party, beginning at 11:15AM, and enjoy the 70s appetizer table before the special disco themed menu. Our Birthday Split Club Raffle will start at 11:50am, we will eat our birthday lunch at 12Noon, and we will enjoy disco music from the Hastings at 12:45pm. Get on down with us!

Thursday, July 2: 10:00AM

USA Trivia

Come and test your knowledge on a variety of trivia relating to the 250th anniversary of the signing of the Declaration of Independence and all things American!

Thursday, July 2: 1:00PM

Special Holiday BINGO

Play today's special BINGO! Due to the nature of the prizes, this bingo will be a total of \$3.00 and gets you a maximum of 4 boards.

Friday, July 3

The Golden Age Center is CLOSED today in observance of the Independence Day holiday. Have a safe and happy Fourth of July holiday, as we gather together to celebrate America's 250th anniversary!

(716) 773-9682

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 | **6**
www.grandislandny.us/280/Golden-Age-Center **Open 8AM - 4PM Mon.-Fri.**

The Golden Voice

July 2026 Special Events Calendar at the Golden Age Center

Golden Age Center Transportation Vans

Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member.



Monday, July 6: 10:00AM

Day Trip: Cottages at Darien/My Saloon

Join us as we head out to Darien for a repeat visit to the Cottages at Darien. You will see lovely floral gardens and gift shops. Proprietor, Peggy Tyrell, will show us around and possibly show us a craft technique should time allow. After our visit, we will head to My Saloon for lunch. **Cost: \$15 per person for transportation; purchases and lunch on your own.**

Tuesday, July 7: 10:00AM

Coffee & Conversation/Travel Club with Carrie

Join Carrie this morning as she serves some tasty beverages, treats, and highlights the special programs for the month of July. She will review the information, answer questions, and sign people up, as requested. We will discuss July trips and roll out the August trips; signups can begin with payment after the meeting. As always, it is important to read your newsletter and check out all the events! Bring your calendars so you can add your events.

Tuesday, July 7: 4:15PM

Day Trip: Anderson's/Concert in Town Commons

We will leave the center at 4:15pm and head to Anderson's for dinner on our own. After, we will sit together in a special area with chairs at the Marion Klingel Town Commons and enjoy the musical guest, Rock Revival, an active cover group in the region who is known for playing rock anthems from the 1960s to the 1990s. **Cost: \$5 per person for transportation; dinner will be on one's own.**

Wednesday, July 8: 10:00AM

Hole in One

In recognition of National Golf Month, come and practice your golf swing and try for a hole-in-one! Come and have fun inside, where it is cool and

Wednesday, July 8: 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 Golden Age Center on the Nike Base. This is a social group, respite that we find benefit 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 9: 10:00AM

Grocery Bingo!

One of many NEW Bingo programs! For only a \$3.00 fee, you can try to win some grocery items! Each month, there will be a different type of Bingo, so join in the fun and try to win!

Thursday, July 9: 12:45PM ****NOTE: date change from University Express catalog****

University Express: Cancer Education Services with Lisa Milewski

Catching cancer early – before symptoms arise - plays a crucial role in improving outcomes and survival rates. The Erie County Cancer Services Program (CSP) provides breast, cervical and colorectal screenings to eligible individuals that reside in Erie County, NY. Presented by Lisa Milewski, Sr. Outreach Aid, Cancer Services. You must register ahead for this program, so please call (716) 773-9682 OR register with the Office.

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 scheduled 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!**

Call us at **(716) 773-9682** and ask to speak to Jenny, our Transportation Coordinator.

(716) 773-9682

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 | **7**
www.grandislandny.us/280/Golden-Age-Center Open 8AM - 4PM Mon. - Fri.

Golden Age Club



MISSION STATEMENT of the Grand Island Golden Age Club:

- * To make the later years of life a "Treat rather than a Retreat".
* To recognize Recreation as a basic human need
* To bring new interests, activity & friendships into retirement living.
* To provide creative experience that gives personal happiness & satisfaction.

Friday, July 31: 12:15PM Cooking Fun with Carrie- Blueberry Muffins!

July is the month of blueberries. Join Carrie as she shares a recipe that she has used for years that is not too sweet! You will enjoy some and take some home. Cost: \$5.00 per person; please register and pay at the Office by Monday, July 27.

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!

Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member.

Friday, July 10: 10:00AM

University Express: The World Came to Buffalo: Remembering the Pan-American Exposition 125 Years Later with Douglas Kohler

The Pan-American Exposition was intended to showcase Buffalo's prominence in 1901. Planners expected over 20 million visitors to come to the Pan-AM, but instead, the fair is largely remembered for the assassination of President McKinley. Join Erie County Historian, Douglas Kohler, for a look at Buffalo's worlds' fair as we commemorate the 125th anniversary of the Pan-American Exposition. You must register ahead for this program, so please call (716) 773-9682 OR register with the Office.

Friday, July 10: 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!

Friday, July 10: 12:45PM

Bingo Bonanza!

For \$2.50, you will get up to 4 boards to play ALL the varied games for the afternoon. Follow along for fun and laugh as you vie for the prize envelopes! Come one, come all! Join us for laughs and lots of fun!

Monday, July 13: 10:00AM

Park & Recreation Scrap and Share

July is National Park and Recreation Month, and so to recognize this, Carrie is offering a class on how to safely scrap or procure your vacation photos. Bring your photos and share your memories and work on pages for your own scrapbook. All supplies will be provided, though you may want to purchase a scrapbook to put the pages in. Special scrapbooks can be found at any crafting retailer. We will also put a mark on all the national parks you may have visited in your lifetime. Please register for this class by signing up at the Office.

Monday, July 13: 1:15PM

Music & Ice Cream Sundaes

Come and join Carrie for a relaxing afternoon with some great music and delicious and refreshing ice cream sundaes. The cost is \$2.00 per person. Please register at the Office for this great summertime treat!

Tuesday, July 14: 9:30AM - 12:00PM

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 by and visit and ask Jeff any questions you may have regarding your health insurance coverage.

Tuesday, July 14: 10:00AM

Cooking Fun with Carrie- Mini "Sharkuterie" Boards

Celebrate in the most unusual way and get the jump on Shark Week, a phenomenon that originally started in 1988 to promote conservation efforts and showcase ocean predators in a more positive light. Now, it is a huge part of pop culture and joins both scientific research with some action-packed thrillers including the popular Jaws movies. Cost is \$5.00 per person and includes all the supplies for the boards that you will make and take home! PLEASE register by Monday, July 13 to participate in this program.

The Golden Voice

July 2026 Special Events Calendar at the Golden Age Center

Happy Birthday to our members celebrating July birthdays!

- July 1.....Diane Catanzaro, Leslie Fox, Chris Klein, Gary Roesch, Judy Seebauer, & Samantha Young
- July 2.....Chuck Bailey & Shirley Beam
- July 3.....Nancy McAllister
- July 4.....Dawn Steeves
- July 5.....Veronica Kryszewski
- July 6.....Patricia Paolucci, Bob Tates & Patricia Taylor
- July 7.....Barbara Weinrib
- July 9.....Fran Mergl
- July 12.....Felicia Kreuzer
- July 14.....Bernadette Childs
- July 15.....Bev Colautto & Alice Kozen
- July 17.....Carol Hooper
- July 18.....Marie Ford & Gail Losgar
- July 19.....Jean Bartholomew
- July 20.....Rick Berti & Deborah Goss
- July 21.....Sally Shephard
- July 22.....Chuck Gaiser
- July 23.....Carol Pizur
- July 24.....Patricia Cultrara, Diane Maness, Suzanne Phillips & Debra Sommer
- July 25.....Joanne Cook
- July 26.....Peter Reagan, Judith Roehrig, & Sandra Thomasula
- July 27.....Rosemary Bahgat, Milton Kicklighter & Tom Redell
- July 28.....Bob Elias, Ann Erker, & Barb Hoddick
- July 29.....Iris Galeza
- July 30.....Susan Fleming & Mary Worthington
- July 31.....Heather Mara & Judy Thurber

Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member.

Wednesday, July 15: 10:00AM

Good Neighbor Project

Want to be a good neighbor? Come and join us this morning as we pack bags of food for those needing in the community. This is a slower-moving project, so please be prepared to let others be a part of it (a.k.a. Do not rush!) and be a good neighbor!

Wednesday, July 15: 12:45PM

Supporting Brain Health in our Community

We all deserve a life with the healthiest brain possible. Learn science-backed strategies that support brain health and may reduce your risk for Alzheimer's and dementia and other illnesses. Time will be offered for questions and answers. Sign up at the Office to be a part of this great presentation!

Wednesday, July 15: 1:00PM & Wednesday, July 29: 10:00AM

Games Social

Thanks to some recent generous donators, we have some new games to try out. Stay after lunch and engage with others in some of them or just play your cards or other desired games! It is a nice way to enjoy the coolness of the building during the hot summer days and some nice refreshments.

Thursday, July 16: 11:30AM

Special Tops Presentation: Lisa Nowicki, manager of Grand Island Tops Market

Tops never stops saving YOU more and today you will learn about all their programs that work hard to save you money. Some will be familiar, while others may be new to you. Either way, you should be here to hear about them all and meet the new manager of our local Grand Island Tops Market.

Thursday, July 16: 11:15AM

Executive Board Meeting

Club President Bob Vaccaro asks for the presence of the Executive Board together for their monthly meeting, to discuss Club business, to discuss summer plans, and MORE. Officers and Executive Board members, PLEASE mark your calendars, and join us. Bob and the Executive Board look forward to seeing everyone then!

Friday, July 17: 11:45AM

Day Trip: Lima's Harbor Grill/DeGlopper Memorial

We will have lunch first at Lima's Harbor Grill (weather permitting- if unable to go there, we will go to Anderson's). After lunch, we will stop at DeGlopper Memorial, and you will have time to walk around and look at all that has been done. Purchases are on your own, but the ride is FREE and limited to 14 participants!



Did YOU KNOW that Walking Club has walked INDOORS for the last FIVE months, totaling over 50 miles?

As the weather is now turning and transitioning to warmer, milder spring months, our **Wednesday Wellness Walking Club** will meet now at the Golden Age Center to move and to safely walk together outdoors.

Come and join us from 9am - 9:50am on Wednesday mornings! See schedule on page 6!



(716) 773-9682

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 | **9**
www.grandislandny.us/280/Golden-Age-Center Open 8AM - 4PM Mon.- Fri.

Home-Cooked Lunch Program



REMINDER: Effective IMMEDIATELY, The home-cooked lunch program NO LONGER has take-out lunches. Please consider dining in as our program is for in-house, nutritious meals, socialization over a meal with our senior population. Should you be interested in take-out meals, please call Jen at (716) 773-9682 to discuss the Meals on Wheels plan.



Did YOU KNOW that our volunteers made OVER 1800 pieces in 2025 for the 600 pieces thus far in 2026?

Special thanks to the 20 volunteers who helped organize our distribution for our Mitten Project, all to help those in need! Due to the INCREDIBLE amount of pieces that we had donated and made this year, we were able to help 30 local organizations, schools & charities in the WNY area. We can't thank the Mitten Project crafters & volunteers enough for this generous donation, to help those stay warm during their times of need.

How lucky we are to have such special hearts in our community!

For more information on the Mitten Project, see Jen OR Jenny!

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!

Please register for programs by calling (716) 773-9682 OR stop by the Office to register for programs with a Golden Age staff member.

Monday, July 20: 10:30AM

Neuro Graphic Art with Marsha Mis

Come and join retired art instructor, Marsha Mis, as she demonstrates and helps us create our own artwork using this technique. According to the Neurographica Academy; Neurographica® was developed by the Russian philosopher, psychologist, architect, and Professor Pavel Piskarev in 2014, and it's built on solid scientific principles, combining visual thinking with the laws and patterns identified by various schools of psychology. The idea is that you don't need to be an artist to create this type of artwork. Come and try it out! Please register by Wednesday, July 15 at the Office; all materials are supplied.

Monday, July 20: 1:00PM

Sip and Sow Club/Senior Gardeners

Come out and check out the garden beds. We may even be able to pick some items. We can enjoy the fresh air for a while; bring your sunscreen. We now have a patio umbrella and many seat cushions on our benches.

Tuesday, July 21: 10:00AM

Cell Phone Courtesy Month

Have your cell phone cleaned (just the exterior) and learn some easy cell phone tips to make usage more courteous to those around you.

Wednesday, July 22: 9:15AM

Day Trip: National Warplane Museum in Geneseo

This morning, we will be leaving the Golden Age Center to head to Geneseo (approximately one and half-hour away) for a tour of the National Warplane Museum. We will enjoy a picnic lunch on their grounds before heading home. Cost: \$36 per person for transportation, tickets and box lunch from Wegmans. You will need to make your lunch choice at time of sign-up.

Thursday, July 23: 10:00AM

University Express: The Delaware Avenue Mansions with Harry Meyer

Buffalo's Gilded Age: The beauty, the people in the mansions and what their present use is. Presented by Harry Meyer, Explore Buffalo Docent. You must register ahead, so please call (716) 773-9682 OR register with the Office.

Thursday, July 23: 11:30AM

General Meeting of the Golden Age Club & Town Time with Supervisor Marston

Join President Bob Vaccaro, the Executive Board, and the Golden Age members for their monthly General Meeting. The day will start with the General Meeting of the Golden Age Club at 11:15 AM, followed by our delicious lunch and great company of our friends, along with Town Time with Supervisor Marston at 12:20PM.

Tuesday, July 28: 4:15PM

Day Trip: Concert in Town Commons/Picnic dinner

We will leave the Golden Age Center at 4:15pm, and head to Marion Klingel Town Commons and set up for a catered dinner from Budwey's. We will then enjoy the music of the Barroom Buzzards, a legendary New Orleans-style and Dixieland jazz ensemble based in Buffalo, New York. Active for over 60 years, the band is famous for their residency on the Miss Buffalo cruise lines, their television appearances, and their 2002 induction into the Buffalo Music Hall of Fame. Join us for great entertainment, great socialization and a delicious meal! Cost: \$18 per person for transportation and Fried Chicken Dinner with all the fixings!

Wednesday, July 29: 1:00PM

Trivia & Watermelon Social

Join in the fun and engage in some brain games and trivia with Carrie. Enjoy some fresh watermelon too! It is a great way to hydrate in the hot summer months.

Thursday, July 30: 9:45AM

Day Trip: Erie County Senior Picnic

Join the group and let's go to the 2026 Erie County Senior Services Annual Summer Picnic! We will be leaving the senior center around 9:45am, and heading to Bowen Road Grove in Lancaster. There will be a variety of games to play, raffle prizes, entertainment, catered picnic lunch, and above all, FUN! There is no cost for the picnic; just transportation! Cost: \$10 for transportation.



The Try & Buy Clothing Closet remains OPEN for the Summer season! Golden Age members can bring in their gently used and nearly new SUMMER clothing items, shoes, and jackets to be sold for a very low price this season. Golden Age members will be asked to bring (5) clothing pieces at a time. REFRESH your REVAMP your wardrobe with US!

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.

Your support will help the Golden Age Center keep lunch prices low, will support future programming & help us purchase wish list items.

(716) 773-9682

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. Thank you for your service!

Anne's Anecdotes



A fun thing about getting older is how you can severely injure yourself just by SLEEPING!

Birthday Split Club Raffle Winners

The Birthday Split Club Raffle takes place at EVERY Monthly Birthday Party, held on the 1st Wednesday of EVERY month, from 10:15am - 11:45am. Winners will split the proceeds of the Birthday Split Club Raffle with the Golden Age Club. You GOTTA be in it to win it! Special thanks to Anna and Bob Vaccaro this month for helping to sell the Birthday Split Club Raffle Tickets for the month of June!

The winners of June's Birthday Split Club Raffle are:

- Helen Burns
- Betty Lou Camardella
- Linda Clark
- Marie Collins
- Joyce Cowan
- Anne Hagopian
- Sue Magro
- Denise Reed

CONGRATULATIONS!

Dennis's Dad Joke of the Month



Who keeps the ocean floor clean?
~ A mer-maid!

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!

Piano Playing

We have a piano you can play, for your musical delight!

WE ALSO HAVE (3) MUSIC STANDS THAT CAN BE USED, WHEN PLAYING THE PIANO OR INSTRUMENTS.

The piano and music stands are available for use (and will be disinfected after each use):

Mondays: 8:00am—12:00pm

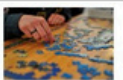
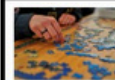
Tuesdays: 8:00am-11:00am

Wednesdays: 11:30am—3:45pm (except 1st Wednesday of the month)

Thursdays: 8:00am—11:00am; 12:00pm—3:45pm

Fridays: 8:00am—12:00pm

PUZZLE-PALOOZA!



In the back of the Dining Area, the Golden Age Center has a puzzle table,

set up for people to enjoy putting together puzzles, for our members to try at their leisure.

Members can also sign out puzzles to enjoy and put together at home. We have puzzles from 100 pieces—550 pieces. If you are interested, SIGN OUT the puzzles at the Office. You can enjoy the puzzles for a month of time.

The puzzles are available for use:

Mondays: 8am—10am; 11:30am—3:45pm

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

Thursdays: 8am—12:45pm Fridays: 8am—10am



NEW!

Monthly Lunch Drawings!

Each month, we will have a drawing for two lunch tickets at the **Golden Age Center**. Each day that 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. **For the month of June, Gunnar Munk & Suzanne Muller** are the winners for **June!** **CONGRATULATIONS!**



HALF WAY THROUGH 2026!
CAN YOU BELIEVE IT?!?! SO MANY FUN THINGS ARE HAPPENING THIS MONTH AND DURING SUMMER AND ARE THEMES THIS MONTH!
WHAT COULD THESE SURPRISE ANAGRAM WORDS BE?

GOOD LUCK!

- 1.) N R A E I G D N G _____
- 2.) T D U O O O S R _____
- 3.) B U B R Y L E E R _____
- 4.) F G A L _____
- 5.) O R F W K I E R _____
- 6.) G I L R L _____
- 7.) N C R R E A I T O _____
- 8.) S N U S T E _____
- 9.) E T A H _____

GOOD LUCK TO YOU!

SOAK UP THE SUN AND ENJOY THIS BEAUTIFUL MONTH!

JULY FUN FACTS

- **July** is the **HOTTEST month** in the **northern Hemisphere**; the **HOTTEST** temperature ever recorded was in **1913 in Greenlands Ranch, California!**
- The July full moon is called the **Buck Moon**, happening on **July 29** of this year.
- Birth flowers are larkspur and water lilies, symbolizing love and lightness.
- **July 30** is known as **National Cheesecake Day**. Sounds delicious to me!
- **Independence Day (July 4)** commemorates the **celebration of signing the Declaration of Independence, 250 years ago!**



- **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.



Our next **Safe Defensive Driving Class** with Wayne West is coming up on **Monday, October 19 & Monday, October 26, 2026** from **1pm - 4pm** in the **FRONT Dining Area**. The class is **\$25 per person**; CHECKS made payable to Wayne West. Payment is **DUE** upon registration for the class. Participants **MUST** participate in **BOTH** classes in order to receive the auto insurance discount & the class certificate.



- 1.) gardening
- 2.) outdoors
- 3.) blueberry
- 4.) flag
- 5.) fireworks
- 6.) grill
- 7.) creation
- 8.) sunset
- 9.) heat

June Anagram Answers:

(716) 773-9682



BODY MIND RESET

“WELLNESS WITHOUT LIMIT”



6 Weeks to reset your body and mind!

Join our comprehensive 6-week Health & Wellness Program designed especially for older adults who want to feel stronger, safer, and more energized in their daily lives. Each week, we focus on key areas that support healthy aging and overall well-being.

Where and when:

Grand Island Golden Age Center, 3278 Whitehaven Rd.,
Grand Island, NY 14072

Date and time:

Thursdays from July 23rd to
August 27 Time: 1:00 PM-2:30 PM

This supportive and welcoming program is designed to help older adults to reset, recharge, and regain confidence—both physically and mentally.

- ✦ Improve your strength
- ✦ Enhance your balance
- ✦ Nourish your body
- ✦ Refresh your mind



Healthy Eating

Nutrition – Learn how to fuel your body with balanced meals that boost energy, strengthen immunity, and support healthy aging.

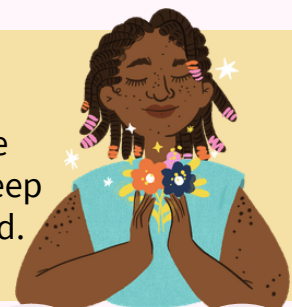
Regular Exercise

🏃 Exercise – Participate in gentle, guided exercises that build strength, flexibility, and confidence at your own pace.



Practice Mindfulness

Explore techniques to reduce stress, improve mood, and keep your mind active and engaged.



More Information:
Jennifer.chowdhury@erie.gov

2026 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 and 50/50.

Zonta Club of Grand Island – empowering women through service and advocacy <https://zontagrandisland.org/>

Tuesday June 30 @ 630pm: *Custode & Parisi Jazz Trio - focuses on performing the “pre-bop swing” style of jazz, not currently performed by the other jazz groups in the WNY area.

(ZONTA CLUB)

Tuesday July 7 @ 630pm: *Rock Revival* - Rock Revival plays a blend of classic rock, blues and today’s country. The band is comprised of four seasoned veteran players who have performed locally for decades.

Tuesday July 14 @ 630pm: *23 Skidoo - Dixieland and patriotic music heard on the banjo, trumpet, saxophone, tuba, and drums.

(ZONTA CLUB)

Tuesday July 21 @ 630pm: *Creek Bend* -A blend of original, contemporary, and traditional bluegrass with a smattering of gospel, western swing, Cajun, Irish, and country.

Tuesday July 28 @ 630pm: *Barroom Buzzards* New Orleans Jazz and Dixieland Music.

Tuesday August 4 @ 630pm: *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 August 11 @ 6:30 pm: *Yank the Cover* -Premiere WNY Cover Band performing an eclectic mix of classic rock, R&B, top 40, and country music



Enjoy the Free Entertainment and have a Safe Summer!



love fresh fruits and veggies?

OPEN TO THE PUBLIC!

Stop by to purchase fresh, healthy, affordable and locally grown produce, everything under \$5!



Grand Island Golden Age Center

**3278 Whitehaven Road
Grand Island, NY 14072**



**6/3, 6/17, 7/1,
7/15, 7/29, 8/5,
8/19, 9/2, 9/16, 9/30
10:30am-11:30am**



The Farm Market accepts cash, debit/credit, tap to pay & SNAP/EBT (50% off)!

**FeedMore
wny**

Find our full schedule at
feedmorewny.org
under 'Find Food'

FeedMore WNY
www.feedmorewny.org
(716) 822-2002

Attention: ***Program Changes***

The following programs will transition from the
Community Center

to the Golden Age Center from
June 29-August 14, 2026:

- **Total Body Workout**
- **Gentle Yoga**
- **Chair Yoga & Meditation**

Other program changes from June 29-August 14, 2026:

- **BOCCE Ball will be played OUTSIDE**
- **Morning & Afternoon of Games will be
CANCELLED**

ALL programs will **RESUME at the Community Center**
on Monday, August 17, 2026

***Have a wonderful summer
season!***