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The Golden Voice
NOVEMBER, 2008
 Golden Age Center 3278 Whitehaven Rd., Grand Island NY 14072
 Barbara A. Gannon, Director
 Telephone: 773-9682 or 773-9683

**NOVEMBER
 FLOWER...CHRYSANTHEMUM
 BIRTHSTONE...TOPAZ OR CITRINE**

1. Evelyn R Minier
2. Rose Agro
3. Donovan Wasson
7. Marjorie Egan
8. Anne Leahy, Joyce Good
10. Barbara Cook, Larry Mead
11. Patricia Wydra, Millie Schmid, Torgeir Fadum
13. Mildred Goldbach
17. William E Hambridge, Kay Feyerabend
19. Eileen Minton, John Tsikalas
20. Kathy Mentor
21. Carol Moscati
22. Norma Fred
23. Barbara LaDuca, Arlene Rosman, Bob Johnson
25. Charlene Gornicki, Casey Krzes
26. Sigurd Schafer
27. Joan Droit, Gerald Dubiel, Jean Olmstead
28. Donald Loder, Alma McTigue
29. Irene Burley, Ellen McDougal
30. Lynn Finney, Pat Akinbami



We want to honor active members celebrating their birthdays. If you have participated in Center activities during the past year and your name is not listed, please come to the Office to be re-activated.

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NOVEMBER, 2008

THE GOLDEN VOICE

TRANSPORTATION is available on a priority basis for all Island Residents over 50. Medical appointments will be accommodated with first priority. We also provide transportation for Center activities which include participation in the lunch program, pharmacy, grocery shopping etc. Appointments on the Island, must be made at least **2 DAYS** in advance (even for the lunch program) and **5 WORKING** days in advance for off Island transport.. The earlier, the better. **PLEASE REMEMBER THAT THIS IS CLUSTER DRIVING SERVICE. YOU MAY BE PICKED UP MUCH EARLIER THEN YOUR APPOINTMENT IN ORDER TO ACCOMMODATE EVERYONE.**

MEALS: A daily menu is included in this month's Golden Voice . The entrée is listed and each meal is served with a cup of home-made soup, vegetable, potato or other starch, bread, butter & tea or coffee. The cost of daily lunch is \$2.00. Birthday & General Meeting lunches are \$2.50. We are striving to keep the cost at the current price. Large attendance is the key. When more people participate, the costs are easier to spread.

Reservations Please! It helps us to organize our services when we know in advance how many people are to be served.

You can phone in reservations for meals or transportation requests with as much advance notice as possible.

If for some reason you are unable to attend, **PLEASE** call the Center with your cancellation. The majority of seniors do call in, but there are those who always fail to let us know their plans have changed. By not letting us know, members lose the chance of a meal and the Center has wasted food. Thank you for your co-operation.

ON SALE IN THE OFFICE.....COFFEE COUPONS....BUY IN ADVANCE AND GET 5 CUPS OF COFFEE FOR \$1.00. WHAT A BARGAIN.

WINTER IS ON ITS WAY!!! Our entrance way always shoveled, salted and parking lot plowed by 8:45 a.m. **DO NOT ARRIVE BEFORE 8:45 A.M., YOUR VEHICLE WILL BE IN THE WAY OF THE PLOWS. THANK YOU FOR YOUR CO-OPERATION. BE WISE- WALK ONLY** where it is clear and melted.

The following are offered at the Golden Age Center
Arthritic Chair Exercises– 12:30 Monday and Friday, a class designed to be within the capability of most people with arthritis....

Anything Craft Class– 10:00 Monday & Wednesday w/ Lorraine

Aerobics– 10:00 a.m. Monday & Thursday

Trim Time– 10:00 a. m. Tuesday & Friday

Bowling– 1:00 p.m. Tuesday

Tai Chi– 9:00 a.m. Monday & Friday

Pinochle & Various Card Games – 12:45 Monday through Friday

Bridge– 12:30 Monday

Computer Club– 11:00 Tuesday

Tennis–10:00 Wednesday

Line Dance– Beginner line 11:00 a.m Advanced 12:45 p.m. Tuesday w/ Richard

Ceramics– 1:00 Thursday w/ Shirley

Bingo– 10:00 Thursday w/ Sally Riggs , Irene Thompson & Joan Mazur

Chorale– 10:00 Wednesday w/ Carol& organ played by Don Hamman

Chess– 9:00 a.m. Friday

The members of the Monday & Thursday exercise class are issuing an invitation to join them in their workout beginning at 10:00. Due to illness, the class has dwindled.

WALK ABOUTS– We meet at different locations on the Island and walk for about an hour every Tuesday at 10:00 a.m. Everyone is welcome. All you need is a comfortable pair of walking shoes.

FINAL WALK ABOUT FOR THIS YEAR-

NOVEMBER 4TH- CARDINAL LANE



Nonnies Notes– Many thanks to Carol Laskay, the choral group and all who made the “Hawaiian Luau” a fun filled day. A special thank you to Maria and the kitchen staff for their co-operation.

PLEASE NOTE.... As winter fast approaches so does unpredictable weather. If road conditions are poor, especially off the Island, we may cancel for the safety of our passengers and drivers. Thank you for your understanding. **ALSO.... LISTEN TO WGR TO HEAR IF THE CENTER IS CLOSED.**

Island Prescription Center
 M-F 9 am - 7 pm
 Sat 9 am - 4 pm
 Michael Manuszewski, RPh.
 1728 Grand Island Blvd.
 Grand Island, NY 14072
 (716) 773-5589
 Fax (716) 773-5665
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NOVEMBER, 2008

THE GOLDEN VOICE

PLEASE , WHEN SIGNING UP FOR ANY TRIP, REMEMBER THERE WILL BE A CANCELLATION FEE OF \$10.00 ON A DAY TRIP AND \$25.00 ON AN EXTENDED TRIP. MUCH TIME IS INVOLVED IN PLANNING TRIPS, PAYING DEPOSITS , BOOKING BUSES, AND TOUR COMPANIES REQUESTING A NON REFUNDABLE DEPOSIT...

IF YOU HAVE ANY QUESTIONS OR THOUGHTS ABOUT THE WAY THE TRAVEL CLUB & TRIPS ARE PLANNED, PLEASE LET THE OFFICE KNOW, RATHER THAN TALKING AMONG YOURSELVES... WE ARRANGE TRIPS BASED ON SUGGESTIONS FROM OUR MEMBERS AND PROCEED WITH A GREAT DEAL OF PHONE CALLING AND NEGOTATING WITH VARIOUS VENDORS, IF THE WAY WE HANDLE THE TRIPS BECOMES AN ISSUE, WE CAN DROP THE TRAVEL CLUB FROM OUR PROGRAM.

The trip to the Rocking Horse Ranch in Highland Falls, was a huge success. West Point & New York City were a nice added touch. Much to our disappointment, we were unable to get into the Vanderbilt Mansion. The bus was too big to go through the gate, and the walk up was quite far.

In New York City, we were treated to an unexpected stop at Ray's Pizza, famous for "the best pizza in New York". We also saw the new Yankee Stadium, being built.. A trip to Ground Zero was an emotional experience.

At the ranch, many of our seniors went horse back riding, rock climbing, paddle boating and of course swimming. The food was excellent, the scheduled activities were fun to participate in, and of course meeting people from different states was an added experience.

Soon you will be able to view our newsletter on the internet at the Town's web site @www.grand-island.ny.us..

Senior Services Can Help with Health Insurance Questions.

Extra Help, is a government subsidy for Medicare Prescription Drug Plans to cover all or some of the costs associated with the program such as premiums, deductibles, and prescription co-payments. Eligibility is based on individual income levels and assets up to \$23,970. Medicare again will be starting their big push to enroll people in new prescription drug plans.

If you have any questions about whether you are eligible, definitely call us at 858-7883.

Medicare Savings Programs:

If your net monthly income is less than \$1,190 (single) or \$1595 (couple), New York State could pay your Medicare Part B premium. There is no limit to how much money you have in the bank. To determine net income, add what you pay for Medicare (usually \$96.40) to the amount you receive from Social Security, add other sources of income such as pensions, annuities, etc. From this figure subtract all health insurance premiums you pay-this resulting figure is your net income. For more information, or to see if you qualify for this help, call Senior Services at 758-7883.

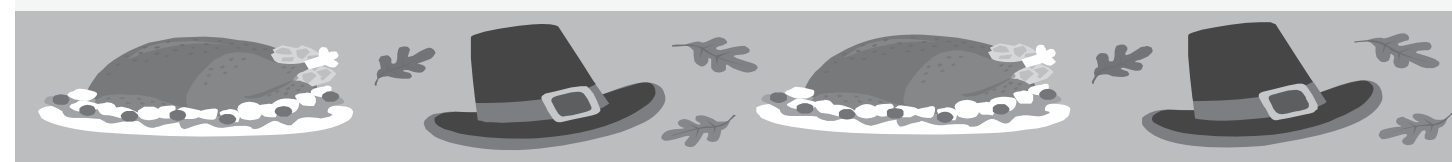
Did you know that Medicare covers many health screenings?

Included are the initial Preventative Physical Exam, and for many people, also cardiovascular screenings such as lipid, cholesterol, triglycerides, diabetes screenings, mammograms, and perhaps eve smoking cessation counseling...Speak with your doctor (s) to maximize your health benefits. More information about the screenings is available by calling 858-7883



NOVEMBER 2008

THE GOLDEN VOICE



NOVEMBER EVENTS

NOVEMBER 2- HOLIDAY HAPPENINGS- The center will open at 9:00 a.m. for crafters to come in and set up their tables. Donations of baked goods may be dropped off anytime after 9:00 a.m. The center will be open for all others from 11:00 a.m. to 3:00 p.m. On the lunch menu is roast beef sandwiches, homemade chicken noodle soup, hot dog, coffee, and tea.

NOVEMBER 4- ELECTION DAY- THE CENTER WILL BE OPEN SO THAT WE MAY PROVIDE TRANSPORTATION FOR THOSE WHO WISH TO VOTE AND ARE UNABLE TO GET TO THEIR DESIGNATED VOTING LOCATIONS.

NOVEMBER 5- BIRTHDAY LUNCH- Plan to attend as we wish a happy birthday to all celebrating a November birthday. Following lunch a magic show with "It's Magic of Course" will be here to make Betty disappear.

NOVEMBER 6 & 21- BLUE CROSS & BLUE SHIELD- A representative will be here from 10:00- 2:00 with information about health benefits.

NOVEMBER 10- SENECA NIAGARA CASINO- Enjoy a morning of slot machines and poker. The bus leaves at 8:30 a.m. Reservations must be made in the office. Cost is \$2.00 due at time of sign up.

NOVEMBER 11- VETERANS DAY, THE CENTER WILL BE OPEN.

NOVEMBER 13- EXECUTIVE BOARD- The executive board will meet one week earlier, due to the Thanksgiving holiday.

NOVEMBER 16- BROWN BAG- Enjoy a Sunday afternoon with friends playing cards and table games. You may bring a lunch or a dish to share with friends. The center will open at 11:00 a.m. and close at 4:00 p.m.

NOVEMBER 17- K-MART- It's time to go shopping! Please call the office to reserve a seat on the Golden Age bus. Cost is \$2.00.

NOVEMBER 20- GENERAL MEETING & THANKSGIVING DINNER- The annual Thanksgiving dinner will be held with the nomination of officers for the coming year. You will enjoy a delicious turkey dinner with all the trimmings. Members are urged to make their reservations early.

NOVEMBER 24- GAME DAY- Table games, cards, dominoes and board games are available for pleasurable afternoon with friends. Refreshments are served at no charge.

NOVEMBER 27 & 28 CENTER CLOSED- The staff would like wish you all a HAPPY THANKSGIVING!

NOVEMBER 2008

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 2 HOLIDAY HAPPENINGS 11:00-3:00 | 3 9:00 AM TAI CHI 10:00 AM AEROBICS 10:00 AM ANYTHING CRAFT CLASS 10:00 AM BINGO 12:30 PM ARTHRITIC EXERCISE 12:30 PM PINOCHLE, BRIDGE, CARDS | 4 10:00 AM TRIM TIME 11:00 AM BEGINNER LINE DANCE 11:00 AM COMPUTER CLUB 12:30 PM PINOCHLE, CARDS 12:45 PM LINE DANCING 1:00 PM BOWLING ELECTION DAY | 5 10:00 AM ANYTHING CRAFT CLASS 10:00 AM CHORALE 12:30 PM PINOCHLE, CARDS BIRTHDAY LUNCH & MAGIC SHOW | 6 10:00 AM AEROBICS 10:00 AM BINGO 10:00 AM BLOOD PRESSURE SCREENING 10:00 AM BLUE CROSS 12:30 PM PINOCHLE, CARDS 1:00 PM CERAMICS | 7 9:00 AM CHESS** 9:00 AM TAI CHI 10:00 AM BOOK DISCUSSION GROUP W/ MISS DROIT 10:00 AM TRIM TIME 12:30 PM ARTHRITIC EXERCISE 12:30 PM PINOCHLE, CARDS | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 | 10 8:30 AM SENECA CASINO 9:00 AM TAI CHI 10:00 AM AEROBICS 10:00 AM ANYTHING CRAFT CLASS 12:30 PM ARTHRITIC EXERCISE 12:30 PM PINOCHLE, BRIDGE, CARDS | 11 10:00 AM TRIM TIME 11:00 AM BEGINNER LINE DANCE 11:00 AM COMPUTER CLUB 12:30 PM PINOCHLE, CARDS 12:45 PM LINE DANCING 1:00 PM BOWLING VETERANS DAY | 12 10:00 AM ANYTHING CRAFT CLASS 10:00 AM CHORALE 12:30 PM PINOCHLE, CARDS | 13 10:00 AM AEROBICS 10:00 AM BINGO 12:30 PM PINOCHLE, CARDS 12:45 PM EXECUTIVE BOARD 1:00 PM CERAMICS | 14 9:00 AM CHESS** 9:00 AM TAI CHI 10:00 AM BOOK DISCUSSION GROUP W/ MISS DROIT 10:00 AM TRIM TIME 12:30 PM ARTHRITIC EXERCISE 12:30 PM PINOCHLE, CARDS | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16 BROWN BAG 11:00-4:00 | 17 9:00 AM TAI CHI 10:00 AM AEROBICS 10:00 AM ANYTHING CRAFT CLASS 12:30 PM ARTHRITIC EXERCISE 12:30 PM PINOCHLE, BRIDGE, CARDS K-MART TRIP | 18 10:00 AM TRIM TIME 11:00 AM BEGINNER LINE DANCE 11:00 AM COMPUTER CLUB 12:30 PM PINOCHLE, CARDS 12:45 PM LINE DANCING 1:00 PM BOWLING | 19 10:00 AM ANYTHING CRAFT CLASS 10:00 AM CHORALE 12:30 PM PINOCHLE, CARDS | 20 10:00 AM AEROBICS 10:00 AM BINGO 12:30 PM PINOCHLE, CARDS 1:00 PM CERAMICS GENERAL MEETING THANKSGIVING DINNER | 21 9:00 AM CHESS** 9:00 AM TAI CHI 10:00 AM BLUE CROSS 10:00 AM BOOK DISCUSSION GROUP W/ MISS DROIT 10:00 AM TRIM TIME 12:30 PM ARTHRITIC EXERCISE 12:30 PM PINOCHLE, CARDS | 22 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 23 | 24 9:00 AM TAI CHI 10:00 AM AEROBICS 10:00 AM ANYTHING CRAFT CLASS 12:30 PM ARTHRITIC EXERCISE 12:30 PM PINOCHLE, BRIDGE, CARDS GAME DAY | 25 10:00 AM TRIM TIME 11:00 AM BEGINNER LINE DANCE 11:00 AM COMPUTER CLUB 12:30 PM PINOCHLE, CARDS 12:45 PM LINE DANCING 1:00 PM BOWLING | 26 10:00 AM ANYTHING CRAFT CLASS 10:00 AM CHORALE 12:30 PM PINOCHLE, CARDS | 27 CENTER CLOSED THANKSGIVING | 28 CENTER CLOSED | 29 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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