



# The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

**February 2020**

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

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

Business Hours: 8am–4pm, Mondays, Tuesdays,  
Thursdays & Fridays

8am– 8pm Wednesdays

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

**John Whitney**  
*Town Supervisor*

**Jennifer Baney**      **Tom Digati**  
**Mike Madigan**      **Pete Marston**  
*Town Board*

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

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

## February Member Birthdays

February 1	<b>Judith Pack</b>	February 18	<b>Barbara Wudyka</b>
February 2	<b>Surjit Kaur</b>	February 19	<b>Phyllis Wesolek</b>
February 4	<b>Pete Marston</b>	February 20	<b>Carol Alt</b>
February 5	<b>Geraldine (Jeri) Benzing</b>	February 21	<b>Eugene Corey &amp; Sal Gullo</b>
February 8	<b>Mary Sitarski</b>	February 23	<b>Linda Gerristead</b>
February 9	<b>Elinor Wiant</b>	February 24	<b>Jan Yardley</b>
February 11	<b>Joanne Metzger</b>	February 25	<b>Mary Williams</b>
February 13	<b>Hans Sterzelbach</b>	February 26	<b>Dave Rogers</b>
February 14	<b>Wayne Anstett &amp; Shirley Martin</b>	February 28	<b>Barry Conway</b>
February 17	<b>Chuck Delavalle &amp; Swaran Dhaliwal</b>		<b>Happy Birthday, members!</b>

# ***Weekly Consistent Activities at the Golden Age Center***

## **MONDAY**

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

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

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

**Bridge**: 1:15pm in the Dining Area

## **TUESDAY**

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

Technology Club: 10:45am with **Michele** in the Arts & Crafts Room **\*1-ON-1 Instruction BY APPOINTMENT\***

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

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

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

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

## **WEDNESDAY**

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

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

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

Fun with French: 12:45pm with **Jen** in the Dino Room in the Activity Center (**3rd, 4th, & 5th Wednesdays of the month**)

## **THURSDAY**

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

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

Mahjongg: 12:15pm in the Pool Room (Lounge)

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

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

## **FRIDAY**

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

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

Coups for Troops: 9:30am in the Dining Area

Trim Time: 10:00am on the Stage

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

Arthritic Chair Exercises: 12:30pm with **Lorraine** in the Arts & Crafts Room OR behind the Stage

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

**\*\*NEW: Chair Yoga**: 1:15pm with **Vanessa from Soma Cura** on the Stage\*\*

**Monday, February 3: Members' Coffee**

Time: 10:30am

Place: Dining Area

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

**Monday, February 3: Decorating the Center**

Time: 12:45pm

Place: Dining Area

Let's have some fun taking down the winter decorations and putting up February/Valentine's Day decorations. Many hands make light work!

**Tuesday, February 4: Walmart Trip**

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

Place: Meet at the benches at the Entrance.

We are offering a shopping trip to Walmart to those seniors who don't drive off the Island or for those who would rather leave the driving to us! This is the perfect opportunity to get your bi-weekly shopping done. **Reminder: you are limited to 4 shopping bags that YOU can lift.** Please call us at (716) 773-9682 or stop in to reserve your spot on our Golden Age Van.

Suggested donation: \$3.00

**Tuesday, February 4: Crafting for a Cause**

Time: 10:30am

Place: Dining Area

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

**Wednesday, February 5: French February Birthday Lunch**

Time: 12:00 NOON for the Birthday Lunch; 12:45pm for the entertainment

Place: Dining Area

*Joyeux anniversaire!* Let's get together for lunch and celebrate the seniors who are celebrating a birthday this month! Of course, the party would not be complete without ice cream & birthday cake, graciously donated by Elderwood at Grand Island. Join us for some great entertainment by Tom Hastings and Diana Sampson starting at 12:45pm, to wrap up our Birthday Party. Mark your calendars and join in the fun!

**Thursdays in February: February 6, 20, & 27: Sewing Club Meeting**

Time: 12:30pm

Place: Arts & Crafts Room

We will begin the work on our table runner projects! See Carrie for a material lists prior to the class. You do NOT need to be an accomplished sewer to be a part of our group.

**Friday, February 7, 14, 21, & 28: Chair Yoga**

Time: 12:30pm

Place: Stage

This yoga class is designed specifically for older adults looking to gain flexibility, strength and clarity of mind, all without needing to leave your chair or practice on the floor. Anyone who uses a walker or cane are welcome too. We will practice stretching and strengthening poses all with the use of the chair. We will also practice meditation to help find ease in the body, mind and soul. Join Vanessa from Soma Cura for this great class.

**Monday, February 10: Great Gorge Trolley**

Time: 10:00am

Place: Dining Area

Hope on a train and ride through the history on the Great Gorge Trolley. Look at the photos and learn about the rail system that traversed from Niagara Falls to Canada through the Niagara Gorge. Join us for this great presentation, put on by Carol Rogers from NYS Parks, Recreation and Historic Preservation. Please call (716) 773-9682 to reserve your spot in this free presentation.

**Monday, February 10: Oscars in Review**

Time: 12:45pm

Place: Dining Area

Let's review who won what and the fashions from last night's 92<sup>nd</sup> Academy Awards. We can grab a cup of coffee or some "champagne" as we review videos and photos from the Academy Awards.

**Tuesday, February 11: BCBS of WNY**

Time: 10:00am – 12:00pm

Place: Dining Area

Paula Venne from BlueCross BlueShield of WNY will be at the Center to answer any of your health insurance questions and will be able to provide you information on their health care plan. Stop on by and have some peace of mind about the many health insurance changes in 2020.

**Tuesday, February 11 & Tuesday, February 18: AARP Safe Driving Class**

Time: 12:15-4:00pm

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 or money order, made payable to AARP, will hold your spot in the class. This class is taught by fantastic instructor Wayne West. COST: \$20.00 for AARP members; \$25.00 for non-AARP members

**Wednesday, February 12: United Health Care**

Time: 10:00am – 11:30am

Place: Outside the Dining Area

John Koller 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 from United Health Care & Aetna. Stop on by and have some peace of mind about the many health insurance changes in 2020.

**Wednesday, February 12:** *Social Group Respite Program* Time: **1:30pm—4:30pm** Place: *Community Center*

**Attention caregivers of people with Alzheimer's disease or a related dementia:** A dementia-specific respite program runs today and every 2<sup>nd</sup> 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. Great friendships and fun take place here! Please call Jennifer Menter at (716) 773-9682 for more information on this social program.

**Wednesday, February 12:** *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.

**Thursday, February 13:** *Valentine's & Sweethearts' Day of FUN!*

*Valentine Hugs!*

Time: **9:15am**

Place: *Around the GAC*

You must pick up your red heart and pen at the reception desk when you come in today. You have until 12:00 pm to get as many signatures on your heart as you can, BUT you MUST HUG the person before you get the signature! No cheating! Let's share our friendship and enjoy this interaction in honor of the upcoming Valentine's Day.

*Valentine's Bingo*

Time: **9:45am**

Place: *Dining Area Front*

Join Carrie for this special bingo with fun prizes. \$.25 a board – what a bargain! Players can play up to 4 Bingo boards.

*Entertainment from Mari McNeil*

Time: **11:00am**

Place: *Dining Area*

Enjoy some light breakfast, coffee, tea, treats and great entertainment with friends and your sweetheart with entertainer Mari McNeil to celebrate this special day!

*Sweethearts' Luncheon*

Time: **12:00pm**

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!** Please join us for this special celebration.

**Friday, February 14:** *BPO Coffee Concert*

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

Place: Please meet in the *Dining Area*.

BPO Coffee Concert goes...enjoy today's concert of **Nobody Does It Better – The Music of Marvin Hamlisch**. Some of Marvin's favorite singers join the BPO to celebrate the genius of one of America's most beloved songwriters.

**Friday, February 14:** *Well-Being—The Many Ways to Look at Health* Time: **10:00am** Place: *Dining Area*

Join Jennifer Johnson with BlueCross BlueShield of WNY as she educates us on the importance of this mindset. This seminar takes a holistic view of our health that includes multiple dimensions: physical, emotional, social, financial and the environment. You'll learn: \*The five dimensions of well-being and how they are connected \*How your well-being impacts you, your family and your work and community \*Strategies to making well-being a part of your life. Come join us for this informative presentation.

**Monday, February 17:** The Golden Age Center is **CLOSED** for the President's Day holiday.

**Tuesday, February 18:** *Crafting for a Cause*

Time: **10:30am**

Place: *Dining Area*

Please join Carrie while we work on a project for the Matt Urban Hope Center making t-shirt bags for their food pantry program.

**Wednesday, February 19:** *Invasive Species*

Time: **1:00pm**

Place: *Dining Area*

A perfect time to learn and play! Watch a power point and listen to a presentation on those pesky invasive species before playing a game of Jeopardy! Join us for this great presentation, put on by Kelly Sieman from NYS Parks, Recreation and Historic Preservation. Please call (716) 773-9682 to reserve your spot in this free presentation.

**Thursday, February 20:** *Executive Board Meeting*

Time: **12:30pm**

Place: *Stage*

**ATTENTION: Calling ALL members of the Golden Age Club Executive Board!** The Golden Age Club President Anna Vaccaro requests the presence of all officers and chairpersons for the monthly meeting following lunch. She looks forward to seeing you there, as we'll be discussing January events, upcoming February events, as well as other important topics. Mark your calendars!

**Friday, February 21:** *Dog Biscuit Making*

Time: **12:30pm**

Place: *Dining Area*

This weekend brings us the International Dog Biscuit Appreciation Day so in recognition of that we will have some fun making dog biscuits! We will sell these to raise funds for the Grand Island dog park.

**Monday, February 24:** *Mocktail Hour*

Time: **12:45pm**

Place: *Dining Area*

Exactly what is a Happy Hour you ask? It's whatever you want it to be! Join your mixologist, Carrie, this afternoon for some refreshing and fun non-alcoholic drinks. We can hang out at the "GAC Refreshment Bar" and get caught up on the latest and have fun!

**Tuesday, February 25:** *Mardi Gras Celebration*

Time: **11:00am**

Place: *Dining Area*

**Tuesday, February 25: *Bingo Bonanza!***

Time: **12:45pm**

Place: *Dining Area*

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

**Tuesday, February 25: *Choose Healthy WNY: Healthy Living Self-Management Workshop – 6 week program***

Time: **1:00 – 3:30pm**

Place: **Arts & Crafts Room**

Cost: **Free**

A 6-week community workshop series for adults who are ready to make the choice to improve their health today! Put life back in your life! \* Lose weight, manage pain, eat healthier, reduce stress \* tips to maintain a full and active lifestyle \* learn new skills which enable you to overcome challenges regardless of your current condition \* caregivers welcome! Workshops are interactive and fun! FREE resource book and Relaxation CD are given to each participant. Call 858-8526 to register OR sign up in the Golden Age Center office.

**Wednesday, February 26: *Silent Auction***

Time: **8:00 am – 12:30pm for silent bids; 12:45pm to announce winners**

Place: *Dining Area*

Start putting your bids on the items available for auction at 8:00am, all to support the Golden Age Club. At 12:45pm, we will announce all the winners. Come and join the fun! Maybe win an auction item or two! Come and bid on some incredible treasures!

**Wednesday, February 26: *“Chocolat”***

Time: **1:15pm**

Place: *Stage*

Join in the added fun of viewing this beautiful film up on the Stage. This dramatic romance film features both Johnny Depp and Juliette Binoche.

**Thursday, February 27: *General Meeting & Town Time***

Time: **11:15am for the General Meeting; 12:30pm for Town Time**

Place: *Dining Area*

Join us for our monthly General Meeting with the Golden Age Club and the Golden Age members, 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 the updates on happenings around our Grand Island community after lunch with Town Time with our Town Supervisor and Town Liaison. Stay informed!

**Friday, February 28: *Grand Island Memorial Library Mobile Bookmobile***

Time: **10:30am—12 Noon**

Place: *Dining Area*

Join Bridgette and the Grand Island Memorial Library staff as they bring their mobile Bookmobile here to the Golden Age Center! Register to get a new library card, learn more about the programs and services the local library provides, AND be able to check out NEW titles of library books. Check out all that our local library has to offer our community!

**Friday, February 28: *Spa Day***

Time: **10:00am**

Place: *Dining Area*

Join Carrie, Liz and Erin as they treat you to a relaxing manicure with some special touches.

**Friday, February 28: *Bulletin Board Decorating***

Time: **12:30pm**

Place: *Dining Area*

Willing to lend a hand to Carrie to changeover the bulletin boards? Join us after lunch to take out the old and bring in the new!

**AARP Tax Preparation—February—April**

**2020** The **Golden Age Center** is happy to provide the AARP Tax Aide Service again this year! Please call (716) 773-9682 and leave your name and phone number if you'd like to have your taxes prepared. A volunteer representative will return your call 24-48 hours to set up an appointment on a Wednesday from February 5– April 8 and will make sure your tax return is something they can handle as well as the proper documentation required.



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

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

## Golden Age Center Lunch Calendar

**Lunch is \$4.00. ON SPECIAL EVENT DAYS, lunch will be \$5.00 or more, and will be noted in the lunch calendar.**

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





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

**Lunch includes:** A cup of homemade soup, vegetable or fruit, an entrée with a meat, potato or other starch, dessert, with a choice of hot tea, iced tea OR coffee

**Our Souper Seniors Lunch Includes:** Unlimited soup & sandwiches, beverage & a dessert

# February 2020

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

						1
2	<b>3 Members' Coffee</b>  <b>10:30am</b> Brunch for Lunch <i>(Please call for menu!)</i>	<b>4 Beans &amp; Franks</b>	<b>5 Birthday Lunch \$5</b> Chicken Fricassee	<b>6 Hearty Chili &amp; Cornbread</b>	<b>7 Souper Seniors</b> 	8
9	<b>10 Ham &amp; Potato Casserole</b>	<b>11 Hunter's Pie</b>	<b>12 Pork Swedish Meatballs &amp; Pasta</b>	<b>13 Sweet-hearts' 12PM Luncheon \$5</b> Chicken Cordon Bleu with Duchess Potatoes	<b>14 Souper Seniors</b> 	15
16	<b>17 CLOSED</b>  <b>Presidents' Day</b>	<b>18 Turkey Reuben with Chips &amp; a Pickle</b>	<b>19 Chicken Stir Fry</b>	<b>20 Executive Board Meeting</b> Meatloaf & Mashed Potatoes	<b>21 Souper Seniors</b> 	22
23	<b>24 Spaghetti &amp; Homemade Meatballs</b>	<b>25 Mardi Gras</b> Barry's Gumbolaya	<b>26 Ash Wednesday</b> Homemade Mac & Cheese	<b>27 General Meeting \$5</b> Turkey & all the fixings	<b>28 Souper Seniors</b> 	29



## Just a reminder...

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



## Closings due to winter weather



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

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

### CONGRATULATIONS to January Birthday Lunch Split Club Raffle Ticket winners:

Nancy Tobe, Bob Vaccaro, Connie O'Brien, Jane Consier, Rick Berti, Sue Phillips, & Joy Mesmer

### CONGRATULATIONS to December General Meeting Split Club Raffle Ticket winners:

Phyllis Martin, Rick Berti, Dave Rogers, Lorraine Mangin, Jim Walf, Anne Hipp, Kathy Lechner, Anna & Bob Vaccaro, Hank Meyer & Jack Mahnk



We hope that you all enjoyed the **60th Anniversary of the Golden Age Club and the Golden Age Center!**

### **SAVE THE DATE!**

**Our 65th Anniversary of the Golden Age Club and the Golden Age Center will be on Monday, December 16, 2024!**

**A warm welcome to all our new members of the Golden Age Center:**  
 Jon VanHagen      Connie O'Brien      Lawrence Schupp  
 Dorothy Hahn      Sandra J. Sherman  
 Thomas C. Luescher



Coffee for the Month of February has been graciously donated by the Tom Natale, *in memory of Helen & Michael Natale*. Thank you for Tom's thoughtful generosity and support of the Golden Age Center.



### Gym equipment & piano

On the *Stage*, the *Golden Age Center* has a stationary bike, a rowing machine, resistance bands, small exercise balls & some light weights for our members to use, as well as a piano to play! Members who use this equipment will sign a waiver & will be shown how to properly use the equipment. The gym equipment and piano are available for use:

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

Tuesday: 8-9am; 3-4pm

Wed.: 8-10am; 1:30-4pm

(EXCEPT the 2nd Wednesday of the month from 1:30-2:45pm)

Thursday: 8-9am; 12:30-4pm



### Monthly Birthday Drawing:



Each month, we will have a drawing for **two lunch tickets** at the *Golden Age Center*. If your birthday falls during the current month, each day you participate in the lunch program, you may fill out a slip and put it in the Birthday Drawing. The winner will be drawn the last day of the month. **Ann Dlugokinski** is the lucky winner for the month of **December!**



## Senior Discounts to enjoy around the community



*Take advantage of these great discounts around the community:*

- ◆ Walgreens: 15% off on the *1st Tuesday of the month*; 25% off *Walgreens brand items*
  - ◆ Savers: 30% off on *Tuesdays*
- ◆ Rite Aid: 20% off *ALMOST EVERYTHING* the *1st Wednesday of the month*
  - ◆ Tops: 6% off on the *1st Tuesday of the month*
  - ◆ Olympic Restaurant: *Senior Dinner Discounts EVERY NIGHT!*
  - ◆ Tim Hortons: 10% off *your order ANYTIME!*
- ◆ Fucillo Toyota: 10% discount *on non-discounted services, such as oil change*
  - ◆ Denny's: 15% off
  - ◆ Ted's: Veterans get a 10% discount

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

## **Members we lost in December 2019:**

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

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

*Alice Blain*

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## ***Neighbors Foundation of Grand Island***



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

**773-1452 or 773-4684**

**Members - Think spring, and help Hospice Buffalo during their 34th 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 **\$10**. There is also a special Tribute bouquet available for **\$30**. All bouquets will be delivered here to the Golden Age Center on **Tuesday, March 3**. The order deadline is **Tuesday, February 18** and payment is also due by **Tuesday, February 18**. Call (716) 773-9682 or stop by the Office to place your order. Every bunch truly makes a life better! The Bouquet Sale has raised over \$6.4 billion in 34 years. Thank you for supporting Hospice Buffalo.





## **February 2020 Wednesday Night Programming**

### **Wednesday, February 5: Golden Age Center Open House**

**Time: 5:00pm – 7:30pm**

Come and see what the GAC offers as we kick off the Center being opened on Wednesday evenings! Each week, we will have planned activities or open activities for everyone to join in on. Look for the information pertaining for each week in your newsletter. Come and use the Center to play pool, play games, do crafts and use our sewing machine, exercise on our Stage on our rowing machine, stationary bike and with our gentle exercise equipment, play piano, and MORE! Your choice, the Center will be OPEN and you may use the Pool Lounge, Stage, and Arts & Crafts Room. Stop in for a tour and see all the NEW offerings we have to offer the Grand Island community! Those that come to the Open House have the chance to win a great Door Prize! Light refreshments and light treats will be served.

### **Wednesday, February 5: Understanding Alzheimer's Disease & Dementias with the Alzheimer's Association**

**Time: 6:00pm**

**Place: Dining Area Front**

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking, and behavior. Join us to learn about the impact of Alzheimer's Disease, the difference between Alzheimer's and dementia. Alzheimer's disease stages and risk factors, current research and treatments and resources. Please register for this program by calling 1 (800) 272-3900 or (716) 773-9682.

### **Wednesday, February 12: Open Night at the Golden Age Center**

**Time: 4:00pm – 7:30pm**

Come and use the Center to play pool, play games, do crafts and use our sewing machine, exercise on the Stage on our rowing machine, stationary bike, gentle exercise equipment, play piano, and MORE! Your choice, the Center will be OPEN and you may use the Pool Lounge, Stage, and Arts & Crafts Room.

### **Wednesday, February 12: Potluck & Games**

**Time: 5:00pm – 7:30pm**

**Place: Dining Area**

Join us this evening for a delicious potluck, an evening with friends, and great conversation, beginning at 5:00pm and after dinner, your choice of games! You can bring your own games or use one available from our Entertainment Center OR start a game of Pool from our Pool Room Lounge. Please register and let us know what you will be bringing by stopping at the Office or by calling (716) 773-9682. Join in the fun!

### **Wednesday, February 12: Alternative Yoga**

**Time: 6:00pm – 7:00pm**

**Place: Stage**

Alternative Yoga offers gentle breathing and fluid movements to encourage circulation and body awareness. Balancing postures will promote strength, courage and a deep sense of calm. Stay grounded and learn to soar! A chair and sometimes blocks are the main props used in this class, but they are not necessary. Join Vanessa from Soma Cura for this FREE program; register by calling (716) 773-9682.

### **Wednesday, February 19: Open Night at the GAC!**

**Time: 4:00pm – 7:30pm**

Come and use the Center to play pool, play games, do crafts and use our sewing machines, exercise on the Stage on our rowing machine, stationary bike, gentle exercise equipment, play piano, and MORE! Your choice, the Center will be OPEN and you may use the Pool Lounge, Stage, and Arts & Crafts Room. *(Please note, some areas of the GAC may be being used by other programs but any areas not are available.)*

### **Wednesday, February 19: Pizza Party & Movie Event**

**Time: 5:00 pm dinner; 5:30pm – 7:30pm movie event**

**Place: Dining Area**

Come for the pizza party, then join us for the movie, "Won't You Be My Neighbor", the documentary about Mr. Fred Rogers.

**Cost: \$6 per person for dinner. \*\*You must register for this event by stopping at the office or by calling (716) 773-9682.\*\***

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**Time: 6:00pm – 7:00pm**

**Place: Stage**

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**Time: 4:00pm – 7:30pm**

Come and use the Center to play pool, play games, do crafts and use our sewing machines, exercise on the Stage on our rowing machine, stationary bike, gentle exercise equipment, play piano, and MORE! Your choice, the Center will be OPEN and you may use the Pool Lounge, Stage, and Arts & Crafts Room. *(Please note, some areas of the GAC may be being used by other programs but any areas not are available.)*

### **Wednesday, February 26: Potluck and Painting** **Time: 4:30pm; 5:30-7:30pm for painting** **Place: Dining Area** **Cost: \$20**

Join us for a fun and relaxing evening! We will start the evening with a potluck dinner first, then continue the evening painting with instruction from Tara Hudson of *Paint Creatively*. When you leave tonight, you will have a completed picture completed all by yourself! This is a special deal for Golden Age Center members and to be helpful to the artist, please sign up and reserve your spot ASAP, as spots are LIMITED!



# Grand Island Recreation Department



## Sunday Family Swim 2019-2020

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)	November	December	January	February	March	April
	3	1	5	2	1	5
	17	8	12	9	8	
		15	26	23	15	
					22	



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



Location: High School Pool



Updates and cancellations will be posted online at:

<https://grandislandny.myrec.com>