



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

February 2017

Flower: *Violet*

Birthstone: *Amethyst*

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: www.grandislandny.us/departments/golden_age_center.php

Nathan McMurray

Town Supervisor

Chris Aronica

Bev Kinney

Ray Billica

Mike Madigan

Town Board

Barbara A. Gannon

Director of the Golden Age Center

Jennifer R. Menter

Recreation Leader - Senior Citizens



February Birthdays



February 1	Judith Pack	February 14	Wayne Anstett & Shirley Martin
February 2	Eileen Crane, Robert S. Fraser, Carol Maul, & Caroline Ungaro	February 17	Lillian Brenner, Aaron Delavalle, Chuck Delavalle, Pat Kostenbauder, &
February 5	Jeri Benzing	February 18	Dave Fields
February 9	Elinor Wiant	February 19	Joan Santospirito &
February 11	Joan Barone & Jackie Walt	February 23	Linda Gerristad
February 13	Hans Sterzelbach	February 26	David Rogers

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

Mondays: 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 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

Tuesdays: Total Body Workout: **9:30am** with **Carole Joseph** in the Community Building (*Fee for class is \$1, payable to Carole Joseph*)

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: 12:30pm 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

Wednesdays: Anything Craft Class: 10:00am in the Arts & Crafts room

Tennis: 10:00am on the Tennis Courts (behind the Community Building) (**SEASONAL**)

Golden Age Chorus: 10:00am with **Don** on the Stage

Watercolors: 10:00am in the Dino Room in the Activity Center

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

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

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

Chair Yoga & Stretch: 12:30pm with **Jen** on the Stage

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

Fridays: 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

Friday Afternoon Flick: Every **OTHER** Friday at 12:15pm on the Stage

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

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



February Events...Mark your calendars!



Special Luncheons & Celebrations

February Birthday Lunch

The **February Birthday Lunch** will take place on **Wednesday, February 1 at 12 noon**. Lunch will be complete with birthday cake and ice cream, provided by our friends from Elderwood at Grand Island. Come and celebrate all of the birthdays of our February birthday babies!

Mitten Recognition Luncheon

At our February Birthday Lunch, on **Wednesday, February 1 at 12 noon**, we will be recognizing all of our volunteers who have donated their time and talents to the Mitten Project 2016 by crocheting and knitting hats, gloves, scarves, mittens and lap blankets to those that are less-fortunate in our community. Volunteers, please RSVP to Jennifer by stopping by the Office or calling (716) 773-9682 to join us for this celebration.

Sweethearts Luncheon

Members married 50 years or longer, who have participated in programs at the Center in the past year will be our guests, free of charge, for this special lunch. Please call the Center to make a reservation and to let us know the number of years that you have been married. Members are asked to join in the celebration with the lucky couples. Today, we **ENCOURAGE ANYONE** wearing the **MOST VISIBLE HEARTS** today will win a special **PRIZE!** Also, our friends from Senator Chris Jacobs' office will be here to join us for our special lunch. **Entertainment** will start this afternoon at **12:45pm**, when we enjoy the sounds and music of **Second Time Around!** Please join us for this special celebration on **Tuesday, February 14 at 11:45am**.

Celebrate Mardi Gras

We will be celebrating **Mardi Gras**, or **Fat Tuesday**, at the Center on **Tuesday, February 28!** We'll be making Mardi Gras masks at **11:00am**, and our festive lunch will be served at **11:45am**. Wear your **GREEN, PURPLE, and GOLD** to celebrate the holiday. The person who is sporting the Mardi Gras theme the best will win a **PRIZE!**

Monthly Meetings

Time with Town Supervisor Nathan McMurray

Supervisor Nathan McMurray will be here to talk with our Golden Age Center members on **Monday, February 6 at 11am in the Dining Area**. He will be updating us on happenings taking place in Grand Island. He looks forward to seeing everyone then!

Members' Coffee & Travel Club Meeting

Please join Barbara & Jen for this joint meeting, which will take place on **Monday, February 13 at 10:30am in the Dining Area**. Join them for a coffee and a pastry as we discuss happenings at the Golden Age Center, past day trips, upcoming plans for day trips and extended trips in 2017 at the Golden Age Center. Questions and suggestions are warmly welcomed. We hope to see you there!

Executive Board Meeting

President Kathy Lechner requests the presence of all officers and chairpersons for the monthly meeting following lunch at **12:30pm** on the Stage, on **Thursday, February 16**.

General Meeting

Please come before lunch for the General Meeting, which starts at **11:15am on Thursday, February 23**, to hear the happenings coming up at Golden Age Center in the month of March.

Tax Preparation

AARP FREE Tax Preparation for our senior citizens

Due to the lack of volunteers here in Grand Island, we will **NOT** be able to offer the AARP Free Tax Preparation to our Grand Island senior citizens this year. You may contact the following senior citizen centers to set up an appointment to get your taxes prepared:

John A. Duke Niagara Falls Senior Citizen Center—1201 Hyde Park, Niagara Falls: Please call (716) 297-9324. Tax preparation will be done on Mondays, Tuesdays, Wednesdays and Fridays between 10am—2pm.

Town of Tonawanda Senior Citizen Center—291 Ensminger Road, Tonawanda: Please call (716) 874-3266. Tax preparation will be done on Tuesdays and Thursdays from 9am—Noon through April 13.

Health Insurance information

Fidelis

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 on **Friday, February 10 from 9:30-10:30am** and have some peace of mind about the many upcoming health insurance changes in 2017!

Blue Cross Blue Shield of WNY

A representative from Blue Cross Blue Shield of WNY 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 on **Thursday, February 9 from 10:00am-12:00pm** and have some peace of mind about the many upcoming health insurance changes in 2017.

Table Time with Elderwood

Stop on in to see our friends & representatives from Elderwood to get all of your questions answered. They will be available to discuss on a more personal, private level with those who wish to have more information on subacute rehab, preplanning a rehab stay, skilled nursing, assisted living and independent living. Become informed and know your options! Stop by and see our friends from Elderwood on **Thursday, February 16 from 10-12pm**.

Fun Activities

Color Art for Adults

Color Art isn't just for children; it has been proven to be also beneficial for adults. Generating wellness & quietness, as well as stimulating the brain areas related to the senses and creativity, people across the globe are enjoying this simple form of art therapy. By concentrating on the task and allowing you to complete creative freedom, you will soon find your body and mind relaxing. Grab a beverage, a sweet treat and try Color Art with us on **Friday, February 10 at 12:30pm**. All supplies will be provided.

Game Day with 8th Grade St. Stephen's students

Students from the 8th grade class at St. Stephen's School will be here to play a variety of games with our Golden Age members on **Friday, February 3 from 10:15am-11:15am**. The students are looking forward to meeting and getting to know our members, through such a fun activity! Please come and support this project and this partnership. Please sign up at the Office to partake in the fun!

Bowling

Calling all bowling enthusiasts! Members are looking for bowlers to come and bowl on **Tuesdays at 1pm at Mallwitz Lanes**. This is **NOT** a league; come and bowl when you can! It is **\$5 to play *each Tuesday you come***. Bowling teams will be assembled each week based on the participants that come. *Join in the fun and meet new friends!* Please call the Golden Age Center at (716) 773-9682 for more information.

Wellness & Support Groups

Blood Pressure Checks

Billie Ambrusko and the nursing staff from Elderwood at Grand Island will be here today to provide blood pressure checks for our members on **Wednesday, February 8 from 10:00-11:30am in the Dining Area**. Keep your health in check by getting your blood pressure checked today!

Social Program for individuals with dementia

Attention caregivers of people with Alzheimer's disease or a related dementia: A dementia specific respite program will be starting in Grand Island on **Wednesday, February 8** and will run every 2nd Wednesday of the month from **1:30pm until 5:30pm**. This is a social group respite that we find benefits people with dementia and their caregiver. Please call Jennifer Menter at (716) 773-9682 for more information.

Senior Outreach Program

A friend from People Inc. will be here on **Wednesday, February 22 at 10am** to discuss the Senior Outreach Program. This program is for those age 60 and over and provides assistance to seniors and their caregivers to better navigate the social service and health care systems that may be challenging. Please come for this informative discussion!

Dementia Caregiver Support Group

Join us for this monthly meeting on **Wednesday, February 8 at 1:30pm**. 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.

For Your Information

Free Legal Advice

Local attorney Todd J. Potter will be here at the Golden Age Center to give free legal counsel to members on **Monday, February 27 at 10:00am**. Mr. Potter will help members on a first come, first served basis. Stop by and see him today!

Lions Club Closet

The Grand Island Lions Club has durable medical equipment for anyone in need. Equipment includes wheelchairs, walkers, canes, commodes, bath seats, etc. Anyone in obtaining an item may call Fred Ruocco at (716) 773-5937, Dick Crawford at (716) 818-6992 or Dave Chervinsky at (716) 773-7185.

ATTENTION!

Please do **NOT** flush paper towels, disposable undergarments, hand wipes, or sanitary items down the toilets in our restrooms. Please dispose of these items in the garbage can located in each restroom. We are on a septic system, and septic backups can happen easily, making this is an expensive cost for us to incur. Thank you for your help in this matter.

HEAP - Home Energy Assistance Program

HEAP is federally funded assistance with home heating costs and energy conservation for eligible households. Program components include benefit assistance for heat and electricity, furnace repair or replacement, weatherization referral, and cooling assistance (in summer months-based on medical necessity). Do you qualify? To fill out the application with guidance, please make an appointment to meet with our Director, Barbara Gannon, by calling (716) 773-9682 to make an appointment.

Shopping Trips

Walmart

We will be taking a shopping trip to Walmart on **Tuesday, February 7!** The Golden Age Center bus will leave at **8:30am**. The shopping trip costs **\$3.00**. Shoppers will be picked up at 11:30am. Please call (716) 773-9682 or stop by the Office to reserve your spot!

Presentations

Empower NY

Teresa from Ivy Lea Construction will be here on **Friday, February 24 at 10am** presenting information on Empower NY. Empower NY is an energy audit that some seniors will qualify for, which includes sealing air leaks in the home, installs LED light bulbs, CO2 detectors & fire alarms, and more. Come to hear this presentation and see if you qualify for this service.

European Roots of Buffalo Architecture

Chuck LaChuisa will be here on **Friday, February 17 at 10am** to present the European Roots of Buffalo Architecture to Golden Age members. Please call (716) 773-9682 or stop by the Office to register for this free, presentation. Chuck will point out similar

Architectural features in Buffalo & in France. Stop by and learn something new with us!

Crafts

Make a Snowman Snowglobe

Come and create a fun snowman snowglobe! Join us on **Tuesday, February 21 from 10am—11:15am** for this guided class. Supplies will cost \$4.00. Please call (716) 773-9682 or stop by the Office to register for this class. Wear an old t-shirt or bring your apron or smock to wear as we craft!

Mind Aerobics

Exercise for the mind is JUST as important as exercising our body and spirit. Let's exercise our brain as we play some fun **Mind Aerobic** games! Join in the fun on **Friday, February 24 at 12:30pm** in the Dining Area.

Super Bowl FRIDAY is coming up on **Friday, February 3!** Wear your favorite football jersey, shirt or sweatshirt and let's celebrate the upcoming Super Bowl! Bring in a **favorite dip** to share with members, if you like, as we enjoy a **Tailgate Party**, starting at **11am**, before lunch. Stay and watch a great football movie at **12:15pm on the Stage**.

Welcome to our new member of the Golden Age Center:

Paula Manijak Dawn Whitbeck
Bonita Shevlin Charles Shevlin
Debra Gaudy Richard Gaudy
Susan Bognar Edward Bognar
Carol Gress Joyce Cline Robert Kifowit

**The Golden Age Center
will gladly accept the
following donations:**

- **Scissors**
- **Pasta Sauce Jars**
- **Jam jars**

Birthday Drawing:

Each month, we will have a drawing for **2 lunch tickets** at the 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.
John Duchnik is the lucky winner for **DECEMBER!**

Congratulations!

Attention Mahjong players:



Do you know how to play **Mahjong**? **Mahjong** is a game that originated in China, and it's a game that requires some skill, strategy, calculation, and a bit of chance! If you are interested in getting together to play **Mahjong** with other members, please call Sue at (716) 510-9978.



Coffee for the Month of February has been graciously donated by **Jakob Jung**, in memory of **Maria Jung**. Thank you to **Jakob** for his generosity & continued support of the **Golden Age Center!**











Golden Age Center Lunch Calendar - Lunch is NOW \$4.00. Lunch is \$5.00 or MORE on Special Event Days (and WILL BE noted in the lunch calendar). Lunch is served at 11:45am Monday-Thursday, & at 11:30am on Fridays.

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, along with a delicious dessert.

February 2017

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

			1 Birthday Lunch (\$5) Chicken Divan with Mashed Potatoes	2 Cheese Tortellini with Garlic Bread	3 Souper Seniors 	4
5	6 11:00 am Town Time w/ Supervisor McMurray Reuben with Chips & a Pickle	7 Hobo Pack	8 BBQ Chicken with Mac & Cheese	9 Pulled Pork With Coleslaw	10 Souper Seniors 	11
12	13 10:30 m Members' Coffee & Travel Club Meat Loaf with Mashed Potatoes & Carrots	14  Chicken Cordon Bleu with Mashed Potatoes	15 Spaghetti & Meatballs with Garlic Bread	16 Executive Board Meeting Beef Stew with Buttermilk Biscuit	17 Souper Seniors 	18
19	20  CLOSED 	21 Hamburger & French Fries	22 Roasted Italian Chicken with Mashed Potatoes	23 General Meeting (\$5) Pork Chops with Scalloped Potatoes & Vegetable	24 Souper Seniors 	25
26	27 Bacon Wrapped Cheesy Hot Dog & Sweet Potato Fries	28  Mardi Gras! Shrimp & Chicken Jambalaya				



Help support the **Golden Age Center** by taking your cans and bottles to:



Bottle Junction

2447 Grand Island Blvd.

Grand Island, NY 14072 (716) 774-1200

When you take your bottles & cans to the counter, please let them know that you'd like your money to go towards the **Golden Age Center**.

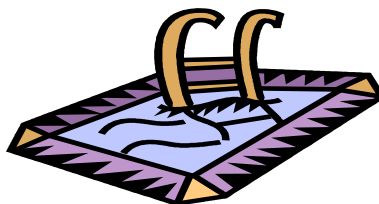
Your support will help the **Golden Age Center** keep lunch prices low, will support future programming & help us purchase wish list items.

Thank you for your anticipated support!

Social Support Group

Do you have a loved one that is suffering from a form of memory loss? Has your loved one been diagnosed with Dementia or Alzheimer's? We are looking for participants for our new *Social Program for individuals with dementia*, starting in February. This respite, social program will provide companionship, active engagement, a snack time among new friends, and allow participants to connect with others facing similar struggles. Participants will work one-on-one with a trained volunteer. This program is free of charge, but registration is required. Please contact Jennifer Menter at the Golden Age Center at (716) 773-9682 for more information.

Sunday Open Swim



Enjoy use of the High School pool for open swim and lap swimming

Supervised by Recreation Department Lifeguards

****Please enter the building through Door #21 in the back of the High School****

Location: High School Pool

Time: 12:00-3:00 p.m.

Days: Sundays

Dates: January 8, 15, 22, 29

February 5, 12, 26

March 5, 12, 19, 26

April 2, 23, 30

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: _____



Travel News



A trip to Quebec City, Ottawa and Montreal is being planned for October 2017. This 6 day, 5 night trip includes motorcoach transportation, some meals, multiple tours, and much more! The price of this trip is \$599 double occupancy, and \$799 single occupancy. For more information, please call Jennifer at (716) 773-9682.

Sunday Game Day & Potluck Lunch

Sunday, February 26

11:00am - 3:00pm

** Transportation will be offered at the cost \$1.00 for members. **

Stop by and craft, play dominoes or card games, socialize, and enjoy an afternoon of fun!

Feel free to bring a delicious, favorite dish to pass to enjoy for lunch. We will start the **Potluck Lunch** at **12pm**. The sign-up sheet for the **Sunday Game Day & Sunday Potluck Lunch** will be right outside the Office; sign up there or call (716) 773-9682 to sign up for this fun afternoon!



Do you enjoy radio shows and talk shows? Listen to Senior Radio every Saturday morning at 9:30am on 930AM WBEN.



Members - Think spring, and help Hospice Buffalo during their 31st Annual Hospice Spring Bouquet Sale! The Town of Grand Island is participating by taking pre-sale orders at the Golden Age Center. The beautiful mixed standard bouquets are available for **\$8**. There is also a special Tribute bouquet available for **\$30**. **All bouquets will be delivered here to the Golden Age Center on Tuesday, March 7.** The order deadline is **Wednesday, February 22** and payment is also due by **Wednesday, February 22**. Call (716) 773-9682 or stop by the Office to place your order. Every bunch truly makes a life better – in 30 years, Hospice Buffalo has sold over 576,000 bouquets and 50,000 Tribute bouquets, raising over \$5.4 million for Hospice! Thank you for supporting Hospice Buffalo.