



# The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

**March 2017**

Flower: *Jonquil*

Birthstone: *Aquamarine*

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](mailto:goldenage@grand-island.ny.us)  
 Business Hours: 8am—4pm, Monday—Friday  
 Website: [www.grandislandny.us/departments/golden\\_age\\_center.php](http://www.grandislandny.us/departments/golden_age_center.php)

**Nathan McMurray**  
*Town Supervisor*

**Chris Aronica**                      **Ray Billica**  
**Bev Kinney**                              **Mike Madigan**  
*Town Board*

**Barbara A. Gannon**  
*Director of the Golden Age Center*

**Jennifer R. Menter**  
*Recreation Leader - Senior Citizens*



## March Birthdays



March 4	<b>Grace Myhre</b>	March 19	<b>Ruth Landel &amp; Carol Sharpe</b>
March 5	<b>Carol Aronica</b>	March 21	<b>Dolores Laska &amp; Ruth Ryan</b>
March 6	<b>Pat Bassler &amp; Eilene Gebrian</b>	March 22	<b>Beverly Kinney</b>
March 7	Lola Brindisi, Linda Leuchner, Carol O'Connor, & Bill Ortiz	March 24	<b>Greg Behrns</b>
March 8	<b>David Schaefer</b>	March 25	<b>Jack Mahnk</b>
March 9	<b>Elaine Hardman</b>	March 26	<b>Angelo LaDuca, Betty Marinell &amp; Leon Zakrzewski</b>
March 13	<b>Martha Bojarski &amp; Jody Ghianni</b>	March 27	<b>Clive Roughsedge &amp; Fran Tracy</b>
March 14	<b>Kathy Shaklee</b>	March 28	<b>Valerie Robinson</b>
March 16	<b>Chris Bihler, Chris Black &amp; Pat Phillips</b>		<b>Happy</b>
March 17	<b>Nonnie Carroll &amp; Paul Gurzinski</b>		<b>Birthday!</b>

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 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  
Bowling: 1:00pm at Mallwitz Lanes

**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  
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  
Chair Yoga & Stretch: 12:30pm with **Jen** on the Stage  
Ceramics: 1:00pm in the Arts & Crafts room

**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  
Friday Afternoon Flick: Every **OTHER** Friday at 12:15pm on the Stage  
Arthritic Chair Exercises: 12:30pm with **Lorraine** in the Arts & Crafts room  
Pinochle & Various Card Games: 12:30pm in the Dining Area



# February Events...Mark your calendars!



## ***Special Luncheons & Celebrations***

### **March Birthday Lunch**

The ***March Birthday Lunch*** will take place on **Wednesday, March 1 at 12 noon**. Lunch will be complete with birthday cake and ice cream, provided by our friends from *Elderwood at Grand Island*.

**Entertainment** will start this afternoon at **12:45pm**, when we enjoy the sounds and music of **Tom Bender!** Please join us for this special celebration by coming to celebrate our March birthday babies!

### **Root Beer Float Social**

Say goodbye to the winter blues and enjoy a frosty treat with us! Join us for a **Root Beer Float Social** on **Thursday, March 2 at 12:45pm**. Tickets will be available starting on *February 23* for a cost of **\$3.00**. Come, enjoy a delicious treat, and come meet old and new friends!

### **St. Patrick's Day Luncheon**

Please call the Golden Age Center to make a reservation for our traditional St. Patrick's Day lunch. Enjoy Irish music and Irish activities starting at 11am. Members are asked to join in the celebration; we encourage **EVERYONE** to wear **GREEN**. The member wearing the **MOST FESTIVE ENSEMBLE** today will win a special **PRIZE!** Join us for our special celebration on **Friday, March 17 at 11:30am**.

## ***Monthly Meetings***

### **Time with Town Supervisor Nathan McMurray**

Supervisor Nathan McMurray will be here to talk with our Golden Age Center members on **Monday, March 6 at 12:30pm in the Dining Area**. He will be updating us on happenings taking place in Grand Island. He looks forward to seeing everyone then!

### **Members' Coffee & Travel Club Meeting**

Please join Barbara & Jen for this joint meeting, which will take place on **Monday, March 13 at 10:30am in the Dining Area**. Join them for a coffee and a pastry as we discuss happenings at the Golden Age Center, past day trips, upcoming plans for day trips and extended trips in 2017 at the Golden Age Center. Questions and suggestions are warmly welcomed. We hope to see you there!

## **Executive Board Meeting**

President Kathy Lechner requests the presence of all officers and chairpersons for the monthly meeting following lunch at **12:30pm** on the Stage, on **Thursday, March 16**.

## **General Meeting**

Please come before lunch for the General Meeting, which starts at **11:15am on Thursday, March 23**, to hear the happenings coming up at Golden Age Center in the month of March.

## **Tax Preparation**

### **AARP FREE Tax Preparation for our senior citizens**

Due to the lack of volunteers here in Grand Island, we will **NOT** be able to offer the AARP Free Tax Preparation to our Grand Island senior citizens this year. You may contact the following senior citizen centers to set up an appointment to get your taxes prepared:

John A. Duke Niagara Falls Senior Citizen Center—1201 Hyde Park, Niagara Falls: **Please call (716) 297-9324**. Tax preparation will be done on Mondays, Tuesdays, Wednesdays and Fridays between 10am—2pm.

Town of Tonawanda Senior Citizen Center— 291 Ensminger Road, Tonawanda: **Please call (716) 874-3266**. Tax preparation will be done on Tuesdays and Thursdays from 9am—Noon through April 13.

## ***Health Insurance information***

A representative from the following health insurance carriers will be at the Golden Age Center to answer any of your health insurance questions and will be able to provide you information on their health care plans. Stop on by on and have some peace of mind about the many upcoming health insurance changes.

**Fidelis with Patrick Murphy - Friday, March 31 from 9:30-10:30am in the Dining Area**

**Blue Cross Blue Shield of WNY- Thursday, March 16 from 10:00am-12:00pm in the Dining Area**

**United Health Care - Thursday, March 22 from 9:30am-11:45am outside of the Dining Area**

## ***Fun Activities***

### **Friday Afternoon Flick**

Come and join us to watch a new Redbox film! Join us on the Stage on **Friday, March 3 at 12:15pm**. Popcorn & pop will be served to those who enjoy the new movie.

### **Color Art for Adults**

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 with us on **Friday, March 10 at 12:30pm**. All supplies will be provided.

### **Game Day in the Community Building**

**Calling all game players!** Come and join us for Table Shuffleboard, Foosball, Basketball Shoot, Ping Pong, and MORE on Wednesday, March 15 at 10:45am. We will meet at the Golden Age Center and will walk over to the Community Building together. Join us for some good, friendly competition!

## ***Wellness & Support Groups***

### **Blood Pressure Checks**

Billie Ambrusco and the nursing staff from Elderwood at Grand Island will be here today to provide blood pressure checks for our members on **Wednesday, March 8 from 10:00-11:30am in the Dining Area**. Keep your health in check by getting your blood pressure checked today!

### **Social Program for individuals with dementia**

**Attention caregivers of people with Alzheimer's disease or a related dementia:** A dementia specific respite program will be starting in Grand Island on **Wednesday, March 8** and will run every 2<sup>nd</sup> Wednesday of the month from **1:30pm until 5:30pm**. 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.

### **Dementia Caregiver Support Group**

Join us for this monthly meeting on **Wednesday, March 8 at 1:30pm**. 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.

## ***For Your Information***

### **Free Legal Advice**

Local attorney Todd J. Potter will be here at the Golden Age Center to give free legal counsel to members on **Monday, March 27 at 10:00am**. Mr. Potter will help members on a first come, first served basis. Stop by and see him today!

### **Lions Club Closet**

The Grand Island Lions Club has durable medical equipment for anyone in need. Equipment includes wheelchairs, walkers, canes, commodes, bath seats, etc. Anyone in obtaining an item may call Fred Ruocco at (716) 773-5937, Dick Crawford at (716) 818-6992 or Dave Chervinsky at (716) 773-7185.

### **HEAP - Home Energy Assistance Program**

**HEAP** is federally funded assistance with home heating costs and energy conservation for eligible households. Program components include benefit assistance for heat and electricity, furnace repair or replacement, weatherization referral, and cooling assistance (in summer months-based on medical necessity). Do you qualify? To fill out the application with guidance, please make an appointment to meet with our Director, Barbara Gannon, by calling (716) 773-9682 to make an appointment.

## ***Shopping Trips***

### **Walmart**

We will be taking a shopping trip to Walmart on **Tuesday, March 7!** The Golden Age Center bus will leave at **8:30am**. The shopping trip costs **\$3.00**. Shoppers will be picked up at 11:30am. Please call (716) 773-9682 or stop by the Office to reserve your spot!

### **Seneca Niagara Casino**

Come one, come all and join us at the Seneca Niagara Casino on **Tuesday, March 21!** The Golden Age Center bus will leave at **8:30am**. The trip costs **\$3.00**. Travelers will be picked up at 11:30am. Please call (716) 773-9682 or stop by the Office to reserve your spot!

### **BPO Coffee Concert—The Midtown Men**

We will be enjoying the sounds of the Midtown Men on **Friday, March 31!** The Golden Age Center bus will leave at **8:30am**. The trip costs **\$3.00**. Concert travelers should return to the Golden Age Center around 1:15pm. Please call (716) 773-9682 or stop by the Office to reserve your spot!

## ***Presentations***

### **Falls Prevention**

Do you know that falls are the leading cause of injury among older adults? Our friends from *Elderwood at Grand Island* will be here on **Wednesday, March 29 at 12:45pm** presenting information on preventing falls. Anyone who attends will receive a free Pilates band, which are great to use for strengthening and conditioning. Come to hear this important presentation and learn how to keep yourself protected from this life-threatening injury.

### **AARP Smart Driving Course**

Brush up on your driving skills and sign up for this informative course! This course will take place on **Tuesday, March 14 & Tuesday, March 28 from 12:15-4:00pm** in the Arts & Crafts Room. Attending both sessions of this course

will give you an auto insurance discount. The cost is: **\$20 for AARP members and \$25 for non-AARP members.**

### ***Mind Aerobics***

Exercise for the mind is JUST as important as exercising our body and spirit. Let's exercise our brain as we play some fun **Mind Aerobic** games! Join in the fun on **Friday, March 24 at 12:30pm** in the Dining Area.

### **Birthday Drawing:**

**Each month, we will have a drawing for 2 lunch tickets at the 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. Sharon Koehler is the lucky winner for **JANUARY!****

## **Welcome to our new members of the Golden Age Center:**

Edward Hayes Mary Savio Dorothy Click

Deborah Ackerman Charles Ackerman

Donna Baranyl Renee Gugino

William Gugino Debra Coughlin

Barbara Potenski Dennis Potenski

Lynn Polizzi Judith Shields

**The Golden Age Center will gladly accept the following donations:**

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

## **Pound Auction**



**Tuesday, March 28  
after lunch at 12:30**

Bid on some **FANTASTIC** items, **at 1 lb. in weight**, sealed in a paper bag! Enjoy the surprise as you bid on all different treasures!

Donations of **items of 1 lb. in weight** will be **GLADLY** accepted.

Join in the fun & help support the  
**Golden Age Club!**



**Coffee for the Month of March** has been graciously donated by **Ed Plucinski**, in memory of **Ann Plucinski**. Thank you to **Ed** for his generosity & continued support of the **Golden Age Center!**







**Golden Age Center Lunch Calendar - Lunch is NOW \$4.00. Lunch is \$5.00 or MORE on Special Event Days (and WILL BE noted in the lunch calendar). Lunch is served at 11:45am Monday-Thursday, & at 11:30am on Fridays.**

**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, beverage, along with a delicious dessert.

# MARCH 2017

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

			<b>1 Birthday Lunch (\$5)</b> Potato Pancakes, Scrambled Eggs & Applesauce	<b>2</b> Ham Steaks & Scalloped Potatoes	<b>3 Souper Seniors</b> 	<b>4</b>
<b>5</b> 12:30pm <b>Town Time w/ Supervisor McMurray</b>	<b>6</b> Italian Sausage with Peppers & Onions	<b>7</b> Roasted Chicken with Rice Pilaf	<b>8</b> Meat Lasagna & Garlic Bread	<b>9</b> Meat Loaf Mashed Potatoes Gravy & Veggie	<b>10 Souper Seniors</b> 	<b>11</b>
<b>12</b>	<b>13 10:30 m</b> Members' Coffee & Travel Club Beef Taco Salad	<b>14</b> Polish Sausage with Lazy Pierogis	<b>15</b> Hamburger with French Fries	<b>16 Executive Board Meeting</b> Spaghetti with Meat Sauce & Garlic Bread	<b>17 \$6.00</b> Corned Beef & Cabbage w/Potaotes & Carrots	<b>18</b>
<b>19</b>	<b>20</b> Roast Beef Dinner	<b>21</b> Turkey Reuben with Chips & a Pickle	<b>22</b> Swedish Meatballs over Egg Noodles	<b>23 General Meeting (\$5)</b> Fried Chicken w/ Mashed Potatoes & Corn	<b>24 Souper Seniors</b> 	<b>25</b>
<b>26</b>	<b>27</b> GAC Chili Cookoff, served with Cornbread	<b>28</b> Hot Turkey Sandwich	<b>29</b> Chicken Pot Pie	<b>30</b> Breakfast for Lunch Wear your PJs!	<b>31</b> Souper Seniors 	



Health & Wellness

Sponsored by the Grand Island CSD Health and Wellness Council

Tuesday, March 7, 2017... 4 PM to 6:30 PM

GI High School Large Cafeteria

1100 Ransom Road

"Open Family Swim" HS Pool from 4:45 -5:30PM

Need Dinner for the Family? Pizza available for Sale

FREE HEALTHY SNACKS! FUN ACTIVITIES!  
HEALTH SCREENINGS! FREE MASSAGES! INFORMATION SHARING!  
GAMES! FREE RAFFLES! CPR DEMONSTRATIONS!  
\*\* For the Entire Family! \*\*

Participating Organizations/Groups/Businesses

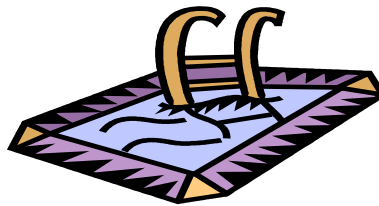
Erie County Dept. of Health  
Asthma Coalition of Erie County  
Radisson Fitness Center  
GI Fire Department  
Just for Kids Program  
GICSD Food Services  
University Pediatric Dentistry  
UBMD Dermatology  
GICSD School Nurses  
TOPS of Grand Island  
Advocare

Island Kids  
The MOG  
Soma Cura Wellness Center  
NYS Troopers  
GI Parks and Recreation  
Erie County Domestic Violence Unit  
Grand Island Chiropractic  
DENT Neurology  
GICSD HS Art Club  
Grand Island Golden Age Center  
Catholic Health System

NFMMC  
Upstate NY Poison Center  
Niagara Falls Urgent Care  
Mt. St. Mary's Women's Health  
Grand Island Golden Age Center  
UBMD Orthopaedics  
Gus Macker Event  
Lions Club  
Grand Island Soccer  
Kids Escaping Drugs  
One Island One Team

Come Out and Join the Fun!

Sunday Open Swim



Enjoy use of the High School pool for open swim and lap swimming

Supervised by Recreation Department Lifeguards

\*\*Please enter the building through Door #21 in the back of the High School\*\*

Location: High School Pool  
Time: 12:00-3:00 p.m.  
Days: Sundays  
Dates: February 5, 12, 26  
March 5, 12, 19, 26  
April 2, 23, 30

Updates and cancellations will be posted online at [www.gigov.com](http://www.gigov.com)

**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: \_\_\_\_\_



## Travel News



A trip to Quebec City, Ottawa and Montreal is being planned for October 2017. This 6 day, 5 night trip includes motorcoach transportation, some meals, multiple tours, and much more! The price of this trip is **\$623** double occupancy, and **\$823** single occupancy. For more information, please call Jennifer at (716) 773-9682.

### Sunday Game Day & Potluck Lunch

Sunday, March 26

**11:00am - 3:00pm**

*\* Transportation will be offered at the cost \$1.00 for members. \**

Stop by and craft, play dominoes or card games, socialize, and enjoy an afternoon of fun!

Feel free to bring a delicious, favorite dish to pass to enjoy for lunch. We will start the **Potluck Lunch** at **12pm**. The sign-up sheet for the **Sunday Game Day & Sunday Potluck Lunch** will be right outside the Office; sign up there or call (716) 773-9682 to sign up for this fun afternoon!

### Social Support Group

Do you have a loved one that is suffering from a form of memory loss? Has your loved one been diagnosed with Dementia or Alzheimer's? We are looking for participants for our new *Social Program for individuals with dementia*, starting in March. This respite, social program will provide companionship, active engagement, a snack time among new friends, and allow participants to connect with others facing similar struggles. Participants will work one-on-one with a trained volunteer. This program is free of charge, but registration is required. Please contact Jennifer Menter at the Golden Age Center at (716) 773-9682 for more information.



Help support the **Golden Age Center** by taking your cans and bottles to:

**Bottle Junction**

**2447 Grand Island Blvd.**

**Grand Island, NY 14072 (716) 774-1200**



When you take your bottles & cans to the counter, please let them know that you'd like your money to go towards the **Golden Age Center**.

Your support will help the **Golden Age Center** keep lunch prices low, will support future programming & help us purchase wish list items.

**Thank you for your anticipated support!**