

## September Events

This September, we have a showcase of events going on! We are excited to announce the following events:

### **Windmill Farm & Craft Market Day Trip**

Saturday, September 7: 8:30am

### **Travel Club Meeting**

Tuesday, September 3: 10:00am

### **Blue Hawaiian Birthday Party**

Wednesday, September 3: 11:45am

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 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. 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**

Jenny Gula

### **Recreation Attendants & Program Coordinators**

Daniella Salvatore

Sandy Thomasula

### **Van Drivers**

Tammy Violanti

Fran Molnar

### **Nutritional Staff**

Cathy Moore

Ryan Zygmunt



## A Message from Jen

Can you believe that the end of summer is upon us?!?! I hope that you're taking every advantage to enjoy the beautiful weather, sunny days, and outdoor activities that this beautiful season brings. The fun of the County Fairs, scoops of ice cream, beauty of sunflowers, concerts, warm days and cool nights brings smiles and fun to your summer days.

Please know that we are now e-blasting our flyers and newsletter out through Constant Contact! Please update your e-mail address & phone number with us so we can send text updates to you too! (*should you like!*)

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

Bring in your Tupperware container to take home left over lunch. If your lunch is too big, you can eat the leftovers for dinner.

Please be sure to say "Hello!" to us and check in at the Office and check in for the activity you are participating in at the Office. This is to ensure safety and to keep accurate attendance in our facility.

Soak up the last moments of the summer season!

*Best, Jennifer R Menter*

# The Golden Voice

## September Kayaking Events



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 Eagle Overlook, paddling to Burnt Ship Creek and more. It is nice and shallow, and we will be able to have a nice paddle, be able to see Niagara Falls, USA and Niagara Falls, Canada, and 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: Eagle Overlook  
(NO ADA-launch)

Time: 9:00 a.m. – 12:00 p.m.

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

Date: Wednesday, September 18

Max Seats: 6 participants

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

Coffee for the month of  
**September**  
will be **FREE**  
compliments of  
**a friend**  
in honor of  
**Golden Age Members**



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

(716) 773-9682

## September 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** with **Pat** in the **Community Center**

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

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

**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 **BACK of the Dining Area** on the **2nd and 4th Mondays of the month**

### 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, fly swatters, and body weight. Join us at **9:30am** with **Michelle & Diane** in the **Community Center**

**Seniors in Stitches:** **10:00am** in the **Arts & Crafts Room**

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

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

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

**Bowling:** For \$7, bowl 3 games and get in on the friendly fun! Join **Joanne** at **1:00pm** at **Mallwitz Island Lanes**

### 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**

**Walking Club:** **9:00am** (see *Walking Club flyer inside for detailed locations!*)

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

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

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

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

**\*\*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\*\***)

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |  
[www.grandislandny.us/280/Golden-Age-Center](http://www.grandislandny.us/280/Golden-Age-Center)



# The Golden Voice

Members who are sick and under the weather in August 2024; we send you healing thoughts your way!



- Joyce Berk  
Barbara Berry  
John Cassoni  
Bobbie Capp  
Pat Ehinger  
Kathy Elias  
Fran Fusco  
Iris Galeza  
Kathleen Garlapow  
David Johnson  
Dick Koch  
Nancy Koch  
Bob Lamb  
Diane Maness  
Betty Marinell  
Kay McGuire  
Bill Ortiz  
Dave Rogers  
Larry Schupp  
Dee Schuman  
Chuck & Nancy Tobe  
Lura Wilson  
Sue Whitbeck

Welcome to our new members of the Golden Age Center in the month of August 2024:



- Jack Lillico  
Catherine Nachreiner  
Milton Kicklighter  
Joan Buchanan

## September 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, fly swatters, 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**  
**Matter of Balance:** Exercise from the comfort of the chair with gentle exercises. This award-winning program is designed to increase activity levels. Join Jen & Jenny 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** with **Pat** at the **Community Center**  
**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 **BACK of the Dining Area OR Lounge**  
**Mahjongg:** Mahjong is a game that originated in China, and it's a game that requires some skill, strategy, calculation, and a bit of chance! Come play at **12:30pm** with **Anna** at the **BACK of the Dining Area**  
**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**

For any questions on our programs, please call (716) 773-9682 OR stop by the Office to register or discuss with Golden Age staff member.

#### 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

1: available 24 hours a day, 7 days a week. Free and confidential referral service. Human & social services, emergency hot 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 |  
[www.grandislandny.us/280/Golden-Age-Center](http://www.grandislandny.us/280/Golden-Age-Center)

## The Golden Voice

### September Wellness Walks Schedule



### Monday Wellness Walks

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

#### **Monday, September 9 @ 9:00am**

##### **West River Bike Path Trail**

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

#### **Monday, September 16 @ 9:00am**

##### **Nike Base Trail**

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

#### **Monday, September 23 @ 9:00am**

##### **Veterans Park**

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

#### **Monday, September 30 @ 9:00am**

##### **West River Bike Path Trail**

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

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.



## Need Food?



For confidential assistance, call the  
Neighbors Foundation of Grand Island

**716-775-7998**

[Ginneighbors14072@gmail.com](mailto:Ginneighbors14072@gmail.com)



Scan QR Code for instant  
access to our website at:  
[www.ginneighbors.org](http://www.ginneighbors.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

## September 2024 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.**

### **Monday, September 2:**

#### **Labor Day**

The Golden Age Center is CLOSED for the Labor Day holiday.

### **Tuesday, September 3: 10:00AM**

#### **Travel Club & Conversation with Carrie**

Enjoy your beverage and breakfast treats and come and join Carrie this morning as she discusses and signs up individuals for September programming and those day trips planned for the months of September & October. As with any program or day trip registration, you must pay to be registered. No spots will be held AND payments must be made in cash only.

### **Wednesday, September 4: 9:30AM**

#### **Birthday Party Set-Up**

Want to join in and give a hand? Do you love to decorate? We will be meeting in the Dining Area to put up decorations for this afternoon's birthday party. Come and join us and lend a helping hand!

### **Wednesday, September 4: 11:45AM; 12:45PM – 1:45PM for entertainment**

#### **Blue Hawaiian Birthday Party featuring Elvis (Terry Buchwald)**

Let's get ALL SHOOK UP by celebrating our September birthdays at our special celebration of Elvis's special things. Try some TUTTI FRUTTI sweet treats to kick off our festivities, including Elvis's favorite hits...we promise we'll keep you out of JAILHOUSE ROCK! Enjoy The King's favorite foods for our themed meal today and at 12:45pm, enjoy the music of Terry Buchwald! IT ALL FEELS SO RIGHT to enjoy some BLUE SUEDE CAKE to end the party today. Come and celebrate today as we enjoy hits like "Love Me Tender, Burning Love" and MORE!

### **Friday, September 6: 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 6: 1:00PM**

#### **Bingo Bonanza!**

For \$1.00 for the first bingo board and a dream, you too can try to win the LUCKY prize envelopes! Additional boards are available for just \$.25 each, and each player can play up to four (4) boards. From the LETTER X, to Railroad Track to Birthday Cake, join in some varied games! Come one, come ALL! Join us for laughs, some competition, and lots of fun!

### **Saturday, September 7: 8:30AM**

#### **The Windmill Farm & Craft Market**

This morning, we will head out to The Windmill in Penn Yan, where you will have time to shop and peruse for all sorts of treasures. There are places to enjoy a coffee and lunch break as well. Cost is \$25 per person CASH ONLY and covers transportation; lunch and purchases will be on one's own.

**(716) 773-9682**

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |  
[www.grandislandny.us/280/Golden-Age-Center](http://www.grandislandny.us/280/Golden-Age-Center)

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 39 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.

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

**Tuesday, September 10: 10:00AM**

**A Day in East Aurora**

We will leave the COMMUNITY CENTER at 10:00AM to have lunch at the Iron Kettle, then head over to the charming village of E. Aurora. Day trippers will have the chance to shop around the shops on Main Street, such as Vidler's, Prima Oliva, Fowler's, boutiques, and more. We will meet at the Aurora Movie Theatre, where we will enjoy a movie at 2pm. Cost is \$15.00 per person, CASH ONLY, and covers the transportation and movie. You pay for your lunch on your own.

**Wednesday, September 11: 9:00AM – 11:30AM at the Community Center**

**Lawley Insurance**

Questions about Medicare? John is here to help. He can go over the A, B, C, and D of Medicare. what to do and when. 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 here for that too! Join John Weatherby, Medicare & Individual Health Insurance Consultant. To make an appointment to meet with John, please call the Golden Age Center at (716) 773-9682.

**Wednesday, September 11: 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.

**Thursdays from September 12- October 24: 1:00PM -3:00PM**

**A Matter of Balance Class**

This program emphasizes practical strategies to manage falls. In this class, you will learn to: *view falls as controllable, set goals for increasing activity, make changes to decrease fall risks at home, and exercise to increase strength and balance.* **Who should attend?** Anyone concerned about falls, anyone interested in improving balance, flexibility and strength, and anyone who has a history of a fall has limited activity because of a fall. To register for this program, please call (716) 773-9682. This program is very social, engaging, and educational! Every participant will receive a free workbook and other special incentives along the way. This program is award-winning and based on research out of Boston University. *Sponsored by Erie County Senior Services and the Golden Age Center.*

**Monday, September 16th: 10:00AM**

**Tour of Grand Island with Mary Cooke**

Please join Carrie and Mary today as we head out to learn of the history and places of importance in the history of Grand Island. Mary will describe the sites while you ride in comfort of our senior center van. We will stop for lunch at the Village Inn. Towards the end of the trip, if we have time, we will head over to Kelly's Country Store so you can shop in another place preserved in Grand Island history. Cost is \$15 for transportation; all purchases and lunch will be on one's own. We will be leaving our last stop for the Golden Age Center around 2:00pm.



## The Golden Voice

## September 2024 Special Events Calendar at the Golden Age Center

### 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 39 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.

**Pardon our dust! The Golden Age Center will be CLOSED during the week of Monday, September 9 - Friday, September 13 for facility flooring installations and facility upgrades. During that time, we will have limited activity offerings offered at the Community Center. Lunch will be offered at regular times that week at the Community Center. Here are the Weekly Programs offered during the week of Monday, September 9 - Friday, September 13:**

#### **Monday, September 9:**

**Tai Chi:** 9:00am with Pat

**Fit for Life!:** 10:00am with Jenny

**Guitar:** 10:00am in the Music Room in the Recreation Building

**Lunch at 11:45am**

**Bridge:** 12:30pm

**Fun with French:** 12:45pm outside at the picnic tables!

#### **Tuesday, September 10:**

**Total Body Workout:** 9:30am with Michelle & Diane

**Day Trip to East Aurora:** Departs at 10:00AM

**Morning of Games:** 10:45AM

**Lunch at 11:45am**

**Canasta & Mahjongg:** 12:30pm

#### **Wednesday, September 11:**

**Lawley Insurance:** 9:00AM - 11:30AM with John Weatherbee

**Artists' Haven:** 10:00AM in plein air!

**Sit & Stretch:** 10:00AM with Sue

**Lunch at 11:45am**

**Social Group Respite Program:** 1:30PM - 4:30PM

#### **Thursday, September 12:**

**Total Body Workout:** 9:30am with Michelle & Diane

**Color Art & Mindfulness:** 9:30am

**Pinochle & Poker:** 10:45AM-12:45PM

**Lunch at 11:45am**

**A Matter of Balance Class:** 1PM - 3PM

#### **Friday, September 13:**

**Tai Chi:** 9:00am with Pat

**TGIF Couponing:** 9:00AM

**Read & Feed Book Club:** 10:00AM

**Lunch at 11:30am**

**Chair Yoga & Meditation:** 1PM

**Mahjongg:** 2PM - 4PM

**The Golden Age Center will reopen to regular activities and programming on Monday, September 16, starting at 8:30AM.**

**Thank you!**

**(716) 773-9682**

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |  
[www.grandislandny.us/280/Golden-Age-Center](http://www.grandislandny.us/280/Golden-Age-Center)

## 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.



#### **Golden Age Club**

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

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

**President.....Joy Mesmer**  
**Vice President.....Martha Marrinan**  
**Chaplain.....Cathy Mancuso**  
**Sargeant of Arms.....Tom Natale**  
**Corresponding Secretary.....Sue Bognar**  
**Reporting Secretary.....Beth Julin**  
**Treasurer.....Bob Vaccaro**

#### **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!**

**(716) 773-9682**

## **September 2024 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.**

### **Tuesday, September 17: 10:00AM**

#### **The Country Cottage at Darien and My Saloon**

We are traveling today to Darien to visit again the Country Cottage. These 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 a delicious lunch at My Saloon. Cost: \$25 per person for transportation; purchases and lunch will be on one's own. The Golden Age Center van will leave at 10am and will return about 3:30PM.

### **Tuesday, September 17: 10:30AM**

#### **Craft Class Origami flowers with Anne Hagopian**

Calling all crafters! Many requested, and Anne is willing to teach you! You can see some of her delicate, floral origami work in the corner cabinet in the Front Lobby. You do need to register by Thursday, September 12 and pay Anne \$1.00 at the class.

### **Wednesday, September 18: 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 Area 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 Golden Age Center at (716)773-9682.

### **Thursday, September 19: 10:30AM; Project continues at 12:45PM**

#### **Cricut Overview & Cricut Project Creation**

Join Carrie this morning as she goes over the general use of this machine and how to begin. If you own one and have never used it, or, are contemplating this purchase, this is the class for you! You can bring your machine, if you have an iPad or laptop to connect to, and Carrie will show you how to connect to the Cricut. After the overview, the group will break for lunch and then come together to create and make a project. If you bring your machine, it would be best for you to bring your mats as well. Please be sure to RSVP for this program so the set up is done appropriately for those participants coming.

### **Thursday, September 19: 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, to discuss Holiday Happenings, winter events, the Installation of the new Officers, yearly plans, and MORE. Officers and Executive Board members, PLEASE mark your calendars and join us. Joy and the Executive Board look forward to seeing everyone then!

### **Friday, September 20: 9:30AM**

#### **Picnic and Walk/Tour of Letchworth State Park**

Join us as we enjoy the beauty of a state park here in our own region. We will enjoy a nice picnic lunch and then relax as we drive to various outlooks and points to get out of the van and look at the spectacular views. We hope to catch the start of the changing of the leaves of the fall season on our trek down on our day trip. Cost: \$35 per person includes BOTH transportation and lunch.

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |  
[www.grandislandny.us/280/Golden-Age-Center](http://www.grandislandny.us/280/Golden-Age-Center)

## The Golden Voice

Happy Birthday to our members celebrating September birthdays!



**September 1**.....Kathleen McGuire, Brooks Rimes, Delores Schuman, & Joaquin Vasquez  
**September 2**.....Diane Bialek  
**September 3**.....Ted Landen  
**September 4**.....Debbie Gurman & Harold Gurman  
**September 6**.....Judy Schmidt  
**September 8**.....Suzanne Stewart  
**September 9**.....Elaine Miller & John Mingus  
**September 10**.....Walter Lamar, Cathleen Moore, & Dan Rogala  
**September 11**.....Joseph Mesmer & Lawrence Schupp  
**September 13**.....David Cole & LuAnn Pelletier  
**September 15**.....Joanne Fleischman, Dana Papaj & Sherrie Woodard  
**September 17**.....Thomas Cecere & Patricia Klebes  
**September 18**.....Carol Blair  
**September 19**.....Kathy Cerrillo  
**September 21**.....Donna Castiglia & Frances Molnar  
**September 22**.....Kathy McCormick & Kristin Ducey  
**September 23**.....Timothy Nabozny & Timothy Smith  
**September 24**.....Harold Geiger & Liz Semrau  
**September 25**.....Robert Ferloin & Paul Pellicci  
**September 27**.....Linda Clark & Alice Gerard  
**September 28**.....Catherine Hannibal  
**September 29**.....Madeline Anderson-Balmer  
**September 30**.....Jennifer Gula, Terry Jablon, Georgina Munk & Michael Rossiter

## September 2024 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.**

### **Tuesday, September 24: 9:30AM**

#### **Paula's Donuts, Savers, Olympic**

We will head out at 9:30AM with our first stop at Paula's Donuts. Enjoy your treats, then on to Savers, where today is Senior Day! Shop for the Fall season with your Senior Discount for a while, then we will end the day having lunch at the Olympic Restaurant in Tonawanda. Cost is \$15 per person, CASH ONLY, which covers transportation. Be sure to bring your reusable shopping bags and money for your purchases and lunch!

### **Tuesday, September 24: 1:00PM**

#### **Brain Games**

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

### **Wednesday, September 25: 10:30AM**

#### **Medicare 101 with JBM**

Join Jason Myers, owner of JBM Health & Wealth Consulting, LLC. Today he discusses Medicare. Medicare is confusing! What are Parts A,B,C & D? When do I have to enroll? What will I pay? What is a Medicare Advantage Plan? What is a Medicare Supplement Plan? What about late enrollment penalties, Extra Help, EPIC or Medicare Savings Programs? What kind of plans might work best for me? This class will help people understand how the federal Medicare program works and provide a general overview of the variety Medicare insurance options available to beneficiaries. As a courtesy to today's presenter, please reserve your spot in this class by Monday, September 23, by stopping by the Office or calling (716) 773-9682.

### **Wednesday, September 25: doors open at 5:30PM; presentation at 6:00PM**

#### **Healthy Living for the Brain and Body with the Alzheimer's Association of WNY, HART, & the Golden Age Center**

Brought to you today by the endeavors, efforts and support of Assemblyman Morinello. The Alzheimer's Association of WNY, HART (Home Assistance Referral Team), the Golden Age Center, and others are teaming up tonight to provide valuable insights and resources to the community with this special presentation. This class will help people understand how research in the areas of diet and nutrition, exercise, cognitive activity and social engagement are important in maintaining a healthy life and how to Incorporate these recommendations into building a plan for healthy aging. As a courtesy to today's presenters, please reserve your spot in this class by calling (716) 773-9682.

### **Thursday, September 26: 11:15AM; 12:20PM**

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

Join President Joy Mesmer, the Executive Board, and the Golden Age members for their monthly meeting as they discuss happenings in the past month. The day will start with the General Meeting of the Golden Age Club at 11:15am, followed by our delicious lunch at 11:45am, and great company of our members. along with Town Time with Town Supervisor Marston at 12:20PM.

**(716) 773-9682**

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |  
[www.grandislandny.us/280/Golden-Age-Center](http://www.grandislandny.us/280/Golden-Age-Center)



## The Golden Voice

### For Your Information!



Please do NOT flush paper towels, disposable undergarments, hand wipes, or sanitary items down the toilets in our restrooms.

Please dispose of these items in the garbage can, located in each restroom. We are on a septic system, and septic backups can happen easily, making this is an expensive cost for us to incur. Thank you for your help in this matter.

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

#### HEAP -

#### Home Energy Assistance Program



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

## September 2024 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.

### Golden Age Center Lunch Calendar

Membership allows you to partake in our nutritious lunch program; lunch is \$4.00 OR \$5.00 OR MORE on Special Event days. Lunch is served at 11:45am Monday-Thursday & 11:30am on Friday. Please call (716) 773-9682 to reserve your lunch. Please remember to call us and **CANCEL** your meal if you cannot attend so that we can sell your lunch to another member.

*\*Our Take-Out lunch is paid for at the Front Office of the Golden Age Center and lunch is picked up at the Kitchen from our talented Chef. Enjoy!\**

## September 2024 Lunch Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 CLOSED 	3 Travel Club meeting Swedish Meatballs with Rice	4 Blue Hawaiian Elvis Birthday Party \$6 Bacon-Topped Meatloaf with Deluxe Mashed Potatoes, Gravy, Green Beans & Lemon Pudding	5 Julienne Salad	6 Souper Seniors 	7
8 Lunch will be served at the Community Center at 11:45am M-Th.	9 \$5 Pizza with Chicken Wings	10 \$5 Grilled Chicken & Scalloped Potatoes	11 \$5 Assorted Sandwiches with Chips & Pickle	12 \$5 Baked Penne with Green Beans	13 \$5 Pizza with Chicken Wings	14 Lunch will be served at the Community Center at 11:30am FRIDAY
15	16 Asian Chicken & Broccoli with Rice	17 Hobo Pack with Jello	18 Ham & Swiss Melts with Onion Rings	19 Executive Board meeting \$6 Cathy's Crispy Chicken, Stuffing, Hearty Vegetables & Pie	20 Souper Seniors 	21
22 	23 Chili with Cornbread	24 Chicken Carbonara with Peas	25 Italian Sausage with Peppers, Onions & French Fries	26 General Meeting \$6 Pork Chops with Mashed Potatoes & Applesauce	27 Souper Seniors 	28
29	30 Autumn Chicken & Craisin Salad with Fruit Cup					

(716) 773-9682

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |  
[www.grandislandny.us/280/Golden-Age-Center](http://www.grandislandny.us/280/Golden-Age-Center)

## The Golden Voice

## September 2024 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.**

### 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!



**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.) 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

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

### 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!

**Friday, September 27: starting at 10:00AM**

### **Cooking with Carrie**

Today's cooking is in honor of Johnny Appleseed Day. Come and join us for preparing the meal and cooking together, then we will all sit down and enjoy the feast together. The menu for this month will be as follows: "Appletini", Grilled Pork Chops with Apple Pear topping, Sweet Potatoes, Sweet and Sour German Red Cabbage, and Apple Crisp A La Mode. **The cost is \$10.00 per person, and you must register by the 23rd of September to participate.**

**Friday, September 27 : 12:15PM**

### **Luncheon Matinee**

This afternoon, we will show an afternoon matinee for all to enjoy! Ask at the Office for the film info. Guaranteed to cause some laughter, we encourage you to join us for the fun! Bring your own lunch or sign up early for the lunch being served here. You will be able to enjoy the film while you have lunch.

**Monday, September 30th: 10:00AM**

### **Tour of Grand Island with Mary Cooke**

Please join Carrie and Mary today as they head out to show travelers of the history and places of importance in the history of Grand Island. Mary will describe the sites while you ride in comfort of the Golden Age Center van. We will stop for lunch at the 773 North. Towards the end of the trip, if time allows, we will head over to Kelly's Country Store so you can shop in another place etched in Grand Island history. Cost: \$15 for transportation; all purchases and lunch will be on one's own. The Golden Age Center van will be leaving the senior center at 10:00am and trip participants will be leaving the last stop for the Golden Age Center sometime around 2:00pm.

**Monday, September 30: 1:30pm – 3:00PM**

### **NYS Citizen Preparedness Course**

With September being Emergency Preparedness Month, and 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 pre-disaster 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 family emergency plan and stocking up on emergency supplies. Each family that attends will receive one Preparedness kit. To register, please call (716) 773-9682.



### **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. **Joyce Berk & Elaine Hollingsworth** are the winners for the month of **AUGUST! CONGRATULATIONS!**

**(716) 773-9682**

Nike Base, 3278 Whitehaven Road, Grand Island, NY 14072 |  
**[www.grandislandny.us/280/Golden-Age-Center](http://www.grandislandny.us/280/Golden-Age-Center)**



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



- 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 21 & Monday, October 28** 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.

# Do you have concerns about falling?

Many older adults experience concerns about failing 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

### VARIOUS TOPICS INCLUDE:

- Identifying home hazards
- Exercise & strength training
- Medications (How they relate to falls)
- Proper Footwear
- Balance Testing
- Personal Emergency Response Systems
- Nutrition (and how it affects falls)

The next class will be held:

Where: The Golden Age Center

3278 Whitehaven Rd  
Grand Island NY 14072

Date: Thursdays, September 12-October 31

Time: 1:00PM—3:00PM

For more information or to sign up: Call or e-mail

Jen Menter

(716) 773-9682

[jrmenter@grand-island.ny.us](mailto:jrmenter@grand-island.ny.us)





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



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 pre-disaster 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 family emergency plan and stocking up on emergency supplies. Each family that attends will receive one Preparedness kit.

**When:** Monday, September 30, 2024  
1:30PM

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

\*ALL PARTICIPANTS **MUST** REGISTER IN ADVANCE

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

**Grand Island Golden Age Center**



To register and for additional  
Information, visit  
[www.prepare.ny.gov](http://www.prepare.ny.gov) or scan the QR code

