



# The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

**October 2017**

**Flower: Dahlia**

**Birthstone: Opal or Tourmaline**

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.grandislandny.us/departments/golden\\_age\\_center.php](http://www.grandislandny.us/departments/golden_age_center.php)

**Nathan McMurray**  
 Town Supervisor

**Chris Aronica**                      **Ray Billica**  
**Bev Kinney**                              **Mike Madigan**  
 Town Board


**Barbara A. Gannon**  
 Director of the Golden Age Center

**Jennifer R. Menter**  
 Recreation Leader - Senior Citizens



## October Birthdays



October 2	<b>Richard Warner &amp; Mary Zerilli</b>	October 16	<b>Kathleen Loth</b>
October 4	<b>Afiza Mojowalla, Lynn Polizzi, Clarice Samland, Celia Spacone Ph.D., Robert Vaccaro &amp; Dawn Whitbeck</b>	October 17	<b>Steven Grabiee M.D. &amp; Rosmarie McDonald</b>
October 5	<b>Betty Magnuson &amp; Carolyn Mesches</b>	October 18	<b>Sharon Ledwon</b>
October 6	<b>Jane Conseier, Ruth Cunningham &amp; Sandy Warren-Henderson</b>	October 19	<b>Chris McCabe</b>
October 7	<b>Paul Leuchner, Robert McCormick &amp; Lorraine Willcox</b>	October 21	<b>Bob Henschel &amp; Gunner Munk</b>
October 8	<b>Casey Galeza &amp; Dennis Potenski</b>	October 23	<b>Gerald Robinson &amp; Ed Shelp</b>
October 9	<b>Marion Samalnd</b>	October 26	<b>Pete Gottler, Dorothy Lew &amp; Lorraine Mangin</b>
October 10	<b>Annette Lobl</b>	October 28	<b>Brenda Cassoni, Ray Gress &amp; Jerry Turri</b>
October 12	<b>Douglas Carlson</b>	October 29	<b>Thomas Roell</b>
October 13	<b>Priscilla Johnson, Eleanor Stephan &amp; Kim Yarwood</b>	October 30	<b>Lynda Black &amp; Sharon Moffett</b>
October 14	<b>Joanne Cullinan, Iris Jircitano &amp; Sheryl Kutis</b>	October 31	<b>Jane Wynne</b>
October 15	<b>Mary Smyth</b>	HAPPY BIRTHDAY 	

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 **John** in the Arts & Crafts Room **\*New Time\***

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

**\*Walking Club\***: 9:45am with Erin; we will MEET at the locations listed in the monthly Golden Voice.

Coups for Troops: 10:45am with **Liz** 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 a **Staff Member** 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

Walkabouts: 10:00am with **Erin** for a walk around the Nike Base

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

## October 2017 Special Events

### Monday, October 2: Members' Coffee

Place: Dining Room/Time: 10:30am

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!

### Thursday, October 3: Walmart Shopping Trip

Time: 8:30am - 11:30am/Cost: \$3.00

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.

### Wednesday, October 4: Ooh La La French Flair 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 French-themed feast will be served for lunch, complete with with cake and ice cream for dessert. Wear PINK for all of those who have fought, continue to fight, and those who survived breast cancer. Entertainment to follow, provided by Just Banjos at 12:45pm.

### Thursday, October 5: University Express Class

Place: Dining Room /Time: 1:00pm

**A Whisper of Bones: The Erie County Poorhouse Project** Join instructor Roseanne Higgins, Adjunct Professor, Anthropology, SUNY Buffalo for this great presentation. The Erie County Poorhouse, Hospital, and Insane Asylum were located on the ground of what is now the University at Buffalo's Main Street Campus. In 2012, infrastructure improvements brought about the need for an excavation of skeletal remains on the site of the Poorhouse. Learn what the team of archeologists and anthropologists from UB uncovered, and what skeletal analysis can tell us about the lives of people at the Poorhouse. Please call (716) 773-9682 to reserve your spot for this presentation or stop by the Office.

### Friday, October 6: Day Trip to East Aurora

Time: 8:30am - 2:45pm/Cost: \$7.00

Back by popular demand! Take a nice, leisurely drive out to East Aurora, and enjoy shopping a Vidler's 5 & 10, an East Aurora favorite. Also, enjoy shopping at the other great boutiques on Main Street, such as Prima Oliva, Head Over Heels, Caméléon, Downtown Clothing Exchange, Fowler's, & Aurora Sewing Center, just to name a few. We will break for a delicious lunch at a restaurant of your choice on Main Street after our shopping adventures. On the home, we will stop at the Made in America store, for those who enjoy shopping for products made in the USA. Please call (716) 773-9682 or stop by the Office to reserve your spot.

### Friday, October 6: Flu Shot Clinic

Place: Dining Area/Time: 9:00am - 12:00pm

Flu Shot Clinic at the Golden Age Center with Island Prescription Center, starting at 9:00am -12:00pm. Please call (716) 773-9682, or stop by the Office to sign up for a time slot. Time slots will be available in 15 minute increments. Please be sure to bring your health insurance card.

### Friday, October 6: Chair Yoga with Vanessa

Cost: \$1.00

Place: Community Building/ Time: 12:30pm

**Monday, October 9:** The Golden Age Center is **CLOSED** for the Columbus Day Holiday.

*\*Safe travels to our members that are going on our extended trip to Quebec, Ottawa & Montreal. Leaving Sunday, October 8th and returning Friday, October 13th. Have a wonderful time, and bring back lots of pictures and make great memories and new friends on your travels!\**

### Tuesday, October 10: SUPER BINGO!

Place: Dining Room/Time: 12:30pm

Sponsored by the Golden Age Club. Come join us for these varied, super fun Bingo games. Take a chance to win some fantastic prizes!

### Wednesday, October 11: Blood Pressure Checks

Place: Dining Room /Time: 10:00am - 11:30am

Free blood pressure checks will be offered by the nurses from Elderwood.

### Wednesday, October 11: Support Group Respite Program

Place: Community Building on the Nike Base

Time: 1:30pm - 4:30pm

**Wednesday, October 11: 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, October 12: University Express Class** **Place:** Dining Area/**Time:** 1:00pm  
**Never Just Sit : Eleanor Roosevelt and American Crafts**  
Join Mary Ann Colopy, former National Park Service Ranger at the Roosevelt/Vanderbilt National Historic Sites, for this great presentation. We'll explore how craft influenced Eleanor Roosevelt's life personally and professionally. Roosevelt was a political activist, humanitarian, entrepreneur, and First Lady of the United States. In this illustrated talk, view items related to her interest in handicrafts and her personal interest in knitting drawn from the Franklin Roosevelt Presidential Library in Hyde Park NY. Please call (716) 773-9682 to reserve your spot for this presentation or stop by the Office to reserve your spot.

**Friday, October 13: Chair Yoga with Vanessa** **Time:** Community Building/**Time:** 12:30pm/**Cost:** \$1.00

**Monday, October 16: 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 Barbara and 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, October 17: Seneca Niagara Casino Trip** **Cost:** \$3.00  
Time: 8:30 depart / 11:30 pick up. Sign up at the Office or by calling to reserve your spot at (716) 773-9682.

**Tuesday, October 17: United Health Care Presentation** **Place:** Dining Area/**Time:** 10:00am - 11:00am  
Medicare & plan offerings presentation from John from 10:00am – 11:00am in the Dining Area. John will also be here from 9:30am – 10:00am & 11:00am - 11:30am to happily answer any other questions you might have.

**Tuesday, October 17: AARP 55 Alive Safe Driving Class** **Place:** Arts & Craft Room  
**Time:** 12:15 – 4:00pm LAST CHANCE for this class the rest of 2017!

**Thursday, October 19: University Express Class** **Place:** Dining Area  
**Closest of Companions: Franklin and Eleanor Roosevelt and Their Intimate Friends.**  
Join Mary Ann Colopy, former National Park Service Ranger at the Roosevelt/Vanderbilt National Historic Sites, for this great presentation. Franklin and Eleanor Roosevelt were a formidable political couple, yet they found their greatest emotional satisfaction in relationships with other people. Who were these "closest companions" and how did they influence history? Please call (716) 773-9682 to reserve your spot for this presentation or stop by the Office to reserve your spot.

**Thursday, October 19: 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, October 20: Patrick Murphy from Fidelis will be here** **Place:** Dining Area/**Time:** 9:30 - 10:30am

**Friday, October 20: Chair Yoga with Vanessa** **Cost:** \$1.00 **Place:** Community Building/**Time:** 12:30pm

**Friday, October 20: Tour of Grand Island** **Cost:** \$5.00  
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 takes us on a guided, narrated tour of the history of Grand Island. After enjoying historical stops along the way, and hearing some great stories, we end our day with lunch at a local favorite, the Village Inn, with purchase on one's own. The Golden Age Bus departs at 9:00am and returns around 2:15pm. Call the office or stop by to reserve your spot.

**Saturday, October 21: Holiday Happenings at the Golden Age Center Time:9:00am - 2:00pm**

Start your holiday shopping by shopping from 15 vendors, selling various crafts and homemade goods. There will be a delicious **Bake Sale**, along with a large **Basket Raffle** (winners will be called in the 1pm hour), and a **Lunch Sale**, from **11:00am –1:30pm**. Chicken Noodle Soup, Chili, Roast Beef Sandwiches, and beverages will be for sale. Stop by and join in the fun!

**Monday, October 23: Table Time with Elderwood Dining Area/Time:10:00am – 12:00pm**

**Tuesday, October 24: University Express Presentation Place:Dining Area/Time: 10:00 am**

Join Sally Hardenburg, an RSVP volunteer, for this great and informative presentation. **Medicare Rights & Wrongs...Can they do that?** Medicare Advantage & Private insurance agents must abide by strict marketing & enrollment regulations with beneficiaries. Are you thinking about enrolling or switching your healthcare plan? Make sure that you are not scammed by learning common marketing violations. Please call (716) 773-9682 to reserve your spot for this presentation or stop by the Office to reserve your spot.

**Tuesday, October 24:University Express Presentation Place:Dining Area/Time 1:00pm**  
**Inside the FBI's Behavioral Analysis Unit**

Hear how the FBI's Behavioral Analysis Unit — think TV show “Criminal Minds” — investigates special cases and how body language is used in solving complex cases. We'll discuss how body language played a role in the presidential debates between Mr. Trump and Mrs. Clinton. **Instructor: Mike Liwicki, retired FBI special agent specialized in foreign counterintelligence and espionage; director, Corporate Security and Administrative Services,**

**Tuesday, October 24:AARP 55 Alive Safe Driving LAST CHANCE for this class in 2017! Time:12:15 – 4pm**

**Tuesday, October 24: Autumn Harvest Potluck Dinner Place: Dining Area/ Time: 4:30pm**

**Transportation WILL be available to those who need it.** Bring your favorite fall-themed dish or dessert to pass and share a delicious dinner together at our Autumn Harvest Potluck Dinner! We'll be enjoying some great fun after our potluck dinner! Meet a new friend, enjoy a great meal among wonderful Golden Age members, enjoy a great night together with great company in a great ambiance.

**Wednesday, October 25: Simple Changes for a Healthier You Place:Dining Area/Time 12:45 pm**

Jennifer Johnson, Health Promotion Coordinator with BlueCross BlueShield of WNY. Sometimes we think that the changes necessary to live a healthier life are too overwhelming. The truth is small, simple changes can add up to big results. Join us as we discuss the little ways you can start living healthier – today!

**Thursday, October 26: General Meeting at 11:15am in the Dining Area; Town Supervisor McMurray to speak to Golden Age members at 12:30pm in the Dining Area**

**Friday, October 27: Chair Yoga with Vanessa at 12:30pm in the Community Building; **cost: \$1.00** per person**

**Friday, October 27:University Express Presentation Place: Dining Area/Time: 10:00am**

**Crystal Beach: The Good Old Days**

We'll stroll down a century of fun and sun at a magical playground called Crystal Beach. The American dream came true in Canada as American entrepreneurs the Rebstocks and the Halls converted a wilderness lakeshore into the Crystal Beach Amusement Park. Demand for this unique and wondrous place was so high that passenger ferries carried millions from around the world to the Canadian shore for 100 years. Stop by the Office to register, or call 773-9682 **Instructor: Erno Rossi, freelance writer and photographer**

**Friday, October 27: Hearing Screenings by JoAnn Hammer, Au.D. Doctor of Audiology Clinical Associate ProfessorUB Speech-Language & Hearing Clinic, Inc . Place:Arts and Crafts Room/Time:9:00am –**

**11:45am and 12:30 – 3:00pm.** Please stop at the Office, or call (716)773-9682 to schedule your screening. **Also, free eye glass adjustments by Grand Island Optical, owners Kim and William Waldron.**

**Monday, October 30: United Health Care 12:30pm – 2:00pm outside the Dining Area**

**Tuesday, October 31: Halloween Party Place: Dining Area/ Time: 11:45am**

Come dressed in your favorite Halloween costume for a costume contest that will begin at 12:15pm. A prize will be awarded for the most original costume! Come have some SPOOKTACULAR fun!

## 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

# October 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<b>1</b> <b>10:30 am Members' Coffee</b>	<b>2</b> Julienne Salad w/ Sliced Ham & Turkey	<b>3</b> Potstickers & Pork Veggie Fried Rice	<b>4</b> <b>Birthday Lunch (\$5)</b> Chicken Francaise w/ Lyonnaise Potatoes	<b>5</b> Reuben with Potato Chips & a Pickle	<b>6</b> <b>Souper Seniors</b> 	<b>7</b>
<b>8</b>	<b>9</b> <b>Closed Columbus Day</b>	<b>10</b> Sloppy Joes w/Sweet Potato Fries	<b>11</b> Chicken Broccoli & Rice Casserole	<b>12</b> Southwestern Pot Pie  *Award Winning*	<b>13</b> <b>Souper Seniors</b> 	<b>14</b>
<b>15</b> <b>10:30 am Travel Club Meeting</b>	<b>16</b> Ham Steaks with Au Gratin Potatoes	<b>17</b> Baked Chicken w/ Mashed Potatoes & Gravy	<b>18</b> Beef Stew w/ Buttermilk Biscuits	<b>19</b> <b>Executive Board Meeting</b> Hot Dog or Hamburger Baked Beans & Cheesy Potatoes	<b>20</b> <b>Souper Seniors</b> 	<b>21</b> Holiday Happenings 9:00am - 2:00pm
<b>22</b>	<b>23</b> Beef Taco Salad	<b>24</b> Roast Turkey w/Mashed Sweet Potatoes	<b>25</b> Barry's <b>Surprise</b> Mac & Cheese	<b>26</b> <b>General Meeting (\$5)</b> Meatloaf w/ Mashed Potatoes & Carrots	<b>27</b> <b>Souper Seniors</b> 	<b>28</b>
<b>29</b>	<b>30</b> French Toast Bake with Breakfast Sausage & Fruit Cup	<b>31</b> <b>Ghoulash with Garlic Bread &amp; Green Beans</b>	<b>Halloween Party</b>  			

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



NY State Senator Chris Jacobs has initiated a "Veteran of the Month" program, where he formally recognizes veterans of our 60<sup>th</sup> Senate district for their outstanding service to our country and community. Veterans of our armed forces and the brave men and women currently serving and protecting our country deserve all of our collective praise and recognition.

If anyone at the Golden Age Center would like to nominate a veteran for this recognition, Senator Jacobs would love to hear from you at 716-854-8705 or by email to [Jacobs@nysenate.gov](mailto:Jacobs@nysenate.gov). You can also nominate a veteran on line at <https://www.nysenate.gov/senators/christopher-jacobs>

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

Dolores F. Hoefner

Robert A. Wiltshire II

Gordon Mortenson

Jean Mortenson

Beverly Henning

Coffee for the Month of October has been graciously donated by Tom Roell, *in honor of his friends at the GAC*. Coffee has also been donated by **Cathy Mancuso**, in memory of Mary C. Mancuso and Andrew A. Mancuso. 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. **Evelyn Lewis** is the lucky winner for the month of **August!**



**\* FALL WALKING CLUB\***



Join Erin at these great locations for a one mile walk on the following dates at 9:45am:

- Wednesday, October 4th: Beaver Island State Park (Meet at Sledding Hill Parking Lot)
  - Wednesday, October 11th: - Spaulding Trail (Meet in Ferry Village Parking Lot)
    - Wednesday, October 18th: - River Lea (Meet in River Lea Parking Lot)
- Wednesday, October 25th: Buckhorn State Park (Meet in Woods Creek Parking Lot)
- Please come dressed appropriately for the weather. Walking shoes are encouraged.

If the weather is inclement (severe rain/thunderstorms), we will not meet.

Should you have any questions, please call **Erin** at (716) 773-9682.

**Attention Mahjong players:**



Do you know how to play *Mahjong*? *Mahjong* is a game that originated in China, and it's a game that requires some skill, strategy, calculation, and a bit of chance! If you are interested in getting together to play *Mahjong* with other members, please call the **Golden Age Center** at (716) 773-9682.

**BOWLING**

*Calling all bowling enthusiasts!  
Members are looking for bowlers to come and bowl on Tuesdays at 1:00pm at Mallwitz Lanes. This is **NOT** a league, just come and bowl when you can. Bowling teams will be assembled each week, based on the number of participants that show up. It is \$5.00 each Tuesday you come.*



Charles N. DeGlopper was a Grand Island, NY native and U.S. Army soldier who gave his life for his country on June 9, 1944 during the Battle of Normandy. The existing DeGlopper Memorial site is undergoing expansion to honor not only Charles N. DeGlopper, but all Grand Island residents, past, present and future, who have proudly served the United States as a member of the military. The site will include a memorial to all branches of our Armed Forces.

The Charles N. DeGlopper Memorial VFW Post 9249 is a registered 501(c)(19). For more information on the memorial expansion, or making a tax deductible donation, please visit

[www.degloppermemorial.org](http://www.degloppermemorial.org). Besides sponsorship donations, they also have a program for purchasing personalized engraved pavers, which you may choose to memorialize a fallen soldier or honor a friend or family member who served our country.

**Basket & Gift Card**

**Raffles**

Winners will be called in the 1:00 hour

**Holiday Happenings**

**Saturday, October 21st**

**9:00am - 2:00pm**

**Over 15 vendors to shop from!**

**Open House**

**Tours:**

**10:00am - 11:00am**

**Lunch Sale:**

**11:00am - 1:30pm**

**All who attend will have the opportunity to win a door prize**

**Your basket donations can be left at the GAC Office any time. Thank you!**