



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

May 2019

Flower: Lily of the Valley

Birthstone: Emerald

Town of Grand Island

Golden Age Center

3278 Whitehaven Road

Grand Island, NY 14072

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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



May Birthdays



May 1	Barbara Davis, Don Hamman, Janice Hecko, Cynthia Stamler & Paul Wudyka	May 15	Ed Bognar, Barbara Brzyski, Surinder Kaur Kandola
May 2	Rita Volpe	May 16	Barbara Bartus, Michele Drabik, & Diana Schwartzdorothy Lenahan
May 3	Barbara Taefi	May 18	Susan Robinson
May 5	Gary Garrison & Suzanne Muller	May 19	Pattie Frentzel
May 6	Chris O'Connell & Tammy Violanti	May 25	Thomas Pellegrino
May 7	Deborah Clemens & Robert Kaiser	May 26	Carrie Mesmer, Lee Tetkowski & Liz Wilbert
May 8	Alice Blain & Lynn Gottlier	May 27	Rick McClive
May 11	Robert Joslyn	May 28	Pat Shaw & Scott Wallace
May 12	Mary Quinn	May 29	Ross Arsenault & Richard Campagna
May 13	Sue Bognar	May 30	Linda Facklam

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

MONDAY

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

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 Center (*Fee for class is \$1, payable to Carole Joseph*)

Technology Club: 10:45am with **Michele** in the Arts & Crafts Room

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 with **Lorraine** 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 **Carrie** in the Dining Area

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: 9:30am with **Carole** in the Community 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 (Arena)**

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

Crafting for a Cause: 12:30pm with **Carrie** in the Dining Area (**1st, 2nd & 3rd Thursdays of the month**)

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

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

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

Wednesdays in May: 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 May:

May 1: *West River Bike Path*

May 8: *Beaver Island Park*

May 15: *Bedell Road Bike Path*

May 22: *Veteran's Park*

May 29: *Niawanda Park*

Wednesdays, May 1, 8 and 15: *American Mah Jongg Instruction*

Time: 12:30pm

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!

Wednesday, May 1: *Magical May 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 Magical May Birthday Lunch, complete with vanilla ice cream & birthday cake, graciously donated by Elderwood at Grand Island. Join us for some great entertainment by *It's Magic Of Course!*, 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.*****

Our friend Bryce from Grand Island Senior High School will be here to play piano today, Thursday, May 2, around 12pm, to play piano during lunch for everyone!

Friday, May 3: *Kentucky Derby Review*

Time: 10:30am

Place: *Dining Area*

Join Carrie for some Kentucky Derby fun complete with Mock Mint Juleps. We can review the horses participating for the big race and try and predict the winner for fun!

Monday, May 6: *Members' Coffee*

Place: *Dining Area*

Time: 10:30am

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

Monday, May 6: *Financial Benefits for the 60+ senior presented by the Erie County Department of Senior Services*

Time: 12:30pm

Place: *Dining Area*

Come and join us for this informative presentation!

Monday, May 6: *Older Americans Month Proclamation at Town Board meeting*

Place: *Town Hall, 2255 Baseline Road*

Time: 8:00pm

Members, please join Jen, and please come out to lead the Pledge of Allegiance at Town Hall during tonight's Town Board Meeting for Older Americans Month. Hope to see you there!

Tuesday, May 7: *Lavender Sugar Scrub Craft*

Time: 10:30am

Place: *Dining Area*

Come and join us for a special treat for yourself and make a homemade sugar scrub, using all natural ingredients and essential oil. \$3.00 supply fee is due upon reservation.

Wednesday, May 8: *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, May 8: *Social Program for Individuals with Dementia*

Time: 1:30pm—4:30pm

Place: *Community Center*

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, May 8: *Coca-Cola Floats*

Time: 2:15pm

Place: *Dining Area*

Today is National Have a Coke Day! After our fantastic University Express presentation today we invite you to stay after and enjoy a Coca-Cola float! What better way to celebrate this day in a very refreshing way!

Wednesday, May 8: *Dinner & Game Night*

Time: 5:30pm for dinner; 6:30-8:00pm for the games

Place: *Dining Area*

Cost: **\$11**

Join us for a fun and relaxing evening here at the GAC! We will enjoy a catered meal from 773 North of: Oven Roasted Turkey Breast & Gravy, Mashed Potatoes, Green Beans, Caesar Salad with roll and butter. We will have beverages and dessert as well. Due to the catering of the meal, you **MUST** sign up and pay by Friday, May 3. Join in the fun!

Thursday, May 9: *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 2019.

Friday, May 10: *Women's Health—Taking Care of YOU*

Time: 10:00am

Place: *Dining Area*

You spend your time taking care of others; it's time to take care of yourself. The choices you make today affect your quality of life in the future. Find out little things you can start to do **NOW** that may improve your health.

You'll learn: Basics of a healthy lifestyle; Tips for heart, breast and bone health; How to manage menopause symptoms

While many health conditions affect both men and women, a number of medical conditions may cause different symptoms in women, affect women differently, and require different treatment or prevention protocols. As a woman, your health issues are unique. Join us to discover ways to take care of your unique health issues. Join BCBS of WNY's team for this informative presentation.

Friday, May 10: *Spring Fling Tea*

Time: 11:30am

Place: *Dining Area*

Celebrate spring and the love of the women in our lives with a unique lunch today. *Bon appétit!*

Friday, May 10: *Brown Bag Auction with Brookdale Senior Living Staff*

Time: 1:00pm

Place: *Dining Area*

Join in and have some fun with the mystery of an auction, all graciously provided and donated by Brookdale Senior Living in Kenmore.

Monday, May 13: *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 May & June, 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! We hope to see you there.

Tuesday, May 14: *ThermoFisher Day at the GAC*

Time: 11:30am

Place: *Dining Area*

Please join us as Juliette and our friends from Thermo Fisher serve our lunch today and then play Bingo games after lunch with Golden Age members. Come and join the fun and maybe win one of the great prizes provided for us by our friends at ThermoFisher!

Wednesday, May 15: *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!

Thursday, May 16: *Executive Board Meeting*

Time: 12:30pm

Place: *Stage*

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, May 17: *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.

Saturday, May 18: *Gram's Garage Sale*

Time: 9:00am—2:00pm

Come and shop around for some new treasures as we have members selling their garage sale items. Our Bake Sale will start at 9am, Open House tours will be offered from 10am –11am, and our Lunch Sale will be from 11am—2pm. Mark your calendars! Join in the fun and help support the Golden Age Club & Golden Age Center.

Our friend Bryce from Grand Island Senior High School will be here to play piano today, Monday, May 20, around 12pm, to play piano during lunch for everyone!

Tuesday, May 21: *Strawberries and Cream Day*

Time: 2:00pm

Place: Dining Area

Today is National Strawberries and Cream Day so stay after Bingo or come in and join us to see what Carrie will concoct to celebrate this zany observance in the month of May!

Thursday, May 23: *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, May 24: *BPO Coffee Concert*

Time: The Golden Age Bus will depart at 8:15am.

Place: Please meet in the Dining Area.

BPO Coffee Concert goes, enjoy today's concert with Golden Age members! Enjoy the concert of **An American Salute**, a blend of music celebrating 200+ years of American History.

Monday, May 27: *Memorial Day Ceremony*

Time: 10:00am

Place: DeGlopper Memorial Park

As the Golden Age Center is CLOSED for the Memorial Day holiday, please stop by the Memorial Day Ceremony, hosted by the Town of Grand Island Recreation Department. Thank you, veterans, as well as active service members, for all that you do, to protect us and to keep us safe.

Tuesday, May 28: *At the Races!*

Time: 10:30am

Place: Dining Area

Let's have fun "betting" on our own horses here at the GAC. In keeping with this month's observances of National Barbecue Month and National Hamburger Month, we will have a little fun with our horse racing game. Afterwards, stay and enjoy our spring barbecue lunch. Yahoo, and giddy up!

Tuesday, May 28: *Bingo Bonanza!*

Time: 12:30pm

Place: Dining Area

Come join us for some fun, special BINGO Bonanza games! Join us for a chance to win GREAT PRIZES and PRIZE MONEY (from \$1—\$5 winnings). Come one, come ALL!

COST: \$1.00 to play; players can play up to 4 Bingo boards for this price. Each additional BINGO board (over 4 boards) can be purchased for an additional \$1.00.

Friday, May 31: *Reminiscing: Burma Shave*

Time: 10:30am

Place: Dining Area

Join Carrie as we reminisce of the second brushless shaving cream made and the first one to become a success! We will talk about the advertising method they used and read some of the more popular ones. Do you remember seeing them in your travels? Maybe we can even make up some of our own for the GAC using their way of advertising! Let's be creative and have some fun! We will also continue our work in creating questions for the Grand Island Trivia Quest – a board game brought to us by The Grand Island Historical Society in partnership with Everything Grand Island. Join us for fun about Burma Shave" and maybe be a part of this unique board game about Grand Island!

Friday, May 31: *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, May 31: *Old Glory Slate Craft*

Time: 12:45pm

Place: Dining Area

Join Carrie for a patriotic craft you can make for your home or to give to a friend or neighbor! All supplies will be provided for. You do not need artistic abilities to make this! Come and join the fun for a relaxing start to your weekend. \$6.00 supply fee is due upon reservation.

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

May 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1 Birthday Lunch \$5.00 Savory Beef Tips over Egg Noodles	2 Beef Taco Salad	3 Souper Seniors 	4
5	6 Members' Coffee 10:30am  Swiss Chicken	7 Pizza with Garden Salad	8 Ham & Potatoes Au Gratin	9 Vegetable Lasagna and Garlic Bread	10 Spring Fling Tea (call for menu) 	11
12 	13 Travel Club meeting 10:30am Turkey with Mashed Potatoes & Gravy	14 Hearty and delicious for Spring! Cornbread Casserole	15 Perfect and fresh for the Spring Season! Cold Plate	16 Executive Board Meeting Taco Pot Pie	17 Souper Seniors 	18  Gram's Garage Sale 9am—2pm
19	20 Chef's Choice	21 Spaghetti & Homemade Meatballs	22 Pork with Dijon Mustard Sauce	23 General Meeting \$5.00 Grilled Chicken Dinner	24 Souper Seniors 	25
26	27 	28 Join us for a Spring barbecue! Hot Dogs, Hamburgers & Baked Beans	29 Lemon Chicken & Rice	30 Polish Sausage & Egg Noodles	31 Souper Seniors 	

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.

VFW Flower Sale



**Friday, May 10 &
Saturday, May 11**

7am onward

**Come and get some BEAUTIFUL
hanging baskets!**



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:

Beth C. Pollara Neil Hoffman Sally Hoffman Marion Little Michael Spalding
Richard Little Delores Schuman Daniel Sexton Laura Sexton
Tom Redell Lana Redell Alphaia (Liz) Wingert Richard Wingert

Coffee for the Month of May has been graciously donated by the
Grand Island American Legion Post #1346, for all Golden Age members to
enjoy. Thank you to the **Grand Island American Legion Post #1346** for their
generosity this month & continued 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., Wed., & Fri.: 8-10am; 1:30-4pm

Tuesday: 8-10am; 3-4pm

Thursday: 8-10am; 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. **Jim Walf** is the lucky winner for the month of **March!**



Travel with US!



Tuesday, May 7: *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**

Thursday, May 9: *Niagara Frontier Adventure Day Trip*

Time: Tour bus leaves at **8:30am**.

Place: Meet in the *Dining Area*.

We are on an adventure today! Starting our day at the GAC and our first stop will be the **Niagara County Produce** store. Our second trip finds us at **Gordie Harper's Bazaar** for shopping and maybe a cup of coffee and a pastry. Our third stop is to the **Black Willow Winery** where you can taste 4 wines for \$6. Our fourth stop is at the **Woodcock Brewery** in Wilson, NY where we will enjoy a lunch of salad, wood fired pizza, and choice of pop or iced tea. Other beverages or beer tasting will be on your own. Our final destination will be home sweet home! (The GAC) to arrive back at 2:30 pm.

Cost: **\$35** includes Bedore tour bus transportation, gratuities, and lunch at Woodcock Brewery.

Friday, May 17: *WNED/WBFO Tour*

Time: The *Golden Age Van* will leave at **9:15am**.

Place: Please meet in the *Front Foyer*.

Join us as we head out to the WNED/WBFO studio for a volunteer led tour that will last approximately one hour. We can come back and enjoy lunch here at the GAC. **Cost:** **\$10, which includes lunch & transportation**.

Tuesday, May 21: *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**

May University Express Presentations

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

Friday, May 3: *University Express presentation: The Health Benefits of Reading with Robert Kubiak, president, Buffalo Men's Book Club*

Time: 1:00pm

Place: *Dining Area*

Learn more about the health benefits of reading books with others, how to start a successful book club, and how to create a reading plan of your own.

Wednesday, May 8: *University Express: Come Aboard: The Buffalo Naval Park and USS The Sullivans, USS The Little Rock and USS Croaker by Shane E. Stephenson, director of Museum Collections, Buffalo & Erie County Naval & Military Park; owner, Archives in the Buff*

Time: 1:00pm

Place: *Dining Area*

Come learn more about the ships docked at the largest inland naval museum in the country.

Monday, May 13: *University Express: Buffalo City Hall by Harry Meyer, docent and lecturer, Western New York History and Architecture*

Time: 1:00pm

Place: *Dining Area*

Explore the exterior and interior of this Art Deco masterpiece.

Monday, May 20: *University Express: Quilts and The Underground Railroad by Theresa Wiater, retired teacher, Clarence Center Elementary School; experienced quilter*

Time: 1:00pm

Place: *Dining Area*

Learn how the quilts might have been used to contain signals that helped people escape slavery.

Friday, May 24: *University Express: Disappearing Act: What Happened to the Middle Class by Adam Goldfarb, certified financial planner and chartered advisor in philanthropy with Goldfarb Financial Team*

Time: 1:00pm

Place: *Dining Area*

We'll discuss how neither side of the political spectrum has been able to slow down the depletion of the middle class, which has shrunk by about 2% every decade.