

## August 2020 Virtual Recreation Opportunities via Zoom

You must call the Golden Age Center at (716)773-9682 to register for any of these programs by giving us your name, telephone number, and e-mail address so that you can be e-mailed the Zoom invitation information. The Zoom information will be e-mailed out the day before the program. Thank you!

### ***Thursday, August 6 @ 10:00am***

#### *Prize Bingo on Friendship Day*

Join us for some fun Bingo games! We invite you to pick up your bingo board and play along with us via Zoom. You must register for this program by calling (716) 773-9682 and giving us your name, telephone number, and email address so that you can be emailed the Zoom invite information. Prizes will be given out to the Bingo winners AFTER Bingo has concluded AND Bingo winners can call the Golden Age Center prior to picking up their prize.

### ***Monday, August 10 @ 12:45pm***

#### *Fun with French*

Join Jen as she and the group discuss summer sports and activities one likes to participate in during the summer season. What are your summer favorites? What do you dislike about summer? She can't wait to discuss it with you with great French conversation!

### ***Tuesday, August 11 @ 12:45pm***

#### *Prize Bingo*

Join us for some fun Bingo games! We invite you to pick up your bingo board and play along with us via Zoom. You must register for this program by calling (716) 773-9682 and giving us your name, telephone number, and email address so that you can be emailed the Zoom invite information. Prizes will be given out to the Bingo winners AFTER Bingo has concluded AND Bingo winners can call the Golden Age Center prior to picking up their prize.

### ***Wednesday, August 12 @ 1 10:30am***

#### *Coffee Social*

Grab your coffee or tea and join me for a unique way to visit with each other during the pandemic. No political discussions! Let's discuss and share our favorite peach recipes. Eventually we will have a Golden Age Center cookbook to put these into.

### ***Thursday, August 13 @ 10:00am***

#### *Matter of Balance*

Join Jen for some stretches and exercises that will help you gain and strengthen your balance and mobility. Invigorate your day and your morning! All you need is a chair, wear comfortable clothing and sturdy shoes.

### ***Thursday, August 13 @ 12:45pm***

#### *Dance party with Music from Elvis Presley and others*

This week is known as Elvis Week so we will celebrate with a variety of his music as well as selections from other artists. Join in for another great way to spend time with our friends at the Golden Age Center.

### ***Tuesday, August 18 @ 12:45pm***

#### *Kindness Rock Painting*

We would like to encourage anyone interested in helping with a simple painting project. Starting today at 12:45 pm you may stop at the GAC for your kindness rock painting kit. You can either keep the rocks to distribute around Grand Island on your own or return them and we will put them around town for you. No art skill truly needed; just a desire to spread good will to our community. If you have small rocks to use please do so!

### ***Wednesday, August 19 @ 10:30am***

#### *Technology Class*

Join Carrie and others as we start with the basics of a new phone, tablet, laptop or desktop and navigate internet safety along with how to add/download an app onto your device. If Zoom class isn't your thing right now or you need extra help, please call us at the Golden Age Center.

### ***Thursday, August 20 @ 10:00am***

#### *Prize Bingo*

Join us for some fun Bingo games! We invite you to pick up your bingo board and play along with us via Zoom. You must register for this program by calling (716)773-9682 and giving us your name, telephone number, and email address so that you can be emailed the Zoom invite information. Prizes will be given out to the Bingo winners AFTER Bingo has concluded AND Bingo winners can call the Golden Age Center prior to picking up their prize.

***Monday, August 24 @ 12:45pm***

*Fun with French*

Join Jen as she and the group discusses birds and animals found in our area and action verbs! Let's try to sing the song 'Alouette' too together! Do you know what the tune is all about?

***Tuesday, August 25 @ 12:45pm***

*Super Bingo* via Zoom sponsored by the Golden Age Club

Join us for some fun Super Bingo games, sponsored by the Golden Age Club! We invite you to pick up your bingo board and play along with us via Zoom. You must register for this program by calling (716)773-9682 and giving us your name, telephone number, and email address so that you can be emailed the Zoom invite information. Super Bingo Prizes will be given out to the Bingo winners AFTER Bingo has concluded AND Bingo winners can call the Golden Age Center prior to picking up their prize. You MUST see the Super Bingo prizes we have! From gift cards to spa bags to lunch tickets to surprises and more, come join the fun!

***Wednesday, August 26 @ 12:45pm***

*Fun with French*

Join Jen for a SURPRISE lesson today! Join in the fun!

***Thursday, August 27 @ 10:00am***

*Matter of Balance*

Join Jen for some stretches and exercises that will help you gain and strengthen your balance and mobility. Invigorate your day and your morning! All you need is a chair, wear comfortable clothing and sturdy shoes.

***Thursday, August 27 @ 11:15am***

*Cheerful Pen Pal Program*

Today is the first day that we will start a new program during "Be Kind to Humankind Week". We will individually write letters to persons in an assisted living outside of Rochester, NY. It is time to spread some cheer to others and let them know they are thought of from someone on Grand Island. You can share news of our hometown and ask them about themselves... you may even find that many grew up around the Buffalo/WNY area. Cards can be provided or you can use your own. Once you complete we will send them all together.

***Friday, August 28 @ 10:30am***

*Coffee, Campfire, and Camp Stories*

Have your coffee and tall tales ready to share around our virtual campfire. It will be the safest campfire you have ever been to!

***Monday, August 31 @ 11:30am***

*National Eat Outside Day*

Pack your lunch bag and join Jen and Carrie for a socially-distanced picnic lunch at our picnic tables outside on National Eat Outside Day and catch up with our Golden Age friends! Call (716) 773-9682 and register for this program. Come dressed for the weather and wear sunglasses, sunscreen and a hat.

***Monday, August 31 @ 12:45pm***

*Fun with French*

Join Jen for learning how to describe the daily rituals of taking care of oneself by using something called reflexive verbs.



**Extended Trip  
Update from  
Michelle Chassé:**



The trip to Mackinaw Island is being postponed until next year. Those of you who have made deposits and/or purchased trip insurance will see a full refund in the next two weeks. The trip refund will be done by Diamond Tours and the trip insurance is a separate refund by the insurance company.

**Member Shirley Martin is looking to give away the following items to a good home:**

- **recliner**
- **Maple dining room table with leaf extensions and chairs**
- **Lazy Boy love seat**
- **Queen size bed with new mattress and box spring**
- **4 piece bedroom set**

**Interested? Please call Shirley at (716) 517-0675.**