



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

September 2022

Flower: Aster

Birthstone: Sapphire

Town of Grand Island

Golden Age Center

3278 Whitehaven Road

Grand Island, NY 14072

Phone: (716) 773-9682

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

***Business Hours: 8am—3:45pm,
Monday - Friday***

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

John Whitney

Town Supervisor

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

Jennifer R. Menter
Recreation Supervisor—Senior Citizen

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



Happy Birthday to those celebrating September birthdays!



September 1	Brooks Rimes & Delores Schuman	September 13	David Cole & Luann Pelletier
September 2	Diane Bialek & Eleanor Maier	September 15	Michael Rayhill
September 3	Carol Gress & Ted Landon	September 17	Thomas Cecere & John Domagala
September 6	Marion Little & Judy Schmidt	September 22	Kathleen McCormick
September 9	Elaine Miller & John Mingus	September 25	Jim Harrod
September 10	Cathleen Moore	September 27	Linda Clark, Alice Gerard & Roxanne Morgan
September 11	Joseph Mesmer & Larry Schupp	September 30	Georgina Munk & Mike Rossiter

Weekly Consistent Activities at the Golden Age Center

ATTENTION: NEW Recreation program measures will be in place prior to enjoying such programs. Please note the following PRIOR to your visit:

- *Front **AND** Back doors of the facility are **OPEN** to the Golden Age Center.*
- ***Please SIGN IN at the Office and let us know what program OR activity you are here to participate in; this is to ensure your safety and for us to keep accurate attendance.***
- Hand sanitizing throughout activity and hand washing is **strongly encouraged** often throughout your visit at the Hand Sanitizing stations. **PLEASE** ask for hand sanitizing pumps to be set out for these activities. (*ex. Card game tables, etc.*)
- Before leaving, you must **SIGN OUT** at the Office. This is for us to keep **accurate attendance** and that ensures that we know you have **safely exited** the building. *Our doors close at **3:45pm** to start disinfecting the building for the night.*
- **Thank you for your cooperation!** **Have fun at the Golden Age Center! ENJOY!**

MONDAY

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

Pool games: 8:15am onward in the Pool Room/Lounge

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

Chair Exercise: 10:00am with **Jenny** on the Stage

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

Card Games & Dominoes: 9:00am –3:30pm in the Dining Area

****NEW: Knitting & Crocheting: 2:15pm in the Arts & Crafts Room**

Bridge: 12:30pm in the Dining Area *on the 2nd and 4th Mondays of the month*

Fun with French: 12:45pm with **Jen**

TUESDAY

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

Pool games: 8:15am onward in the Pool Room/Lounge

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

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

Canasta, Dominoes & Card Games: 9:00am –3:30pm in the Dining Area

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

****Bowling: 1:00pm with Joanne at Mallwitz Lanes (\$7 for 3 games)**

WEDNESDAY

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

Pool games: 8:15am onward in the Pool Room/Lounge

Walking Club: 9:00am (*meet at the Golden Age Center*)

Pinochle, Dominoes & Card Games: 9:00am –3:30pm in the Dining Area

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

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

****Fun with French**:** 12:45pm with **Jen** on the 3rd, 4th & 5th and Wednesdays of the month**

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

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

THURSDAY

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

Pool games: 8:15am onward in the Pool Room/Lounge

Pinochle, Dominoes, Euchre, AND Card Games: 9:00am –3:30pm in the Dining Area

Total Body Workout: 9:45am with **Michelle** at the Community Center **** Knitting & Crocheting: 1:00pm in the Arts & Crafts Room**

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

FRIDAY

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

Pool games: 8:15am onward in the Pool Room/Lounge

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

Chess: 9:00am with **Brooks** on the Stage

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

Poker, Dominoes & Card Games: 9:00am –3:30pm in the Dining Area

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

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

September 2022 Special Events & Programs

You must call the Golden Age Center at (716) 773-9682 to register for any of these programs in order to meet participant limits. **First come, first served!** Please give us your name and telephone number to register for the program (Payment ALSO for programs that have a cost, as payment holds your spot in the program). **Join in the fun with us!**
Thank you!

Wednesdays in September starting at 9:00AM: Walking Club

Get your steps in and join the group for the resuming of the much-anticipated Walking Club. Each week, there will be a different place to walk along with those that would like to do a shorter version closer to the Center. We encourage you to see the Golden Age Center staff and sign up to join the group and to get the schedule. Take charge of your health!

Wednesdays in September (7, 21, 28): 11:00AM – 1:00PM

Afternoon of Games!

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

Friday, September 2: 12:30PM

Paper Crafting, Part 1

This is a 2-part project that we will start today. It involves the use of the Circuit, but we will start with the floral part. First, you must purchase the frame of your choice to complete the craft. There is no charge for this, BUT the frame you purchase and should you desire specific items outside the offerings, feel free to do so. You DO need to attend both classes to finish the project. Please register at the Office.

Monday, September 5:

"No great achievement is possible without persistent work." ~Bertrand Russell. The Golden Age Center is **CLOSED** today in recognition of the Labor Day holiday.

Tuesday, September 6: 10:30AM

Birthday Party Set Up

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

Tuesday, September 6: 12:30 PM

Remembrances of the Civil War

Member Judy Buzby will take on the voice and costume of her Great Great Aunt Harriet to tell you of Hattie's remembrances of the exciting events that occurred during the Civil War. She was 10 years old when the War started and she reminisces about her family life, the soldiers, how she met Lincoln, and other important people from that time. This information comes from Harriet Chapin Barnard's memoirs, which Judy found when she was doing genealogical research.

Wednesday, September 7: 11:45 AM; 12:45 PM – 1:45 PM for the entertainment

Rodeo Round-Up Birthday Party with Lyle Stang

Come celebrate our September birthdays in a Rodeo way! Try roping our horses and bet on our other horses this morning, among other fun Rodeo & Cowboy activities! We will shoot moon pies, and NOT cow pies! After our delicious birthday lunch, we will be entertained by Lyle Stang, who plays a variety of music. Come join in the fun! **Wear your rodeo gear for this Rodeo Round Up!**

Wednesday, September 7: Golden Age Center van departs at 3:30PM

Evening Trip: "Sunflowers of Sanborn"

Join Carrie and Tammy as they take you to Sanborn to see the sunflower fields. They will have a picnic dinner there from Wegmans. Walk the grounds and avail yourself of the choices they have there as their season is winding down. The GAC vans are leaving at 3:30pm and will return about 7:30pm. **Cost is \$10 for transportation; \$12 for box dinner from Wegmans. (Carrie has the menu on this).**

Thursday, September 8: 9:30AM – 3:00PM

"Stomping the Grapes in Westfield" Day Trip

Heading out to Westfield, NY, our first stop is at Portage Pies. We will pick up any pie orders that you made and then head over to the Grape Discovery Center. Spend time viewing the exhibits and make your way to the tasting bar, if you desire. Once we complete our visit, there we will head to The Parkview for lunch. After lunch, we will depart for the Golden Age Center. **Cost is \$10 for transportation; all purchases AND lunch on your own.**

Friday, September 9: 10:30AM

Paper Crafting, Part 2

This is a 2-part project that we will start today. It involves the use of the Circuit, but we will start with the floral part first to allow you to purchase the frame of your choice to complete the craft. There is no charge for this but the frame you purchase and should you desire specific items outside the offerings. You do need to attend both classes to finish the project. Please register at the Office. **NOTE THE CLASS TIME DIFFERENCE FOR TODAY**

Friday, September 9: 1:00PM

Bingo Bonanza!

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

Monday, September 12: 9:00AM—11:30AM

Highmark BlueCross BlueShield of WNY

Join the Highmark BlueCross and BlueShield of WNY representative for Grand Island, John Weatherby, as he will be on-site September 12th to discuss plans, answer questions about your current plan or work to resolve any problems you may be having with your plan. We look forward to seeing you there.

Monday, September 12: 10:30AM

Travel Club

Join the fun and find out about the upcoming day trips in October! Be sure to bring your money so that you can sign up for trips, starting TODAY. We will be winding down our trips in the next month or so, with regularity, as the weather will be changing soon. Let us come together and share the excitement! Please remember, to be fair to all, no reservations can be made without payment. We appreciate your patience and understanding of this. ***Come travel with us!***

Tuesday, September 13: 10:30AM

Craft Class with Carrie

Join Carrie today as we make some cute Indian corn with pony beads. You can add these to your Autumn décor! There is no charge for this class, but you must register ahead. Please, no last minute additions! It takes time to prep for these classes.

Wednesday, September 14: 10:30AM

National Coloring Day Celebration

Join in the fun to celebrate this national holiday. Carrie will have materials for you to participate in this activity. Among the obvious benefits of coloring, being stress and anxiety relieving, did you know that coloring can relax the brain and improve brain function? Be a part of this!

Wednesday, September 14: 1:30PM – 4:30PM

Social Group Respite Program

Attention Caregivers of individuals with Alzheimer's Disease or a related dementias: A dementia-specific respite program runs today and every 2nd Wednesday of the month from 1:30pm until 4:30pm in the Community Center on the Nike Base. This is a social group respite that we find benefits people with dementia and their caregiver. 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.

Wednesday, September 14: 3:00PM

"Visit to the NYS Welcome Center"

A group can join Carrie today for a tour with Molly and enjoy coffee and a snack on this event. Molly will take the time to describe the building and will explain the plaques outside. The Golden Age Center van leaves at 2:45pm today and will return about 4:30pm. **Cost is \$3 for the coffee & snack service.**

Friday, September 16: 9:45AM – 2:30PM

"Our Lady of Fatima Shrine & Hibbard's Custard"

Today, we will head out to Our Lady of Fatima Shrine for a self-guided tour of the grounds and the church. Around 11:00am, we will head to the cafeteria and enjoy lunch, which supports the church as well. You will also have time to visit the gift shop. Once we finish at the shrine, we will head over to Hibbard's to enjoy their custard. After that, we will head back to the Golden Age Center. **Cost is \$10 for transportation; all purchases & lunch will be on one's own.**

Gym equipment & piano

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

Members who use this equipment will **SIGN IN at the Office, will sign a waiver & will be shown how to properly use the equipment.** **WE ALSO HAVE A PIANO TO PLAY!** **The gym equipment and piano are available for use (and will be disinfected after each use):**

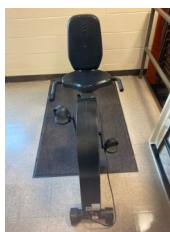
Mondays & Fridays: 8am—3:30pm

Tuesdays: 8-9am; 3-4pm Wednesdays: 11:30am—3:30pm

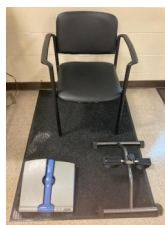
Thursdays: 8am—3:30pm

Take a look at our Gym equipment & piano you can use...don't miss out!

Incumbent bike



Stationary stepper & stationary peddles



Stationary Bike



Rowing machine



Piano



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

Please print clearly. Thank you! Name: _____

Phone Number: _____

E-mail Address: _____

Monday, September 19: 10:00AM – 1:30PM
“Tour of Grand Island & Lunch at 773 North”

Join the group as Mary Cooke leads us in a historical tour of Grand Island! Mary will explain each bus stop we make; no need to get off the bus for this! After our tour, we will head to 773 North for a delicious lunch of your choice. Once we are done with lunch, we will be heading over to Kelly’s Country Store to hear about the historical significance there and then you will have time to shop. GAC van leaves the center at 10:00 am and will return about 1:30 pm. **Cost is \$10 for transportation; all purchases/lunch on your own.**

Wednesday, September 21: 12:45PM

Memory Minders, Brain Health & Brain Games

Join Jen, Jenny, and Sue as they discuss this important topic. Learn research and ways to help preserve your brain health and try i activities to challenge the brain, such as crosswords, puzzles and other activities. Here we discuss the evidence and the claims made by other researchers. Incorporate these recommendations into building a plan for healthy aging for yourself! Join us for this important program today in the Arts & Crafts Room.

Thursday, September 22: 12:45PM

Executive Board Meeting

Club President Anna Vaccaro asks for the presence of the Executive Board together for their monthly meeting, to discuss Club business, to discuss upcoming events such Holiday Happenings and other Fall events, and MORE. Officers and Executive Board members, PLEASE mark your calendars and join us. Anna and the Executive Board look forward to seeing everyone then!

Friday, September 23: 11:00 AM – 12:30 PM

Grand Island Memorial Library Bookmobile

Join Bridgette and the Grand Island Memorial Library staff today as they come here to the Golden Age Center to bring their 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 23: 12:30PM

Fall Applique Craft, Part 1

This is a 2-Part project that we will start today. We will be making Fall appliques that you will cut out of fabric and attach to a project. You choose the fabric project and purchase ahead; for example: a tote bag, t-shirt, sweatshirt, etc. You will be using some of the techniques to fuse to the fabric project, and then finish off with a blanket stitch. All supplies are provided free of charge, BUT, you must decide ahead and purchase what you want to put the appliques on. **You DO need to attend both classes to finish the project.** Please register ahead with the Office.

Sunday, September 25 – Wednesday, September 28:

Golden Age Club Lake George Trip

Please see the flyer inside the senior center for more information on this trip.

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

General Meeting

Join President Anna Vaccaro, the Executive Board, and the Golden Age members for their monthly meeting. The day will start with the General Meeting at 11:15am, followed by our delicious lunch and the great company of our friends.

Friday, September 30: 12:30PM

Fall Applique Craft, Part 2

This is a 2-part project that we will start today. We will be making Fall appliques that you will cut out of fabric and attach to a project. You choose the fabric project and purchase ahead; for example: a tote bag, t-shirt, sweatshirt, etc. You will be using some of the techniques to fuse to the fabric project and then finish off with a blanket stitch. All supplies are provided free of charge, BUT, you must decide ahead and purchase what you want to put the appliques on. **You DO need to attend both classes to finish the project.** Please register ahead with the Office.

Recipe	
	
Servings _____	Prep Time _____
Ingredients _____	Directions _____
	
From the Kitchen of _____	

Golden Age Center Lunch Calendar

Lunch is \$4.00 OR \$5.00 OR MORE on Special Event days.

Lunch is served at 11:45 am Monday-Thursday & 11:30 am on Friday.

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

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

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

September 2022

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 Chicken & Rice Casserole	2 Pizza, Wings & Salad 	3
4	5 CLOSED  HAPPY LABOR DAY ★★★	6 Swedish Meatballs & Rice	7 \$6 Rodeo Birthday Lunch Pulled Pork with Homemade Mac & Cheese, Corn, Baked Beans & MORE	8 Beef Taco Salad	9 Two Soups and a Scoop 	10
11	12 Travel Club  Lasagna with Green Beans & Garlic Bread	13 Hamburger with French Fries with all the fixings!	14 Chicken à la King with Biscuit	15 Pierogi with Polish Sausage	16 Souper Seniors 	17
18	19 Ham & Swiss Melt with Tater Tots	20 Spaghetti with Garlic Bread & Meat Sauce	21 "Rachel" (Turkey Reuben) with Chips & a Pickle	22 Executive Board Meeting \$5 Beef Stroganoff	23 Two Soups and a Scoop 	24
25	26 Brunch for Lunch! Egg Bake Casserole with French Toast Sticks & Sausage	27 Chili & Corn-bread	28 Autumn Chicken & Craisin Salad with Fruit Cup	29 General Meeting \$5 Open-Faced Turkey with Mashed Potatoes	30 Souper Seniors 	



Quilting Bee meets at 10:30 am on Mondays



The group is now learning the history of and how to make basic blocks. The August Block is Bolt of Lightning. The September Block of the

Month is Playing Around. The group is using skills they've learned for a couple projects in progress for community service.

Drop by at 9:30am if you're raring to get sewing!



September Facts to know...



September is the most popular month to be born in! A full moon is September is known as a corn moon or a harvest moon. Plants ready to harvest in September is raspberries, green beans, apples and onions. The first newspaper published in the United States was in 1690 in Boston. For most students around the country, September signifies the start of the school year.

Grandparent's Closet



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

Save the Date!

50/50 Raffle

Basket Raffle!

Other surprises!



Lunch Sale:
11am—1pm

Bake Sale

Holiday Happenings

Saturday, October 22, 2022 from 9am-1pm
Reserve your table by calling (716) 773-9682

Photos of the Golden Age Center in BLOOM this SUMMER!



Activity Center



Back entrance



Welcoming Front Entrance



Veggie & Flower Garden



Picnic & Seating Area



Memorial Wall



Parade Sign—
Circa 1980



Lorraine Lane



Sun shining on Lorraine Lane

SENIORS HELPING SENIORS

GOLDEN AGE CENTER POP-UP PANTRY GIVE AWAY



Let's give a helping hand to each other in these times of need!

Wednesday
August 31, 2022

09.00am – 11.30am OR
until supplies run out!

**Back of the Dining Area of
the Golden Age Center**

POP-UP PANTRY GIVEAWAY



The Golden Age Center members welcome members of the community to this Pop-Up "Seniors Helping Seniors" event as they open their Golden Age Center Pantry doors to those that are in need during these trying times. Grab items that you need (limit 5 food items & 3 hygiene items) as our Golden Age Center Pantry will be opened to the community, sharing our wealth of food, toiletries, hygiene products, and MORE. COVID-19 tests, masks, Golden Age Center & Erie County Senior Service information will be provided, as well as info on Local Food Access. Join us for our Pop Up Seniors Helping Seniors event.

Contact us for more information!

(716) 773-9682

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

Updates from Jen's Desk...let's gear up for a SENSATIONAL SEPTEMBER!

Here are a few UPDATES that I wanted to share with you this month:

- We have Rapid COVID-19 Test Kits available for our members, as well as masks. With variants still going around, should you need some tests or masks, please come in and ask to pick some up! We are happy to help you. Should you want us to bring them to you outside, through our Drive Thru, just call us at (716) 773-9682, and we'd be happy to bring them out to you, especially if you feel you are sick OR feel you have been exposed. **Protect yourself and LET'S PROTECT each other.**
- **ATTENTION:** Please read this carefully: Our mandates have changed and can change at any time. With that being said, here are the following changes that have taken place this month: ***Please know that as you enter our building from the front door or the back door, we will welcome you to our senior center and sign you in, and will ask you what program you will be participating in. Remember to sign out with us as you leave the senior center for the day; this is for your safety. Our normal cleaning and disinfecting will happen throughout the day. Should you wish to stay for lunch, drinks will be passed out to you, and then participants will walk up to the Kitchen window to pick up their meals, silverware & napkins. Those who wish to brown bag their lunch, we welcome you with open arms! Thank you for abiding by the rules and being respectful of one another! We appreciate your respectfulness and we appreciate your cooperation. After the Kitchen closes for the day, you can help yourself to our Coffee Corner or to the water fountain. Bring your water bottles—help be earth conscious!***
- We kindly ask for your understanding and patience when our staff members are on the phone or working in the Kitchen. We kindly ask that you do not bang on the plexiglass. Among other things, we are assisting homebound members, coordinating Meals on Wheels volunteer schedules and coordinating medical appointments for our vans, and cooking food for our members. Please be assured that we will assist you as soon as we are able to do so.
- Your safety is of our utmost importance. PLEASE sign in at the Office when you come in and sign OUT when you leave our senior center, so that we know of your whereabouts. With this being a public building, safety is our TOP priority, and not only do we strive to make this the MOST warm and welcoming place, we want to preserve our fun, safe and happy atmosphere. *Thank you for your cooperation!*
- How good are the RAPID COVID-19 ANTIGEN home tests past their expiration dates? Good question. For the CareStart tests we've been passing out, based on the guidance of a local pharmacist, they are good 6 months past their expiration date, and they will still give an accurate reading. If you are using a different brand, please give Jen a call for more detailed information.
- When walking outside on the Nike Base, hiking the trails, playing outside, playing tennis or baseball, did you know that there is an accessible restroom to use, after hours? It is on the back side of the Community Center, facing the Tennis Courts.
- Calling all artists and creative spirits! We have a new *Featured Member Artists* area in our senior center, and we KNOW how talented you ALL are! We welcome members that wish to display art work of their very own! Should you wish to display your work, please contact Jen at (716) 773-9682 for more information and to set something up with her.
- Feel free to bring a plastic container to bring home your leftovers from lunch home in if lunch is too big for you. We strive to make lunch your biggest meal of the day. You may also brown bag your lunch anytime here too! Join us for lunch and enjoy the comradery and friendship.
- Outdoor picnic tables are available for your use at any time or for your programs! Let us know if you need program set up.
- **Need medical equipment from the Lions Club closet? PLEASE call us and make an appointment for us to find the right piece for you. It takes time to see if we have the right piece for you, as quantities are LIMITED and staffing is LIMITED. Call us at (716) 773-9682 to set your appointment to let us help you fit your needs.**

Trying to learn how to use your new smartphone (android and iPhone)? Have questions about a phone that you've had awhile? Want to know more about an iPad or Tablet or your computer? Make an appointment to meet with Carrie and staff to get your tech questions answered. We're the TECH GURUS of the Golden Age Center!

Cookbook Project

Before that dreaded COVID entered our lives, our members had been submitting and trying a variety of recipes to put a cookbook.

Our cookbook project has a number of desserts, beverage, entrées, and appetizer recipes.... but we need MORE. We would love to create our own cookbook so that others can enjoy what we have shared with our family and friends over the years. **Feel free to submit your recipes too!** You can see Carrie in the Office (or any of the staff) or member Elaine Miller who started this project with Carrie before COVID. Many thanks to you all who have submitted previously, and we look forward to seeing more recipes! Let's make this a GREAT Golden Age Center Cookbook! Grab a recipe card from the Dining Area and fill out your recipe TODAY!

Nike Base Par 3, 9 Hole Golf Course



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

Stop by the Office to sign out a bag of golf clubs. Golf clubs must be returned by 3:45pm.

Wellness Wednesdays:

Come on in anytime between 11:15am -11:45am AND 12:30-12:45pm on the following Wednesdays to check in with your Wellness! Get your blood pressure taken, and get helpful tips on wellness, self-care, stress management tips, and MORE! Give yourself a tune up and check in with Jen on one-on-one with her in the Dining Area during these times:

September 7

September 21



Golden Age Center Pantry & Closet



Feeding the Community

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

A warm *welcome* to all our new members of the Golden Age Center,

as of August 2022:

Kathy L. Bernard
Barbara Lamb
Karen Barden

Robin Shipman
Robert Lamb
Donald Barton

Robert C. Wynne
Audra Wynne
Kathy Nagel
Roger Fabian

Daniel Brown
RJ Wynne
Doretha Hahn
Beth Julin

Roberta Rivers
David Barden
Linda Randazzo

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



Our Coffee for the Month for September has been graciously donated by *Grand Island American Legion*, in honor of Golden Age members, and we are grateful for her thoughtful generosity and support! *This program will continue due to the generosity of our Golden Age Center friends!*



The Try & Buy Clothing Closet is now OPEN for the SEASON!



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



NEW! Monthly Lunch Drawing:



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

The winner will be drawn the last day of the month. ***Sue Magro* is the WINNER for the month of AUGUST! CONGRATULATIONS!**

Members we lost in August 2022:

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.

Nonnie Carroll

Barry Conway

Members that were sick in August 2022:

Millie Attrino

Betty Marinell

Ruth Cunningham

Larry Schupp

Garry Deutschlander

Pat Phillips

Kathy Shaklee

Neighbors Foundation of Grand Island

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



RAPID COVID-19 TEST KITS & N95 MASKS



Stop on by the **Golden Age Center** to pick up your **N95 masks AND RAPID COVID-19 TEST KITS.**

RAPID COVID-19 TEST KITS COME TWO TO A BOX.

MASK LIMIT: box of 20 masks per household
TEST KIT LIMIT: 2 boxes per household

First come, first served.
Available while supplies last!
Must be GI resident; show ID.
CANNOT pick up for others.

MONDAY – FRIDAY
8AM- 3:45PM

6PM-8PM
MONDAY&THURSDAY
NIGHTS



Nike Base
Golden Age Center
3278 Whitehaven Road

CONTACT:
Call (716) 773-9682 OR
for more information



Unscramble the SEPTEMBER-themed words! Good luck!

SEPTEMBER is on our heels! Can you believe it?!? So many FUN things are happening this month AND are themes this month! How many words can you create from the word SEPTEMBER? GOOD LUCK!

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

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

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