



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

May 2017

Flower: *Lily of the Valley*

Birthstone: EMERALD

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



May Birthdays



| | | | |
|---------------|---|---------------|---|
| May 1 | Don Hamman & Cynthia Stamler | May 19 | Carl Flick & Pattie Frentzel |
| May 4 | William Gerristead & Mary Pascucci | May 24 | Debra Coughlin |
| May 6 | Tammy Violanti | May 25 | Thomas Pellegrino |
| May 8 | Alice Blain & Lynn Gottler | May 26 | Carrie Mesmer, Lee Tetkowski & Elizabeth (Liz) Wilbert |
| May 12 | Mary Quinn | May 27 | Richard McClive |
| May 13 | Susan Bogнар & Winifred Zarbo | May 28 | Pat Shaw |
| May 15 | Edward Bogнар & Barbara Brzyski | May 29 | Richard Campangna |
| May 18 | Edward R. Plucinski & Susan Robinson | May 30 | Linda Facklam |

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

***NEW* Walkabouts**: 10:30am Outdoor walking program around the Nike Base with Erin

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

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



May Events...Mark your calendars!



Special Luncheons & Celebrations

May Birthday Lunch

The ***May Birthday Lunch*** will take place on **Wednesday, May 3 at 12:00 pm**. 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 entertainment of **Tom Bender!**

Monthly Meetings

Time with Town Supervisor Nathan McMurray

Supervisor Nathan McMurray will be here to talk with our Golden Age Center members on **Monday, May 1 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 us for this joint meeting, which will take place on **Monday, May 8 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. We hope to see you there!

Executive Board Meeting

President Kathy Lechner requests the presence of all officers and chairpersons for the monthly meeting on **Thursday, May 18th at 12:30pm on the Stage**.

General Meeting

Please come **before** lunch for the General Meeting, on **Thursday, May 25th at 11:15 am in the Dining Area** to hear the happenings coming up at Golden Age Center in the month of June. We will also have our Memorial Ceremony today, to pay tribute to our members we have lost in the past year.

Special Dates to remember!

Monday, May 1 at 8:00pm at Town Hall

Members, come out to say the Pledge of Allegiance at Town Hall during Town Board Meeting for Older Americans Month!

Monday, May 29 at 10:00am at DeGlopper Memorial Park: Come and join us for our Memorial Day ceremony, hosted by the ***Town of Grand Island Recreation Department***.

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.

Blue Cross Blue Shield of WNY

Thursday, May 25th from 10:00 - 12:00 pm
In the Dining Room

United Health Care

Wednesday, May 17th from 9:30 - 11:45 am
Outside of the Dining Room

Fidelis with Patrick Murphy

Friday, May 19th from 9:30 - 10:30 am
In the Dining Room

Classes

55 Alive AARP Safe Driving Class:

Tuesday, May 16 & Tuesday, May 23
12:15 pm – 4:00 pm in the Arts & Crafts Room
Call (716) 773-9682 to hold your spot in the class!
Cost: \$20 for AARP members; \$25 for non-AARP members
Call TODAY! Spots fill up fast!

***NEW * SPRING AND SUMMER WALKING CLUB**

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

- **Wednesday, May 3 - Beaver Island State Park** (Meet in the sledding hill parking lot)
- **Wednesday, May 10 - Buckhorn Island State Park** (Meet in the Woods Creek parking lot)
- **Wednesday, May 17 - River Lea** (Meet in the River Lea Parking Lot)
- **Wednesday, May 24 - Bedell House/Ferry Village** (Park and meet at Ferry Village)
- **Wednesday, May 31 - Six Mile Marina** (Meet at Golden Age Center)

Please come dressed appropriately, and bring water if it is hot out. We will meet at the above locations at **10:00 am** on the dates listed. Should you have any questions, please call Erin at (716) 773-9682.



Fun Activities

Cinco de Mayo

Friday, May 5: Come dressed in your colorful clothes, and enjoy a *Cinco de Mayo* meal at **11:30am**, with a fun themed activity beginning at **12:30pm** in the Dining Area.

Color Art for Adults

Friday, May 12: 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 at **12:30pm** in the Dining Area. All supplies will be provided. ***This activity may be outside, weather permitting.***

The Pittsburgh School for the Choral Arts

Monday, May 22: *Via Choir*, out of Pittsburgh, is made up of 15 girls, in 6th-9th grade.

Their repertoire includes songs from around the world, including American folk songs and songs and traditional spiritual music. The girls sing in many languages including Swahili, French, Latin, and of course, English! We are thrilled to have them share their time and talents with us, at **12:30 OR 12:45 pm in the Dining Area**. The choir travels with their talented pianist, Rebecca Hill. Please come for this concert!

Visit from our friends at Thermo Fisher!

Wednesday, May 24: Our friends from Thermo Fisher will be here to serve lunch to GAC members today & will host BINGO for members, with the chance to win great prizes; Bingo will begin at **12:30pm in the Dining Area**.

For Your Information

Free Legal Advice

Monday, May 22: Local attorney Todd J. Potter will be here at the Golden Age Center to give free legal counsel to members at **10:00 am in the Dining Room**. Mr. Potter will help members on a first come, first served basis. Stop by and see him today!

Wellness & Support Groups

Blood Pressure Checks

Wednesday, May 10: Blood Pressure Checks with Elderwood at GI nurses will be offered from **10:00 – 11:30 am** in the Dining Area.

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, April 12** and will run every 2nd Wednesday of the month from **1:30 - 5:30 pm in the Community Building on the Nike Base**. 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, May 10th at 1:30pm on the Stage at the Golden Age Center**. 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 to register for the group.

Shopping & Day Trips

Tuesday, May 9: We will be taking a shopping trip to *Walmart* on The Golden Age Center bus will leave at **8:30am**. The shopping trip costs **\$3.00**. Shoppers will be picked up at **11:30am**.

Tuesday, May 23: *Carmarie's Seniors Show "Everything Old is New Again" at the Lancaster Opera House*—The Golden Age Bus will leave at 12:45pm. **COST: \$17.00** plus purchases on one's own. We'll start the day going for a sundae at Adrian's, then we'll be on our way to the Lancaster Opera House. The group will return to the GAC around 5pm. Come and join in the fun!

Thursday, May 25: *Time in North Tonawanda:* shopping at the NT Farmer's Market & additional surprises TBD: **Cost: \$5.00** plus purchases on one's own. GA bus departs at 9:00am and will return after 1:00pm. Come and join the fun!

Please call **(716) 773-9682** or stop by the Office to reserve your spot on these trips!

Presentations

University Express Presentation: *Turkey's Entanglement in Syrian Turmoil*

Tuesday, May 2nd @ 1:00 pm in the Dining Area
Turkey has been a key NATO ally bordering Middle Eastern countries and standing on the margins of terror and war-torn territories. While Turkey had a long standing tradition of maintaining its distance from getting involved in the chaos, it has grown deeply involved in the various fighting parties in Syria and Iraq. Its relations with local groups (the Syrian and Iraqi governments, ISIS, the various Kurdish parties) as well as the regional and global powers (Iran, Russia, the US) have shown a series of rapidly and radically shifting alliances. Since August 2016, Turkey has actively supported the Free Syrian Army in an effort to take out ISIS and curb the Syrian Kurdish expansion in northern Syria, which intensified terrorist attacks in Turkey's big cities. This presentation will address the complex web of shifting alliances in the Syrian and Iraqi war and Turkey's role within it.

Presenter: Dr. Mustafa Gokcek is an Assistant Professor of History at Niagara University.

University Express Presentation: *Healthy Eating Basics*

Thursday, May 4th @ 1:00 pm in the Dining Room

In this workshop you will learn:

- The role key nutrient categories play in health
- Wegmans' philosophy for healthy eating
- Tools & tips Wegmans offers to help apply this philosophy

Presenter: **Krista Lennox**, Wegmans Employee

University Express Presentation: *Booms, Bubbles & Busts*

Tuesday, May 16th @ 10:00 am in the Dining Area

We'll look at recent booms, bubbles and crashes in the American stock market, including the tech bubble and the housing bust. Experts have pointed to factors such as irrational exuberance, greed, and lack of transparency. What is the responsibility of the government or central banks to prevent unsettling and irrational market swings? How can the average citizen navigate through the ups and downs by playing an active and informed role in managing their financial affairs?

Presenters: *Adam Goldfarb* is a Financial Advisor & Philanthropic Consultant with Goldfarb Financial. *Jeffrey Goldfarb*, Certified Financial Planner, is owner and managing principal of Goldfarb Financial, a wealth management firm in Buffalo, NY.

Presentations

University Express Presentation: *Women of New France*

Tuesday, May 23rd @ 10am in the Dining Area

This presentation will focus on the role of women in the development of New France, specifically "les Filles du roi" (the orphan girls given a dowry by Louis IV to help populate New France from 1663-673), Marguerite Bourgeoys (Founder of the Congregation of Notre Dame of Montreal), Jeanne Mance (Founder of the first hospital in Montreal), Hélène Boullé (wife of Samuel de Champlain), and indigenous American women, in particular the Hurons. This presentation will also refer to "les Filles à la cassette" (orphan girls, similar to "les Filles du roi," sent to Louisiana between approximately 1719 and 1720) and women that were part of "le Grand Dérangement"/the Acadian Deportation in 1754 from Nova Scotia, home to one of the oldest French communities in North America.

Presenter: ***Dr. Eileen Angelini*** received her Ph.D. and M.A. in French Studies from Brown University and her B.A. in French from Middlebury College.

University Express Presentation: *Good Bugs for Good Health*

Friday, May 26th @ 10:00 am in the Dining Area

- Overview of how good and bad bacteria affect our gut and impact digestive and immune systems
- Define probiotics and prebiotics and discuss where to find them in foods
- Discuss supplements and how to choose a good one

Presenter: **Jennifer Johnson**, Blue Cross Blue Shield of WNY

University Express Presentation:

Franco-American History & Culture

Tuesday, May 30th at 10:00 am in the Dining Area

This presentation will explore the French influence in North America from the times of King Louis IV and *les filles du roi* (the king's daughters in New France); to the fur trappers and miners that help to settle the mid-West and who gave birth to Pawpaw French; to the Cajuns of Louisiana and the Francos in the New England mill towns.

Presenter: ***Dr. Eileen Angelini*** received her Ph.D. and M.A. in French Studies from Brown University and her B.A. in French from Middlebury College.



Please call (716) 773-9682 to register for ANY of these FREE presentations & great topics!

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.

May 2017

| Sun. | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. |
|--|---|--|--|--|--|--|
| | | | | | | |
| 12:30pm Town Time w/Supervisor McMurray | 1 Goulash with Garlic Bread | 2 Polish Sausage with Lazy Pierogi | 3 Birthday Lunch (\$5) Pork Chop w/Mashed Potatoes 🍰 | 4 Italian Sausage with Peppers & Onions | 5 Souper Seniors 🍲 🥪 | 6 |
| 7 | 8 10:30am Members' Coffee & Travel Club Ham Steak w/Scalloped Potatoes 🍲 | 9 Hobo Pack | 10 Spaghetti with Meat Sauce & Garlic Bread | 11 Baked Chicken with Mashed Potatoes | 12 Souper Seniors 🍲 🥪 | 13 |
| 14 Mother's Day 🌸🌸🌸 | 15 Hamburger & French Fries | 16 Chili with Cornbread & a Fruit Cup | 17 Turkey Reuben with Chips & a Pickle | 18 Executive Board Meeting Meatloaf with Mashed Potatoes | 19 Souper Seniors 🍲 🥪 | 20 Gram's Garage Sale 9:00 - ☀️ |
| 21 | 22 Chef's Choice 🍷🍷 | 23 Beef Taco Salad | 24 Cheese Ravioli with Garlic Bread | 25 General Meeting (\$5) Roast Beef Dinner with Mashed Potatoes | 26 Souper Seniors 🍲 🥪 | 27 |
| 28 | 29  CLOSED Memorial Day  | 30 Hot Dog with Baked Beans & Mac Salad | 31 Cold Plate | | | |

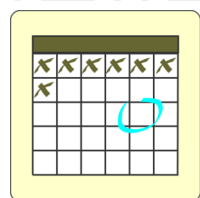
Go Green! Fill out this form and return it to the Office to receive your monthly copy of the **Golden Voice** newsletter via e-mail!

Name: _____

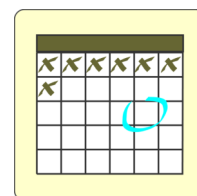
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Social Support Group for individuals with dementia

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.



ATTENTION! Mark your calendars!



**Open House
Tours
10am - 11am**



**Lunch &
Hot Dog Sale
11am - 2pm**

Gram's Garage Sale at the Golden Age Center
Saturday, May 20, 2017
9:00 am - 2:00 pm

Come and shop around for some new treasures!

Take a tour around our Golden Age Center, enjoy a delicious meal from the Lunch Sale & buy treats for dessert at the Bake Sale!

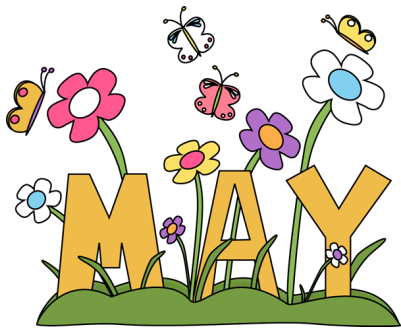
Thank you for your support!

Donation Opportunity

The Grand Island Golden Age Club has successfully reestablished their IRS exempt status as a 501(c)3 public charity. Donors can deduct contributions they make to the Golden Age Club, Inc., and the Club is eligible to receive tax deductible bequests, devises, transfers or gifts under IRS Code.

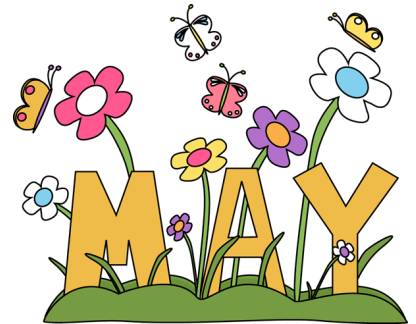
Effective February 16, 2017, the Golden Age Club can provide donors with a tax deductible receipt of any value; the IRS requires a receipt to substantiate donations over \$250.

When thinking about deductions for your taxes, or for estate planning purposes, please remember the Golden Age Club has been organizing and conducting activities for the benefit of Grand Island's seniors since 1959! Open to all Grand Islander's over the age of 50, we welcome you to visit us at 3278 Whitehaven Road weekdays to learn more about what we have to offer. Thank you for considering a donation to help our local seniors.



Welcome to our new members of the
Golden Age Center:

Shirley Norman
Judy Polizzi



Coffee for the Month of May has been graciously donated by **Susan Bognar, Alex Szabad, in memory of Sylvia Szabad, and Barbara Nowakowski, in memory of Sandy Minoian.** Thank you to **Susan, Alex, and Barbara** 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 2 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. **CHRIS BIHLER** is the lucky winner for the month of **MARCH!**