



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

August 2018

Flower: Gladiolus

Birthstone: Peridot OR Sardonyx

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



August Birthdays



August 1	Ermina Atkinson	August 14	Anne Hipp & Ronald Tebo
August 2	Mary Tront	August 15	Donald O'Connor
August 3	Parviz Taefi M.D.	August 17	Jean Schelgel, Trudi Shelp, & Deborah Tirado
August 5	George Allen	August 19	William Smith
August 6	Editha Germain	August 20	Patricia Brush
August 7	Richard M. Smith	August 21	Dolores Lach
August 8	Jeff Kwiatkowski	August 23	Deborah Ackerman & Robert Wiltshire II
August 9	Marcy Buell & Evelyn Lewis	August 24	Donna Baranyl, Mary Ann Fancher & Gary Loncar
August 10	Lillian Beach & Deb Lepore	August 26	Gail Allen & Herta Krein
August 11	Linda Sexton	August 28	Michelle Chasse & Joe Steffan
August 12	Roy Ehlenfield	August 29	Sharon Nichols
August 13	Bernie Callahan, Cyndi Krupp & Ruth Roughsedge	August 31	Bonnie Bartolomeo & Michael J. Owen

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

MONDAY

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

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

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

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

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

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

Tennis: 10:00am on the Tennis Courts (weather pending...go out and play and enjoy!)

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

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

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 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 **Erin** 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 **Jen** in the Dining Area (**1st, 2nd & 4th 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

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

Wednesday, August 1: *Tropical 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! In the spirit of the party, please wear your tropical wear & bright colors! To kick off the festivities, the most TROPICALLY & SUMMERY dressed member who joins us for lunch will win a GREAT PRIZE! A delicious, themed feast will be served for lunch, complete with birthday cake, graciously donated by Elderwood at Grand Island, and ice cream for dessert. Join us for some great entertainment from musician **John Renna** at 12:45pm. Mark your calendars; you'll definitely want to stick around for all the fun with all of us!

Thursday, August 2: *Why You Lose Your Balance*

Place: *Dining Area*

Time: 12:45pm

Join Carol Heuser, PT, from the P.T. Center, as she starts the series by exploring how aging affects balance and reviews strategies you can use to prevent falls.

Friday, August 3: *Brain Games*

Place: *Dining Area*

Time: 10:00am

Exercising your brain and trying something new is just as important as exercising your body! Brain games help you increase your focus, exercise helps your long term memory, sharpens your short term memory, and have some fun and laughter along the way, with your peers. Come and join us!

Monday, August 6: *Blood Pressure Checks*

Place: *Dining Area*

Time: 10:00—11:30am

Put your health first by coming and getting your blood pressure checked by the nurses from Elderwood.

Monday, August 6: *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, August 7: *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 4 bags YOU can lift!**

Tuesday, August 7: *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!

Tuesday, August 7 & Tuesday, August 14: *55 Alive AARP Safe Driving Class*

Time: 12:15-4:00pm

Place: *Arts & Crafts Room*

ONLY 8 SPOTS LEFT! 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, August 8: *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, August 8: *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, August 9: *How To Take Back Control of Your Diet and Reclaim Your Energy*

Place: *Dining Area*

Time: 12:45pm

Join Kristen Toscano, PT & CIHC, from the P.T. Center, as she continues this 3 part series. Do you try to eat healthy, but find you're unable to resist cookies, doughnuts, a sugar-filled latte, chips, bread or other goodies? Find out how SUGAR and certain carbs might be secretly robbing you of energy, leaving you fatigued, exhausted, and stuck on an "energy rollercoaster".

Friday, August 10: *The Mediterranean Diet*

Place: *Dining Area*

Time: 10:00am

The media and medical communities tout the "Mediterranean Diet" as the way to go. What is the Mediterranean Diet and how can you incorporate it into your lifestyle? Join presenter, Jennifer Johnson, from BCBS of WNY, for this informative topic.

Monday, August 13: *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 August, our extended trip to Boston/Cape Ann/Salem in 2018 with the Golden Age Center, as well as September Day Trip opportunities. Come travel with us! Please bring your checkbook or cash, for payment will hold your spot on our trips.

Monday, August 13: *Solarize Grand Island presentation*

Time: 12:45pm

Place: *Dining Area*

Visit Solarize Grand Island representatives and Town Board member Bev Kinney to learn about Solarize Grand Island's exclusive discounts available for Grand Island residents only, on roof top solar panels. This limited time offer will only be available through the summer of 2018 so be sure to check with Solarize Grand Island before signing anywhere else! Solar by CIR is the certified designated installer, and Solar by CIR is certified by NYSEDA & the Town of Grand Island. For more information, please visit: www.solarizegrandisland.org.

Wednesday, August 15: *Meet Assemblyman Morinello*

Time: 12:45pm

Place: *Dining Area*

ATTENTION: Calling ALL members! Assemblyman Morinello will be here to speak with Grand Island senior citizens, to hear their concerns, and to spend time with Golden Age members. Stop by and see him today!

Thursday, August 16: *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.

Thursday, August 16: *Aging, Anatomy & Posture*

Place: *Dining Area*

Time: 12:45pm

Join Lisa Trunzo, PT & owner of the P.T. Center, as she finishes this 3 part series. This final workshop will cover the anatomy, posture and treatment strategies for the aging spine. Learn simple exercises and stretches to help relieve and prevent pain in the back.

Monday, August 20: *Table Time with Elderwood*

Place: *Dining Area*

Time: 10:00—12:00pm

Do you know that Elderwood at Grand Island offers rehabilitation after surgery or illness, independent living, assisted living, and nursing home care? Put your health first by coming and getting your questions answered by Janelle from Elderwood at Grand Island. Janelle will meet one-on-one to answer all of your concerns and thoughts, to help you plan for the future of your loved one or yourself.

Tuesday, August 21: *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, August 22: *Suicide Prevention for Seniors*

Time: **12:45pm**

Place: *Dining Area*

Dr. Celia Spacone will present this very important topic. Learn the warning signs and the risk factors for suicide in older adults, and how we can prevent it together. Be aware and stay in the know! Stay for this important discussion.

Thursday, August 23: *Picnic Day & Town Time with Supervisor Nathan McMurray*

Time: **10-11:45am for the Picnic Games; lunch at 12 Noon; 12:30pm for Town Time with Supervisor McMurray**

Place: *Outside & inside the GAC & the 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!

Friday, August 24: *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, August 24: *Learn to Kayak Class*

Time: **10:00am—12:00pm**

Place: *Meet at GAC to drive over to Beaver Island Marina & Lagoon.*

Cost: **\$5**; bring a brown bag lunch to enjoy in Beaver Island State Park AFTER kayaking.

Join Tina Spencer, Environmental Educator/Kayak Instructor with the NYS Parks, Recreation & Historic Preservation, as she & another instructor will teach the basics of kayaking. The cost is \$5 per person, which includes the use of the kayak, paddle & lifejacket. Dress appropriately for the weather; hat, sunglasses, sunscreen, comfortable shoes & a water bottle are recommended! **This opportunity is limited to 10 participants!**

Reserve your spot today!

Monday, August 27: *Pound Auction*

Time: **12:45pm**

Place: *Dining Area*

Join us for this fun and fantastic Golden Age Club fundraiser! Bring in an item of 1 pound in weight, valued at \$3 or more, and put this item in a gift bag or box. Members will bid on these 1 pound items. The more items brought in, the more fun, and the more the Golden Age Club will raise! Bring money to bid on these great auction items! Get ready for laughs, get ready to be competitive, and get ready to have a great time! Thank you, in advance, for your support of this fun event.

Wednesday, August 29: *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, August 31: *Golden Age Center will be CLOSED from 12pm—4pm for Staff Training and Facility Maintenance*

Enjoy Friday Free Swim at the High School—ALL AGES WELCOME!

9:30am—2:45pm through August 10

Enjoy time in the pool for FREE! Kickboards & noodles are available for use, as well as lap lanes for lap swimming, including access to the deep & shallow end.

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 2018

Sun. Mon. Tue. Wed. Thu. Fri. Sat.

			1 Birthday Lunch \$5.00 Hawaiian Pork, Aloha Style	2 Stuffed Peppers	3 Souper Seniors 	4
5	6 Members' Coffee 10:30am Vegetable Baked Ziti	7 Reuben Sandwich with Chips & a Pickle	8 Chicken Fingers with Tater Tots	9 Shephard's Pie	10 Souper Seniors 	11
12	13 Travel Club meeting 10:30am Open Faced Sloppy Joe's	14 Zucchini Boats with Caprese Salad	15 Pulled Pork Sliders	16 Executive Board Meeting Stuffed Meatballs over Garlic Potatoes	17 Souper Seniors 	18
19	20 Beef Taco Salad	21 Chicken Fried Steak	22 Turkey Dinner with all the fixings! \$5	23 Club Picnic Day \$6 Hot Dog OR Hamburger, with Salads, 3 Bean Salad & Ice Cream Sundae	24 Souper Seniors 	25
26	27 Fettuccini Alfredo with Chicken & Broccoli	28 Kabobs (Chef's Choice!)	29 Open Faced Roast Beef with Gravy & Mashed Potatoes	30 South-western Taco Pie	31 Brunch at 10am; GAC closes at 12pm	

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: _____



Try & Buy



It's **SUMMER** and our **Try & Buy** is now **OPEN!** We are gladly accepting gently used & nearly new clothing, shoes and for our **Try & Buy Clothing Closet**. All proceeds support the senior citizens of the **Golden Age Center**, by keeping our lunch price low and helps us purchase our **Wish List** needs!
Come shop with us today.

Save the Date!

Holiday Happenings

Saturday, October 20
9am—2pm



**Vendors, Basket Raffle, Bake Sale,
Lunch Sale and MORE!**

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

Nirmal Singh Kandola Surinder Kaur Kandola Bonnie Ingalls
Yvonne Dugan Thomas Dugan Linda F. Hartman
Joan Wilkinson Gail Allen George Allen Eunice Johnson
Randolph Johnson Liz Lutnick Bob Lutnick

Coffee for the Month of August has been graciously donated by **Ruth Landel**, in memory of **Isabelle Landel**, and **Kathy Shaklee**, in memory of **Adele & Bill Adams**. Thank you to **Ruth & Kathy** 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 Mazur** is the lucky winner for the month of **June!**

Neighbors Foundation



The Grand Island Neighbors Foundation provides emergency assistance, primarily food, for Grand Island residents who find themselves in temporary need, helping our community since 1973. In need of help? Individuals are encouraged to call **(716) 773-1452 OR (716) 773-4684** for more information.



Attention Chess & Bridge Players:



Calling all *Chess & Bridge* players!

Golden Age Members Brooks & Bertha are interested in getting together more *Chess & Bridge* games. If you are interested in getting together to play either game, please call **Jen** at **(716) 773-9682**. She and the staff would be happy to introduce interested members and would be happy to organize such games.



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*
- ◆ Rite Aid: 20% off *ALMOST EVERYTHING the 1st Wednesday of the month*
 - ◆ Tops: 6% off on the *1st Tuesday of the month*
- ◆ Olympic Restaurant: *Senior Dinner Discounts EVERY NIGHT!*
- ◆ Tim Hortons: 10% off your order *ANYTIME!*

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)