



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

June 2020

Flower: Rose

Birthstone: Pearl OR Moonstone

Town of Grand Island

Golden Age Center

3278 Whitehaven Road

Grand Island, NY 14072

Phone: (716) 773-9682 OR (716) 773-9683

E-mail: goldenage@grand-island.ny.us

Business Hours: 8am—4pm, Mondays, Tuesdays,
Thursdays & Fridays

8am— 8pm Wednesdays

Website: [http://www.grandislandny.us/
departments/golden_age/index.php](http://www.grandislandny.us/departments/golden_age/index.php)

John Whitney

Town Supervisor

**Jennifer Baney
Mike Madigan**

**Tom Digati
Pete Marston**

Town Board

Jennifer R. Menter
Recreation Supervisor—Senior Citizen

Carrie Mesmer
*Recreation Leader—Senior Citizen
Golden Age Center*

June Member Birthdays

June 1	Leslie Madigan, Kelly McGarvy, & Alan Sexton	June 16	Marietta Rotella & Helen Vickers
June 3	Richard Koch & Mary Vescio	June 17	Michael Cutini, Lloyd Potter, Anna Vaccaro & Karen Wallace
June 4	Deanna Kutis & Elizabeth Wedrychowicz	June 18	Helen Harrington & Nancy Linton
June 5	Patti Loquasto & Beverly Kudla	June 19	Marge Lebreznz, David Stalica & Mary Trachimowcz
June 6	Joan Mazur, Daryl Ann Miller, Tom Ryan & Richard Wingert	June 20	Andrea Rogers
June 7	Sandy Ackerman & Sally Waterston	June 22	Mary Ann Reszel
June 8	Carol Barnhart & Deborah Croston	June 24	Daniel Kutis & Jean Marino
June 11	Cynthia Lin	June 25	William Gugino, William Palumbo, & Roger Williams
June 12	Randy Whitbeck	June 26	Rose Marie Bugman, Thomas Luesch- er, & Nirmal Singh Kandola
June 13	Linda Hartman & Phillip Pack	June 27	Philip Bousquet, Tom Drabik & Joe Kowalski
June 14	Catherine Mancuso	June 29	Raymond Deglopper

Weekly Consistent Activities at the Golden Age Center

MONDAY

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

Color & Coffee Time: 9:30am in the Dining Area

Anything Craft Class: 10:00am with **Lorraine** in the Arts & Crafts Room

Arthritic Chair Exercises: 12:30pm with **Lorraine** behind the Stage

Pinochle & Various Card Games: 12:30pm in the Dining Area

Fun with French: 12:45pm with **Jen** in the Dino Room in the Activity Center

Bridge: 1:15pm in the Dining Area

Social distancing measures and new recreation program measures will be in place prior to enjoying such programs. Please read the LATEST Golden Voice PRIOR to our reopening. Thank you!

TUESDAY

Total Body Workout: 9:30am with **Michelle** in the Community Center (*Fee for class is \$1*)

Technology Club: 10:45am in the Arts & Crafts Room

Beginner Line Dance: 11:00am with **Richard** behind the Stage

Canasta and Various Card Games (Pinochle, etc.): 12:30pm in the Dining Area

Bingo: 12:45pm with **Carrie** in the Arts & Crafts Room

Advanced Line Dance: 12:45pm with **Richard** behind the Stage

WEDNESDAY

Golden Age Chorus: 10:00am with **Don** on the Stage Walking Club: 10:00am with **LOCATION TBD**

Artists' Haven: 10:00am in the Dino Room in the Activity Center

Various Card Games (Pinochle, Canasta, etc.): 12:30pm in the Dining Area

Fun with French: 12:45pm with **Jen** in the Dino Room in the Activity Center (**3rd, 4th, & 5th Wednesdays of the month**)

THURSDAY

Total Body Workout: 9:30am with **Michelle** in the Community Center (*Fee for class is \$1*)

Bingo: 10:00am with **Carrie** in the Arts & Crafts Room

Mahjongg: 12:15pm in the Pool Room (Lounge)

Euchre & Various Card Games (Pinochle, Canasta, etc.): 12:30pm in the Dining Area

Ceramics: 1:00pm in the Arts & Crafts Room

FRIDAY

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

Chess: 9:00am in the Dino Room in the Activity Center

Coups for Troops: 9:30am in the Dining Area

Trim Time: 10:00am on the Stage

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

Arthritic Chair Exercises: 12:30pm with **Lorraine** in the Arts & Crafts Room OR behind the Stage

Poker & Various Card Games (Pinochle, Canasta, etc.): 12:30pm in the Dining Area

****NEW TIME**: Chair Yoga: 1:00pm with **Vanessa from Soma Cura** on the Stage**

Social distancing measures and new recreation program measures will be in place prior to enjoying such programs. Please read the LATEST Golden Voice PRIOR to our reopening. Thank you!

June 2020 Virtual Recreation Opportunities

Monday, June 8: *Technology Assistance 1:1* (over the phone)

Time: *starting from 11:15am – 2:30pm*

Are you interested in participating in our Virtual Recreation Opportunities that we're trying out with you all via Zoom? Need some help setting this up? Call into the Golden Age Center at (716) 773-9682 and receive help setting up Zoom app on your phone, laptop, tablet, or computer via the GAC "Technology Geek Unit".

Wednesday, June 10: *Coffee Social* via Zoom

Time: *11:15am*

Grab your coffee or tea and brunch treat and join Carrie for a unique way to visit with each other during the pandemic. What a great time to catch up with one another. No political discussions! You must register for this program by calling (716) 773-9682 and giving us your name, telephone number, and e-mail address so that you can be e-mailed the Zoom invite information.

Friday, June 12: *Technology Class* via Zoom

Time: *11:15am*

Want to learn how to put on and use a shopping app? There are a number of places that you can shop safely in our area without even going into a store! Carrie will walk you through some of the basics of shopping at places such as Walmart, Sam's Club, JoAnn Fabrics, Target, and likely some more that are re-opening with curbside pickup only. You must register for this program by calling (716) 773-9682 and giving us your name, telephone number, and e-mail address so that you can be e-mailed the Zoom invite information.

Wednesday, June 17: *Fun with French* via Zoom

Time: *12:45pm*

Join Jen and the group for the Fun with French program! You must register for this program by calling (716) 773-9682 and giving us your name, telephone number, and e-mail address so that you can be e-mailed the Zoom invite information.

Thursday, June 18: *Matter of Balance exercises & Chair Yoga stretches* via Zoom

Time: *10:00am*

Join Jen for some Chair Yoga stretches and exercises that will help you gain and strengthen your balance and mobility. Invigorate your day and your morning! All you need is a chair, wear comfortable clothing and sturdy shoes. You must register for this program by calling (716) 773-9682 and giving us your name, telephone number, and e-mail address so that you can be e-mailed the Zoom invite information.

Monday, June 22: *Virtual Travel Club* via Zoom

Time: *11:15am*

Carrie invites those of you who went to Nashville who would like to share trip photos to join this opportunity and share through this Virtual Travel Club! Even if you didn't go to Nashville but would like to see some of the pretty sights that a number of the Golden Age Center travelers did, I encourage you to join us! You must register for this program by calling (716) 773-9682 and giving us your name, telephone number, and e-mail address so that you can be e-mailed the Zoom invite information.

Friday, June 24: *Prize Bingo* via Zoom

Time: *11:15am*

Join us for some fun Bingo games! We invite you to pick up your bingo board and play along with us via Zoom. You must register for this program by calling (716) 773-9682 and giving us your name, telephone number, and e-mail address so that you can be e-mailed the Zoom invite information. Prizes will be given out to the Bingo winners AFTER Bingo has concluded AND Bingo winners can call the Golden Age Center at (716) 773-9682 prior to picking up their prize.

Monday, June 29: *Fun with French* via Zoom

Time: *12:45pm*

Join Jen and the group for the Fun with French program! You must register for this program by calling (716) 773-9682 and giving us your name, telephone number, and e-mail address so that you can be e-mailed the Zoom invite information.

Hello Golden Age Center members:

On behalf of the Golden Age Center staff, I would like to start off by saying that I hope everyone continues to stay safe and healthy during the COVID-19 pandemic.

Here are some updates for you; the staff and I HOPE to have fun with you VERY SOON! You are all missed so much. Until further notice, the Golden Voice will ONLY be available JUST in digital form. Thank you for staying tuned!

During the COVID pandemic, we are NOW working behind the scenes with limited staff from 8am—3pm Monday—Friday. You may call us at (716) 773-9682 or (716) 773-9683 with any questions or concerns you may have.

At this time, the Golden Age Center remains CLOSED INDEFINITELY (Consistent Weekly Programs, Transportation, Day Trips, Special Events, Lunch Program, and so forth). Meals on Wheels will continue to run as NORMAL. Should you want to go on the Meals on Wheels program at this time, please call us to discuss the program and to register for the program.

Here are a few things I need you to know at this time:

- If you received a BPO Gift Card from the cancelled March and May BPO Coffee Concerts, they have no expiration date! You can use them whenever.
- We are HOPEFUL that we will be able to host the AARP Safe Driving Class in August, Tuesday, August 11 & Tuesday, August 18. Please call for more details. Payment holds your spot in the class AND the class is LIMITED TO SOCIAL DISTANCING MEASURES that may be in place.

If you need TRANSPORTATION:

- Elderwood is offering our Golden Age Center members at a discounted rate. Here is the information that you need to know: All of their vans are wheelchair accessible. They do not have a set radius; however, they try to keep the distance to about 75 miles (1 way). 24-hours in advance gives them the proper amount of time to locate and book a van. The best number to contact is (716) 250-0062. Anyone can always contact Blake, my contact, directly at (724) 599-9134 to ensure rides are booked. Please let me know if you have any other questions regarding this transportation. They do NOT offer multiple pick-ups and drop-offs here in Grand Island. They pick up as early as 6am.
- Bluebird Mobility is still transporting individuals to medical appointments as well but there is a charge too. You may call them at (716) 395-0000.
- Hearts & Hands may have extended their volunteer transportation service to Grand Island for a small charge OR no fee at all! Call for more information at (716) 406-8311.

Other things to know...

- Day trips are CANCELLED for the rest of the 2020 season.
- We are **NOT accepting ANY DONATIONS**: *no books for the Library, no Country Store items, no yarn for the Mitten Project, no clothes for the Try & Buy as we continue to be in this pandemic.*
- Tops is OPEN for Senior Shopping on Tuesdays & Thursdays from 6am – 7:30am so you can safely shop, and Sam's Club has a concierge service from 7-9am on Tuesdays so you can shop safely and with smaller crowds.
- Should you need grocery shopping done at this time and you are afraid to shop, we have a team of volunteers happy to shop for you. You must have a grocery list ready with a weeks' worth of groceries. Call Jen at (716) 420-5027 for more information.
- Meals on Wheels at home is a great option for many homebound seniors now. You can get a nutritious, balanced, filling hot meal and cold meal with beverage daily for the cost of only \$5. If this sounds like a good plan for you, call the Golden Age Center for more information and to be registered for the program.
- If you need food, reach out to the Neighbors' Foundation at (716) 773-1452 OR (716) 773-4684.

Croquet



Did you know? Golden Age Center has a croquet set available for member use (*when the GAC reopens*) and ready for interested individuals to borrow to practice their golf swing and practice their skills on the Nike Base!

Stop by the Office to sign out the croquet set. The set must be returned by 3:30pm so that they can be properly cleaned and disinfected.

Nike Base Par 3, 9 Hole Golf Course



The Golden Age Center has four golf bags of clubs available for member use (*when the GAC reopens*) and ready for interested individuals to borrow to practice their golf swing and practice their golf skills on the Nike Base!

Stop by the Office to sign out a bag of golf clubs. Golf clubs must be returned by 3:30pm so that they can be properly cleaned and disinfected.

- Call 211 if you have questions or need help 24/7
- Calling Erie County Senior Services at 858-8526 is another great resource
- Calling NY Connects at 836-0822 ext. 121 or 257-3157 is another great resource
- Call the Alzheimer's Association at 1 (800) 272-3900 for 24/7 help

What can you do now if you can help?

- Call & text each other or Facetime (if you can) and check in with your friends. Social connection is also key to staying healthy.
- Help out a neighbor (if you can)
- Social distance yourself 6' or more (please please please), wear your mask when you are out, AND STAY HOME AS MUCH AS POSSIBLE.
- Try a new hobby (reading, crafting, spring clean, organize, journal, yoga...this is the time to do it!)
- Knit and crochet for our Mitten Project
- Please e-blast any of the groups/programs you are involved in and help us out (Tai Chi, Total Body Workout, etc.) to touch base with your friends to make sure you're all doing okay
- Get a daily dose of sunshine and fresh air by sitting outside or taking a walk around the block

By doing all of this now, and staying home as much as possible and socially distancing yourself can keep yourself and others healthy so we can all be together again soon.

Here are some Virtual Recreational Opportunities available for you to enjoy in the meantime, should you be tech savvy:

- ♦ Check out the links I put on our Golden Age Center page on the Town of Grand Island website, through Combat Social Isolation, from Erie County Senior Services, plus see the links I sent through this e-blast. Try these great Virtual Recreation Opportunities to keep you having fun and learning something new! From exercise classes, to presentations, to virtual tours and virtual travels, you can have fun right from the comfort and safety of your own home!
- ♦ There are VIRTUAL, ON-LINE offerings of University Express available NOW and may be in the FUTURE. Please look at the Golden Age Center webpage on the Town of Grand Island website and click on the University Express Spring 2020 link.
- ♦ New movies that would have been shown in theaters are being released via streaming services to rent. Check out Amazon Prime Video, iTunes, and YouTube for rental options.
- ♦ Many workout and fitness on-demand resources are available for you via social media channels, with many now being free. SilverSneakers, now offers members age-appropriate online video workouts from home. (*Google search this!*)
- ♦ Learn something new! Over 500 Ivy League courses are now available for free. See the full list here. Be sure to check out the Yale's highly-regarded The Science of Well-Being course (the most popular in its history). (*Google search this!*)
- ♦ ***Also, please note that if you have a library card, our own Public Library system has GREAT Virtual offerings, including on-line classes, virtual classes such as virtual storytimes, cooking classes, book clubs, discussions, and so much more! This is a great time to learn something new. *****
- ♦ Make masks for our Meals on Wheels volunteers
- ♦ Call a lonely senior & spread some smiles and cheer

If you want to help and give back, call Jen at (716) 420-5027 and she can help point you in the right direction.

Are you a caregiver of someone with Alzheimer's or dementia or another illness? Is it getting more and more difficult to care for your loved one? Please talk to me! I have resources to help you out, including books and guides such as Powerful Tools for Caregivers, based on a class I teach, and other tips and tools. I'd be happy to share some thoughts with you OR lend my books out to you. Please see some fun Recreation opportunities attached to this e-mail for you from the Alzheimer's Association for you to enjoy.

Once things are back to a new "normal", we will reconnect with everyone with a Welcome Back event and MORE, for sure. Social distancing measures, new protocols for enjoying all of our programming, and the face of our senior center is going to look much different, but, for the health and safety for all that love it, and love all that the Golden Age Center offers for everyone. I know that I, as recreation and park professional and senior service professional, play an important role in people and communities getting back to a normal life. I strive to provide the programs and services that help make strong, healthy communities and bring people together. It will be a MUCH different world we'll be coming back to, but we'll be all the better for it.

As we go into a new month, enjoy this new month, new chapter, and enjoy the warmth and sunshine and new beginning that it brings! Again and most importantly, stay safe and healthy and please keep in touch! I will try to keep you up-to-date with information when I have it. Take good care of yourselves and each other. I miss you all and hope to see you all soon.

Best, Jennifer R. Menter

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 up-to-date information, as it becomes available.

Please print clearly. Thank you!

Name: _____

E-mail Address: _____

CONGRATULATIONS to
March Birthday Lunch Split Club
Raffle Ticket winners:

Nancy Tobe, Bob Vaccaro, Connie O'Brien,
Jane Consier, Rick Berti, Sue Phillips,
& Joy Mesmer

CONGRATULATIONS to February General
Meeting Split Club Raffle Ticket winners:

John Duchnik, Don Hamman,
Lorraine Mangin & John Whitney



We hope that you all
enjoyed the
**60th Anniversary of the
Golden Age Club and
the Golden Age Center!**

SAVE THE DATE!

**Our 65th Anniversary of the
Golden Age Club and the Golden
Age Center will be on
Monday, December 16, 2024!**

**A warm welcome to all our new members of the Golden Age
Center, as of April 2020:**

James (Mike) Pannell Kim Campana
David Pascoe Marguerite Fox Karen Cowart
**We look forward to welcoming new members when we reopen
in the future.**



Our Coffee for the Month program has been graciously donated by many different individuals and groups, and we are grateful for their thoughtful generosity and support! *This program will continue when we reopen due to the generosity of our Golden Age Center friends!*



Gym equipment & piano

On the **Stage**, the **Golden Age Center** has a stationary bike, a rowing machine, resistance bands, small exercise balls & some light weights for our members to use, as well as stationary pedals & stationary steppers to use. We also have a piano to play! Members who use this equipment will **SIGN IN at the Office**, will sign a waiver & will be shown how to properly use the equipment. **The gym equipment and piano are available for use:**

Mon. & Fri.: 8-10am; 1:30-4pm

Tuesday: 8-9am; 3-4pm

**Wed.: 8-10am; 1:30-4pm (EXCEPT the 2nd
Wednesday of the month from 1:30-2:45pm)**

Thursday: 8-9am; 12:30-4pm

**Monthly Birthday
Drawing:**



Each month, we will have a
drawing for **two lunch**



tickets at the ***Golden Age Center***.

If your birthday falls during the current month, each day you participate in the lunch program, you may fill out a slip and put it in the **Birthday Drawing**.

The winner will be drawn the last day of the month. **Jim Walf** is the lucky winner for the month of **March!**



Senior Discounts shared to us by Golden Age Center member to enjoy around the community



Take advantage of these great discounts around the community:

- ♦ Walgreens: 15% off on the 1st Tuesday of the month; 25% off Walgreens brand items
 - ♦ Savers: 30% off on Tuesdays
- ♦ Rite Aid: 20% off *ALMOST EVERYTHING* the 1st Wednesday of the month
 - ♦ Tops: 6% off on the 1st Tuesday of the month
- ♦ Olympic Restaurant: Senior Dinner Discounts **EVERY NIGHT!**
- ♦ Fucillo Toyota: 10% discount on non-discounted services, such as oil change
 - ♦ Denny's: 15% off
 - ♦ Ted's: Veterans get a 10% discount

If you know of any other discounts, please let us know, so we can spread the news to our members!

****PLEASE REMEMBER TO SUPPORT YOUR LOCAL GRAND ISLAND
BUSINESSES, NOW AND ALWAYS!****

Members we lost in May 2020:

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.

***Jeanne Anstett
William Burch
Roy Meyers
Elizabeth Nagy
Leo Nowak
Elisabeth Ochs
Barbara Potenski***

Members that were sick in May 2020:

***Martha Bojarski
Bill Gerspach
Kathy Menter
Richard Poveromo
Sue Whitbeck***

Neighbors Foundation of Grand Island

stands ready to help with food for families who find themselves temporarily in financial difficulty. Long-term or repeat help must come from government social services or staffed help agencies, but the Neighbors Foundation can provide emergency help. To start a request for help, phone: **(716) 773-1452 or (716) 773-4684**

