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**The Golden Voice**  
**OCTOBER, 2008**  
 Golden Age Center 3278 Whitehaven Rd., Grand Island NY 14072  
 Barbara A. Gannon, Director  
 Telephone: 773-9682 or 773-9683

**OCTOBER FLOWER...DAHLIA BIRTHSTONE...OPAL OR TOURMALINE**

1. Barbara Berry
2. Joan Allen, Richard Warner
3. Harriet Babich
4. Joe Padlog, Clarice Samland
5. Muriel Magnuson, Carolyn Mesches
6. Jane Consier, Ruth Cunningham, Genevieve Weber
7. Lorraine Willcox
8. Mary Cunningham, Bertha Frank, Edward Walgate
9. Marion Assenza, Yolanda Ortenzi, Marion Samland
12. Frank Fabin
13. Joyce Goodwin
15. Arnie Colbert
16. John Gonda, Val Proper
17. Rosemarie McDonald, Patricia Schafer
19. Bill Winterfield
21. Gunnar Munk
23. Ed Shelp
26. Dorothy Lew, Lorraine Mangin
28. Brenda L. Cassoni
29. Joanne Gesl, Margo Roberts
31. Aida Dawson, Jane Wynne



We want to honor active members celebrating their birthdays. If you have participated in Center activities during the past year and your name is not listed, please come to the Office to be re-activated.



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 (ACROSS FROM TOPS)

**OCTOBER, 2008**

**THE GOLDEN VOICE**

TRANSPORTATION is available on a priority basis for all Island Residents over 50. Medical appointments will be accommodated with first priority. We also provide transportation for Center activities which include participation in the lunch program, pharmacy, grocery shopping etc. Appointments on the Island, must be made at least **2 DAYS** in advance (even for the lunch program) and **5 WORKING** days in advance for off Island transport.. The earlier, the better. **PLEASE REMEMBER THAT THIS IS CLUSTER DRIVING SERVICE. YOU MAY BE PICKED UP MUCH EARLIER THEN YOUR APPOINTMENT IN ORDER TO ACCOMMODATE EVERYONE.**

\*\*\*\*\*

**MEALS:** A daily menu is included in this month's Golden Voice . The entrée is listed and each meal is served with a cup of home-made soup, vegetable, potato or other starch, bread, butter & tea or coffee. The cost of daily lunch is \$2.00. Birthday & General Meeting lunches are \$2.50. We are striving to keep the cost at the current price. Large attendance is the key. When more people participate, the costs are easier to spread.

**Reservations Please!** It helps us to organize our services when we know in advance how many people are to be served.

You can phone in reservations for meals or transportation requests with as much advance notice as possible.

If for some reason you are unable to attend, **PLEASE** call the Center with your cancellation. The majority of seniors do call in, but there are those who always fail to let us know their plans have changed. By not letting us know, members lose the chance of a meal and the Center has wasted food. Thank you for your co-operation.

\*\*\*\*\*

**ON SALE IN THE OFFICE.....COFFEE COUPONS....BUY IN ADVANCE AND GET 5 CUPS OF COFFEE FOR \$1.00. WHAT A BARGAIN.**

\*\*\*\*\*



The following are offered at the Golden Age Center  
**Arthritic Chair Exercises**– 12:30 Monday and Friday, a class designed to be within the capability of most people with arthritis....

**Anything Craft Class**– 10:00 Monday & Wednesday w/ Lorraine

**Aerobics**– 10:00 a.m. Monday & Thursday

**Trim Time**– 10:00 a. m. Tuesday & Friday

**Bowling**– 1:00 p.m. Tuesday

**Tai Chi**– 9:00 a.m. Monday & Friday

**Pinochle & Various Card Games** – 12:45 Monday through Friday

**Bridge**– 12:30 Monday

**Computer Club**– 11:00 Tuesday

**Tennis**–10:00 Wednesday

**Line Dance**– Beginner line 11:00 a.m Advanced 12:45 p.m. Tuesday w/ Richard

**Ceramics**– 1:00 Thursday w/ Shirley

**Bingo**– 10:00 Thursday w/ Sally Riggs , Irene Thompson & Joan Mazur

**Chorale**– 10:00 Wednesday w/ Carol& organ played by Don Hamman

**Chess**– 9:00 a.m. Friday

The members of the Monday & Thursday exercise class are issuing an invitation to join them in their workout beginning at 10:00. Due to illness, the class has dwindled.

\*\*\*\*\*

**WALK ABOUTS**– We meet at different locations on the Island & and walk for about an hour every Tuesday at 10:00 a.m. Everyone is welcome. All you need is a comfortable pair of walking shoes.

October 7th– Beaver Island

October 14th– Huth Road

October 21st– Bike Path

October 28th– Harvey Rd.

\*\*\*\*\*

THANKS TO ALL OUR MEMBERS WHO DONATED ITEMS FOR THE COUNTRY STORE AND CLOTHES FOR THE TRY & BUY CLOSET. WITH THE PROCEEDS WE WERE ABLE TO BUY NEW SOUP BOWLS FOR THE KITCHEN. TRY & BUY IS OFFICIALY CLOSED UNTIL NEXT SUMMER, BUT THE COUNTRY STORE IS STILL ACCEPTING ITEMS FOR SALE.

\*\*\*\*\*

IT'S THAT TIME AGAIN!! BRR... Winter is fast approaching. Please mark your clothing with your name and phone number. It will save us a lot of time trying to locate missing items which are taken by mistake.

**Island Prescription Center**  
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**OCTOBER, 2008**

**THE GOLDEN VOICE**

**TRAVEL CLUB:**

The bus going to the Rocking Horse Ranch will leave the Center promptly at 7:30. Travelers are asked to be here no later than 6:45 a.m.. On October 10th the return time will be around 5:30 p.m..

\*\*\*\*\*

PLEASE, WHEN SIGNING UP FOR ANY TRIP, REMEMBER THERE WILL BE A CANCELLATION FEE OF \$10.00 ON A DAY TRIP AND \$25.00 ON AN EXTENDED TRIP. MUCH TIME IS INVOLVED IN PLANNING TRIPS, PAYING DEPOSITS, BOOKING BUSES, AND TOUR COMPANIES REQUESTING A NON REFUNDABLE DEPOSIT...

IF YOU HAVE ANY QUESTIONS OR THOUGHTS ABOUT THE WAY THE TRAVEL CLUB & TRIPS ARE TAKEN CARE OF PLEASE LET THE OFFICE KNOW, RATHER THAN TALKING AMONG YOURSELVES... WE ARRANGE TRIPS BASED ON SUGGESTIONS FROM OUR MEMBERS AND PROCEED WITH A GREAT DEAL OF PHONE CALLING AND NEGOTATING WITH VARIOUS VENDORS, BUT IF THE WAY WE HANDLE THE TRIPS BECOMES AN ISSUE, WE CAN DROP THE TRAVEL CLUB FROM OUR PROGRAM.

\*\*\*\*\*

**WELCOME NEW MEMBERS**– Ann Marone, Vivian Morton, Jack & Della Guenther.

\*\*\*\*\*

**FLU SHOT CLINIC**

The flu shot clinic will be held on Monday, October 20th. No reservations for appointments will be accepted until Tuesday, October 14th or any day following, after 1:15.

Please do not call before the assigned time, as mornings are extremely busy taking lunch, medical appointments and returns etc. Thank you.

\*\*\*\*\*

**NONNIES NOTES....**

Many thanks to all who made our “Senior Olympics” a successful fun filled day at our annual August picnic. The winners of the games were:  
 Golf Putting- Muriel Walker  
 Bean Bag Toss- Sue Whitbeck  
 Marshmallow Golf- Hank Carroll  
 Special award for total points- Sue Whitbeck

**PUMPKIN FACTS**

The word ‘pumpkin’ comes from the greek word, ‘pepon’, which means a ‘large melon.’

- Pumpkins originated in Central America are actually a fruit. Many people think it should be our national fruit.
- The yellow-orange flowers that bloom on the pumpkin vine are edible.
- Roasted pumpkin seeds contain medicinal properties.
- Native Americans grew and ate pumpkins and seeds long before the Pilgrims reached this continent.
- Pilgrims and early settlers made pumpkin pie by hollowing out a pumpkin, filling the shell with milk, honey and spices and baking it.
- Early settlers dried pumpkin shells, cut it into strips and wove it into mats.
- Pumpkin was most likely served at the first Thanksgiving feast celebrated by the Pilgrims and the Indians in 1620.
- The ‘Pumpkin Capital of the World’ is Morton, Illinois. Home of Libby’s pumpkin industry.
- The largest recorded pumpkin grown was on October 1, 2005 at the Pennsylvania Giant Pumpkin Growers Weigh off. It weighed in at 1,469 pounds.
- Pumpkins were formerly considered a remedy for freckles and snakebites.
- Natural medicine practitioners have proven that consuming pumpkin seeds reduces the risk of prostate disorders in men.



**OCTOBER 2008**

**THE GOLDEN VOICE**

**OCTOBER EVENTS**

**OCTOBER 1- BIRTHDAY LUNCH-** Once again it’s time to party and your invited. Please join in the fun we celebrate with our members who are turning another year older this month. A delicious lunch will be served followed by traditional cake and ice cream for dessert.

**OCTOBER 2- TRAVELERS GOING TO THE ROCKING HORSE RANCH ARE INVITED TO A GET TOGETHER AT THE CENTER AT 2:30 ON OCTOBER 2. AT THIS TIME, YOU WILL MEET OTHER MEMBERS GOING ON THE TRIP. LUGGAGE TAGS AND ITINERIES WILL BE HANDED OUT.**

**OCTOBER 3-R.S.V.P. AT 9:00 A.M. AT THE CENTER**

**OCTOBER 6-10- ROCKING HORSE TRIP DEPARTS. HAVE A GREAT TIME!**

**OCTOBER 13- CENTER CLOSED FOR COLUMBUS DAY**

**OCTOBER 14- FLU SHOT APPOINTMENTS MAY BE CALLED IN STARTING TODAY AFTER 1:00 PM. PLEASE DO NOT CALL IN THE MORNING. WE ARE BUSY TAKING LUNCHEON & MEDICAL APPOINTMENTS.**

**OCTOBER 15- Judith Maness from Mount Saint Mary’s will be here at 12:30. She will give us information on the various programs that Mount Saint Mary’s has to offer.**

**OCTOBER 16- EXECUTIVE BOARD-** Our monthly meeting will begin at 12:45. President Nonnie Carroll would like all Officers and Chairpersons to attend.

**OCTOBER 17- WALMART TRIP-** Cost is \$2.00 to catch a ride on the Golden Age Bus for shopping. Call a call to reserve a seat.

**OCTOBER 20- FLU SHOT CLINIC- 9:00 A.M.- 3:30 P.M.**

**OCTOBER 21 & 28- 55 ALIVE-** This class begins promptly at 12:15 p.m. and ends at 4:00.

**OCTOBER 23- GENERAL MEETING-** An Octoberfest Luncheon will be enjoyed today. All club business will be discussed. Suggestions and Questions are always welcome.

**OCTOBER 27- GAME DAY-**The last Monday of each month is set aside for fun and games. We hope you join us as we play cards, board games, domino’s, etc. Free refreshments will be served. **TRAVEL CLUB MEETING today at 10:30 a.m. to discuss trips for 2009.**

**OCTOBER 31- HALLOWEEN PARTY-** Come dressed in your Halloween Costume. A prize will be awarded for the most original! Each year we are very surprised by the number of Seniors who create such interesting costumes. Whether it’s a commercially made costume or one put together at home- this always adds an element of fun to the day. **HAPPY HALLOWEEN!!!!**

**NOVEMBER 2..HOLIDAY HAPPENINGS....RESERVE YOUR TABLE NOW.** Set aside Sunday, November 2nd for this yearly event held from 11:00 a.m. to 3:00 p.m. We ask all members to donate baked goods for our bake sale. Lunch will be served. The Golden Age is looking for Christmas items for their sale table, if you have any you wish to donate, please

# OCTOBER 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																								
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<p><i>12</i></p>	<p><i>13</i></p> <p>CENTER CLOSED COLUMBUS DAY</p>	<p><i>14</i></p> <p>10:00 AM TRIM TIME</p> <p>11:00 AM COMPUTER CLUB</p> <p>12:30 PM PINOCHLE, CARDS</p> <p>12:45 PM LINE DANCING</p> <p>1:00 PM BOWLING</p>	<p><i>15</i></p> <p>10:00 AM ANYTHING CRAFT CLASS</p> <p>10:00 AM CHORALE</p> <p>10:00 AM TENNIS</p> <p>12:30 PM PINOCHLE, CARDS</p> <p>12:30 PM SPEAKER FROM MT. ST. MARYS</p>	<p><i>16</i></p> <p>10:00 AM AEROBICS</p> <p>10:00 AM BINGO</p> <p>10:00 AM BLOOD PRESSURE SCREENING</p> <p>12:30 PM PINOCHLE, CARDS</p> <p>12:45 PM EXECUTIVE BOARD</p> <p>1:00 PM CERAMICS</p>	<p><i>17</i></p> <p>9:00 AM CHESS**</p> <p>9:00 AM TAI CHI</p> <p>10:00 AM BOOK DISCUSSION GROUP W/ MISS DROIT</p> <p>10:00 AM TRIM TIME</p> <p>12:30 PM ARTHRITIC EXERCISE</p> <p>12:30 PM PINOCHLE, CARDS</p> <p>WALMART TRIP</p>	<p><i>18</i></p>																																																																																																								
<p><i>19</i></p>	<p><i>20</i></p> <p>9:00 AM -2:30 PM FLU SHOTS</p> <p>9:00 AM TAI CHI</p> <p>10:00 AM AEROBICS</p> <p>10:00 AM ANYTHING CRAFT CLASS</p> <p>12:30 PM ARTHRITIC EXERCISE</p> <p>12:30 PM PINOCHLE, BRIDGE, CARDS</p>	<p><i>21</i></p> <p>10:00 AM TRIM TIME</p> <p>11:00 AM COMPUTER CLUB</p> <p>12:15 PM 55 ALIVE</p> <p>12:30 PM PINOCHLE, CARDS</p> <p>12:45 PM LINE DANCING</p> <p>1:00 PM BOWLING</p>	<p><i>22</i></p> <p>10:00 AM ANYTHING CRAFT CLASS</p> <p>10:00 AM CHORALE</p> <p>10:00 AM TENNIS</p> <p>12:30 PM PINOCHLE, CARDS</p>	<p><i>23</i></p> <p>10:00 AM AEROBICS</p> <p>10:00 AM BINGO</p> <p>12:30 PM PINOCHLE, CARDS</p> <p>1:00 PM CERAMICS</p> <p>GENERAL MEETING</p>	<p><i>24</i></p> <p>9:00 AM CHESS**</p> <p>9:00 AM TAI CHI</p> <p>10:00 AM BOOK DISCUSSION GROUP W/ MISS DROIT</p> <p>10:00 AM TRIM TIME</p> <p>12:30 PM ARTHRITIC EXERCISE</p> <p>12:30 PM PINOCHLE, CARDS</p>	<p><i>25</i></p>																																																																																																								
<p><i>26</i></p>	<p><i>27</i></p> <p>9:00 AM TAI CHI</p> <p>10:00 AM AEROBICS</p> <p>10:00 AM ANYTHING CRAFT CLASS</p> <p>10:30 AM TRAVEL CLUB</p> <p>12:30 PM ARTHRITIC EXERCISE</p> <p>12:30 PM PINOCHLE, BRIDGE, CARDS</p> <p>GAME DAY</p>	<p><i>28</i></p> <p>10:00 AM TRIM TIME</p> <p>11:00 AM COMPUTER CLUB</p> <p>12:15 PM 55 ALIVE</p> <p>12:30 PM PINOCHLE, CARDS</p> <p>12:45 PM LINE DANCING</p> <p>1:00 PM BOWLING</p>	<p><i>29</i></p> <p>10:00 AM ANYTHING CRAFT CLASS</p> <p>10:00 AM CHORALE</p> <p>10:00 AM TENNIS</p> <p>12:30 PM PINOCHLE, CARDS</p>	<p><i>30</i></p> <p>10:00 AM AEROBICS</p> <p>10:00 AM BINGO</p> <p>12:30 PM PINOCHLE, CARDS</p> <p>1:00 PM CERAMICS</p>	<p><i>31</i></p> <p>9:00 AM CHESS**</p> <p>9:00 AM TAI CHI</p> <p>10:00 AM BOOK DISCUSSION GROUP W/ MISS DROIT</p> <p>10:00 AM TRIM TIME</p> <p>12:30 PM ARTHRITIC EXERCISE</p> <p>12:30 PM PINOCHLE, CARDS</p> <p>HALLOWEEN PARTY</p>																																																																																																									