### April Birthdays

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

**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

**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!
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 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. 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 Eggexperience Vasilis in Kenmore. Join us Thursday, April 13! The cost is $7.00 and the bus departs at 8:30am. Sign up today!
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

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!

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

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