



# The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

February 2019

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](mailto:goldenage@grand-island.ny.us)

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

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

**Nathan McMurray**  
*Town Supervisor*

**Jennifer Baney    Bev Kinney**  
**Mike Madigan    Pete Marston**  
*Town Board*

**Jennifer R. Menter**  
*Recreation Supervisor—Senior Citizen*

**Carrie Mesmer**  
*Recreation Leader—Senior Citizen*  
*Golden Age Center*



## February Birthdays



February 1	<b>Alicia Aponte &amp; Judith Pack</b>	February 19	<b>Susanella Jones, Joan Santospirito, &amp; Phyllis Wesolek</b>
February 5	<b>Geraldine (Jeri) Benzing</b>	February 20	<b>Carol Alt &amp; Joseph Salamone</b>
February 8	<b>Diane Garey &amp; Mary Sitarski</b>	February 21	<b>Sal Gullo</b>
February 9	<b>Ellie Wiant</b>	February 22	<b>Cindy Kovacs</b>
February 11	<b>Joan Barone &amp; Joanne Metzger</b>	February 23	<b>Linda Gerristead</b>
February 12	<b>Charles Ackerman</b>	February 24	<b>Jan Yardley</b>
February 13	<b>Hans Sterzelbach</b>	February 25	<b>Mary Williams</b>
February 14	<b>Wayne Anstett &amp; Shirley Martin</b>	February 26	<b>David Rogers</b>
February 17	<b>Chuck Delavalle, Aaron Delavalle, &amp; Judith A. Redfearn</b>	February 28	<b>Barry Conway</b>
February 18	<b>Barbara Wudyka</b>	  	<b>Happy Birthday, Members!</b>

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

### MONDAY

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

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

Arthritic Chair Exercises: 12:30pm with **Lorraine**

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

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

Bridge: 1:15pm in the Dining Area

### TUESDAY

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

Trim Time: 10:00am on the Stage

Technology Club : 10:45am with **Michele** in the Arts & Crafts Room

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

Bingo : 12:30pm with **Carrie** in the Arts & Crafts Room

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

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

Bowling: 1:00pm at Mallwitz Lanes

### WEDNESDAY

Sewing/Craft Class: 10:00am in the Arts & Crafts Room

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

**NO CHORUS FOR THE MONTH OF FEBRUARY**

Coups for Troops: 10:45am in the Dining Area

Mahjongg: 12:15pm in the Pool Room

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

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

### THURSDAY

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

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

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

Crafting for a Cause: 12:30pm with **Carrie** in the Dining Area (**1st , 2nd & 3rd Thursdays of the month**)

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

### FRIDAY

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

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

Trim Time: 10:00am on the Stage

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

Arthritic Chair Exercises: 12:30pm with **Lorraine**

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

**Friday, February 1: Super Bowl Celebration**

Time: **11:00am**

Place: **Dining Area**

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!

**Monday, February 4: Members' Coffee**

Time: **10:30am**

Place: **Dining Area**

Please join Carrie for coffee and a pastry as she discusses happenings at the Golden Age Center. Questions and suggestions and feedback are warmly welcomed. Come and join in the conversation. She hopes to see you there!

**Monday, February 4: America Homecare Ice Cream Social**

Time: **12:30 pm**

Place: **Dining Area**

A representative from American Homecare will be in to serve ice cream as well as discuss the CDPAP program available to seniors. Come join us for a fun ice cream social as well as learn about the program available to you that can provide homecare services such as housekeeping, personal care, and overall assistance.

**Tuesday, February 5: Walmart Trip**

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

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

We are offering a shopping trip to Walmart to those seniors who don't drive off the Island or for those who would rather leave the driving to us. This is the perfect opportunity to get your monthly shopping done!

**Reminder: you are limited to 4 shopping bags that YOU can lift.** Please call us at (716) 773-9682 or stop in to reserve your spot on the bus. Suggested donation: **\$3.00**

**Tuesday, February 5 & Tuesday, February 12: 55 Alive AARP Safe Driving Class**

Time: **12:15—4:00 pm**

Place: **Arts & Crafts Room**

Be safer on the road, and receive an auto insurance discount by taking this course. You **MUST** attend both classes in order to receive the auto insurance discount. A check made payable to AARP will hold your spot in the class. COST: **\$20.00 for AARP members; \$25.00 for non-AARP members.**

**Tuesday, February 5: Bingo to be held at 10:00 am in the Arts & Crafts Room \*\*\*\*\*NOTE TIME CHANGE \*\*\*\*\***

**Tuesday, February 5: Chinese New Year Party**

Time: **12:30 pm**

Place: **Dining Area**

Join us for a celebration of the Year of the Pig! The pig is a representation of diligence, kindness, and generosity.

**Wednesday, February 6: February Birthday Lunch**

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

Place: **Dining Area**

Let's get together for lunch and celebrate the seniors who are celebrating a birthday this month! A delicious, hearty feast will be served for lunch, complete with ice cream & birthday cake, graciously donated by Elderwood at Grand Island. Join us for some great entertainment from **Don Petrino**, starting at 12:45pm, to wrap up our Birthday Party. Mark your calendars and join in the fun!

**Friday, February 8: Heart-Healthy Living—The Beat Goes On**

Time: **10:00am**

Place: **Dining Area**

Coronary Artery Disease (CAD) is the most common form of heart disease and the leading cause of death in the U.S. for both men and women. Your best defense against CAD and other cardiovascular problems, including stroke, is within your control. Find out what you can do to reduce your risk for heart disease. You'll learn:

- What causes heart disease
- Your controllable and uncontrollable risks for CAD
- Lifestyle choices for a healthy heart

Join BCBS of WNY's team for this informative presentation.

**Friday, February 8: Friday Afternoon Movie "The Babe"**

Time: **12:15 pm**

Place: **Stage**

Join us as we reminisce about the legendary baseball player, Babe Ruth, born on February 6, 1895 and watch a movie about his illustrious career.

**Monday, February 11: Fidelis Care**

**Time: 9:30 am—10:30 am**

**Place: Dining Area**

Patrick Murphy from Fidelis will be at the Center to answer any of your health insurance questions and will be able to provide you information on health care plans offered in 2019.

**Monday, February 11: Travel Club meeting** **Place: Dining Area**

**Time: 10:30am**

Please join Carrie for this meeting as she discusses past day trips, upcoming plans for day trips starting again in the Spring, and extended trips in 2019 at the Golden Age Center. Questions and suggestions are warmly welcomed. She hopes to see you there! Come travel with us this year! **REMEMBER for our FUTURE Day Trips & Travel Opportunities: Payment holds your spot on our trips! Spots are available on a first come, first served basis to paying customers! \*\*\*DON'T FORGET...there will be NO opportunities for travel between December 17, 2018 – March 31, 2019.\*\*\***

**Tuesday, February 12: Blue Cross Blue Shield of WNY**

**Time: 9:30am-11:30am**

**Place: Outside 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 gain some peace of mind about the many health insurance changes in 2019!

**Wednesday, February 13: United Health Care**

**Time: 10:00am—11:30am**

**Place: Outside 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 2019!

**Wednesday, February 13: 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 to 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 13: Social Program for Individuals with Dementia**

**Time: 1:30pm—4:30pm**

**Place: Community Building**

**Attention caregivers of people with Alzheimer's disease or a related dementia:** A dementia specific respite program runs today and every 2<sup>nd</sup> Wednesday of the month from **1:30pm until 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 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 14: Sweethearts' Luncheon**

**Time: 10:30am for entertainment; 11:45am for the Luncheon**

**Place: Dining Area**

**Entertainment** from **Mari McNeil** will start our festivities at **10:30am**. 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!** Please join us for this special celebration.

**Monday, February 18: The Golden Age Center is CLOSED for the Presidents' Day holiday.**

**Tuesday, February 19: Walmart Trip**

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

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

We are offering a shopping trip to Walmart to those seniors who don't drive off the Island or for those who would rather leave the driving to us! This is the perfect opportunity to get your monthly shopping done.

**Reminder: you are limited to 4 shopping bags that YOU can lift.** Please call us at (716) 773-9682 or stop in to reserve your spot on the bus. **Suggested donation: \$3.00**

**Tuesday, February 19: American Presidential Trivia**      Time: 10:00 am      Place: Dining Area  
Join Carrie for some Trivia fun with all things Presidential! Test your knowledge of our American Presidents and related trivia.

**Wednesday, February 20: Dinner & a Craft**

Time: 5:30pm for dinner; 6:30-8:00pm for the craft      Place: Dining Area      Cost: \$20  
Please join us as we work with guest business **Momma De's Mixing Bowl** in decorating sugar cookies. Bring a friend or two; each participant will be able to take home their own dozen decorated cut outs. We will first enjoy dinner together, which will be from a local restaurant. Participation is LIMITED in this program, so be sure to sign up and pay early, as payment holds your spot in the program.

**Thursday, February 21: 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 she'll be discussing upcoming plans.

**Friday, February 22: Grand Island Memorial Library Mobile Bookmobile**

Time: 10:30am—12 Noon      Place: Dining Area  
Library Director Bridgette and the Grand Island Memorial Library staff will 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!

**Friday, February 22: A Chocolate Affair**

Time: 12:30 pm      Place: Dining Area  
Hershey's Chocolate was founded on February 9, 1894 in Pennsylvania. Come and sample chocolate in various forms. You just might try something out of the ordinary!

**Monday, February 25: Understanding Alzheimer's Disease & Dementias**

Time: 1:00pm      Place: Dining Area  
Join our friends from the Alzheimer's Association of WNY for this informative presentation. Learn how to decode behavioral messages, identify common behavior triggers, and strategize to overcome these challenges.

**Tuesday, February 26: BINGO Bonanza**

Time: 12:30pm      Place: Dining Area  
Come join us for some fun, special BINGO Bonanza games! Join us for a chance to win GREAT PRIZES and PRIZE MONEY (from \$1—\$5 winnings). COST: \$1.00 to play; players can play up to 4 Bingo boards for this price. Each additional BINGO board (over 4 boards) can be purchased for an additional \$1.00. Come one, come all!

**Wednesday, February 27: Potato Extravaganza!**

Place: Dining Area      Time: 12:30 pm  
Join Carrie in wacky and fun activities to celebrate **National Potato Lovers Month!** Contests, fun, and even some potato prizes! Don't be a "salty spud" ....butter up and have some fun!

**Thursday, February 28: 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 Area

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.

\*\*\*\*\*  
**ATTENTION! FYI! Calling all crafty souls! Join us for Crafting for a Cause with Carrie on the 1st, 2nd & 3rd Thursdays at 12:30pm. The 3rd Thursday of Crafting for a Cause will be dedicated to planning/ornament making for the Festival of Trees 2019. The other Thursdays will continue to be dedicated to MOW monthly gifts and items for other local charities/agencies. Pitch in and give back to those in need in our community!**  
\*\*\*\*\*

**SUNDAY FAMILY SWIM**

**12:00—3:00 PM IN THE HIGH SCHOOL POOL**

**FEBRUARY 2019 DATES: 3, 10, 24**

**UPDATES AND CANCELLATIONS WILL BE POSTED ONLINE AT :[www.ginyrec.com](http://www.ginyrec.com)**

***Just a reminder...***

**On snowy mornings, the Nike Base sidewalks and parking lot will be plowed & 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



**Coffee for the Month of Jen & Joe Menter, in honor group, in honor of all Gold-**



**Mahjongg Group, for their generosity this month & continued support of the Golden Age Center.**

**February** has been graciously donated by **of all Golden Age members, and the Mahjongg en Age members. Thank you to Jen, Joe & the**



## 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 2019

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

					1 <b>Super Bowl Cookout</b>	2 <b>GROUND HOG DAY</b> 
3 	4 <b>Members' Coffee meeting 10:30am</b> Chicken with Basil Cream Sauce over Pasta	5 <u>Chinese New Year:</u> Stir Fry with Spring Roll	6 <b>Birthday Lunch \$5</b> Chicken Cacciatore	7 Glazed Ham with Scalloped Potatoes	8 Pizza, Wings & Garden Salad	9
10	11 <b>Travel Club meeting 10:30am</b> Taco Salad	12 <b>\$6</b> Reuben	13 Chef's Choice	14 <b>Sweet-hearts' Luncheon \$5</b> Marinated flank steak & French onion soup	15 <b>Souper Seniors</b> 	16
17	18 <b>CLOSED</b> 	19 Beef with Mushroom Casserole	20 Spaghetti and meatballs	21 <b>Executive Board Meeting \$5</b> Turkey with all the fixings	22 <b>Souper Seniors</b> 	23
24	25 Fried Bologna With Chips	26 <b>HOBO Pack</b>	27 Homemade Chicken Fingers with roasted potatoes	28 <b>General Meeting \$5</b> Southwest Taco Pie		

**COMING SOON!**



Please call the Golden Age Center at (716) 773-9682 to reserve your spot! This service will be offered on Wednesdays from 2/6/19- 4/10/19.

Technology Club (former Computer Club)

Come and work with member Michele Drabik who is now over-seeing Technology Club on Tuesdays from 10:45am-11:45am in the Arts & Crafts Room!

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. Jo-Ann Greico is the lucky winner for the month of December!



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



Calling all *Chess, Bridge, and Mahjongg* players! Golden Age Members Brooks, Bertha & Michele are interested in getting together more *Chess & Bridge & Mahjongg* games. If you are interested in getting together to play either game, please call Jen at (716) 773-9682. She and the staff would be happy to introduce interested members and to help organize such games.

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

John Senall    Barbara and Stephen Stouter    Gary Garrison  
Patricia Steffans    Christine Ryan    Mary and Tom Iak  
Jim Walf

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

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

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

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

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

***Thank you!***

**Go Green!** Fill out this form and return it to the Office to receive your monthly copy of the **Golden Voice** newsletter via e-mail!

Name: \_\_\_\_\_ E-mail Address: \_\_\_\_\_





# Grand Island Recreation Department



## Sunday Family Swim 2018-2019



Open swim and lap swim for children and adults;  
Supervised by Recreation Department Lifeguards

**Please note the following regulations for all participants:**

- Enter the school through door #21
- Enter the pool through the shallow end side and sign in with lifeguard at the door
- Swimmers only on deck – all others must sit in the upstairs bleacher area
- Diving board and starting blocks are not available for use
- One to two lap lanes will be put in as needed
- Only toys / equipment provided by the Recreation Department at the pool is allowed
- All participants must have a completed Recreation Department Medical Form which includes emergency contact information. *Note: Anyone under the age of 18 must have a parent / guardian signature*

**Please note the following regulations for all minors:**

- Any child under the age of 18 who wishes to be alone in the pool (*see guidelines below*) must take a swim test on their first visit to the pool
- Children under age 14 must be accompanied by an adult age 18 or over
- Children ages 14-17 must be able to swim 1 length of the pool without assistance or stopping to be left unaccompanied.
- Children who are still potty training must wear a swim diaper.

***\*Please note, rules and regulations may change without prior notice to ensure safety of all participants***

Dates: (Sundays)

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

Location: High School Pool

Updates and cancellations will be posted online at: [www.ginyrec.com](http://www.ginyrec.com)

November	December	January	February	March	April
18	2	6	3	3	7
25	9	13	10	10	14
	16	27	24	17	28
				24	

