The Golden Voice

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

December 2022

<u>Flower</u>: Poinsettia <u>Birthstone</u>: Turquoise OR Lapis

Town of Grand Island

Golden Age Center

3278 Whitehaven Road

Grand Island, NY 14072

<u>Phone</u>: (716) 773-9682

E-mail: goldenage@grand-island.ny.us

<u>Business Hours</u>: 8am—3:45pm, Monday - Friday

Website: www.grandislandny.us/280/Golden-Age-Center

John Whitney Town Supervisor

Christian Bahleda Tom Digati Mike Madigan Pete Marston *Town Board*

Jennifer R. Menter Recreation Supervisor—Senior Citizen

Carrie Mesmer Recreation Leader–Senior Citizen Golden Age Center

📥 Happy Birthday to those celebrating December birthdays! 📥							
December 1	Betty Lou Camardella, John Cassoni Jr., & Kathi James	December 20	Gloria Brown, John Duchnik, & Brian Mongielo				
December 6	Robert Goulding	December 23	Gerarda Payne				
December 7	Maxine Eldridge	December 25	Ann Dlugokinski				
December 10	Carol Winstel	December 26	Thomas Dunmire & Geri Stalica				
December 13	Hal Lawrence & Sandy Sugg	December 27	David Phillips				
December 14	Nancy Koch, Mary Savoy & Sue Whitbeck	December 29	Judy Castiglia & Susan Magro				
December 18	Deborah Brennan, Jean Brighton, David Johnson, & Jan Zaborowski	December 31	Nancy Riggs				
December 19	Lucy D'Alessandro	چ 🐞	Happy Birthday, friends!				

Weekly Consistent Activities at the Golden Age Center

<u>ATTENTION</u>: NEW Recreation program measures will be in place prior to enjoying such programs. Please note the following PRIOR to your visit:

- Front **AND** Back doors of the facility are **OPEN** to the Golden Age Center.
- Please SAY HELLO at the Office and let us know what program OR activity you are here to participate in; this is to ensure your safety and for us to keep accurate attendance.
- Hand sanitizing throughout activity and hand washing is *strongly encouraged* often throughout your visit at the Hand Sanitizing stations. **PLEASE** ask for hand sanitizing pumps to be set out for these activities. (*ex. Card game tables, etc.*)
- Before leaving, please <u>SIGN OUT</u> at the Office. This is for us to keep <u>accurate attendance</u> and that ensures that we know you have <u>safely exited</u> the building. *Our doors close at 3:45pm to start disinfecting the building for the night*.
- Thank you for your cooperation!
 Have fun at the Golden Age Center! ENJOY!

MONDAY

Independent Craft Activities: 8:15am-12:30pm; 2:15pm-3:30pm in the Arts & Crafts Room

Pool games: 8:15am onward in the Pool Room/Lounge

****(NEW NAME) Fit for Life!**: 10:00am with Jenny on the Stage

Card Games & Dominoes: 9:00am -3:30pm in the Dining Area

Bridge: 12:30pm in the Dining Area on the 2nd and 4th Mondays of the month

TUESDAY

Independent Craft Activities: 8:15am- 3:30pm in the Arts & Crafts Room

Pool games: 8:15am onward in the Pool Room/Lounge

Total Body Workout: 9:45am with Michelle at the Community Center

Canasta, Dominoes & Card Games: 9:00am -3:30pm in the Dining Area

Advanced Line Dancing: 12:45pm with Richard on the Stage**

**<u>Bowling</u>: 1:00pm with Joanne at Mallwitz Lanes (\$7 for 3 games)

<u>NOTE</u>: Jenny's class, Fit for Life on Mondays, is a low-impact, strengthening & balance class for ALL ABILITY levels.

**NEW: <u>Knitting & Crocheting</u>: 2:15pm in the Arts & Crafts Room

Fun with French: 12:45pm with Jen

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

Quilting Bee: 10:30am in the Arts & Crafts Room

Walking Club: meets at 9:00am

Beginner Line Dancing: 11:00am with Richard on the Stage

Mahjongg - meets Wednesdays OR

Thursdays at 12pm

WEDNESDAY

Independent Craft Activities: 8:15am –10:00am; 2:15pm—3:30pm in the Arts & Crafts Room

Pool games: 8:15am onward in the Pool Room/Lounge

Pinochle, Dominoes & Card Games: 9:00am -3:30pm in the Dining Area

Artists' Haven: 10:00am in the Arts & Crafts Room Chorus: 10:00am with **Don** on the Stage

****Fun with French****: 12:45pm with Jen on the 3rd, 4th & 5th and Wednesdays of the month**

Bingo: 1:00pm with Carrie & Erin in the Dining Area (**EXCEPT the 1st Wednesday of the month**)

<u>THURSDAY</u>

Independent Craft Activities: 8:15am—12:45pm in the Arts & Crafts Room

Pool games: 8:15am onward in the Pool Room/Lounge

Pinochle, Dominoes, Euchre, AND Card Games: 9:00am -3:30pm in the Dining Area

Total Body Workout: 9:45am with Michelle at the Community Center ** Knitting & Crocheting: 1:00pm in the Arts & Crafts Room

****NEW: Seniors in Stitches:** 1:00pm in the Arts & Crafts Room *(read inside Golden Voice for more details!)*

FRIDAY Independent Craft Activities: 8:15am—9:30pm AND 12:15pm -3:30pm in the Arts & Crafts Room Pool games: 8:15am onward in the Pool Room/Lounge Tai Chi: 9:00am with Pat at the Community Center** Chess: 9:00am with Brooks on the Stage TGIF Couponing: 9:15am - 10:00am in the Dining Area Poker, Dominoes & Card Games: 9:00am -3:30pm in the Dining Area Book Club: 10:00am in the Arts & Crafts Room **NEW: Yoga, Mindfulness & Meditation with Soma Cura: 1:00pm at the Community Center**

December 2022 Special Events & Programs

<u>Wednesdays in December (7, 21, & 28):</u> 1:00PM—3:00PM

Afternoon of Games!

Did you know that we have some great games inside in the Community Center for all to enjoy? Come and play with us! Enjoy an afternoon of foosball, air hockey, shuffleboard, basketball, ping pong, and other games with us, held by the Recreation Department and the Golden Age Center. Join us for an afternoon of fun! Call us at (716) 773-9682 to register to be a part of this.

Thursday, December 1: 9:30AM-3:00PM AND Friday, December 2: 10:00AM -3:00PM

Hanging of the Greens

Calling all creative friends and those who LOVE to decorate! Come and meet Jen in the Dining Area as we start the afternoon by decorating for Christmas, Hanukkah, and Winter! Grab a cup of coffee, cocoa, OR tea, Jingles, and join in making our senior center look festive and beautiful for our holly, jolly, holiday season! We appreciate all those who come out to help!

<u>Monday, December 5:</u> 9:00AM – 11:00AM

Highmark BlueCross/BlueShield of WNY

Join the Highmark BlueCross and BlueShield of WNY representative for Grand Island, John Weatherby, as he will be on-site today to discuss plans, answer questions about your current plan or work to resolve any problems you may be having with your plan. We look forward to seeing you there.

Monday, December 5: 1:00PM

Joseph Ellicott: An Historical Portrayal, with Dennis Upton, a retired teacher & stage performer

Most of us are acquainted with places with the Ellicott name: Ellicottville, Ellicott Creek, the town of Ellicott, the Ellicott Building, various Ellicott Roads, etc. There is SO much more to the learn about the man who was a key figure in Western New York in the late 1700's and early 1800's. Join us for this first-person historical presentation on his life.

Tuesday, December 6: 10:30AM

Coffee & Conversation with Carrie

Join Carrie as she highlights the upcoming events and will be available to answer questions and sign you up for a wide variety of activities. This will also be a good time to discuss scheduling assistance with your devices for 1:1 classes supporting your quest to learn more about your phone, tablet, laptop, computer. Come and enjoy a hot beverage, a breakfast treat and some great conversation.

<u>Tuesday, December 6</u>: 2:30PM

Birthday Party Set Up Want to join in and give a hand? We will be meeting in the Dining Area to put up festive decorations for tomorrow's birthday party. Many hands make light work!

Wednesday, December 7: 11:45AM; 12:30PM – 2:00PM for the entertainment

December Christmas Tea Birthday Party

Come and join us today for the monthly birthday party for those born in the month of December! We will have a special, themed luncheon that will charm and entice you inside and out! We encourage you to stay and enjoy the entertainment of Nan Hoffman. Wear your holiday best, and get ready for a special treat as we feast! Come and celebrate with us and all of your friends!

Thursday, December 8: 9:00AM – 11:00AM

Caption Calling Presentation and Q & A

Join Jim O'Brien as he will have the caption calling telephones and demonstrate how the program works. Jim can explain how the process works and how it is a free service provided to those who qualify. Jim can also get you set up for installation of this service. Come and see how easy it is to use this service. *Please register at the Office or by calling (716) 773-9682.*

Thursday, December 8: 12:30PM

Executive Board Meeting

Club President Anna Vaccaro asks for the presence of the Executive Board together for their monthly meeting, to discuss Club business, to discuss our Sweets & Treats Christmas Cookie Bake Sale, our Installation of Officers and MORE. Officers and Executive Board members, PLEASE mark your calendars and join us. Anna and the Executive Board look forward to seeing everyone then!

Thursday, November 8: 1:00PM

Managing Money with the Alzheimer's Association

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning. Registration is required. Call 1 (800) 272-3900 to register or visit <u>https://tinyurl.com/GIGAMM</u>

Friday, December 9: 1:00PM

Bingo Bonanza!

For **\$1.00** for the first bingo board and a dream, you too can try to win the prize envelopes! Additional boards are available for just \$.25 each, up to four (4) boards. *Come one, come all!* Join us for laughs and lots of fun!

Tuesday, December 13: 12:45PM

Brain Games

Playing brain games with others is a double whammy for brain health in seniors, staving off loneliness and depression and providing needed "exercise" for the brain. It's a win-win! A commitment to brain games and staying sharp can improve quality of life for your senior loved ones for years to come. Exercise your brain and have fun at the same time with your friends!

Wednesday, December 14: 1:30PM – 4:30PM

Social Group Respite Program

Attention Caregivers of individuals with Alzheimer's Disease or a related dementias: A dementia-specific respite program runs today and every 2nd Wednesday of the month from **1:30pm until 4:30pm in the Community Center 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, geared with a different theme each and every month. Great friendships and fun take place here! Please call Jennifer Menter at (716) 773-9682, option 2, for more information on this dynamic, social program.

<u>Thursday, December 15</u>: Christmas Festivities, Installation of Officers & Christmas Dinner

<u>Time</u>: Christmas Festivities begin at 11:00am; Installation of Officers at 11:30am; Christmas Dinner at 11:45am; Secret Santa gift exchange to follow Dinner at 1PM <u>Place</u>: Dining Area

Come ready to celebrate the Christmas season with us with tons of fun! The festivities and games will begin at 11:00am, followed by the Installation of Officers. We will serve our bountiful Christmas Dinner at 12 Noon with some special entertainment planned for all of you to enjoy. CALL EARLY ON THE DAY OF for our Christmas Dinner to reserve your spot for our special feast! Come and celebrate our friendships and togetherness, as well as the many blessings of the season! ***Please bring a** *canned good, boxed food (cereal, pasta, etc.) or paper product (tissues, toilet paper, paper towels, etc.) to support the lessfortunate in our community, especially this very hard year, all to support the Neighbors Foundation Share the Happiness Drive.* If you'd like to participate in our Secret Santa gift, please bring in a \$5 Gift Card to exchange with another Golden Age member as part of the Secret Santa Gift Exchange. Dress in your Christmas best, wear your Christmas and holiday sweaters, and dress for the occasion! We can't wait to celebrate with ALL OF YOU!*

Friday, December 16: 10:00AM

Sounds of the Season with the Select Chorus from Huth Road Elementary School

Get in the spirit of the holiday season! Join us as Ms. Carissa Sugar accompanies the Select Chorus from Huth Road Elementary School to the Golden Age Center and listen to the students as they serenade us in song. A Hot Cocoa Bar, complete with Christmas cookies, will be provided to all who attend.

Friday, December 16: 11:00AM- 12:30PM

Grand Island Memorial Library Bookmobile

Join Bridgette and the Grand Island Memorial Library staff today 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!

Gym equipment & piano A Sincere "THANK YOU!" On the Stage, the Golden Age Center has a stationary bike, a NEW incumbent bike, a rowing machine, resistance bands, small exercise balls & some light weights for our members to use, as well as stationary pedals & stationary steppers to use. Members who use this equipment will SIGN IN at the Office, will sign a waiver & will be shown how to properly for your love & support of use the equipment. WE ALSO HAVE A PLANO TO Holiday Happenings! Holiday Happenings was an INCREDIBLE success due to PLAY! The gym equipment and piano are available for use (and will be disinfected after each use): your wonderful participation & support of senior services! Mondays & Fridays: 8am-3:30pm Thank you very much from your friends at the Tuesdays: 8-9am; 3-4pm Wednesdays: 11:30am—3:30pm **Golden Age Center & the Golden Age Club** Thursdays: 8am—3:30pm

Go GREEN with us and SAVE OUR EARTH! Fill out this form and return it to the Office to receive your monthly copy of the *Golden Voice* newsletter via e-mail AND to receive ANY Golden Age Center e-blasts AND phone calls WITH up-to-date information, as it becomes available.

Please	print clearly.	Thank you!	Name:
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Phone Number:

E-mail Address:

Friday, December 16: 2:00PM—6:00PM

Sweets & Treats Christmas Cookie Bake Sale & Gift Wrapping Holiday Fundraiser

Tame your sweet tooth and check mark things off of your Christmas list by coming to the Golden Age Club's holiday fundraiser. Buy your Christmas cookies at 1 dozen for \$10.00 AND 2 dozen for \$20.00. Hate to wrap Christmas gifts? Leave the gift wrapping to our "elves"! Have your holiday gifts wrapped at our Gift Wrapping Station, by giving our "elves" a donation. Enjoy the holiday decorations around the Golden Age Center, enjoy some holiday contests, enjoy the holiday season with US! All proceeds support the Golden Age Club.

Tuesday, December 20: 11:45AM lunch; Christmas Cookie exchange to follow

Christmas Cookie Exchange & Luncheon

Calling all Christmas Cookie bakers and enthusiasts! Join us in our Christmas Cookie Exchange! Bake your favorite Christmas Cookie recipe (minimum 3 dozen), and bring it to our Cookie Exchange, along with a container or two to carry your special Christmas cookies in! We encourage you to start off by purchasing our lunch, as we will lunch and feast together, and we will commence with the cookie packing! Come & join us!

Wednesday, December 21: 11:45AM lunch; Christmas Cookie exchange to follow

Merry & Bright Christmas Cheer Shindig

Join in some holiday fun! Join us at 10:45am for some LEFT—RIGHT, followed by another surprise at 11:15am, and a Pizza Party lunch at 11:45AM. At 12:45PM, we will continue our Merry & Bright Christmas Cheer Party with Christmas BINGO for some Holly Jolly Prizes!

Thursday, December 22: 11:00AM –2:00PM

National Lampoon's Christmas Vacation Party

Wear your Christmas sweater, and join us for this themed CELEBRATION, meal, & MOVIE! Trivia, games, challenges, prizes, and MORE will be a part of this afternoon of FUN! You won't want to miss this! Join us for the story of a normal, relatable family in suburban America, trying to celebrate the holidays. The Griswalds can be identified as every family across America, suffering through another Christmas visiting in-laws, endless problems with he lights, and a delayed bonus check. Have some great laughs with us! Ho ho ho and ha ha ha!

Friday, December 23 & Monday, December 26: 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.

Thursday, December 29:New Year's Eve CelebrationTime: 11:30amPlace: Dining AreaEven though the center is CLOSED on New Year's Eve, we will surely celebrate early in style!Come dressed however you'd likeand 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 andhors 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!

<u>Friday, December 30 & Monday, January 2, 2023</u>: 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!





Our Coffee for the Month for December has been graciously donated by Joseph Paolucci, in memory of Kathy Loth, and the Menter Family, in honor of Golden Age Center members. We are grateful for their thoughtful generosity and support! This program will continue due to the generosity of our Golden Age Center friends!



Important Phone Numbers to know: Who do you call when you need help?

Emergency Phone Number: (716) 773-7508

<u>Crisis Services</u>: (716) 834-3131

<u>9-8-8</u>: National Suicide Hotline

<u>2-1-1</u>: available 24 hours a day, 7 days a week. Free and confidential referral service. Human & social services, emergency housing, legal services, domestic, health & wellness, food & nutrition, mental health, support groups, & developmental disabilities

Erie County Senior Services: (716) 858-8526

<u>HEAP</u>: (716) 858-7644

Members we lost in November 2022:

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. Frank R. Giuliani Giancola Ruth Englert

Members that were sick in November 2022:

 Millie Attrino
 Betty Marinell
 Garry Deutschlander
 Pat Phillips
 Betty Phillips

 Paul Bassette
 Nancy Tobe
 Don Hamman
 Phyllis Martin
 Joanne Carcione
 Carl Maier
 Joyce Berk

Neighbors Foundation of Grand Island

He Bhar Barley

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: **(716) 773-4684**



RAPID COVID-19 TEST KITS & N95 MASKS



Stop on by the **Golden Age Center** to pick up your **N95 masks** <u>AND</u> **RAPID COVID-19 TEST KITS.**

RAPID COVID-19 TEST KITS COME TWO TO A BOX.

<u>MASK LIMIT</u>: box of 20 masks per household <u>TEST KIT LIMIT</u>: 2 boxes per household

First come, first served. Available while supplies last! Must be GI resident; show ID. CANNOT pick up for others.



Nike Base Golden Age Center 3278 Whitehaven Road

CONTACI: Call (716) 773-9682 OR for more information



Golden Age Club

Here is your next Executive Board as of November 2022. Elections were held on Thursday, November 17 at the General Meeting during the Thanksgiving Dinner and the Installation of Officers will be held at the General Meeting at the Christmas Dinner on Thursday, December 15, 2022.

President....Joy Mesmer Vice President...Martha Marrinan Chaplain...Cathy Mancuso Sargeant of Arms...Tom Natale Corresponding Secretary...Sue Bognar

Reporting Secretary...Jan Yardley

Treasurer...Anna Vaccaro

Golden Age Center Pantry & Closet

Did you know? The Golden Age Center has a small pantry of <u>food, disposable undergarments,</u> <u>disposable bed pads, toiletries, paper products, small appliances, a closet of bedding, and other</u> <u>special items</u> that have been gathered due to the generosity of Golden Age members, to help other Golden Age members in need. **Are you in need of help?** Don't let food and item insecurities hurt you or your family. Call (716) 773-9682 and ask to speak to *Jen, <u>confidentially</u>*, about your situation.

Unscramble the December-themed u	words! GOOd lUCk! Bonne chance!				
DECEMBER is such a beautiful time of year	r! What could these SURPRISE words be?!?!				
1.) l o r a c	2.) a v d t e n				
3.) c i m h e n y	4.) r d e d i e l				
5.) n e g o g g	6.) i o o k c e				
7.) s n e f n f s a e k i n	8.) o h l l y				
9.) l a k e t b n	10.) eilmsteto				
A warm to all our new members of the Golden Age Center,					
	as of November 2022:				
Ann Ruland Carol Hamm Wendy Brown Janet Martin					
We welcome new members to join us for our programs, on our many programs, special events, for our transportation needs, our home-cooked lunch program, and MORE!					
NEW! Monthly Lunch Drawing: Each month, we will have a drawing for two lunch tickets at the Golden Age Center. Each day you participate in the lunch program, you may fill out a slip and put it in the Monthly Lunch Drawing. The winner will be drawn the last day of the month. DON LEWIS is the WINNER for the month of NOVEMBER! CONGRATULATIONS:					
2022 Senior	of the Year				

The Golden Age Center is seeking out nominations for the 2nd Annual Senior Citizen of the Year Award. This award recognizes someone age 50 or older who has made a significant contribution to the Golden Age Center AND the Grand Island community through volunteerism, leadership, and service.

Do you know someone who is a great nominee for this award? Nominations will be accepted through Wednesday, December 14, 2022. The selected Senior of the Year will be presented at the Christmas Dinner on Thursday, December 15, 2022.



Golden Age Center Lunch Calendar

Lunch is \$4.00 OR \$5.00 OR MORE on Special Event days.

Lunch is served at 11:45 am Monday-Thursday & 11:30 am on Friday.

Drive-Thru lunch is paid for and picked up at the Front Office of the Golden Age Center.

Lunch includes: An entrée with a meat, starch, vegetable, fruit, dessert, and beverage Birthday Lunch includes: An entrée with a meat, starch, vegetable, fruit, Birthday Cake, ice cream, and dessert Each entrée includes: 4 oz. meat, 4 oz. fruit OR 4 oz. vegetables, & 4 oz. starch

December 2022

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
calls will be a for lunch will openings are	u MUST call the l accepted 8am un l be allowed on t LIMITED due to e 10:30am cut of	til 10:30am. NO he answering ma amount of food	reservations achine. Lunch available and	1 Goulash with Garlic Bread	2 Souper Seniors	3
4	5 Chicken & Broccoli Alfredo	6 Beef Stroganoff	7 Birthday Lunch \$6Elegant Christmas Tea Luncheon	8 Executive Board Meeting \$5 Pot Roast with Roll	9 Souper Seniors	10
11	12 Lasagna with Green Beans & Garlic Bread	13 Chicken & Vegetable Lo Mein	14 Beef Taco Salad	15Installation of Officers \$8 Christmas Dinner with all the fixings!	16 Souper Seniors	17
18	19 Hobo Pack	20 Meatloaf & Mashed Potato	21 Pizza with Chicken Tenders	22 \$8 11am -2pm National Lampoon's Christmas Vacation Lunch Program (Call for Menu!)	23closed	24
25 ERRYC ICHRISTINGS	26 CLOSED	27 Fried Chicken, Cheesy Potatoes & Baked Beans	28 Spaghetti with Meat Sauce	29 New Year's Brunch : Egg Bake Casse- role, Fruit Cup, Sausage & Pastries	3Oclosed	31 happy new year