



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

August 2017

Flower: Gladiolus

Birthstone: Peridot or Sardonyx

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: www.grandislandny.us/departments/golden_age_center.php

Nathan McMurray
 Town Supervisor

Chris Aronica **Ray Billica**
Bev Kinney **Mike Madigan**
 Town Board

Barbara A. Gannon
 Director of the Golden Age Center

Jennifer R. Menter
 Recreation Leader - Senior Citizens



August Birthdays



August 1	Ermina Atkinson & Eileen Syms	August 17	Trudi Ruefli, Jean Schlegel & Deborah Tirado
August 3	Parviz Taefi M.D. & Nina Tortorice	August 20	Jean Bartholomew
August 6	Editha Germain, Janell Kwiatowski & Dorothy Wiswall	August 21	Edward Szpala
August 8	Norma Orton	August 23	Betty Ellis
August 9	Marcella (Marcy) Buell, Evelyn Lewis, & Charlotte (Jean) Yarwood	August 24	Mary Ann Fancher
August 10	Lillian Beach	August 26	Lee Herbst & Herta Krein
August 11	Linda Saxton	August 28	Michelle Chasse & Joseph Steffan
August 13	Bernie Callahan	August 29	Sharon Nichols
August 14	Anne Hipp & Mark Skaggs	August 31	Bonnie Bartholomew & Michael Owen
August 15	Donald O'Conner		Happy Birthday!

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 with **Lorraine** 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

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

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

***Summer Walking Club*:** **10:00am with Erin; we will MEET at the locations listed in the monthly Golden Voice.**

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 **Erin** in the Arts & Crafts room

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

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

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

***NEW* GOLF CLUB:** **2:30pm with Erin on the nine hole golf course out back of the Nike Base (SEASONAL)**

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

***NEW* Walkabouts:** 10:00am with **Erin**; join her for an outdoor walking program around the Nike Base

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

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

August 2017 Special Events

Wednesday, August 2: Summer Beach Party Birthday Lunch

Place: *Dining Room*

Time: 12:00 pm

Join us as we celebrate the August Birthday babies! We will celebrate our August birthdays with a summer beach party theme. Today's delicious summer lunch is sponsored by Elderwood at Grand Island and Elderwood at Wheatfield. Wear your finest, most creative beach attire! The beachiest person will win a fun prize! Our lunch will be complete with ice cream and delicious birthday cake, provided by our friends from Elderwood.

Wednesday, August 2: Food Truck Rodeo at the Buffalo History Museum

Place: Please meet in the **Golden Age Parking Lot** by 4:15pm.

Time: The Golden Age Bus will depart at 4:20pm and will return to Grand Island around 7:30pm.

Cost: \$7.00; purchases on one's own.

Join us for the Buffalo History Museum's last Food Truck Rodeo of the summer season! Enjoy various foods from 10+ favorite Buffalo food trucks. After enjoying a delicious dinner, enjoy taking a walk through the Japanese Rock Garden & enjoy FREE admission to the Buffalo History Museum! Wear comfortable shoes, and dress appropriately for the weather. Feel free to bring a small carrier cooler for food you'd like to take home, or bring a lawn chair, if you like, for additional comfort. Please call (716) 773-9682 or stop by the Office, with payment, to hold your spot on the trip.

Thursday, August 3: Check out the exercise equipment at the Golden Age Center

Place: *Stage*

Time: 12:30pm

Do you know that the Golden Age Center has many pieces of exercise equipment for our members to use and enjoy? Are you interested in keeping up an exercise routine, as well as staying healthy and strong? Come for this informative presentation on how to safely use our different pieces of equipment, including the treadmill, light weights, stationary bike, rower, and exercise balls. Please be sure to wear sneakers or sturdy, closed-toed shoes. Join us!

Friday, August 4: Color Art for Adults

Time: 12:30pm

Place: *Dining Area OR outside (weather pending)*

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! All supplies will be provided.

Monday, August 7: Sharing Your Wishes

Time: 10:00am

Place: *Dining Area*

Please join presenter Lynn Riker from Hospice Buffalo as she presents this very important information and topic. **Do You Have a Health Care Proxy?** A health care proxy, also called a health care agent or substitute decision maker, is the person you choose to make health care decisions for you in the event that you are unable to do so. Your proxy can speak to physicians, discuss your medical condition and make decisions regarding tests, procedures and treatments. Many, including over half the population over the age of 65, who are admitted to the hospital, are unable to make decisions for themselves. Regardless of age or health status, everyone 18 years and above should have a health care proxy. Many wait until a crisis to share health care wishes and goals which causes significant burden on everyone. Have discussions with your loved ones about your wishes, and if you are a proxy for someone, be sure you are prepared to be their voice. **What is Palliative care? What is Hospice Care?** Do you know where to call if you or a loved one is faced with serious illness? Home Connections and Hospice Buffalo are two programs for families facing such challenges. Understanding your benefits and the services available will assist you.

Tuesday, August 8: Less Toxic Living

Time: 10:30am

Place: *Dining Area*

Tired? Allergies? Illness got you down? Discover simple and inexpensive solutions that support your immune system. Join member Nancy Koch as she offers a perspective on how everyday products can affect one's health; then provides easily adaptable strategies for improvement. With a focus on cleaning chemicals in the home, learn how to clean less often, spend less \$\$\$, increase energy and concentration – and just feel better!

Tuesday, August 8: Walmart Shopping Trip

Time: 8:30 am - 11:30 am

Cost: \$3.00

The Golden Age Bus will depart at 8:30 am. Shoppers will have three hours to make their purchases, and will be picked up at 11:30 am. This is the perfect trip to do some bulk shopping at great prices, especially for those that don't have the opportunity to shop off-Island often. Please call (716) 773-9682, or stop by the Office with payment to reserve your spot. Limit four bags per shopper.

Wednesday, August 9: Dementia Caregiver Support Group

Time: 1:30pm

Place: On the Stage

Alzheimer's Association caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, friends and family and individuals with dementia to: develop a support system, exchange practical information on caregiving challenges and possible solutions. It also allows discussion about creating solutions, talking through issues, different ways to cope, share feelings, needs and concerns. This is also a great time to learn about resources available in the community. Please call 1 (800) 272-3900 for more details to register for the group.

Wednesday, August 9: Social Group Respite Program

Time: 1:30 - 5:30pm

Place: Community Building on the Nike Base

Attention caregivers of people with Alzheimer's disease or related dementia. A dementia specific respite program will run every second Wednesday of the month. 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.

Wednesday, August 9: Blood Pressure Checks

Time: 10:00am—11:30am

Place: Dining Area

Billie Ambrusco and the nursing staff from Elderwood at Grand Island will be here today to provide blood pressure checks for our members. Keep your health in check by getting your blood pressure checked today!

Friday, August 11: Patrick Murphy from **Fidelis Care** will be here from **9:30am – 10:30am** in the Dining Area to discuss health care plans offered. He looks forward to meeting our members one-on-one to answer their questions and concerns!

Monday, August 14: Members' Coffee & Travel Club Meeting

Time: 10:30am

Place: Dining Area

Come join Barbara, Jen and Erin for a joint meeting for a pastry and a hot beverage to discuss current happenings at the Golden Age Center. Feel free to bring your questions, feedback, and suggestions for this roundtable discussion. We look forward to seeing you then! Also, do you love to travel? Would you like to explore our area with other senior citizens? Join Barbara, Jen & Erin for a coffee and a pastry as they upcoming plans for day trips, our Canada trip this October, and ideas about our extended trip in 2018 at the Golden Age Center. Hope to see you there!

Tuesday, August 15: Seneca Niagara Casino Trip

Cost: \$3.00

Place: Please meet in the Dining Room.

Calling all gamblers! Come and join in the fun and take your chances as we try our luck at the slot machines and game tables at the Seneca Niagara Casino. The Golden Age Bus will depart at **8:30am** and travelers will be picked up around **11:30am**. Sign up for this day trip by stopping by the Office with payment, or call us at (716) 773-9682 to reserve your spot.

Wednesday, August 16: Medicare-Free Home Care

Time: 10:00am

Place: Dining Area

Nicole

McDonald from Elite Choice will be here to present information on Medicare-Free Home Care. Come and listen to this informative presentation! You or your loved could possibly benefit from this. Come to find out more information!

Thursday, August 17: Executive Board Meeting

Time: 12:30pm

Place: Behind the Stage

President Kathy Lechner requests the presence of all officers and chairpersons for this monthly meeting.

Friday, August 18: Brain Games

Time: 12:30pm

Place: Dining Area

Exercising the brain is JUST as important as exercising the body! Join us for fun games to tickle and tease the brain. Stay mentally sharp by working your memory and language skills. Games, teasers, puzzles and MORE will be played. Join us for some great fun!

Monday, August 21: Table Time with Elderwood

Time: 10:00am—12:00pm

Place: Dining Room

Activity Description: Did you ever wonder about all of the services Elderwood provides for those in our community? Stop on in 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.

Thursday, August 22: Day Trip to the Roycroft Campus Garden Tour with lunch at Tony Rome's

COST: \$22.00 (includes the ticket & the bus ride) with lunch & item purchases on one's own.

Walk the grounds of the National Historic Landmark, Roycroft Campus, on this hour long specialty tour. Learn about the past, present and future of the Roycroft gardens, as you explore the plants and trees that are in bloom. Guests will also learn about the importance of nature in the Arts & Crafts movement, and the Roycroft farms located in the vicinity of East Aurora. After this wonderful garden tour, we will enjoy lunch at Tony Rome's on Main Street, in the heart of East Aurora. The Golden Age Bus will depart at **9:30am** and will return after **2:45pm**. Stop by the Office with payment to reserve your spot or call (716) 773-9682 to hold your spot.

Wednesday, August 23: John from **United Health Care** will be here from **9:30am – 11:30am** outside the *Dining Area* to discuss health care plans offered. He looks forward to meeting our members one-on-one to answer their questions and concerns!

Thursday, August 24: Golden Age Club Picnic Day & Time with Town Supervisor McMurray

Time: 10:00am for various picnic games; **12:00pm** for lunch; **12:30pm** to hear Supervisor McMurray

Place: inside and outside of the Golden Age Center & Dining Area

Our annual Club Picnic Day has arrived! Come early to join in the fun of indoor and outdoor games, win prizes, and take part in other activities. Sign up early to secure your spot for our Picnic Day. After lunch, Supervisor McMurray will be here at **12:30pm** to update us on happenings taking place in Grand Island. He will gladly answer questions that the members have. We look forward to seeing you then!

Monday, August 28: Michelle from **BCBS of WNY** will be here from **10:00am – 12:00pm** in the *Dining Area* to discuss health care plans offered. He looks forward to meeting our members one-on-one to answer their questions and concerns!

Tuesday, August 29: Better Business Bureau Presentation

Time: 10:00am—11:30am

Place: Dining Room

Activity Description: Join New York State Senator Chris Jacobs and the Better Business Bureau of Upstate New York for a Senior Scam Prevention Seminar at the Grand Island Golden Age Center. Seniors will learn important tips from Better Business Bureau of Upstate New York on how to protect their identity, how to identify a scam, and what to do if they fall victim to a scam. There will be a Question and Answer period following the presentation to address any individual concerns. Senator Jacobs and the Better Business Bureau look forward to seeing you there!

Wednesday, August 30: Guided Tour at Fort Niagara with lunch & shopping in Lewiston

COST: \$20.00 (includes the ticket & the bus ride) with lunch & item purchases on one's own.

Come join us for a two hour guided tour through Old Fort Niagara, followed by a delicious lunch at The Brickyard Pub in Lewiston. After enjoying a delicious lunch at one of Lewiston's most popular restaurants, we will also spend some time on Center Street, shopping around Lewiston's boutiques and local businesses. The Golden Age Bus will depart at 9:30am and will return around 3:30pm. Stop by the Office with payment to reserve your spot or call (716) 773-9682 to hold your spot.

Thursday, August 31: Nutrition Jeopardy

Time: 12:45pm

Place: Dining Room

How much do you know about nutrition? We'll test your knowledge in a fun competition based on everyone's favorite game show. Join Jennifer Johnson, Health Promotion Coordinator with BlueCross BlueShield of WNY, for this great afternoon!

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

August 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
						
		1 BBQ Chick- en with Mac & Cheese	2 Birthday Lunch (\$5) Hot Dog or Hamburger with picnic salads & chips	3 Reuben with Chips & a Pickle	4 Souper Seniors 	5
6	7 Beef Taco Salad	8 Spaghetti with Meatballs & Garlic Bread	9 Cold Plate	10 Baked Chicken with Stuffing & Mashed Potatoes	11 Souper Seniors 	12
13	14 10:30am Members' Coffee & Travel Club Hobo Pack	15 Chicken Parmesan over Spaghetti	16 Ham Steak with Scalloped Potatoes	17 Executive Board Meeting- Meat Loaf with Mashed Potatoes	18 Souper Seniors 	19
20	21 Chicken Pot Pie	22 Stuffed Peppers	23 Lasagna with Garlic Bread	24 GAC Picnic (\$5) Hot Dog OR Hamburger with potato salad, 3 Bean Salad & ice cream bar	25 Souper Seniors 	26
27	28 Sloppy Joe with French Fries & Fruit Cup	29 Shepherd's Pie \$2 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 5px auto;">Rollin' Back the price to circa 2007!</div>	30 Roast Beef Dinner with Mashed Potatoes	31 ← Ratatouille Stuffing Bake ←	Ratatouille Stuffing Bake is made with squash, zucchini, green peppers, onion, garlic, diced tomatoes and basil.	

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: _____

Take a chance to win (2) Riviera Theatre Tickets to see an Organ Concert!

August was named in honor of what individual?

Answer: _____

Name: _____

Phone Number: _____

Cut out this portion and return it to the *Golden Age Center* office by **Friday, August 18**. Correct responses will be put into a raffle box. Winner will be drawn and notified on **Monday, August 21**.

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

Joanne Cullinan	J. Carroll Becker	Barbara Taefi	Paviz Taefi
Marie Casey	Carol Manning	Terry Manning	Afiza Mojowalla
Gail Sturm	Judith (Judy) Wynne	Mary Mack	Marvin Mack
	Barbara Grabiec	Steven Grabiec M.D.	

Coffee for the Month of July has been graciously donated by **Michelle Chasse**,

in memory of Jason & in honor of Arielle & Hope. Coffee has also

been donated by **Carolyn Mesches**, *in memory of Philip*. Thank

you to for your generosity & continued support of the **Golden**

Age Center!



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 **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. **ALICE BLAIN** is the lucky winner for the month of **JUNE!**

SUMMER WALKING CLUB

Join **Erin** at these great locations for a one mile walk on the following dates at 10:00am

- Wednesday, August 2nd - River Lea (Meet in Ferry Village Parking Lot)
- Wednesday, August 9th - Spaulding Trail (Meet at Ferry Village Parking Lot)
- Wednesday, August 16th - Beaver Island (Meet at Sledding Hill Parking Lot)
- Wednesday, August 23rd - Isle View Park Tonawanda (Meet at GAC; we will ride together)
- Wednesday, August 30th - **No Walking Today—Day Trip Scheduled**

Please come dressed appropriately, and bring water if it is hot out.

Should you have any questions, please call **Erin** at (716) 773-9682.

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 **Sue** at (716) 510-9978.

Riviera Theatre Organ Concerts



Jacque DesJardin-LoManto was the winner of the **July** raffle!

Congratulations and enjoy the concert!

ATTENTION!



Calling ALL drivers!



Tuesday, August 8 & Tuesday, August 15: *AARP 55 Alive Safe Driving Course*

Time: 12:15pm—4:00pm

Place: *Arts & Crafts Room*

Please call the Center to register at (716) 773-9682! This class will accept **30 students**, and will be taught by our instructor **Wayne West**. Your payment reserves a seat in the class. The class is **\$20 for AARP members & \$25 for non-AARP members**. **Checks can be made payable to AARP**. You **MUST** attend both classes to receive the **10% discount on auto insurance for 3 years**.

Grand Island Recreation Department

2017

**SUMMER BAND CONCERT SCHEDULE AT THE
Marion Klingel Town Common**

Tuesday, August 1: *High Noon - Country*

6:30 PM Jim Sweet and Lyle Stang perform country classics.

Includes:

Special Event *FREE activities for the family* - GI Fire Company and law enforcement

National Night Out vehicles and displays, band concert, crafts, and FUN for all!

FOOD - The G.I. Fire Dept. will sponsor a chicken barbeque fundraiser

Tuesday, August 8: *The Boomers - Rock and Pop*

6:30 PM From ballads to boogie...a terrific mix of dance music

BRING THE ENTIRE FAMILY OUT FOR AN EVENING OF GOOD LOCAL FREE MUSIC

