



# The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

December 2018

Flower: Poinsettia

Birthstone: Turquoise OR Lapis

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

Website: [http://www.grandislandny.us/departments/golden\\_age/index.php](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*



## December Birthdays



December 1	<b>Betty Lou Camardella &amp; John Cassoni, Jr.</b>	December 16	<b>Nancy Hayes</b>
December 2	<b>Dorine Fabiu</b>	December 18	<b>Jean Brighton &amp; Jan Zaborowski</b>
December 6	<b>Bob Goulding</b>	December 19	<b>Pat Coughlin, Lucy D'Alessandro, Louie D'Orazio, Sandy Harvey &amp; Dale Hennigar</b>
December 7	<b>Maxine Eldridge</b>	December 20	<b>Gloria Brown, John Duchnik, George Jakab, &amp; Brian Mongielo</b>
December 9	<b>Ronald Maness</b>	December 21	<b>Nancy Behrns, Christopher Golda, Allene Jansen, Mike Metzger, &amp; Annette M. Smith</b>
December 11	<b>Richard Poveromo</b>	December 23	<b>Renee Gugino, Mary Ann Nash, &amp; Gerarda Payne</b>
December 12	<b>Steve Grunzweig</b>	December 25	<b>Ann Dlugokinski</b>
December 13	<b>Sandy Sugg &amp; Lorrie York</b>	December 26	<b>Tom Dunmire</b>
December 14	<b>Jeff Boreali, Amy Fisher, Nancy Koch, Mary Savoy &amp; Sue Whitbeck</b>	December 27	<b>David Phillips</b>
December 15	<b>Garry Deutschlander</b>	December 31	<b>Nancy Riggs &amp; Carol Sterzelbach</b>

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

\*\*Technology Club (former Computer Club)\*\*: 10:45am with **Michele** in the Arts & Crafts Room

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

Bingo Bonanza: 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

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 **Carrie** in the Dining Area

Mahjongg: 12:15pm in the 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 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

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

**Saturday, December 1: *Breakfast with Santa***

Place: *Throughout the Golden Age Center*

Join us for our annual Breakfast with Santa event! Join in this family-friendly event. Ticket price includes: breakfast made up of pancakes, scrambled eggs, fruit cup, & juice, family sing-a-long, activities for children to enjoy, including cookie decorating, face painting, and a special visit from Santa! ***Please stop by the Golden Age Center to purchase your ticket. Get your tickets EARLY; this event WILL sell out!*** Join in the fun and get in the holiday spirit with us at the Golden Age Center.

Time: **9:30am—11:30am**

Cost: **\$6 per person**

**Monday, December 3: *Members' Coffee***

Time: **10:30am**

Please join Jen for coffee and a pastry as we discuss happenings at the Golden Age Center. Questions and suggestions and feedback are warmly welcomed. Come and join in the conversation. We hope to see you there!

Place: *Dining Area*

**Monday, December 3: *People Inc. Senior Companions Presentation***

Time: **12:30pm**

Please join Alissa Burg from People Inc. for this short presentation. People Inc.'s Senior Companion Program assists seniors who have difficulty with daily living tasks so that they can retain their dignity and independence. Among other activities, they assist with tasks such as grocery shopping and errands; providing friendship and companionship; alerting doctors and family members to potential problems; and providing respite to caregivers. Alissa will give us information on how senior citizens can receive help from a Senior Companion AND Alissa will also be looking for volunteers who are interested in being a part of the Senior Companions Program. Come today to learn more about this program and to receive more information!

Place: *Dining Area*

**Tuesday, December 4: *Walmart Trip***

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

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**

Place: Meet at the benches at the *Entrance*.

**Wednesday, December 5: *HEAP Outreach***

Time: **9:00am—4:00pm**

Legislature Hardwick is offering a HEAP Outreach clinic today to our Grand Island residents. The Home Energy Assistance Program (HEAP) helps low-income people pay the cost of heating their homes. If you are eligible, you may receive one regular HEAP benefit per program year and could also be eligible for emergency HEAP benefits if you are in danger of running out of fuel or having your utility service shut off. Have your questions regarding the HEAP program answered today!

Place: *Community Center*

**Wednesday, December 5: *Let It Snow December Birthday Lunch***

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

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 lunch, complete with birthday cake & ice cream, graciously donated by Elderwood at Grand Island. **Starting at 11am**, spin the **Prize Wheel** with Erin for **\$1 a spin**, and win fantastic jewelry to take home, or wear at our party! Join us for some great entertainment, starting at 12:45pm, to wrap up our Birthday Party. Mark your calendars and join in the fun!

Place: *Dining Area*

**Thursday, December 6: *Executive Board Meeting***

Time: **12:30pm**

***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. She looks forward to seeing you there, as we'll be discussing last-minute items for the upcoming Christmas event, discussing the Breakfast with Santa event, as well as wrapping up the 2018 event year.

Place: *Stage*

**Thursday, December 6: *University Express class: Your Own, No Cost Fitness Program***

Time: **1:00pm**

Discover easy-to-follow activities that will help improve your mobility, balance, strength and flexibility at little or no cost. See how everyday household items such as plastic bottles, towels, a broom stick, and more can provide you with a functional aging fitness program. You can be your own personal trainer! Join Jill Bronsky, owner, Forward Fitness Inc. & author, for this great presentation. Please call (716) 773-9682 or stop by the Office to reserve your spot.

Place: *Dining Area*

Friday, December 7: Pearl Harbor Remembrance Day

Place: Dining Area & Stage

Time: 10:00am

Join Carrie for a great documentary and listen to some patriotic songs played by Golden Age Chorus director Don Hamman on the organ.

Friday, December 7: Get More Info on Fantasy Island

Place: Dining Area

Time: 10:00am – 11:30am

Fantasy Island is looking for team members to staff various areas of the park-Admissions, Guest Services and Food and Beverage to name a few. We offer flexible schedules, opportunities to interact with guests and a great work environment. Maria and Dana are looking forward to meeting Golden Age members to further describe our positions in greater detail.

Monday, December 10: Blood Pressure Checks

Place: Dining Area

Time: 10:00am – 11:30am

Put your health first, especially during the craziness of the holiday season! Stop by the Dining Area today to get your blood pressure checked by the friendly nurses from Elderwood at Grand Island.

Monday, December 10: 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 October, as we discuss how our extended trip to Boston/Cape Ann/Salem went, as well as the last of our December Day Trip opportunities. Come travel with us! **REMEMBER: Payment holds your spot on our trips! Please bring your checkbook or cash, for payment will hold your spot on our trips. Spots are available on a first come, first served basis to paying customers! \*\*\*DON'T FORGET...there will be NO opportunities for travel between December 17, 2018 – March 31, 2019.\*\*\***

Monday, December 10: Sounds of the Season with St. Stephen's

Place: Dining Area

Time: 12:30pm

Get in the spirit of the holiday season! Join us in the Dining Area and listen to the students from St. Stephen's 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Grade as they serenade us in song. An Eggnog & Hot Cocoa Bar, complete with Christmas cookies, will be provided to all who attend.

Tuesday, December 11: Learning about the Walgreens app with Technology Club

Time: 10:45am-11:45am

Place: Arts & Crafts Room

Walgreens will be coming in and will man a digital table to help teach seniors about the Walgreen's app/all the digital services they offer. They will bring freebies, and teach/answer questions about the app, etc.

Tuesday, December 11: 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!

Wednesday, December 12: United Health Care & Aetna

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 from United Health Care & Aetna. Stop on by and have some peace of mind about the many health insurance changes in 2019!

Wednesday, December 12: 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, December 12:** *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 2<sup>nd</sup> 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 12:** *December Craft Night*

**Time:** 5:30pm for dinner; 6:30-8:00pm for the craft

**Place:** Dining Area

**Cost:** \$15

Calling all crafters! Join us for this wonderful night out! Dinner will be enjoyed by all participants starting at 5:30pm, where pizza, wings and garden salad will be enjoyed from a local Grand Island business. Starting at 6:30pm, you will be guided by Carrie in making a festive Christmas tree craft, perfect to display on your mantle, coffee table, or to give as a gift! Stop by the Golden Age Center with payment to reserve your spot in this wonderful opportunity. Sign up early; this opportunity WILL sell out!

**Thursday, December 13:** *Christmas Luncheon & Party*

**Time:** Starting at 10:30am; Installation of Officers at 11:50am; lunch served at NOON; Secret Santa exchange and SURPRISES to follow after lunch!

**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 **Golden Age Chorus**, under the direction of Don Hamman, as they sing holiday favorites to us at 11:15am in the Dining Area. Before lunch, our Town Supervisor Nathan McMurray will be a part of our Installation of the Officers of the Golden Age Club. Continue as we enjoy our traditional Christmas dinner, served at 12pm to all of our members; for \$6, enjoy a delicious Christmas meal with all the trimmings! 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 14:** *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 offered in 2019.

**Friday, December 14:** *Train for a Healthy Brain – The Lifestyle Connection* **Time:** 10:00am

**Place:** Dining Area

Join Jennifer Johnson, Health Promotion Coordinator of BCBS of WNY, as she presents this topic.

Your brain is connected to everything your body does – and you can take steps to keep it at its best! Do you know the lifestyle habits can impact the health of your brain?

You'll learn:

- What is brain health and why is it important?
- Lifestyle steps you can take to promote brain health
- Common threats to brain health, including memory loss and stroke
- How to recognize signs of a stroke

**Friday, December 14:** *Friday Afternoon Flick—Holiday Themed!*

**Time:** 12:30pm

**Place:** Stage

Join us on the Stage to enjoy the holiday film "We're No Angels". After breaking out of prison on Devil's Island, Joseph (Humphrey Bogart) and his two cohorts flee to a nearby town and hide in a shop run by kindhearted Felix (Leo G. Carroll); his wife, Amelie (Joan Bennett); and their daughter. The three men plan to rob the store and board a ship the next day, but they soon change their minds after sharing Christmas dinner with the family. When they learn of the family's financial troubles, the convicts decide instead to carry out a few good deeds.

**Monday, December 17:** *Table Time with Elderwood*

**Time:** 10:00am – 12:00pm

**Place:** Meet at the benches at the Entrance.

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, December 18: *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 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**

**Wednesday, December 19: *Christmas Games & Trivia*      Time: **1:00pm**      Place: *Stage***

Join Carrie for a fun afternoon of Christmas Games and Trivia! Exercising your brain and trying something new is just as important as exercising your body! Tickle your brain and have fun while increasing your focus, exercise your long term memory, sharpen your short term memory, and have some fun and laughter along the way, with your peers. Come and join us!

**Friday, December 21: *Name That Tune with Don*      Time: **10:00am**      Place: *Stage & Dining***

Get in the spirit of the season with Don as plays holiday classics and tunes for Golden Age members to guess! Exercise your brain, reminisce about the holidays, recall great memories together with other Golden Age members. Join us in festive fun!

**Friday, December 21: *Decorating Holiday Sugar Cookies*      Time: **12:30pm**      Place: *Stage*      Cost: **\$3****

Join Carrie & Jen as they guide everyone in decorating their own, creative Christmas & holiday sugar cookies! Bring your creativity and bring an old apron to wear. Frosting, decorations, and all necessary supplies will be provided to all who participate, including a decorative tin to take the cookies home in. Each person will be able to take home a half a dozen cookies. Please sign up at the Office or call (716) 773-9682 to reserve your spot.

**\*\*This program will be limited to 15 participants! SIGN UP EARLY, as this program will fill up FAST!\*\***

**Monday, December 24 & Tuesday, December 25:** The Golden Age Center will be *CLOSED* for the Christmas holiday. May the magic of Christmas live in your heart! Blessings and joy to you and yours this holiday season.

**Friday, December 28: *New Year's Revelry*      Time: **10am—1:30pm**      Place: *Dining Area***

Dress in your finest, and wear your silver and gold! At 10am, we will start the morning making New Year's Resolutions. Sparkling holiday punch will be served at 11am, along with a special toast before lunch. Souper Seniors lunch will be served at 11:30am, and Carrie will have party games for all to enjoy starting at 12:30pm. Ring out 2018 in such a fun way with us!

\*\*\*\*\*

**Day Trip Opportunities for December 2018**



**Festival of Trees/Lunch at the Olympic: Monday, December 3.** GAC Bus departs at **9:15 am** and will return after **2:30pm**. **Cost \$7.00**, with purchases and lunch on one's own. **FEW SPOTS ARE LEFT; SIGN UP NOW!**

**South Buffalo Excursion (Buffalo Botanical Gardens, Ilio Di Paolo, OLV Basilica): Wednesday, December 12.** GAC Bus departs at **9:15am** and will return after **4:30pm**. **Cost: \$21**, with lunch and purchases on one's own. Cost includes tours at both the Botanical Gardens and the Basilica. **SOLD OUT!**

**Holiday Pops Coffee Concert with the BPO: Friday, December 14.** GAC Bus departs at **8:15am** and will return after **1:00pm**. Dress festively for this traditional holiday event! **SOLD OUT!**

**\*\*PAYMENT holds your spot on these trips! \*\***



Coffee for the Month of December has been graciously donated by **Nonnie Carroll**, in memory of deceased Golden Age members, the **Canasta Group**, and in memory of **Purmina Chatterjee**. Thank you to the **Nonnie and the Canasta Group**, for their generosity this month & continued support of the **Golden Age Center**.





**Sincere thanks and gratitude to all of our volunteers, vendors, and attendees that came to our annual **Holiday Happenings!** Your incredible support of our event and support of senior services in Grand Island means so much!**

**Many thanks,  
Jennifer Menter, Recreation Supervisor—Senior Citizen & Nancy Tobe, Golden Age Club President**

**Technology Club (former Computer Club)**

Special thanks to member Michele Drabik for taking over and spearheading Technology Club (former Computer Club) on Tuesdays from 10:45am-11:45am in the Arts & Crafts Room! Members will be learning varied computer topics, including technology topics, such as smart phones, Apple products, and more. Join in the fun! You may bring your laptop, iPad, smart devices with you OR you can use our equipment and discuss these topics together. Michele looks forward to seeing you!



**Attention Chess, Bridge , & Mahjongg Players:**



Calling all *Chess, Bridge, and Mahjongg* players!

Golden Age Members Brooks, Bertha & Sue are interested in getting together more *Chess & Bridge & Mahjongg* 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.

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

- Jan Yardley   Elaine Miller   John Mingus   Donna Rodriguez   Joe McNamee, Sr.  
 Gabrielle Pulvirenti   Diane Maness   Ronald Maness   Susan Miller   Ron Volpe  
 Ann Koeta   Joseph Salamone   Susan Salamone   Linda Davis   Mary E. Maj  
 Mary Louise McLaughlin   Linda Piro   Rocco Piro   Jill Travis  
 Dorothy DeVantier   Kenneth DeVantier   Lynne Vaine

**Does this describe you? Jen is looking for the following individuals...**

Calling all Golden Age members that are veterans! Can you let Jen know what branch of service you served in?

Are any Golden Age members interested in being trained as an AARP Tax Preparation volunteer?

Are there any individuals out there who would like to be a volunteer for our Social Respite Group for those with Alzheimer's & dementias?

If any of the following describes YOU, please let Jen know! Stop on by to talk to Jen, please call her at (716) 773-9682 OR e-mail [jrmenter@grand-island.ny.us](mailto:jrmenter@grand-island.ny.us) to let her know.

***Thank you!***

**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: \_\_\_\_\_

## 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 2018

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

						<b>1 Breakfast with Santa</b> <b>9:30—11:30</b> 
2	<b>3</b> Members' Coffee meeting <b>10:30am</b> Ham & Bacon Mac 'n Cheese	<b>4</b> <b>\$5</b> Reuben with Chips & a Pickle	<b>5</b> Birthday Lunch \$5.00 Lemon Chicken with Pasta	<b>6</b> Executive Board Meeting Roast Beef with Au Gratin Potatoes & a Roll	<b>7</b> Pizza, Wings & Garden Salad	8
9	<b>10</b> Travel Club meeting <b>10:30am</b> Lasagna with Garlic Bread	<b>11</b> Fried Bologna with Onions	<b>12</b> Cold Plate	<b>13</b> General Meeting Christmas Dinner with all the trimmings!	<b>14</b> <b>Souper Seniors</b> 	15
16	<b>17</b> Spaghetti with Meatballs	<b>18</b> Chicken à la King with a Buttermilk Biscuit	<b>19</b> Pulled Pork Sandwich	<b>20</b> Meatloaf with Mashed Potatoes	<b>21</b> <b>Souper Seniors</b> 	22
23	<b>24 CLOSED</b> 	<b>25 CLOSED</b> 	<b>26</b> Chef's Choice	<b>27</b> Chef's Choice	<b>28</b> <b>Souper Seniors</b> 	29
30	<b>31 CLOSED</b> 					