



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

August 2019

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

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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



August Birthdays



August 1	Ermina Atkinson & Rita Packard	August 16	Marietta Rotella
August 2	Mary Tront	August 17	Trudi Ruefli, Jean Schlegel, & Debbie Tirado
August 5	George Allen	August 20	William (Lee) Smith
August 6	John Senall	August 22	Kenneth DeVantier & Mary E. Maj
August 8	Anna Joslyn	August 24	Mary Ann Fancher
August 9	Marcella (Marcy) Buell & Evelyn Lewis	August 26	Gail Allen & Herta Krein
August 10	Lillian Beach, Neil Hoffman, Kathy Jakab, & Deb Lepore	August 27	Raymond Krause, Pat Shick- luna & Michael Spalding
August 11	Linda Sexton	August 28	Michelle Chasse & Joseph Steffan
August 13	Bernie Callahan, Cyndi Krupp & Ruth Roughsedge	August 29	Barbara Macrides, Sharon Nichols & Lonnie Riggs
August 14	Anne Hipp & Ronald Tebo	August 30	Michael Owen
August 15	Donald O'Connor	 Happy Birthday, members!	

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

MONDAY

Tai Chi: ****CHANGE IN VENUE**** 9:00am with **Pat** in the Old Church at Trinity United Methodist Church

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

**** NEW DAY AND TIME**** The Energetics—Exercise Club: 11:00am with **Carrie** on the Stage

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

TUESDAY

Total Body Workout: ****CHANGE IN VENUE**** 9:30am with **Michelle** on the Stage at the Golden Age Center
(*Fee for class is \$1*)

Technology Club: 10:45am with **Michele** in the Arts & Crafts Room ***1-ON-1 Instruction BY APPOINTMENT***

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

****TIME ADJUSTMENT****: Bingo: 12:45pm 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 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

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

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

THURSDAY

Total Body Workout: ****CHANGE IN VENUE**** 9:30am with **Michelle** on the Stage at the Golden Age Center
(*Fee for class is \$1*)

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

**** NEW DAY**** Mahjongg: 12:15pm in the Pool Room (Lounge)**

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

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

FRIDAY

Tai Chi: ****CHANGE IN VENUE**** 9:00am with **Pat** in the Old Church at Trinity United Methodist Church

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

**** NEW DAY AND TIME**** Coups for Troops: 9:30am in the Dining Area

Trim Time: 10:00am on the Stage

Read & Feed 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

Wednesdays in August: *Walking Club* **Time:** **9:00am** **Place:** Please meet in the *Dining Area*.
Walking Club will meet at the Golden Age Center at 9:00am and feel free to car pool if you'd like. We will walk approximately a mile (half mile out and half mile back) . If you'd like to walk more, you are encouraged to do so! Please see Carrie to sign up for the Walking Club (if you haven't done so already) and to pick up a pedometer and your tracking sheets. Below are the dates and places that Walking Club will be walking in AUGUST:

August 7: *West River Bike Path* **August 14:** *Golden Age Center* **August 21:** *Beaver Island State Park*
August 28: *Whitehaven Road Cemetery*

Friday, August 2: *Return to Crystal Beach Park* **Time:** **10:00am** **Place:** *Dining Area*
Go back in time to experience the 101-year history of Crystal Beach Park from 1888 to 1989, featuring the Cyclone and Comet roller coasters, Laff in The Dark, and Magic Carpet. Join presenter Rose Ann Hirsch, Amusement Park Historian, Speaker and Author, for this Photographic Presentation. Reminisce with us!

Monday, August 5: *Members' Coffee* **Time:** **10:30am** **Place:** *Dining Area*
Please join Jen for coffee and a pastry as she discusses the latest happenings with members at the Golden Age Center. Questions, suggestions, and feedback are warmly welcomed. Come and join in the conversation. She hopes to see you there!

Monday, August 5: *Play Games "Reminiscing"* **Time:** **12:45pm** **Place:** *Dining Area*
Join Carrie as she test your knowledge of happenings from days gone by and have some fun!

Tuesday, August 6: *Potluck Dinner & Concert at the Marion Klingel Town Common*
Time: **4:30pm—8:30pm** **Place:** *Dining Area & Town Common*
Join us for a potluck dinner then we will head over to the Town Common for a concert with "**Creek Bend**"- Creek Bend plays a blend of original, contemporary and traditional bluegrass with a smattering of gospel, western swing, Cajun, Irish, and country. This is also **National Night Out** so there will be a number of organizations/activities to visit. **There is NO COST for this. *Transportation will be offered to those who need it, with a suggested donation of \$1; sign up at the Office to reserve your spot on the Golden Age Van.***

Wednesday, August 7: *Hawaiian 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 Hawaiian-themed feast will be served for this August Birthday lunch, complete with ice cream & birthday cake, graciously donated by Elderwood at Grand Island. Join us for some great entertainment by Alan Sexton, starting at 12:45pm, to wrap up our Birthday Party. Mark your calendars and join in the fun! ****As an added feature to our birthday party, we are extending an invite to those coming close to their 70th birthday milestone. Starting at 11 AM, stop on by and see Kathleen Flynn from New York Life. She will help you understand the IRS requirement of regular distributions from retirement accts, features of a QLAC (Qualified Longevity Annuity Contract) and the option to convert an account from a traditional IRA to Roth IRA.**

Thursday, August 8: *Movement & Meditation* **Time:** **12:45pm** **Place:** *Stage*
Join our friends from Soma Cura as they hold a free Movement & Meditation class at the Center once a month for the summer. They are very committed to bringing wellness to our community and that includes our seniors too! Please sign up at the Office for this free class.

Friday, August 9: *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 9: *Skin Cancer—An Overview* **Time:** **10:00am** **Place:** *Dining Area*
Skin cancer is the most common type of cancer in the United States. Anyone can develop skin cancer, but there are steps you can take to reduce your risk. Join Jennifer Johnson, Health Promotion Coordinator, BCBS of WNY as she discusses the ways you can protect your skin.

Friday, August 9: *At The Races* **Time:** **12:30pm** **Place:** *Dining Area*
Let's have fun "betting" on our own horses here at the GAC. Try out our homemade track with our horses. Yahoo and giddy up!

Monday, August 12 AND Monday, August 26: *Color & Coffee Time* **Time:** **9:30am** **Place:** *Dining Area*
Let's get together in the Dining Area and grab a cup of coffee and relax with a seasonal or artistic coloring sheet that you can use with markers or colored pencils. It will be a nice way to socialize and spend time with your friends.

Monday, August 12: *Travel Club meeting*

Time: 10:30am

Place: Dining Area

Please join Carrie for this meeting as she discusses both the upcoming August and September day trips. We can discuss other ideas for day trips for future months. Please note that there are at least 2 trip opportunities per month and that they need to involve a bus company while we wait for the new van. Questions and suggestions are warmly welcomed. She hopes to see you there! **REMEMBER for our Day Trips: Payment holds your spot! Spots are available on a first come, first served basis to paying customers!**

Monday, August 12: *Play Games! "Jackpot Payoff"* **Time:** 12:45pm

Place: Dining Area

Join Carrie as we try out one of the games from our stack of board games. Maybe you have played it before? Come and hang out and have some fun!

Tuesday, August 13: *Happy 100th Birthday to member Bernie Callahan!*

The Golden Age Center staff and its members wish you the happiest birthday and a year full of laughter and fantastic moments, surrounded by your friends and family! You are truly blessed with 100 years of life and memories!

Tuesday, August 13: *Crafting for a Cause*

Time: 10:30am

Place: Dining Area

Please join Carrie while we fashion t-shirt bags for the Matt Urban Center. Help give back to your community!

Wednesday, August 14: *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 14: *Social Group Respite Program*

Time: 1:30pm—4:30pm

Place: Meeting Room at Grand Island Memorial Library, 1715 Bedell

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 15: *Celebrate Bernie Callahan's 100th Birthday & Executive Board Meeting*

Time: Bernie's Birthday Celebration lunch at 11:45am; meeting at 12:30pm

Place: Dining Area & Stage

Come one, come all and celebrate Bernie's 100th Birthday with us, at 11:45am!

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, August 16: *Spot that Scam!*

Time: 10:00am

Place: Dining Area

Can you spot the various scams that are out there these days? They are never-ending, and quite frankly, terrifying. Join Sarah Duval, Supervising Attorney, from the Center for Elder Law & Justice, and the US Attorney's Office, for this informative presentation. Get in the know and learn about ways to protect yourself from these predators.

Friday, August 16: *Chair Yoga*

Time: 1:15pm

Place: Stage

Join our friends from Soma Cura as they hold a free chair yoga class at the center once a month for the summer. They are very committed to bringing wellness to our community and that includes our seniors too! It is helpful if you register with the office for this event.

Monday, August 19: *Play "Chinese Checkers"*

Time: 12:45pm

Place: Dining Area

Join Carrie as we try out one of the games from our stack of board games. Today we will bring out Chinese Checkers. Maybe you have played it before? Come and hang out and have some fun!

Wednesday, August 21: *Smartstart Kayaking at Beaver Island State Park*

Time: 12:45pm—2:45pm

Place: Please meet at the Beaver Island Marina, at the Kayak Launch

Your registration includes kayak, lifejacket, paddle and instruction from Tina Spencer, Environmental Educator/Kayak Instructor, NYS Parks. Wear comfortable clothing that you don't mind getting wet! Bring a water bottle. Sunscreen and bug repellent recommended. Limited spots available! **COST: \$5.00 payable upon registration**

Wednesday, August 21 AND Wednesday, August 28: *Sewing* **Time:** 12:45pm **Place:** Arts & Crafts Room

We will continue working on our project for the Social Respite group. Please come and help with cutting the fabric, sewing on a zipper, ties, laces, buttons and transforming it into a special project that will be used by members of our community as well as others. No sewing experience needed!

Thursday, August 22: *Club Picnic Day & Town Time*

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!

Thursday, August 22: *Even Steven Swap!*

Time: 1:15pm

Place: Dining Area

Thanks to Elaine Miller for this awesome idea for an event! Want to trade some things from your home and take home something “new”? Bring in a few of your “treasures” to put out and you may take something in return! Come for this great “swap”!

Friday, August 23: *Name That Tune*

Time: 10:30am

Place: Dining Area

Join Carrie for a musical morning of show tunes! Try and guess them in as few notes as you can.

Friday, August 23: *Spa Day*

Time: 12:30pm

Place: Dining Area

Join Carrie and Liz as they treat you to a relaxing manicure with some special touches. They will be set up in the Dining Area for this.

Tuesday, August 27: *Sunflower Jar Centerpiece Craft*

Time: 10:30am

Place: Arts & Crafts Room

Please register to make this small centerpiece to keep or to gift! It will be easy to do! **COST: \$3**

Tuesday, August 27: *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.** Come one, come all!

Friday, August 30: *Grand Island Memorial Library Mobile Bookmobile*

Time: 10:30am—12Noon

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!



Travel with US!



Tuesday, August 6: *Walmart Trip*

Time: The *Golden Age Van* will leave at 8:30am.

Place: Meet in the *Front Foyer*.

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 that you can lift.** Please call us at (716) 773-9682 or stop in to reserve your spot on the bus. **Suggested donation: \$3.00**

Thursday, August 15: *Bisons' Baseball Game Day Trip*

Place: Meet in the *Golden Age Center parking lot* at 9am.

Time: 11:45am-3:45pm

Place: Meet in the *Dining Area*.

Today is the day we will head out to Sahlen's Park and enjoy a lunch on our own and the Bison's game as they take on the Toledo Mud Hens. We will leave the center promptly at 11:45 am and should return around 3:45pm.

COST: \$32.00 for trip; \$3.00 in cash for tip; Lunch is your choice on your own

Tuesday, August 20: *It is a Laughing Matter Day Trip*

Time: 8am—5pm

Place: Meet in the *Dining Area*.

We will be leaving the GAC around 8 am to head out to Jamestown for a tour of the Lucy Desi Museum, lunch in the Tropicana Room, and a self-guided tour of the National Comedy Center. Lots of laughs are bound to be happening and just plain good fun!

COST: \$105.00 for museum admissions, all gratuities, lunch and transportation

Tuesday, August 20: *Walmart Trip*

Time: The *Golden Age Van* will leave at 8:30am.

Place: Meet in the *Front Foyer*.

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 that you can lift.** Please call us at (716) 773-9682 or stop in to reserve your spot on the bus. **Suggested donation: \$3.00**

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

August 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 Fried Bologna & Onions	2 Souper Seniors 	3
4	5 Members' Coffee 10:30am  Pizza Lasagna	6 A Sue Phillips recipe! Sloppy Joe's	 7 Birthday Lunch \$5.00 Hawaiian Birthday Party	8 Perfect and fresh for the Summer Season! Cold Plate	9 Souper Seniors 	10
11	12 Travel Club meeting 10:30am  Barbecued Meatloaf	13 Honey & Orange Glazed Chicken	14 Grilled Chicken Caesar Salad	15 Executive Board Meeting & Celebrate Bernie's 100th Birthday! Beef Stir Fry	16 Souper Seniors 	17
18	19 Chicken Cacciatore	20 Ravioli with Meat Sauce	21 Beef Taco Salad	22 Club Picnic Day \$6 Hot Dog OR Hamburger, with Salads, 3 Bean Salad & Ice Cream Sundae	23 Souper Seniors 	24
25	26 Rosemary Chicken (with rosemary straight from our garden!)	27 \$5.00 A Golden Age Center Favorite! Barry's Famous Southwest Taco Pie	28 A Pat Phillips favorite! Hobo Pack	29 Brunch for Lunch (Call for menu!)	30 Pizza, Wings & Denise's Bean Tomato Salad	31



ATTENTION!

The **Golden Age Center** is 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.

CONGRATULATIONS to June General Meeting Split Club Raffle Ticket winners:

Trudi Shelp, Bill Gerspach, Shirley Martin,
Carolyn Mesches, Evelyn Lewis,
and Jack Mahnk

CONGRATULATIONS to the July Birthday Lunch Split Club Raffle Ticket winners:

JoAnn Greico, Bill Gerspach, Brenda Cassoni,
Terry Smith, Jim Walf, Gail Berti, Carolyn
Mesches, and Barbara Nowakowski

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:

Roxanne Morgan	James Morgan	Linda Mosher	Fazal Irshad
Carol Beach	Nancy Beach	Laurie McGinn	Sylvia McGinn



Coffee for the Month of August has been graciously donated by **Ruth Landel**, *in memory of Isabelle Landel*. Thank you to Ruth for her generosity this month & for her support of the **Golden Age Center**.



Thank you for your support of the June Father's Day Raffle Basket! \$174 was raised to support our Golden Age Club! Congratulations to lucky winner Don Loder!

Gym equipment & piano

On the *Stage*, the **Golden Age Center** has a stationary bike, a rowing machine, resistance bands, small exercise balls & some light weights for our members to use, as well as a piano to play! Members who use this equipment will sign a waiver & will be shown how to properly use the equipment. **The gym equipment and piano are available for use:**

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

Tuesday: 8-9am; 3-4pm

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

(EXCEPT the 2nd Wednesday of the month from 1:30-2:45pm)

Thursday: 8-9am; 12:30-4pm



Monthly 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. **Don Hamman** is the lucky winner for the month of **July!**



Trying to learn how to use your new smartphone (android and iPhone)? Have questions about about a phone that you've had awhile? Want to know more about an iPad or Tablet or your computer? Technology Club is the place for you. Michele and other knowledgeable people are available to help. Michele is also available before class by appointment. You may contact her at **Technology Club**, Tuesdays in the **Arts & Crafts Room** from 10:45-11:45 am.



Do you hang your coat or sweatshirt in the coat room?

GENTLE REMINDER: please don't forget to LABEL your coat with your FIRST and LAST NAME, as some coats and sweatshirts look very very similar! This will avoid confusion and this will help someone from mistakenly taking your belongings! Thank you for your help.

~ Golden Age Center staff

2019 Golden Age Club Executive Board Members

PRESIDENT	Nancy Tobe
VICE PRESIDENT	Michelle Chassé
CHAPLAIN	Cathy Mancuso
SEARGEANT OF ARMS	Jerry Kutis
SECRETARY	Barbara Nowakowski
TREASURER	Brenda Cassoni
WAYS AND MEANS	Sue Bognar
SUNSHINE	Barbara Nowakowski
MITTENS	Lorraine Willcox
BIRTHDAY SPLIT CLUB	Anna Vaccaro
GENERAL MEETING SPLIT CLUB	Ann Dlugokinski, Ada Payne & Lucy Delavalle
HOSTESSES	Linda Clark & Lucy D'Alessandro
BINGO	Carrie Mesmer & Kathy Shaklee
MUSIC	Don Hamman
LIBRARIAN	Cathy Mancuso
HISTORIAN	Mary Stewart
POOL	Jack Mahnk
PUBLICITY	Jennifer Menter
AUDITORS	Casey Galeza
DECORATIONS	Joy Mesmer
TOWN REPRESENTATIVE	Bev Kinney
RECREATION SUPERVISOR	Jennifer Menter

Interested in being a part of the Executive Board in 2020? Please talk to President Nancy Tobe or Vice President Michelle Chassé for more information.