



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

July 2018

Flower: Larkspur

Birthstone: Ruby

Town of Grand Island

Golden Age Center

3278 Whitehaven Road

Grand Island, NY 14072

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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

Jennifer R. Menter

Recreation Supervisor—Senior Citizen

Golden Age Center



July Birthdays



July 1	Maria Leszczak & Gary Roesch	July 19	Jean Bartholomew, Connie Harrod & Albert Kutis
July 3	Donald Lewis & Charles J. LoTempio, Jr.	July 20	Richard Berti & Rose Marie Shelp
July 4	Bernie Cobello	July 21	Jeanne Anstett & Betty Phillips
July 5	Bill Koch	July 23	Nancy Koch & Joe Marino
July 7	Stephen Birtz	July 24	Sam DiChristina, John Garey, Debra Gaudy, Marlene Golden, Suzanne Phillips & Claudia Preve
July 8	Anthony Amato	July 26	Gary Leskiw
July 13	Michael Fabiu & Peter Gornicki	July 27	Rosemary Bahgat
July 14	Bernadette Childs & Mili Clark	July 29	Iris Galeza & Frank Greico
July 17	Marie O'Hara, Jim Pedlow & Mary Warburton	July 31	Jacqueline Kazmierczak & Mary Vari

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

Computer Club: 10:45am with **Molly** 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

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

Tennis: 10:00am on the Tennis Courts (weather pending...go out and play and enjoy!)

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

Coups for Troops: 10:45am with **Erin** in the Dining Area

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 **Erin** 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 **Jen** 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

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

Monday, July 2: *Members' Coffee*

Place: *Dining Area*

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!

Wednesday, 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 & Tammy 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!

Friday, July 6: *Brain Games*

Place: *Dining Area*

Time: **10:00am**

Exercising your brain and trying something new is just as important as exercising your body! Brain games help you increase your focus, exercise helps your long term memory, sharpens your short term memory, and have some fun and laughter along the way, with your peers. Come and join us!

Monday, July 9: *Travel Club meeting*

Place: *Dining Area*

Time: **10:30am**

Please join Jen for this meeting as we discuss the upcoming plans for day trips for June, our extended trip to Boston/Cape Ann/Salem in 2018 with the Golden Age Center, as well as July Day Trip opportunities. Come travel with us! Please bring your checkbook or cash, for payment will hold your spot on our trips!

Tuesday, July 10: *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. Please call us at (716) 773-9682 or stop in to reserve your spot on the bus. *Suggested donation: \$3.00 4 bags YOU can lift*

Wednesday, July 11: *July Patriotic 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! In the Independence Day spirit, please wear your red, white and blue, and anything stars and stripes! Show your patriotic pride! To kick off the festivities, the most PATRIOTIC dressed member who joins us for lunch will win a GREAT PRIZE! A delicious feast will be served for lunch, complete with birthday cake, graciously donated by Elderwood at Grand Island, and ice cream for dessert. Join us for some great entertainment from musician **Judd Sunshine** at 12:45pm. Mark your calendars; you'll definitely want to stick around for all the fun!

Thursday, July 12: *Blue Cross Blue Shield of WNY*

Time: **9:30am-11:30am**

Place: *Dining Area*

Paula Venne from BCBS of WNY 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 health insurance changes in 2018!

Friday, July 13: *The Mediterranean Diet*

Place: *Dining Area*

Time: **10:00am**

The media and medical communities tout the "Mediterranean Diet" as the way to go. What is the Mediterranean Diet and how can you incorporate it into your lifestyle? Join presenter, Jennifer Johnson, from BCBS of WNY, for this informative topic.

Saturday, July 14: *Christmas in July Day Trip*

Time: The *Golden Age Bus* will leave at **11:45am**. Place: Meet in the *Golden Age Center parking lot*.

Cost: **\$15** with lunch and purchases on one's own.

Wear your red, green & Christmas colors for this event! This trip includes: Ticket to Don Hamman's *Christmas in July* concert, a trip out to Dave's Christmas Wonderland, with a lunch to start the trip at Village Inn. The trip return around 5pm. Get in the Christmas in July holiday spirit and travel with us!

Monday, July 16: *Hearing Health with Christine Pleban from Ken-Ton Hearing*

Time: **10:00am**

Place: *Dining Area*

Did you know...1 in 6 Americans experience a hearing loss...And 80% Do nothing about it! Did you know...hearing loss is 1 of the most common – and most treatable – health conditions in the world.

Signs of Hearing Difficulty:

- Feel like others **mumble or speak softly**
- Frequently say – “**excuse me, can you repeat that?**”
- Have difficulty with conversation **in a group or a crowded place**
- **Turn up the volume** on your TV, car radio, or computer

Christine Pleban, a Doctor of Audiology from Ken-Ton Hearing, will be visiting today. Dr. Pleban will highlight better hearing health and awareness in her open discussion presentation. Whether you wear hearing aids, are interested in helping a loved one or friend with their hearing difficulties or are curious about your personal hearing health come participate in our discussion. You will be surprised to learn how much your hearing health can tell us about your physical and mental wellbeing. A hearing screening will proceed AFTER the presentation, for interested individuals.

Wednesday, July 18: *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, July 18: *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, July 19: *Past Presidents' Luncheon & Executive Board Meeting*

Time: Past Presidents' Luncheon celebration starts at 11:30am; lunch at 11:45am; meeting at **12:30pm**

Place: *Dining Area; meeting on Stage*

This is a dual event day! Today, starting at 11:30am, the Past Presidents of the Golden Age Club will be honored today at a special luncheon. **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.

Friday, July 20: *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.

Tuesday, July 24: *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. Please call us at (716) 773-9682 or stop in to reserve your spot on the bus. *Suggested donation: \$3.00*

Wednesday, July 25: *Join Jen for Christmas in July FUN!*

Time: **12:30pm**

Place: *Stage*

Join Jen for a fun, hands-on, creative Christmas in July activity! All are welcome! Supplies will be provided.

Thursday, July 26: *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!

Thursday, July 26: *Food Truck Thursday at Tonawanda's Harbor Gateway Park*

Time: The *Golden Age Bus* will leave at **4:30pm**; The *Golden Age Bus* will return at **7:30pm**.

Place: Meet in the *Golden Age Center parking lot*. *Cost: \$5* with dinner and purchases on one's own.

Calling all foodies! Join us as we enjoy dinner offered from a variety of Food Trucks. Bring a foldable chair and cooler (for extra food you may purchase) and PLEASE dress for the weather, including wearing comfortable shoes. Enjoy dinner along the Canal, and enjoy time for a nice walk along the water and appreciate the nice summer weather, among friends! ***Reserve your spot; this opportunity is bound to sell out fast!***

Friday, July 27: *Learn to Kayak Class*

Time: **10:00am—12:00pm**

Place: *Meet at GAC to drive over to Beaver Island Marina & Lagoon.*

Cost: **\$5**; bring a brown bag lunch to enjoy in Beaver Island State Park AFTER kayaking.

Join Tina Spencer, Environmental Educator/Kayak Instructor with the NYS Parks, Recreation & Historic Preservation, as she & another instructor will teach the basics of kayaking. The cost is \$5 per person, which includes the use of the kayak, paddle & lifejacket. Dress appropriately for the weather; hat, sunglasses, sunscreen, comfortable shoes & a water bottle are recommended! ***This opportunity is limited to 10 participants!***

Reserve your spot today!

Monday, July 30: *Seneca Niagara Casino Trip*

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

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

Cost: **\$3.00**

Calling all gamblers! Join us to have some fun playing the slots OR the card tables at the Casino! Please call us at (716) 773-9682 or stop in to reserve your spot on the bus. Casino-goers will have the opportunity to join us for lunch & afternoon programming at the Golden Age Center AFTER their casino fun.

Tuesday, July 31: *Potluck Dinner & music from the band Reflector at Town Commons*

Time: Doors open at **5:00pm**; dinner will be served at **5:15pm**

Place: *Dining Area*

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

Join us for a Potluck Dinner, to enjoy before we enjoy great free music, given to us by the Town of Grand Island Recreation Department! Please bring a dish to pass. Please sign up for the Potluck Dinner by calling us at (716) 773-9682 & letting us know the dish you'll be bringing in. After sharing a nice dinner among friends and other Golden Age members, bring a lawn chair and dress for the weather, and join us as we enjoy a night of great music, with good friends. This is a great opportunity for those to enjoy the Center during a different time!

Enjoy Friday Free Swim at the High School—ALL AGES WELCOME!

9:30am—2:45pm

Enjoy time in the pool for FREE! Kickboards & noodles are available for use, as well as lap lanes for lap swimming, including access to the deep & shallow end.

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 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2 Members' Coffee 10:30am  Fried Bologna & Onions with Chips & a Pickle	3 Meatloaf with Mashed Potatoes	4  4th of July Holiday CLOSED	5 Baked Chicken Dinner	6 Souper Seniors 	7
8	9 Travel Club meeting 10:30am  French Dip	10 Various Pizzas	11 Birthday Lunch \$5.00 Taco Pie with Mexican Rice	12 Tuna Noodle Casserole	13 Souper Seniors 	14
15	16 Vegetable Lasagna	17 Ham Steaks with Grilled Pineapple	18 Salisbury Steak with Gravy & Mashed Potatoes	19 Executive Board Meeting Turkey Dinner with all the fixings with homemade Strawberry Shortcake \$6	20 Souper Seniors 	21
22	23 Beef Taco Salad	24 Grilled Hot Dog with 3 Bean Salad, Chips & Pickle	25 Brunch for Lunch	26 General Meeting \$5.00 Chicken Piccata	27 Souper Seniors 	28
29	30 Greek Chicken Wrap	31 Open Faced Meatball Sandwich with Cheese				

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: _____



Try & Buy



It's **SUMMER** and our **Try & Buy** is now **OPEN!** We are gladly accepting gently used & nearly new clothing, shoes and for our **Try & Buy Clothing Closet**. All proceeds support the senior citizens of the **Golden Age Center**, by keeping our lunch price low and helps us purchase our **Wish List** needs!
Come shop with us today.

Save the Date!

Holiday Happenings

Saturday, October 20
9am—2pm

**Vendors, Basket Raffle, Bake Sale,
Lunch Sale and MORE!**



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

Martha Merrinan	Sherilyn Gillard	Susenella Jones	Geraldine Burrano		
Dennis Caldwell	Mary Caldwell	Carol Barnhart	Maryann Gullo	Sal Gullo	
Pat Coughlin	Paul Coughlin	Brian Mongiello	Mary Tront	Mary Vescio	Kathy Elias
Bob Elias	Terry Smith	Jack Kuhn	Barbara Creighton		
Paul Wudyka	Barbara Wudyka	Nancy Grabbenstatter	Joyce Ernst	Bob Ernst	
Annette M. Smith	Richard McDonald	Fay McDonald	David Russell		
Richard Staskiewicz	Claudia Preve	Judith Redfern	Robert Redfern	Jeffery Copp	

Coffee for the Month of July has been graciously donated by **Ruth Landel**, in memory of **Henry Landel**, and **Tom Roell**, in memory of **passed Golden Age Center members**. Thank you to **Ruth & Tom** for their generosity this month & continued support of the **Golden Age Center**.



John & Jack are happy to teach any interested members to play pool! Stop by the Pool Room 11am Monday—Thursday, and they'd be happy to teach you the tricks and tools to be a great pool player!



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 **May!**

Neighbors Foundation



The Grand Island Neighbors Foundation provides emergency assistance, primarily food, for Grand Island residents who find themselves in temporary need, helping our community since 1973. In need of help? Individuals are encouraged to call **(716) 773-1452 OR (716) 773-4684** for more information.



Attention Bridge Players:



Calling all *Bridge* players!

Golden Age Member Bertha is interested in getting together more *Bridge* 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 a game.



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
- ♦ Tops: 6% off on the *1st Tuesday of the month*
- ♦ Olympic Restaurant: Senior Dinner Discounts **EVERY NIGHT!**
- ♦ Tim Hortons: 10% off your order ANYTIME!

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

Golden Age Center piano

Calling all piano players! Has it been ages since you played? Come and practice and play tunes on our piano!

The piano is available for use:

Mon.: 8-12:30pm; 1:30-4pm

Tuesday: 8-10am; 3-4pm

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

Thursday: 8-10am; 12:30-4pm (except for the 3rd Thursday: 2-4pm)

Gym equipment

On the *Stage*, the *Golden Age Center* has two treadmills, a stationary bike, a rowing machine, resistance bands, small exercise balls & some light weights for our members to use. Members who use this equipment will sign a waiver & will be shown how to properly use the equipment.

The gym equipment is available for use:

Mon.: 8-12:30pm; 1:30-4pm

Tuesday: 8-10am; 3-4pm

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

Thursday: 8-10am; 12:30-4pm (except for the 3rd Thursday: 2-4pm)