



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

April 2018

Flower: Daisy OR Lily

Birthstone: Diamond

Town of Grand Island
Golden Age Center
 3278 Whitehaven Road
 Grand Island, NY 14072

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

Fax: (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

Nathan McMurray
Town Supervisor

Jennifer Baney **Bev Kinney**
Mike Madigan **Pete Marston**
Town Board

Jennifer R. Menter
Recreation Supervisor—Senior Services
Golden Age Center

April Birthdays



April 2	Sharon Stevens-Downing & Susan Ventry	April 14	John Leszczak
April 4	Adele Cole	April 15	Trish Birtz
April 5	Daniel Tagiarenì	April 16	Marie Casey, Helen Harrison & Judith (Judy) Wynne
April 6	Sherri Garner	April 18	Norma Horton & Nunzio Spacone
April 7	Barb Wilson	April 19	Paul Brush
April 8	Lucy Delavalle, Daniel Lynch & Jean Mortenson	April 22	Yvonne Turri
April 9	Gerald Kutis	April 23	Kathy Lechner
April 10	Sue Kaiser	April 25	Florence Lindelow
April 11	Arlene Edhe	April 27	Henry Mayer & Tom Natale
April 12	Mary McDonnell & Ted Pawlowski	April 29	Herman Black
April 13	William Linton	April 30	Georgette Combes, Cheryl Loree, & Judith Shields

The following activities are consistently offered at the **Golden Age Center...**

MONDAY

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

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

Bridge: 1:15pm in the Dining Area

TUESDAY

Total Body Workout: 9:30am with **Carole** in the Community Building (*Fee for class is \$1, payable to Carole Joseph*)

Trim Time: 10:00am on the Stage

Computer Club: 10:45am with **Molly** in the Arts & Crafts Room

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

Bingo Bonanza: 12:30pm with **Jen** in the Arts & Crafts Room

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

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

***** NEW DAY: Chair Yoga**: 12:30pm with **Vanessa** in the Community Building (*Fee for class is \$1*) ***

Bowling: 1:00pm at Mallwitz Lanes

WEDNESDAY

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

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

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

Coups for Troops: 10:45am with **Erin** in the Dining Area

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

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

One-on-One Computer Help: 12:30pm with **Molly** in the Dining Room (**2nd & 4th Wednesdays of the month**)

THURSDAY

Total Body Workout: 9:30am with **Carole** in the Community Building (*Fee for class is \$1, payable to Carole Joseph*)

Bingo: 10:00am with **Erin** in the Arts & Crafts room

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

***** NEW DAY & TIME: Crafting for a Cause**: 12:30pm with **Jen** in the Dining Area ***

FRIDAY

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

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

Trim Time: 10:00am on the Stage

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

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

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

Sunday, April 1: *Easter Sunday*

This **Easter**, I'm wishing you and your family to have a prosperous and peaceful life. May you be blessed with a home filled with harmony, joy and love. **Easter** brings fun, **Easter** brings Happiness, **Easter** brings endless **blessings**, **Easter** brings love and the freshness of spring. Happy **Easter** to you and your family!

Monday, April 2: *Members' Coffee*

Place: *Dining Area*

Time: **10:30am**

Please join Jen for coffee and a pastry as we discuss happenings at the Golden Age Center. Questions and suggestions are warmly welcomed. Come and join in the conversation. We hope to see you there!

Tuesday, April 3: *Walmart Trip*

Time: The *Golden Age Bus* will leave at **8:30am**.

Place: Meet at the benches at the *Entrance*.

We are offering a shopping trip to Walmart to those seniors who don't drive off the Island or for those who would rather leave the driving to us. This is the perfect opportunity to get your monthly shopping done!

Reminder: you are limited to 4 shopping bags. Please call us at (716) 773-9682 or stop in to reserve your spot on the bus. Suggested donation: **\$3.00**

Wednesday, April 4: *Country Cowboy Birthday Lunch*

Time: **NOON** for the *Birthday Lunch*; **12:45** for the *entertainment*

Place: *Dining Area*

Let's get together for lunch and celebrate the seniors who are celebrating a birthday this month! Dress in your cowboy-themed outfit as a way to enjoy the theme of this month's celebration. A delicious Americana feast will be served for lunch, complete with birthday cake, graciously donated by Elderwood at Grand Island and Elderwood at Wheatfield, and ice cream for dessert. Join us for some great entertainment from **Just Banjos** at 12:45pm. Mark your calendars; you'll definitely want to stick around for all the fun!

Friday, April 6: *Know the 10 Signs*

Place: *Dining Area*

Time: **10:00am**

Join Andrea Koch from the Alzheimer's Association of WNY for this informative presentation. Early detection matters! Come and learn the warning signs.

Monday, April 9: *Travel Club meeting*

Place: *Dining Area*

Time: **10:30am**

Please join Jen for this meeting as we discuss the upcoming plans for day trips for April, extended trips to Washington DC & Boston/Cape Ann/Salem in 2018 with the Golden Age Center, as well as May Day Trip opportunities. Come travel with us! We hope to see you there!

Wednesday, April 11: *United Health Care*

Time: **10:00am-11:30am**

Place: *Outside of the Dining Area*

John from United Health Care will be at the Center to answer any of your health insurance questions and will be able to provide you information on health care plans. Stop on by and have some peace of mind about the many health insurance changes in 2018!

Wednesday, April 11: *Blood Pressure Checks*

Place: *Dining Area*

Time: **10:00am—11:30am**

Join the Elderwood nurses as they provide blood pressure checks to Golden Age members. Stay on top of your health and keep your blood pressure and health in check! Make yourself a priority!

*****REMINDER: Computer Club—Tuesdays at 10:45am in the Arts & Crafts Room*****

Calling all Computer Club members and those interested in learning more about computers! Our computers have been updated with new software and printing capabilities. Molly, our Golden Age staff member, will lead this group starting in February. Meet her at 10:45am and share with her what you'd like to learn. She'll plan topics of discussion based on your feedback! Molly looks forward to seeing you!

*****Need ONE-ON-ONE assistance with your computer needs & have questions?*****

Make an appointment with Molly to have one-on-one assistance and guidance. Come see her to grab your appointment slot! Appointment slots will be 30 minutes in length.

Wednesday, April 11: *Dementia Caregiver Support Group*

Time: 1:30pm

Place: Stage

Build a support system with people who understand. Alzheimer's Association caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, friends and family of persons with dementia to: develop a support system, exchange practical information on caregiving challenges and possible solutions, talk through issues and ways of coping, share feelings, needs and concerns, and learn about community resources. Join us for this monthly group & come when you can. Please call 1 (800) 272-3900 for more details AND to register for the group.

Wednesday, April 11: *Social Program for Individuals with Dementia*

Time: 1:30pm—4:30pm

Place: Community Building

Attention caregivers of people 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 5:30pm in the **Community Building on the Nike Base**. This is a social group respite that we find benefits people with dementia and their caregiver. This respite is fun-filled with many various activities. Great friendships and fun take place here! Please call Jennifer Menter at (716) 773-9682 for more information on this social program.

Thursday, April 12: *Safety in our Schools*

Place: Dining Area

Time: 12:30pm

In light of everything going on in our schools, safety is the number one concern these days, and being prepared is most important. Dr. Brian Graham, Superintendent of the Grand Island Central School District, will be here to discuss school safety, including measures that our own school district is taking to make sure our children have a safe learning environment. Questions and answers will be welcomed.

Friday, April 13: *Blue Cross Blue Shield of WNY*

Time: 9:30am-11:30am

Place: Dining Area

Paula Venne from BCBS of WNY will be at the Center to answer any of your health insurance questions and will be able to provide you information on health care plans. Stop on by and have some peace of mind about the many health insurance changes in 2018!

Friday, April 13: *Manage Stress Before it Manages You!*

Place: Dining Area

Time: 10:00am

Many adults suffer adverse health effects from stress, including heart disease, hypertension, diabetes, depression, headaches and more. Stress can also zap your energy and affect your daily quality of life. Find out the keys to managing stress in today's modern society. Join us for this informative presentation.

Monday, April 16: *Table Time with Elderwood*

Time: 10:00am—12:00pm

Place: Dining Area

A representative from Elderwood at Grand Island and Elderwood at Wheatfield will be here to speak to members privately, one-on-one, about rehab, independent, assisted, and nursing home options. Come, ask your questions, and become informed!

Tuesday, April 17: *Walmart Trip*

Time: The *Golden Age Bus* will leave at 8:30am.

Place: Meet at the benches at the *Entrance*.

We are offering a shopping trip to Walmart to those seniors who don't drive off the Island or for those who would rather leave the driving to us! This is the perfect opportunity to get your monthly shopping done.

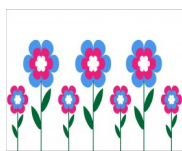
Reminder: you are limited to 4 shopping bags. Please call us at (716) 773-9682 or stop in to reserve your spot on the bus. **Suggested donation: \$3.00**

Wednesday, April 18: *Volunteer Appreciation Luncheon*

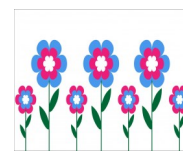
Place: Dining Area

Time: 11:30am; **lunch to be served at 11:45am**

Join us as we celebrate, honor, and thank the MANY volunteer friends that share their time, talents, and help us run many of the services here at the Golden Age Center. Come and join us for this incredible celebration!



**April showers bring
May flowers!**



Thursday, April 19: *Executive Board Meeting*

Time: 12:30pm

Place: Stage

The Golden Age Club President Nancy Tobe requests the presence of all officers and chairpersons for the monthly meeting following lunch.

Friday, April 20: *Fidelis Care*

Time: 9:30am-10:30am

Place: Dining Area

Patrick Murphy from Fidelis will be at the Center to answer any of your health insurance questions and will be able to provide you information on health care plans. Stop on by and have some peace of mind about the many upcoming health insurance changes in 2018!

Friday, April 20: *3rd Friday at the Buffalo History Museum & Wegmans*

Time: The Golden Age Bus will depart at 12:15pm.

Place: Please meet at the *Front Foyer*.

Because of M&T Bank's thoughtful generosity and sponsorship, enjoy free admission to the Buffalo History Museum! Join us for a guided tour at 1pm through some of the new exhibits, and end the day over dessert or a sweet treat at Wegmans. The Golden Age Bus should return around 4pm. Sign up at the Office or by calling (716) 773-9682 to reserve your spot. **Suggested donation: \$3.00**

Tuesday, April 24: *Super Bingo*

Place: Dining Area

Time: 12:30pm

Join us for this Golden Age Club event! Join us for some great, varied Bingo games, and take the chance to win some great, fun prizes. Bingo boards will be 25 cents each; play as many boards as you like. Mark your calendars; join us for the fun!

Wednesday, April 25: *Spotlight Tour at the North Park Theatre & Lake Effect Ice Cream*

Time: The Golden Age Bus will leave at 4:45pm.

Place: Meet in the GAC parking lot.

Cost: \$30; ice cream purchase on one's own.

We will start our night having dessert at the famous locally-owned Lake Effect Ice Cream on Hertel Avenue before going to the 6:15pm tour at the North Park Theatre on Hertel Avenue, run by Explore Buffalo. The Golden Age Bus should return after 8pm. Sign up at the Office or by calling (716) 773-9682 to reserve your spot.

Thursday, April 26: *General Meeting & Town Time with Supervisor Nathan McMurray*

Time: 11:15am for the General Meeting; 12:30pm for Town Time with Supervisor McMurray

Place: Dining Area

Join us for our monthly General Meeting, and hear about happenings in the past month, as well as upcoming events and programs at the Golden Age Center. Enjoy a delicious lunch at 12 noon, and stay to hear Supervisor McMurray update members on happenings around our Grand Island community after lunch. Stay informed!

Monday, April 30: *Seneca Niagara Casino*

Time: The Golden Age Bus will leave at 8:30am.

Place: Please meet at the *Entrance*.

Come and take a chance at your luck as you play the slots or card tables at the Seneca Niagara Casino! The bus will pick up gamblers at 11:30am that morning; those who would like to join us for lunch at the Golden Age Center afterwards will be able to, if they wish. Sign up at the Office or by calling (716) 773-9682 to reserve your spot. **Suggested donation: \$3.00**

*****REMINDER: Chair Yoga — NOW Tuesdays at 12:30pm in the
Community Building*****

Chair Yoga with Vanessa will now be taught on **Tuesday afternoons from 12:30pm-1:30pm**, starting in **March. The first class will be on Tuesday, March 6. Cost: \$1 per person.** Join Vanessa as she teaches you a gentle, yet effective, yoga class by using a chair! All abilities will enjoy this yoga practice and all ability levels will feel challenged. Dress comfortably for this class. **Vanessa looks forward to seeing everyone!**

Golden Age Center Lunch Calendar





Lunch is \$4.00. ON SPECIAL EVENT DAYS, lunch will be \$5.00 or more, and will be noted in the lunch calendar.

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

Lunch includes: A cup of homemade soup, vegetable or fruit, an entrée with a meat, potato or other starch, dessert, with a choice of hot tea, iced tea OR coffee

Our Souper Seniors Lunch Includes: Unlimited soup & sandwiches, beverages & a dessert

April 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1 ➡ Dyngus Day! ➡	2 Members' Coffee 10:30am Kielbasa in Polish Sauce with Egg Noodles	3 Hearty Stew with Buttermilk Biscuit	4 Birthday Lunch \$5.00 Buttermilk Chicken with Corn, Beans, Potatoes, & Applesauce	5 Julienne Salad with Fruit Cup	6 Souper Seniors 	7
8	9 Travel Club meeting 10:30am Reuben with Chips & a Pickle	10 Beef Taco Salad with all the fixings!	11 Glazed Ham with Scalloped Potatoes	12 Salisbury Steak with Mashed Potatoes	13 Souper Seniors 	14
15	16 Pasta with Meatballs & Garden Salad	17 Turkey Tetrazzini	18 BBQ Pulled Pork with homemade Mac & Cheese	19 Executive Board Meeting Meat Lasagna with Garlic Bread	20 Souper Seniors 	21
22	23 Herb Roasted Chicken & Stuffing	24 Open Faced Roast Beef Sandwich	25 Meatloaf & Mashed Potatoes	26 General Meeting \$5.00 Turkey Dinner with all the fixings!	27 Souper Seniors 	28
29	30 Beef Stroganoff					

Go Green! Fill out this form and return it to the Office to receive your monthly copy of the **Golden Voice** newsletter via e-mail!

Name: _____ E-mail Address: _____

Attention Mahjong Players:

Do you know how to play *Mahjong*? *Mahjong* is a game that originated in China, and it's a game that requires some skill, strategy, calculation, and a bit of chance! If you are interested in getting together to play *Mahjong* with other members, please call Jen at (716) 773-9682.



Just a reminder...

On snowy mornings, the Nike Base sidewalks and parking lot will be plowed and salted by 8:45am.



Closings due to winter weather



If the *Golden Age Center* is **CLOSED**, you will find this information in the following places:

- On the *Town of Grand Island* website, under *Departments*, & under *Golden Age Center*
- Announced on news channels 2, 4, & 7
 - Via signs on our door
- By calling our Office at (716) 773-9682 & (716) 773-9683

A warm welcome to all our new members of the Golden Age Center:

Alicia Aponte Deborah Clemens Kevin Packard Rita Packard
David Cole Adele Cole Mohinder S. Ghuman
Gursharan Ghuman Arlene Edhe

Coffee for the Month of April has been graciously donated by an anonymous dear friend, in memory of *John Roberts*, and *Eileen Minton*, in memory of daughter *Peggy Whitmire*. Thank you to *Eileen* and our dear friend for their generosity this month & continued support of the *Golden Age Center*.



John & Jack are happy to teach any interested members to play pool! Stop by the Pool Room 11am Monday—Thursday, and they'd be happy to teach you the tricks and tools to be a great pool player!



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. **Joan Santospirito** is the lucky winner for the month of **February!**

Attention Rummikub Players:



Do you know how to play *Rummikub*? *Rummikub* is a tile-based game that combines elements from Rummy & Mahjong, and it's a 2-4 person game that requires some skill, strategy, calculation, and a bit of chance! Members Phyllis, Sue and Pat have been playing and would like more members to join. If you are interested in getting together to play *Rummikub* with other members, please call **Jen** at **(716) 773-9682**. She and the staff would be happy to introduce interested members and would be happy to organize a game.

Attention Poker Players:



Calling all *Poker* players! Member Bob is interested in getting together a *Poker* game together. If you are interested in getting together to play *Poker* with Bob and other members, please call **Jen** at **(716) 773-9682**. She and the staff would be happy to introduce interested members and would be happy to organize a game.

Senior Discounts 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*
 - ◆ Tops: 6% off on the *1st Tuesday of the month*
- ◆ Olympic Restaurant: *Senior Dinner Discounts EVERY NIGHT!*

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

Golden Age Center piano

Calling all piano players! Has it been ages since you played? Come and practice and play tunes on our piano!

The piano is available for use:

Mon.: 8-12:30pm; 1:30-4pm

Tuesday: 8-10am; 3-4pm

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

Thursday: 8-10am; 12:30-4pm (except for the 3rd Thursday: 2-4pm)

Gym equipment

On the *Stage*, the *Golden Age Center* has two treadmills, a stationary bike, a rowing machine, resistance bands, small exercise balls & some light weights for our members to use. Members who use this equipment will sign a waiver & will be shown how to properly use the equipment.

The gym equipment is available for use:

Mon.: 8-12:30pm; 1:30-4pm

Tuesday: 8-10am; 3-4pm

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

Thursday: 8-10am; 12:30-4pm (except for the 3rd Thursday: 2-4pm)