



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

December 2019

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

Fax: (716) 773-9683

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

December Birthdays

December 1	Betty Lou Camardella & John Cassoni, Jr.	December 18	Deborah Brennan, Jean Brighton, & Jan Zaborowski
December 2	Dorine Fabiu & Barbara Stouter	December 19	Pat Coughlin, Lucy D'Alessandro, Louie D'Orazio, & Dale Hennigar
December 3	Andrew Weinzler	December 20	Gloria Brown, John Duchnik, George Jakab, & Brian Mongielo
December 6	Robert Goulding	December 21	Nancy Behrns, Robert McDonald & Annette M. Smith
December 7	Maxine Eldridge	December 23	Renee Gugino, Mary Ann Nash, & Gerarda Payne
December 9	Ronald Maness	December 25	Ann Dlugokinski
December 11	Richard Poveromo	December 26	Tom Dunmire
December 12	Daniel Sexton & Stephen Stouter	December 27	David Phillips
December 13	Sandy Sugg & Lorrie York	December 29	Susan Magro
December 14	Jeff Boreali, Amy Fischer, Nancy Koch, Mary Savoy, & Sue Whitbeck	December 30	Susan Salamone & Patricia Steffans
December 15	Gerry Deutschlander	December 31	Nancy Riggs & Carol Sterzelbach
December 16	Nancy Hayes & Tom Lak		Happy Birthday, Golden Age Members!

Weekly Consistent Activities at the Golden Age Center

MONDAY

Tai Chi: 9:00am with **Pat** in the Community Center

****NEW **** Color & Coffee Time: 9:30am in the Dining Area

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

The Energetics—Exercise Club: 11:00am with **Carrie** on the Stage (3rd, 4th, & 5th Mondays of the month)

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: 9:30am with **Michelle** in the Community Center (*Fee for class is \$1*)

****Technology Club: No Technology Club for the month of December; will resume in January 2020****

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

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

Bingo: 12:45pm with **Carrie** in the Arts & Crafts Room

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

WEDNESDAY

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: 9:30am with **Michelle** in the Community Center (*Fee for class is \$1*)

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

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: 9:00am with **Pat** in the Community Center

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

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

Monday, December 2: *Members' Coffee*

Time: **10:30am**

Place: *Dining Area*

Please join Jen for a warm beverage and a light breakfast as members discuss thoughts, wishes, and happenings at the Golden Age Center. Questions, suggestions and feedback are warmly welcomed. Come and join in the conversation; your input, time and feedback are valuable! Jen hopes to see you there!

Monday, December 2: *Hanging of the Greens Party*

Time: **12:30pm**

Place: *Dining Area*

Join Golden Age staff and members for taking down the fall decorations today and start the process of putting up Christmas and winter decorations, along with our Christmas trees. Let's make it a party and lots of fun, so bring your favorite cookie (and recipe if you have one) and we will supply the cocoa, the sounds of the season, as we make the Golden Age Center festive for the holiday season for all to enjoy!

Tuesday, December 3: *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 bi-weekly 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 our Golden Age Van. Suggested donation: \$3.00

Wednesday, December 4: *Let It Snow December Birthday Lunch*

Time: **12:00 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! Please wear your craziest, funniest, winter-themed, holiday-themed sweater, socks, outfit for this birthday party! A special prize will be awarded to the "Most Creative" outfit and the "Spirit of the Season" outfit. A delicious, hearty feast will be served for this December Birthday lunch, complete with ice cream & birthday cake, graciously donated by Elderwood at Grand Island. Join us for some great entertainment by **Just Banjos**, starting at 12:45pm, to wrap up our Birthday Party. *****As an added feature:** *Schedule a (private) appointment to meet with Kathleen Flynn, a licensed agent with the Clarity Group and Financial Advisor from NY Life Insurance Company, who will help you to look at your current Medicare coverage and review your options. The election period October 15th through December 7th allows Medicare beneficiaries to change Medicare Advantage, Medicare Prescription drug (Part D) coverage, or change a Medicare Supplement plan. She can assist you in making your enrollment choices for 2020 coverage. Schedule a time between 11:30am – 3:30pm directly with Kathy at (716) 880-6863**** **Reminder that the Annual Election Period closes on Dec 7th.**

Wednesday, December 4: *Festival of Tree Set-Up*

Time: **4:00pm**

Place: *Buffalo Convention Center*

Join Carrie as she heads downtown to ready our tree for exhibit and auction with the Festival of Trees, in support of Oishei Children's Hospital. This is limited to 6 participants, going via our Golden Age Van with Carrie; members are welcome to drive on one's own to assist. Be prepared to stay possibly until 9pm; once the tree is completely decorated, the Golden Age Van will return back to the Golden Age Center. Please reserve your spot at the Office OR by calling (716) 773-9682.

Thursday, December 5: *United Health Care*

Time: **9:30am – 11:30am**

Place: *Outside the Dining Area*

John Koller from United Health Care will be here 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 2020.

Thursday, December 5: *Crafting for a Cause*

Time: **12:45pm**

Place: *Dining Area*

Please join Carrie while we make a December gift for our Meals on Wheels recipients here on Grand Island. Help give back to your community and share our holiday love to our seniors who are housebound.

Friday, December 6: *Dishtowel Angel Craft*

Time: **12:30pm**

Place: *Dining Area*

Join Carrie as we make a simple hostess gift or useful holiday gift you could give to family or friends. You will leave with a completed dishtowel angel.

Cost: \$3.00 upon registration; **Please NOTE: You MUST register/make payment by Thursday, December 5 to participate in this program.

Monday, December 9: *Festival of Trees Trip*

Time: **9:30am**

Place: *Buffalo Convention Center*

This year, the Golden Age Center is a decorator group for the annual Oishei Children's Hospital fundraiser Festival of Trees. Join the group to go and see all the handiwork our seniors put into our tree, "Snow Wonderful", in all its glory, lit up inside the Buffalo Convention Center. This trip is limited to 8 participants in our Golden Age Center van; you are welcome to meet us there or carpool behind us. We will grab lunch (on one's own) out afterwards at a restaurant, to be determined.

Cost: \$3.00, payable upon registration

Tuesday, December 10: *Crafting for a Cause*

Time: **10:00am**

Place: *Arts & Crafts Room*

Please join Carrie while she leads crafters in making "Reindeer Food" gifts for our upcoming events involving local children. Help give back to your community and share the holiday fun and cheer with others!

Wednesday, December 11: *Potluck Dinner & University Express Class*

Time: 4:30pm

Place: Dining Area

Please join Carrie for good food, good ambiance, and great conversation over a great Potluck Dinner starting at 4:30pm and then feel free to join us for this evening's University Express Class (please see details below). Please sign up and register for this program and let us know what dish you would like to bring. **The theme for this potluck dinner: Memory Lane!**

Cost: Dish to pass! Sharing food, friendship, and stories with your friends about the memories your dish holds!

Wednesday, December 11: *University Express: Early Buffalo Residents*

Time: 6:00pm

Place: Dining Area

Hear about people who influenced the early history of our region, many of whom received national recognition for their accomplishments, presented by Rick Falkowski, local author. Please stop by the Office to register for this FREE program or call (716) 773-9682 to hold your spot in this University Express presentation.

Wednesday, December 11: *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 11: *Social Program for Individuals with Dementia*

Time: 1:30pm—4:30pm

Place: Community Center

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 4:30pm 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 EIGHT varied activities planned throughout the course of the program. Great friendships and fun take place here! Please call Jennifer Menter at (716) 773-9682 for more information on this social program.

Thursday, December 12: *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. She looks forward to seeing you there, as we'll be discussing last-minute items for the upcoming Christmas Feast, as well as wrapping up the 20189 event year.

Thursday, December 12: *Gingerbread House Fun*

Time: 12:45pm

Place: Dining Area

Come join the fun as we make our very own version of mini gingerbread houses, guaranteed to generate holiday cheer and laughs!

Cost: \$3.00 upon registration. Please register by Wednesday, December 11 to participate in this program.

Friday, December 13 *Vitamin D: The Sunshine Vitamin*

Time: 10:00am

Place: Dining Area

Join Darcie Hanson, RN with BlueCross BlueShield of WNY as she educates us on the importance of Vitamin D. Many people in Buffalo and other northern cities are at risk for low vitamin D. You will learn ways it helps the body; what foods are rich in this vitamin, and how you can increase your levels.

Friday, December 13: *Movie Event: Elf*

Time: 12:30pm

Place: Dining Area (Front)

Join Carrie as we enjoy a funny movie about a toddler raised at the North Pole among Santa's elves. Enjoy lots of laughs and holiday fun!

Monday, December 16: *Golden Age Club 60th Anniversary Party*

Time: 10:30am –2:00pm

Let's roll it back to December 1959! Join us in celebrating the 60th Anniversary of the Golden Age Club! Starting at 10:30am, join in looking back through the 60 years of history of the Golden Age Club, join us for a themed-1959 lunch at 11:45am, complete with reminiscing, a great toast, great music of the time, dessert, and end the celebration with music from The Roadrunners, playing music from 1-2pm. Reserve your spot in this memorable celebration...it'll be for the history books! Special thanks to the Golden Age Club 60th Anniversary Party Committee for all their hard work in making this celebration one to remember!

Tuesday, December 17: *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 bi-weekly 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**

Tuesday, December 17: *Bingo Bonanza!*

Time: **12:45pm**

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!

Thursday, December 19: *Christmas Luncheon & Party*

Time: **Starting at 9:30am; Installation of Officers of the Golden Age Club at 11:50am; lunch served at NOON; and SURPRISES to follow during and after lunch!**

Join us for the fun of our annual, traditional Christmas Party! Dress in your Christmas sweaters and your most festive ensemble! You don't want to miss all the fun today! Reserve your spot EARLY; spots fill up FAST and only 120 spots will be AVAILABLE! Join our day of fun starting with:

9:30am – 10:15am: *Candy Cane Bingo*

10:30am – 11:10am: *Huth Road Select Chorus performance*

11:15am -11:45am: *Holiday Party Fun*

12:00pm: *Christmas Luncheon*

12:45pm: *Santa arrives and gift exchange*

(Please bring your \$5 valued gift to the office window and receive a ticket to be used for exchange time). PARTICIPATION IS YOUR CHOICE; YOU DO NOT NEED TO DO THIS. PLEASE ONLY BRING IN NEW ITEMS AND BE SURE THEY ARE WRAPPED AND LABELED FOR MAN OR WOMAN OR EITHER.

Friday, December 20: *BPO Coffee Concert*

Time: The bus will depart promptly at **8:15am.**

Place: Please meet in the *Dining Area.*

BPO Coffee Concert goes...enjoy today's concert of **Holiday Pops 2019**. Mr. Christmas brings his musical back to Buffalo, filled with spectacular new arrangements, merriment, and fun in this not-to-be-missed holiday extravaganza. What a way to get into the holiday spirit!

Friday, December 20: *Reminiscing: Christmas Memories*

Time: **1:15pm**

Place: *Dining Area*

Join Carrie as we spend an afternoon relaxing and sharing our memories of the Christmas season. Share about your favorite ornament, your favorite Christmas gift and other memories.

Monday, December 23: *Caroling for our Friends*

Time: **9:30am – 2:00pm**

Place: *Venues TBD*

Sign up and either get in the GAC van or carpool with Golden Age Center carolers as we go around to some friends and surprise them with holiday cheer! We will make a stop for lunch in between our visits. **You must sign up at the Office to partake in this program.**

Tuesday, December 24 & Wednesday, 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 27: *Grand Island Memorial Library Mobile Bookmobile*

Time: **10:30am—12 Noon**

Place: *Dining Area*

Join Bridgette and the Grand Island Memorial Library staff as they bring their mobile Bookmobile here to the Golden Age Center! 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!

Monday, December 30: *New Year's Eve Festival*

Time: **11:30am**

Place: *Dining Area*

Even though the center is CLOSED on New Year's Eve, we will surely celebrate early in style! Come dressed however you'd like and join in the fun of today! If you would like bring a snack to share, please do. We will start off the event with mocktails and hors d'oeuvres, enjoy a delicious lunch, then make our resolutions and enjoy music and trivia. Who knows what else?!?! Please join us for a relaxing early 'ringing in' of the New Year!

Tuesday, December 31 & Wednesday, January 1, 2020: The Golden Age Center will be *CLOSED* for the New Year's holiday. A new year is like a blank book, and the pen is in your hands. It is your chance to write a beautiful story for yourself. Wishing you a very Happy New Year!

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.








On Special Event days, lunch is served at 12 Noon.

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, beverage & a dessert

December 2019

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

1	2 Members' Coffee 10:30am Turkey Reuben with Chips & a Pickle	3 Beef Taco Salad	4 Birthday Lunch \$5.00 Fried Chicken with Roasted Potatoes	5 Cornbread Casserole	6 Souper Seniors 	7
8	9 Roast Beef with Mashed Potatoes and Gravy	10 Lemon Chicken with Rice	11 Chili with Cornbread	12 Executive Board Meeting Roasted Turkey with Stuffing	13 Souper Seniors 	14
15	16 Golden Age Club 60th Anniversary Party Meatloaf, Mashed Potatoes & Gravy, Green Beans, and Fruit Jello Delight	17 Turkey Tetrazzini	18 Chicken à la King with Buttermilk Biscuit	19 General Meeting \$6 Christmas Dinner with all the trimmings!	20 Souper Seniors 	21
22	23 Spaghetti & Homemade Meatballs with Garlic Bread	24 CLOSED 	25 CLOSED 	26 Pizza & Three Bean Salad	27 Souper Seniors 	28
29	30 Chef's Choice (Please call for menu!)	31 CLOSED 				

November 2019



Just a reminder...

On snowy mornings, the
Nike Base sidewalks and parking lot
will be plowed and
salted by 8:45am.



Closings due to winter weather



If the *Golden Age Center* is **CLOSED**, you will find this information in the following places:

- On the *Town of Grand Island* website, under *Departments*, & under *Golden Age Center*
- Announced on news channels 2, 4, & 7
 - Via signs on our door
- By calling our Office at (716) 773-9682 & (716) 773-9683

CONGRATULATIONS to **November Birthday Lunch Split Club** **Raffle Ticket winners:**

John Stark, Gail Berti, Jan Yardley, Hank Meyer, Tom Natale, Ann Dkulinski, Darlene Hewitt, & Shirley Martin

CONGRATULATIONS to **October General Meeting Split Club** **Raffle Ticket winners:**

Lee Cohen, Brenda Cassoni, Joy Mesmer, Joan W., Jim Walf, & Jack Mahnk



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**

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

Irene Bak	Swaran Dhaliwal	Surjit Kaur	Sheila Rader	Charles Rader
Charles Rader	Donald Weber	Christine LaBarre	Anna Kapus	Sara Sahagi
Christopher Golinski	Maryanne Golinski	Gayle K. Nowak	Thomas L. Nowak	
Joanne Albert	Randall Grotz	Elizabeth Grotz McDonnell	Leo Nowak	



Coffee for the Month of December has been graciously donated by
the Tai Chi group & Jennifer and Joseph Menter, *for all Golden Age
Center members to enjoy*. Thank you Tai Chi group AND Jen & Joe
for her thoughtful generosity and support of the
Golden Age Center.



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. **Lorraine Willcox** is the
lucky winner for the month of **October!**



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!*
- ♦ Fucillo Toyota: 10% discount on non-discounted services, such as oil change
 - ♦ Denny's: 15% off
 - ♦ Ted's: Veterans get a 10% discount

If you know of any other discounts, please let us know, so we can spread the news to our senior citizens!

Members we lost in October & November 2019:

Please keep these members and their families and friends in your thoughts during this difficult time. Our Golden Age friends are dearly missed and they will be forever in our hearts.

If any Golden Age members have passed away and are not listed, please contact the Office at (716) 773-9682 so we can update our records. We sincerely appreciate your help.

Patricia Kwiatkowski

Kathleen Loth

Joan Santospirito

Ralph Benson

Sandra Dutka

Gail Sturm

Paula Macumber

William Yockey

Gary Burkhart

Joel Brennan

William Burch

Neighbors Foundation of Grand Island



stands ready to help with food for families who find themselves temporarily in financial difficulty. Long-term or repeat help must come from government social services or staffed help agencies, but the Neighbors Foundation can provide emergency help. To start a request for help, phone:

773-1452 or 773-4684