



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

April 2019

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 Citizen

Carrie Mesmer
Recreation Leader—Senior Citizen
Golden Age Center



April Birthdays



April 1	Fay McDonald	April 16	Marie Casey & Helen Harrison
April 2	Sharon Stevens-Downing & Susan Ventry	April 20	Bernadette Brown
April 4	Adele Cole	April 21	Rich Ray & Heidi Travagline
April 7	Barb Wilson	April 22	Yvonne Turri
April 8	James Caprio, Lucy Delavalle, & Daniel Lynch	April 23	Kathy Lechner
April 9	Bob Ernst & Gerald Kutis	April 24	Randolph Johnson
April 10	Bonnie Ingalls & Sue Kaiser	April 25	Florence Lindelow
April 11	Arlene Edhe	April 27	Henry Mayer & Tom Natale
April 12	Kathy Elias, Mary McDonnell, & Ted Pawlowski	April 29	Herman Black, Bruce Hann & Rick Magro
April 14	John Leszczak	April 30	Georgette Combes & Richard Staskiewicz
April 15	Trish Birtz & Jacquie DesJardins-LoManto		Happy Birthday!

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 Center (*Fee for class is \$1, payable to Carole Joseph*)

Trim Time: 10:00am on the Stage

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

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

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

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

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

WEDNESDAY

Anything Craft Class: 10:00am with **Lorraine** 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 **Carrie** in the Dining Area

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

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

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

THURSDAY

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

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

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

Crafting for a Cause: 12:30pm with **Carrie** in the Dining Area (1st, 2nd & 3rd Thursdays of the month)

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

FRIDAY

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

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

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 OR behind the Stage

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

Monday, April 1: Members' Coffee

Place: *Dining Area*

Time: **10:30am**

Please join Jen and Carrie for coffee and a pastry as we discuss the latest happenings at the Golden Age Center. We will be discussing our big wish list items wanted at the Golden Age Center. Questions, suggestions, and feedback are warmly welcomed. Come and join in the conversation. We hope to see you there!

Tuesday, April 2: Walking Club Reorganization Meeting

Time: **10:30am**

Place: *Dining Area*

Please join Carrie as she discusses starting up this season's walking club. She will discuss where we will walk, when and we can meet and creating the club name. This season's walking club will have a bit of a competition and we will count our steps around the US! Come and join the fun, along with a bit of competition!

Wednesday, April 3: April Birthday Lunch

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

Place: *Dining Area*

Let's get together for lunch and celebrate the seniors who are celebrating a birthday this month! A delicious, hearty feast will be served for this Birthday lunch, complete with vanilla ice cream & birthday cake, graciously donated by Elderwood at Grand Island. Join us for some great entertainment by **Tom Hastings and Diana Sampson**, starting at 12:45pm, to wrap up our birthday party. Mark your calendars and join in the fun!

Thursday, April 4: Batter Up!

Time: **12:30pm**

Place: on the *Stage*

Today is the Opening Day for the Buffalo Bisons! Join Carrie as we celebrate this with Baseball Trivia and Games as well as seeing who can hit the whiffle ball the farthest! Be "game" and join in the fun!

Friday, April 5: Sewing for a Cause

Time: **10:00am**

Place: *Dining Area*

Ever want to learn to sew? Want to join in some way to create some items for local groups? This will be a planning meeting and the beginning of a craft. There are many ways you can help; not just sewing itself. Many hands make light work!

Our friend Bryce from Grand Island Senior High School will be here to play piano today, Friday, April 5, around 11:45am, to play piano during lunch for everyone!

Monday, April 8: Travel Club meeting

Time: **10:30am**

Place: *Dining Area*

Please join Jen for this meeting as we discuss the 2019-2020 BPO Coffee Concert Series with Claire from the BPO, upcoming plans for day trips for April & May, and a special announcement by member Michelle Chasse with the Golden Age Center. Bring your checkbook to hold your spot for the BPO Coffee Concerts & bring your checkbook or cash for our travel opportunities, as payment holds your spot on your trip(s); first come, first served. Come travel with us! We hope to see you there.

Tuesday, April 9 & Tuesday, April 16: AARP Smart Driving Course

Time: **12:15-4:00pm**

Place: *Arts & Crafts Room*

Be safer on the road, and receive an auto insurance discount by taking this course. You **MUST** attend both classes in order to receive the auto insurance discount. A check made payable to AARP will hold your spot in the class. COST: **\$20.00 for AARP members; \$25.00 for non-AARP members**

Wednesday, April 10: 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 10: Social Program for Individuals with Dementia

Time: **1:30pm—4:30pm**

Place: *Community Center*

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.

Wednesday, April 10: Dinner & a Craft

Time: 5:30pm for dinner; 6:30-8:00pm for the craft **Place: Dining Area** **Cost: \$20**

Join us for a fun and relaxing evening here at the GAC! In this month's craft class we will make a wire form Easter wreath. See similar picture on the flyer at the front desk. Dinner tonight will be catered by 773 North providing: salad, rolls with butter, 773 North pot roast, mashed potatoes and maple carrots. Participation is LIMITED in this program, so be sure to sign up and pay early, as payment holds your spot in the program.

Thursday, April 11: Pound Auction

Time: 12:45pm **Place: Dining Area**

Join us for this Golden Age Club fundraiser and Golden Age Club fun! Please bring in an item, valued at \$3 or more, and weighing at 1 lb. or more. Have your special item wrapped in a box or in a decorated bag, concealing your special item. Each item in the Pound Auction will be bid on. The highest bid will win the item! The winner will open the item for the crowd. Get ready for laughter and great surprises! Enjoy this Club traditional event with us!

Friday, April 12: The Art of Yoga & Meditation – Connecting Body and Mind

Time: 10:00am **Place: Dining Area**

Are you interested in learning how to apply the power of meditation and yoga philosophies to calming your mind and body? Not just for professional athletes and celebrities, meditation and yoga are popular techniques that connect the body and mind to help you move toward overall wellness.

During this session, you will: Touch on origins of meditation and yoga, discuss potential health benefits, & learn simple ways to integrate meditation and yoga into your lifestyle. Join BCBS of WNY's team for this informative presentation.

Friday, April 12: 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.

Friday, April 12: EPIC program presentation **Time: 1:00pm** **Place: Dining Area**

Senator Chris Jacobs invites you to (EPIC) Program Information Session. The EPIC Program saves you more money on the cost of your prescription drugs by supplementing your Medicare Part D plan. Hear from an EPIC outreach specialist to learn more about the program, eligibility guidelines and benefits as well as have your questions answered. This information session is FREE and open to the public, but please register by calling Senator Chris Jacobs' District Office at (716) 854-8705 or e-mailing jacobs@nysenate.gov.

Monday, April 15: Blue Cross Blue Shield of WNY **Time: 9:30am-11:30am** **Place: Outside the 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 2019!

Monday, April 15: Trip to Broadway Market and POTTS Deli & Grille

Time: Tour bus leaves at 8:30am **Place: Meet in the Dining Area**

Join in some fun and go with us on our trip to the Broadway Market! Travel in comfort in a Bedore Tour shuttle bus as we depart the center at 8:30am. Enjoy the sights and sounds of the Broadway Market during the Easter season, after which we will depart around 11:00am for Potts Deli & Grille for an American or Polish lunch. We will return to the GAC around 1:30pm.

Cost: \$22 for transportation and gratuities; purchases and lunch on your own

Our friend Bryce from Grand Island Senior High School will be here to play piano today, Wednesday, April 17, around 12pm, to play piano during lunch for everyone!

Wednesday, April 17: The Energetics - Exercise Club **Time: 12:30pm** **Place: Stage**

Join Carrie for the "inaugural" exercise club meeting! We will have some seated exercises provided to us by Blue Cross/Blue Shield as well as some fun new activities. Work on increasing your activity level slowly and be more fit! This is also a great companion activity to our walking club to help increase your flexibility.

Thursday, April 18: Crafting for a Cause **Time: 12:30pm** **Place: Dining Area**

Work with Carrie on our monthly gifts for our Meals on Wheels recipients along with some other projects. Share your friendship and talents with others in this community-minded program.

Thursday, April 18: Executive Board Meeting **Time: 12:30pm** **Place: Stage**

ATTENTION: Calling ALL members of the Golden Age Club Executive Board! The Golden Age Club President Nancy Tobe requests the presence of all officers and chairpersons for the monthly meeting following lunch.

Friday, April 19: *Easter Egg Hunt & Good Friday Brunch*

Time: 9:30am for the Easter Egg Hunt; 10:15am for the Good Friday Brunch

Join us for our Golden Age Center tradition! Golden Age members will enjoy an Easter Egg Hunt, with eggs hidden skillfully by crafty and talented Golden Age staff member Pat; those that find eggs will win great prizes! Join us after for our Good Friday brunch, complete with French toast, scrambled egg & veggies, hash browns & fruit cup, with juice and beverages.

Friday, April 19: *Good Friday;* the Golden Age Center will be **CLOSED from 12:00pm –4:00pm.**

Sunday, April 21: *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 22: *Earth Day Activity Project*

Time: 10:30am

Place: Dining Area

This morning, we will start the morning by partaking in a Earth Day clean up around the Nike Base and Golden Age Center and we will create some bird seed holders to hang outside the Golden Age Center. Participants will also be able to take something home with them as a reminder of Earth Day!

Monday, April 22: *Earth Day Trivia & Games*

Time: 12:30pm

Place: Dining Area

Today we will discuss and celebrate Earth Day with some fun and facts!

Wednesday, April 24: *Volunteer Appreciation Luncheon*

Place: Dining Area

Time: 11:45am lunch; 12:30pm presentation; 1:15pm special treat!

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!

Thursday, April 25: *General Meeting & Town Time with Supervisor Nathan McMurray*

Place: Dining Area

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

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!

Friday, April 26: *Spring Sing Along*

Time: 10:30am

Place: Dining Area

Please come and celebrate spring in a musical way! Carrie has a number of songs to share with a spring theme in them! No musical abilities needed....just a willingness to have fun!

Friday, April 26: *Grand Island Memorial Library Mobile Bookmobile*

Time: 10:30am—12 Noon

Place: Dining Area

Join Bridgette and the Grand Island Memorial Library staff as they come here to the Golden Age Center to bring their mobile Bookmobile! Register to get a new library card, learn more about the programs and services the local library provides, AND be able to check out NEW titles of library books. Check out all that our local library has to offer our community!

Friday, April 26: *Pretzel Making*

Time: 12:30pm

Place: Dining Area

Today is Pretzel Day and what better way to observe this than to make some pretzels! Carrie has a simple recipe we will make our pretzels with and then we will try the end results with special mustard or with cinnamon & sugar!

Monday, April 29: *Trip to Aquarium of Niagara, Seneca Niagara Casino and Power Vista*

Time: Tour bus leaves at 8:30am & returns to the GAC around 2:30pm

Place: Meet in the Dining Area

Our second trip this month will find us going to the Aquarium of Niagara to see the exhibits and possibly some shows. After some fun at the Aquarium, we will depart for the Seneca Niagara Casino to enjoy lunch on one's own. After lunch, we will then end our trip for a docent-led tour at the Power Vista.

Cost: \$36 for transportation, gratuities, & admission to the aquarium; purchases and lunch will be on one's own.

Tuesday, April 30: *Bingo Bonanza!*

Time: 12:30pm

Place: Dining Area

Come join us for some fun, special BINGO Bonanza games! Join us for a chance to win GREAT PRIZES and PRIZE MONEY (from \$1—\$5 winnings). Come one, come ALL!

COST: \$1.00 to play; players can play up to 4 Bingo boards for this price. Each additional BINGO board (over 4 boards) can be purchased for an additional \$1.00.

Golden Age Center Lunch Calendar




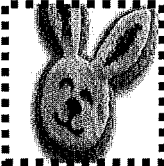

Lunch is \$4.00. ON SPECIAL EVENT DAYS, lunch will be \$5.00 or more, and will be noted in the lunch calendar.

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 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 Members' Coffee 10:30am Grilled Marinated Chicken with Baked Beans & Corn	2 Shephard's Pie	3 Birthday Lunch \$5.00 Breaded Pork Chop with Scalloped Potatoes	4 Bisons' Opening Day! Grilled Bratwurst & Hamburgers	5 Souper Seniors 	6
7	8 Travel Club meeting 10:30am Meat Lasagna with Garlic Bread	9 Ham Steaks with Grilled Pineapple & Potatoes Au Gratin	10 Cornbread Casserole	11 Perfect for the Spring Season! Cold Plate	12 Grilled Cheese Day! Souper Seniors 	13 ← Come and see our fun sandwiches being offered TODAY!
14	15 Spaghetti & Meatballs with Green Beans	16 Gourmet Mac & Cheese	17 Hearty Beef Stew & Biscuit with Garden Salad	18 Executive Board Meeting Chicken Florentine	19 Good Friday Brunch 10:15am 	20 ← The GAC closes at 12pm on Friday, 4/19 for the Easter holiday.
21 Easter 	22 Earth Day & Arbor Day Cobb Salad	23 GAC Dyngus Day! Polish Sausage & Lazy Pierogi	24 Barry's Famous Southwestern Taco Pie	25 General Meeting \$5.00 A Golden Age Center Favorite! Turkey Dinner with all the fixings!	26 Souper Seniors 	27 ←
28	29 Swiss Chicken Casserole	30 Reuben with Scalloped Potatoes				

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.

Co-Ed Pickleball at Havenwood Courts



Registration opens March 21st
Registration is \$25 per person per 10 week session

Includes balls and paddles

Call the Recreation Department at 773-9680 to register or to get more information!

Nike Base Par 3, 9 Hole Golf Course



The Golden Age Center has four golf bags of clubs available for member use 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 3:45pm.

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

Barbara Macrides Bernadette Brown Darlene Hewitt Chris O'Connell
Frances Gerspach William Gerspach Elaine Freidman Susan Razmus
Amy Smith Rick Bonarek Frank Tominich

Coffee for the Month of April has been graciously donated by an anonymous donor, for all Golden Age members to enjoy. Thank you to *the anonymous donor* for their generosity this month & continued support of the Golden Age Center.



The March Raffle Basket winner

was *Kathy Jackson*

\$415 was raised to support the Golden Age Club

Thank you to the many donors who made this Irish-themed basket quite the beauty and made this quite the prize!



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. **Jan Yardley** is the lucky winner for the month of **February!**

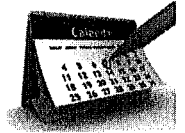
Book Club

The **Book Club** meets on **Fridays** at **10:00am** in the **Arts and Crafts Room**. The Book Club just finished The Woman in the Window by A.J. Finn and will be starting The Library Book by Susan Orlean for April. The Book Club will play games and puzzles, discuss authors and literary events, and discuss our book. New members are warmly welcomed. They say, "Come join us"!

ATTENTION!



I am looking for AARP Tax Preparation Volunteers & Greeters for next year's AARP Tax Preparation Program offered in Grand Island. Volunteers will be thoroughly trained later this Fall. Interested? Please call **Jennifer Menter**, Recreation Supervisor—Senior Citizen, at (716) 773-9682 for more information.



Save the Date: Gram's Garage Sale

Saturday, May 18 FROM 9am—2pm

Members, reserve your Garage Sale table TODAY by calling (716) 773-9682

Bake Sale* Lunch Sale * Garage Sale tables * Open House Tours * MORE!

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

Tuesday: 8-10am; 3-4pm

Thursday: 8-10am; 12:30-4pm

Golden Age Center piano

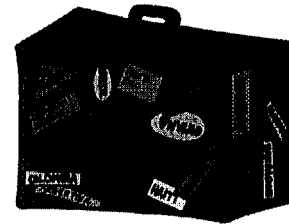
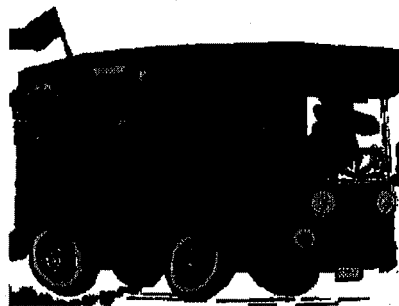
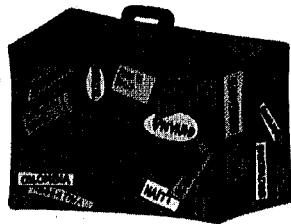
Calling all piano players! Has it been ages since you played? Come and practice and play tunes on our piano!

The piano is available for use:

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

Tuesday: 8-10am; 3-4pm

Thursday: 8-10am; 12:30-4pm



Travel Club Meeting Monday, March 11, 2019 10:30am

I. Welcome!

II. Day Trip Policy

Just a reminder that the policy with the day trips is that we do NOT reimburse people who cancel. We are mindful that plans change and that people fall ill, but we are financially responsible for tours and transportation (outside of our own vehicles) regardless of the final count. It is often a challenge to find replacements, especially on short notice.

III. April Day Trips:

- **Monday, April 15:** Broadway Market and POTTS Deli & Grille—COST: \$22 includes transportation & gratuity; purchases and lunch on one's own. Trip departs at 8:30am and returns approximately 1:30pm.
- **Monday, April 29:** Guided tour at the Power Vista, lunch at the Seneca Niagara Casino & fun at the Aquarium of Niagara—COST: \$36 includes transportation, guided tours with admission & gratuity; purchases and lunch on one's own. Trip departs at 8:30am and returns approximately 3pm.

IV. April Shopping Trips:

- **Tuesday, April 9:** Walmart Day Trip: Golden Age Bus departs at 8:30am and the Golden Age Bus picks up shoppers at 11:30am. *Remember: 4 shopping bags per shopper.* Suggested donation: \$3
- **Tuesday, April 23:** Walmart Day Trip: Golden Age Bus departs at 8:30am and the Golden Age Bus picks up shoppers at 11:30am. *Remember: 4 shopping bags per shopper.* Suggested donation: \$3

V. Next Travel Club Meeting: *Monday, April 8, 2019 at 10:30am*

Bring your checkbook! The Group Sales representative from the BPO will be here to discuss the 2019-2020 BPO Coffee Concert Series themes & prices with us all. Bring your checkbook to reserve your seat & to reserve your spot on our bus AND to check out our May travel opportunities!



Grand Island Recreation Department



2019

Spring / Summer Adult Programs

CoEd Golf League

Beaver Island State Park

Thursday's 9 holes 10am Tee Off

May 16th – July 25th

\$70 / Golfer

Green Fees / Carts / Park Entrance Fees to be paid by Golfer

Refundable \$35 fee with 100% participation

CoEd Pickleball

Wednesday's 9 – 11:30 am

May 15th – July 31st

\$25

Athletic Shoes and Water Bottle Recommended

Paddles and Balls provided with Instruction

Visit our website !

See what other Adult and Youth Programs we offer

grandislandny.myrec.com

Click on "Programs"

Recreation Department
3278 Whitehaven Road
Grand Island, NY 14072

Town of Grand Island
Joseph A. Menter
Recreation Supervisor

Office - (716) 773-9680
Cell - (716) 465-8370
recreation@grand-island.ny.us