



# *The Golden Voice*

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

**April 2017**

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

Business Hours: 8am—4pm, Monday—Friday

Website: [www.grandislandny.us/departments/golden\\_age\\_center.php](http://www.grandislandny.us/departments/golden_age_center.php)

**Nathan McMurray**

*Town Supervisor*

**Chris Aronica**

**Bev Kinney**

**Ray Billica**

**Mike Madigan**

*Town Board*

**Barbara A. Gannon**

*Director of the Golden Age Center*

**Jennifer R. Menter**

*Recreation Leader - Senior Citizens*



## **April Birthdays**



<b>April 3</b>	<b>Dante LoPresti</b>	<b>April 16</b>	<b>Helen Harrison &amp; Maryann Provorse</b>
<b>April 4</b>	<b>Ruth Padlog</b>	<b>April 18</b>	<b>Jane Duffy &amp; Norma Horton</b>
<b>April 5</b>	<b>Marilyn Koziol</b>	<b>April 19</b>	<b>Kenneth Johnson</b>
<b>April 7</b>	<b>Barbara Wilson</b>	<b>April 23</b>	<b>Kathy Lechner &amp; Carol Nogle</b>
<b>April 8</b>	<b>Tom Crooks &amp; Daniel Lynch</b>	<b>April 25</b>	<b>Peggy Whitmire</b>
<b>April 9</b>	<b>Gerald Kutis &amp; Carolyn Marble</b>	<b>April 26</b>	<b>Bernadette DiMartile &amp; Scott Driess III</b>
<b>April 12</b>	<b>Ted Pawlowski</b>	<b>April 28</b>	<b>Janet Austin, Pat Ehinger, Rick Magro &amp; Louise Oliverio</b>
<b>April 13</b>	<b>Grace Aswad</b>	<b>April 29</b>	<b>Herman Black &amp; Pam Ripellino</b>
<b>April 14</b>	<b>John Leszczak</b>	<b>April 30</b>	<b>Georgette Combes, Cheryl Loree &amp; Jim Pedlow</b>

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

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

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

Arthritic Chair Exercises: 12:30pm 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

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

Trim Time: 10:00am on the Stage

Computer Club: 11:00am 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

Bowling: 1:00pm at Mallwitz Lanes

**Wednesdays:** Anything Craft Class: 10:00am in the Arts & Crafts room

Tennis: 10:00am on the Tennis Courts (behind the Community Building) (**SEASONAL**)

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

Watercolors: 10:00am in the Dino Room in the Activity Center

Coups for Troops: 10:45am with **Jen** in the Dining Room

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

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

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

Scrabble: 10:00am with **Jen** in the Dining Area

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

Chair Yoga & Stretch: 12:30pm with **Jen** on the Stage

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

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

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

Crafting for a Cause: 10:00am with **Jen** in the Dining Area

Trim Time: 10:00am on the Stage

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

Friday Afternoon Flick: Every **OTHER** Friday at 12:15pm on the Stage

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

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



## April Events...Mark your calendars!



### ***Special Luncheons & Celebrations***

#### **April Birthday Lunch & Volunteer Appreciation Lunch**

The *April Birthday Lunch* will take place on **Wednesday, April 5 at 12 noon**. Lunch will be complete with birthday cake and ice cream, provided by our friends from *Elderwood at Grand Island*. Join us for a great lunch and thank our volunteers who share their time, talents, and help us run great programs here at the Golden Age Center. **Entertainment** will start this afternoon at **12:45pm**, when we enjoy the sounds and music of *Don Burns*! Please join us for this special, dual celebration!

#### **Easter Egg Hunt & Good Friday Brunch**

Join in the spirit of the Easter season and join us for the Easter Egg Hunt on Friday, April 14 at 9:30am. In the spirit of fairness, please give everyone a chance to find an egg! One egg can be claimed per person. Join in the fun and see what great prizes will be won! After the Easter Egg Hunt, join us for a **Good Friday Brunch**! The **Good Friday Brunch** will start at **10:15am**, and will include French Toast, Vegetable Quiche, Hash Browns & Fruit Cup and beverage for **\$4.00**. Tickets will be available starting **Thursday, March 23** for the special breakfast. We hope to see you there!

#### **Spring Fling Ice Cream Social**

Say "Hello, spring!" and enjoy a sweet treat with us! Join us for a **Spring Fling Ice Cream Social** on **Friday, April 28 at 12:45pm**. Tickets will be available starting on *March 23* for a cost of **\$3.00**. You'll be able to build your own sundae, complete with sauces and toppings to choose from. Come, enjoy a delicious treat, and come meet old and new friends!

### ***Monthly Meetings***

#### **Time with Town Supervisor Nathan McMurray**

Supervisor Nathan McMurray will be here to talk with our Golden Age Center members on **Monday, April 3 at 12:30pm in the Dining Area**. He will be updating us on happenings taking place in Grand Island. He looks forward to seeing everyone then!

#### **Members' Coffee & Travel Club Meeting**

Please join us for this joint meeting, which will take place on **Monday, April 10 at 10:30am in the Dining Area**. Join them for a coffee and a pastry as we discuss happenings at the Golden Age Center, past day trips, upcoming plans for day trips and extended trips in 2017 at the Golden Age Center. We hope to see you there!

#### **Executive Board Meeting (\*ONE WEEK EARLIER\*)**

President Kathy Lechner requests the presence of all officers and chairpersons for the monthly meeting following lunch at **12:30pm** on the Stage, on **Thursday, April 13**.

#### **General Meeting (\*ONE WEEK EARLIER\*)**

Please come before lunch for the General Meeting, which starts at **11:15am on Thursday, April 20**, to hear the happenings coming up at Golden Age Center in the month of May.

### ***Tax Preparation—LAST CALL!***

#### **AARP FREE Tax Preparation for our senior citizens**

Due to the lack of volunteers here in Grand Island, we will **NOT** be able to offer the AARP Free Tax Preparation to our Grand Island senior citizens this year. You may contact the following senior citizen centers to set up an appointment to get your taxes prepared:

John A. Duke Niagara Falls Senior Citizen Center—1201 Hyde Park, Niagara Falls: **Please call (716) 297-9324**. Tax preparation will be done on Mondays, Tuesdays, Wednesdays and Fridays between 10am—2pm.

Tonawanda Senior Citizens Center—33 Main Street, Tonawanda: **Please call (716) 692-7029**.

North Tonawanda Senior Citizen Center—110 Goundry Street, North Tonawanda: **Please call (716) 695-8582**.

### ***Health Insurance information***

A representative from the following health insurance carriers will be at the Golden Age Center to answer any of your health insurance questions and will be able to provide you information on their health care plans. Stop on by on and have some peace of mind about the many upcoming health insurance changes.

**Blue Cross Blue Shield of WNY-** **Thursday, April 6 from 10:00am-12:00pm in the Dining Area**

**United Health Care -** **Wednesday, April 19 from 9:30am-11:45am outside of the Dining Area**

**Fidelis with Patrick Murphy -** **Friday, April 21 from 9:30-10:30am in the Dining Area**

## ***Fun Activities***

### **Earth Day showing of “Before the Flood”**

Come and join us for a showing of the National Geographic documentary, “Before the Flood”, narrated by Leonardo DiCaprio, on **Friday, April 21 at 12:30pm in the Dining Area**. Member Paul Leuchner will give us some thoughts and insights into global warming, and its effect on Earth. Beverages and a light snack will be served to those who enjoy this informative documentary.

### **Color Art for Adults**

Color Art isn’t just for children; it has been proven to be also beneficial for adults. Generating wellness & quietness, as well as stimulating the brain areas related to the senses and creativity, people across the globe are enjoying this simple form of art therapy. By concentrating on the task and allowing you to complete creative freedom, you will soon find your body and mind relaxing. Grab a beverage, a sweet treat and try Color Art with us on **Wednesday, April 26 at 12:30pm**. All supplies will be provided.

## ***Wellness & Support Groups***

### **Blood Pressure Checks**

Billie Ambrusko and the nursing staff from Elderwood at Grand Island will be here today to provide blood pressure checks for our members on **Wednesday, April 12 from 10:00-11:30am in the Dining Area**. Keep your health in check by getting your blood pressure checked today!

### **Social Program for individuals with dementia**

**Attention caregivers of people with Alzheimer’s disease or a related dementia:** A dementia specific respite program will be starting in Grand Island on **Wednesday, April 12** and will run every 2<sup>nd</sup> 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. Please call Jennifer Menter at (716) 773-9682 for more information.

### **Dementia Caregiver Support Group**

Join us for this monthly meeting on **Wednesday, April 12 at 1:30pm on the Stage at the Golden Age Center**. 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

## **Table Time with Elderwood**

Did you ever wonder about all of the services Elderwood provides for those in our community? Stop on in on **Thursday, April 20 from 10am—12pm in the Dining Area** to see our friends & representatives from Elderwood to get all of your questions answered. They will have information available to hand out, as well as be available to discuss on a more personal, private level with those who wish to have more information on subacute rehab, preplanning a rehab stay, skilled nursing, assisted living and independent living. Become informed and know your options! Stop by and see our friends from Elderwood today.

## ***For Your Information***

### **Free Legal Advice**

Local attorney Todd J. Potter will be here at the Golden Age Center to give free legal counsel to members on **Monday, April 24 at 10:00am**. Mr. Potter will help members on a first come, first served basis. Stop by and see him today!

## ***Shopping Trips & Day Trips***

### **Walmart**

We will be taking a shopping trip to Walmart on **Tuesday, April 4!** The Golden Age Center bus will leave at **8:30am**. The shopping trip costs **\$3.00**. Shoppers will be picked up at 11:30am. Please call (716) 773-9682 or stop by the Office to reserve your spot!

### **Paula’s Donuts, Savers & Entenmann’s**

Come one, come all and join us for a great shopping trip on **Tuesday, April 18!** The Golden Age Center bus will leave at **8:30am**. The trip costs **\$5.00**. Travelers will stop at **Paula’s Donuts** first for some coffee and donuts, then go onward to **Savers** to do some shopping (seniors will save 30% on purchases today!) and we’ll finish the day at the **Entenmann’s** bread outlet. Travelers will return to the Golden Age Center around 11:30am. Please call (716) 773-9682 or stop by the Office to reserve your spot!

### **Celebrate the Easter Season at the Broadway Market Day Trip**

Celebrate the Easter season by taking a day trip to the Broadway Market! Since 1888, the Broadway Market has been known for unique products and personal service, with meat stands, poultry stands, produce counters, bakeries, delis, candy stands and restaurants. Family-owned businesses, passed from generation to generation, have created some of Buffalo’s best loved foods. Shop for all your Easter needs, enjoy some great music, and stop for some lunch at Eggsperience Vasilis in Kenmore. Join us Thursday, April 13! The cost is \$7.00 and the bus departs at 8:30am. Sign up today!

## ***Presentations***

### **University Express presentation: Self-Talk**

What is self-talk? How can we change our behaviors and thoughts? We will discuss how we are affecting our own confidence, actions, and our beliefs with how we talk to ourselves. Creating positive self-talk will help boost confidence, build self-esteem, and increase your feelings of control over your life. You will leave with good starting points at recognizing the way you talk to yourself and creating an environment to change the negative to positive. This will take place in the Dining Area on **Friday, April 7 at 10am in the Dining Area**. Sign up for this presentation by calling (716) 773-9682.

**Schofield's services, with special guest Dixie, Schofield's pet therapy dog!**

Come out and learn about all the services that

Schofield provides in our community! Dot will be here on Monday, April 17 at 10am in the Dining Area. Dot will be bringing a special guest, Dixie, their pet therapy dog, to visit the Golden Age members! Come out, enjoy visiting with Dixie, and learn about the services that can help you and your loved ones!

### **University Express presentation: Women of the Roycroft**

Hear about the incredible women who influenced the Roycroft legacy, including Bertha & Alice Hubbard, visitors such as Susan B. Anthony & Harriet Beecher Stowe, and the female workforce of illustrators, illuminators, binders, printers, mail clerks, and inn operators. Learn about the Roycroft women buried in Forest Lawn Cemetery, along with the significance of the sinking of the Luisitania. This discussion will take place on **Thursday, April 27 at 1pm in the Dining Area**. Sign up for this presentation by calling (716) 773-9682.

### ***Learn something new!***

#### **Learn more about your iPad/iPhone/iPod**

Would you like to know more about how to better use your iPad, iPhone, or iPod? Stop by and see Erin on **Tuesday, April 11 from 10:45am—11:45am in the Dining Area** to ask her questions about how to use your devices better!

### **Welcome to our new members of the Golden Age Center:**

Mike Metzger	Joanne Metzger
Lorrie York	Janell Kwiatkowski
Jeff Kwiatkowski	Gursharah Ghuman
Mohinder Ghuman	Nancy Koch
William Koch	Mary Ann Nash
William (Bill) Nash	Yvonne Turri
Jerry Turri	Lynn Henschel
	Bob Henschel

**The Golden Age Center will gladly accept the following donations:**

- **Scissors**
- **Bingo prizes for our Social Support Group for individuals with dementia**

### **Birthday Drawing:**

Each month, we will have a drawing for **2 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 **FEBRUARY!**



Coffee for the Month of April has been graciously donated by **Mary McClive, in honor of the McClive & Clear families**. Thank you to **Mary** for her generosity & continued support of the **Golden Age Center!**














**Golden Age Center Lunch Calendar - Lunch is NOW \$4.00. Lunch is \$5.00 or MORE on Special Event Days (and WILL BE noted in the lunch calendar). Lunch is served at 11:45am Monday-Thursday, & at 11:30am on Fridays.**

**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, beverage, along with a delicious dessert.

# April 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
						1
2 12:30pm Town Time w/Supervisor McMurray	3 Italian Sausage w/ Peppers & Onions	4 Spaghetti w/ Meatballs & Garlic Bread	5 <b>Birthday Lunch (\$5)</b> Roast Beef Dinner w/ Mashed Potatoes	6 BBQ Chicken Breast & Mac Salad	7 <b>Souper Seniors</b> 	8
9 	10 10:30am <b>Members' Coffee &amp; Travel Club</b>  Hamburger & French Fries	11 Polish Sausage w/ Sauerkraut & Potatoes	12 White Bean Turkey Chili with Cornbread	13 <b>Executive Board Meeting</b> Stuffed Cabbage	14 <b>Easter Egg Hunt @ 9:30am &amp; Good Friday Brunch</b> @10:15am 	15  <b>GAC Closed</b> <b>Fri, 4/14</b> <b>12-4pm</b> 
16 <b>Easter</b> 	17 Ham Steaks w/Scalloped Potatoes	18 Meat Loaf with Mashed Potatoes & Gravy	19 Lasagna with Garlic Bread	20 <b>General Meeting (\$5)</b> Chicken Florentine over Angel Hair Pasta	21 <b>Souper Seniors</b> 	22
23	24 Greek Chicken Pita with Chips	25 Turkey w/ Stuffing & Sweet Potato	26 Reuben Sandwich with Chips & Pickle	27 Ground Beef Taco Salad	28 <b>Souper Seniors</b> 	29
30						

**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: \_\_\_\_\_

### **Social Support Group for individuals with dementia**

Do you have a loved one that is suffering from a form of memory loss? Has your loved one been diagnosed with Dementia or Alzheimer's? We are looking for participants for our new *Social Program for individuals with dementia*, starting in March. This respite, social program will provide companionship, active engagement, a snack time among new friends, and allow participants to connect with others facing similar struggles. Participants will work one-on-one with a trained volunteer. This program is free of charge, but registration is required. Please contact Jennifer Menter at the Golden Age Center at (716) 773-9682 for more information.

Help support the **Golden Age Center** by taking your cans and bottles to:



**Grand Island Bottle & Can Redemption**

**2447 Grand Island Blvd.**

**Grand Island, NY 14072**

**(716) 774-1200**

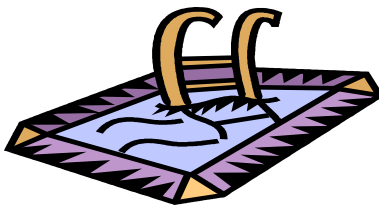


When you take your bottles & cans to the counter, please let them know that you'd like your money to go towards the **Golden Age Center**.

Your support will help the **Golden Age Center** keep lunch prices low, will support future programming & help us purchase wish list items.

**Thank you for your anticipated support!**

### **Sunday Open Swim**



Enjoy use of the High School pool for open swim and lap swimming

Supervised by Recreation Department Lifeguards

**\*\*Please enter the building through Door #21 in the back of the High School\*\***

Location: High School Pool

Time: 12:00-3:00 p.m.

Days: Sundays

Dates: March 5, 12, 19, 26

April 2, 23, 30

### Donation Opportunity

The Grand Island Golden Age Club has successfully reestablished their IRS exempt status as a 501(c)3 public charity. Donors can deduct contributions they make to the Golden Age Club, Inc., and the Club is eligible to receive tax deductible bequests, devises, transfers or gifts under IRS Code.

Effective February 16, 2017, the Golden Age Club can provide donors with a tax deductible receipt of any value; the IRS requires a receipt to substantiate donations over \$250.

When thinking about deductions for your taxes, or for estate planning purposes, please remember the Golden Age Club has been organizing and conducting activities for the benefit of Grand Island's seniors since 1959! Open to all Grand Islander's over the age of 50, we welcome you to visit us at 3278 Whitehaven Road weekdays to learn more about what we have to offer.

## Calling all BPO Concert goers!

### BPO Pops Coffee Concert 2017-2018 Series INCLUDES:

Friday, October 27, 2017 at 10:30am : *Cirque de la Symphonie*

Friday, December 15, 2017 at 10:30am: *John Morris Russell's Holiday Pops*

Friday, February 16, 2018 at 10:30am: *Glenn Miller Orchestra*

Friday, April 27, 2018 at 10:30am: *Fire and Rain: AJ Swearingen and Jayne Kelli*

Friday, May 25, 2018 at 10:30am: *Star-Spangled Spectacular*

### Prices:

Single concert: \$40 each

5 Coffee Concerts for RETURNING members: \$140

5 Coffee Concerts for NEW members: \$159

### How do I purchase tickets?

Tickets will be available to purchase through *Jen* at the *Office*, from Thursday, March 23 through Thursday, April 20. Checks ONLY will be accepted, and checks will be made payable to the BPO. Orders that come in AFTER Thursday, April 20 will NOT be accepted; individuals will have to call the BPO box office to order their tickets on their own; these individuals will NOT be sitting with Golden Age Center members.