



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

July 2017

Flower: LARKSPUR

Birthstone: RUBY

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: www.grandislandny.us/departments/golden_age_center.php

Nathan McMurray

Town Supervisor

Chris Aronica

Bev Kinney

Ray Billica

Mike Madigan

Town Board

Barbara A. Gannon

Director of the Golden Age Center

Jennifer R. Menter

Recreation Leader - Senior Citizens



July Birthdays



July 1	Maria Leszczak & Gary Roesch	July 20	Richard Berti & Rose Marie Shelp
July 2	Paul Bassette & Wilma Greenwood	July 21	Jeanne Anstett & Betty Phillips
July 3	Donald Lewis	July 22	Theresa Szpala
July 4	Bernie Cobello	July 23	Nancy Koch
July 6	William Koch & Nick Mukhopadhyay	July 24	Sam Di-Christina, Debra Gaudy, Marlene Golden & Suzanne Phillips
July 8	Tony Amato & Rosemary Campagna	July 25	Lynne Heim & Alex Szabad
July 11	Robert Kifowit	July 26	Gary Leskiw
July 13	Peter Gornicki	July 27	Frank Burket & John Roberts
July 14	Bernadette Childs &	July 28	Trent Gavazzi
July 17	Marie O'Hara, Jim Pedlow, Kathleen Scully & Mary Warburton	July 29	Iris Galeza & Frank Greico
July 19	Jean Bartholomew & Connie Harrod	July 31	Jacqueline Kazmierczak

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

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

Bridge: 1:15pm in the Dining Area

Tuesdays: Total Body Workout: **9:30am** with **Carole Joseph** in the Community Building

(Fee for class is \$1, payable to Carole Joseph)

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

Wednesdays: Anything Craft Class: 10:00am in the Arts & Crafts room

Tennis: 10:00am on the Tennis Courts (behind the Community Building) **(SEASONAL)**

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

Watercolors: 10:00am in the Dino Room in the Activity Center

Summer Walking Club: **10:00am** with Erin; we will **MEET** at the locations listed in the monthly Golden Voice.

Coups for Troops: 10:45am with **Jen** in the Dining Room

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

Thursdays: Total Body Workout: 9:30am with **Carole Joseph** in the Community Building

(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

***NEW* GOLF CLUB**: **2:30pm** with Erin on the nine hole golf course out back of the Nike Base **(SEASONAL)**

Fridays: 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

***NEW* Walkabouts**: 10:00am with Erin; join her for an outdoor walking program around the Nike Base

Arthritic Chair Exercises: 12:30pm with **Lorraine** in the Arts & Crafts room

Pinochle & Various Card Games: 12:30pm in the Dining Area



July 2017 Special Events



Monday, July 3: The Golden Age Center is **CLOSED** in observance of *Independence Day* holiday.

Tuesday, July 4: The Golden Age Center is **CLOSED** in observance of *Independence Day* holiday.

ATTENTION! Calling all volunteers! Please sign up on the sheet outside of the Office if you are interested in helping decorate our Golden Age Bus for an Island tradition, The Independence Day Parade. **Come meet Jen at 8:00 am at St. Stephen's.** Wear your red, white, blue and all things patriotic! We are also looking for members to ride in the bus, walk with the American Flag, walk with the Golden Age Banner, and to pass out candy. The parade will begin at approximately **9:20 am**, after the Dick Bessel Run. After the parade we will take the decorations off the bus at St. Stephen's and wrap up the day around 10:45am. Come and join the fun!

Wednesday, July 5: *Patriotic Birthday Lunch. Wear your red, white & blue!*

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

Place: *Dining Room*

Join us as we celebrate the July Birthday babies! To kick off the festivities, the most PATRIOTIC dressed member who joins us for lunch will win a GREAT PRIZE! Our lunch will be complete with ice cream and birthday cake, provided by our friends from Elderwood. We will continue the festivities with entertainment from **Dick O'Dell & 23 Skidoo** at **12:45pm**. Come and celebrate with us!

Thursday, July 6: *North Tonawanda Farmers Market & Entenmann's Bread Outlet Trip*

Time: **9:00am** departure from the Golden Age Center; we will return around **11:15am**. **Cost:** **\$3.00**

Please dress appropriately for the weather, and wear comfortable shoes, for there you will be walking on this trip. This trip will be held rain or shine. Please bring your cart and reusable bags for your purchases. We will spend around an hour shopping the various vendors at the Farmers Market. We will finish up the morning at the Bread Outlet for some cheap treats. Please call (716) 773-9682, or stop by the Office to sign up and reserve your spot.

Friday, July 7: *Eating As We Age Presentation*

Time: **10:00am**

Place: *Dining Area*

Please join presenter Marissa Waggoner, health coach from BCBS of WNY. Marissa will be discussing how good nutrition plays a critical role in successful aging, and how older adults face unique barriers when striving to eat a healthy diet. Join us as we discuss the physiological and social issues that can affect older adults' eating habits and nutrition. There will also be tips on cooking for one or two, as well as tips on food safety habits.

Friday, July 7: *Chair Yoga with Vanessa*

Time: **12:30pm**

Place: *Behind the Stage*

Join Vanessa as she guides our members through Chair Yoga class. Vanessa differentiates the class for people based on their abilities and needs. Please dress comfortably and wear supportive shoes. Bring a yoga mat if you like! Vanessa looks forward to working with you.

Monday, July 10: *Members' Coffee Meeting*

Time: **10:30am**

Place: *Behind the Stage*

Come join Barbara, Jen and Erin for a pastry and a hot beverage to discuss current happenings at the Golden Age Center. Feel free to bring your questions, feedback, and suggestions for this roundtable discussion. We look forward to seeing you then!

Tuesday, July 11: *Walmart Shopping Trip*

Time: **8:30 am - 11:30 am**

Cost: **\$3.00**

The Golden Age Bus will depart at 8:30 am. Shoppers will have three hours to make their purchases, and will be picked up at 11:30 am. This is the perfect trip to do some bulk shopping at great prices, for those that don't have the opportunity to shop off-Island often. Call 773-9682, or stop by the office to reserve your spot. Limit four bags per shopper.



July 2017 Special Events



Wednesday, July 12: *Dementia Caregiver Support Group*

Time: 1:30pm

Place: *On the Stage*

Alzheimer's Association caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, friends and family and individuals with dementia to: develop a support system, exchange practical information on caregiving challenges and possible solutions. It also allows discussion about creating solutions, talking through issues, different ways to cope, share feelings, needs and concerns. This is also a great time to learn about resources available in the community. Please call 1 (800) 272-3900 for more details to register for the group.

Wednesday, July 12: Social Group Respite Program

Time: 1:30 - 5:30pm

Place: *Community Building on the Nike Base*

Attention caregivers of people with Alzheimer's disease or related dementia. A dementia specific respite program will run every second Wednesday of the month. This is a social group respite that we find benefits people with dementia and their caregiver. Please call Jennifer Menter at (716) 773-9682 for more information.

Wednesday, July 12: Care Planning Sessions with the Alzheimer's Association of WNY

Time: 3:00 - 5:00pm

Place: *Stage*

For families caring for a loved one with dementia, finding the right help can be overwhelming. Our experienced staff is happy to meet with you privately, and for no cost, to help you with the following:

- Understand dementia, warning signs & symptoms
- Learn local resources that are available and how to pay for them
- Troubleshoot specific problematic symptoms and/or scenarios
- Meet one-on-one with a dementia expert to discuss your specific concerns

Please call 1 (800) 272-3900 for more details and to register for this special planning session.

Thursday, July 13: Dr. Brain Graham, Superintendent of the Grand Island Central School District

Time: 10:45am

Place: *Dining Area*

Dr. Graham had a great time talking with our members back in April, and he is kind enough to take time out of his busy day to visit again and to speak about the Grand Island Central School District and the future of education for our children on Grand Island. Come and join us to learn more about our community's school district. Bring any questions you may have, for he looks forward to answering them for you.

Friday, July 14th: Fun at Canalside & Buffalo River History Tour

Cost: \$42.00, cash or check made payable to the *Golden Age Center*

Join us for some fun down at Canalside! Via motorcoach, members will depart the Golden Age Center at 9:30am, starting the day with a guided 90 minute narrated tour on the **Buffalo River History Tours** starting at 10:30am. We will enjoy lunch at 12:15pm at **716**, a new downtown favorite, located in HarborCenter. Members can enjoy time at **Canalside** after lunch, before departing Canalside at 2:15pm, to return to the Golden Age Center around 2:45pm. Join us for a great day on the beautiful Buffalo waterfront!

Monday, July 17: Travel Club Meeting

Time: 10:30am

Place: *Dining Area*

Do you love to travel? Would you like to explore our area with other senior citizens? Join Barbara, Jen & Erin for a coffee and a pastry as they discuss past day trips, upcoming plans for day trips, our Canada trip this October, and ideas about our extended trip in 2018 at the Golden Age Center. Hope to see you there!

Wednesday, July 19: John from United Health Care will be here from **9:30am – 11:30am** outside the *Dining Area*

Thursday, July 20: Executive Board Meeting

Time: 12:30pm

Place: *Behind the Stage*

President Kathy Lechner requests the presence of all officers and chairpersons for this monthly meeting.

Friday, July 21: Michelle from BCBS of WNY will be here from **10:00am – 12:00pm** in the *Dining Area*.



July 2017 Special Events



Friday, July 21: Chair Yoga with Vanessa

Time: 12:30pm

Place: *Behind the Stage*

Join Vanessa as she guides our members through Chair Yoga class. Vanessa differentiates the class for people based on their abilities and needs. Please dress comfortably and wear supportive shoes. Bring a yoga mat if you like! Vanessa looks forward to working with you.

Monday, July 24: Presentation from Wheatfield Commons, a DePaul Senior Living Community

Time: 10:00am

Place: *Dining Area*

John Tomes from Wheatfield Commons will be here to talk about the new memory care unit and great assisted living units that are available to those looking for this kind of living. Come and hear about all that they have to offer our community!

Wednesday, July 26: Sherlock Bones Lost 'N Hound Dog Recovery

Time: 10:00am

Place: *Dining Area*

Are you a pet lover? Do you have dogs or cats at home? Come and meet Beth Henderson, for she will be here to present on her organization. This group reunites owners and pets, one paw at a time. Come and hear about the incredible work this rescue group does!

Thursday, July 27: General Meeting, Past Presidents Luncheon, & Time with Town Supervisor McMurray

Time: 11:15am for the General Meeting; 12:30pm to hear Supervisor McMurray

Place: *Dining Area*

Please come be a part of our monthly **General Meeting!** Hear the happenings coming up at Golden Age Center in the month of August, as well as ask questions, give feedback and suggestions. Today, we will say thank you to our Past Presidents for their service to the Golden Age Club. After lunch, Supervisor McMurray will be here at **12:30pm** to update us on happenings taking place in Grand Island. He will gladly answer questions that the members have. We look forward to seeing you then!

Thursday, July 27: Senior Days at the Buffalo Bisons

COST: \$15.00 (includes the tickets & the bus ride) with food & item purchases on one's own.

Enjoy Senior Days by watching the Bisons play against the Durham Bulls at 1:05pm in Downtown Buffalo. The Golden Age van will leave at 12pm and will return after the game, around 5pm. Please dress appropriately for the weather, and wear your red, white and blue to go on and cheer on our home town team! Enjoy America's pastime with our members! Please stop by the Office or call us at (716) 773-9682 to reserve your spot.

Friday, July 28: Patrick Murphy from Fidelis Care from 9:30am – 10:30am in the Dining Area

Friday, July 28: Chair Yoga with Vanessa

Time: 12:30pm

Place: *Behind the Stage*

Join Vanessa as she guides our members through Chair Yoga class. Vanessa differentiates the class for people based on their abilities and needs. Please dress comfortably and wear supportive shoes. Bring a yoga mat if you like! Vanessa looks forward to working with you.

SUMMER WALKING CLUB

Join **Erin** at these great locations for a one mile walk on the following dates:

- Wednesday, July 5th - *Spaulding Trail (Meet at Ferry Village Parking Lot)*
- Wednesday, June 12th - **Niawanda Park (We will meet at the GAC and ride together)**
 - Wednesday, June 19th - Beaver Island (Meet in the Sledding Hill Parking Lot)
- Wednesday, June 26th - **Delaware Park (We will meet at the GAC and ride together)**

Please come dressed appropriately, and bring water if it is hot out. Should you have any questions, please call **Erin** at (716) 773-9682.

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

July 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
						1
2	3 CLOSED 	4 CLOSED 	5 Birthday Lunch (\$5.00) Pulled Chicken Sandwich with Mac Salad	6 Turkey Reuben with Potato Chips & a Pickle	7 Souper Seniors 	8
9	10 10:30am Members' Coffee & Travel Club Taco Salad	11 Cold Plate	12 Grilled Beef Skewers	13 Chicken Cacciatore over Pasta	14 Souper Seniors 	15
16	17 Brunch For Lunch	18 Ham Steak & Scalloped Potatoes	19 Italian Sausage with Peppers & Onions	20 Executive Board Meeting Chicken à la King	21 Souper Seniors 	22
23	24 Brunch For Lunch	25 Grilled Hot Dogs & Hamburgers with Mac Salad	26 Spaghetti with Meat Balls & Garlic Bread	27 General Meeting (\$5) Meat Loaf with Mashed Potatoes & Gravy	28 Souper Seniors 	29
30	31 French Dip Sandwich					

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: _____

**Thank you to the following individuals and vendors for
participating in our
Spring into Summer Health & Wellness Fair:**

Town of Grand Island Recreation Department	Soma Cura
Grand Island Golden Age Center	Recovery International
Erie County Department of Senior Services	Walgreens
Erie County Department of Health	BCBS of WNY
Grand Island Chiropractic	Big Wheels Bicycle Club
American Cancer Society - Relay for Life	Cancer Support Services
Alzheimer's Association of WNY	Alliance Assisted Limited
Comptroller's Office	Vanessa Satterlee

**A special Thank You to Senator Chris Jacobs office & his staff
for their great support of our event!**

**Thank you to the *Golden Age Club* for your generous donation to our
Brunch, Bubbles, & Bingo Fundraiser**

Due to everyone's kindness & support, we were able to raise **\$2,733.00** to help those that cannot afford the Meals on Wheels program! Thank you for helping those senior citizens in our community be able to receive these nutritious, well balanced meals.

Pound Auction



We successfully raised **\$131.50 in
our **Pound Auction**!**

We had some **INCREDIBLE donations
for the **Pound Auction**; thank you to all
our donors!**

**Thank you for your support of the
Golden Age Club and
Golden Age Center!**

**Take a chance to win (2) Riviera Theatre
Tickets to see an Organ Concert!**

Who was the only individual to sign the
declaration of Independence on July 4, 1776?

All the others signed the
Declaration after this date.



Answer:

Name:

Phone Number:

Cut out this portion and return it to the *Golden Age
Center* office by **Friday, July 21.**

Correct responses will be put into a raffle box.
Winner will be drawn and notified on **Monday, July 24.**

Make a Summer Flip Flop Welcome Sign

**Monday, July 31
10am in the Dining Area**

Supplies you need:

- 4 pairs of old flip flops **OR** 4 pairs of flip flops from Dollar Tree
- Small wood letters from craft store that spells out: **WELCOME**
 - Tacky Glue OR Hot Glue Gun

Ribbon, paintbrushes, & paint will be supplied. Jen will show all crafters how to make this great seasonal welcome sign! Please call her at (716) 773-9682 to sign up to do this craft with her.

Root Beer Float & Creamsicle Float Sale

Tuesday, July 25

12:30pm

Cost: \$3.00



Come to the Kitchen window to pick up your choice of float....Root Beer Float, Diet Root Beer Float & Creamsicle Floats will be offered! Come and stop by for a refreshing, sweet treat, with our members!

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

Kathleen Christ, Suzanne Muller, Sharon Stevens-Downing, Richard Downing, Tom Drabik, Michele Drabik, Louise Carlson, Douglas Carlson, Mary Smyth, Richard Smyth, Julia Goodwin, Nina Leskiw, Gary Leskiw, Marlene Golden, Carol Alt, Linda Nihart & Cindy Baker!

Coffee for the Month of July has been graciously donated by, **Rich Warner**, *in memory of Kathleen Warner*. Coffee has also been donated by

Elderwood at Grand Island and Elderwood at Wheatfield. Thank

you to for your generosity & continued support of the

Golden Age Center!



The Golden Age Center will gladly accept the following donations:

- Scissors
- Bingo prizes for our Social Support Group for individuals with dementia

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. **ALICE BLAIN** is the lucky winner for the month of **JUNE!**