



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

November 2018

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

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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 Citizen

Carrie Mesmer
Recreation Leader—Senior Citizen
Golden Age Center



November Birthdays



November 1	Rhonda Arsenault	November 15	Tom Dworak
November 2	Paula Manijak & Bill Nash	November 16	Daniel Fuller & Frances Romanchock
November 3	James Maul	November 19	Eileen Minton
November 4	Maryann Gullo, Bill Salansky, & Ricky Whitmire	November 20	Gursharan Ghuman, Kathy Menter & Joan Wilkinson
November 5	Linda Nihart	November 21	Terry Smith & Jeanne Treat
November 6	Jo-Ann Greico & David Pratt, PhD	November 23	Barbara LaDuca
November 7	Dorothy Ginsburg & Gordon Mortensen	November 24	Jean Caprio
November 8	Anne Leahy	November 25	Jeffrey A. Copp & Charlene Gornicki
November 9	Judith Bassette	November 26	Nancy Killian
November 10	Mary Mack & Emily Nowak	November 27	Gerald Dublel & Jim McGarvey
November 11	Bridget Baungartner, Paul Coughlin, Margaret (Massie) Lawrence, James Purpura, & Gail Sturm	November 28	Andrew Baranyl, Dennis Caldwell, Mohinder Ghuman, Donald Loder & Joan Rogers
November 12	Carol Lindlow	November 29	Joanne Carcione, Daisy Moore, Mary Savio, & John Stark
November 13	Roberta Jean Burke, Ann Rossiter & Debbie Tront	November 30	Pat Akinbami & Nancy Tobe

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

Various Card Games (Pinochle, Canasta, etc.): 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*)

Trim Time: 10:00am on the Stage

Beginner Line Dance: 11:00am with **Richard** behind the Stage

Bingo Bonanza: 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

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

Tennis: 10:00am on the Tennis Courts (weather pending...go out and play and enjoy!)

Artists' Haven: 10:00am in the Dino Room in the Activity Center

Coups for Troops: 10:45am with **Carrie** in the Dining Area

Mahjongg: 12:15pm in the Dining Area

Various Card Games (Pinochle, Canasta, etc.): 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**)

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

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

Book Club: 10:00am in the Arts & Crafts Room

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

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

Thursday, November 1: *University Express class: The History of Buffalo Roadways*

Time: 1:00pm

Place: FRONT of the Dining Area

We'll discuss the history of transportation in Buffalo, dating back to the Holland Land Company up until the modern expressway. Specific examples will include the infamous Delaware Avenue "S" curves, and Scajaquada and Kensington Expressways. Join Ken Kuminski, licensed professional engineer, New York State Department of Transportation, for this presentation. **Please call (716) 773-9682 to reserve your spot in this presentation.**

Friday, November 2: *University Express class: Learning Styles*

Time: 10:00am

Place: FRONT of the Dining Area

Are you an auditory, visual, or kinesthetic/tactile learner? Is one way to learn better than another? Which learning style tends to be a poor speller? Which style enjoys riddles? Is one learning style neat and tidy? Take a quiz and find out your personal learning style to better understand yourself and others. Join Theresa Wiater, retired teacher, Clarence Center Elementary School, for this presentation. **Please call (716) 773-9682 to reserve your spot in this presentation.**

Friday, November 2: *NCCC Health Fair & Golden Age Wellness Fair*

Time: 10:00am - 12:00pm

Place: Arts & Crafts Room & BACK of Dining Area

Activity Description: The Nursing students from Niagara County Community College will be at the Center to give information on various health topics, including: *Healthy Eating, Flu Prevention, & Exercises for the Elderly*. In addition, blood pressure readings will be offered. Join us for a great University Express class, to help you learn something new, visit the Library Mobile Library, chair massages from Dr. Notaro's office, and MORE surprises! Put your health first and get on the right track before the holidays!

Sunday, November 4: *DON'T FORGET* to change your clocks **BACK ONE HOUR**, as Daylight Savings time ends!

Monday, November 5: *University Express class: Right-Sizing: 4 Steps Towards Simplifying Your Home*

Time: 1:00pm

Place: FRONT of the Dining Area

It is time to think about organizing and streamlining your home? A local realtor with 30 years of experience offers a step-by-step process to help you simplify your current living space, access the accessibility and livability of your home, and review your opinion to future needs. Join Michael Olear, MSW; lead broker, the Olear Team at MJ Peterson, for this presentation. **Please call (716) 773-9682 to reserve your spot in this presentation.**

Tuesday, November 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. 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

Tuesday, November 6: *Forest Lawn Cemetery Trolley Tour & lunch*

Time: The *Forest Lawn Trolley* will leave at 12:45pm.

Place: Meet in the *Dining Area*.

Cost is \$30 per person, which includes lunch at the Golden Age Center & the guided Trolley Tour at Forest Lawn Cemetery. Lunch will be served at 11:45am; Trolley will pick up travelers around 12:45pm; private tour will be from 1:30—3:30pm; Trolley will return travelers around 4pm. **SIGN UP NOW! JUST A FEW SPOTS REMAIN!**

Tuesday, November 6: *Parkview Health Services*

Place: Dining Area

Time: 10:00am—12:00pm

Chat with Tony to find out about the services Parkview Health Services provides, including: sorted medicines with clearly labeled descriptions, dosages, and organized by date and time; FREE DELIVERY, & personalized pharmacy services. Stop by today!

Wednesday, November 7: *November Harvest Birthday Lunch*

Time: NOON for the *Birthday Lunch*; 12:45 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 lunch, complete with birthday cake & ice cream, graciously donated by Elderwood at Grand Island. Join us for some great entertainment from Janice Mitchell at 12:45pm. Mark your calendars and join in the fun!

Thursday, November 8: *Tour of Grand Island*

Time: The *Golden Age Bus* will leave at **9:00am**.

Place: Meet in the *Front Foyer*.

Cost is \$5 per person, with lunch on one's own. We will start the day taking a guided tour around Grand Island, led by Mary Cooke, Grand Island Historical Society member, and a stop at restaurant 773 North for lunch at 12:30pm. The Golden Age Bus will return around 2pm. ***SIGN UP NOW! SPOTS ARE FILLING FAST!***

Thursday, November 8: *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. She looks forward to seeing you there, as we'll be discussing the successful Holiday Happenings event, as well as wrapping up the 2018 event year, with discussion on Breakfast with Santa event and MORE.

Thursday, November 8: *Medicare Plan Changes Presentation*

Time: **12:45pm**

Place: *Dining Area*

Bill Daniels from Erie County Senior Services will be coming in to discuss major changes coming in the Medicare Advantage plans available. Bill will discuss options to fill the gaps in Medicare and the changes in the Medicare Advantage plans. Bring your questions to this presentation. Learn the facts and become well informed to make a sound decision regarding your health insurance in 2019.

Friday, November 9: *Gluten Free 101*

Time: **10:00am**

Place: *Dining Area*

Join Kellie Birtch, Health Coach of BCBS of WNY, will present this topic. What is gluten and why does it matter? Learn about the medical conditions that require a gluten-free diet and whether a gluten-free lifestyle is right for you.

Sunday, November 11: *Veterans Day;* the *Golden Age Center* will be **CLOSED**. Stop by the Veterans Day Services, at 11am, located at the Veterans Park Memorial Wall on Bedell Road today. Please thank any veterans you know for their dedication and service to our country and for keeping us safe and free.

Monday, November 12: The Golden Age Center will be **CLOSED** for the Veterans Day holiday.

Tuesday, November 13: *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—\$10 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.*** Come one, come all!

Wednesday, November 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, November 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, November 15: *Town Time with Supervisor Nathan McMurray, General Meeting with Nominations of Officers, Thanksgiving Luncheon & entertainment from Michael Nugent*

Time: **10:30am for time with Supervisor McMurray General Meeting at 11:15am; lunch at 12 Noon;**

entertainment from Michael Nugent at 1:00pm

Place: *Dining Area*

The day will start with Supervisor McMurray speaking to senior citizens at **10:30am** to update us on happenings taking place in Grand Island, followed by the General Meeting and the Nominations of Officers, followed by our fantastic Thanksgiving feast. **ONLY 120 PEOPLE WILL BE SERVED; SIGN UP EARLY!** The Thanksgiving feast will conclude with entertainment from Michael Nugent from 1pm—2pm. Come and celebrate our friendships together and celebrate the many blessings of the season! ****Please bring a canned good, boxed food (cereal, pasta, etc.) or paper product (tissues, toilet paper, paper towels, etc.) to support the less-fortunate in our community and save \$1 from your lunch cost.****

Friday, November 16: *Make an Altered Book with Joy Mesmer*

Time: **12:30pm**

Place: *Stage*

Join member Joy Mesmer as she leads crafters in making their Altered Book! Please dress ready to craft, wearing old clothes or bring an art smock to wear as you craft, and please bring an old hard-cover or soft-cover book to alter & craft with. Modge podge, scrapbooking supplies, tape, coloring utensils, scissors and all other supplies will be provided to crafters. Please sign up at the Office or call (716) 773-9682 to reserve your spot.

COST: \$3 to craft. **This program will be limited to 12 participants! SIGN UP EARLY, as this program will fill up FAST!**

Tuesday, November 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! 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*

Wednesday, November 21: *University Express class: Owl Habits & Habitats*

Time: **1:00pm**

Place: *FRONT of the Dining Area*

Owls are intriguing birds that easily capture the attention and curiosity of birders. Unlike other birds of prey, such as hawks or eagles, most owls are nocturnal. Their nighttime activity, quiet flight, and strange calls have made them the subject of many myths & folklores. Learn some fun facts and find out what a hoot owls really are! Join Tom Kerr, Buffalo Audubon naturalist, for this presentation. ***Please call (716) 773-9682 to reserve your spot in this presentation.***

Thursday, November 22 & Friday, November 23: The Golden Age Center will be *CLOSED* for the Thanksgiving Day holiday.

Monday, November 26: *United Health Care & Aetna*

Time: **9:30am—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 from United Health Care & Aetna. Stop on by and have some peace of mind about the many health insurance changes in 2018!

Tuesday, November 27: *Seneca Falls Trip:* Bedore Tour Bus departs GAC at **8:00am** and will return at **5:00pm**. ***Stops include Sauders (Amish Store), Magees Diner and Del Lago Casino.*** Cost: **\$28**, with purchases, lunch and casino on one's own. ***Everyone will receive \$25 in free play from the casino. JUST A FEW SPOTS LEFT!***

Friday, November 30: *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.

Coffee for the Month of November has been graciously donated by **Nonnie Carroll, in memory of Hank Carroll, and Deb Gaudy, in memory of Jane K. Goss, and Elderwood at Grand Island.** Thank you to **Deb, Nonnie & Elderwood at Grand Island** for their generosity this month & continued support of the Golden Age Center.



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 2018

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

				1 Fried Bologna & Onions	2 Souper Seniors 	3
4 	5 Meatloaf with Potatoes Au Gratin	6 Chicken with Pineapple Sauce	7 Birthday Lunch \$5.00 Pot Roast with Mashed Potatoes	8 Executive Board Meeting Breakfast Casserole with Pancakes	9  Pizza, Wings & Garden Salad	10
11 	12 CLOSED 	13 \$5.00 Reuben with Chips, a Pickle, & 3 Bean Salad	14 Cold Plate	15 General Meeting Thanks-giving Dinner with all the trimmings! \$6	16 Souper Seniors 	17
18	19 Members' Coffee & Travel Club 10:30am Lasagna with Garlic Bread	20 Chicken in Basil Cream Sauce	21 Hearty Chili with Cornbread	22 CLOSED 	23 CLOSED	24
25	26 Beef Taco Salad	27 BBQ Pork Chop with Baked Beans & Corn	28 Chicken Stroganoff	29 Ham-burger Corn Bake	30 Souper Seniors 	



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. **Linda Clark** is the lucky winner for the month of **September!**



Attention Chess, Bridge, & Mahjongg Players:



Calling all *Chess & Bridge* players!

Golden Age Members Brooks, Bertha & Sue are interested in getting together more *Chess & Bridge & Mahjongg* games. If you are interested in getting together to play either game, please call **Jen** at (716) 773-9682. She and the staff would be happy to introduce interested members and would be happy to organize such games.

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

Jan Yardley

Elaine Miller

John Mingus

Donna Rodriguez

Joe McNamee, Sr.

Gabrielle Pulvirenti

Diane Maness

Ronald Maness

Susan Miller

Does this describe you? Jen is looking for the following individuals...

Calling all Golden Age members that are veterans! Can you let Jen know what branch of service you served in?

Are any Golden Age members interested in being trained as an AARP Tax Preparation volunteer?

Are there any individuals out there who would like to be a volunteer for our Social Respite Group for those with Alzheimer's & dementias?

If any of the following describes YOU, please let Jen know! Stop on by to talk to Jen, please call her at (716) 773-9682 OR e-mail jrmenter@grand-island.ny.us to let her know.

Thank you!

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: _____