



# *The Golden Voice*

**Golden Age Center**

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



## **June 2024 Newsletter**

**June Flower: Rose**

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

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

**Pete Marston**

***Town Supervisor***

**Christian Bahleda**

**Tom Digati Dan Kilmer**  
***Town Board***

**Jennifer R. Menter**

***Recreation Supervisor—Senior Citizen***

**Carrie Mesmer**

***Recreation Leader—Senior Citizen***



***Trees in BLOOM on the Nike Base***



***Kayaking at Woods Creek***



***Wellness Walk at Spaulding Trail***



***Packing bags for Friends of the Night People***



***Gram's Garage Sale FUN!***



***Stars & Stripes forever!***



***Sewing FUN!***



***Going Places in our many transportation vans!***

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

## **MONDAY**

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

Billiards games: 8:15am onward in the Lounge

Tai Chi: 9:00am with **Pat** at the *Community Center/BACK of the Dining Area (after 6/7)*

Fit for Life!: 10:00am with **Jenny** in the BACK of the Dining Area      Guitar: 10:00am in the Music Room at Recreation Building

Morning of Games!: 10:30am in the Community Center (*scheduled for 6/3/2024*)

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

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

## **TUESDAY**

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

Billiards games: 8:15am onward in the Lounge

Total Body Workout: 9:30am with **Michelle** at the *Community Center/BACK of the Dining Area (after 6/7)*

Seniors in Stitches: 1:00pm in the Arts & Crafts Room

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

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

Canasta: 12:30pm in the Dining Area

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

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

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

## **WEDNESDAY**

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

Billiards games: 8:15am onward in the Lounge

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

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

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

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

Pinochle: 12:30pm in the Dining Area

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

Afternoon of Games!: 1:00pm in the Community Center (*scheduled for 6/5/2024*)

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

## **THURSDAY**

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

Billiards games: 8:15am onward in the Lounge

Total Body Workout: 9:30am with **Michelle** at the *Community Center/BACK of the Dining Area (after 6/7)*

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

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

## **FRIDAY**

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

Tai Chi: 9:00am with **Pat** at the Community Center/BACK of the Dining Area (after 6/7)      Chess: 9:00am on the Stage

Mahjongg: 1:00pm with Anna on the Stage

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

**Poker & Euchre**: 11:00am –3:45pm in the Arts & Crafts Room (*after 6/7*)      Book Club: 10:00am in the Arts & Crafts Room

Chair Yoga & Meditation with Soma Cura: 1:00pm with **Martha** at the *Community Center/BACK of the Dining Area (after 6/7)*

**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. **PLUS**, we want to say **HELLO** to our friends!
- Hand sanitizing throughout activity and hand washing is **strongly encouraged** often throughout your visit at the Hand Sanitizing stations. Should you want hand sanitizing pumps to be set out for these activities. (ex. Card game tables, etc.), **just ask us!**
- Before leaving, please **SIGN OUT** at the Office. This is for us to keep **accurate attendance** and that ensures that we know you have **safely exited** the building. **PLUS**, we want to say **GOODBYE** to your smiling face and all of our friends!

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



**Happiest Birthday wishes to those members celebrating June birthdays!**



June 1	Leslie Madigan & Alan Sexton	June 15	Cathy Gewoski
June 2	Dianne Tiede	June 16	Marietta Rotella
June 3	Richard Koch	June 17	Mary Steigerwald, Anna Vaccaro & Karen Wallace
June 4	Theresa Long & Sarbjit Singh Khakh	June 18	Ronald Bondrow & Nancy Prusak
June 5	Beverly Kudla	June 20	Ann Rogers
June 6	Joan Mazur & Daryl Ann Miller	June 25	William Palumbo
June 7	Janet Goodsell & Sally Waterson	June 26	Thomas Luescher
June 8	Carol Barnhardt	June 27	Carol Dearlove, Thomas Drabik, & Joe Kowalski
June 11	Cynthia Lin & Nancy Jo Pax	June 28	Mark Lange & Sandra Lucier
June 13	Philip Pack	June 29	Raymond DeGlopper
June 14	Catherine Mancuso & Robert Schnable	June 30	Gloria Bondrow

**SAVE THE DATE!** Join us for a **A Midsummer Night's Tour** on **Monday, July 15** at **Nike Base Park** for a **7:00pm Show**. **If you have any questions, or to reserve your spot, call the Golden Age Center at (716) 773-9682.**



## Go GREEN WITH US!



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

## Updates to our June Schedule

The Golden Age Center will be *CLOSED* for Juneteenth on **Wednesday, June 19** in observance of the Juneteenth holiday.

### Monthly Meetings

#### Time with Town Supervisor Marston

Supervisor Pete Marston will be here to talk with our Golden Age Center members on **Thursday, June 27 at 12:20pm**. He will be updating us on happenings taking place in Grand Island. He looks forward to seeing Golden Age members then!

#### Travel Club & Conversation with Carrie

Enjoy your beverage and breakfast item and come and join Carrie this morning as she discusses and signs up folks for June programming and those trips planned for the months of June & July. Jen will also be finalizing the day trips to the Buffalo Philharmonic Orchestra 2024-2025 Coffee Concert series. Bring your checkbook to hold your spot on the wonderful day trips and excursions coming up! Join in the excitement on **Monday, June 3 at 10:00am!**

#### Executive Board Meeting

President Joy Mesmer requests the presence of all Executive Board members for the monthly meeting before lunch at **11:00am**, on the Stage, on **Thursday, June 20**.

#### General Meeting

Please join President Joy Mesmer and the Executive Board and come before lunch for the General Meeting, which starts at **11:15am on Thursday, June 27**, to hear the happenings coming up at Golden Age Center in the month of June.

### Evening Program

**Wednesday, June 26: 4:30PM Doors Open; 6:00PM Program Begins**

*University Express: The Sullivan Family of Waterloo, Iowa*

This evening will be a special evening with a potluck first and then our evening's presentation given by Shane Stephenson, Director of Museum Collections at the Buffalo Naval Park. Come and learn about the Sullivan Family. While three American families lost five or more children in battle, the Sullivan family is the only one to lose them all on the same day. The name of our Fletcher class destroyer honors the family but come learn about the more human side to the story. You are welcome to join us for both evenings' activities OR just come later for the presentation. We do ask that you bring a dish to pass for the potluck please.

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

### Defensive Driving Course

**Monday, June 10 & Monday, June 17: 1:00PM – 4:00PM**

*Defensive Driving of New York*

Join us for our popular instructor, Wayne West, as he instructs you on safe, defensive driving. You **MUST** attend both sessions to receive the course completion certificate, which you can turn into your insurance company, to receive a discount on your auto insurance policy. You **MUST** register ahead for this program. Bringing in your check or money order for **\$25.00**, made payable to Wayne West, will secure your spot in the class.

## Health Insurance Information

### Lawley Insurance

Questions about Medicare? I am here to help. We can go over the A, B, C, and D of Medicare. What to do and when. Compare your needs to all of the carriers including Independent Health, Highmark BCBS, Univera, United, Humana and Aetna to name a few. Or if you just want to sit and talk, I am here for that too! **Join John Weatherby**, Medicare & Individual Health Insurance Consultant with Lawley Insurance from **9:00am—11:30am on Wednesday, June 5**.

### Highmark Blue Cross Blue Shield of WNY

Jeff Lewis, from Highmark Blue Cross Blue Shield of WNY, will be on site to assist with planning for Medicare and retirement health coverage. Stop on by on **Wednesday, June 12 from 9:30am-11:30am** and have some peace of mind about the many upcoming health insurance changes in 2024.

### Independent Health

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

**Monday, June 10: 10:00AM – 11:00 AM**

#### Medicare 101: Understanding Your Options

Join Jason Myers, owner of JBM Health & Wealth Consulting, LLC. Today he discusses Medicare. Medicare is confusing! What are Parts A,B,C & D? When do I have to enroll? What will I pay? What is a Medicare Advantage Plan? What is a Medicare Supplement Plan? What about late enrollment penalties, Extra Help, EPIC or Medicare Savings Programs? What kind of plans might work best for me? This class will help people understand how the federal Medicare program works and provide a general overview of the variety Medicare insurance options available to beneficiaries. As a courtesy to today's presenter, please reserve your spot in this class by stopping by the Office or calling (716) 773-9682.

### Crafts

**Monday, June 17: 10:00AM**

*Crafting with Carrie – Clay Pot Toadstools*

Come and craft with Carrie today as we create toadstools for your garden or outdoor décor. You can see the example at the Office. This is easy and fun and, best of all, not the expensive cost of buying at the stores. **The cost is \$6.00 and payable upon registration; deadline to register is Thursday, June 13<sup>th</sup>.**

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

*Crafting with Carrie – Using the Cricut*

Today, we will be trying to expand our use of our Cricut and try out a new project. Come and craft away with us!










# Golden Age Center Lunch Calendar

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

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

## June 2024 Lunch Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>				<i>Menu may change without notice. Special Diet meals may be different than stated on the menu to meet dietary requirements. Thank you for understanding!</i>		1
2	<b>3 Travel Club meeting</b> Baked Penne with Green Beans & Garlic Bread 	<b>4 Monte Cristo Sandwich &amp; French Fries</b>	<b>5 Spellbinding June Birthday Party \$6</b> Maple Glazed Pork with Sweet Potato Puffs, Tropical Fruit & MORE	<b>6 Hamburger Bar with the fixings, French Fries, 3 Bean Salad, &amp; Pickle</b>	<b>7 Souper Seniors</b> 	8
9	<b>10 Grilled Chicken over Fresh Garden Salad with Fruit</b>	<b>11 Meatloaf with Mashed Potatoes</b>	<b>12 Beef Stroganoff</b>	<b>13 Lasagna with Meat Sauce &amp; Green Beans</b>	<b>14 Father's Day Luncheon</b> 	15
<b>16</b> 	<b>17 Swiss Chicken with Rice</b>	<b>18 Polish Sausage with Lazy Pierogi, Applesauce &amp; Broccoli</b>	<b>19 CLOSED</b> 	<b>20 Executive Board meeting \$6</b> Crispy Chicken with Stuffing, 3 Bean Salad & Carrots	<b>21 Souper Seniors</b> 	22
<b>23/30</b>	<b>24 Brunch for Lunch!</b> French Toast Sticks with Ambrosia, Sausage & Egg Scramble	<b>25 "Rachel" with Chips, Pickle &amp; Fruit Cup</b>	<b>26 Chicken &amp; Broccoli Alfredo</b>	<b>27 General Meeting \$6</b> Pork Chops and Mashed Potatoes with Applesauce & Hearty Vegetables	<b>28 Souper Seniors</b> 	29

## Bookmobile

Join Bridgette, Director of the Grand Island Memorial Library today as she comes here to the Golden Age Center on **Friday, June 14 from 11:00AM – 12:30PM**, bringing the mobile Bookmobile! Register to get a new library card, learn more about the programs and services the local library provides, AND be able to check out NEW titles of library books. Check out all that our local library has to offer our community!

## Celebrations

**Wednesday, June 5: 11:45AM; 12:45 – 1:45AM for entertainment**

*Spellbinding June Birthday Soirée, featuring Magician Cris Johnson*

Be enlightened during this month's mesmerizing birthday party. Join in the magic and fun that Cris Johnson will present. As usual, here will be a special menu for our June Birthday celebration. Be sure to put in your reservations and we encourage you to wear your bewitching outfits! Celebrate those members with June birthdays...*in style!*

**Friday, June 7: Starting at 10:30AM**

*Daniel Boone Day Shootout and Luncheon*

Today is a day that honors Kentucky Frontiersman Daniel Boone. Join us for some good old target practice; try your hand at our range. Then, we will be rustling up some grub for some good old-fashioned western lunch, where you can saddle up your feed bags and stop on by our mess hall.

Western wear is encouraged, and if YOU get out of line, we just might have to put you in the Golden Age Center jail. We will end our afternoon with the WILD VERSION of *Bingo Bonanza!*

**Wednesday, June 12: Starting at 10:30AM**

*Iced Tea Social with Cookies*

Monday was National Iced Tea Day and today is National Peanut Butter Cookie Day. Come into the Dining Area and enjoy both treats, as we relax and enjoy these refreshments. It will be a nice way to enjoy the spring day, regardless of the what the weather might be outside. To ensure that we have enough for all who would like to join us, pre-register for this program by stopping at the Office or calling us at (716) 773-9682.

## Mind Aerobics

**Tuesday, June 25: 1:00PM**

*Brain Games*

Playing brain games with others is a double whammy for brain health in seniors, staving off loneliness and depression and providing needed "exercise" for the brain. *It's a win-win!* A commitment to brain games and staying sharp can improve quality of life for your senior loved ones for years to come. Exercise your brain and have fun at the same time with your friends!

## Presentations

**Thursday, June 6: 10:00AM**

*University Express: Remembering Buffalo's Yesteryear Restaurants*

Marla Bujnicki, certified Master Docent with both Preservation Buffalo Niagara and Forest Lawn Cemetery as well as a Boat Tour Narrator aboard the Miss Buffalo II, will present today's program. Step back in time to when the Park Lane was a converted mansion on Gates Circle, Liberace was gaining popularity courtesy of the DiGuilio family who owned 31 Club, and the Cloister was the place to be seen and you were spun around, albeit lightly, as you enjoyed a beverage at the Chez Ami. Both memories and taste buds will be revived as we recall and share some of our more memorable dining experiences.

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

**Friday, June 21: 10:00AM**

*University Express: We Didn't Start the Fire*

Today's presentation has the return of a speaker who has provided us with multiple programs! We are excited to welcome back Theresa Wiater, retired teacher from Clarence Center Elementary School. Theresa will be speaking about this song and the fact that there are 119 historical references Billy Joel thought were important enough to put into a song in 1989. Some events are obvious, while some are obscure. Take a step back in time to look at the historic events. At the end of this program, we will look at what was left out of the song. We will also talk about the events from 1989 to present that should be mentioned if another song is written. **REGISTRATION IN ANY UNIVERSITY EXPRESS PROGRAM IS A MUST BY CALLING THE SENIOR CENTER AT (716) 773-9682.**

**Monday, June 24: 10:00AM**

*University Express: Eating on a Budget*

Today we will be exploring nutrition labels, smart shopping tips, and budget-friendly recipes that empower you to make nutritious choices within your means. Our presenter will be Michelle Werniowski, Dietitian Consultant, Erie County Department of Senior Services. **REGISTRATION IN ANY UNIVERSITY EXPRESS PROGRAM IS A MUST BY CALLING THE CENTER AT (716) 773-9682.**

**Wednesday, June 26: 4:30PM Doors Open, 6:00PM Program**

*University Express: The Sullivan Family of Waterloo, Iowa*

This evening will be a special evening with a potluck first, and then our evening's presentation, given by Shane Stephenson, Director of Museum Collections at the Buffalo Naval Park. Come and learn about the Sullivan Family. While three American families lost five or more children in battle, the Sullivan family is the only one to lose them all on the same day. The name of our Fletcher class destroyer honors the family but come learn about the more human side to the story. You are welcome to join us for both evenings' activities, or, just come later for the presentation. We do ask that you bring a dish to pass for the potluck please. **REGISTRATION IN ANY UNIVERSITY EXPRESS PROGRAM IS A MUST BY CALLING THE SENIOR CENTER AT (716) 773-9682.**

## Wellness & Support Groups

**Mondays in JUNE: 1:00PM—3:30PM**

*Choose Healthy WNY Program*

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

### Social Program for Individuals with Dementia

**Wednesday, June 12: 1:30PM—4:30PM**

**Attention Caregivers of Individuals with Alzheimer's Disease or a related dementia:** A dementia-specific respite program runs today and every 2<sup>nd</sup> Wednesday of the month from 1:30pm until 4:30pm in the BACK of the Dining Area of the Golden Age Center. This is a social group respite that we find benefits people with dementia and their caregivers. This respite is fun filled with EIGHT varied activities planned throughout the course of the program. Great friendships and fun take place here! Please call Jennifer Menter at (716)773-9682, option 2, for more information on this social program.

### Dementia Caregiver Support Group

**Wednesday, June 26: 1:30PM**

Join us for this monthly meeting on **Wednesday, June 26 at 1:30pm**. Build a support system with people who understand. Alzheimer's Association caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, friends and family of persons with dementia to: develop a support system, exchange practical information on caregiving challenges and possible solutions, talk through issues and ways of coping, share feelings, needs and concerns, and learn about community resources. Join us for this monthly group & come when you can. Please call 1 (800) 272-3900 for more details AND to register for the group.

## Special Luncheons & Celebrations

**Thursday, June 20: 11:45AM**

*Past Presidents' Luncheon*

Join us as we honor and thank our Past Presidents' for all of their time, talents, and volunteering of their love, time and support they have given the Golden Age Club and Golden Age Center over the years as we show our appreciation to them with a delicious lunch to thank them today!

## For Your Information

### Lions Club Closet

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

### ATTENTION!

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

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

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

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

### HEAP - Home Energy Assistance Program

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

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

**The Golden Age Center will gladly accept the following donations:**

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

## Fun Activities

### Friday, June 7: 1:00PM

#### *Bingo Bonanza!*

For **\$1.00 for the first bingo board** and a dream, you too can try to win the prize envelopes! Additional boards are available for just \$.25 each, for up to four (4) boards. *Come one, come all!* Join us for laughs, some competition and **LOTS OF FUN!** Just remember to call out **BINGO!**

### Friday, June 14: 10:00AM

#### *Beauty Corner*

**Woo Hoo!** We are resuming our program of doing nails with our lovely collection of polishes! There is no charge for this program, but it is *first come, first served* until 11:00am. We have not done this in some time, so, we, as the staff, are excited about returning to a pre-Covid activity. Please remember, we are not nail technicians, but just dedicated staff looking for ways to keep you looking good (*and save money too!*) **Who doesn't like a little pampering!**

### Thursday, June 20: Starting at 1:00PM

#### *Kiss Summer Hello Shindig*

Join us this afternoon for several activities, as we segue into summer! We will have special music, summer games and a sand art activity to "welcome summer" and the fun it brings to us all!

### Friday, June 21: Starting at 11:30AM

#### *Pizza Luncheon Matinee*

This afternoon, we will show a movie **TO SURPRISE YOU!** Inquire at the Office for the film title...it's guaranteed to cause some laughter, as we encourage you to join us for the fun! Bring your own lunch or sign up early and get a pizza luncheon. You will be able to enjoy the film while you have lunch. Due to the nature of the program, you must register by **Monday, June 17** by the close of business and pay the registration fee of **\$5.00** for all the food and snacks.

## Energy & Home Presentation

### Friday, June 7: 10AM

#### *Empower NY with Prime Time Energy Presentation*

NYSERDA's EmPower+ New York program offers free energy saving assistance to eligible homeowners/tenants. The scope of work can include: *furnace replacements, hot water tanks, spray foam insulation, cellulose insulation, health and safety repairs and some homeowners receive a new refrigerator/freezer.* If the homeowner isn't income qualified for EmPower+, NYSEDA's Comfort Home program is available to anyone regardless of income. Any funding from these programs is at 100% no cost to the homeowner.

Associates from EmpowerNY will be here to discuss this program with Golden Age members.

## Day Trips

### Tuesday, June 11: 10:00AM – 4:00PM

#### *Day Trip - Lunch, shopping & movie in East Aurora*

We will be leaving the Golden Age Center at 10:00AM and heading directly to the Iron Kettle for lunch. Once we finish lunch, we will be heading into the village of East Aurora, where you will have some time on your own after which we will meet in front of The Aurora Theatre. The movie shown today will be *True Grit* with John Wayne. The cost of this trip is \$15 per person, which includes transportation and movie admission. Lunch and purchases will be on one's own.

### Tuesday, June 18: 9:30AM – 2:00PM

#### *Day Trip - Paula's Donuts, Savers, Olympic Restaurant*

We will be leaving the Golden Age Center at 9:30am and heading directly to Paula's Donuts, where you can enjoy a cup of coffee and a donut or purchase items to take home. After we are finished having our sweet treats there, we will head to Savers, where you can shop for a period. Today is Senior Day at Savers, so take advantage of that (Bring your own shopping bag!). Once we are done shopping, we will then head to the Olympic Restaurant for lunch located on Sheridan Drive. The cost of this trip is \$14 per person, and includes transportation.

### Friday, June 28: Starting at 8:15AM

#### *Walmart Shopping Trip*

Leave the driving to us, and shop to your hearts content! The driver will pick you up at a designated time from your home or from the Golden Age Center (you **MUST** be there by 8 AM if you are leaving from the senior center.) The driver will drop you off at Walmart and you will have 2 hours to shop. At the appointed pick up time, you must be outside and ready. The cost of this trip is \$5.00 per person. You must be able to carry your shopping bags in and out of our vehicle and in and out to your home!

## Service Projects/Gifting to Others

### Wednesday, June 5: 9:30AM

#### *Birthday Party Set-Up*

Want to join in and give a hand? We will be meeting in the Dining Area to put up decorations for this afternoon's birthday party. Many hands make light work! If you love being creative and decorating, this opportunity is for you!

### Wednesday, June 26: 11:00AM

#### *Spreading Sunshine & Writing Cards to Friends Under the Weather*

Join us this morning to help make someone smile as we write cards for those that are sick, in the hospital, need a pick-me-up, or need a smile. Many hands make light work, and cards, notes, and tokens of love so appreciated by the friends of the senior center that are under the weather, living in nursing homes and are on the Meals on Wheels program. Please come help those in need in the community by giving back of your time and giving of your heart!



## Do you love to sing?

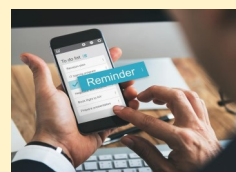
*Does music move your soul?*



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

**JUST A REMINDER! Please mark your CALENDAR!**

**(see Page 2 of Golden Voice Newsletter)**



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



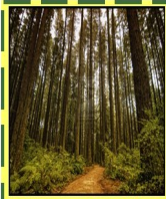


Help support the **Golden Age Center** by taking your  
cans and bottles to:  
**Bottle Junction**

**2447 Grand Island Blvd.**

**Grand Island, NY 14072 (716) 774-1200**

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



## Monday Wellness Walks



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

**Monday, June 3 @ 9:00am**

**. Nike Base Trail**

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

**Monday, June 10 @ 9:00am**

**. West River Bike Path Trail**

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

**Monday, June 17 @ 9:00am**

**. River Lea Trail**

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

**Monday, June 24 @ 9:00am**

**. Veterans Park**

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

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.**



## Dementia Caregiver Support Group

Providing care for a loved one with Alzheimer's disease can be  
stressful and isolating, but support groups can help.

**Grand Island Golden Age Center**

3278 Whitehaven Road

**4th Wednesday of the month at 1:30pm**

Free respite care may be available to provide activities and a  
safe place for people with dementia while their loved ones at-  
tend this group. Assessment and pre-registration is required.

Please call for details.

**Please call our free 24/7 Helpline at  
1.800.272.3900 to register before attending.**

alzheimer's  association®

WNY Chapter  
6400 Sheridan Drive, Suite 320, Amherst  
1.800.272.3900

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

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

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

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

### Did you know?!?!?



A free light breakfast is available each morning from **8:00am—11:30am** in the Dining Area for all to enjoy.

A variety of donuts, pastries and coffee is available for our Golden Age members to enjoy. Enjoy this among the company of members and friends!

### Bread Donations from Tops Markets



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



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.) **N R A E I G D N G** \_\_\_\_\_ 2.) **T D U O O O S R** \_\_\_\_\_

3.) **R F E A H T** \_\_\_\_\_ 4.) **F G A L** \_\_\_\_\_

5.) **R M U S M E** \_\_\_\_\_ 6.) **S F G I N I H** \_\_\_\_\_

7.) **A T E C E I** (two words) \_\_\_\_\_ 8.) **A T R W S E R B R Y** \_\_\_\_\_

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

### Nike Base Par 3, 9 Hole Golf Course

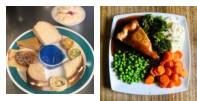


The Golden Age Center has four golf bags of clubs available for member use and ready for interested individuals to borrow to practice their golf swing and practice their golf skills on the Nike Base! Stop by the Office to sign out a bag of golf clubs and golf cards to keep score. Golf clubs must be returned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

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

Gary Webster	Lori Barr	Pamela Nice	Janine Morelock	Cheryl Lamar	Marcia Sweney	
Bonnie Shul	Jacob Zamojski	Bonnae Meshulam	Jeff Meshulam	Amy Banas	Jeff Banas	June Kramer
	Carla Cathcart	JoAnne Piccione	Peter VanKerkhoven			

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



### **NEW! Monthly Lunch Drawing:**



Each month, we will have a drawing for two lunch tickets at the *Golden Age Center*. Each day you participate in the lunch program, you may fill out a slip and put it in the Monthly Lunch Drawing. The winners will be drawn the last day of the month. **JEAN CAPRIO & LINDA SMITH** are the **WINNERS** for the month of **MAY!** **CONGRATULATIONS!**



## Members we lost in May 2024:

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

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

Marie Arsenault Maxine Eldridge Ray Gress June License Dan Lynch Alajos Nemeth

## Members that were sick in May 2024:

Millie Attrino Bernadette D'Aurelio Lawrence D'Aurelio Paul Bassette Marie Casey Ruth Cunningham  
Garry Deutschlander Iris Galeza Dick Koch Nancy Koch Betty Marinell Bill Ortiz Penny Panepinto  
Fran Fusco Henry Lobl Pat Ehinger Joyce Berk John Stark Bobbie Capp Ruth Landel  
Elaine Hardman Bill Salansky John Duchnik Tom Kunselman Sandy Thomasula David Johnson  
Kathy Menter Patti Nardone Nancy Tobe Chuck Tobe Delores Bennett Cindy Hamman Sue Whitbeck



## 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



## Lions Club Closet



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

## Nike Base Trails

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

## Veterans



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

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



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

## Golden Age Club

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

Thursday, November 16 at the General Meeting  
during the Thanksgiving Dinner and the Installa-  
tion of Officers was held at the General Meeting  
at the Christmas Dinner on Thursday, December  
14, 2023. Congratulations and THANK YOU  
for your service!

**President.....Joy Mesmer**

**Vice President.....Martha Marrinan**

**Chaplain.....Cathy Mancuso**

**Sargeant of Arms.....Tom Natale**

**Corresponding Secretary.....Sue Bognar**

**Reporting Secretary.....Beth Julin**

**Treasurer.....Bob Vaccaro**

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

*~ Frank Lloyd Wright*

## 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.



# 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*



## Solar Eclipse Glasses

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



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

Our Transportation Services are available for the following:

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

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

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

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

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

**Call us TODAY!**

## June Kayaking Program for Golden Age Center



### **Fun Paddle**

**Intermediate Paddling Ability - This is a great program for anyone who is comfortable paddling in the Niagara River. We will start with a general safety briefing and then paddle along the shore through the East River Marsh to the historic River Lea dock. From here we will cross the river channel to the NYS DEC Motor Island Wildlife Management Area, drift along this area, then head back across the river to the East River Marsh. Throughout this paddle we will get a close look at the habitat restoration projects and have a chance to see birds and other wildlife up close.**

**Location: East River Marsh Kayak Launch**

**Time: 9:00 a.m. – 12:00 p.m.**

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

**Date: Tuesday, June 11, 2024**

**Max Seats: 6 participants**

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