



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

February 2018

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

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

Mike Madigan

Bev Kinney

Pete Marston

Town Board

Jennifer R. Menter

*Recreation Supervisor—Senior Services
Golden Age Center*



February Birthdays



February 1	Judith Pack	February 17	Lillian Brenner, Anita Deglopper, Aaron Delavalle, Chuck Delavalle & Pat Kostenbauder
February 5	Jeri Benzing	February 18	David Fields
February 9	Elinor Wiant	February 19	Joan Santospirito
February 11	Joan Barone, Joanne Metzger & Jackie Walt	February 20	Carol Alt & Daniel Tattenbaum
February 12	Charles Ackerman	February 23	Linda Gerristead
February 13	Hans Sterzelbach & Phyllis Wesolek	February 26	David Rogers
February 14	Wayne Anstett & Shirley Martin	February 28	Theron (Ron) Bastian

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

MONDAY

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

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

Arthritic Chair Exercises: 12:30pm with **Lorraine** behind the Stage

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

Fun with French: 12:45 pm with **Jen** in the Dino Room in the Activity Center

Bridge: 1:15pm in the Dining Area

TUESDAY

Total Body Workout: 9:30am with **Carole** 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

WEDNESDAY

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

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

Artists' Haven: 10:00am in the Dino Room in the Activity Center

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

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

Fun with French: 12:45 pm with **Jen** in the Dino Room in the Activity Center (**3rd & 4th Wednesdays of the month**)

THURSDAY

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

Bingo: 10:00am with **Erin** in the Arts & Crafts room

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

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

FRIDAY

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

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

Crafting for a Cause: 10:00am with **Jen** in the Dining Area

Trim Time: 10:00am on the Stage

Book Club: 10:00am in the Arts & Crafts room

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

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

Chair Yoga: 12:30pm with **Vanessa** in the Community Building (*Fee for class is \$1*)

Friday, February 2: Super Bowl Day

Place: Dining Room

Time: 11:00am Wear your favorite football team's gear and join us for some Super Bowl snacks! Feel free to bring your favorite Super Bowl snack to share with the members. Join in the fun with us!

Friday, February 2: Game Day with 8th Grade St. Stephen's students

Place: Dining Room

Time: 10:00am

Students from the 8th grade class at St. Stephen's School will be here to play a variety of games, iPad fun, and other fun surprises, with our Golden Age members. The students are looking forward to meeting and getting to know our members, through such fun activities! Please come and support this project and this partnership. Please sign up at the Office to partake in the fun!

Fridays in February: February 2, 9, 16, & 23: Chair Yoga

Time: 12:30pm

Cost: \$1 per person

Place: Community Building

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

Monday, February 5: Members' Coffee

Place: Dining Room

Time: 10:30am

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

Tuesday, February 6: Walmart Trip

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

Place: Meet at the benches at the Entrance.

We are offering a shopping trip to Walmart to those seniors who don't drive off the Island or for those who would rather leave the driving to us, especially with winter now here! This is the perfect opportunity to get your monthly shopping done! Please call us at (716) 773-9682 or stop in to reserve your spot on the bus.

Wednesday, February 7: United Health Care

Time: 9:30am-11:30am

Place: Outside of the Dining Area

John from United Health Care will be at the Center to answer any of your health insurance questions and will be able to provide you information on health care plans. Stop on by and have some peace of mind about the many upcoming health insurance changes in 2018!

Wednesday, February 7: February Birthday Lunch

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

Place: Dining Room

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

Friday, February 8: Blue Cross Blue Shield of WNY

Time: 9:30am-11:30am

Place: Dining Room

Paula Venne from BCBS 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 and have some peace of mind about the many upcoming health insurance changes in 2018!

Thursday, February 8: Card Making with Joy Mesmer

Time: 12:30pm

Place: Stage

Join member Joy Mesmer as she leads us in making beautiful scrapbook cards for Valentine's Day and other holidays coming up! Supplies of stamps, stamp pads, stationary & envelopes, and other items will be provided. Let your creativity come alive!

Friday, February 9: Fabulous Fiber!

Time: 10:00am

Place: Dining Area

Eating a diet high in fiber is a big step toward improving your health - but most Americans don't consume the recommended 25 to 35 grams of fiber each day. Eating enough fiber can help you control blood sugar and cholesterol, as well as your weight. Join us as we discuss how you can add more fiber to your diet and pick up some healthy recipes too. Join Jennifer Johnson from BCBS of WNY for this informative presentation.

Computer Club—Tuesdays at 11am in the Arts & Crafts Room

Calling all Computer Club members and those interested in learning more about computers! Our computers have been updated with new software and printing capabilities. Molly, our Golden Age staff member, will lead this group starting in February. Meet her on Tuesday, February 6 at 11am and share with her what you'd like to learn. She'll plan topics of discussion based on your feedback! Molly looks forward to seeing you!

Monday, February 12: *Travel Club meeting*

Time: **10:30am**

Place: *Dining Area*

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

Tuesday, February 13: *Celebrate Mardi Gras!*

Time: **10:00am—11:30am**

Place: *Dining Area*

We will be celebrating **Mardi Gras**, or **Fat Tuesday** today! We'll be having Mardi Gras fun 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!**

Tuesday, February 13 & Tuesday, February 20: *55 Alive AARP Safe Driving Class*

Time: **12:15pm—4:00pm**

Place: *Arts & Crafts Room*

Come join us for our safe driving class! You must attend BOTH classes to receive the auto insurance discount. The class costs \$20 for AARP members, and \$25 for non-AARP members, with checks written to AARP. Please call (716) 773-9682 to register for this class. Dropping off your check payment will reserve your spot in this class. Sign up today; this class will fill up fast!

Wednesday, February 14: *Blood Pressure Checks*

Time: **10:00am—11:30am**

Place: *Dining Area*

Our friends from Elderwood at Grand Island will be out to provide blood pressure checks for members. Stop on in and see the Elderwood nurses. Put your health first!

Wednesday, February 14: *Sweethearts' Luncheon*

Time: **11:30am**

Place: *Dining Area*

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...bring your friends, companion, anyone that you hold dear in your heart! Today, we **ENCOURAGE ANYONE** wearing the **MOST VISIBLE HEARTS** and ANYONE wearing the **MOST CREATIVE ENSEMBLE** today will win a special **PRIZE!** Entertainment will start this afternoon at **12:45pm**, when we enjoy the sounds and music of **23 Skidoo!** Please join us for this special celebration.

Thursday, February 15: *Executive Board Meeting*

Time: **12:30pm**

Place: *Stage*

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

Monday, February 19: *President's Day;* the Golden Age Center will be **CLOSED.**

Tuesday, February 20: *History & Ecology of the Upper Niagara River Island*

Time: **10:00am**

Place: *Dining Area*

BACK BY POPULAR DEMAND! Join member Paul Leuchner for this fantastic presentation. Learn more about the majestic and unique Niagara River that surrounds our beautiful community.

Tuesday, February 20: *Walmart Trip*

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

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

We are offering a shopping trip to Walmart to those seniors who don't drive off the Island or for those who would rather leave the driving to us, especially with winter now here! This is the perfect opportunity to get your monthly shopping done! Please call us at (716) 773-9682 or stop in to reserve your spot on the bus.



Members - Think spring, and help Hospice Buffalo during their 32nd 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 6.** The order deadline is **Wednesday, February 21** and payment is also due by **Wednesday, February 21**. Call (716) 773-9682 or stop by the Office to place your order. Every bunch truly makes a life better – in 31 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.

Wednesday, February 21: *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, February 21: *Social Program for Individuals with Dementia*

Time: 1:30pm—5:30pm

Place: Community Building

Attention caregivers of people with Alzheimer's disease or a related dementia: A dementia specific respite program runs today and every 2nd Wednesday of the month from 1:30pm until 5:30pm in the **Community Building on the Nike Base**. This is a social group respite that we find benefits people with dementia and their caregiver. This respite is fun-filled with many various activities. Great friendships and fun take place here! Please call Jennifer Menter at (716) 773-9682 for more information on this social program.

Thursday, February 22: *General Meeting & Town Time with Supervisor Nathan McMurray*

Time: 11:15am for the General Meeting; 12:30pm for Town Time with Supervisor McMurray

Place: Dining Room

Join us for our monthly General Meeting, and hear about happenings in the past month, as well as upcoming events and programs at the Golden Age Center! Enjoy a delicious lunch at 12 noon, and stay to hear Supervisor McMurray update members on happenings around our Grand Island community after lunch. Stay informed!

Thursday, February 22: *Color Art fun*

Time: 12:30pm

Place: Dining Area

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. All supplies will be provided.

Friday, February 23: *Fidelis Care*

Time: 9:30am-10:30am

Place: Dining Room

Patrick Murphy from Fidelis will be at the Center to answer any of your health insurance questions and will be able to provide you information on health care plans. Stop on by and have some peace of mind about the many upcoming health insurance changes in 2018!

Saturday, February 24: *Flapjack Fundraiser & Saturday at the Center*

Time: The **Flapjack Fundraiser** will be from 9am –12pm & **Saturday at the Center** will take place from 12pm—3pm.

****Transportation WILL be available to those who need it.****

Join us for our **Flapjack Fundraiser!** For **\$5 per person**, enjoy flapjacks, egg bake, breakfast pastries, sausage, fruit cup, complete with coffee, tea & juice. The community is invited to join us; come one, come all! There will be activities available for children to enjoy, including face painting, coloring, and MORE. Everyone gets the chance to win a great door prize! **Proceeds will support the Golden Age Center.** After the event, stick around and craft, play dominoes or card games, work out on our gym equipment, play pool, and enjoy an afternoon of fun. Sign up or call (716) 773-9682 to sign up for this fun afternoon.

Tuesday, February 27: *Savers & Paula's Donuts shopping trip*

Time: 8:30am

Place: Meet in the front foyer of the Golden Age Center.

Ready to do some bargain shopping? Save 30% off your purchases at Savers today! Join us for this shopping trip. We'll start the day enjoying some breakfast at Paula's Donuts & then enjoy shopping for all your needs at great prices! Call the Golden Age Center at (716) 773-9682 to sign up for this shopping trip. **Remember:** there is a 4 bag limit per shopper! Shoppers will have one hour to shop at Savers. ***NOTE:** Travelers on this trip will have the chance to come back to the Golden Age Center for lunch and other programming. Travelers will return around 11:30am.*

Wednesday, February 28: *Intro to Fitness Equipment*

Time: 9:00am—10:00am

Place: Stage

Activity Description: Come today to learn how to safely use our treadmills, stationary bikes, rowing machine and our free weights. This equipment is available for use by our Golden Age Members, as long as members sign a waiver. Try out our equipment and learn ways to exercise on this equipment, safely and effectively. What a great way to add this into your fitness routine!

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

February 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 Glazed Ham with Scalloped Potatoes	2 Souper Seniors 	3
4	5 Members' Coffee 10:30am Turkey Tetrazzini	6 Meatloaf & Mashed Potatoes	7 Birthday Lunch \$5.00 Lemon Chicken Scallopini	8 BBQ Pulled Pork with homemade Mac & Cheese	9 Souper Seniors 	10
11	12 Travel Club meeting 10:30am Beef Taco Salad	13 Mardi Gras!  Shrimp & Chicken Jambalaya	14  Sweethearts Luncheon \$5 Vegetable Lasagna with the fixings!	15 Executive Board Meeting <i>Chinese New Year:</i> Beef Stir Fry with Spring Roll	16 Souper Seniors 	17
18	19 CLOSED  Presidents' Day	20 Lasagna with Garlic Bread	21 Reuben with Chips & a Pickle	22 General Meeting \$5.00 Beef Bourguignon	23 Souper Seniors 	24 Flapjack Fundraiser 9am-12pm Saturday at the Center 12pm -3pm
25 Rollin' Back the price to circa 2008!	26 \$2 Pasta with Meatballs & Garden Salad	27 Herb Roasted Chicken & Stuffing	28			

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: _____

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 Jen at (716) 773-9682.



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

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

Stephen Birtz Trish Birtz Daniel Fuller Mary McDonnell
Rhona Arsenault Ross Arsenault



Coffee for the Month of February has been graciously donated by **Deb Gaudy** in memory of **Gregory Gaudy**. Thank you to for his generosity this month & continued support of the **Golden Age Center**.



The Golden Age Center will gladly accept the following donations:

- Clean, old plaid shirts
- Bingo prizes for our Social Support Group for individuals with dementia
- Clean, old white sweaters



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. **John Duchnik** is the lucky winner for the month of **December!**



Shoveling Assistance



Is this Buffalo winter getting you down? Are you having difficulty shoveling the snow this year? Are you having trouble keeping your sidewalks clear? If you need assistance, please call **Jen** at **(716) 773-9682** and she'll be happy to get you connected to a volunteer who can assist you. There are volunteers in the community that are willing to help senior citizens keep their sidewalks clear through the snowy season.



Temps in the single digits and wind chill below zero?



On the weekends, if AND when the weather is in the single digits and the wind chills are *below zero*, members will be able to call the **Golden Age Center** for assistance, in the case of an emergency. Call **(716) 773-9682** and a Golden Age staff member will be happy to help you out.



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*
 - ◆ Tops: 6% off on the *1st Tuesday of the month*

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

Golden Age Center piano

Calling all piano players! Has it been ages since you played? Come and practice and play tunes on our piano!

The piano is available for use:

Mon., Wed., & Fri.: 8-10am; 1:30-4pm

Tuesday: 8-10am; 3-4pm

Thursday: 8-10am; 12:30-4pm

Gym equipment

On the *Stage*, the **Golden Age Center** has two treadmills, a stationary bike, a rowing machine, resistance bands, small exercise balls & some light weights for our members to use. Members who use this equipment will sign a waiver & will be shown how to properly use the equipment.

The gym equipment is available for use:

Mon., Wed., & Fri.: 8-10am; 1:30-4pm

Tuesday: 8-10am; 3-4pm

Thursday: 8-10am; 12:30-4pm

2018 AARP TAX PREPARATION SITES

City of Tonawanda Senior Center

33 Main Street, Tonawanda, NY 14150

716-692-7029

Appointments Required – Starting February 1st.

Wednesdays 9:00 am to 12:00 pm.

Thursdays 9:00 am to 12:00 pm.

Carousel Senior Center

100 Oliver Street, North Tonawanda, NY 14120

716-695-8582

Appointments Required

Fridays 9:00 am to 11:30 am. (Closed Good Friday)

North Tonawanda Public Library

505 Meadow Drive, North Tonawanda, NY 14120

716-693-4132, ext. 0

Setting Appointments already, prep begins 2/6/2018 to 4/10/2018

Tuesdays 9:30 to 2:45 pm.

Ensminger Senior Citizens Center

291 Ensminger Road, Tonawanda, NY 1150

716-874-3266

Appointments Required

Tuesdays 9:00 am to 12:00 pm.

Thursday 9:00 am to 12:00 pm.

John Duke Senior Center

1201 Hyde Park Boulevard, Niagara Falls, NY 14301

716-297-9324

Really encourages appointments (walk-ins only if under 55, younger folks cannot set appointments)

Mondays 9:00 am to 2:00 pm.

Tuesdays 9:00 am to 2:00 pm.

Thursdays 9:00 am to 2:00 pm.

Fridays 9:00 am to 2:00 pm.

Kenmore Library

160 Delaware Road, Kenmore, NY 14217

716-873-2842

Starting February 5th through April 11th

Walk in only, sign up off posted sheet after 8:30 am.

Mondays 10:00 am to 3:30 pm.

Wednesdays 10:00 am to 3:30 pm.

Lewiston Public Library

305 S. 8th Street, Lewiston, NY 14092

716-754-4720

Appointments Required.

Tuesdays 11:30 to 2:30 pm.

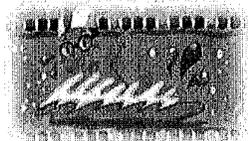
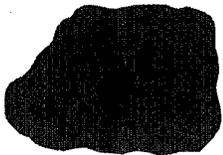
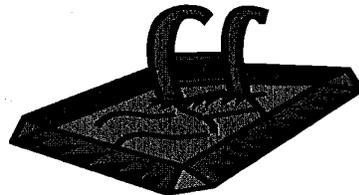
Thursday 11:30 am to 2:30 pm.



Grand Island Recreation Department



Sunday Family Swim 2017-2018



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: December 3, 10, 17
 January 7, 21, 28
 February 4, 11, 25
 March 4, 11, 18, 25
 April 8, 15, 22, 29

Updates and cancellations will be posted online at:
www.ginyrec.com

Recreation Department
3278 Whitehaven Road
Grand Island, NY 14072

The Town of Grand Island
Joseph A. Menter
Recreation Supervisor

Office - (716) 773-9680
Cell - (716) 465-8370
recreation@grand-island.ny.us