

The Golden Voice September Events

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

Coffee & Conversation & Travel Club Meeting

Tuesday, September 1: 10:00am

Endzone Extravaganza Birthday Party with Lyle Stang

Wednesday, September 2: 11:15am - 1:45pm

Super BINGO! with the Golden Age Club

Friday, September 4: 12:45pm

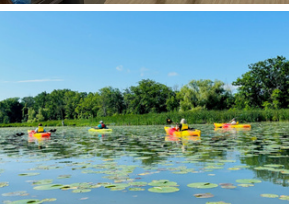
Get ready to win GREAT PRIZES with our varied Bingo games! *Get out your lucky boards!*

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

Get in quick!

August 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

it has been SO NICE to hear of everyone's trips and travels, summer fun, and exploring you've done this season. I hope you've all enjoyed the beautiful summer we've been blessed with!

SEPTEMBER is a month filled apples being picked, harvest festivals, pumpkin carving, football season, shorter days, cooler nights, and the start of a new routine. Check out our programs surrounding these themes! Let's make it an SENSATIONAL month!

In August, we continued our Summer projects and updates for our facility. Outside, drainage work has been completed, as well as parking lot updates. Our gardens were updated and freshened up out front, by the Memorial Wall and front lawn. Our Golden Age Garden is thriving and really blossoming, with fresh herbs, vegetables and flowers, many of which ends up in our meals AND used in our cooking program. MANY updates will continue throughout the remainder of the year, both INSIDE and OUTSIDE our building, especially this Fall, with the installation of new doors and fresh spaces. Stay tuned!

Thank you for your flexibility and patience!

We are appreciative of everyone's continued participation in our Compost Project this year! When disposing of garbage, please help us reduce our waste by throwing your garbage in the appropriate bin!

Thank you for being so mindful as you toss out trash. We average over 135 pounds of compost a month! Great job, ALL! Keep up the SUPER work!

Just a gentle reminder that in our daily work, we strive to give each member the utmost attention to their questions and needs. Please be patient, kind, and respectful to the time we take with each member, through phone call, question at the Office, conversation, and help we provide. Thank you for understanding, as some situations are complex, sensitive in nature, and we want all to have the same private, respectful experience.

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!

Mark your calendars for our next BIG special event, Holiday Happenings, coming up on Saturday, October 17 from 9am - 1pm! Join us as we showcase our talented senior crafters, host our Bake Sale, Basket Raffle, Grand Island small businesses, Lunch Sale & MORE, to support the seniors of Grand Island! *What a way to get ready for the holiday season! Sign up for your event table TODAY!*

September is a month of seasonal change, harvest, cultural gatherings, and enjoying the beauty as autumn starts. Together, let's make it another special, spectacular month!

Best, Jennifer R. Menter



(716) 773-9682

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

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

The Golden Voice

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



Christine Aiduk
Mary Bender
Lori Clinton
Wayne Clinton
David DeLong
Jean Greinert
Roger Greinert
Dana Knight
Jan Kurpiewski
Jim Lauda
Maureen Lauda
Brad Masters
Kathryn Masters
Diane Staub
Patricia Vacanti
Frank Williams
Robert H. Williams

Welcome!

Coffee for the month of
September
will be **FREE** compliments of
Jennifer Menter
in honor of the
Social Group Respite Program



Coffee for the month of
September
will be **FREE** compliments of
Sandy Thomasula
in memory of
Mike Thomasula



**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

September 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 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 **on the 1st Monday of the month at 10:30am in the Community Center**

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**

Chinese Mahjong: **1:00 - 3:00pm** in the **BACK of the Dining Area** 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**

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

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

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

Mahjong: 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 **1:00pm** at **Mallwitz Island Lanes**

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

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The Golden Voice

Welcome to the Golden Age Center!



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.

(716) 773-9682

September 2026 Consistent Weekly Programs at the Golden Age Center

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 & Jenny** at the **Golden Age Center**

Chorus: Sing songs of all different genres among your peers at **10:00am** with **Bobbie** 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, Pinochle & Card Games: **12:30pm –3:45pm** in the **BACK of the Dining Area AND the Stage**

Afternoon of Games: Play Ping Pong, Foosball, Shuffleboard, and other games with friends at **1:00pm** in the **Community Center**

The Salvation Army Tonawanda
46 Broad Street



Worship & Community Center
Tonawanda, NY 14150

3rd THURSDAY MOBILE

FRESH PRODUCE

DAIRY

MEAT

FRESH VEGETABLES

& MORE



Join us for our 3rd Thursday Mobile Food Pantry. If you need food, we will be serving the community at the Grand Island Town Hall beginning April 17th and the third Thursday of each month following. It is a drive-thru pantry and all you need is your ID and proof of address.

WHEN
APRIL 17TH

Every 3rd Thursday of the Month
10am & While supplies last

WHERE
Grand Island Town Hall
2255 Baseline Road – Grand Island, NY 14072

For more information, email Lt. Adam Mack – adam.mack@usa.salvationarmy.org
or give us a call at 716-469-2269 and leave a msg.



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The Golden Voice

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



Joyce Berk
Jacquie DesJardins - LoManto
Rob Frasier
Bogdan & Janice Fundalinski
Casey Galeza
Iris Galeza
Elaine Gibney
Frank Greico
Kathy Hoppel
Tom Kunselman
Beverly Kuszczak
Barbara & Bob Lamb
Jack Lillico
Cindy Lin
Jack Mahnk
Elaine Miller
Jerry Peete
Peg Price
Dave Rogers
Dee Schulman
Mary Stewart
John Synakowski
Chuck Tobe
Barbara Weinrib
Phyllis Zamojski



September 2026 Consistent Weekly Programs at the Golden Age Center

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**

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

Bocce: **12:30pm – 2:30pm in the Community Center**

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

FRIDAY:

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

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

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

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

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

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

Mahjong: 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**

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

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

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

For Your Information!

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



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

HEAP - Home Energy Assistance Program



HEAP is federally funded assistance with home heating costs and energy conservation for eligible households. Program components include benefit assistance for heat and electricity, furnace repair or replacement, weatherization referral, and cooling assistance (in summer months - based on medical necessity). Do you qualify? To fill out the application with guidance, please make an appointment to meet with our Recreation Supervisor, Jennifer Menter, by calling (716) 773-9682 to make an appointment. **REMINDER: HEAP for Heating Benefits opens on October 15 and available until funds are exhausted.** **(716) 773-9682**

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

September 2026 Lunch Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Travel Club meeting Orange Chicken Stir Fry with Pineapple & Egg Roll	2 \$8 The Endzone Extravaganza Birthday Party Sloppy Joe Slider with Barbecue Meatballs, Macaroni & Cheese with Texas Caviar Salad & Dessert	3 Brunch for Lunch! Breakfast Hash Casserole with Yogurt Parfait, Mixed Fruit & Sausage	4 Souper Seniors 	5
	7 CLOSED 	8 Meatloaf with Mashed Potatoes, Gravy & Mixed Vegetables	9 Lunch will be at 11:45am today! Autumn Chicken Craisin Salad with Fruit Cup and Roll & Butter	10 BLTs with Cup of Soup, Chips & Pickle	11 Souper Seniors 	12
13	14 French Dip with Fruit Cocktail & French Fries	15 Italian Sausage with Peppers & Onions and Baked Penne	16 Lunch will be at 11:30am today! "Rachel" with Chips, Pickle & Three Bean Salad	17 Executive Board meeting Cathy's Crispy Chicken, Stuffing, \$6 Hearty Vegetables & Pie	18 Souper Seniors 	19
20	21 Polish Sausage with Lazy Pierogi and Applesauce	22 Beef Taco Salad with Chips & Salsa and Tropical Fruit	23 Cheese Ravioli with Meat Sauce, Green Beans & Garlic Bread	24 General Meeting Savory Beef \$6 Tips over Noodles, Mixed Vegetables, Apple Salad & Pie	25 Souper Seniors 	26
27	28 Hobo Pack with Roll & Butter and Jello	29 Turkey Dinner with Stuffing, Cranberry Sauce & Carrots	30 Chicken à la King with Biscuit and Side Salad & Pudding			

The Golden Voice

**Members that we lost
in the month of
August 2026:**



Gerry Deutchlander

Don Hamman

Cheryl Zito

**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!**



(716) 773-9682

September 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. If you can NOT attend a
program, kindly call us to CANCEL your reservation, so that we can offer your spot
in a program to another member. Thank you for your cooperation!**

**Thursdays in SEPTEMBER: 1:00PM - 2:30PM - Thursday, 9/3/2026 & Thursday,
9/10/2026**

Body Mind Reset

Join us for the ending of 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. This program is FREE! For more information, please call (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: rain location will be offered in the month of SEPTEMBER at the Community Center, walking together by 9:05am! **9/2:** West River Bike Path; **NORTH; 9/9:** Big Six Marina; **9/16:** Nike Base Trails; **9/23:** West River Bike Path SOUTH; **9/30:** Nike Base Trails

1st, 3rd & 5th WEDNESDAYS: September 2, September 16 & September 30: 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! Bring your reusable bags and stock up on fresh, quality produce!

Tuesday, September 1: 10:00AM

Coffee & Conversation/Travel Club with Carrie

Join Carrie this morning for THE SPECIAL ANNOUNCEMENT as she serves some tasty beverages, treats, and highlights the special programs for the month of September. She will review the information, answer questions, and sign people up as requested. We will discuss September trips and roll out the October 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.

Wednesday, September 2: 9:30AM

Birthday Party Set-up

Calling all creative souls and calling all decorators! Come and help us set up for today's party. Many hands make light work as we decorate for all the birthday party FUN!

Wednesday, September 2: Activities begin at 11:15AM; entertainment at 12:45PM

Endzone Extravaganza Birthday Party with music from Lyle Stang

Be sure to wear your Bills gear (or okay, the gear of your favorite team) as we get ready for the football season! Oh, and we will also be celebrating the September birthdays, but in a fourth quarter friends' way! We will start at 11:15am with a variety of football-themed games, before sharing a tailgating luncheon. Once we finish lunch, we will head back into the GAC gridiron to enjoy dessert and the musical entertainment with Lyle Stang, beginning at 12:45pm. No table breaking will be involved, nor will there be ANY timeouts! Just huddle together and join the coolest team in the senior league! Register EARLY to hold your spot for the celebration!

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

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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.

September 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. If you can NOT attend a program, kindly call us to CANCEL your reservation, so that we can offer your spot in a program to another member. Thank you for your cooperation!

Thursday, September 3: 10:00AM & 1:00PM

Good Neighbor Project

Want to be a good neighbor? Come and join us this morning as we make snack packs for the Friends of the Night People and then in the afternoon, we will meet to create cards for those in our community that are housebound,, and make a few for yourself! Come, be a part of our neighborhood and share the love with others! Both projects are independent of each other so you are welcome to do both, or just one! Please come to the Office to let us know what you are willing to help with.

Friday, September 4: 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, September 4: 12:45PM

Bingo Bonanza!

For \$2.50, you will get up to 4 Bingo boards, to play all the games for the afternoon. Follow along for fun and laughs, as you vie for the prize envelopes! *Come one, come all!* From Letter X to Railroad Track, Coverall and Birthday Cake, join us for a variety of Bingo games. *Join us for laughs and lots of BINGO fun!*

Monday, September 7: The Golden Age Center will be **CLOSED** for the Labor Day holiday.

Tuesday, September 8: 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.

Tuesday, September 8: 10:15AM

Day Trip: East Aurora

We will depart from the Golden Age Center at 10:15am and head to East Aurora. We will start our trip at Riley Street Station for lunch. We will meet at the Aurora Theatre at an established time to watch the film Wake Island. In between, you will be given time to shop at the great shops and boutiques along Main Street. **Cost: \$17 per person for transportation and movie tickets; purchases and lunch will be on one's own.**

Wednesday, September 9: 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.

(716) 773-9682

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The Golden Voice

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.



**Looking for Pinochle Players
to play on Wednesdays
between 12:00 PM – 2:00 PM
AND
looking for Bridge players to
play on Mondays from
12:30pm – 3:00pm.**

Please call the Office at
(716) 773-9682 to inquire and find out
more details!

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!**

September 2026 Special Events Calendar at the Golden Age Center

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Wednesday, September 9: 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 us at (716) 773-9682, should you require a one-on-appointment with John.

Friday, September 11: 11:30AM

Final Cut Fridays!

Sign up EARLY for our new fall activity that has been renamed. Join Carrie as she provides lunch today, then we settle in and watch a film that will focus around patriotism in some way. Today is known as Patriot Day, so this is our own way of recognizing this day. Lunch menu is forthcoming; ask at the Office for the menu. **Cost: \$6.00. You MUST sign up by Wednesday, September 8 with payment.**

Monday, September 14: 9:00AM – 10:30AM

UB DART Academy presents Identity Theft

Join instructors from the University at Buffalo as they lead us in a class on a comprehensive guide to understanding, preventing, and recovering from identity theft. From basic protection to advanced strategies, those topics will be presented. You must commit to stay for the duration of the course, as each section builds upon each module that you will view. A mix of videos, classroom instruction, and discussions will help you to better understand how to keep your identity safe. You must register for this class by stopping at the Office or by calling us at (716) 773-9682, option 4.

Tuesday, September 15: 11:00AM

Sit and Groove with Jenny & Carrie

The class was such a hit, we thought we would continue! Join us for great music AND a fun way to exercise.

Wednesday, September 16: 8:45AM

Day Trip: Paula's Donuts, Adventure Landing, & Ted's Hotdog

We will be leaving FIRST for Paula's, to enjoy coffee and a favorite donut. Then, we will head to Adventure Landing for a round of 18 hole mini-golf and fun in the arcade. After our fun there, we will head to Ted's for lunch, before heading back to the Golden Age Center. **Cost: \$20 per person for transportation and the package at Adventure Landing; purchases and lunch will be on one's own.**

Wednesday, September 16: 2:00PM – 5:00PM

Social Respite Group Program

Attention caregivers of individuals with Alzheimer's Disease or a related dementia: A dementia-specific respite program runs today and TYPICALLY every 2nd Wednesday of the month from 1:30pm until 4:30pm in the Golden Age Center. ****NOTE: This month, this program will be hosted on the 3rd Wednesday with a slight time change.**** 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.

(716) 773-9682

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

The Golden Voice

Happy Birthday to our members celebrating September birthdays!

September 1.....Helen Burns, Janet Gracz, Jeanne Johnson, Patricia Kneer, Kay McGuire, Jan Stanczyk, & Joanquin Vazquez

September 2.....Diane Bialek, Agnes Hand & Deborah Robinson

September 3.....Ted Landen, Darlene Rine & Nancy Stempien

September 4.....Debbie Gurman, Harold Gurman & Robert Monaco

September 6.....Judy Schmidt

September 8.....Dee Igiel, Cynthia Sanders & Suzanne Stewart

September 9.....Mary Hinkle & Elaine Miller

September 10.....Rosemary Coe, Walter Lamar, Rosalie Madejski, Cathleen Moore, Donna Mudio, Dave Norman, Dan Rogala, & Laurie Titran

September 11.....Joe Mesmer & Larry Schupp

September 12.....Larry Sweney

September 13.....Dave Cole & Luann Pelletier

September 15.....Joanne Fleischman, Nancy Kaul, Dana Papaj, Christine Stanczyk & Sherrie Woodard

September 16.....Evelyn Swarts

September 17.....Tom Cecere, Kathy Fetzer, Rick Henderson & Patricia Klebes

September 18.....Carol Blair

September 21.....Charles Carvalho, Donna Castiglia & Fran Molnar

September 22.....Kristin Ducey & Kathleen McCormick

September 25.....Harold Geiger, Robert Ferloin, Linda Itzo & Eloise Olmstead

September 26.....Liz Semaru & Jacqueline Steckelburg

September 27.....Linda Clark & Alice Gerard

September 28.....Catherine Hannibal

September 29.....Madeline Anderson-Balmer & Paul Pellicci

September 30.....Jenny Gula, Terry Jablon, Georgina Munk, & Michael Rossiter

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

As the weather has turned and transitioned to warmer summer 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!**

September 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. If you can NOT attend a program, kindly call us to CANCEL your reservation, so that we can offer your spot in a program to another member. Thank you for your cooperation!

Wednesday, September 16: 6PM in the Dining Area

Citizen Preparedness Course with US Homeland Security AND the National Guard

Did you know that September is Emergency Preparedness Month? With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. The NY Citizen Preparedness Training Program teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to normal conditions. This training course will provide an introduction to responding to a natural or manmade disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies. Each family that attends will receive one preparedness kit. Registration is required to attend the event. To register, visit www.prepare.ny.gov OR scan the QR code on the flyer.

Thursday, September 17: 10:00AM

Crafting with Carrie – Football Edition!

This month, our crafting project will be using puzzle pieces to make our own Buffalo Bills décor! Come and have a great time and enjoy a relaxing way to add to your love of the Bills! You can see the inspiration for this project at the Office. Please bring an apron, as you will be painting some of this special craft. Most will be assembling and creating this unique fall picture. **Cost: \$5.00 per person; please register and pay at the Office by Friday, September 11.**

Thursday, September 17: 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 Fall & Winter plans, plan for Holiday Happenings, 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!

Monday, September 21: 9:15AM

Day Trip: Niagara Produce, Santora's, Meyer Brothers Cider Mill

We will first leave for Niagara Produce, where you can shop for some deals before we go to lunch at Santora's. On our way home, we will make a stop at the Mayer Brothers Cider Mill, where you can pick up freshly pressed cider and some donuts or other delicious treats. New this year is a strawberry-frosted donut, strawberry lemonade pie, and a blueberry lemon buckle! **Cost: \$20 per person for transportation; purchases and lunch will be on one's own.**

Tuesday, September 22: 10:00AM

Cooking Fun with Carrie - Summer Picnic!

As summer comes to an end, and we enter into fall (Today is the first day of fall!), let's enjoy the summer picnic as our cooking class today! Menu: Hamburgers on the Grill, Macaroni Salad, Baked Beans with Bacon, AND Fruit Skewers. **Cost is \$10 per person, and it is limited to 10 participants.** You MUST register and pay by Thursday, September 17 at the Office.

(716) 773-9682

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

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 800 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

September 2026 Special Events Calendar at the Golden Age Center

*****REMINDER: Wednesday, September 16: 12:30PM*****

Understanding Vaccines & How They Work

As the second part in our Community Education Series, we will discuss the importance of understanding vaccines and how they work. Learn what a vaccine is all about, how does it help, prevention, herd immunity and its importance, and enjoy interactive activities. This workshop is interactive, engaging, with time for questions and answers. The beginning and end to the program will have a survey. Earn a \$20 e-gift card for participating! Learn the with UB Research Team and Ivylea Pharmacy. To sign up for this program, please call (716) 773-9682 OR stop by the Office.

Wednesday, September 23: depart at 12PM; return at 3:00PM

Fun with French field trip – guided tour at the Burchfield Penney Art Gallery

Join the Fun with French group as we explore art to the theme of fashion in Buffalo, and compare it to French fashions! The bus will be departing at 12pm, with an hour-long tour to begin at 12:30pm. After our guided tour, we will have time to enjoy the museum shop, as well as enjoy a late lunch or treat at Roux Soup Bar & Cafe. **Cost: \$25.00 per person; lunch & purchases will be on one's own.**

Wednesday, September 23: 4:45PM; Painting at 6:00PM

Potluck and Paint Night

Register early for our special fall football-themed paint night by Monday, September 14. For only \$20 per person, you are welcome to join in just the painting OR both the potluck and painting...you decide! Picture of painting to be taught is on display at the Office. Please tell us what you would like to bring as your dish to pass. Carrie will provide pizza!

Thursday, September 24: 10:00AM

Banana Bread & Budgeting

Join us this morning for a tasty treat with the Center for Elder Law & Justice speaker, Renee Pratt, Outreach Coordinator. The Center for Elder Law and Justice provides free, civil legal services for older adults and in this class, participants will learn about free services offered by the Center for Elder Law & Justice and leave with a budget template, resource guides, and connections to community services to support their financial well-being. Renee will walk us through practical strategies for creating, adjusting, and maintaining a budget on a fixed income. PLEASE BE SURE TO REGISTER AHEAD WITH THE OFFICE. NO WALK INS WILL BE ACCEPTED.

Thursday, September 24: 11:30AM

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

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 11:30 AM, followed by our delicious lunch and great company of our friends, along with Town Time with Town Supervisor Marston at 12:20PM.

Friday, September 25: 9:15AM

Day Trip: BPO Coffee Concert - S 'Wonderful Gershwin

For those who have purchased tickets, the bus will be leaving the GAC at According to the BPO: Gershwin's music lives at the crossroads of concert hall brilliance and American popular song, instantly recognizable and endlessly fresh. Under Ron Spigelman, the BPO celebrates Gershwin's birthday with vocalist Alexandra McArthur bringing favorites to life, including I Got Rhythm, Summertime, I've Got a Crush on You, and The Man I Love. Expect swing, romance, and rhythmic sparkle, all elevated by the full sound of the orchestra. It is a feel-good night built on melody and style; the kind of concert that makes the room smile and sends you back into the world a little lighter.

Saturday, September 26: 8:15AM

Day Trip: The Windmill in Penn Yan

We will be leaving for The Windmill promptly at 8:30 AM as we head out to Penn Yan. It is a bit of a drive, but well worth the fun! There are many vendors inside and out plus several options for lunch. Cost: \$20 per person for transportation; purchases and lunch on your own.

Monday, September 28: 9:15AM

Day Trip: Marilla Country Store and The Olive Tree

We will first leave for the Marilla Country Store where you can find gifts and décor for the fall and maybe some of the last-of-summer deals. Afterwards, we will make our way to The Olive Tree for lunch. Their menu is posted online, but should you need assistance, please see Carrie. **Cost: \$15 per person for transportation; purchases and lunch will be on one's own.**

Tuesday, September 29: 11:00AM

Sit and Groove with Jenny & Carrie

The class was such a hit, we thought we would continue! Join us for great music AND a fun way to exercise.



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

Help support the **Golden Age Center** by taking your cans and bottles to: **Bottle Junction**
2447 Grand Island Blvd.
Grand Island, NY 14072
(716) 774-1200

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

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

(716) 773-9682

Veterans



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

Anne's Anecdotes



Thank YOU for making me feel better about my own problems!



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 Carolyn Mesches, Kathy Lechner & Bob Vaccaro this month for helping to sell the Birthday Split Club Raffle Tickets for the month of August!

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

**Don Bellinger
Debbie Goss
Elaine Hollingsworth
Dennis Lang
Evelyn Lewis
Jackie Sullivan
Anna Vaccaro**

CONGRATULATIONS!

Dennis's Dad Joke of the Month



Where do fruits go on vacation?
~ Pear-is!

Bread Donations from Tops Markets



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

Piano Playing

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

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

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

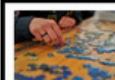
Mondays: 8:00am—12:00pm

Tuesdays: 8:00am-11:00am

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

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

Fridays: 8:00am—12:00pm



PUZZLE-PALOOZA!



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

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

The puzzles are available for use:

Mondays: 8am—10am; 11:30am—3:45pm

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

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



NEW!

Monthly Lunch Drawings!

Each month, we will have a drawing for two lunch tickets at the **Golden Age Center**. Each day that you participate in the lunch program, you may fill out a slip and put it in the **Monthly Lunch Drawing**. The winners will be drawn the last day of the month. **For the month of August, Nancy Riggs, Jackie Sullivan & Yvonne Turri** are the winners for **AUGUST!**

CONGRATULATIONS!



- 1.) labor
- 2.) autumn
- 3.) school
- 4.) homework
- 5.) apple
- 6.) picnic
- 7.) football
- 8.) remembrance
- 9.) harvest

September Anagram Answers:



September is nearly on our heels! So many **FUN** things are happening this month **AND** are themes this month! What could these **SURPRISE** words be?!?! **GOOD LUCK** to you!

- 1.) r l a o b _____
- 2.) u n t u a m _____
- 3.) o s o c l h _____
- 4.) m l s a e l k h k _____
- 5.) p l e p a _____
- 6.) s r n a r g a e d n p t _____
- 7.) l t f o b o a l _____
- 8.) A R B E M R N M E C E _____
- 9.) s r n a r g a e d n p t _____
- 10.) H R E T A U S _____

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

SEPTEMBER FUN FACTS

- **September is the month where our delicious New York apples are harvested!**
- The International Day of Peace falls on September 21! *Spread peace where you go!*
- Birthstones are the **sapphire**, symbolizing wisdom & loyalty..
- **It is National Honey Month & National Bourbon Month this month!**



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

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



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



**Homeland Security
and Emergency Services**
Citizen Preparedness Corps

SIGN UP FOR A FREE CLASS TO LEARN ABOUT PREPARING FOR EMERGENCIES

With **severe weather events** becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. **The NY Citizen Preparedness Training Program** teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to normal conditions. This training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies. Each family that attends will receive one preparedness kit.

WHERE: Grand Island Golden Age Center
Nike Base
3278 Whitehaven Road
Grand Island, NY 14072

WHEN: Wednesday, September 16, 2026
6:00 PM

REGISTER:

*Registration is required
to attend the event.*
To register visit
www.prepare.ny.gov or
scan the QR code



**THIS EVENT IS BROUGHT TO YOU BY
GOVERNOR HOCHUL IN CONJUNCTION WITH:**



and Grand Island Golden Age Center



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WHERE: Grand Island Golden Age Center
Nike Base
3278 Whitehaven Road
Grand Island, NY 14072

WHEN: Monday, September 28, 2026
1:30 PM

REGISTER:

***Registration is required
to attend the event.***

*To register visit
www.prepare.ny.gov or
scan the QR code*



**THIS EVENT IS BROUGHT TO YOU BY
GOVERNOR HOCHUL IN CONJUNCTION WITH:**



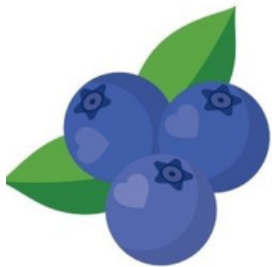
and Grand Island Golden Age Center



love fresh fruits and veggies?

OPEN TO THE PUBLIC!

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



Grand Island Golden Age Center
3278 Whitehaven Road
Grand Island, NY 14072



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

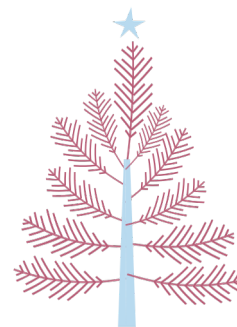
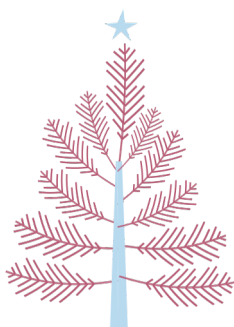


**The Farm Market accepts cash, debit/credit, tap to pay &
SNAP/EBT (50% off)!**

FeedMore
wny

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

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



THE GOLDEN AGE CENTER &
THE GOLDEN AGE CLUB PROUDLY
PRESENTS

HOLIDAY HAPPENINGS CRAFT BAZAAR & HOLIDAY MARKET

SATURDAY, OCTOBER 17, 2026

9 AM TO 1 PM

GOLDEN AGE CENTER &
COMMUNITY CENTER

Nike Base, 3278 Whitehaven Road, Grand Island

