



# *The Golden Voice*

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

**November 2017**

**Flower: Chrysanthemum**

**Birthstone: Topaz or Citrine**

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.grand-islandny.us/departments/golden\\_age\\_center.php](http://www.grand-islandny.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*



## **November Birthdays**



November 2	<b>Jakob Jung, Paula Manijak &amp; William (Bill) Nash</b>	November 13	<b>Roberta Jean Burke, Ann Rossiter &amp; Debbie Tront</b>
November 3	<b>James Maul</b>	November 15	<b>Tom Dworak</b>
November 4	<b>Bill Salansky &amp; Ricky Whitmire</b>	November 19	<b>Eileen Minton</b>
November 5	<b>Ruthy Field &amp; Linda Nihart</b>	November 20	<b>Gursharan Ghuman &amp; Kathy Menter</b>
November 6	<b>Jo-Anne Greico &amp; David Pratt Ph.D.</b>	November 23	<b>Bob Johnson &amp; Barbara LaDuca</b>
November 7	<b>Dorothy Gingsburg &amp; Gordon Mortenson</b>	November 25	<b>Charlene Gornicki</b>
November 8	<b>Anne Leahy</b>	November 26	<b>Nancy Killian</b>
November 9	<b>Judith Bassette</b>	November 27	<b>Gerald Dubiel &amp; Jim McGarvey</b>
November 10	<b>Mary Mack &amp; Emily Nowak</b>	November 28	<b>Andrew Baranyl, Mohinder Ghuman, Donald Loader &amp; Alma Mctigue</b>
November 11	<b>Bridget Baungartner, Margaret (Massie) Lawrence, James Purpora &amp; Gail Sturm</b>	November 29	<b>Joanne Carcione, Daisy Moore, Mary Savio &amp; John Stark</b>
November 12	<b>Carol Lindelow</b>	November 30	<b>Pat Akinbami &amp; Nancy Toby</b>

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

Bridge: 1:15pm in the Dining Area

### TUESDAY

Total Body Workout: **9:30am** with **Carole Joseph** in the Community Building (*Fee for class is \$1.00*)

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: 12:15pm with **Staff Member** 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

### 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/Staff Member** in the Dining Room

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

### THURSDAY

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 **Liz** in the Dining Area

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

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

Crafting for a Cause: 10:00am with **Liz** in the Dining Area

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

# **November 2017 Special Events**

## **Wednesday, November 1: Autumn Harvest Birthday Lunch**

**Place:** Dining Room

**Time:** 12:00pm

Let's get together for lunch and celebrate our seniors who are celebrating a birthday this month! A delicious autumn themed feast will be served for lunch, complete with cake and ice cream for dessert. Entertainment to follow by Alan Sexton.

## **Thursday, November 2: Tour of Grand Island**

**The Golden Age Bus will depart at 9:00am and will return around 2:30pm**

Back by popular demand, for the third time! Led by Grand Island Historical Society member, and former Town Supervisor Mary Cooke. How well do you know the unique, incredible community we live in? Join us as Mary Cooke will be taking us on a guided, narrated tour of the history of Grand Island. After enjoying a few historical stops along the way, and hearing some great stories, we will be ending our day with lunch at a local favorite, the Village Inn. Lunch purchase on one's own. Please call (716) 773-9682 or stop by the Office to reserve your spot.

## **Friday, November 3: NCCC Wellness & Health Fair at the Golden Age Center**

**Time:** 10:00am – 12:00pm

**Place:** Arts & Crafts Room

Students' from Niagara County Community College will be here to discuss healthy eating, exercise, flu prevention, hand hygiene, weight reduction, osteoporosis, improving memory, and many other topics. The students' have designed poster boards, pamphlets, and they will be teaching the above topics to interested seniors. They will also provide blood pressure readings. There will be nine students, and one instructor. The students will be interacting with our seniors between 10:00am-12:00pm. Please stop in to visit them, and take advantage of this great opportunity.

## **Friday, November 3: Occupational Therapist, Carole Joseph Instructor of Total Body Workout**

**Time:** 10:00am – 12:00pm

**Place:** Dining Area

Carole Joseph will be here doing a Q & A about her class, and Occupational Therapy. This is a great time to ask Carole any questions you have about: the way you are feeling, what exercises and movements would be beneficial to help you through your ailments, and a great time to get to know more about her class.

## **Friday, November 3: Chair Yoga with Vanessa**

**Place:** Community Building

**Time:** 12:30pm

## **Monday, November 6: Members' Coffee**

**Place:** Dining Room

Come join Barbara and Erin for a joint meeting, pastry and hot beverage to discuss current happenings at the Golden Age Center. Please bring questions, feedback, and suggestions for this roundtable discussion. We look forward to seeing you!

## **Tuesday, November 7: Walmart Shopping Trip**

**Time:** 8:30am - 11:30am

Shoppers will have three hours to make their purchases. This is the perfect trip to do some bulk shopping at great prices, especially for those that don't have the opportunity to shop off-island. Please call (716) 773-9682, or stop by the office with payment to reserve your spot. Limit four bags per shopper.

## **Tuesday, November 7: United Healthcare**

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

John from United Healthcare will be here right outside the dining area, he will be here to answer questions you have.



**Wednesday, November 8: Support Group Respite Program**

**Place:** *Community Building on the Nike Base*

**Time:** 1:30pm - 4:30pm

Attention caregivers of people with Alzheimer's disease or related dementia. A dementia specific respite program will run every second Wednesday of the month. This is a social group respite that we find benefits people with dementia and their caregiver. Please call Erin Monnett at (716) 773-9682 for more information.

**Wednesday, November 8: Dementia Caregiver Support Group**

**Place:** On the Stage

**Time:** 1:30pm

Alzheimer's Association caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, friends, family, and individuals with dementia to: develop a support system, exchange practical information on caregiving challenges and possible solutions. It also allows discussion about creating solutions, talking through issues, different ways to cope, share feelings as well as needs and concerns. This is also a great time to learn about resources available in the community. Please call 1(800) 272-3900 for more details and to register for the group.

**Thursday, November 9: University Express Class Native American Culture**

**Place:** Dining Room

**Time:** 1:00pm

Learn about major cultural concepts from the Haudenosaunee people (Six Nations), including discussions of the Thanksgiving Address, relationships with the natural world, and teachings of the "Good Mind." We'll also discuss why there are misunderstandings and misrepresentations of Native culture, as well as challenges faced by many Native people and organizations that are trying to strengthen and nurture the Native American community. **Instructor: Pete Hill, "All Our Relations" project director, Native American Community Services of Erie & Niagara Counties, Inc.**

**Thursday, November 9: Executive Board Meeting**

**Place:** *Behind the Stage*

**Time:** 12:30pm

President Kathy Lechner requests the presence of all officers and chairpersons for this monthly meeting

**Friday, November 10: The Golden Age Center is CLOSED for the Veterans Day holiday.**

Veterans, thank you for your dedication and your service to our country, and for helping keep us safe and free.

**Monday, November 13: Travel Club Meeting**

**Place:** *Dining Area*

**Time:** 10:30am

Do you love to travel? Would you like to explore our area with other your fellow senior citizens? Join Erin for coffee and a pastry, as we discuss upcoming plans for day trips, our Canada trip this October, and ideas about our extended trip in 2018 at the Golden Age Center. Hope to see you there!

**Tuesday, November 14: University Express Presentation**

**Place:** Dining Room

**The Disappearing Middle Class**

**Time:** 10:00 am

Join Adam Goldfarb & Jeffrey Goldfarb for this great and informative presentation. **Disappearing Act:** What happened to the Middle Class? The middle class has been consistently shrinking since the early 1970s. 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. Strong economies have strong middle classes, and for nearly half of a century, ours has been dwindling. Please call (716) 773-9682 to reserve your spot for this presentation or stop by the Office to reserve your spot.

**Thursday, November 16: General Meeting & Nomination of Officers of the Golden Age Club**

**Time:** 11:15am / **Place:** Dining Area

Join us for our annual, traditional Thanksgiving Dinner, with all the trimmings at 12:00pm. Join us and celebrate all the beautiful friendships and blessings we have in our lives, by celebrating together! For \$6.00, join us for an incredible meal of turkey, mashed potatoes, stuffing, cranberry sauce, green bean casserole, and MORE!

**Friday, November 17: Blue Holiday & Blue Christmas Presentation**

**Place:** Dining Area

**Time:** 10:00am

Join Chaplain Deb Tyler from Elderwood at Grand Island. The holidays can be such a joyful, spirited time of year, but the holidays can also bring much sadness and can be very bittersweet. Join Chaplain Tyler as she provides meaningful tips, tools, and ways to cope with the holidays.

**Friday, November 17: Chair Yoga with Vanessa**

**Place:** Community Building

Cost: \$1.00

**Friday, November 17: Essential Oil Presentation**

**Place:** Dining Area

**Time:** 11:00am

Curious about essential oils and how they can promote better health? We are excited to welcome Susan Keddie of A Peaceful Path to Wellness, a gifted Licensed Massage Therapist, with an intuitive sense of what your body needs. Experience aromatherapy with pure essential oils, creating a sensory journey to soothe, enliven or balance both body and mind. Learn how to fight cold and flu symptoms, relax your body and soothe sore muscles, improve digestion, and other issues. At her Main Street location in Buffalo, Sue also offers deep tissue, myofascial release, energy work, raindrop therapy, as well as regular (Swedish) massage.

**Sunday, November 19: Sunday Game Day & Bills Game Day Fun**

**Place:** GAC Dining Room

**Time:** 12:00pm - 4:00pm

Stop by and craft, play dominoes or card games and enjoy an afternoon of fun! For those that are sports fans, watch the Bills game on the big screen TV on the stage with other Golden Age Center members. Wear your favorite Bills gear! We will be ordering pizza and wings together; the price will be determined by the amount of members enjoying it. Feel free to bring a snack to share, if you wish! The sign-up sheet for the **Sunday Game Day & Bills Game Day Fun** will be right outside the Office. Sign-up there or call (716) 773-9682 to sign up for this fun afternoon! ***Transportation will be available to those who need it.***

**Thursday, November 23:** The Golden Age Center is **CLOSED** for the Thanksgiving holiday. Enjoy the bounty of Thanksgiving, surrounded by your friends and family. Count your blessings!

**Friday, November 24:** The Golden Age Center is **CLOSED** for the Thanksgiving holiday. Enjoy the bounty of Thanksgiving, surrounded by your friends and family. Count your blessings!

**Tuesday, November 28: Presentation on the History & Ecology of the Upper Niagara River Islands**

**Time:** 10:00am / **Place:** Dining Area

Calling all history buffs! Are you interested in getting to know our local community and waterways better? Come and hear about Motor & Strawberry Island, along with fascinating ecology and history about the Niagara River from our very own Golden Age Center member, Paul Leuchner.

**Wednesday, November 29: Strength Training for Older Adults Presentation**

**Place:** Dining Area

**Time:** 12:45pm

Join Miranda Zagorski, Health Coach from BCBS of WNY. Did you know that adults start losing muscle mass around age 40? Luckily, doing strength training exercises regularly can slow muscle loss, but it's important to know which exercises to do and how to do them. Join us for a discussion and demonstration of gentle strength training exercises you can do at home.

**Thursday, November 30: Fidelis Care**

**Place:** Dining Area

**Time:** 9:00am – 10:30am

Patrick Murphy from Fidelis will be here to answer any of your health insurance questions, and will be able to provide you with information on health care plans.

**DAY TRIP: TBD**

## 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

# November 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			<b>1 Birthday Lunch (\$5)</b> Pork Chops w/ Apple Mushroom Cream Sauce	<b>2</b> Julienne Salad	<b>3 Souper Seniors</b> 	<b>4</b>
<b>5</b> ➡ <b>10:30 am Members' Coffee</b>	<b>6</b> Beef Taco Salad	<b>7</b> Italian Sausage w/ Peppers & Onionis w/ Mac & Cheese	<b>8</b> Polish Sausage w/ Lazy Pierogis	<b>9</b> Executive Board Meeting Baked Chicken w/ Scalloped Potatoes & Butternut Squash	<b>10</b>  <b>Closed Veterans Day</b>	<b>11</b>
<b>12</b> ➡ <b>10:30 am Travel Club Meeting</b>	<b>13</b> Glazed Ham w/Mustard Sauce	<b>14</b> Meatloaf with Mashed Potatoes & Gravy	<b>15</b> Tuna Noodle Casserole	<b>16</b> (\$5.00) Thanksgiving Dinner with all the Fixings!	<b>17 Souper Seniors</b> 	<b>18</b>
<b>19</b>	<b>20</b> Chicken Finger Sandwiches w/French Fries	<b>21</b> Lasagna with Garlic Bread	<b>22</b> Cold Plate w/ Meats, Cheeses & Hard Boiled Egg	<b>23</b>  Happy Thanksgiving <b>CLOSED</b>	<b>24</b>  <b>CLOSED</b>	<b>25</b>
<b>26</b>	<b>27</b> Southwestern Pot Pie  *Award Winning*	<b>28</b> Ham & Cheese Casserole	<b>29</b> Bratwurst w/ German Potato Salad	<b>30</b> Reuben with Potato Chips & a Pickle		



## **A HUGE THANK YOU TO...**



**Everyone** who stopped by and supported  
our Fall Open House & Holiday Happenings!

Your incredible support made our event a **HUGE** success!

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

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

Nancy Tebo                  Ronald Tebo                  Florence Prawel  
Gary Loncar                  Ruth Loncar  
Stuart Short                  Leslie Madigan                  Daniel Tattenbaum

Coffee for the Month of **November** has been graciously donated by our friends at  
**Elderwood at Grand Island and Elderwood at Wheatfield .**

Thank you to for your generosity & continued support of the  
**Golden Age Center!**



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

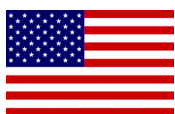
- Scissors
- Bingo prizes for our Social  
Support Group for  
individuals with dementia

### **Birthday Drawing:**

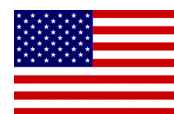
Each month, we will have a drawing for  
**two lunch tickets** at the *Golden Age  
Center*. If your birthday falls during the  
current month, each day you participate in  
the lunch program, you may fill out a slip  
and put it in the **Birthday Drawing**.

The winner will be drawn the last day of  
the month. **Barb Nowakowski** is the lucky  
winner for the month of **September!**

Don't forget to go out and VOTE on Tuesday, **November 7th 2017**



Your vote is important, and remember, every vote counts!





# Golden Age Club



**Buy your tickets now, at the G.A.C. and bring your family and grand-kids to the Golden Age Center on the morning of Saturday, December 9th, 9:30am - 11:30am.**

## ***Breakfast***

**Pancakes, Sausage Links, Fruit cup, Coffee, Tea, Apple Juice**

**Adults: \$5.00, ...Under 10 yrs. \$2.00, ...Under 2 yrs. FREE !**

**Includes Cookie decoration activities for the kids !  
Photos with Santa by Photographer Mary Stewart ...or Cell-Phone-selfies**