



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

September 2023

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—4:00pm,
 Monday - Friday**

Website: www.grandislandny.us/280/Golden-Age-Center

Pete Marston
 Town Supervisor

Christian Bahleda
Tom Digati Mike Madigan
 Town Board

Jennifer R. Menter
 Recreation Supervisor—Senior Citizen

Carrie Mesmer
 Recreation Leader—Senior Citizen

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

September 1	Brooks Rimes & Delores Schuman	September 15	Joanne Fleischman, Dana Papaj & Michael Rayhill
September 2	Diane Bialek	September 17	Thomas Cecere
September 3	Ted Landen	September 19	Kathy Cerrillo
September 6	Judy Schmidt	September 21	Frances Molnar
September 8	Suzanne Stewart	September 22	Kristin Ducey & Kathleen McCormick
September 9	John Mingus & Elaine Miller	September 23	Karen Barden, Timothy Nabozny & Timothy Smith
September 10	Cathleen Moore	September 25	Robert Ferloin & Jim Harrod
September 11	Joseph Mesmer, Larry Schupp, & Joanne Yannello	September 27	Linda Clark & Alice Gerard
September 13	David Cole & Luann Pelletier	September 30	Jennifer Gula, Terry Jablon, Georgina Munk & Michael Rossiter
September 14	Eloise Mayberry	  	Happy Birthday, friends!

Weekly Consistent Activities at the Golden Age Center

ATTENTION: Please note the following PRIOR to your visit:

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

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

MONDAY

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

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

Billiards games: 8:15am onward in the Lounge

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

****NEW: Beginner Mahjongg:** 10:30am with **Anna** on the Stage

Card Games & Dominoes: 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 Dining Area **on the 2nd and 4th Mondays of the month** Knitting & Crocheting: 2:15pm in the Arts & Crafts Room

TUESDAY

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

Billiards games: 8:15am onward in the Lounge

Total Body Workout: 9:30am with **Michelle** at the Community Center

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

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

Canasta: 12:30pm in the Dining Area

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

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

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

WEDNESDAY

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

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

Billiards games: 8:15am onward in the Lounge

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

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

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

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

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

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

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

THURSDAY

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

Billiards games: 8:15am onward in the Lounge

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

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

Total Body Workout: 9:30am with **Michelle** at the Community Center

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

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

FRIDAY

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

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

Billiards games: 8:15am onward in the Lounge

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

****NEW:Beginner/Intermediate Mahjongg :** 12:30pm in the Billiards Room

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

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

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

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

September 2023 Special Events & Programs

Friday, September 1: 10:30AM

Packing of Bags for Friends of Night People

Join Sandy as she leads the volunteer program of packing up both toiletry and snack bags for the participants of the various programs Friends of Night People offer them. This has been a great way to give back to the greater community and is always well received upon delivery. In a time when so little can mean so much, come and share your time for such a worthwhile cause. Call the senior center at (716) 773-9682 if you would like to participate in this program.

Friday, September 1: 11:30AM

Fabulous Friday Film Fun Luncheon

Join us this afternoon for a movie. Bring your own lunch, sign up for our lunch & whatever you desire! It will be a nice afternoon to enjoy a film with friends. Registration is helpful by calling the senior center at (716) 773-9682 or sign up at the Office for this program. A reminder, as every day, you **MUST** call in for the lunch program between 8:00am – 10:30am in the morning.

Saturday, September 2: 11:15AM – 3:00PM

German Fest 2023 at Cheektowaga Town Park

This Saturday, we will head out to Cheektowaga, leaving the senior center by 11:15am. There will be live music, a European car show, Bavarian dancers, Marktplatz, contests, and more. **Cost: \$20 per person and it includes transportation and admission to the festival; lunch and purchases will be on one's own.** You will be free to move about and choose your activities after which we will meet up and head for Grand Island about 3:00pm. You must register and pay with the Office staff. **Embrace German heritage and celebrate different cultures!**

Monday, September 4: The Golden Age Center will be CLOSED in honor of the Labor Day holiday and the American labor movement.

Tuesday, September 5: 10:30AM

Travel Club

Join Carrie this morning as she tells you about the upcoming Day & Evening Trips planned currently for October. Feel free to offer suggestions as well, however it would be best if you check that places are still open as many places have closed. Let us come together and share the excitement! As always, payment must be made with your registration. **No spaces can be held without payment.**

Tuesday, September 5: 1:00PM

Cricut Fun

Get out some crafty fun with us! We will be working on a paper project working with Cricut. All supplies will be provided for today. Please register ahead of time for this program so we can have enough supplies for everyone!

Tuesday, September 5: 3:00PM – 8:00PM

Evening Trip: Traveling in Tonawanda

We will head to our first stop The Old Chapel Antique & Artisan Market. After some shopping fun, our next stop will be over to the Beijing Buffet for dinner to enjoy a delicious dinner together. We will conclude our evening at the Wurlitzer Building (Fathey Beer Co, Platter's Chocolates, Tattered Tulip and Woodcock Brewing Co). You choose what you want to do once we get to the Wurlitzer. **Cost: \$10 per person for transportation cost only; dinner and purchases will be on one's own.**

Wednesday, September 6: 9:30AM

Birthday Party Set-Up

Love to decorate and love to make spaces feel fun, warm and inviting? Want to join in and give a hand? We will be meeting in the Dining Area to put up decorations for this afternoon's Rock & Roll birthday party. Many hands make light work!

Wednesday, September 6: 10:30AM

Reminisce: Back to School

Join this program as we celebrate and reminisce about the first day back to school, shopping for school supplies, and packing those lunches. We can compare years ago to today's back to school routines.

Wednesday, September 6: 11:45AM; 12:45PM – 1:45PM for the entertainment

Elvis Birthday Party

Join us in celebrating all of the September birthdays this month! We will have tons of fun rockin', rollin', swinging and swaying to the live music of Terry Buchwald. Come and enjoy our special birthday luncheon too!

Thursday, September 7: 10:30AM – 3:00PM

Gordie Harper's/Niagara Produce Day Trip

Today, we are heading out to Newfane to enjoy lunch and shopping at Gordie Harper's Bazaar. You will have time to look around the unique bakery and bazaar rooms and shops. After, we will head over to Niagara Produce on Millersport and Transit, where you can pick up some local, fresh produce and other unique finds from the area. There is a garden nursery on the grounds there as well for you to peruse. Return time will be around 3:00pm. **Cost: \$15 per person for transportation; lunch and purchases will be on one's own.** You must register and pay with the Office staff.

Friday, September 8: 1:00PM

Bingo Bonanza!

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

Monday, September 11: 10:00AM – 3:00PM

Marilla Country Store, Santora's & Meyer Brothers Cider Mill

This day trip takes us to our **FAVORITE** places in one trip. We will go to the country store first, where you will have time to shop for gifts, snacks, and décor. Once done, we will stop and have lunch at Santora's pizza. Once you have had your lunch, we will then make the last stop for you to purchase cider, donuts or whatever you choose at the Meyer Brothers Cider Mill. This trip is always a crowd pleaser, and be sure to sign up early! **Cost: \$15 per person includes transportation. Payment holds your spot on the trip! Don't wait!**

Monday, September 11: 10:30AM – 12:30PM

Independent Health Assure Advantage Plan or HMO-CSNP

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

Tuesday, September 12: 10:00AM

Video Games Day

Join Carrie in the front dining room as we try our hand at Wii Bowling game, in recognition of Video Games Day. *Let's have some fun! **If you don't get a strike, spare me!***

Tuesday, September 12: 1:00 PM

Crafting with Carrie—make your own playdough

Join Carrie as we create our own relaxing playdough. Great for using to keep your hands limber; this will be a quick, easy, and fun craft to do. **Cost: \$2 per person and you MUST register ahead of time for this program.**

Wednesday, September 13: 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 1:30pm until 4:30pm in the Community Center on the Nike Base. This is a social group respite that we find benefits people with dementia and their caregivers. This respite is fun filled with EIGHT varied activities planned throughout the course of the program. Great friendships and fun take place here! Please call Jennifer Menter at (716) 773-9682, option 2, for more information on this social program.

Thursday, September 14: 10:00AM

Crafting with Carrie – Fall Burlap Bag Decoration

We will be making décor for your home or to gift to someone. You can see a demo of this craft at the Office. **Cost: \$6.00 and MUST be payable upon registration. Also, please be sure to register by Thursday, September 7th, as all supplies will be purchased based on the registration.**

Friday, September 15: 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 Book-mobile! 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!

Gym equipment & piano

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

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

WE ALSO HAVE A PIANO TO PLAY FOR YOUR MUSICAL DELIGHT!

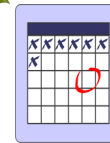
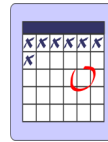
The gym equipment and piano are available for use (and will be disinfected after each use):

Mondays & Fridays: 8am—10am; 12:45pm —3:45pm

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

Thursdays: 8am—3:45pm

MARK YOUR CALENDARS!



Holiday Happenings

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

Saturday, October 21, 2023 9am—1pm

Reserve your craft sale table at our fantastic event by calling the Golden Age Center at (716) 773-9682.

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

Please print clearly. Thank you! Name: _____

Phone Number: _____

E-mail Address: _____

Golden Age Center Lunch Calendar

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











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

Drive-Thru lunch is paid for Front Office of the Golden Age Center and picked up at the Kitchen with our talented chef.

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

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

September 2023

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1 Souper Seniors 	2
3 	4 CLOSED 	5 Swedish Meatballs & Rice	6 6 Birthday Lunch \$6 Chicken Fried Steaks with Mashed Potatoes, Gravy, Biscuit, Green Beans & MORE! 	7 Chicken Tacos	8 Souper Seniors 	9
10	11 Travel Club  Lasagna with Green Beans & Garlic Bread	12 Pulled Pork with Macaroni & Cheese	13 Chicken à la King with Biscuit	14 Ham & Swiss Melts with Onion Rings	15 Souper Seniors 	16
17	18 Chicken & Broccoli Alfredo	19 Polish Sausage & Lazy Pierogi	20 "Rachel" with Chips and a Pickle	21 Executive Board Meeting \$5 Pork Chops with Mashed Potatoes & Applesauce	22 Souper Seniors 	23 
24	25 Greek Chicken Pita	26 Chili & Cornbread	27 Autumn Chicken & Craisin Salad with Fruit Cup	28 General Meeting \$6 Beef Stroganoff	29 Pizza, Wings & Salad 	30 

Monday, September 18: 9:00AM-11:30AM

Lawley Insurance with John Weatherby

Join John Weatherby of Lawley Insurance at his informational table which focuses on United Healthcare, Univera, Humana and Aetna. Lawley is contracted to sell All Plans so bring your questions and he will be happy to help!

Monday, September 18: 10:30AM

Virtual Medical Care presentation

Listen to presenter Denise Fleck as she discusses what Virtual Medical Care is all about and how it can keep you out of Immediate Care, Well Now, and the emergency room! This line of care offers 24-hour telephone nursing triage and also offers teled services between 8am – 8pm. Is this something that may be of interest to you? Stop on out and learn more about this opportunity!

Monday, September 18: 10:30AM

Biscuit Making

In honor of National Biscuit Month, we will be making Carrie's special Amish biscuit recipe for this afternoon's peach program.

Cost: \$2 for supplies and you must register to be a part of this special program!

Monday, September 18: 12:30PM

Peach Shortcake Affair

This afternoon, those that participated in the morning activity of biscuit making will be enjoying the fruits of their labor by making their own peach shortcake. Carrie will have trivia and reminiscing of all things peachy! **Come and join in on the fun but if you want to enjoy peach shortcake you MUST register and pay for the morning activity.**

Monday, September 18 – Monday, October 30: 1:00PM – 3:30PM

Choose Healthy WNY Program in conjunction with Erie County Senior Services

Attend this 6-week evidence-based workshop to learn more about: ☐ Meal planning & healthy eating ☐ Managing stress & other symptoms ☐ Problem-solving & decision-making skills ☐ Fitness & exercise ☐ Setting goals for improving health ☐ Effectively communicating with your doctor ☐ FEELING GREAT AGAIN! ☐ Includes a Free Resource Book and Relaxation CD! Spaces Are Limited! To Sign Up or for more information: Call Erie County Senior Services: 716-858-7470 or e-mail Janice.Nowak@erie.gov or call (716) 773-9682 to register.

Tuesday, September 19: 10:00AM – 3:30PM

Darien Country Cottage & My Saloon Day Trip

We are traveling today to Darien to visit the Darien Country Cottage again. The quaint little cottages have a variety of gift and food items to shop for and some beautiful gardens to take in. After our visit here, we will head over for lunch at My Saloon. The Golden Age Center van will leave at 10am and will return about 3:30PM. **Cost: \$15 per person includes transportation; lunch and purchases are on one's own.** You must register and pay with the Office staff to hold your spot on this trip.

Wednesday, September 20: 10:30AM

Technology Basics Class

Come and join Carrie today as we discuss your technology issues with your devices. Want to learn more? Be safe in a changing world. Please register for this class by calling (716) 773-9682.

Thursday, September 21: 9:30AM – 11:30AM

Questions about Managed Long Term Care?

Managed Long Term Care encompasses everything from • Audiology/Hearing aids • Care management • Consumer Directed Personal Assistance Services • Dental care • Durable medical equipment, medical/surgical supplies, prosthetics, orthotics and oxygen • Health promotion services • Home health care, including: o Nursing care o Home health aides o Physical therapy (PT) o Occupational therapy (OT) o Speech therapy (ST) o Medical social services, just to name a few things. Matt from Elderwood's Managed Long Term Care will be here to help discuss one-on-one with seniors the following: He can assist you with tasks throughout the enrollment process, such as: • Helping you apply for Medicaid benefits. • Arranging a long-term care assessment, if needed, to determine eligibility. • Reviewing our plan information, Member Handbook and Provider Directory. • Completing an enrollment application. We will make becoming a member easy! Stop on by today!

Thursday, September 21: 11:00AM

Executive Board Meeting

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



Go GREEN with US!



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



September Senior Walking Club



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

Wednesday, September 6 @ 9:00am

• West River Bike Path Trail

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

Wednesday, September 13 @ 9:00am

• Nike Base Trail

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

Wednesday, September 20 @ 9:00am

• Veterans' Park

(Meet in the Grand Island Memorial Library Parking Lot)

Wednesday, September 27 @ 9:00am

• Scenic Woods

(Meet in the Scenic Woods Parking Lot)

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

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

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

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

Thursday, September 21: 10:30AM – 3:00PM

Last Day of Summer Soiree

Join us today as we celebrate the last day of summer (a day ahead) with a day full of food, fun and fantastic music! We will have a variety of summer games to play earlier in the day, enjoy lunch with beach music, and then later, we will do a sand art activity and enjoy some special summer snacks. Let us say farewell to the summertime and get ready for fall....**Please register at the Office or by calling (716) 773-9682.**

Friday, September 22: 10:00AM

Cricut Fun

We will be working on a paper project working with Cricut. All supplies will be provided for today. **Please register at the Office or by calling (716) 773-9682.**

Tuesday, September 26: 10:15AM

Immune Boosters & Busters

Are you looking for ways to strengthen your immune system, at home, in your kitchen? This class explores foods and habits that can boost our immune system and also those that deplete it. Hear the latest research behind immunity and what you can do, easily, to protect yourself and your loved ones. Certified Nutrition Instructor Elizabeth Kovacs will be teaching this class. **Cost: \$10, payable upon registration at the Office.**

Tuesday, September 26: 12:45PM

Brain Games

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

Wednesday, September 27: 1:00PM – 4:00PM

Flu Shot Clinic with Ivy Lea Pharmacy

Please call the senior center at (716) 773-9682 and register to attend the clinic to get your annual flu shot! You must bring your ID and your health insurance/Medicare card to the clinic. Please come 5 minutes before your appointment time to fill out the necessary paperwork. Thank you! Stay healthy this season.



Our **Coffee for the Month for September** has been graciously donated by **Susan Taylor**, in memory of **Lloyd & Ann Potter**. We are grateful for her thoughtful generosity and support! *This program will continue due to the generosity of our Golden Age Center friends!*



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

Emergency Phone Number: (716) 773-7508

Crisis Services: (716) 834-3131

9-8-8: National Suicide Hotline

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

Erie County Senior Services: (716) 858-8526

HEAP: (716) 858-7644



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

1.) rlaob _____

5.) untuam _____

2.) osoclh _____

6.) mlsaekhk _____

3.) plepa _____

7.) srnargaednpt _____

4.) ltfoboal _____

8.) ARBEMRNMECE _____

A warm

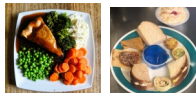


to all our new members of the Golden Age Center, as of August 2023:

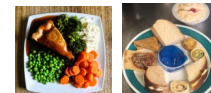
Angelina Salvatore Bernadette D'Aurelio Lawrence D'Aurelio Donna Castiglia Phyllis Zamojski
 Sandra Pignato Ronald Bondrow Marsha Phillips Pareick Phillips
 Lakhvir Singh Kang Sarbjit Singh Khakh George Hoechst Karen Burgio Robert Burgio

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

NEW! Monthly Lunch Drawing:



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



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

Wednesday, September 27: 1:30PM

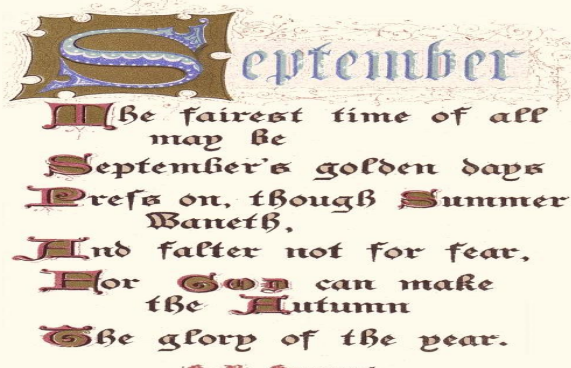
Dementia Caregiver Support Group

Providing care for a loved one with Alzheimer's or dementia can be isolating and stressful, but support groups can help. The Alzheimer's Association's Caregiver Support Groups are designed to provide emotional, educational and social support for caregivers through regularly scheduled meetings. They help participants develop methods and skills to solve problems. The groups encourage caregivers to maintain their own personal, physical and emotional health, as well as optimally care for the person with dementia. Free respite care may be available to provide activities and a safe place for people with dementia while their loved ones attend this group. Assessment and pre-registration are required. Please call 1 (800) 272-3900 to register before attending.

Thursday, September 28: 11:15AM for the General Meeting; 12:00PM for lunch

General Meeting

Join President Joy Mesmer, the Executive Board, and the Golden Age members for their monthly meeting. Get in the know with happenings going on with our Golden Age Club and our Golden Age Center by participating in our monthly meeting. The day will start with the General Meeting at 11:15am, followed by our delicious lunch and great company of our friends.



Members we lost in August 2023:

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

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

Tom Croft Kathy Jakab Don Lewis Jerry Kutis

Members that were sick in August 2023:

Pat Akinbami Millie Attrino Paul Bassette Marie Casey Ruth Cunningham Garry Deutchlander
 Iris Galeza Dick Koch Nancy Koch Carl Maier Betty Marinell Bill Ortiz Penny Panepinto
 Ruth Landel Fran Fusco Lee Tetkowski Chuck Tobe Ann Erker Iris Galeza Linda Smith
 Bob Gesl Henry Lobl Jan Zaborowski Elaine Miller



Need Food?



For confidential assistance, call the Neighbors Foundation of Grand Island

716-775-7998

Gineighbors14072@gmail.com



Scan QR Code for instant access to our website at: www.gineighbors.org

Our mission statement

Neighbors Helping Neighbors

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

Lions Club Closet



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

Nike Base Par 3, 9 Hole Golf Course



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

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!

Golden Age Club

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

President.....Joy Mesmer

Vice President...Martha Marrinan

Chaplain.....Cathy Mancuso

Sargeant of Arms.....Tom Natale

Corresponding Secretary...Sue Bognar

Reporting Secretary.....Jan Yardley

Treasurer.....Bob Vaccaro

The Try & Buy Clothing Closet is now OPEN!



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

Golden Age Center Pantry & Closet



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

September Kayaking Program for Golden Age Center



West River Sunset Paddle

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

Location: Fix Road to Whitehaven Road Overlooks

Time: 5:00pm—7:30pm

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

Date: Thursday, September 21, 2023

Max Seats: 6 participants

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

Fun Paddle

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

Location: East River Marsh Kayak Launch

Time: 9:00a.m. – 12:00p.m.

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

Date: Tuesday, September 26, 2023

Max Seats: 6 participants

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

Do you have concerns about falling?

Many older adults experience concerns about falling and restrict their activity. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

This program emphasizes practical strategies to manage falls.

IN CLASS YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to decrease fall risks at home
- Exercise to increase strength and balance

WHO SHOULD ATTEND?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has a history of a fall has limited activity because of a fall

The next class will be held:

Where: The Golden Age Center

3278 Whitehaven Rd

Grand Island NY 14072

**Date: Thursdays, September 14-
October 26**

Time: 1:00PM—3:00PM

**For more information or to
sign up: Call or email**

Jen Menter

(716) 773-9682

jrmenter@grand-island.ny.us





CHOOSE HEALTHY WNY PROGRAM

With Diabetes

MAKE THE CHOICE TO IMPROVE YOUR HEALTH TODAY!

Grand Island Golden Age Center

3278 Whitehaven Rd., Grand Island 14072

6 Monday Sessions: September 18th – October 30th, 2023
(Skip Monday, October 9th)

Time: 1:00 p.m. - 3:30 p.m

No Cost to Participate!

***Requirements: You must plan to attend all 6 sessions.**

Attend this 6-week evidence-based workshop to learn more about:



- ❖ Meal planning & healthy eating
- ❖ Managing stress & other symptoms
- ❖ Problem-solving & decision-making skills
- ❖ Fitness & exercise
- ❖ Setting goals for improving health
- ❖ Effectively communicating with your doctor
- ❖ **FEELING GREAT AGAIN!**
- ❖ Includes a **Free** Resource Book and Relaxation CD!



**Sign Up
Today!**

Spaces Are Limited!

To Sign Up or for more information:

Call Erie County Senior Services: 716-858-7470

or e-mail Janice.Nowak@erie.gov



Erie County Senior Services
Mark Poloncarz, County
Executive

