



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

May 2020

Flower: Lily of the Valley

Birthstone: Emerald

Town of Grand Island
Golden Age Center

3278 Whitehaven Road
Grand Island, NY 14072

Phone: (716) 773-9682 OR (716) 773-9683

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

Business Hours: 8am—4pm, Mondays, Tuesdays,
Thursdays & Fridays

8am– 8pm Wednesdays

Website: [http://www.grandislandny.us/
departments/golden_age/index.php](http://www.grandislandny.us/departments/golden_age/index.php)

John Whitney
Town Supervisor

Jennifer Baney **Tom Digati**
Mike Madigan **Pete Marston**
Town Board

Jennifer R. Menter
Recreation Supervisor—Senior Citizen

Carrie Mesmer
Recreation Leader—Senior Citizen
Golden Age Center

May Member Birthdays

May 1	Barbara Davis, Don Hamman, Janice Hecko, Cynthia Stamler, & Paul Wudyka	May 16	Barbara Bartus, Michele Drabik, Dorothy Lenehan, & Diana Schwartz
May 2	Rita Volpe	May 18	Susan Robinson
May 3	David Sugg & Barbara Taefi	May 19	Pattie Frentzel
May 5	Suzanne Muller	May 21	Cathy Kaegebein & Jacqueline Walker
May 6	Chris O'Connell & Tammy Violanti	May 24	Bonnie Butler, John Gibney & Nancy Tebo
May 7	Deborah Clements, Robert Kaiser, & Carolyn Phillips	May 25	Connie O'Brien & Thomas Pellegrino
May 8	Lynn Gottlier, James Huffman & Fazal Irshad	May 26	Carrie Mesmer, Lee Tetkowski & Liz Wilbert
May 9	Joanne Albert	May 27	Richard McClive
May 11	Robert Joslyn	May 28	Pat Shaw, Sandra J. Sherman, & Scott Wallace
May 12	Mary Quinn	May 29	Ross Arsenault & Richard Campagna
May 13	Susan Bognar	May 30	Linda Facklam
May 15	Edward Bognar, Barbara Brzyski, & Surinder Kaur Kandola		Happy Birthday, <i>members!</i>

Weekly Consistent Activities at the Golden Age Center

MONDAY

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

Color & Coffee Time: 9:30am in the Dining Area

Anything Craft Class: 10:00am with **Lorraine** in the Arts & Crafts Room

Arthritic Chair Exercises: 12:30pm with **Lorraine** behind the Stage

Pinochle & Various Card Games: 12:30pm in the Dining Area

Fun with French: 12:45pm with **Jen** in the Dino Room in the Activity Center

Bridge: 1:15pm in the Dining Area

TUESDAY

Total Body Workout: 9:30am with **Michelle** in the Community Center (*Fee for class is \$1*)

Technology Club: 10:45am in the Arts & Crafts Room

Beginner Line Dance: 11:00am with **Richard** behind the Stage

Canasta and Various Card Games (Pinochle, etc.): 12:30pm in the Dining Area

Bingo: 12:45pm with **Carrie** in the Arts & Crafts Room

Advanced Line Dance: 12:45pm with **Richard** behind the Stage

WEDNESDAY

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

Artists' Haven: 10:00am in the Dino Room in the Activity Center

Various Card Games (Pinochle, Canasta, etc.): 12:30pm in the Dining Area

Fun with French: 12:45pm with **Jen** in the Dino Room in the Activity Center (**3rd, 4th, & 5th Wednesdays of the month**)

THURSDAY

Total Body Workout: 9:30am with **Michelle** in the Community Center (*Fee for class is \$1*)

Bingo: 10:00am with **Carrie** in the Arts & Crafts Room

Mahjongg: 12:15pm in the Pool Room (Lounge)

Euchre & Various Card Games (Pinochle, Canasta, etc.): 12:30pm in the Dining Area

Ceramics: 1:00pm in the Arts & Crafts Room

FRIDAY

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

Chess: 9:00am in the Dino Room in the Activity Center

Coups for Troops: 9:30am in the Dining Area

Trim Time: 10:00am on the Stage

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

Arthritic Chair Exercises: 12:30pm with **Lorraine** in the Arts & Crafts Room OR behind the Stage

Poker & Various Card Games (Pinochle, Canasta, etc.): 12:30pm in the Dining Area

****NEW TIME: Chair Yoga**: 1:00pm with **Vanessa from Soma Cura** on the Stage**

Hello Golden Age Center members:

On behalf of the Golden Age Center staff, I would like to start off by saying that I hope everyone continues to stay safe and healthy during the COVID-19 pandemic.

Here are some updates for you; I HOPE to have fun with you VERY SOON! You are all missed so much. Until further notice, the Golden Voice will ONLY be available JUST in digital form. Thank you for staying tuned!

At this time, the Golden Age Center remains CLOSED INDEFINITELY (Consistent Weekly Programs, Transportation, Day Trips, Special Events, Lunch Program, and so forth). Meals on Wheels will continue to run as NORMAL. Should you want to go on the Meals on Wheels program at this time, please call Jen at (716) 420-5027 to discuss the program and to register for the program.

Here are a few things I need you to know at this time:

- The May BPO Coffee Concert has also been POSTPONED.
- The May AARP Safe Driving Class has been CANCELLED. We are HOPEFUL that we will be able to host the AARP Safe Driving Class in August. Please email or call Jen at (716) 420-5027 for more details.
- Please know that if you were to go to the March 27, 2020 BPO Coffee Concert, you will be receiving a gift card credit for the cancelled concert for you to be enjoyed at another time. Once I receive it, I will mail it out to my BPO Coffee Concert goers.
- The Spring 2020 Semester in-person presentations of University Express have been CANCELLED. There may be VIRTUAL, ON-LINE offerings of University Express available in the future. Please look at the Golden Age Center webpage on the Town of Grand Island website and click on the University Express Spring 2020 link.

If you need TRANSPORTATION:

- ◇ Elderwood is offering our Golden Age Center members at a discounted rate. Here is the information that you need to know:
 1. All of their vans are wheelchair accessible. They do not have a set radius; however, they try to keep the distance to about 75 miles (1 way). 24-hours in advance gives them the proper amount of time to locate and book a van. The best number to contact is 716-250-0062. Anyone can always contact Blake, my contact, directly at 724-599-9134 to ensure rides are booked. Please let me know if you have any other questions regarding this transportation. They do NOT offer multiple pick-ups and drop-offs here in Grand Island. They pick up as early as 6am.
- ◇ Bluebird Mobility is still transporting individuals to medical appointments as well but there is a charge too. You may call them at (716) 395-0000.
- Day trips that were paid for in March and April will be refunded when we see you again AND WILL BE CANCELLED UNTIL FURTHER NOTICE.
- Tops is OPEN for Senior Shopping on Tuesdays & Thursdays from 6am – 7:30am so you can safely shop, and Sam's Club has a concierge service from 7-9am on Tuesdays so you can shop safely and with smaller crowds.
- Should you need grocery shopping done at this time and you are afraid to shop, we have a team of volunteers happy to shop for you. You must have a grocery list ready with a weeks' worth of groceries. Call Jen at (716) 420-5027 for more information.
- Meals on Wheels at home is a great option for many homebound seniors now. You can get a hot meal and cold meal daily for \$5. If this sounds like a good plan for you, call me at (716) 420-5027 for more information and to be registered for the program.
- If you need food, here are a few options...
- ◇ We have our Golden Age Center Pantry – call me and let's talk. You can reach me at (716) 420-5027.

**Grand Island Legion Post 1346
2020 Annual Flower Fundraiser at
Deglopper Memorial Park**



**Friday, May 22 &
Saturday, May 23**

**7am—6pm OR until
sold out**



**Come and get some BEAUTIFUL hanging baskets!
Call Joe Mesmer for more info at
(716) 578-2313**

Nike Base Par 3, 9 Hole Golf Course



The Golden Age Center has four golf bags of clubs available for member use (*when the GAC reopens*) 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 3:30pm so that they can be properly cleaned and disinfected.

- ◇ Reach out to the Neighbors' Foundation at (716) 773-1452 OR (716) 773-4684.
- ◇ Call 211 if you have questions or need help 24/7
- ◇ Calling Erie County Senior Services at 858-8526 is another great resource
- ◇ Calling NY Connects at 836-0822 ext. 121 or 257-3157 is another great resource
- ◇ Call the Alzheimer's Association at 1 (800) 272-3900 for 24/7 help

What can you do now if you can help?

- Call & text each other or Facetime (if you can) and check in with your friends. Social connection is also key to staying healthy.
- Help out a neighbor (if you can)
- Social distance yourself 6' or more (please please please) AND STAY HOME AS MUCH AS POSSIBLE.
- Try a new hobby (reading, crafting, spring clean, organize, journal, yoga...this is the time to do it!)
- Knit and crochet for our Mitten Project
- Please e-blast any of the groups/programs you are involved in and help us out (Tai Chi, Total Body Workout, etc.) to touch base with your friends to make sure you're all doing okay
- Get a daily dose of sunshine and fresh air by sitting outside or taking a walk around the block

By doing all of this now, and staying home as much as possible and socially distancing yourself can keep yourself and others healthy so we can all be together again soon.

Here are some Virtual Recreational Opportunities available for you to enjoy in the meantime, should you be tech savvy:

Check out the links I put on our Golden Age Center page on the Town of Grand Island website, through Combat Social Isolation, from Erie County Senior Services, plus see the links I sent through this e-blast. Try these great Virtual Recreation Opportunities to keep you having fun and learning something new! From exercise classes, to presentations, to virtual tours and virtual travels, you can have fun right from the comfort and safety of your own home!

- New movies that would have been shown in theaters are being released via streaming services to rent. Check out Amazon Prime Video, iTunes, and YouTube for rental options.
- Many workout and fitness on-demand resources are available for you via social media channels, with many now being free. SilverSneakers, now offers members age-appropriate online video workouts from home. (*Google search this!*)
- Learn something new! Over 500 Ivy League courses are now available for free. See the full list here. Be sure to check out the Yale's highly-regarded The Science of Well-Being course (the most popular in its history). (*Google search this!*)
- ***Also, please note that if you have a library card, our own Public Library system has GREAT Virtual offerings, including on-line classes, virtual classes such as virtual storytimes, cooking classes, book clubs, discussions, and so much more! This is a great time to learn something new. *****
- Make masks for our Meals on Wheels volunteers
- Call a lonely senior & spread some smiles and cheer

If you want to help and give back, call me at (716) 420-5027 and I'm sure that I can help point you in the right direction.

Are you a caregiver of someone with Alzheimer's or dementia or another illness? Is it getting more and more difficult to care for your loved one? Please talk to me! I have resources to help you out, including books and guides such as Powerful Tools for Caregivers, based on a class I teach, and other tips and tools. I'd be happy to share some thoughts with you OR lend my books out to you. Please see some fun April Recreation opportunities attached to this e-mail for you from the Alzheimer's Association for you to enjoy.

Once things are back to a new "normal", we will reconnect with everyone with a Welcome Back party and MORE, for sure. I know that I, as recreation and park professional and senior service professional, play an important role in people and communities getting back to a normal life. I strive to provide the programs and services that help make strong, healthy communities and bring people together. It will be a MUCH different world we'll be coming back to, but we'll be all the better for it.

This month of May is ***Older Americans Month*** with the theme as ***Make Your Mark***. E-mail me, share pictures with me and share pictures with me of how you are all Making Your Mark BEFORE the pandemic and NOW while we're apart! I can't wait to share this with all of you. I love all the e-mails and stories you've shared with me thus far, from bird watching, to making masks, to learning a new language, to writing family stories, to making family photo albums, to cooking new recipes, and more. I treasure our talks.

The Golden Age Center number is NOT BEING MONITORED at this time. Please call me at (716) 420-5027 if you need any help, assistance, or have any questions, or need resources. My phone number is above and my email is jrmenter@grand-island.ny.us, and I will have access to email remotely, as I'm working from home to run our department. Please don't hesitate to reach out to me. Stay safe, stay well and be well.

Best, ***Jennifer R. Menter***

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 up-to-date information, as it becomes available.

Please print clearly. Thank you!

Name: _____

E-mail Address: _____

CONGRATULATIONS to
March Birthday Lunch Split Club
Raffle Ticket winners:

Nancy Tobe, Bob Vaccaro, Connie O'Brien,
Jane Consier, Rick Berti, Sue Phillips,
& Joy Mesmer

CONGRATULATIONS to February General
Meeting Split Club Raffle Ticket winners:

John Duchnik, Don Hamman,
Lorraine Mangin & John Whitney



We hope that you all
enjoyed the
**60th Anniversary of the
Golden Age Club and
the Golden Age Center!**

SAVE THE DATE!

**Our 65th Anniversary of the
Golden Age Club and the Golden
Age Center will be on
Monday, December 16, 2024!**

**A warm welcome to all our new members of the Golden Age
Center, as of April 2020:**
James (Mike) Pannell Kim Campana
David Pascoe Marguerite Fox Karen Cowart
**We look forward to welcoming new members when we reopen
in the future.**



Our Coffee for the Month program has been graciously donated by many different individuals and groups, and we are grateful for their thoughtful generosity and support! *This program will continue when we reopen due to the generosity of our Golden Age Center friends!*



Gym equipment & piano

On the *Stage*, the *Golden Age Center* has a stationary 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. We also have a piano to play! Members who use this equipment will sign a waiver & will be shown how to properly use the equipment.
The gym equipment and piano are available for use:

Mon. & Fri.: 8-10am; 1:30-4pm

Tuesday: 8-9am; 3-4pm

Wed.: 8-10am; 1:30-4pm (EXCEPT the 2nd Wednesday of the month from 1:30-2:45pm)

Thursday: 8-9am; 12:30-4pm



Monthly Birthday
Drawing:



Each month, we will have a drawing for **two lunch tickets** at the *Golden Age Center*. If your birthday falls during the current month, each day you participate in the lunch program, you may fill out a slip and put it in the Birthday Drawing. The winner will be drawn the last day of the month. **Jim Walf** is the lucky winner for the month of **March!**



Senior Discounts shared to us by Golden Age Center member to enjoy around the community



Take advantage of these great discounts around the community:

- ◆ Walgreens: 15% off on the *1st Tuesday of the month*; 25% off *Walgreens brand items*
 - ◆ Savers: 30% off *on Tuesdays*
- ◆ Rite Aid: 20% off *ALMOST EVERYTHING the 1st Wednesday of the month*
 - ◆ Tops: 6% off on the *1st Tuesday of the month*
- ◆ Olympic Restaurant: *Senior Dinner Discounts EVERY NIGHT!*
- ◆ Fucillo Toyota: 10% discount *on non-discounted services, such as oil change*
 - ◆ Denny's: 15% off
 - ◆ Ted's: Veterans get a 10% discount

If you know of any other discounts, please let us know, so we can spread the news to our members!

**** PLEASE REMEMBER TO SUPPORT YOUR LOCAL GRAND ISLAND BUSINESSES, NOW AND ALWAYS! ****

Members we lost in April 2020:

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.

*Luigi D'Orazio
Carol Kraemer*

Members that were sick in April 2020:

*Lynn Henschel
Joel Hurd*

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) 773-1452 or (716) 773-4684