



# The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

**November 2019**

**Flower: Chrysanthemum**

**Birthstone: Topaz OR Citrine**

<p>Town of Grand Island  <b>Golden Age Center</b>          3278 Whitehaven Road          Grand Island, NY 14072          Phone: (716) 773-9682 OR (716) 773-9683          Fax: (716) 773-9683          E-mail: <a href="mailto:goldenage@grand-island.ny.us">goldenage@grand-island.ny.us</a>          Business Hours: 8am—4pm, Monday—Friday          Website: <a href="http://www.grandislandny.us/departments/golden_age/index.php">http://www.grandislandny.us/departments/golden_age/index.php</a></p>	<p><b>Nathan McMurray</b>  <i>Town Supervisor</i></p> <p><b>Jennifer Baney</b>      <b>Bev Kinney</b>  <b>Mike Madigan</b>      <b>Pete Marston</b>  <i>Town Board</i></p> <p><b>Jennifer R. Menter</b>  <i>Recreation Supervisor—Senior Citizen</i></p> <p><b>Carrie Mesmer</b>  <i>Recreation Leader—Senior Citizen</i>  <i>Golden Age Center</i></p>
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## November Birthdays

November 1	<b>Rhonda Arsenault</b>	November 15	<b>Tom Dworak &amp; Gina Silvestri</b>
November 2	<b>Maryann Gullo, Bill Salansky, &amp; Ricky Whitmire</b>	November 16	<b>Daniel Fuller &amp; Frances Romanchuk</b>
November 3	<b>Linda Nihart</b>	November 17	<b>Constantino Silvestri</b>
November 4	<b>Jo-Ann Greico &amp; David Pratt PhD</b>	November 20	<b>Gursharan Ghuman, Kathy Menter &amp; Joan Wilkinson</b>
November 5	<b>Dorothy Ginsburg &amp; Gordon Mortenson</b>	November 21	<b>Carol Moscati, Terry Smith &amp; Jeanne Treat</b>
November 6	<b>Henry Buck &amp; Anne Leahy</b>	November 23	<b>Bob Johnson &amp; Barbara LaDuca</b>
November 7	<b>Judith Bassette</b>	November 24	<b>Jean Caprio &amp; Allyson Gillies</b>
November 8	<b>Mary Mack, Linda Mosher &amp; Emily Nowak</b>	November 25	<b>Charlene Gornicki &amp; Dorothy DeVantier</b>
November 10	<b>Katharina Weinzler</b>	November 26	<b>Nancy Killian, Donna Rodriguez &amp; Kathy Stickel</b>
November 11	<b>Paul Coughlin, Bill Gerspach &amp; Gail Sturm</b>	November 27	<b>Gerald Dubiel &amp; Jim McGarvey</b>
November 12	<b>Carol Lindelow &amp; Norman Hadden</b>	November 28	<b>Andrew Baranyi, Dennis Caldwell, Mohinder Ghuman, Donald Loder, &amp; Joan Rogers</b>
November 13	<b>Iris Jircitano, Barbara Krause &amp; Sheryl Kutis</b>	November 29	<b>Joanne Carcione, Mary Louise McLaughlin, Daisy Moore, Mary Savio, &amp; John Stark</b>
November 14	<b>Ardell Waaner</b>	November 30	<b>Pat Akinbami &amp; ...</b>

# ***Weekly Consistent Activities at the Golden Age Center***

## **MONDAY**

Tai Chi: 9:00am with **Pat** in the Community Center  
**\*\*NEW\*\*** Color & Coffee Time: 9:30am in the Dining Area  
Anything Craft Class: 10:00am with **Lorraine** in the Arts & Crafts Room  
The Energetics—Exercise Club: 11:00am with **Carrie** on the Stage  
Arthritic Chair Exercises: 12:30pm with **Lorraine** 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

## **TUESDAY**

Total Body Workout: 9:30am with **Michelle** in the Community Center (*Fee for class is \$1*)  
Technology Club: 10:45am with **Michele** in the Arts & Crafts Room **\*1-ON-1 Instruction BY APPOINTMENT\***  
Beginner Line Dance: 11:00am with **Richard** behind the Stage  
Canasta and Various Card Games (Pinochle, etc.): 12:30pm in the Dining Area  
**\*\*TIME ADJUSTMENT\*\***: Bingo: 12:45pm with **Carrie** in the Arts & Crafts Room  
Advanced Line Dance: 12:45pm with **Richard** behind the Stage

## **WEDNESDAY**

Golden Age Chorus: 10:00am with **Don** on the Stage  
Artists' Haven: 10:00am in the Dino Room in the Activity Center  
Various Card Games (Pinochle, Canasta, etc.): 12:30pm in the Dining Area  
Fun with French: 12:45pm with **Jen** in the Dino Room in the Activity Center (3rd, 4th, & 5th Wednesdays of the month)

## **THURSDAY**

Total Body Workout: 9:30am with **Michelle** in the Community Center (*Fee for class is \$1*)  
Bingo: 10:00am with **Carrie** in the Arts & Crafts Room  
Mahjongg: 12:15pm in the Pool Room (Lounge)\*\*  
Euchre & Various Card Games (Pinochle, Canasta, etc.): 12:30pm in the Dining Area  
Ceramics: 1:00pm in the Arts & Crafts Room

## **FRIDAY**

Tai Chi: 9:00am with **Pat** in the Community Center  
Chess: 9:00am in the Dino Room in the Activity Center  
Coups for Troops: 9:30am in the Dining Area  
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

**ATTENTION: Festival of Tree Ornament Making**

Place: *Dining Area*

Day & Date: **Friday, November 1, 8 & 22 at 12:30pm; Tuesday, November 12 at 10:00am; Wednesday, November 13, 20, & 27 at 10:00am; Monday, November 18 & 25 at 12:30pm**

Please join Carrie and others as we work on our themed tree for entry into the Oishei Children's Hospital of Buffalo's fundraiser for the Festival of Trees. We have secured a 6 1/2 ft. tree that we will be making decorations for throughout the month. The ornaments will then be attached to the tree to be ready for the auction at the Black Tie Gala and beyond.

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**Friday, November 1: NCCC Health Fair**

Time: **10:00am —12:00pm**

Place: *Arts & Crafts Room*

The Nursing students from Niagara County Community College will be at the Center to give information on various health topics including: *healthy eating, exercise, flu prevention, hand hygiene, weight reduction, osteoporosis, improving memory, and MORE.* In addition, blood pressure readings will be offered. Put your health first and get on the right track before the holidays!

**Sunday, November 3: DON'T FORGET** to change your clocks **BACK ONE HOUR**, as Daylight Savings time ends!

**Sunday, November 3: Potluck & Games Galore!**

Time: **12:30pm – 4:30pm**

Place: *Dining Area*

Join Carrie on this Bills game Sunday as they take on the Redskins at 1:00pm. Bring a dish to pass and we can put the game on as well as playing games, work on crafts, or whatever fun you would like to engage in. Please register with the Office or by calling (716) 773-9682 as well as note what dish you will be bringing in to share with your friends.

**Monday, November 4: Decorate the Center**

Time: **10:00am**

Place: *Dining Area*

Join us for taking down the Halloween decorations and putting up Fall & Thanksgiving items to beautify our center. This will be done on and off throughout the course of the day.

**Monday, November 4: Members' Coffee**

Time: **10:30am**

Place: *Dining Area*

Please join Jen for coffee and a pastry as she discusses the latest happenings with members at the Golden Age Center. Questions, suggestions, and feedback are warmly welcomed. Join in the conversation!

**Tuesday, November 5: 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**

**Wednesday, November 6: Harvest Bounty 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 November Birthday lunch, complete with ice cream & birthday cake, graciously donated by Elderwood at Grand Island. Join us for some great entertainment by Don Petrino, starting at 12:45pm, to wrap up our Birthday Party.

\*\*\*As an added feature: Schedule a (private) appointment to meet with Kathleen Flynn, a licensed agent with the Clarity Group and Financial Advisor from NY Life Insurance Company, who will help you to look at your current Medicare coverage and review your options. The election period October 15<sup>th</sup> through December 7<sup>th</sup> allows Medicare beneficiaries to change Medicare Advantage, Medicare Prescription drug (Part D) coverage, or change a Medicare Supplement plan. She can assist you in making your enrollment choices for 2020 coverage. Schedule a time between 1:00pm – 5:00pm directly with Kathy at (716) 880-6863.\*\*\*

**Wednesday, November 6: Scrapbooking Potluck Night**

Cost: **\$5.00 payable upon registration**

Time: Potluck at **5:00pm;** scrapbooking from **5:45pm – 8:00pm**

Place: *Arts & Crafts Room*

This is the final in a series of 3 project nights where we can make cards, memory albums, and scrapbooks to keep or give as a holiday gift. We will have a number of supplies that you can use; please bring your own albums or cards. Please also bring a dish to pass that we can enjoy as a group.

**Wednesday, November 7: 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 he will be able to provide you information on health care plans. Stay informed, and prepare for your health care needs for 2020!

**Thursday, November 7: 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 2020.

**Friday, November 8: BPO Coffee Concert**

Time: The bus will depart at **8:15am.**

Place: *Stage*

BPO Coffee Concert goes...enjoy today's concert of **Pops Goes to the Movies.** The BPO will bring silver-screen soundtrack selections from your favorite action-adventure films to life in this high-octane salute to the music that moved us at the movies!

**Friday, November 8: Diabetes—Awareness & Prevention**

Time: **10:00am**

Place: *Dining Area*

More than one-third of American adults have pre-diabetes—a condition that develops into diabetes unless action is taken. Could

your health be at risk? Find out by attending this insightful session. You'll learn: Symptoms of diabetes; Risk factors for pre-diabetes and diabetes; Best activities for preventing diabetes. Over time, diabetes affects almost every part of the body. *Preventing* diabetes is your best defense against complications. Please join our friends from BCBS of WNY for this informative presentation.

**Monday, November 11:** The Golden Age Center will be *CLOSED* for the Veteran's Day holiday. To all those who have served, and those who continue to serve, thank you for your service.

**The Town of Grand Island cordially invites veterans, family members and friends to attend the Veterans Day Services on Monday, November 11, 2019 at 11:00AM at Veterans Park, located at 1717 Bedell Road.**

**Tuesday, November 12 & Tuesday, November 19:** *AARP Safe Driving Class*

Time: 12:15-4:00pm

Place: *Arts & Crafts Room*

Be safer on the road, and receive an auto insurance discount by taking this course. You MUST attend both classes in order to receive the auto insurance discount. A check made payable to AARP will hold your spot in the class. **COST: \$20.00 for AARP members; \$25.00 for non-AARP members**

**Wednesday, November 13:** *Social Group Respite Program*

Time: 1:30pm-4:30pm

Place: *Meeting Room at Grand Island Memorial Library, 1715 Bedell*

**Attention caregivers of people with Alzheimer's disease or a related dementia:** A dementia specific respite program runs today and every 2<sup>nd</sup> Wednesday of the month from 1:30pm until 4:30pm 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, November 13:** *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 13:** *Potluck Dinner & University Express Class*

Time: 4:30pm

Place: *Dining Area*

Cost: *Dish to pass!*

Please join Carrie for this month's Potluck Dinner, starting at 4:30pm, and then feel free to join us for this evening's University Express class; details below. Please sign up and register for this University Express program and let us know what delicious fall-themed dish you would like to bring.

**Thursday, November 14:** *Hot Hot Hot! Breakfast and Visit to Fireman's Museum of Buffalo*

Time: The bus departs the Golden Age Center at 8:30am. Place: Please meet in the *Dining Area*.

**Cost: \$21.00 cash OR check made payable to the Golden Age Center & \$5.00 cash for the driver's tip**

Join Carrie as we enjoy a nice breakfast (on one's own) at the Olympic Restaurant in Kenmore, followed by a private tour at the Fireman's Museum of Buffalo to enjoy their traditional Christmas holiday display. The bus will return to the Golden Age Center around 1:00pm.

**Thursday, November 14:** *Executive Board Meeting*

Time: 1:00-2:00pm (time adjustment)

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, November 15:** *Movie Event: Love at the Thanksgiving Parade*

Time: 12:30pm

Place: *Dining Area Front*

Join Carrie as we enjoy a Hallmark movie, with the backdrop of a Thanksgiving Day Parade. This will surely put you in the holiday spirit!

**Tuesday, November 19:** *Walmart Trip*

Place: Meet in the *Front Foyer*.

Time: The *Golden Age Van* will leave at 8:30am.

**Suggested donation: \$3.00**

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.

**Tuesday, November 19:** *Crafting for a Cause*

Time: 10:30am

Place: *Dining Area*

Please join Carrie while we make a November gift for our Meals on Wheels recipients here on Grand Island. Help give back to your community and share our holiday love for our seniors who are housebound in our community.

**Wednesday, November 20:** *HEAP Outreach*

Time: 9:00am-4:00pm Place: *Community Center*

Special thanks to Legislature Kevin R. Hardwick for this special HEAP Outreach! Please bring your ID, heating bill, proof of income, lease or landlord statement, and ID for everyone in the household. Fill out your HEAP application in the comfort of your own community!

**Wednesday, November 20: Western New York Welcome Center Tour**

**Time:** The Golden Age Center van departs at **12:30pm**.

Join Carrie as we head over to the WNY Welcome Center for a personal tour with our friend Molly Vigrass! We will have a short tour, followed by refreshments in the Community Room. Afterward, you will have time to check out the various displays and enjoy the Taste of New York store. Maybe you will find something to purchase to take home! Anyone interested in this MUST register with the Office or by calling (716) 773-9682 even if you do **NOT** take the Golden Age Center transportation.

**Cost:** \$1 donation for GAC transportation

**Place:** Please meet in the *Dining Area*.

**Wednesday, November 20: Dinner & a Craft**

**Time:** 5:00pm for dinner; 6:00-8:00pm for the craft

**Cost:** \$20, payable upon registration

**Place:** *Dining Area*

Join us for a fun and relaxing evening here at the Golden Age Center! In this month's craft class, we will make a fall wooden wall plaque (see Carrie for picture). Dinner will be pizza and wings with a special dessert, provided by Carrie. Participation is **LIMITED to 20 participants**, so be sure to sign up and pay early, as payment holds your spot in the activity.

**Thursday, November 21: Turkey Bingo**

**Time:** 10:00am

**Place:** *Arts & Crafts Room* Gobble

Gobble! Join Carrie in a "wild" game of bingo where you never know what kind of "turkey" she will throw at you! Let's have some wacky holiday fun before we enjoy our own GAC Thanksgiving Dinner! No Tom foolery....this is the game to be at!

**Thursday, November 21: General Meeting with Nominations of Officers, Thanksgiving Luncheon & Town Time**

**Time:** **General Meeting at 11:15am; Thanksgiving Dinner at 12 Noon; Town Time at 1:00pm**

**Place:** *Dining Area*

The day will start with the General Meeting at 11:15am, followed by the Nominations of Officers. Phyllis Martin and Mary Cooke from the Grand Island Historical Society will speak about upcoming events and how to donate to the Society at 11:45am. We will serve our bountiful Thanksgiving feast at 12 Noon. PLEASE SIGN UP EARLY for our traditional, homemade Thanksgiving feast! The feast will conclude with Town Time with our Town Officials at 1pm. 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 22: 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. Stay informed and prepare for your health care needs for 2020!

**Friday, November 22: First Aid/Choking/CPR**

**Time:** 10:00am-1:00pm

**Place:** *Stage*

Join Joe Menter, Recreation Supervisor, as he teaches Golden Age members the basics of First Aid, Choking, and CPR techniques to use in an emergency situation. **\*Please NOTE: This is NOT a certification class; this is just to learn the basics of how to react in an emergency situation.\*** This class is limited to 12 registrants. Please sign up at the Office or call (716) 773-9682.

**Friday, November 22: Grand Island Memorial Library Mobile Bookmobile**

**Time:** 10:30am-12Noon

**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!

**Monday, November 25: Golden Age Center's 2019 Turkey Trot**

**Time:** 10:30am

**Place:** Please meet in the *Dining Area*.

Time to work off those calories from your Golden Age Center's Thanksgiving Dinner and get in your daily steps! Join us for some fun and prizes! Your "entry fee" is a canned good/boxed item to be given to the Neighbor's Foundation Share the Happiness Drive. Try for a prize, awarded for the following categories: the most creative turkey, the "Go The Distance" turkey, and the "Grand Island Town Turkey! We will walk, weather permitting, around the Nike Base, around a special course. Come on, you know you want to do this! Have some great fun, and laugh along the way!

**Tuesday, November 26: We're in the Money! Trip to Del Lago Casino/Sauders Amish Store**

**Time:** The bus departs at 8:00am.

**Place:** Please meet in the *Dining Area*.

**Cost:** \$40.00 cash OR check made payable to the Golden Age Center AND \$5.00 cash for the driver's tip.

A repeat request! This is the trip for YOU! Carrie has made it possible for you to receive \$25 in free play AND a free lunch at the Farmers Market Buffet at the Del Lago Resort & Casino. After the members enjoy time at the Del Lago Casino, they will head to Sauders Amish Store to do some shopping before heading home. The bus will return to the Golden Age Center approximately 5:00 pm. Join in the fun!

**Tuesday, November 26: 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.** Come one, come all!

**Thursday, November 28 & Friday, November 29:** The Golden Age Center will be *CLOSED* for the Thanksgiving Day holiday.

# 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.









On Special Event days, lunch is served at 12 Noon.

**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 2019

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

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	Bring in a canned good and dry foods when you come for lunch all this month to support the Neighbors' Foundation Share the Happiness drive!				1 <b>Souper Seniors</b> 	2
3 Daylight Savings Time Ends 	4 Members' Coffee 10:30am Cold Plate	5 Spaghetti & Homemade Meatballs	6 Birthday Lunch \$5.00 Pork with Savory Dijon Mustard Sauce	7 Gourmet Chicken Ham Pizza	8 <b>Souper Seniors</b> 	9
10	11 <b>CLOSED</b> 	12 Meatloaf and Mashed Potatoes	13 Brunch for Lunch <i>(Please call for menu!)</i>	14 Executive Board Meeting Garlic Chicken & Roasted Potatoes	15 <b>Souper Seniors</b> 	16
17	18 Travel Club meeting 10:30am Beef Taco Salad	15 <i>A Center favorite!</i> Reuben with Chips & a Pickle	20 Vegetable Lasagna	21 General Meeting Thanks-giving Dinner with all the trimmings! <b>\$6</b>	22 <b>Souper Seniors</b> 	23
24	25 Chicken Stroganoff	26 Gourmet Macaroni & Cheese	27 Barry's Famous Southwest Taco Pie	28 <b>CLOSED</b>	29 <b>CLOSED</b> 	30

# Neighbors Foundation of Grand Island



stands ready to help with food for families who find themselves temporarily in financial difficulty. Long-term or repeat help must come from government social services or staffed help agencies, but the Neighbors Foundation can provide emergency help.

To start a request for help, phone: 773-1452 or 773-4684

## **CONGRATULATIONS to October Birthday Lunch Split Club Raffle Ticket winners:**

Elaine Miller, Jack Mahnk, Bill Gerspach, John Duchnik, Jacquie DesJardin-LoManto, & Pattie Frentzel

## **CONGRATULATIONS to September General Meeting Split Club Raffle Ticket winners:**

John Cassoni, John Stark, Joy Mesmer, Sue Bognar, Joan M., Kathy Lechner, and others!

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

Swaran Dhaliwal

Surjik Kaur

Sheila Rader

Charles Rader

Donald Weber

Christine LaBarre

Anna Kapus

Sara Sahagian



Coffee for the Month of November has been graciously donated by Bill Gerspach, *in honor of Fran Gerspach, and Marie O'Hara, in memory of Eileen Minton.* Thank you to *Fran and Marie* for her thoughtful generosity and 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. & Fri.: 8-10am; 1:30-4pm

Tuesday: 8-9am; 3-4pm

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

(EXCEPT the 2nd Wednesday of the month from 1:30-2:45pm)

Thursday: 8-9am; 12:30-4pm



### **Monthly 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. **Elaine Miller** is the lucky winner for the month of **September!**



## 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
- ◆ Rite Aid: 20% off ALMOST EVERYTHING the 1st Wednesday of the month
  - ◆ Tops: 6% off on the 1st Tuesday of the month
  - ◆ Olympic Restaurant: Senior Dinner Discounts EVERY NIGHT!
  - ◆ Tim Hortons: 10% off your order ANYTIME!
- ◆ Fucillo Toyota: 10% discount on non-discounted services, such as oil change

If you know of any other discounts, please let us know, so we can spread the news to our senior citizens!

## November 2019 University Express classes offered at the Golden Age Center:

Please call us at (716) 773-9682 OR (716) 773-9683 to reserve your spot in these fantastic classes.

Friday, November 1: University Express: Grandparents Rights & Issues

Time: 10:00am

Place: Dining Area

Come and hear what legal channels are available to address custody, visitation, asserting claims, and more. The presentation will be led by Paul Buchanan, Esq.; senior family counsel, Hogan & Willig Attorney at Law; former judge, Erie County Family Court.

Wednesday, November 13: University Express: Brain Games

Time: 1:00pm

Place: Dining Area

Enjoy fun games that challenge your brain and learn strategies to think in a different way. Presented by Theresa Wiater, retired teacher from the Clarence Center Elementary School.

Wednesday, November 13: University Express: Healthy State of Mind: Creating Overall Wellbeing

Time: 6:00pm

Place: Dining Area

Learn about common mental health myths, warning signs, supports available, and ways to proactively manage your own mental health. Presented by Jocelyn Bos-Fisher, LMSW.

Friday, November 15: University Express: Financial Benefits Check-Up: You Gave, Now Save!

Time: 10:00am

Place: Dining Area

The class will focus on five core financial benefits for which Medicare beneficiaries commonly qualify. Come prepared with an idea of your household income and resource amounts. Presented by Melissa Dentice, Aging and Disability Resource Representative and Rachael Vega, Senior Case Manager, both from the Erie County Department of Senior Services.

Wednesday, November 20: University Express: Fitness Training for Brain Health

Time: 1:00 pm

Place: Dining Area

Discover how the combination of physical and mental exercises can help keep the brain healthy. Participate in fun activities that can improve your fitness and your mental alertness. Presented by Jill Bronsky, author and owner of Forward Fitness, LLC.

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