



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

September 2020

Flower: Aster

Birthstone: Sapphire

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, Monday - Friday

Website: http://www.grandislandny.us/departments/golden_age/index.php

John Whitney

Town Supervisor

**Jennifer Baney
Mike Madigan**

**Tom Digati
Pete Marston**

Town Board

Jennifer R. Menter
Recreation Supervisor—Senior Citizen

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

September Member Birthdays

September 1	Christian Hipp, James Morgan, Brooks Rimes, & Delores Schuman	September 16	Beth C. Pollara & Tommy Seay
September 2	Diane Bialek, Dorothy Click & Eleanor Maier	September 17	Thomas Cecere & Patricia Klebes
September 3	Nancy Grabbenstatter, Carol Gress, Monica Pusatier & Ted Landen	September 19	Ann Marie Chartrand
September 6	Marion Little	September 22	Kathleen McCormick
September 8	Marie Perry & John Ventry	September 23	Jack Bugman
September 9	Elaine Miller, John Mingus, & Bonita Shevlin	September 25	Jim Harrod
September 10	Cathleen Moore	September 26	Betty Walk & James Walters, Sr.
September 11	Joseph Mesmer, Lynn Ryan & Lawrence Schupp	September 27	Linda Clark, Alice Gerard, Amy Heist, Jack Kuhn, & Roxanne Morgan
September 12	Carol Bifano	September 28	Richard Gaudy
September 13	David Cole, Sr. & Luann Pelletier	September 30	Lee Cohen, Georgina Munk, Barbara Nowakowski, & Mike Rossiter

Weekly Consistent Activities at the Golden Age Center
Offered from Monday, August 17, 2020—Tuesday, September 8, 2020

ATTENTION: Social distancing measures AND new recreation program measures will be in place prior to enjoying such programs. Please note the following PRIOR to your visit:

- Masks **MUST BE WORN**
- Temperature checks will be taken when you enter the Golden Age Center
- You will sign a waiver upon entry to our senior center
- You will register for the program or activity you wish to participate in at the Office along with the room that the activity/program will be done in
- Hand sanitizing throughout activity and hand washing is encouraged often throughout your visit
- Before leaving, you must sign out at the Office
- If participating in a Zoom activity, sign up for the activity to receive the Zoom activity codes; Zoom activity codes will be given the day before the activity OR the morning of the activity

Welcome back! *We can't wait to see you soon for our Consistent Activities AND our Special Events via Zoom (Virtual Recreation Activities), our Outdoor Recreation Activities AND our next phase of activities in September!*
Stay well and be well, Golden Age Center staff

MONDAY

Independent Activities: 8:15am - 11:30am in the Arts & Crafts Room

Color & Coffee Talk Time: 9:30am - 10:30am in the Dining Area

Some Good News at the GAC: 11:30am in the Dining Area ****Fun with French on ZOOM**:** 12:45pm with Jen

Bridge, Card Games, & Dominoes with NEW RESTRICTIONS (see Staff for details): 1:00pm – 3:15pm in the Dining Area

TUESDAY

Coffee Talk: 8:15am - 10:30am in the Dining Area Some Good News at the GAC: 11:30am in the Dining Area

Total Body Workout: 9:30am with **Michelle OUTSIDE** the Golden Age Center on front lawn (*call for more info*)

Independent Activities: 12:45pm in the Arts & Crafts Room

WEDNESDAY

Coffee Talk: 8:15am - 10:30am in the Dining Area Walking Club: 9:15am with **LOCATIONS TBD WEEKLY**

Tennis: 10:00am on the Tennis Courts on the Nike Base Some Good News at the GAC: 11:30am in the Dining Area

Canasta, Dominoes & Card Games with NEW RESTRICTIONS (see Staff for details): 1:00pm – 3:15pm in the Dining Area

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

THURSDAY

Total Body Workout: 9:30am with **Michelle OUTSIDE** the Golden Age Center on front lawn on front lawn (*call for more info*)

Some Good News at the GAC: 11:30am in the Dining Area

Pinochle, Euchre, Dominoes, & Card Games with NEW RESTRICTIONS (see Staff for details): 1:00pm – 3:15pm in the Arts & Crafts Room

****Bingo on ZOOM and on site (see Calendar for specific dates) **:** 1:00pm with Carrie in the Dining Area

FRIDAY

Coffee Talk: 8:15am - 10:30am in the Dining Area Coups for Troops: 9:30am - 10:30am in the Dining Area

Book Club: 10:00am in the Arts & Crafts Room Some Good News at the GAC: 11:30am in the Dining Area

Independent Activities: 12:45pm in the Arts & Crafts Room

Poker, Dominoes & Card Games with NEW RESTRICTIONS (see Staff for details): 1:00pm – 3:15pm in the Dining Area

September 2020 Virtual Recreation Opportunities via Zoom

You must call the Golden Age Center at (716)773-9682 to register for any of these programs (EITHER IN PERSON & ZOOM in order to meet occupancy limits and technology needs) 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!

Tuesday, September 1 @ 9:30am

Breakfast-Themed Trivia

September is the month of All-American Breakfast so we are going to test your knowledge of this area! Let's see who can come up as the "winner". Whomever is the top contestant will win today's lunch (Brunch for Lunch or another lunch) on Carrie. So study up folks, know your foods and get ready to have fun!

Wednesday, September 2 @ 1:00pm

Technology Club

Would you like help setting up your devices? We can help you in the class work on your device and get you started, help with a specific problem, or learn something new about your device. Space is limited. If you do not feel comfortable coming into the building then please call Carrie at the center to arrange a time to do remotely.

Thursday, September 3 @ 1:00pm

Bingo!

For those of you who are coming to play in the building, please bring your paper bingo board and markers. We will be playing for quarters at the Golden Age Center. Bingo will also be run via Zoom for those of you who would like to continue to do so. Bingo now costs \$.50 to play. Come join in the fun! For those playing at home, you have a chance to win a great prize!

Friday, September 4 @ 10:00am

Music of Yesteryears

Come in or join us on Zoom for music of bygone eras to enjoy before lunch.

Tuesday, September 8 @ 1:00pm

Tuesday Afternoon Matinee

Today's movie event will be, upon your requests, *Airplane!* Please join us in the Dining Area for this feature film. For the cost of \$2.00 payable at the event, you will be provided with a **Movie Snack Pack**. As with all programming, you must register for this due to the limited occupancy.

Wednesday, September 9 @ 10:00am

National Teddy Bear Day

In honor of this day, let's reminisce about teddy bears, their history, some trivia and a special surprise. If you have a **picture of your teddy bear** or a special memory surrounding a teddy bear, please come and share.

Wednesday, September 9 @ 1:00pm

Technology Class via Zoom OR in person

Would you like help setting up your devices? We can help you in the class work on your device and get you started, help with a specific problem, or learn something new about your device. Space is limited. If you do not feel comfortable coming into the building then please call Carrie at the center to arrange a time to do remotely.

Friday, September 11 @ 1:00pm

Cheerful Pen Pal Program

Either pick up a card, use your own, or come in and make one with Carrie to use as a greeting card for those individuals in our Grand Island community who are receiving Meals on Wheels.

Monday, September 14 @ 10:30am

Members' Coffee

Join Jen for coffee, tea or a treat from the Coffee Corner as she discusses happenings around the Golden Age Center! Please bring your questions, feedback, concerns, etc. She looks forward to seeing you then and spending quality time with you all!

Monday, September 14 @ 12:45pm

Fun with French with Jen

Wednesday, September 16 @ 10am

Scarecrow Ornament Craft Class

Join Carrie as we make a simple fall decoration of a scarecrow you can make and take in the same day! Class is limited to 5 people and supply fee is just \$1.00. As with other programming, you must register ahead

Thursday, September 17 @ 12:45pm

Executive Board meeting

Join President Anna Vaccaro for this socially-distanced Executive Board meeting on the Stage. Come in or join us on Zoom!

Friday, September 18 @ 1:00pm

Crafting for a Cause

Come in or join us on Zoom for instructions on completing a gift for our meals on wheels recipients. If you are doing at home via Zoom, you must pick up your supply kit ahead of time.

Monday, September 21 @ 9:30am

Matter of Balance class—in person on the Stage AND on Zoom

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.

Monday, September 28 @ 9:30am

Matter of Balance class—in person on the Stage AND on Zoom

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.

Tuesday, September 22 @ 1:00pm

Tuesday Afternoon Matinee

Today's movie event will be, upon your requests, *Planes, Trains & Automobiles*. Please join us in the dining area for this feature film. For the cost of \$2.00 payable at the event; you will be provided with a **Movie Snack Pack**. As with all programming you must register for this due to the limited occupancy.

Wednesday, September 23 @ 10:00am

Baseball Fun

The month of September is Little League Month, so in honor of that we will be having our own baseball fun. Learn about "ballhawks" and how Buffalo is capitalizing on Major League Baseball being played in Sahlen's Field; even without spectators.

Wednesday, September 23 @ 12:45pm

Fun with French with Jen

Friday, September 25 @ 1:00pm

Fall Craft—Acorn Making

Join Carrie as we make a simple fall decoration of acorns to put in a dish or string together to make a garland. Class is limited to 9 people and supply fee is just \$3.00. As with other programming, you must register ahead.

Monday, September 28 @ 12:45pm

Fun with French with Jen

Tuesday, September 29 @ 10:00am

Fun at the Races

Let's have fun with our old horse racing game. We will just have to do it a little different. Get ready to place your bets with our funny money!

Wednesday, September 30 @ 10:00am

National Hot Mulled Cider Day

Enjoy a treat of this fall drink while we reminisce about fall related items.

Wednesday, September 30 @ 12:45pm

Fun with French with Jen



**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.

Fun September Holidays to Remember:

Saturday, September 5: National Tailgating Day

Sunday, September 6: Read a Book Day

Saturday, September 12: Chocolate Milk Shake Day

Sunday, September 13: Grandparents Day

Tuesday, September 15: Make a Hat Day

Thursday, September 17: National Apple Dumpling Day

Wednesday, September 23: Checkers Day

Monday, September 28: National Good Neighbor Day

Will you do anything fun to celebrate these fun holidays? Share your ideas with Jen at jrmenter@grand-island.ny.us and enter your idea to win a great prize! Entries must be in by Wednesday, September 30, 2020.

Croquet



Did you know? The Golden Age Center has a croquet set available for member use (*when the GAC reopens*) and ready for interested individuals to borrow to practice their croquet skills on the Nike Base!

Stop by the Office to sign out the Croquet set. The Croquet set must be returned by 3:30pm so that they can be properly cleaned and disinfected.

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.

New Policies to Remember as we welcome you back to the Golden Age Center

PLEASE READ THIS: What to expect as the Golden Age Center reopens....

We know reopening under new guidelines and policies that is new and different is going to be a bit challenging and hard for all of us to get adjusted to. We are doing our best to offer what we can during these challenging time, in the safest way we possibly can. Your cooperation is most appreciated and will help us keep our facility safe, facility healthy for all to enjoy our programming, keep us all together having fun together, and will help us keep our doors open.

- All patrons must come in through the Front Door (West door) or the Back door (East door) and register with the Office, show that their mask is being worn, get their temperature checked, and sign the waiver, which patrons should confidentially answer NO to: confidentially answer "NO" the three questions or they should NOT enter: (1) I am not experiencing any symptoms of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell. (2) I have not traveled to a highly impacted area within the last 14 days. A "highly impacted" area is a country or region for which the U.S. Centers for Disease Control and Prevention ("CDC") have issued a Level 3 travel health notice. (3) I have not been in a state or other jurisdiction in the United States, at any time in the last 14 days, from which individuals who travel to New York State are currently required by New York State to self-quarantine upon arriving in New York State. (4) I have not been diagnosed with Coronavirus/COVID-19, nor have I been exposed to someone with a confirmed or suspected case of the Coronavirus/COVID-19 within the last 14 days. (5) I am following state and local requirements and CDC recommended guidelines as much as possible to limit exposure to the Coronavirus/COVID-19 AND then sign the Contact Tracing Form.
- The Golden Age Center doors will be locked at 3:45pm to start the disinfecting process.
- Golden Age Center rooms, frequently-touched spots (door handles, windowsills, tables, chairs, etc.) will be disinfected throughout the day.

- Patrons **MUST** register to participate in any kind of program or activity at the Golden Age Center. Program space is **LIMITED** at the Golden Age Center and patrons must be respectful of space, social distancing and mandates.
- Hand sanitizer pumps and stations are located in the hallway outside the Pool Room/Lounge, outside the Office window, in every room at the Golden Age Center, on each Arts & Crafts Room table, outside the Storage Room door by the Kitchen, and inside each doorway of the Dining Area for people to sanitize their hands. Patrons are encouraged to sanitize **AND** wash their hands frequently in the Restroom too.
- Restrooms are set up for social distancing as well, accommodating one person in the restroom at a time. Please be as respectful as possible. We understand emergencies happen at times.
- Plexiglass has been installed over public interaction areas, such as the Office & Kitchen window.
- Please bring a water bottle with you when coming to the Golden Age Center; water fountain is **NOT** available for use.
- Social distancing signage and floor signage has been posted for reminders to help control public interaction.
- There will be **NO** communal snacks, coffee stations **OR** fountains. You may go to the Coffee Corner, **NOW** located at Kitchen window, to ask for a cup of coffee or a homemade breakfast treat, or a breakfast treat, donated from our friends from Tops, given to patrons by Golden Age staff members. Coffee Corner will be open from 8:15am—11:00am daily.
- Each room has the “Room Policies” posted. Please **ask any questions** you may have if you need clarification.
- Prior to leaving, you **MUST** sign out at the Office so we know that you have safely left the building **AND** safely left our program.
- **YOU CAN NOT TAKE HOME FOOD AND YOU CAN NOT BRING IN FOOD TO SHARE...PERIOD!** This is to keep everyone **HEALTHY and SAFE during these times and this is a MANDATE.**
- Masks **MUST** be worn when playing card games **OR** when talking in close proximity to friends **OR** when going to the restroom.

How our reopening goes depends on how well everyone respects the policies and adheres to these policies. If you're not comfortable, we ask that you do not come back to the Golden Age Center until we go to a more normal way of operating **OR** feel free to join us in our Outdoor Recreational Opportunities we'll be offering starting in September, **OR** join us for our Virtual Zoom Opportunities!

Questions? Just ask! ***Welcome back! We missed you!***

Stay well and be well, Golden Age Center staff



A special thank you to Michelle Chasse for donation of green peppers AND thank you to Don and Evelyn Lewis for the donation of tomatoes! The peppers and tomatoes were put to good use in our home-cooked lunches for all to enjoy!



WELCOME BACK to the Golden Age Center Lunch Drawings:



During the first week we were open to the public, a lunch ticket was raffled off to one of our first members who attended a program or lunch at the

Golden Age Center. The lucky winners were:

Monday, 8/17: Faz Irshad

Tuesday, 8/18: Jo-Ann Greico

Wednesday, 8/18: Mike Owen

Thursday, 8/19: Judy Wozniak

Friday, 8/20: Lloyd Potter

Congratulations!

Golden Age Center Lunch Calendar

Lunch is \$4.00.

Lunch is served at 11:45 am Monday-Thursday & 11:30 am on Friday. On Special Event days, lunch is served at 12 Noon.

NOTE: Due to MANDATES, CALL TO REGISTER for our Birthday Party, Members' Coffee, Executive Board Meeting AND General Meeting. It will ALSO be on ZOOM.

Lunch includes: An entrée with a meat, starch, vegetable, fruit, dessert, with a choice of beverage **Our Souper Seniors Friday Lunch Includes:** Unlimited soup & sandwiches, beverage & a dessert

September 2020

Sun. Mon. Tue. Wed. Thu. Fri. Sat.

		1 Brunch for Lunch (Please call for menu!)	2 Lasagna	3 South- western Taco Pot Pie	4 Souper Seniors 	5
6	7 CLOSED  HAPPY LABOR DAY	8 Homemade Macaroni & Cheese	9 Spaghetti & Homemade Meatballs	10 Breaded Chicken Breast	11 Souper Seniors 	12
13	14 Members' Coffee 9:30am Ham & Cheese Casserole	15 Reuben with Chips & a Pickle	16 Pulled Pork Sandwiches with Beans & Corn	17 Executive Board Meeting Open Faced Turkey with Mashed Potatoes & Gravy	18 Souper Seniors 	19
20	21 Cheese- burger Day!	22 Hearty Beef Stew	23 American Pot Pie Day Chicken Pot Pie	24 Open Faced Roast Beef & Scalloped Potatoes	25 Souper Seniors 	26
27	28 Meatloaf with Mashed Potatoes	29 Grilled Ham & Cheese with Tomato Soup	30 Juicy Barbecue Chicken	Update: You MUST call the DAY OF to register for lunch; calls will be accepted 8am until 10:30am. NO reservations for lunch will be allowed on the answering machine. Lunch spaces are LIMITED due to social distancing; reserve your spot today! Indoor AND outdoor seating at picnic tables will be offered. You will remove your mask when your lunch is served to you. Bon appétit!		

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: _____



**Unscramble these SEPTEMBER-
THEMED WORDS:**



- 1.) HSOLCO _____
- 2.) GALF _____
- 3.) EBAKRFAST _____
- 4.) PSEWPNAER _____
- 5.) EEEHEUCSBRGR _____
- 6.) APLEP _____



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 August 2020:**

Peg Schall William Schall Michele DeSimone
**We welcome new members to join us for our programs, on our many
Monthly Virtual Recreational opportunities we offer via Zoom, for
our individual activities, and home-cooked lunch program!**



Our Coffee for the Month program has been graciously donated by
the **Mahjongg Group**, for the month of September, and we are
grateful for their thoughtful generosity and support! *This program will
continue 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 IN**
at the Office, will sign a waiver & will be shown
how to properly use the equipment.

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

**Mondays, Wednesdays, & Fridays: 8-10am;
1:30-4pm**

Tuesdays: 8-9am; 3-4pm

Thursdays: 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. **Mike Owen is the WINNER
for the month of AUGUST!**



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 August 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.

Pat (Koo) Asarese

Members that were sick in July 2020:

Lynn Gottler

Michelle Chassé

Henry Lin

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**



Looking for VOLUNTEERS for the following endeavors:

- *Writing cards to isolated, lonely seniors*
- *Calling seniors through our Grand Island Dial-A-Senior Program*
- *Volunteering through our Meals on Wheels program*

Does this interest you? Call Jen at (716) 773-9682 to speak with her regarding these opportunities!

Look at these Golden Age Center UPDATES that were made for our Golden Age Members to ENJOY!



Golden Age Center foyer



Mobility-friendly hallway



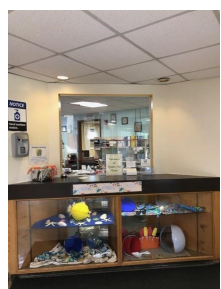
Organized Mitten Project items for the community



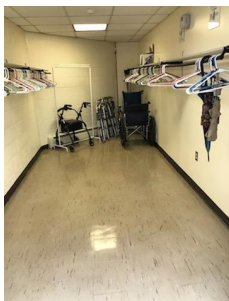
Florida Room in the Back Foyer



Memories Over the Years Scrapbook Area



Welcome Summer Foyer



Coat Room



Dining Area entrance/exit



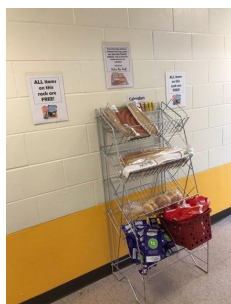
Ceramics and craft supplies for people to enjoy and craft with!



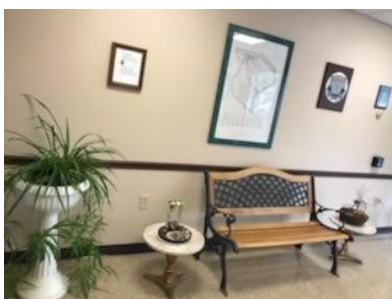
Sewing Area in the Arts & Crafts Room



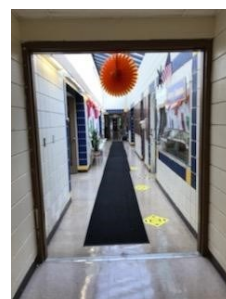
Entertainment Center



FREE Rack of Treats



Grand Island-themed Welcome Foyer



Painted Interior Hallway



NEW Library



NEW Social Sitting Area at South entrance



NEW Socially-Distanced Dining Area



NEW Coffee Corner



The NEW Country Store with fresh finds!