

# The Golden Voice

## June Events

# June 2026

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

### Coffee & Conversation & Travel Club Meeting

Monday, June 1: 10:00am

### Adventure Awaits! Come Fly With Me Birthday Party

Wednesday, June 3: 11:30am - 1:45pm

### Bingo Bonanza!

Friday, June 5: 12:45pm

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

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

**Get in quick!**



## May Event Photos

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



## A Warm Welcome from our Incredible Staff

### Welcome to the Golden Age Center!

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

### Recreation Supervisor - Senior Citizen

Jennifer R. Menter

### Recreation Leader - Senior Citizen

Carrie Mesmer

### Transportation Coordinator

Fran Molnar

### Program Coordinator

Jenny Gula

### Van Drivers

Tammy Violanti

Fran Molnar

### Nutritional Staff

Cathy Moore

Ryan Zygmunt



## A Message from Jen

JUNE is a month filled with Flag Day, Strawberry month, summer solstice, the start of summer, and the growing season. Let's make it a MEMORABLE month for you all. Set a new routine to kick start your SUMMER and enjoy great programming with us!

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

As we continue our Spring Cleaning and Updates for our facility, and we have continued to freshen up our spaces and now have a revamped different spaces of our facility. On our Stage, we have a nice open space now for Piano Playing, Chorus, Line Dancing, Mahjongg, meetings and MORE! In the BACK of the Dining Area, there are new puzzles made weekly at our Puzzle Corner, we have added space to our area. Outside, drainage work continues, as well as parking lot updates. Use caution and drive SLOWLY through the parking lot, as construction is taking place. MANY updates will continue throughout the year, both INSIDE and OUTSIDE. **Thank you for your flexibility!**

**We have a rack out in the Coat Room for you to hang your wet hats, and the boot trays are out for you to place your rainboots and umbrellas... 'tis the season for the spring-like weather.**

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

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

Please be sure to say "Hello!" to us and check in at the Office and check in for the activity you are participating in at the Office. This is to ensure safety, in the case of emergency, to keep accurate attendance in our facility, and to make sure all are enjoying the day's programs.

At the end of May, we hosted our Memorial Ceremony, where we remembered our members that have passed away this last year. This was a touching service to remember our dear friends.

**June is a month of hope and fresh beginnings. Together, let's make it memorable!**

*Best, Jennifer R. Menter*

**(716) 773-9682**

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

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[www.grandislandny.us/280/Golden-Age-Center](http://www.grandislandny.us/280/Golden-Age-Center) Open 8AM - 4PM Mon. - Fri.

# The Golden Voice

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



Marie Galante  
Vivian Figliotti  
Rhonda Michalke  
Jay Farquharson  
Virginia Gullo  
Patricia Kneer  
Julie LaLonde  
Joe LaLonde  
Judy Thurber  
Margie Walker  
Judith Mietlowski  
Charlie Long  
Victor DeKany  
Chris Klein  
John Klein  
Frank Rodriguez  
Lydia Ruiz  
Celeste Morano  
Lois Schwabl

**Welcome!**

Coffee for the month of

**June**

will be **FREE** compliments of  
**Dave Bancroft**  
in memory of

**Virginia & Morville  
Bancroft**



Coffee for the month of

**June**

will be **FREE** compliments of  
**Dennis Lang**  
in honor of

**Golden Age Center  
members**



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

**(716) 773-9682**

## June 2026 Consistent Weekly Programs at the Golden Age Center

### MONDAY:

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

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

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

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

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

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

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

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

**Bridge:** **12:30pm** in the **FRONT of the Dining Area**

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

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

### TUESDAY:

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

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

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

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

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

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

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

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

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

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

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

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## June 2026 Consistent Weekly Programs at the Golden Age Center

### Welcome to the Golden Age Center!

YES

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




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

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

We compost the following:

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

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



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

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

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

### WEDNESDAY:

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

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

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

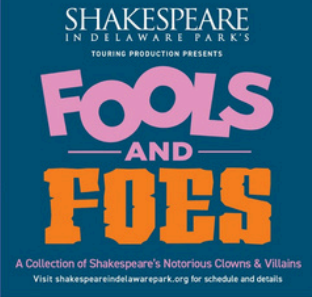
**Chorus:** Sing songs of all different genres among your peers at **10:00am** with **Don** on the **Stage**

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

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

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

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



FOOLS  
AND  
FOES

A Collection of Shakespeare's Notorious Clowns & Villains  
Visit [shakespeareindelawarepark.org](http://shakespeareindelawarepark.org) for schedule and details

Play lawn games before the event!

Tantalizing tidbits AVAILABLE!

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

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

*Regino's Charcuterie Platter for \$6.00*

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

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

Celebrating our 51st season of providing FREE Shakespeare!!!  
Don't miss this frolicking, fun and fact-filled show, which is sure to help everyone brush up on their Shakespeare!  
**Come one, come ALL! Bring your chair and picnic!**  
**Shakespeare Basket Raffle - \$1 each OR 7 tickets for \$5**

**(716) 773-9682**

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 | [www.grandislandny.us/280/Golden-Age-Center](http://www.grandislandny.us/280/Golden-Age-Center) Open 8AM - 4PM Mon. - Fri.

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## June 2026 Consistent Weekly Programs at the Golden Age Center

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



- Wayne Anstett
- Joan Barone
- Joyce Berk
- Jacquie DesJardins - LoManto
- Rob Frasier
- Bogdan Fundalinski
- Casey Galeza
- Iris Galeza
- Robert Gorny
- Tom Kunselman
- Barbara & Bob Lamb
- Jack Lillo
- Jack Mahnk
- Elaine Miller
- Tom Natale
- Shirley Norman
- Joe Paolucci
- Tom Pynn
- Peg Price
- Dave Rogers
- Dee Schuman
- Mary Stewart
- John Synakowski
- Chuck & Nancy Tobe
- Barb Weinrib
- Jean Yarwood



### THURSDAY:

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

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

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

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

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

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

### FRIDAY:

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

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

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

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

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

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

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

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

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

**Emergency Phone Number:** (716) 773-7508

**Crisis Services:** (716) 834-3131

9-8-8: National Suicide Hotline

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

**(716) 773-9682**

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**For Your Information!**

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



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 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 correct members, especially in the Winter and Spring months, when we are coming into the senior center, during the snowy or rainy weather months. Thank you for your help and understanding!

**HEAP - Home Energy Assistance Program**



HEAP is federally funded assistance with home heating costs and energy conservation for eligible households. Program components include benefit assistance for heat and electricity, furnace repair or replacement, weatherization referral, and cooling assistance (in summer months - based on medical necessity). Do you qualify? To fill out the application with guidance,

please make an appointment to meet with our Recreation Supervisor, Jennifer Menter, by calling (716) 773-9682 to make an appointment. **REMINDER: HEAP for Cooling Benefits opens on April 15 and available until funds are exhausted.**

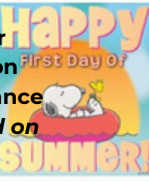
Membership allows you to partake in our nutritious lunch program; lunch is \$4.00 OR \$5.00 OR MORE on Special Event days.

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 2026 Lunch Calendar**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Travel Club meeting Lasagna with Green Beans & Garlic Bread	<b>2</b> Ham & Swiss Melt with Sweet Potato Fries	<b>3</b> \$6 Adventure Awaits! Come Fly with Me Birthday Party Fettuccini Alfredo with Breaded Chicken, Broccoli, Arugula Salad, Apple Walnut Craisin Salad, & Carrot Cake	<b>4</b> Hot Dog Bar with French Fries, 3 Bean Salad and Pickle	<b>5</b> Souper Seniors	<b>6</b>
	<b>8</b> Julienne Salad with Fruit & Roll with Butter	<b>9</b> Beef Stroganoff with Mashed Potatoes, Gravy & Peas	<b>10</b> Ham with Scalloped Potatoes & Mixed Vegetables	<b>11</b> Swiss Chicken with Rice & Mixed Vegetables	<b>12</b> Father's Day Luncheon	<b>13</b> Father's Day Luncheon is: • Hot Dog Bar • Macaroni Salad • Pickle • Pretzel Bites & Mustard
	<b>15</b> Pulled Pork Taco with Coleslaw, Chips & Salsa & Corn	<b>16</b> Golden Age Center Throwback! Cold Plate!	<b>17</b> Meatloaf with Mashed Potatoes & Hearty Vegetables	<b>18</b> Executive Board meeting \$6 Herbed Pork with Rice, Carrots, Applesauce & Pie	<b>19</b> CLOSED JUNETEENTH FREEDOM DAY	<b>20</b>
	<b>22</b> Turkey Dinner with Stuffing, Cranberry Sauce & Mixed Vegetables	<b>23</b> Tuna Noodle Casserole with Peas	<b>24</b> Beef Taco Salad with Tortilla Chips & Salsa & Tropical Fruit	<b>25</b> General Meeting \$6 Cathy's Crispy Chicken Drumsticks with Mashed Potatoes, Gravy, Corn & Pears	<b>26</b> Souper Seniors	<b>27</b>
	<b>29</b> Italian Sausage with Onions & Peppers and Baked Rigatoni	<b>30</b> Chicken Stir Fry with Egg Roll & Pineapple	<b>Update: You MUST call us at (716) 773-9682, the DAY OF, to register for lunch; calls will be accepted 8am until 10:30am. NO reservations for lunch will be allowed on the answering machine. Lunch openings are LIMITED due to amount of food available and the 10:30am cut off time. Thank you!</b>			

**A Cold Plate is:**  
• Antipasto Salad  
• Side Salad  
• Jello  
• Hard-Boiled Egg  
• Meat & Cheese Roll-ups



**(716) 773-9682**

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



**Kate Dibble**  
**Harold Litzel**  
**Brian Mongiello**

**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!**



**June 2026 Special Events Calendar at the Golden Age Center**

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

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

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

**Wednesdays: 9:00AM**  
**Wednesday Walking Club**

Kick off your morning with a great walk, along with the company of your peers! Meet us at the Golden Age Center and start your walk by 9:05am as we walk to the following locations: NO rain location will be offered in the month of June. 6/3: West River Bike Path; 6/10: Big Six Marina; 6/17: Nike Base Trails; 6/24: West River Bike Path

**Wednesday, June 3 AND Wednesday, June 17: 10:30AM-11:30AM**  
**FeedMore Farm Market Truck**

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

\*\*\*\*\*  
**Monday, June 1: 10:00AM**

**Coffee & Conversation/Travel Club with Carrie**

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

**Tuesday, June 2: 8:15AM**

**Day Trip: Erie County 2026 Elder Law Day**

We will depart from the Golden Age Center at 8:15am to get to the Buffalo Marriott in Amherst for this year's Elder Law Day. You must register yourself on-line for this. (If you need help, just ask Carrie) If you register by May 21<sup>st</sup> you can receive a FREE box lunch. Transportation is provided at a cost of \$10 per person.

**Wednesday, June 3: Activities begin at 11:30AM; entertainment at 12:45PM**

**Adventure Awaits: Come Fly with Me! featuring the music of Frank Sinatra as performed by Nick Battistella**

Today's event will be centered around Frank Sinatra and his iconic hits! Enjoy Sinatra trivia, compete in our Flight Class by making a paper airplane and launching it, and share your travel photos at our Traveling Table. Adventure awaits you at the celebration for all June birthdays of all our friends. Please be sure to sign up early!

**Wednesday, June 3: Potluck at 5:00PM; Presentation at 6:00PM**

**University Express: Dark History of the Statler Hotel with Emily Jarnot**

Join Emily, Preservation Planner, Preservation Buffalo Niagara, as she presents a "tour" of the Statler, highlighting the hotel's significance in Buffalo's history, the details of how it was built, the remarkable legacy of Ellsworth Statler, and the almost Kennedy-like mystery that surrounds the Statler family. This class does cover some darker topics so be prepared! You must register ahead so please call (716) 773-9682 or register with the Office.

**(716) 773-9682**

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# The Golden Voice

## Golden Age Center Transportation Vans



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

Our Transportation Services are available for the following:

- Bringing members to the Golden Age Center to socialize and participate in our 34 Consistent Weekly Programs and many varied Special Events
- General Medical Appointments **NOT** requiring sedation
- **Nutrition** – Dining at the Center OR Grocery Shopping
- **Financial** – Banking, Social Security Administration, going to the Post Office, Town Hall, and so forth
- **Personal Care** - Hair Salon appointments and Barber Shop
- **Medical appointments** - Please schedule as far in advance as possible!
- **Golden Age Center visits** - Call us at least TWO days in advance, to be scheduled on the van schedule.
- **All other appointments:** Schedule as far in advance as possible. We will do our best to accommodate your request.

Call us **TODAY!**

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

**(716) 773-9682**

### June 2026 Special Events Calendar at the

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

**Thursday, June 4: 12:30PM**

**Sending Smiles Across The Miles**

Help send smiles across the miles to those in need, to those who are sick, and to those who need a 'pick-me-up!' Gather together and make a craft and write a card to those on the Meals on Wheels program and make a token of appreciation to those who need a little smile! Be a good neighbor and send a little love to those in need in our community!

**Thursday, June 4: 12:30PM**

**Sip and Sow Club/Senior Gardeners**

Gardeners can join Jennifer from Erie County and Carrie to plant our plants in our nicely prepared garden beds this afternoon. We will be discussing how to handle watering and spending time caring for our gardens! Eventually, we will be cooking with our yield, when possible.

**Friday, June 5: 10:00AM**

**University Express: Brain Games with Teresa Wiater**

Enjoy an hour of fun games to challenge your brain and learn some strategies to think in a different way. Join Theresa, retired educator, for a fun-filled morning of exercise or your brain! You must register ahead so please call (716) 773-9682 or register with the Office.

**Friday, June 5: 11:00AM – 12:30PM**

**Grand Island Memorial Library**

Join Bridgette, Director of the Grand Island Memorial Library today as she comes here to the Golden Age Center bringing the mobile Bookmobile! Register to get a new library card, learn more about the programs and services the local library provides, AND be able to check out NEW titles of library books. Check out all that our local library has to offer our community!

**Friday, June 5: 12:45PM**

**Bingo Bonanza!**

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

**Monday, June 8 & Monday, June 15: 1:00PM – 4:00PM**

**Defensive Driving of New York Safe Driving Class**

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.

**Monday, June 8 & Tuesday, June 9: 8:00AM – 3:30PM**

EDDY, the Lung Cancer Screening Truck from Roswell Park from Wayne West Have you ever smoked? You need to meet EDDY! Early detection driven to YOU! Eddy will be at the Golden Age Center! Lung Cancer Screening is EASY, and it can save your life! Lung cancer screening is for people 50 or older with at least 20 years of heavy smoking. To find out if you are eligible, call 1 (800) Roswell or go to Roswellpark.org/Eddy. Pre-registration is REQUIRED!

**Tuesday, June 9: 9:30AM – 12:00PM**

**Highmark Blue Cross Blue Shield of WNY**

Jeff Lewis, from Highmark Blue Cross Blue Shield of WNY, will be on site to assist with planning for Medicare and retirement health coverage. Stop by and visit and ask Jeff any questions you may have regarding your coverage.

Golden Age Club



MISSION STATEMENT of the Grand Island Golden Age Club:

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



Lions Club Closet



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

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

Tuesday, June 9: 10:30AM

Day Trip: Village of East Aurora
We will depart from the Golden Age Center at 10:30AM and head to East Aurora. We will start our trip at Riley Street Station for lunch. The movie being presented today is Change of Habit with Elvis Presley and Mary Tyler Moore. In between, you will be given time to shop, then we will meet at the East Aurora Theatre at 1:30pm. You will be given additional time after the movie to finish your shopping and maybe pick up dinner to take home. Cost: \$17 per person for transportation and movie tickets; purchases and lunch on your own.

Wednesday, June 10: 9:00AM - 11:30AM

Lawley Insurance with John Weatherby

Questions about Medicare? John is here to help you navigate all the complexities of the 2026 Medicare plans. He can compare your needs to all 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, he is there for that too! Join John Weatherby, Medicare & Individual Health Insurance Consultant. Call the Golden Age Center at (716) 773-9682 should you require a one-on-one appointment with John.

Wednesday, June 10: 1:30PM - 4:30PM

Social Respite Group Program

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

Thursday, June 11: 10:00AM

Good Neighbor Project

Want to be a good neighbor? Come and join us this morning as we pack bags of snacks for Friends of Night People program. This is a slower-moving project, so please be prepared to let others be a part of it (a.k.a no rush) and be a good neighbor!

Friday, June 12: 12:45PM

Grand Island Liquidation

We will be leaving the Golden Age Center promptly at 12:45PM and heading out to GI Liquidation on Grand Island Boulevard. We will return to the senior center and for those of you who are needing transportation home, we will leave once we are back. Purchases are on your own, but the ride is FREE and limited to 14 participants!

Monday, June 15: 10:00AM - 1:00PM

How to Spot and Avoid Tech Support Scams with Centre of Information and Integrity of UB

Please join us for a 90-minute interactive course to learn the tricks scammers use and practice how to stay safe. We will cover the most prevalent types of identity theft, the techniques used to trick you out of personal information, practice spotting red flags, and how to respond. This is also a lunch for those who participate. You MUST stay for the entire time as it is a class, then work with the students. This class is limited to 15 total participants. Your participation will help the students evaluate how easy and helpful an online program is for older adults to use. If you agree to participate in a follow-up survey to help us learn how effective the course is, you will receive a thank you gift. The entire class itself is 2-3 hours so be prepared to stay the entire time.

# The Golden Voice

**Happy Birthday to our members celebrating**

**June birthdays!**

- June 1.....Eileen Stone
- June 2.....Sharon Graber, Diane Gerard & Frank Rodriguez
- June 3.....Mary Vescio
- June 4.....Theresa Long
- June 5.....Beverly Kudla & John Hilber
- June 6.....Daryl Ann Miller & Eugene Colautto
- June 7.....Lorraine Dale & Bonnie Szydlo
- June 8.....Joe LaLonde
- June 9.....Cheryl Ayers & Anthony Buscaglia
- June 10.....David Carson & Jeffrey Stone
- June 11.....Cynthia Lin, Nancy Jo Pax, & Keni-Lyn Wendt
- June 12.....Jim Capolupo
- June 13.....Thomas Igiel, Angela Melcher, Paul Sommer, & Philip Pack,
- June 14.....Cathy Mancuso & Nancy Kendall
- June 16.....Marietta Rotella
- June 17.....Mary Steigerwald & Anna Vaccaro
- June 18.....Nancy Prusak
- June 20.....Ann Rogers
- June 22.....Kelli Porter
- June 23.....Denise Karnath
- June 25.....George DeGlopper & Bill Palumbo
- June 26.....Thomas Luescher & Bruce Siess
- June 27.....Mary Brown, Michelle Collins, Carol Dearlove, Tom Drabik, Deborah Kowalik, Joe Kowalski
- June 29.....Ray DeGlopper



**Did YOU KNOW that Walking Club has walked INDOORS for the last FIVE months?**

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

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

## June 2026 Special Events Calendar at the Golden Age Center

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

**Wednesday, June 17: 11:45AM**

**Day Trip: Bisons Baseball vs Charlotte Knights**

Be prepared to leave the Golden Age Center at 11:45AM as we head to Sahlen's Field for Senior Day. Game starts at 1:05PM, so you will have time to grab lunch on your own. Please dress accordingly, and be sure to wear your sunscreen! Cost: \$25 per person for transportation and tickets; purchases and lunch will be on your own.

**Thursday, June 18: 10:00AM**

**Snack Bingo!**

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

**Thursday, June 18: 11:15AM**

**Executive Board Meeting**

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

**Thursday, June 18: 11:45AM**

**Past Presidents' Luncheon**

Join us as we honor and thank our Past Presidents' for all of their time, talents, service 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! Join us for great entertainment from the Michael Stewart at 12:45pm to conclude the grand celebration.

**Friday, June 19: Juneteenth**

**The Golden Age Center is CLOSED for the Juneteenth holiday.**

**Tuesday, June 23: 10:00AM**

**University Express: Let's Paint with Watercolors with Cindy Solly**

Cindy took some watercolor lessons and found that watercolor is a fun and calming outlet for creativity. When asked if anyone wants to try art, they usually respond that they can't draw stick people. But you don't need to be a professional artist to try your hand at art. The classes Cindy has had in the past provided seniors with a sketch, direction and watercolor supplies. Time to try something new. At the class, Cindy will give you a supply list so you can get your own supplies and continue to paint on your own. Paint the flowers in your garde, paint a beautiful landscape, paint from your vacation photos. You can be artistic; you just need to try! *This class size is limited to 25 people, and it is a 90-minute class.* You must register ahead, so please call (716) 773-9682 or register with the Office.



**(716) 773-9682**

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

# The Golden Voice

## Home-Cooked Lunch Program



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



**Did YOU KNOW that our volunteers made OVER 1800 pieces in 2025 for the 500 pieces thus far in 2026?**

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

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

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

### Did you know?!?!?



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

**(716) 773-9682**

## June 2026 Special Events Calendar at the

### Golden Age Center

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

### Wednesday, June 24: 4:30PM Doors Open; 5:15PM Program Begins

#### **Murder Mystery Dinner Night at the GAC – “Bullets and Brie”**

Get ready for the return of yet ANOTHER fun night of a murder mystery dinner being held at the Golden Age Center. You will be entertained by a group of your fellow members, who will be acting out a play and NONE of them know who did it! You will enjoy a delicious dinner prepared by the staff of Eggsquisite Eats and we will enjoy the food in our own spacious building. Those of you who have attended previously and/or acted know what fun we can have! *Cost is \$30 and includes your full dinner and coffee, tea or pop. See menu posted at the Office.*

### Thursday, June 25: 10:00AM

#### **Crafting with Carrie**

Sign up to make a simple patriotic wall hanging. We are celebrating the 250<sup>th</sup> anniversary of America - marking the date of the signing of the Declaration of Independence. *Cost: \$2.00 per person; please sign up early!*

### Thursday, June 25: 11:30AM

#### **General Meeting of the Golden Age Club**

Join President Bob Vaccaro, the Executive Board, and the Golden Age members for their monthly meeting. The day will start with the General Meeting of the Golden Age Club at 11:30AM, followed by our delicious lunch and great company of our friends, along with Town Time with Town Supervisor Marston at 12:20PM.

### Friday, June 26: 10:00AM

#### **University Express: History of Mystery with Harriet Grayson**

It was women detective writers in the late 19<sup>th</sup> and early 20<sup>th</sup> centuries that changed the genre. One of the most important writers of the times was Katherine Green of Buffalo. She was the queen of detective writers. Also discussed is the goddess of mystery British Agatha Christie. They created memorable male protagonists. It was a fascinating period for writers and introduced the class to a whole set of new writers. Presented by Harriet Grayson, author. You must register ahead so please call (716) 773-9682 or register with the Office.

### Friday, June 26: 12:00PM

#### **Cooking Fun with Carrie- Strawberry Shortcake edition!**

Come and make strawberry shortcakes with Carrie then enjoy afterwards! Carrie has a great Amish biscuit recipe she uses for many things at home, but today, we will make fresh Strawberry Shortcakes with homemade whipped cream. *Cost is \$5.00 per person; sign up early! (In the months of June, July and August we will not be doing Cooking with Carrie, but, will resume in September!)*

### Monday, June 29: 7:00PM

Welcome to our 51st season of Shakespeare in Nike Base Park with a tale called **Fools & Foes**, A collection of scenes featuring Shakespeare's most villainous, and comedic characters, directed by Nathaniel Higgins, featuring a cast of six: Paige Cummings, Cody Gooley, Camille Keeves, Devin Klumpp, Sue McCormack, & Julianna Tracey. The performance will run for approximately one hour and it will be a 7:00pm performance time. Register by stopping by the Office or by calling (716) 773-9682. *Basket will be raffled, snack for sale, lawn games out to play, and MORE offered!*

### Tuesday, June 30: 9:15AM

#### **Day Trip: Niagara Falls Underground Railroad Heritage Center/Lunch at the Silo**

Be prepared to leave the GAC at 9:15AM so that we can be at the Heritage Center in time for our 10:00AM tour. After our visit there, we will head to Lewiston to enjoy lunch at the Silo and walk along the river top on the path. Check out the statues too and read the placards. Please dress accordingly and be sure to wear your sunscreen! *Cost: \$27 per person for transportation and tickets; purchases and lunch will be on one's own.*



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

Help support the Golden Age Center by taking your cans and bottles to: **Bottle Junction** 2447 Grand Island Blvd. Grand Island, NY 14072 (716) 774-1200 When you take your bottles & cans to the counter, please let them know that you'd like your money to go towards the Golden Age Center. Your support will help the Golden Age Center keep lunch prices low, will support future programming & help us purchase wish list items.

Veterans



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

Anne's Anecdotes



Be happy! (It drives people CRAZY!)

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

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

- John Cassoni
Kathy Cerrillo
Don Hamman
Kathy Shaklee
Pat Shickluna
Bonnie Peete
Terry Warner

CONGRATULATIONS!

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

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

Dennis's Dad Joke of the Month



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

Bread Donations from Tops Markets



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

Piano Playing

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

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

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

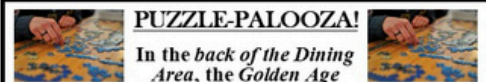
Mondays: 8:00am—12:00pm

Tuesdays: 8:00am-11:00am

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

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

Fridays: 8:00am—12:00pm



PUZZLE-PALOOZA!

In the back of the Dining Area, the Golden Age Center has a puzzle table, set up for people to enjoy putting together puzzles, for our members to try at their leisure.

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

The puzzles are available for use:

Mondays: 8am—10am; 11:30am—3:45pm

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

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



**NEW!**

**Monthly Lunch Drawings!**

Each month, we will have a drawing for two lunch tickets at the **Golden Age Center**. Each day that you participate in the lunch program, you may fill out a slip and put it in the **Monthly Lunch Drawing**. The winners will be drawn the last day of the month. **For Older Americans Month, MaryAnn Lochren, Jackie Sullivan & Terry Warner** are the winners for **May!** **CONGRATULATIONS!**



**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 N E S U T \_\_\_\_\_
- 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!

**JUNE FUN FACTS**

- **June** has the **MOST daylight hours** of **ANY month in the Northern Hemisphere**.
- The June full moon is called the Strawberry Moon in North America.
- Birth flowers are roses and honeysuckle, symbolizing love, passion, and generosity.
- **June** has its own beetle, **the June beetle or June bug**, active in May-June.
- **Juneteenth (June 19)** commemorates the **end of slavery in the United States of America**.



- **Does your loved one have dementia, Alzheimer's, and you're looking for certain resources?**
- **Are you looking for senior housing apartments?**
- **Are you looking for Adult Day programs?**
- **Are you looking for transportation needs?**

**IF these are some of your questions, please call (716) 773-9682 for us to point you in the right direction.**



Our next **Safe Defensive Driving Class** with Wayne West is coming up on **Monday, June 8 & Monday, June 15, 2026** from **1pm - 4pm** in the **FRONT Dining Area**. The class is **\$25 per person**; CHECKS made payable to Wayne West. Payment is DUE upon registration for the class. Participants **MUST** participate in **BOTH** classes in order to receive the auto insurance discount & the class certificate.



- 8.) strawberry
- 7.) iced tea
- 6.) sunset
- 5.) summer
- 4.) flag
- 3.) feather
- 2.) outdoors
- 1.) gardening

**June Anagram Answers:**

**(716) 773-9682**

ERIE COUNTY DEPARTMENT  
FOR THE AGING PRESERVE

# COOKING WITH

**Sass** 3 week fun, interactive & **hands-on cooking**

**series** (Smart & Simple Sustenance)

SPACES ARE  
LIMITED!  
SIGN UP  
TODAY!  
CALL  
716.773.9682

**Thursday, June 4<sup>th</sup>: Cooking for or 2**  
**Tues, June 9<sup>th</sup>: Cooking on a Budget**  
**Tues, June 16<sup>th</sup>: Sneaking in Healthy**  
**Ingredients**

**Includes Hands-on  
Participant Involvement &  
Food Sampling!**

With  
**Erie County  
Dept for the  
Aging  
Chefs!**

**Grand Island Golden Age Center**  
**3278 Whitehaven Rd., Grand Island**  
**Thurs, June 4; Tues, June 9 & 16**  
**Time: 10:15 -11:15 a.m.**

ERIE COUNTY DEPARTMENT FOR THE  
AGING STAY FIT DINING PROGRAM

716 858 7470 | Janice.Nowak@erie.gov





# BODY MIND RESET

## “WELLNESS WITHOUT LIMIT”



### 6 Weeks to reset your body and mind!

Join our comprehensive 6-week Health & Wellness Program designed especially for older adults who want to feel stronger, safer, and more energized in their daily lives.

Each week, we focus on key areas that support healthy aging and overall well-being.

### Where and when:

#### Grand Island Senior Center

3278 Whiteheaven Rd

NY 14072

Phone: 716-773-9682

#### Date and time:

July 23rd (Thursday) to August 27

Time: 1:00 PM-2:30 PM

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

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



### Healthy Eating

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

### Regular Exercise

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



### Practice Mindfulness

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



More Information:  
[Jennifer.chowdhury@erie.gov](mailto:Jennifer.chowdhury@erie.gov)



**love fresh fruits and veggies?**

**OPEN TO THE PUBLIC!**

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



**Grand Island Golden Age Center**

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



**6/3, 6/17, 7/1,**

**7/15, 7/29, 8/5,**

**8/19, 9/2, 9/16, 9/30**

**10:30am-11:30am**



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

**FeedMore  
wny**

Find our full schedule at  
[feedmorewny.org](http://feedmorewny.org)  
under 'Find Food'

FeedMore WNY  
[www.feedmorewny.org](http://www.feedmorewny.org)  
(716) 822-2002

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

*(see Pages 2 - 4 of the Golden Voice  
Newsletter)*



**Golden Age Center activities  
that are scheduled in the  
Community Center will be  
MOVED to the BACK of the  
Dining Area OR OUTSIDE from**

**Monday, June 15–Friday,  
August 21 due to Summer  
Recreation Programs.**

**Thank you!**