



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

March 2018

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

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 Services
Golden Age Center



March Birthdays



March 2	Terry Manning	March 16	Chris Bihler, Sally Black & Pat Phillips
March 4	Patricia Feinen & Grace Myhre	March 17	Nonnie Carroll & Paul Gurzinski
March 6	Pat Bassler & Eilene Gebrian	March 19	Ruth Landel
March 7	Linda Leuchner & Carol O'Connor	March 21	Dolores Laska & Ruth Ryan
March 9	Elaine Hardman	March 22	Beverly Kinney
March 11	Shirley Norman	March 24	Gary Behrns
March 12	Ray Hayward & Carol Manning	March 25	Jack Mahnk
March 13	Martha Bojarski & Richard Downing	March 26	Angelo LaDuca, Betty Marinell, & Leon Zakrzewski
March 14	Kathy Shaklee	March 27	Robert Roughsedge & Frances G. Tracy
March 15	Henry Lobl	March 28	Valerie Robinson

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

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: 9:30am with **Carole** in the Community Building (*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

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

***** NEW DAY: Chair Yoga**: 12:30pm with **Vanessa** in the Community Building (*Fee for class is \$1*) ***

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 **Erin** in the Dining Room

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 (**3rd & 4th Wednesdays of the month**)

One-on-One Computer Help: 12:30pm with **Molly** in the Dining Room (**2nd & 4th Wednesdays of the month**)

THURSDAY

Total Body Workout: 9:30am with **Carole** in the Community Building (*Fee for class is \$1, payable to Carole Joseph*)

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

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

***** NEW DAY & TIME: Crafting for a Cause**: 12:30pm with **Jen** in the Dining Area ***

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

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

Thursday, March 1: *Elder Abuse & Scams To Look Out For*

Place: *Dining Room*

Time: **12:45pm**

Brian Mohr and Joe Choduba from the Sheriff's Office will be joining Golden Age Members in discussing the signs of elder abuse and scams for senior citizens to look out for these days, including grandparent and grandchildren scams, as well as scams and abuse from adult children, which is sadly, on the rise. Be well informed! Bring any questions you may have.

Friday, March 2: *Know the 10 Signs*

Place: *Dining Room*

Time: **10:00am**

Join Andrea from the Alzheimer's Association of WNY for this informative presentation. Early detection matters! Come and learn the warning signs.

Monday, March 5: *Members' Coffee*

Place: *Dining Room*

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!

Tuesday, March 6: *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, especially with winter now here! 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**

Tuesday, March 6: *Blue Cross Blue Shield of WNY*

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

Place: *Dining Room*

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!

Wednesday, March 7: *March Birthday Lunch*

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

Place: *Dining Room*

Let's get together for lunch and celebrate the seniors who are celebrating a birthday this month! A delicious feast will be served for lunch, complete with birthday cake, graciously donated by Elderwood at Grand Island and Elderwood at Wheatfield, and ice cream for dessert. Join us for some great entertainment from Lyle Stang at 12:45pm. Mark your calendars; you'll definitely want to stick around for all the fun!

Friday, March 9: *Anti-Inflammatory Diet*

Time: **10:00am**

Place: *Dining Area*

What is an Anti-Inflammatory Diet? Join us as we discuss how inflammation affects our health and the role inflammation plays in chronic disease. We'll learn how diet contributes to inflammation and identify inflammatory and anti-inflammatory foods. Join Carly Szczygiel, R.D., for this informative presentation.

*****REMINDER: Chair Yoga — NOW Tuesdays at 12:30pm in the
Community Building*****

Chair Yoga with Vanessa will now be taught on **Tuesday afternoons from 12:30pm-1:30pm**, starting in **March. The first class will be on Tuesday, March 6. Cost: \$1 per person.** Join Vanessa as she teaches you a gentle, yet effective, yoga class by using a chair! All abilities will enjoy this yoga practice and all ability levels will feel challenged. Dress comfortably for this class. **Vanessa looks forward to seeing everyone!**

*****REMINDER: Computer Club—Tuesdays at 10:45am in the Arts & Crafts Room*****

Calling all Computer Club members and those interested in learning more about computers! Our computers have been updated with new software and printing capabilities. Molly, our Golden Age staff member, will lead this group starting in February. Meet her at 10:45am and share with her what you'd like to learn. She'll plan topics of discussion based on your feedback! Molly looks forward to seeing you!

Friday, March 9: *Color Art fun*

Time: **12:30pm**

Place: *Dining Area*

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. All supplies will be provided.

Saturday, March 10: *New York State Safe Boating Class*

Time: **8:00am—4:30pm**

Place: *Dining Area*

This boating safety course fulfills the requirements under NYS Law to operate a mechanically propelled boat or personal watercraft (PWC). Please call the Recreation Department at (716) 773-9680 to register for this class. This class is limited to 50 people; sign up TODAY! This class WILL fill up fast!

Sunday, March 11: *Daylight Savings Time Begins...Don't forget to turn your clocks AHEAD ONE HOUR!*

Monday, March 12: *Travel Club meeting*

Time: **10:30am**

Place: *Dining Area*

Please join Jen for this meeting as we discuss the 2018-2019 BPO Coffee Concert Series with Janet from the BPO, upcoming plans for day trips for April, and extended trips to Washington DC & Boston/Cape Ann/Salem in 2018 with the Golden Age Center. Bring your checkbook! Come travel with us! We hope to see you there!

Wednesday, March 14: *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, March 14: *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, March 15: *TableTime with Elderwood*

Time: **10:00am—12:00pm**

Place: *Dining Area*

A representative from Elderwood at Grand Island and Elderwood at Wheatfield will be here to speak to members privately, one-on-one, about rehab, independent, assisted, and nursing home options. Come, ask your questions, and become informed!

Thursday, March 15: *Executive Board Meeting*

Time: **12:30pm**

Place: *Stage*

The Golden Age Club President Nancy Tobe requests the presence of all officers and chairpersons for the monthly meeting following lunch.

Friday, March 16: *St. Patrick's Day Irish Step Dancing Show* Time: **12:30pm**

Place: *Dining Area*

Wear your green and shamrocks today! There will be a special prize awarded for the friend that is the most festively dressed for our St. Patrick's Day festivities! Clann na Cara will be giving us an Irish Step Dancing show for our Golden Age members to enjoy for St. Patrick's holiday. Come and join the fun!

Tuesday, March 20: *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, especially with winter now here! 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

Tuesday, March 20: *Welcome SPRING! Today is the FIRST DAY of SPRING!* We made it through the winter season!

Wednesday, March 21 *United Health Care*

Time: 10:00am-11:30am

Place: *Outside of the Dining Area*

John 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. Stop on by and have some peace of mind about the many health insurance changes in 2018!

Thursday, March 22: *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 Room*

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, March 23: *Fidelis Care*

Time: 9:30am-10:30am

Place: *Dining Room*

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. Stop on by and have some peace of mind about the many upcoming health insurance changes in 2018!

Saturday, March 24: *Pancake Breakfast & Saturday at the Center*

Time: The ***Pancake Breakfast*** will be from **9am –12pm** & ***Saturday at the Center*** will take place from **12pm—3pm**.

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

Join us for our ***Pancake Breakfast!*** For **\$5 per person**, enjoy pancakes, egg bake, breakfast pastries, sausage, fruit cup, complete with coffee, tea & juice. This is a community event; come one, come all! There will be activities available for children to enjoy, including face painting, coloring, and MORE. Everyone gets the chance to win a great door prize! ***Proceeds will support the Golden Age Center.*** After the event, stick around and craft, play dominoes or card games, work out on our gym equipment, play pool, and enjoy an afternoon of fun. Sign up or call (716) 773-9682 to sign up for this fun afternoon.

Monday, March 26: *Broadway Market day trip*

SOLD OUT! SOLD OUT!

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

Place: *Dining Room*

'Tis the season to go out and enjoy the sights, sounds, smells and shopping the Broadway Market has to offer during the Easter season! Enjoy this great Buffalo tradition. Come and join Golden Age members as they travel to the Broadway market this morning; after a few hours of shopping, Golden Age members will go to Vasilis in Kenmore for lunch. Purchases and lunch will be on one's own. The Golden Age bus will return to the Golden Age Center early in the 1pm hour. To reserve your spot, please call (716) 773-9682. **Suggested donation:** \$5.00

Monday, March 26: *Essential Oils Presentation*

Time: ***12:45pm***

Place: *Dining Room*

What's all the hype about Essential Oils? How do they benefit you, your health, your well being, and your home? Join Sue Keddie from ***A Peaceful Path to Wellness*** for this presentation. She will have time for questions and answers with the audience.

Tuesday, March 27: *Broadway Market day trip*

DUE TO POPULAR DEMAND!

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

Place: *Dining Room*

'Tis the season to go out and enjoy the sights, sounds, smells and shopping the Broadway Market has to offer during the Easter season! Enjoy this great Buffalo tradition. Come and join Golden Age members as they travel to the Broadway market this morning; after a few hours of shopping, Golden Age members will go to Vasilis in Kenmore for lunch. Purchases and lunch will be on one's own. The Golden Age bus will return to the Golden Age Center early in the 1pm hour. To reserve your spot, please call (716) 773-9682. **Suggested donation:** \$5.00

Wednesday, March 28: *Silent Auction*

Time: ***12:45pm***

Place: *Dining Room*

Join us for this Golden Age Club fundraiser! Bid on great items during our annual Golden Age Club Silent Auction. **Please know:** Bids will start at \$3. Please bring in all Silent Auction items to Jen in the Office. Mark your calendars; join in the fun! Both men and women will love this event!

Friday, March 30: *Easter Egg Hunt & Good Friday Brunch*

Time: ***9:30am for the Easter Egg Hunt; 10:15am for the Good Friday Brunch***

Join us for our Golden Age Center tradition! Golden Age members will enjoy an Easter Egg Hunt, with eggs hidden skillfully by crafty and talented Golden Age staff member Pat; those that find eggs will win great prizes! Join us after for our Good Friday brunch, complete with French toast, vegetable quiche, hash browns & fruit cup, with beverages.

Friday, March 30: *Good Friday;* the Golden Age Center will be **CLOSED** from **12:00pm –4:00pm**.

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

March 2018

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

				1 Hearty Stew with Buttermilk Biscuit	2 Souper Seniors 	3
4	5 Members' Coffee 10:30am  Taco Salad	6 Ham & Swiss Melts	7 Birthday Lunch \$5.00 Stuffed Chicken Breast with Scalloped Potatoes	8 Open Faced Roast Beef Sandwich	9 Souper Seniors 	10
11	12 Travel Club meeting 10:30am Meat  Lasagna	13 Maple Balsamic Pork Loin	14 Irish Stew	15 Executive Board Meeting Corned Beef & Cabbage with Carrots & Potatoes \$5	16  St. Patrick's Day lunch FRIDAY: Potato Pancakes, Applesauce, Scrambled Eggs, & Green Jello	17 
18	19 Kielbasa in Polish Sauce with Egg Noodles	20 Spaghetti & Meatballs with Garlic Bread	21 Reuben Casserole	22 General Meeting \$5.00 Barry's Famous Southwest Taco Pie	23 Souper Seniors 	24 Pancake Breakfast 9am-12pm Saturday at the Center 12pm -3pm
25	26 Breaded Pork in Herbed Cream Sauce	27 Bratwurst with German Potato Salad	28 Salisbury Steak with Mashed Potatoes	29 Turkey Dinner with all the fixings!	30 Good Friday Brunch 10:15am 	31  The GAC closes at 12pm on Friday, 3/30 for the Easter holiday.






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: _____

Attention Mahjong Players:

Do you know how to play *Mahjong*? *Mahjong* is a game that originated in China, and it's a game that requires some skill, strategy, calculation, and a bit of chance! If you are interested in getting together to play *Mahjong* with other members, please call Jen at (716) 773-9682.

 **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



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

Barry Conway Robert Davis Diane Garey John Garey
Sue Kaiser Robert Kaiser Jeanne Treat Carol Merckel

Coffee for the Month of March has been graciously donated by the **Fun with French** participants, *in memory of their friend*, member **Ed Plucinski** and **Jakob Jung**, *in memory of Maria Jung*. Thank you to **Fun with French** 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. **Martha Muller** is the lucky winner for the month of **January!**



Shoveling Assistance



Is this Buffalo winter getting you down? Are you having difficulty shoveling the snow this year? Are you having trouble keeping your sidewalks clear? If you need assistance, please call **Jen** at **(716) 773-9682** and she'll be happy to get you connected to a volunteer who can assist you. There are volunteers in the community that are willing to help senior citizens keep their sidewalks clear through the snowy season.



Temps in the single digits and wind chill below zero?



On the weekends, if AND when the weather is in the single digits and the wind chills are below zero, members will be able to call the **Golden Age Center** for assistance, in the case of an emergency. Call **(716) 773-9682** and a Golden Age staff member will be happy to help you out.



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!*

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

Tuesday: 8-10am; 3-4pm

Thursday: 8-10am; 12:30-4pm

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

Tuesday: 8-10am; 3-4pm

Thursday: 8-10am; 12:30-4pm

2018 AARP TAX PREPARATION SITES

City of Tonawanda Senior Center

33 Main Street, Tonawanda, NY 14150

716-692-7029

Appointments Required – Starting February 1st.

Wednesdays 9:00 am to 12:00 pm.

Thursdays 9:00 am to 12:00 pm.

Carousel Senior Center

100 Oliver Street, North Tonawanda, NY 14120

716-695-8582

Appointments Required

Fridays 9:00 am to 11:30 am. (Closed Good Friday)

North Tonawanda Public Library

505 Meadow Drive, North Tonawanda, NY 14120

716-693-4132, ext. 0

Setting Appointments already, prep begins 2/6/2018 to 4/10/2018

Tuesdays 9:30 to 2:45 pm.

Ensminger Senior Citizens Center

291 Ensminger Road, Tonawanda, NY 1150

716-874-3266

Appointments Required

Tuesdays 9:00 am to 12:00 pm.

Thursday 9:00 am to 12:00 pm.

John Duke Senior Center

1201 Hyde Park Boulevard, Niagara Falls, NY 14301

716-297-9324

Really encourages appointments (walk-ins only if under 55, younger folks cannot set appointments)

Mondays 9:00 am to 2:00 pm.

Tuesdays 9:00 am to 2:00 pm.

Thursdays 9:00 am to 2:00 pm.

Fridays 9:00 am to 2:00 pm.

Kenmore Library

160 Delaware Road, Kenmore, NY 14217

716-873-2842

Starting February 5th through April 11th

Walk in only, sign up off posted sheet after 8:30 am.

Mondays 10:00 am to 3:30 pm.

Wednesdays 10:00 am to 3:30 pm.

Lewiston Public Library

305 S. 8th Street, Lewiston, NY 14092

716-754-4720

Appointments Required.

Tuesdays 11:30 to 2:30 pm.

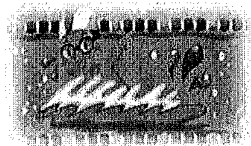
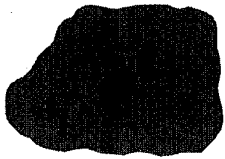
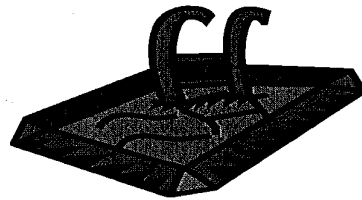
Thursday 11:30 am to 2:30 pm.



Grand Island Recreation Department



Sunday Family Swim 2017-2018



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: December 3, 10, 17
 January 7, 21, 28
 February 4, 11, 25
 March 4, 11, 18, 25
 April 8, 15, 22, 29

Updates and cancellations will be posted online at:
www.ginyrec.com

Recreation Department
3278 Whitehaven Road
Grand Island, NY 14072

The Town of Grand Island
Joseph A. Menter
Recreation Supervisor

Office - (716) 773-9680
Cell - (716) 465-8370
recreation@grand-island.ny.us