



# The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

June 2023

Flower: Rose

Birthstone: Pearl OR Moonstone

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](mailto:goldenage@grand-island.ny.us)

**Business Hours: 8am—4:00pm,  
Monday - Friday**

Website: [www.grandislandny.us/280/Golden-Age-Center](http://www.grandislandny.us/280/Golden-Age-Center)

**John Whitney**  
*Town Supervisor*

**Christian Bahleda Tom Digati**  
**Mike Madigan Pete Marston**  
*Town Board*

**Jennifer R. Menter**  
*Recreation Supervisor—Senior Citizen*

**Carrie Mesmer**  
*Recreation Leader—Senior Citizen*



**Happy Birthday to those members celebrating June birthdays!**



June 1	Leslie Madigan & Alan Sexton	June 15	Cathy Gewoski
June 3	Richard Koch	June 16	Marietta Rotella
June 4	Theresa Long	June 17	Lloyd Potter, Anna
June 5	Beverly Kudla	June 18	Nancy Prusak
June 6	Joan Mazur & Daryl Ann Miller	June 20	Andrea Rogers
June 7	Janet Goodsell & Sally Waterson	June 24	Lisa Giordano & Jean Marino
June 8	Carol Barnhart	Jean 25	William Palumbo
June 11	Cindy Lin & Nancy Jo Pax	June 26	Thomas Luescher
June 13	Phillip Pack	June 27	Carol Dearlove, Tom Drabik, & Joe Kowalski
June 14	Catherine Mancuso	June 29	Raymond DeGlopper

# ***Weekly Consistent Activities at the Golden Age Center***

**ATTENTION:** Please note the following PRIOR to your visit:

- **Front AND Back doors of the facility are OPEN to the Golden Age Center.**
- **Please SAY HELLO at the Office and let us know what program OR activity you are here to participate in. This is to ensure your safety and for us to keep accurate attendance in our facility.**
- Hand sanitizing throughout activity and hand washing is **strongly encouraged** often throughout your visit at the Hand Sanitizing stations. Should you want hand sanitizing pumps to be set out for these activities. (*ex. Card game tables, etc.*), **just ask us!**
- Before leaving, please **SIGN OUT** at the Office. This is for us to keep **accurate attendance** and that ensures that we know you have **safely exited** the building.

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

## **MONDAY**

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

Billiards games: 8:15am onward in the Lounge

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

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

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

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

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

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

## **TUESDAY**

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

Billiards games: 8:15am onward in the Lounge

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

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

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

Canasta: 12:30pm in the Dining Area

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

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

**NOTE: Jenny's class, Fit for Life on Mondays, is a low-impact, strengthening & balance class for ALL ABILITY levels.**

## **WEDNESDAY**

Independent Craft Activities: 8:15am –10:00am; 2:15pm—3:30pm in the Arts & Crafts Room

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

Billiards games: 8:15am onward in the Lounge

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

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

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

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

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

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

Bingo: 1:00pm with **Carrie** in the Dining Area (**\*\*EXCEPT the 1st Wednesday of the month\*\***)

**Mahjongg - meets  
Wednesdays OR  
Thursdays at 12pm**

## **THURSDAY**

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

Billiards games: 8:15am onward in the Lounge

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

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

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

Knitting & Crocheting: 1:00pm in the Arts & Crafts Room

**\*\*Seniors in Stitches:** 1:00pm in the Arts & Crafts Room (*read inside Golden Voice for more details!*)

## **FRIDAY**

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

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

Billiards games: 8:15am onward in the Lounge

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

**\*\*NEW:Beginner/Intermediate Mahjongg :** 12:30pm on the Stage

TGIF Couponing: 9:15am - 10:00am in the Dining Area

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

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

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

# June 2023 Special Events & Programs

*New Consistent Programs...come and join us!*

## Wednesdays in June (7, 21): 1:00PM-3:00PM

### *Afternoon of Games!*

Did you know that we have some great games inside and outside (weather pending) in the Community Center for all to enjoy? Play with us! Enjoy an afternoon of foosball, air hockey, shuffleboard, basketball, ping pong, and other games with us, held by the Recreation Department and the Golden Age Center. Join us for an afternoon of fun! Call us at (716) 773-9682 to register to be a part of this.

## Wednesdays in June: 9:00 AM

### *Walking Club*

Work on yourself or your goals as we walk either in the senior center or outside (weather permitting) for exercise. Carrie will have surprises on occasion as we reach our personal milestones and **just have fun!** Please register at the Office or by calling (716) 773-9682.

\*\*\*\*\*

## Friday, June 2: 10:30AM

### *University Express: Veterans, Do You Know What You're Supposed to be Getting?*

Join Erie County Veterans Service Agency as they share federal, state, and local benefits which veterans, current service members, and their families may be eligible. We'll also cover additional benefits that the VA is now offering. Please call and pre-register with the Office staff or by calling (716) 773-9682.

## Friday, June 2: 1:00PM

### *Doughnut Making Fun*

Join Carrie as she cooks up some delicious mini donuts. You can dip them in chocolate sauce or powdered sugar as they come out. It is after all National Doughnut Day. If you have a doughnut recipe you would like to share, please feel free to bring it to the program.

## Monday, June 5: 10:30AM

### *Travel Club*

Join Carrie this morning as she tells you about the upcoming Day Trips planned currently for July. Feel free to offer suggestions as well, however, it would be best if you check that places are still open, as many places have closed. Let us come together and share the excitement!

## Monday, June 5 & Monday, June 12: 1:00PM – 4:00PM

### *Defensive Driving of New York*

Join Wayne West as he instructs you on defensive driving. You MUST attend both sessions to receive the course completion certificate, which you can turn into your insurance company and receive a discount on your auto insurance policy. You must register ahead with the staff of the center; bringing in a \$25 check made payable to Wayne West will secure your spot.

## Tuesday, June 6: 9:00AM – 11:00AM

### *Highmark BlueCross/BlueShield of WNY*

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

## Tuesday, June 6: 10:30AM

### *Coffee & Conversation with Carrie*

Join Carrie as she highlights the upcoming events for June and will be available to answer questions and sign you up for a wide variety of activities. Enjoy a hot beverage, a breakfast treat, and some friendly conversation.

## Tuesday, June 6: 10:30AM

### *Beginning Medicare 64 ½ Birthday, presented by Kathleen Flynn, CLTC, MBA, Representative of Clarity Group*

When you turn 65, you become eligible for Medicare – which means the time is now to plan! This is an educational seminar where you will learn all about enrollment periods, Original Medicare, understand Supplements, Prescription Plans and Medicare Advantage. You will receive a free educational guide and review tools and resources to help you understand the coverage that may be right for you. This is particularly beneficial for those just getting started with Medicare, leaving an employer or individual plan, and needing to enroll in Part B through Social Security. It may be helpful to bring your list of prescriptions and physicians. This event is only for educational purposes and no plan specific benefits or details will be shared. Ms. Flynn will be available after for any questions you may have.

## Wednesday, June 7: 9:30AM

### *Birthday Party Set-Up*

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

**Wednesday, June 7: 10:30AM**

*University Express: Composting is the Next Big Thing*

Join us this morning for the class on composting. Composting is a form of recycling, a natural way of returning needed nutrients to the soil. Amy Alduino, senior environmental scientist and Gary Carrel, solid waste recycling specialist with Erie County Department of Environment & Planning will talk about how to turn your spoils into soil and make it community wide. Please call and pre-register with the Office staff or by calling (716) 773-9682.

**Wednesday, June 7: 11:45AM; 12:30PM – 2:00PM for the entertainment**

*BBQ, Beans and Blowout Bash!*

Come on and join in the fun! Wear your western wear and let's try to outdo one another in our own standoffs. Check out our jet-propelled menu of beef, beans, and other b's we will find. We will have a rootin' tootin' good time celebrating all you June birthday folks. Ray Braselton will be our entertainment today. Ray is an accomplished musician and will perform a library of music including country, oldies, pop, folk and classic rock! Join in the fun and come out and celebrate with all of us!

**Thursday, June 8: 10:30AM**

*Card Making Project*

Today is *Best Friends Day*, so we will be making cards today to share with others. Share the love to your best friend by creating an original card for him OR her and have fun making them. There is no cost for this program. Put your pen to the paper!

**Friday, June 9: 10:30AM**

*Iced Tea Social*

Today is *Iced Tea Day* – don't you just love these wacky holidays?!?! We will celebrate by drinking some ice-cold tea with some special offerings to add to your drink. Try it plain or try one of the unique flavors that will be available!

**Friday, June 9: 1:00PM**

*Bingo Bonanza!*

For **\$1.00 for the first bingo board** and a dream, you too can try to win the envelopes! Additional boards are available for just \$.25 each for up to four (4) boards. Come one, come all! Join us for laughs and lots of fun!

**Monday, June 12: 11:45AM**

*Banter, Beer, and Buzzards!*

Celebrate Father's Day early with us in style. Bad Dad jokes, root beer, and "manly" snacks abound along with a rip-roaring musical celebration with the **Barroom Buzzards**. Special Father's Day menu as well...stay tuned!

**Tuesday, June 13: 9:15AM – 2:00PM**

*Day Trip: "Shop and Save"*

Back by demand! This trip takes us to start out our day fueling up with Paula's Donuts and coffee! Or really, whatever your heart desires! We will then head to Savers. Remember that Tuesdays are Senior Day, so you can really save money shopping there today! When we are done, we will go to lunch! The cost is \$10 per person. Lunch cost is separate. Please register at the Office.

**Gym equipment & piano**

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

Members who use this equipment will **SIGN IN at the Office**, will sign a waiver & will be shown how to properly use the equipment.

**WE ALSO HAVE A PIANO TO PLAY!**

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

Mondays & Fridays: 8am—3:45pm

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

Thursdays: 8am—3:45pm

**MARK YOUR CALENDARS!**



**Holiday**

**Happenings**

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

**Saturday, October 21, 2023 9am—1pm**

**Reserve your craft sale table at our fantastic**

**Go GREEN with us and SAVE OUR EARTH!** Fill out this form and return it to the Office to receive your monthly copy of the **Golden Voice** newsletter via e-mail AND to receive ANY Golden Age Center e-blasts AND phone calls WITH up-to-date information, as it becomes available.

Please print clearly. Thank you! Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

# Golden Age Center Lunch Calendar

Lunch is \$4.00 OR \$5.00 OR MORE on Special Event days.  
Lunch is served at 11:45 am Monday-Thursday & 11:30 am on Friday.












**\*Drive-Thru lunch is paid for and picked up at the Front Office of the Golden Age Center.\***

**Lunch includes:** An entrée with a meat, starch, vegetable, fruit, dessert, and beverage

**Birthday Lunch includes:** An entrée with a meat, starch, vegetable, fruit, Birthday Cake, ice cream, and dessert **Each entrée includes: 4 oz. meat, 4 oz. fruit OR 4 oz. vegetables, & 4 oz. starch**

# June 2023 Lunch Calendar

Sun. Mon. Tue. Wed. Thu. Fri. Sat.

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<p><b>Update:</b> You MUST call us at (716) 773-9682, the DAY OF, to register for lunch; calls will be accepted 8am until 10:30am. NO reservations for lunch will be allowed on the answering machine. Lunch openings are LIMITED due to amount of food available and the 10:30am cut off time. <i>Thank you!</i></p>				1 Cobb Salad	2 Souper Seniors 	3
4	5 Travel Club 10:30am Summer Cookout! Hamburger Bar with Chips, Baked Beans, & Pickle 	6 Brunch for Lunch! Pancakes, Sausage, Fruit Cup & Scrambled Eggs	7 Birthday Lunch \$6 Barbecue Chicken, Corn, Baked Beans, and Fruit 	8 Ham & Swiss Melts	9 Souper Seniors 	10
11	12 Father's Day Celebration! Hobo Pack with Father's Day Surprises	13 "Rachel" with Chips and a Pickle	14 Lasagna with Meat Sauce & Green 	15 Crispy Chicken with Stuffing, Baked Beans & Corn	16 Souper Seniors 	17
18 	19 CLOSED 	20 Open-Faced Turkey with Stuffing	21 Mediterranean Rice Bowl 	22 Executive Board Meeting \$5 National Onion Ring Day Hot Dog Bar with Onion Rings	23 Souper Seniors 	24
25	26 Beef Taco Salad	27 Chicken and Vegetable Stir Fry	28 Meatloaf with Mashed Potatoes	29 General Meeting \$6 Pork Chops and Mashed Potatoes with Applesauce & Hearty Vegetables	30 Souper Seniors 	



# Spring Senior Walking Club



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

**Wednesday, June 7 @ 9:00am**

**. Nike Base Trail**

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

**Wednesday, June 14 @ 9:00am**

**. West River Bike Path Trail**

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

**Wednesday, June 21 @ 9:00am**

**. Beaver Island State Park**

*(Meet in Sledding Hill Parking Lot)*

**Wednesday, June 28 @ 9:00am**

**. Spaulding Trail**

*(Meet in the Ferry Village Parking Lot)*

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

*We will MEET at the above locations at 9:00am, and will begin our walk at 9:05am.*

*If the weather is inclement, (severe rain/thunderstorms), we will not meet.*

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



Our Coffee for the Month for June has been graciously donated by **Denise LaBarre** in memory of **Martha Muller**. We are grateful for their thoughtful generosity and support! *This program will continue due to the generosity of our Golden Age Center friends!*



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

Emergency Phone Number: (716) 773-7508

Crisis Services: (716) 834-3131

9-8-8: National Suicide Hotline

2-1-1: available 24 hours a day, 7 days a week. Free and confidential referral service. Human & social services, emergency housing, legal services, domestic, health & wellness, food & nutrition, mental health, support groups, & developmental disabilities

Erie County Senior Services: (716) 858-8526

HEAP: (716) 858-7644

**Tuesday, June 13: 10:30AM – 12:30PM**

*Independent Health Assure Advantage Plan or HMO-CSNP*

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

**Wednesday, June 14: 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 2<sup>nd</sup> Wednesday of the month from 1:30pm until 4:30pm in the Community Center on the Nike Base. This is a social group respite that we find benefits people with dementia and their caregivers. This respite is fun filled with EIGHT varied activities planned throughout the course of the program. Great friendships and fun take place here! Please call Jennifer Menter at (716) 773-9682, option 2, for more information on this social program.

**Thursday, June 15: 10:30AM**

*Summer Fruit Coaster Set*

Join Carrie as we each make our own set of fun coasters to use. This is a simple, yet cute craft that will be sure to brighten up your table or patio. All materials will be provided for the class. Please register by Monday, June 12, and **the fee is \$6.00**, which must be paid at the time of registration.

**Monday, June 19, 2023:** *The Golden Age Center will be CLOSED in observance of the Juneteenth holiday.*

**Wednesday, June 21: 10:30AM**

*Summer Spree*

Today is the first day of summer! And what better way than to celebrate in Golden Age Center style. Wear your summer attire and enjoy some cool refreshments. We can even throw some Beach Boys music on to celebrate this special day!

**Wednesday, June 21: 3:00PM**

*Day Trip: Traveling in Tonawandas Evening Trip*

This day trip has us on our van with multi-stops in Tonawanda. Our stops include: The Old Chapel Antique & Artisan Market, Old Man River OR Mississippi Mudds for dinner, the Wurlitzer Building (Fathey Beer Co, Platter's Chocolates, Tattered Tulip and Woodcock Brewing Co) You choose what you want to do once we get to the Wurlitzer. This was a huge hit last year! **The cost is \$10 per person.** Dinner cost is separate. Please register at the Office.

**Wednesday, 6/21/2023: 6PM – 7:30PM**

***Healthy Living for the Brain & Body with Assemblyman Morinello, the Alzheimer's Association and HART.*** Learn about healthy living habits for your brain and body and resources for caring for a loved one with Alzheimer's or dementia. Find out more information from the Alzheimer's Association, the Golden Age Center, & HART—Home Assistance Referral Team. Refreshments and light treat will be served to all who attend. A potluck dinner will start just before this at 4:30pm; register with the Office at (716) 773-9682.

**Thursday, June 22: 10:30AM**

*Beach Sign Craft Class*

Here is a cute simple project to work on recognizing yesterday's first day of summer (*at least on paper*). All materials will be provided for the class. Please register by Friday, May 19, and **the fee is \$2.00**, which must be paid at the time of registration.

**Thursday, June 22: 12:30PM**

*Executive Board Meeting*

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

**Monday, June 26: 10:00AM**

*Day Trip: Traveling in Tonawandas Evening Trip*

This day trip has us on our van with multi-stops in Tonawanda. Our stops include: The Old Chapel Antique & Artisan Market, Beijing Buffet for lunch, the Wurlitzer Building (Fathey Beer Co, Platter's Chocolates, Tattered Tulip and Woodcock Brewing Co) You choose what you want to do once we get to the Wurlitzer. This was a huge hit last year! **The cost is \$10 per person.** Lunch cost is separate. Please register at the Office.



**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!**

**Tuesday, June 27: 9:00AM – 3:00PM**

**Day Trip: "Shuffling all over Buffalo"**

Join the gang as we travel in style on a Bedore Tour Bus. The first stop is at the Theodore Roosevelt Inaugural Site, where we will be guided through the museum by a tour guide. Once we are done with our tour, we will head over to Chef's Restaurant for an all-inclusive luncheon. Once we are stuffed to the gills with delicious Italian specialties, we will head over to the beautiful Our Lady of Victory Basilica. We will have another tour and enjoy the history of Father Baker and the Basilica. We will then head home and be back at 3:00pm. **The cost is \$80pp and is ALL INCLUSIVE.** (Purchases are on your own.) Please register at the Office.

**Wednesday, June 28: 10:30AM.**

**University Express: Should I Turn Over? Joint Accounts, Life Estates & Powers of Attorney**

Valerie Stanek, Esq., CFP, Attorney at Law returns to us this morning to talk about the advantages of these tools for estate and financial planning, and potential problems that can arise. Please call and pre-register with the Office staff or by calling (716) 773-9682.

**Thursday, June 29: 11:15AM for the General Meeting; 12:00PM for lunch**

**General Meeting & Discussion of Spending \$90,000 in Senior Services**

Join President Joy Mesmer, the Executive Board, and the Golden Age members for their monthly Golden Age Club meeting. The day will start with the General Meeting at 11:15am, followed by our delicious lunch and great company of our friends. Be in the know and be informed! Please also bring your suggestions for how you would like to spend \$90,000 in senior services as we open up our discussion to the floor to our membership.

**Friday, June 30: 1:00PM**

**Technology Basics Class**

Come and join Carrie today as we discuss more features on a cell phone. Do you want to understand Facebook and Twitter? Learn about the Legacy Contact that Facebook has so our accounts are not just hanging around after we pass. We can cover how to use social media safely and what warning signs to look out for. Carrie continues to meet one-on-one for other issues and as class time permits. Individual appointments can be made for issues that are more involved at the end of the class.



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

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

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





Spring has FINALLY SPRUNG and Mother Earth is coming alive again... The trees are in BLOOM and the birds are chirping beautiful songs! Seven months of cold is DONE! What could these SURPRISE words be??!

- 1.) NRAEIGDNG \_\_\_\_\_ 4.) TDUOOSR \_\_\_\_\_  
 2.) RFEAHT \_\_\_\_\_ 3.) FGAL \_\_\_\_\_  
 5.) RMUSME \_\_\_\_\_ 6.) SFG INIH \_\_\_\_\_  
 7.) ATECEI (two words) \_\_\_\_\_ 8.) ATRWSEBRY \_\_\_\_\_

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

A warm



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

Deb McGarrigle	Richard McGarrigle	Melvin Frank	Brigitte Arnold	Eric Arnold	Kathy Cerillo	Elaine Gorman
Sandra Pignato	Gregg Cook	Linda Khreis	Philip Russo	Jack Skinner	Cathy Gewoski	Patty Grasso
Barbara Backlund	Maxine Caffarella	Thoma Caffarella	Patricia Benz	Frances Molnar	Howard Molnar	Christine Hartung
Kathleen Ricci	Dennis Piccione	Sam Alaimo	Michelle Jones	Tony Sanfilippo	Susan Scheckengost	Jimmy Wilkinson
Mary Lou Tempest	Ricky Tempest	Donna Williams	Janette Paonessa	Christine Gordon	Eugene Gordon	Marilyn Johnson
	Janette Lemley	Arthur Kunselman		Mary Lou Habicht		

**We welcome new members to join us for our programs, on our many programs, special events, for our transportation needs, our home-cooked lunch program, and MORE!**



**NEW! Monthly Lunch Drawing:**

Each month, we will have a drawing for two lunch tickets at the *Golden Age Center*. Each day you participate in the lunch program, you may fill out a slip and put it in the Monthly Lunch Drawing.



The winner will be drawn the last day of the month. **BARBARA KIRSCH is the WINNER for the month of MAY! CONGRATULATIONS!**



**Summer Community Center updates**



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

**Tai Chi: Mondays & Fridays at 9am**

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

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

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

**Chair Yoga & Meditation: Fridays at 1pm**

# Members we lost in May 2023:

Please keep these members and their families and friends in your thoughts during this difficult time. Our Golden Age friends are dearly missed and they will be forever in our hearts.

If any Golden Age members have passed away and are not listed, please contact the Office at (716) 773-9682 so we can update our records. We sincerely appreciate your help.

Ruth Golda      Luisa Martinez      Martha Muller

# Members that were sick in May 2023:

Millie Attrino    Garry Deutschlander    Betty Phillips    Lucy D'Alessandro    Paul Bassette    Carl Maier  
 Ellie Maier    Ruth Cunningham    Fran Fusco    Pat Akinbami    Lee Tetkowski    Don Lewis    Iris Galeza  
 Nancy Koch    Dick Koch    Jerry Kutis    Geri Benzing



## Need Food?

For confidential assistance, call the Neighbors Foundation of Grand Island

716-775-7998

[Gineighbors14072@gmail.com](mailto:Gineighbors14072@gmail.com)



Scan QR Code for instant access to our website at: [www.gineighbors.org](http://www.gineighbors.org)

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



## Lions Club Closet



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

## Nike Base Par 3, 9 Hole Golf Course



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

## Grandparent's Closet



This is Carolyn Mesches's idea come to life! Grandparents, do you have grandchildren coming to town and you don't have items for them to play with, travel around in, or sleep in? No fear! We have a lending closet for you, full of toys, books, stroller, playpen, bassinet and more. Call us for more information!



## Golden Age Club

Here is your next Executive Board as of November 2022. Elections were held on Thursday, November 17 at the General Meeting during the Thanksgiving Dinner and the Installation of Officers was held at the General Meeting at the Christmas Dinner on Thursday, December 15, 2022. Congratulations and THANK YOU for your service!

- President.....Joy Mesmer
- Vice President...Martha Marrinan
- Chaplain.....Cathy Mancuso
- Sargeant of Arms.....Tom Natale
- Corresponding Secretary...Sue Bognar
- Reporting Secretary.....Jan Yardley
- Treasurer.....Anna Vaccaro

## The Try & Buy Clothing Closet is now OPEN!

The **Try & Buy** has **OPENED** back up again! Golden Age members can start to bring in their gently used and nearly new clothing items, shoes, and jackets to be sold for a very low price. **Golden Age members will be asked to bring in no more than (15) pieces at a time.** The Try & Buy will be open until mid-November.

## Golden Age Center Pantry & Closet



**Did you know?** The Golden Age Center has a small pantry of **food, disposable undergarments, disposable bed pads, toiletries, paper products, small appliances, a closet of bedding, and other special items** that have been gathered due to the generosity of Golden Age members, to help other Golden Age members in need. **Are you in need of help?** Don't let food and item insecurities hurt you or your family. Call (716) 773-9682 and ask to speak to *Jen, confidentially*, about your situation.

# July Kayaking Program for Golden Age Center



## **West River Sunset Paddle**

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

**Location: Fix Road to Whitehaven Road Overlooks**

**Time: 6:30 p.m. – 9:00 p.m.**

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

**Date: Wednesday, July 19, 2023**

**Max Seats: 6 participants**

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

## **Fun Paddle**

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

**Location: Eagle Overlook (NO ADA-launch)**

**Time: 9:00 a.m. – 12:00 p.m.**

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

**Date: Tuesday, July 25, 2023**

**Max Seats: 6 participants**

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