



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

January 2019

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

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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 Bev Kinney
Mike Madigan Pete Marston**
Town Board

Jennifer R. Menter
Recreation Supervisor—Senior Citizen

Carrie Mesmer
Recreation Leader—Senior Citizen
Golden Age Center



January Birthdays



January 1	Carmela (Millie) Attrino & Linda Rader	January 16	Sue Fleischauer, Joyce Hornbeck, Joy Mesmer & Sudha Sharma
January 2	Raymond Whitbeck	January 17	Barbara Creighton & Ron Sutton
January 3	Terry Funk	January 18	Gail Becher, Robert Davis, Linda Piro & Patricia Smith
January 4	Gail Berti, Lynn Vaine & Karen Woods	January 21	Mary Cooke & Dennis Lach
January 5	Dennis McCloskey, Sue Novits & Bob Zielinski	January 22	Jean Bousquet, Joanne Browne & Nina Leskiw
January 8	Sherilyn Gillard, Sharon Koehler, Brooks Rimes & Jean Siess	January 23	Mary Jane Clark
January 9	Richard Brzyski, Rita Desemone, Sam Loquasto & Martha Marrinan	January 24	Warren Becher
January 10	Darlene Conners	January 25	Judy Polizzi & Carolyn Spacone
January 11	Stephan R. Kovacs, Jr., Bob Marcel & Joyce Neill	January 26	Mary Caldwell
January 12	Barbara Fritchey & Martha Muller	January 27	Brent Minet, Mary Stewart, & Judi Wakefield
January 13	Lynn Henschel & Carol Kraemer	January 28	Barbara Grabiec
January 14	Dolores Hoefner	January 29	Bonnie Alabiso
January 15	Carol Boreali	January 31	Ronald Duguay & Anthony Mondì

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

Various Card Games (Pinochle, Canasta, etc.): 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 Center (*Fee for class is \$1, payable to Carole Joseph*)

Trim Time: 10:00am on the Stage

Technology Club (former Computer Club): 10:45am with **Michele** in the Arts & Crafts Room

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

Bingo Bonanza: 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

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 **Carrie** in the Dining Area

Mahjongg: 12:15pm in the Arena

Various Card Games (Pinochle, Canasta, etc.): 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 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** in the Arts & Crafts Room

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

Tuesday, January 1: *The Golden Age Center is CLOSED for the New Year's Day holiday.*

Friday, January 4: *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.

Monday, January 7: *Members' Coffee*

Place: Dining Area

Time: 10:30am

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!

Tuesday, January 8: *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 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

Wednesday, January 9: *Silver & Gold 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! Dress in your New Year's best, and bring your party hats, noise makers, and horns! 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 Meagan Siwec, starting at 12:45pm, to wrap up our Birthday Party. Mark your calendars and join in the fun!

Thursday, January 10: *SNAP Presentation*

Place: Dining Area

Time: 12:45pm

Emily Boldinski, NOEP Coordinator from Food For All, will give a 20 minute talk on SNAP, so please come and learn more about the SNAP program. Are you eligible? Have your questions ready, as Emily will be happy to answer any questions people have. Each person that comes to the presentation will get a free canvas shopping bag. If you plan on applying for SNAP that day, please bring proof of income, picture ID, a mortgage statement or a renter's lease, a heating bill, along with any medical bills you may have.

Friday, January 11: *Winter Safety*

Time: 10:00am

Place: Dining Area

Winter is a time of holidays and get-togethers, but it can also be dangerous. We'll talk about ways you can navigate the ice and snow while staying safe. Join Jennifer Johnson, Health Promotions Coordinator, from BCBS of WNY for this informative presentation.

Monday, January 14: *Trivia Fun*

Time: 10:00am

Place: Dining Area

Come join Carrie in some mind-bending brain activities and fun!

Monday, January 14: *Travel Club meeting*

Place: Dining Area

Time: 11:00am

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, January 15 *Get More Info on Fantasy Island*

Place: Dining Area

Time: 10:00am – 11:30am

Fantasy Island is looking for team members to staff various areas of the park-Admissions, Guest Services and Food and Beverage to name a few. They offer flexible schedules, opportunities to interact with guests, and a great work environment. Maria and Dana are looking forward to meeting Golden Age members to further describe our positions in greater detail.

Wednesday, January 16: *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 16: *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 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 17: *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 the wrap up of the 2018 event year, and planning for 2019.

Friday, January 18: *Fidelis Care*

Time: 9:30am-10:30am

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.

Friday, January 18: *Making Caramel Popcorn*

Time: 12:45pm

Place: Dining Area

We will be using puff corn to make a tried and true recipe for caramel corn. Join in the fun!

Monday, January 21: *The Golden Age Center is CLOSED for the Martin Luther King, Jr. holiday.*

Tuesday, January 22: *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 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

Wednesday, January 23: *Dinner & a Craft*

Time: 5:30pm for dinner; 6:30-8:00pm for the craft

Place: Dining Area

Cost: \$20

Calling all crafters! Join us for this wonderful night out! Please join us for a craft class with guest artist, Ashley, owner/operator of The Clay Cafe on Grand Island. We will enjoy dinner together, consisting of subs, chips, pop, coffee and dessert. After dinner, under Ashley's direction, we will paint a small ceramic dish. Ashley will take them to be fired in her shop and then she'll return our dishes to us, for you all to take home and enjoy. **Due to the increasing cost of craft supplies and food, the Dinner and a Craft price will be increased to \$20 moving forward.** Participation is LIMITED in this program, so be sure to sign up and pay early, as payment holds your spot in the program.

Thursday, January 24: *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!

Friday, January 25: Grand Island Memorial Library Mobile Bookmobile

Time: 10:30am—12 Noon

Place: Dining Area

Join 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, January 25: Name That Tune

Time: 10:00am

Place: Stage/Dining Area

Join Don as he plays a variety of tunes that you can guess! See if you can name that tune in just a few notes....

Friday, January 25: Part 1 of Amadeus

Time: 12:30pm

Place: Stage

Let's remember Mozart's birthday (January 27th) with a modern day movie, noting his life. As this is a long movie, we will finish the 2nd half of the movie on Monday. A light snack will be served to those who attend.

Monday, January 28: Part 2 of Amadeus

Time: 12:30pm

Place: Stage

Join us as we finish up the 2nd half of the movie of Wolfgang Amadeus Mozart. A light snack will be served to those who attend.

Tuesday, January 29: 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). 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!

Wednesday, January 30: Price is Right

Time: 12:45pm

Place: Front of the Dining Area

Just how good of a shopper are you? Join Carrie as she tries to stump you with items from the local grocery store. Compete against other seniors for some fun and unique prizes. May the best shopper of the bunch win!

Wednesday, January 30: Mitten Recognition Luncheon

Time: 11:30am for the Recognition Celebration; 11:45am for the Luncheon

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 cold, winter months.

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 help those in our community!



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



Coffee for the Month of January has been graciously donated by **Denise Raab**, in memory of **Joan Raab**, and the **Tai Chi group**, in honor of all *Golden Age members*. Thank you to **Denise & the Tai Chi Group**, for their generosity this month & continued support of the **Golden Age Center**.



Golden Age Center Lunch Calendar


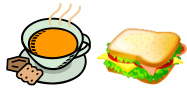




Lunch is \$4.00. ON SPECIAL EVENT DAYS, lunch will be \$5.00 or more, and will be noted in the lunch calendar.

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 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1 CLOSED 	2 Beef Taco Salad	3 Grilled Barbecue Chicken	4 Souper Seniors 	5
6	7 Members' Coffee meeting 10:30am Meatloaf with Mashed Potatoes	8 Cold Plate	9 Birthday Lunch \$5 Pork Loin with Raspberry Sauce & Scalloped Potatoes	10 Hearty Goulash with Garlic Roll	11 Souper Seniors 	12
13	14 Travel Club meeting 11AM TODAY Gourmet Grilled Cheese & Tater Tots	15 Ham Steaks with Pineapple	16 Chef's Choice Stir Fry	17 Executive Board Meeting \$5 Barry's Famous Southwestern Taco Pie	18 Souper Seniors 	19
20	21 CLOSED  Martin Luther King Jr. Day	22 \$5 Reuben with Chips & a Pickle	23 Lasagna with Garlic Bread	24 General Meeting \$5 Roasted Turkey Dinner with all the fixings!	25 Souper Seniors 	26
27	28 Spaghetti & Home-made Meatballs	29 Creamy Mushroom Chicken with Pasta	30 Roast Beef with Gravy & Mashed Potatoes	31 Hearty Chili with Cornbread		

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)



Special thanks to member Michele Drabik for taking over and spearheading Technology Club (former Computer Club) on Tuesdays from 10:45am-11:45am in the Arts & Crafts Room! Members will be learning varied computer topics, including technology topics, such as smart phones, Apple products, and more. Join in the fun! You may bring your laptop, iPad, smart devices with you OR you can use our equipment and discuss these topics together. Michele looks forward to seeing you!



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 would be happy to organize such games.

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

Maria Insalaco

Mary Jane Clark

Lou Wolentarski

Concetta Wadsworth

Mike Cutini

Kristina Cutini

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 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

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



Recreation Department
3278 Whitehaven Road
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The Town of Grand Island
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