



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

December 2017

Flower: Poinsettia

Birthstone: Tourquoise or Lapis

Town of Grand Island
Golden Age Center
 3278 Whitehaven Road
 Grand Island, NY 14072
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E-mail: goldenage@grand-island.ny.us

Business Hours: 8am—4pm, Monday—Friday

Website: www.grand-islandny.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



December Birthdays



December 1	Betty Lou Camardella & John Cassoni Jr.	December 19	Lucy D'Alessandro, Dale Hennigar & Louie D'Orazio
December 7	Maxine Eldridge	December 20	Nancy Behrns & John Duchnik
December 10	Donna Purpora	December 21	Christopher Golda, Allene Jansen & Mike Metzger
December 12	Steve Grunzweig	December 23	Renee Gugino, Mary Ann Nash & Gerarda Payne
December 13	Sandy Sugg & Lorrie York	December 25	Ann Dlugokinski & Ed Weaver
December 14	Amy Fischer, Nancy Koch, Mary Savoy & Sue Whitbeck	December 26	Thomoas Dunmire
December 16	Nancy Hayes	December 27	David Phillips
December 17	Sheila Khreis & Wilhelmina Perdaems	December 31	Carol Sterzelbach
December 18	Jean Brighton, Dan Epstien, Barbara Graff		 Happy Birthday! 

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

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 (**Starting Monday, December 4**)

Bridge: 1:15pm in the Dining Area

TUESDAY

Total Body Workout: **9:30am** with **Carole Joseph** in the Community Building (*Fee for class is \$1.00*)

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: 12:15pm with **Jen** in the Arts & Crafts Room

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

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

Bowling: 1:00pm at Mallwitz Lanes

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

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

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 (**3rd & 4th Wednesdays of the month**)

THURSDAY

Total Body Workout: 9:30am with **Carole Joseph** in the Community (*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

FRIDAY

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

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

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

December 2017 Special Events

Friday, December 1: *Secrets of a Good Night's Sleep*

Time: **10:00am**

Place: *Dining Area*

Sleep is a basic necessity of life. So why do so many of us have trouble sleeping? Approximately 60 million Americans experience insomnia, the inability to sleep, each year. Join Jennifer Johnson, Wellness Coordinator from BCBS of WNY, as she discusses the basics of sleep and learn to identify "sleep stealers".

Friday, December 1: *Hanging of the Greens*

Time: **12:30pm**

Place: *Please meet in the Dining Area.*

Please join us for some festive holiday fun as we start to decorate the Golden Age Center for the holiday season!

Friday, December 1: *Chair Yoga*

Time: **12:30pm**

Cost: **\$1 per person**

Place: *Community Building*

Join Vanessa as she teaches you a gentle, yet effective, yoga class by using a chair! All abilities will enjoy this yoga practice and all ability levels will feel challenged! Dress comfortably for this class.

Monday, December 4: *Members' Coffee*

Place: *Dining Room*

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, December 5: *Christmas with the Superstars*

Time: The Golden Age Bus will leave at **10:15am**.

Place: Please meet in the *Foyer*.

Cost: **\$49 for the event ticket.**

Dine at the beautiful, fully decorated Salvatore's Italian Gardens before you experience a fantastic show starring Terry Buchwald – "Elvis Christmas Country - And A Little Bit of Rock & Roll" Terry is a well-known tribute artist and recording artist from Western New York, who has earned the distinction of being named one of the top tribute artists in the United States by the LA Times. Audiences across the nation are astonished by his dynamic voice and striking resemblance to Elvis. By all accounts, Terry has the looks, the moves and the voice of the legendary "King". It's an ALL NEW show for the holiday season. Come and be entertained, dance and sing along! It's Elvis, Christmas, Country & a little bit of rock 'n roll! Please stop by the Office, with payment, to reserve your spot or call us at (716) 773-9682 to reserve your spot.

Wednesday, December 6: *December Birthday Lunch*

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

Place: *Dining Room*

Let's get together for lunch and celebrate the seniors who are celebrating a birthday this month! A delicious feast will be served for lunch, complete with birthday cake, graciously donated by Elderwood at Grand Island and Elderwood at Wheatfield, and ice cream for dessert. Join us for some great entertainment at 12:45pm. Mark your calendars; you'll definitely want to stick around for all the fun!

Thursday, December 7: *University Express Presentation: Medications and You*

Time: **1:00pm**

Place: *Dining Area*

Join Bruce Small, retired physician, internal medicine, for this great and informative presentation. Those of us taking prescription medications may feel uncertain about the good they do and the harm they may cause. In this talk we will explore risks of prescription drug use in older people, the decision process your medical provider goes through when ordering a medication, and some of the tools used by clinicians to assess the pros and cons of particular medicines. Learn what questions to ask your provider and what resources are available to help you become an educated consumer. Please call (716) 773-9682 to reserve your spot for this presentation or stop by the Office to reserve your spot.

Friday, December 8: *Chair Yoga*

Time: **12:30pm**

Cost: **\$1 per person**

Place: *Community Building*

Join Vanessa as she teaches you a gentle, yet effective, yoga class by using a chair! All abilities will enjoy this yoga practice and all ability levels will feel challenged! Dress comfortably for this class.

Monday, December 11: Travel Club meeting

Time: 10:30am

Place: Dining Area

Activity Description: Please join Jen & Erin for this meeting as we discuss past day trips, upcoming plans for day trips starting again in the Spring, and extended trips in 2018 at the Golden Age Center. Questions and suggestions are warmly welcomed. We hope to see you there!

Tuesday, December 12: 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, especially with winter on our heels! This is the perfect opportunity to get your holiday shopping done! Please call us at (716) 773-9682 or stop in to reserve your spot on the bus. Let us help you take some of the stress of the holidays away from you!

Wednesday, December 13: United Health Care

Time: 9:30am-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 upcoming health insurance changes in 2018!

Wednesday, December 13: Blood Pressure Checks

Time: 10:00am-11:30am

Place: Dining Area

Nurses from Elderwood at Grand Island will be offering blood pressure checks to members. Make your health your first priority today!

Wednesday, December 13: Dementia Caregiver Support Group

Time: 1:30pm

Place: Stage

Activity Description: 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, December 13: Social Program for Individuals with Dementia

Time: 1:30pm—5:30pm

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.

Wednesday, December 13: Free Private Care Planning Sessions

Time: 3:00pm—5:00pm

Place: Stage

For families caring for a loved one with dementia, finding the right help can be overwhelming. Our experienced staff is happy to meet with you privately to help you with the following:

- Understand dementia, warning signs & symptoms
- Learn local resources that are available and how to pay for them
- Troubleshoot specific problematic symptoms and/or scenarios
- Meet one-on-one with a dementia expert to discuss your specific concerns

Please call 1 (800) 272-3900 to reserve your private, one-on-one appointment.

Thursday, December 14: Executive Board Meeting

Time: 12:30pm

Place: Stage

The Golden Age Club President requests the presence of all officers and chairpersons for the monthly meeting following lunch.

Friday, December 15: Fidelis Care

Time: 9:30am-10:30am

Place: Dining Room

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. Stop on by and have some peace of mind about the many upcoming health insurance changes in 2018!

Friday, December 15: *Chair Yoga*

Cost: \$1 per person

Join Vanessa as she teaches you a gentle, yet effective, yoga class by using a chair! All abilities will enjoy this yoga practice and all ability levels will feel challenged! Dress comfortably for this class.

Time: 12:30pm

Place: *Community Building*

Monday, December 18: *Table Time with Elderwood*

Time: 10:00am - 12:00pm

Join Terra and Kim from Elderwood at Grand Island and Elderwood at Wheatfield and speak with the ladies one-on-one, privately, about all the services that Elderwood provides. From rehabilitation after surgery, to independent living, assisted living and nursing home care, Elderwood does it all to help care for adults in our community. Learn more today!

Place: *Dining Area*

Tuesday, December 19: *Make a Christmas Ornament*

Time: 10:00am

Get in the festive, holiday spirit by crafting a beautiful Christmas ornament together! All supplies will be provided. Come and join in the fun!

Place: *Dining Area*

Wednesday, December 20: *Cookie Decorating*

Time: 10:00am—11:15am

Bring back some memories and make new ones by frosting cutout cookies. Cookies, decorations, frosting and bags/plates to take cookies home in will be supplied. Be sure to bring an apron or wear clothing that you don't mind getting dirty from our baking and decorating fun! This activity costs \$2.00. Please sign up for this activity at the Office by Tuesday, December 19. Each person will be able to decorate and bring home 6 cookies to enjoy.

Place: *Dining Room*

Thursday, December 21: *Christmas Luncheon & Installation of Officers*

Time: *Lunch* will be served at 12:00pm and the *Installation of Officers* will start **before lunch**.

Select Chorus from Huth Road Elementary will give us a holiday concert at 10:30am.

Place: *Dining Area*

Join us for the fun of our annual, traditional Christmas Party! Dress in your Christmas sweaters and your most festive ensemble! Join us as we start our party with punch and by hearing the delightful songs from the Select Chorus from Huth Road Elementary School as they sing holiday favorites to us at 10:30am in the Dining Area. Continue as we enjoy our traditional Christmas dinner, served at 12pm to all of our members; for \$5, enjoy a delicious Christmas meal with all the trimmings! Before lunch, our Town Supervisor Nathan McMurray will be a part of our Installation of the Officers of the Golden Age Club. Join us for a great surprise and special visitor who's making his way from the North Pole to see all of you! We will be doing a Secret Santa exchange for all who would like to enjoy this gift swap; ladies, please bring a \$3 gift or more for a lady, and gentlemen, please bring a \$3 gift or more for a gentleman. You don't want to miss all the fun today!

Friday, December 22: *Chair Yoga*

Cost: \$1 per person

Join Vanessa as she teaches you a gentle, yet effective, yoga class by using a chair! All abilities will enjoy this yoga practice and all ability levels will feel challenged! Dress comfortably for this class.

Time: 12:30pm

Place: *Community Building*

Monday, December 25 & Tuesday, December 26: *The Christmas Holiday:* the *Golden Age Center* will be **CLOSED**.

Count all of your blessings and enjoy the Christmas holiday, surrounded by your friends and family. We all wish you a very joyous holiday; Merry Christmas and Happy Holidays to you and yours!

Wednesday, December 27 & Thursday, December 28: *The Golden Age Center* will be open its normal business hours, from 8am—4pm.

Friday, December 29: *New Year's Brunch*

Time: 10:00am

Come and join us for a New Year's Brunch! For \$4.00, we will be serving a delicious feast of a brunch, complete with juice, coffee, tea and iced tea. Join us for an end-of-the-year celebration, ringing out the year on wonderful note! Wear your SILVER and GOLD for this celebratory feast! Bring your friends and celebrate the end of a great year and the start of an exciting New Year!

Place: *Dining Area*

Friday, December 29: *New Year's Holiday*

The Golden Age Center will be **CLOSED** from 12pm-4pm for the New Year's holiday.

Monday, January 1: *New Year's Holiday:* the *Golden Age Center* will be **CLOSED**.

We all wish you a happy and healthy New Year!

We will open for normal business hours on Tuesday, January 2, 2018.



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

December 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1 Souper Seniors 	2
3 ➡ 10:30 am Members' Coffee	4 Chicken Alfredo over Pasta	5 Beef Taco Salad	6 Birthday Lunch (\$5) Beef Tips & Gravy over Noodles w/ Carrots	7 Sausage Gravy Biscuits w/ Eggs	8 Souper Seniors 	9
10 ➡ 10:30 am Travel Club Meeting	11 Ravioli with Garilic Bread	12 Chicken Pot Pie	13 Personal Pan Pizza Dough made from Scratch	14 Executive Board Meeting French Dip Roast Beef w/Sweet Potato Fries	15 Souper Seniors 	16
17	18 Spaghetti w/ Meat Balls & Garilic Bread	19 Ham Steaks	20 Turkey Reuben w/ Potato Chips & Pickle	21 General Meeting \$5.00 Breaded Pork Loin w/Mashed Potates Gravy & Carnberry Sauce	22 Souper Seniors 	23
24	25  CLOSED Happy Holidays	26  CLOSED Happy Holidays	27 Julienne Salad	28 Meatloaf with Mashed Potatoes & Gravy	29 Brunch @ 10:00 am Western Quiche Egg Bake	30 ⬅ Close at 12:00pm ⬅