



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

January 2018

Flower: Carnation

Birthstone: Garnet

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

Barbara A. Gannon

Director of the Golden Age Center

Jennifer R. Menter

Recreation Leader - Senior Citizens



January Birthdays



| | | | |
|------------|---|------------|--|
| January 1 | Carmela (Millie) Attrino & Nina Leskiw | January 15 | Anothony Masocco |
| January 2 | Carol Gioia & Raymond Whitbeck | January 16 | Carroll Becker, Sue Fleischauer, Joyce Hornbeck, & Joy Mesmer |
| January 3 | Terry Funk | January 17 | Marvin Mack & Ron Sutton |
| January 4 | Gail Berti & Karen Woods | January 18 | Gail Becher & Patricia Smith |
| January 5 | Sue Novits | January 20 | Belinda Hollfelder |
| January 6 | Florence Prawel | January 21 | Mary Cooke, Dennis Lach & Ron Pavis |
| January 8 | Michael Klipich, Sharon Koehler, Brooks Rimes & Jean Siess | January 22 | Jean Bousquet & Joanne Browne |
| January 9 | Richard Brzyski, Rita Desemone & Sam Loquasto | January 24 | Warren Becher |
| January 10 | Darlene Conners | January 25 | Sam Giglia, Judy Polizzi, Carolyn Spacone & Anita Wasson |
| January 11 | Bob Marcel, Mary McClive, & Joyce Neill | January 27 | Brent Minet, Mary Stewart & Judi Wakefield |
| January 12 | Patricia Dunn & Martha Muller | January 28 | Barbara Grabiec |
| January 13 | Lynn Henschel, Carol Kraemer & Paula Zucarelli | January 29 | Ruth Rocke |
| January 14 | Dolores Hoefner | January 31 | Ronald Duguay |

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 Joseph** in the Community Building (*Fee for class is \$1.00*)

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 Joseph** in the Community (*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

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

January 2018 Special Events

Monday, January 1: *New Year's Holiday;* the Golden Age Center will be **CLOSED**.

We all wish you a happy and healthy New Year!

Tuesday, January 2: *Intro to Fitness Equipment*

Time: 9:30am—10:30am

Place: Stage

Activity Description: Did you ever want to use our fitness equipment but didn't know how to properly use it, or feel intimidated by it? 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!

Wednesday, January 3: *Silver & Gold January 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 at 12:45pm. Mark your calendars; you'll definitely want to stick around for all the fun!

Thursday, January 4: *Aldi's shopping trip*

Time: 12:30pm

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

Take a trip to the newly renovated and expanded Aldi's to do your grocery shopping! Enjoy grocery 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.

Friday, January 5: *Taking Down of the Greens*

Time: 9:30am

Place: Please meet in the Dining Area.

Join us for festive fun as we take down the decorations at the Golden Age Center after the holiday season.

Friday, January 5: *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, January 8: *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, January 9: *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, January 10: *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, January 10: *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, January 10: *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, January 11: *Color Art fun*

Time: 1:30pm—5:30pm

Place: Community Building

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, January 12: *Winter weather is coming...Are you ready? - presented by GI CERT Team*

Time: 10:00am

Place: Dining Area

Please join Stephen Stouter & Nancy Koch for this informative presentation as they discuss what you need to know to prepare for winter storms, wild Western New York weather, and prepare for winter weather emergencies. You won't want to miss this engaging presentation! Mark your calendars.

Friday, January 12: *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, January 15: *Martin Luther King, Jr. holiday*

The Golden Age Center will be **CLOSED** today for the holiday.

Wednesday, January 17: *Mitten Recognition Luncheon*

Time: 10:30am

Place: Dining Area

This special luncheon recognizes all of the Golden Age members that have given their time and talents in crocheting hats, gloves, scarves, and headbands for those in the community who are less-fortunate. Join us as we thank them for the efforts in giving back to our WNY community, helping to keep people warm and cozy during the winter months.

Thursday, January 18 *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.

Friday, January 19: *Making the Mind/Body Connection*

Time: 10:00am

Place: Dining Area

Our minds are very powerful and our bodies respond to the ways we think, feel, and act. Is it possible to harness the power of the mind to lower stress, get better sleep, and enhance our health? Join us as we discuss the mind/body connection and learn several techniques, including guided imagery, breathing exercises, and progressive muscle relaxation. Join Jennifer Johnson, Health Promotions Coordinator at BCBS of WNY, for this informative presentation.

Friday, January 19: *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.

Sunday, January 21: *Sunday at the Center & Potluck Lunch*

Time: The event will begin at **11:00am** and will finish at **3:00pm**.

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

Stop by and craft, play dominoes or card games and enjoy an afternoon of fun! For those that are sports fans, watch some playoff football games on the big screen TV on the stage with other Golden Age Center members. Wear your favorite football team's gear! Feel free to bring a snack to share, if you wish, for our Potluck Lunch! Our Potluck Lunch will begin at 12 Noon. The sign-up sheet for the **Sunday at the Center & Potluck Lunch** will be right outside the Office; sign up there or call (716) 773-9682 to sign up for this fun afternoon!

Monday, January 22: *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, January 23: *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, January 24: *Brown Bag Clinic and Blood Pressure Checks*

Time: 10:30am—11:30am

Place: Dining Room

Do you have questions about the medicines and vitamins that you are taking? Are you taking them properly? Come and speak, one-on-one and privately, with Dr. Kristen Wudyka about your medicines and vitamins. Bring your medicine and vitamin list with you and bring your questions! She and her intern will also check blood pressure for anyone who would like it as well. Get your health in top form to start the New Year! She will also discuss new pharmacy services open to anyone, including blister packing to help with medicine adherence, and medicine delivery to the home. How? Stop in and speak with her!

Thursday, January 25: *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!

Friday, January 26: *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!

Friday, January 26: *Chair Yoga*

Cost: \$1 per person

Time: 12:30pm

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, January 29: *Make a Snowman Door Hanging*

Time: 10:00am

Place: Arts & Crafts Room

Cost: \$6.00

Let your creativity come to life! Sign up at the Office or call (716) 773-9682 to register for this class. \$6.00 cost covers the cost of supplies. Come and see what we'll be making! The Snowman Door Hanging will be up for all to see. Join us in the fun!

Tuesday, January 30: *Seneca Niagara Casino trip*

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

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

Try your luck at the slot machines and at the card tables! Join members as they take a trip to the Seneca Niagara Casino for some morning fun. Call (716) 773-9682 or stop by the Office to reserve your spot! Gamblers will be able to return to the Golden Age Center for lunch afterwards, if they wish.

From Golden Age Center staff:

As we start the New Year, we feel it is time to address an issue which have caused some members with asthma and other breathing difficulties a great deal of discomfort.

We are asking our members not to wear perfumes or after shave lotions. The strong scents have created many problems, especially for those suffering from asthma, migraines and other breathing issues.

We love having you here and want to continue to make this place you want to be.

We thank you for being considerate of other members who suffer from the above medical conditions.

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

January 2018

| Sun. | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. |
|---|---|---|---|---|---|-----------|
| | 1 CLOSED  | 2 Baked Chicken | 3 Birthday Lunch \$5.00 Maple Balsamic Pork Loin | 4 Ham & Swiss Melt | 5 Souper Seniors  | 6 |
| 7 | 8 Members' Coffee 10:30am Hearty Chili & Cornbread | 9 Bratwurst & German Potato Salad | 10 Open-Faced Turkey Dinner | 11 Spaghetti & Meat Balls with Garlic Bread | 12 Souper Seniors  | 13 |
| 14 | 15 CLOSED  Martin Luther King Jr. Day | 16 Pork Stir Fry | 17 Julienne Salad | 18 Executive Board Meeting Barry's Famous Southwestern Pie | 19 Souper Seniors  | 20 |
| 21 Sunday at the Center & Potluck Lunch 11am—3pm | 22 Travel Club Meeting 10:30am Glazed Ham with Scalloped Potatoes | 23 Shepherd's Pie | 24 Chicken à la King | 25 General Meeting \$5.00 Meat Loaf with Mashed Potatoes & Baked Apples | 26 Souper Seniors  | 27 |
| 28 | 29 Reuben with Potato Chips & a Pickle | 30 Beef Taco Salad | 31 Winter Hot Dog Cookout! | | | |

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.

REMINDER

Just a reminder...

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



**Sorry We
CLOSED**

Closings due to winter weather

**Sorry We
CLOSED**

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:**

Kathy Zielinski

Charles J. LoTempio, Jr.

Sandy Harvey

Garry Deutschlander

Carol Mihalovich



Coffee for the Month of January has been graciously donated by **John Cassoni, Jr.**, in memory of **John Cassoni, Sr.** Thank you to **John** 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. **Gail Sturm** is the lucky winner for the month of **November!**