



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

June 2019

Flower: Rose

Birthstone: Pearl OR Moonstone

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

Bev Kinney

Mike Madigan

Pete Marston

Town Board

Jennifer R. Menter

Recreation Supervisor—Senior Citizen

Carrie Mesmer

Recreation Leader—Senior Citizen

Golden Age Center



June Birthdays



June 1	Kelly McGarvy, Leslie Madigan & Alan Sexton	June 14	Catherine Mancuso
June 2	Willis Schwartz	June 16	Helen Vickers
June 3	Richard Koch & Mary Vescio	June 17	Michael Cutini, Lloyd Potter, Anna Vaccaro, & Karen Wallace
June 4	Deanna Kutis & Liz Wedrychowicz	June 18	Helen Harrington & Nancy Linton
June 5	Beverly Kudla & Patti Loquasto	June 19	Marge Lebreznz & David Stalica
June 6	Joan Mazur, Daryl Ann Miller, Tom Ryan & Richard Wingert	June 20	Andrea Rogers
June 7	Sandy Ackerman & Sally Waterson	June 21	Dana Gast
June 8	Carol Barnhart	June 22	Mary Ann Reszel
June 9	Jay Fritchey	June 24	Daniel Kutis & Jean Marino
June 10	George Begole	June 25	William Gugino, William Palumbo & Roger Williams
June 11	Cynthia Lin	June 26	Rose Marie Bugman & Nirmal Singh Kandola
June 12	Randy Whitbeck	June 27	Philip Bousquet & Tom Drabik
June 13	Linda Hartman & Philip Pack	June 29	Ray DeGlopper

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

MONDAY

Tai Chi: ****CHANGE IN VENUE**** 9:00am with **Pat** on the Stage at the Golden Age 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: ****CHANGE IN VENUE**** 9:30am with **Carole** on the Stage at the Golden Age Center (*Fee for class is \$1, payable to Carole Joseph*)

Coups for Troops: 9:30am with **Carrie** in the Dining Area

Technology Club: 10:45am with **Michele** in the Arts & Crafts Room ***1-ON-1 Instruction BY APPOINTMENT***

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

Bingo: 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

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

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

The Energetics—Exercise Club: 12:30pm with **Carrie** on the Stage (**2nd, 3rd, 4th, & 5th Wednesdays of the month**)

Fun with French: 12:45 pm with **Jen** in the Dino Room in the Activity Center (**3rd, 4th, & 5th Wednesdays of the month**)

THURSDAY

Total Body Workout: ****CHANGE IN VENUE**** 9:30am with **Carole** on the Stage at the Golden Age Center (*Fee for class is \$1, payable to Carole Joseph*)

Bingo: 10:00am with **Carrie** in the Arts & Crafts room

**** NEW DAY** Mahjongg: 12:15pm in the Pool Room (Lounge)****

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

Ceramics: 1:00pm in the Arts & Crafts room

FRIDAY

Chess: ****CHANGE IN VENUE**** 9:00am with **Pat** on the Stage at the Golden Age Center

Tai Chi: 9:00am with **Pat** in the Community Center

Trim Time: 10:00am on the Stage

Read & Feed Book Club: 10:00am in the Arts & Crafts Room

Arthritic Chair Exercises: 12:30pm with **Lorraine** in the Arts & Crafts Room OR behind the Stage

Wednesdays in June: *Walking Club* **Time:** **9:00am** **Place:** Please meet in the *Dining Area*.
Walking Club will meet at the Golden Age Center at 9:00am and feel free to car pool if you'd like. We will walk approximately a mile (half mile out and half mile back) . If you'd like to walk more, you are encouraged to do so! Please see Carrie to sign up for the Walking Club (if you haven't done so already) and to pick up a pedometer and your tracking sheets. Below are the dates and places that Walking Club will be walking in JUNE:

June 5: *West River Bike Path*

June 12: *Beaver Island Park*

June 19: *Bedell Road Bike Path*

June 26: *Big Six Marina & West River Bike Path*

ATTENTION: *American Mah Jongg Instruction*

Day: ***To be determined***

Time: **12:30-2:00pm**

Place: *Arena (Pool Room)*

Looking for something new and exciting? Come and check out Mah Jongg! Michele Drabik will help take the mystery out of the American version of this game. It is similar to Rummy, but played with tiles. Each session will review and build on the previous. Anyone is welcome. Mah Jongg might just become your next passion! Another Instruction series will be offered. If interested, please leave your name and phone number at the Office. Dates are to be determined. Michele will contact you with more information.

Monday, June 3: *Members' Coffee*

Place: *Dining Area*

Time: **10:30am**

Please join Jen for coffee and a pastry as we discuss the latest happenings at the Golden Age Center. She will be discussing big wish list items wanted at the Golden Age Center, and June happenings. Questions, suggestions, and feedback are warmly welcomed. Come and join in the conversation. She hopes to see you there!

Wednesday, June 5: *June Birthday Lunch*

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

Place: *Dining Area*

Let's get together for lunch and celebrate the seniors who are celebrating a birthday this month! A delicious, hearty feast will be served for this June Birthday Lunch, complete with vanilla ice cream & birthday cake, graciously donated by Elderwood at Grand Island. Join us for some great entertainment by **Just Banjos**, starting at 12:45pm, to wrap up our birthday party. Mark your calendars and join in the fun!

*****As an added feature to our birthday party, we are extending an invite to those coming close to their 64 ½ birthday, because it's never too soon to think and learning about Medicare. STARTING AT 11AM, stop on by and see Kathleen Flynn from New York Life. She will help you become fully educated on the process of transitioning from other forms of healthcare to Medicare.*****

Monday, June 5: *Play Games "Old Maid"*

Time: **1:00pm**

Place: *Dining Area*

Join Carrie for some good old fashioned fun with the game of "Old Maid". Use your best "poker face" and try to keep the "Old Maid" out of your hand!

Tuesday, June 4: *Crafting for a Cause—Relay for Life*

Time: **10:30am**

Place: *Dining Area*

Please join Carrie while we make bows for a Relay for Life fundraiser. It's a worthy cause that we can be a part of in a small way.

Thursday, June 6: *Mini—Donut Making*

Time: **12:45pm**

Place: *Dining Area*

Tomorrow is National Donut Day, so please come and help Carrie make some homemade mini donuts for us to enjoy today (those who are helping)...and tomorrow we can offer for sale for our Relay for Life fundraiser. Let's have some fun with this!

Friday, June 7: *Beauty & Grace Presentation*

Time: **10:00am**

Place: *Dining Area*

Sponsored by the Golden Age Center Read & Feed Book Club, join author Western New York author Christina Abt for this presentation and book signing of her latest book, Beauty & Grace. Special thanks to member Kathie McCormick for bringing this special presentation to the Golden Age Center for all to enjoy.

Friday, June 7: *Crush Cancer Float Sale*

Time: **12:15pm**

Place: *Dining Area*

Crush Cancer by buying an Orange Creamsicle Float, Cherry Float, Grape Crush Float OR Root Beer Float for **\$2** to support **Relay for Life**! What better way to support this cause, in a very refreshing way! Carrie's leftover Mini-Donuts from National Donut Day will be for sale, all to support **Relay for Life**.

Monday, June 10: *Color & Coffee Time*

Time: **9:30am**

Place: *Dining Area*

Let's get together in the Dining Area and grab a cup of coffee and relax with a seasonal or artistic coloring sheet that you can use with markers or colored pencils. It will be a nice way to socialize and spend time with your friends.

Monday, June 10: *Travel Club meeting*

Time: 10:30am

Place: Dining Area

Please join Carrie & Jen for this meeting as we discuss upcoming plans for day trips for June & July, as well as a special announcement by member Michelle Chasse with the Golden Age Center. Bring your checkbook or cash to hold your spot for our travel opportunities, as payment holds your spot on your trip(s); first come, first served. Come travel with us! They hope to see you there.

Monday, June 10: *Play Games "Scrabble"*

Time: 1:00pm

Place: Dining Area

Join Carrie for some good old fashioned fun with the game of "Scrabble". Stump your friends with your best words and try to get as many tiles out of your hand!

Tuesday, June 11: *Crafting for a Cause*

Time: 10:30am

Place: Dining Area

Please join Carrie while she guides everyone in making the monthly gifts for our Meals on Wheels recipients. Help give back to your community!

Wednesday, June 12: *United Health Care*

Time: 10:00am-11:30am

Place: Outside the Dining Area

John Koller 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 from United Health Care & Aetna. Stop on by and have some peace of mind about the many health insurance changes in 2019!

Wednesday, June 12: *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, June 12: *Social Program for Individuals with Dementia*

Time: 1:30pm—4:30pm

Place: Meeting Room at Grand Island Memorial Library, 1715 Bedell

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.

Wednesday, June 12: *Potluck Dinner & Games and Conversation*

Time: 5:30pm – 8:00pm

Place: Dining Area

Join us for a fun and relaxing evening here at the GAC! Please bring a dish to share with at least 10+ people. After dinner, we will enjoy games and socializing. You must sign-up for this program, and let us know what you would like to bring by Monday, June 10. There is NO COST for this.

Thursday, June 13: *Sewing*

Time: 12:45pm

Place: Back of the Dining Area

We will continue with sewing but moving forward with a new project for the Social Respite group. Please come and help with cutting the fabric, sewing on a zipper, ties, laces, buttons and transforming a pillow into a special project.

Friday, June 14: *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.

Friday, June 14: *Men's Health—Operating At Peak Performance*

Time: 10:00am

Place: Dining Area

Being at your best means paying attention to everyday choices – and those decisions don't just affect your performance today – they impact your quality of life in the future. Find out what you can do *NOW* that reduces your health risks and helps you be your best. You'll learn: • Top men's health issues • Basics of a healthy lifestyle • How to take charge of your health. Peak performance requires a strong foundation. A healthy lifestyle is the key to building and maintaining that strong foundation. Join BCBS of WNY's team for this informative presentation.

Friday, June 14: *"Beer" & Pretzels*

Time: 11:45am

Place: Dining Area

Last month, we celebrated mothers at our Spring Fling Tea and this month, we will celebrate fathers with "beer" and pretzels along with a few other surprises! Join us in the fun at lunch time on this special Friday before Father's Day! Join us in honoring and remembering our dads and the important men in our lives.

Friday, June 14: *Fairy Garden Craft*

Time: 12:45pm

Place: Dining Area

Please join member Anna Vaccaro and Carrie as we make a fairy garden scene on a plate! No plants or dirt required.

COST: \$3.00 Please pay upon registration of this program

Monday, June 17: *Twister! “Tune Up”*

Time: 10:00am

Place: Dining Area

Join Carrie for a unique “twist” on the game of Twister. She will test your knowledge, not your flexibility! It should be both fun and guarantee lots of laughs!

Tuesday, June 18: *Super Bingo*

Time: 12:30pm

Place: Dining Area

Come join us for some fun, special Super Bingo games, sponsored by the Golden Age Club! Join us for a chance to win GREAT PRIZES! Come one, come ALL! ***REMINDER: There is NO cost to play today!***

Wednesday, June 19: *Dinner & Crafts*

Time: 5:30pm – 8:00pm

Place: Dining Area

Join us as we resume our dinner and craft night. We will be decorating a plain pair of canvas sneakers (you must bring your own) and we will be making a simple patriotic flag votive holder. Dinner menu TBA, but we promise something great! Please pay upon registration for this program.

COST: \$20 for craft supplies and catered dinner; please supply your own pair of canvas sneakers.

Thursday, June 20: *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, June 21: *Arthritis and Total Joint Replacements—What You Should Know*

Join Aditi Chandan PT, DPT, CLT, WCS, from Island Bodyworks/ the PT Center, for this informative presentation. What is and who does this mainly affect? How does it affect the body and movement patterns? Learn about therapies, replacements, and what to expect before surgery and after surgery. Special thanks to Island Bodyworks and the PT Center for sponsoring this informative presentation.

Friday, June 21: *Grand Island Memorial Library Mobile Bookmobile*

Time: 10:30am—12 Noon

Place: Dining Area

Join Bridgette and the Grand Island Memorial Library staff as they 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, June 21: *Iced Tea Bar*

Time: 12:45pm

Place: Dining Area

Did you know that June is National Iced Tea Month? Well, Carrie does and she would like to be your barista for the afternoon! Stop by her “bar” for all sorts of things related to iced tea and then, she hopes you stay and enjoy the University Express presentation!

Monday, June 24: *Color & Coffee Time*

Time: 9:30am

Place: Dining Area

Let’s get together in the Dining Area and grab a cup of coffee and relax with a seasonal or artistic coloring sheet that you can use with markers or colored pencils. It will be a nice way to socialize and spend time with your friends.

Monday, June 24: *Grand Island’s Airport*

Time: 12:45pm

Place: Dining Area

Please join us as Bob Mesmer will speak about Grand Island’s first and ONLY airport and the work he put into establishing his airstrip and his popular airshow. Time will be allotted for questions and answers.

Tuesday, June 25: *Primary Day at the Golden Age Center*

Time: 6:00am—9:00pm

Place: Dining Area

As the Community Center is being renovated, the Golden Age Center will serve as the voting location for the Primary Day elections.

Thursday, June 27: *General Meeting & Town Time with Supervisor Nathan McMurray*

Place: Dining Area

Time: 11:15am for the General Meeting; 12:30pm for Town Time with Supervisor McMurray

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, June 28: The Golden Age Center is CLOSED today for Facility Maintenance & Staff Training.

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

June 2019

Sun. Mon. Tue. Wed. Thu. Fri. Sat.

						1
2	3 Members' Coffee  10:30am Meatloaf with Mashed Potatoes	4 Pork & Stir Fried Vegetables with Rice	5 Birthday Lunch \$5.00 Savory Sirloin  Tips over Pasta	6 Lasagna with Garlic Bread	7 Souper Seniors  	8
9	10 Travel Club meeting 10:30am  Turkey with Mashed Potatoes	11 Beef Stroganoff over Noodles	12 Goulash with Garlic Bread	13 Brunch for Lunch	14 Flag Day Souper Seniors  	15
16 	17 Reuben with Chips & a Pickle	18 Spaghetti & Meatballs	19 Roast Beef with Potatoes Au Gratin	20 Executive Board Meeting Grilled BBQ Pork	21 Souper Seniors  	22  
23	24 Beans & Franks	25 South-western Taco Pie	26 Perfect and fresh for the Summer Season!  Cold Plate	27 General Meeting \$5.00 Garlic Grilled Chicken with Swiss & Roasted Potatoes	28 	29
30						



ATTENTION!

The **Golden Age Center** is looking for AARP Tax Preparation Volunteers & Greeters for next year's AARP Tax Preparation Program offered in Grand Island. Volunteers will be thoroughly trained later this Fall. Interested? Please call **Jennifer Menter**, Recreation Supervisor—Senior Citizen, at (716) 773-9682 for more information.



CONGRATULATIONS to **May Birthday Split Club Raffle Ticket winners:**

Lucy D'Alessandro, John Duchnik,
Don Hamman, Trudi Shelp, Iris Galeza,
Jack Mahnk, Deb Schuman, & Nancy Tobe

Nike Base Par 3, 9 Hole Golf Course



The **Golden Age Center** has four golf bags of clubs available for member use and ready for interested individuals to borrow to practice their golf swing and practice their golf skills on the **Nike Base!**

Stop by the Office to sign out a bag of golf clubs.
Golf clubs must be returned by 3:45pm.

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

Norman Hadden

Deborah Brennan

Robert Brennan

William Palumbo

Katharina Weinzler

Andrew Weinzler

Allyson Gillies

Suzanne McDonald

Robert McDonald

Diane Bialek



Coffee for the Month of June has been graciously donated by the **Harold Thomas**, for all *Golden Age* members to enjoy. Thank you to **Harold** for his generosity this month & for his support of the **Golden Age Center.**



Gym equipment & piano

On the *Stage*, the **Golden Age Center** has a stationary bike, a rowing machine, resistance bands, small exercise balls & some light weights for our members to use, as well as a piano to play! Members who use this equipment will sign a waiver & will be shown how to properly use the equipment. **The gym equipment and piano are available for use:**

Mon. & Fri.: 1:30-4pm

Tuesday: 8-9am; 3-4pm

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

Thursday: 8-9am; 12:30-4pm



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. **Kathy Lechner** is the lucky winner for the month of **April!**



Travel with US!



Tuesday, June 4: Walmart Trip

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

Place: Meet in the *Front Foyer*.

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

Monday, June 17: Casino Trip to the Seneca Niagara Casino

COST: \$3 for transportation to the Seneca Niagara Casino

The Golden Age Center van will drop off Casino goers at **10:00am** and Casino goers will be picked up at **2:00pm**. Please staff for details on current promotions being offered to seniors on this day!

Tuesday, June 18: Walmart Trip

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

Place: Meet in the *Front Foyer*.

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

Tuesday, June 25: All American Adventure

COST: \$29 includes transportation and driver's gratuity

Place: Meet in the *Front Foyer*.

Time: The *tour bus* will leave at **8:30am** and will return at **2:30pm**.

Join Golden Age Center members as they travel to Kutter's Cheese Factory, Patriots & Heroes Park, Cracker Barrel Old Country Store, Antique World & Flea Market. Join in the fun!

JUNE University Express Presentations

*** Reserve your spot by stopping by the Office OR by calling (716) 773-9682. Thank you! ***

Friday, June 7: University Express presentation: The Global Crisis of Fresh Water, presented by Claude Welch

Time: 1:00pm

Place: Dining Area

Learn how global freshwater resources are threatened by rising demands from growing populations and climate change.

Monday, June 17: University Express: Resistance Bands for Strength Training, presented by Jill Bronski, author and owner of Forward Fitness Inc.

Time: 1:00pm

Place: Dining Area

Learn about the benefits of upper- and lower-body strength training, the different types of resistance bands, and how resistance programs can improve balance.

Friday, June 21: University Express: Fourth of July presentation: Signing their Lives Away, presented by Norman Mineo, retired banker and history enthusiast

Time: 1:00pm

Place: Dining Area

Our discussion today is guided by the book "Signing Their Lives Away: The Fame and Misfortune of the Men Who Signed the Declaration of Independence."



Trying to learn how to use your new smartphone (android and iPhone)? Have questions about about a phone that you've had awhile? Want to know more about an iPad or Tablet or your computer? Technology Club is the place for you. Michele and other knowledgeable people are available to help. Michele is also available before class by appointment. You may contact her at **Technology Club, Tuesdays in the Arts & Crafts Room from 10:45-11:45 am.**



Do you hang your coat or sweatshirt in the coat room? **GENTLE REMINDER:** please don't forget to **LABEL** your coat with your **FIRST and LAST NAME**, as some coats and sweatshirts look very very similar! This will avoid confusion and this will help someone from mistakenly taking your belongings! Thank you for your help.

~ Golden Age Center staff