



# The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

**October 2019**

**Flower: Dahlia**

**Birthstone: Opal OR Tourmaline**

Town of Grand Island

**Golden Age Center**

3278 Whitehaven Road

Grand Island, NY 14072

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Business Hours: 8am–4pm, Monday–Friday

Website: [http://www.grandislandny.us/departments/golden\\_age/index.php](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*



## October Birthdays



October 1	<b>Carol Mihalovich</b>	October 17	<b>Rosemarie McDonald &amp; Kathy Zielinski</b>
October 2	<b>Linda D. Davis, Richard Warner &amp; Mary Zerilli</b>	October 18	<b>Sharon Ledwon</b>
October 4	<b>Afiza Mojowalla, Lynn Polizzi, Celia Spacone, PhD., Robert Vaccaro, &amp; Dawn Whitbeck</b>	October 20	<b>Romona DeWitt, Wayne DeWitt &amp; Paula Hann</b>
October 5	<b>Carolyn Mesches</b>	October 21	<b>Bob Henschel, Suzanne McDonald, Gunnar Munk, Gabrielle Pulvirenti</b>
October 6	<b>Jane Consier &amp; Ruth Cunningham</b>	October 22	<b>Stanford Harrington</b>
October 7	<b>Paul Leuchner, Robert McCormick, Robert Redfearn, &amp; Lorraine Willcox</b>	October 23	<b>Gerald Robinson &amp; Ed Shelp</b>
October 8	<b>Casey Galeza &amp; Lana Redell</b>	October 24	<b>Thomas Dugan</b>
October 9	<b>Kristina Cutini, Judi Maier &amp; Marion Samland</b>	October 25	<b>Betsy Morrison &amp; Alpha (Liz) Wingert</b>
October 10	<b>Annette Lobl</b>	October 26	<b>Pete Gottlier, Lorraine Mangin &amp; David Russell</b>
October 12	<b>Laura Bonarek &amp; Maria Insalaco</b>	October 28	<b>Brenda Cassoni, Carl Beach &amp; Ray Gress</b>
October 13	<b>Priscilla Johnson &amp; Kim Yarwood</b>	October 29	<b>Thomas Roell</b>
October 14	<b>Iris Jircitano, Barbara Krause &amp; Sheryl Kutis</b>	October 30	<b>Nancy Beach, Lynda Black &amp; Sharon Moffett</b>

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

## **MONDAY**

Tai Chi: **\*\*CHANGE IN VENUE\*\*** 9:00am with **Pat** in the Old Church at Trinity United Methodist Church

**\*\*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

## **TUESDAY**

Total Body Workout: **\*\*CHANGE IN VENUE\*\*** 9:30am with **Michelle** on the Stage at the Golden Age 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

**\*\*TIME ADJUSTMENT\*\***: Bingo: 12:45pm with **Carrie** in the Arts & Crafts Room

Advanced Line Dance: 12:45pm with **Richard** behind the Stage

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

## **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

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: **\*\*CHANGE IN VENUE\*\*** 9:30am with **Michelle** on the Stage at the Golden Age 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: **\*\*CHANGE IN VENUE\*\*** 9:00am with **Pat** in the Old Church at Trinity United Methodist Church

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: Beginning October 1st: *Beginners Mah Jongg Instruction***

**Day: *Tuesdays* Time: **12:30-2:00pm** Place: *Arena (Pool Room)***

Looking for something new and exciting? Come and check out Mah Jongg! It is a game similar to Rummy, but is played with tiles. Michele Drabik will take the mystery out of the American version of the game. Anyone is welcome. If there is enough interest, we will continue through December 3 and resume in the New Year. We will start with instruction and progress to actually playing Mah Jongg. Be prepared to be challenged, make new friends and have FUN! Mah Jongg might just become your new passion.

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**Tuesday, October 1: *NT Farmers' Market Day Trip***

**Time: *9:30am—11:30am***

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

Join Carrie as we venture into North Tonawanda to go to the Farmers Market. Take your market coupons if you were able to get them last month. We will be back to the GAC at lunch time so if you would like to have lunch at the GAC please be sure to sign up. The lunches will be held as necessary and ready for our arrival. **Cost: \$5.00**

**Tuesday, October 1: *One-on-One Consultations with the Alzheimer's Association***

**Time: *10:30am—12:30pm***

**Place: *Please meet in the Dino Room in the Activity Center.***

Come and speak one-on-one with a social worker from the WNY chapter of the Alzheimer's Association and create a plan to care for your loved one going through the stages of dementia or Alzheimer's. Let the experts help you navigate through this journey, creating the plan that's best for you and your family. There are so many resources available for families in WNY; take the first step in creating the plan right for you and your loved one. **COST: FREE! Please register at 1 (800) 272-3900 to secure your spot OR call Jen at the Golden Age Center at (716) 773-9682 for more information.**

**Wednesday, October 2: *Last Walking Club Program***

**Time: *9:00am***

**Place: *Dining Area***

Carrie and the Walking Club group will end their season walking on the West River Bike Path and then return to the Golden Age Center for a cup of coffee.

**Wednesday, October 2: *Celebrate Peanuts Comic Strip***

**Time: *10:30am***

**Place: *Dining Area***

Today in 1950, the very first Peanuts Comic strip debuted. Let's reminisce and play some trivia and maybe win a prize!

**Wednesday, October 2: *Oktoberfest 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 Oktoberfest-themed feast will be served for this October birthday lunch, complete with ice cream & birthday cake, graciously donated by Elderwood at Grand Island. Join us for some great entertainment by **Alfie**, starting at 12:45pm, to wrap up our Birthday Party. Mark your calendars and join in the fun!

**Thursday, October 3: *Social Group Respite Program Training* Time: **9:30am—1:30pm** Place: *Stage***

The Golden Age Center, in conjunction with trainer Lauren Ashburn from the Alzheimer's Association, will be training new volunteers to help play a role in helping with the Social Group Respite Program. For those who love having fun, love working one-on-one with those with Alzheimer's and dementias, love doing crafts, fun activities, love being social, love giving back their time and talents to the community, this is a great opportunity for you! **Lunch will be provided for all participants!** To register, call Jen at (716) 773-9682 to join this training.

**Friday, October 4: *Lunch Bunch with Carrie***

**Time: *11:15am***

**Place: *Stage***

**New Program!** Join Carrie as we, as a group, prepare and together eat a homemade meal. This month's menu will be pizza, garden salad and apple crisp, along with beverage service and a surprise! Due to the nature of this program, it is limited to 10 people. Payment must be made upon registration. **Cost: \$7.00**

**Monday, October 7: *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, October 8: *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**

**Tuesday, October 8 & Tuesday, October 22: *Crafting for a Cause* Time: **10:30am** Place: *Dining Area***

Please join Erin while we fashion t-shirt bags for the Matt Urban Center on the 8th & join Carrie to make a Meals on Wheels gift on the 22nd. Help give back to your community & help with this great project and endeavor!

**Wednesday, October 9: *Play "Old Maid"***

**Time: *12:45pm***

**Place: *Dining Area***

Come play a good game of "Old Maid". Hang out and have some fun as well as some good laughs!

**Friday, October 11: *Sugar Saavy—Get The Scoop***

**Time: 10:00am**

**Place: Dining Area**

How much sugar are you getting each day? You might be eating more than you realize! This seminar focuses on the added sugars that are often hidden in foods we eat – and the impact of an overall sweeter diet. You'll learn: • What sugar is and its effect on health • Sugar myths vs. facts • Tips for choosing foods and beverages with less sugar • The pros and cons of sugar substitutes Join BCBS of WNY for this important topic.

**Friday, October 11: *Halloween Craft***

**Time: 12:45pm**

**Place: Dining Area**

Join Erin as she instructs you on this special SPOOKTACULAR Halloween holiday craft! **Cost: \$5.00 payable upon registration**

**Monday, October 14:** The Golden Age Center will be *CLOSED* for the Columbus Day holiday.

**Tuesday, October 15 & Tuesday, October 29: *Sewing Club***

**Time: 10:30am**

**Place: Dining Area**

Join Carrie as we make baby blankets out of fleece for babies in need. This is a service project and no real sewing skills needed. Please come and be a part of this much needed item for our greater community.

**Wednesday, October 16: *Walking Club Celebration Potluck Luncheon***

**Time: 11:30am**

**Place: Stage**

Attention all Walking Club Members! Please join Carrie on the Stage as we share our “healthy” dishes and lunch together to celebrate our steps over the last six months.

**Wednesday, October 16: *15 Ways to Avoid Probate***

**Time: 1:00pm**

**Place: Dining Area**

Drawing on over forty years of estate planning experience, Attorney Robert Friedman will explain estate and asset protection planning techniques; the risks and benefits of avoiding probate; the best forms of real estate ownership; the most common estate planning mistakes; recent changes in estate and gift tax laws; the duties of trustees and executors; myths about living trusts; when to update your will; and how to prevent will contests. To register for the free seminar, call (716) 631-9999; complete the contact form at [WNY-Lawyers.com](http://WNY-Lawyers.com) or email [Jessica@LegalSurvival.com](mailto:Jessica@LegalSurvival.com).

**Wednesday, October 16: *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, October 16: *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, October 16: *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 will be able to provide you information on health care plans. Stay informed and prepare for your health care needs for 2020!

**Thursday, October 17: *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 To-be requests the presence of all officers and chairpersons for the monthly meeting following lunch.

**Thursday, October 17: *Spa Day***

**Time: 12:45pm**

**Place: Dining Area**

Join Carrie, Liz and friends as they treat you to a relaxing manicure with some special touches.

**Friday, October 18: *Name That Tune!***

**Time: 10:00am**

**Place: Dining Area**

Join Carrie for a musical morning with Don playing the tunes on our organ! Try and guess them in as few notes as you can. This is a friendly competition with the winner earning bragging rights until the next time!

**Friday, October 18: *Setting Up for Holiday Happenings***

**Time: 12:30pm—4:00pm**

**Place: Dining Area & Stage**

There will be NO programs taking place here, since we will be setting up for our annual Holiday Happenings event.

**Saturday, October 19: *Holiday Happenings***

**Time: 9am—2pm**

**Come and join us for our fundraising Fall event!**

Bake Sale starts 9am, featuring a variety of desserts and canned goods. Our MANY vendors will be selling their craft goods. Take a chance and try to win some AMAZING baskets from our HUGE BASKET & GIFT CARD RAFFLE! Raffle will close at 1:30pm; winners will be called at 2pm; winners need NOT be present to win. Our Lunch Sale, featuring beverages, Chili with Cornbread, Chicken Noodle soup with crackers, & Roast Beef Sandwiches. Face Painters will be on hand for the children to enjoy! Come one, come all, and join in the fun!

**Monday, October 21:** *Travel Club meeting* Time: **10:30am** Place: *Dining Area*  
Please join Jen and Carrie as they discuss both the upcoming October & November Day Trips. **REMEMBER for our Day Trips: Payment holds your spot! Spots are available on a first come, first served basis to paying customers!**

**Monday, October 21:** *Discussion with Dr. Graham from the GI Central School District*  
Time: **12:45pm** Place: *Dining Area*  
Dr. Graham will be discussing mental health issues and vaping with Golden Age members. Dr. Graham welcomes questions and thoughts. He will also bring information on the Gold Pass that the District offers to senior citizens. He looks forward to seeing all of you!

**Tuesday, October 22:** *Walmart Trip* Time: The *Golden Age Van* will leave at **8:30am**.  
Place: Meet in the *Front Foyer*. 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.

**Wednesday, October 23:** *Scrapbooking Potluck Night*  
Time: *Potluck at 5:00pm; scrapbook from 5:45pm-8:00pm.* Place: *Dining Area* Cost: **\$5.00**  
This is the second 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. Please sign up at the Office; payment holds your spot.

**Thursday, October 24:** *General Meeting & Town Time*  
Time: **11:15am for the General Meeting; lunch at 12 Noon; 12:30pm for Town Time with our Elected Officials**  
Place: *Dining Area*  
Join us for our monthly General Meeting, and hear about happenings in the past month, as well as upcoming events and programs at the Golden Age Center. Enjoy a delicious lunch at 12 Noon, and stay to hear the updates on happenings around our Grand Island community after lunch with our elected officials. Stay informed!

**Friday, October 25:** *Vidler's, Lunch in East Aurora, and Made in America Store Day Trip*  
Time: **8:30am—2:30pm** Place: Please meet in the *Dining Area*.  
Join Carrie as we travel today to East Aurora to shop at Vidler's or any other boutiques in town you desire. Lunch is on your own, within walking distance from Vidler's; there are plenty of options to choose from! After shopping and lunch, we will head out to the Made in America Store. You may see some great Fall foliage and great colors along the way! Cost: **\$12.00**

**Friday, October 25:** *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, October 25:** *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!

**Tuesday, October 29:** *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!

**Wednesday, October 30:** *National Cookbook Month* Time: **12:45pm** Place: *Dining Area*  
Join Carrie as we celebrate National Cookbook Month. Please bring in your favorite recipe(s) and let's share. We are hoping to create our very own GAC Cookbook! Please join us and contribute.

**Wednesday, October 30:** *Flu Shot Clinic with Walgreens* Time: **11:30am— 1:30pm** Place: *Stage*  
Please sign up at the Office or by calling (716) 773-9682 to hold your spot. Bring your ID & your health insurance card for this opportunity. Put your health first and protect yourself this flu season!

**Thursday, October 31:** *Halloween Party*  
Time: **10:15am—2:00pm** Complete with fun Halloween music, come have some SPOOKTACULAR fun with US!  
Candy Bar Bingo: **10:15am – 11:30am \*(slight time adjustment)\* \$ .25** a Bingo board (play up to 4 boards BUT win a candy bar!) Lunch: **11:45am** "Ghoul"ash and garlic bread (to keep the vampires away!)  
Halloween Costume Contest: **12:30pm** Prizes will be awarded for the most original, most creative, & most scary costumes! Come dressed in your favorite Halloween costume!  
Pumpkin Carving/Painting: **12:45pm- 1:30pm**  
Haunted House Fun: **1:15pm – 2:00pm**

## 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 2019

Sun      Mon      Tue      Wed      Thu      Fri      Sat

		1 Chicken Tacos with Corn	2 <b>2 Birthday</b>  <b>Lunch \$5.00</b> <i>Oktoberfest!</i> German Sausage with German Potato Salad	3 Pizza with Three Bean Salad	4 <b>Souper Seniors</b> 	5
6	7 <b>Members' Coffee</b> 10:30am  Ham Steaks with Pineapple and Scalloped Potatoes	8 Ravioli with Tomato Sauce & Garlic Bread	9 Chicken à la King over Biscuit	10 Polish Sausage with Sauerkraut	11 <b>Souper Seniors</b> 	12
13	14 <b>CLOSED</b> 	15 <i>A Center favorite!</i> Reuben with Chips & a Pickle	16 Spaghetti & Homemade Meatballs with Carrots	17 <i>Executive Board Meeting</i> Savory Roast Beef with Mashed Potatoes & Gravy	18 <b>Souper Seniors</b> 	19 <b>Holiday Happenings</b> 9am—2pm 
20	21 <b>Travel Club meeting</b> 10:30am  <b>Chef's Choice</b>	22 Fried Bologna & Onions with Tater Tots	23 Barry's Famous Southwest Taco Pie	24 <i>General Meeting \$5.00</i> Barbecue Chicken with Potatoes Au Gratin & Corn	25 <b>Souper Seniors</b> 	26
27	28 Lemon Chicken & Rice	29 Hobo Pack	30 Pulled Pork Sandwich with Beans	31 <i>Join us for our Halloween tradition!</i>  "Ghoul"ash and Garlic Bread		





## ATTENTION!

The **Golden Age Center** is looking for AARP Tax Preparation **Volunteers & Greeters** for next year's AARP Tax Preparation Program offered in Grand Island. Volunteers will be thoroughly trained later this Fall. Interested? Please call **Jennifer Menter, Recreation Supervisor—Senior Citizen**, at (716) 773-9682 for more information.

### The Golden Age Center is looking for donations of:

- ◆ Old T-Shirts for Crafting for a Cause projects for the Matt Urban Hope Center

### CONGRATULATIONS to September Birthday Lunch Split Club Raffle

#### Ticket winners:

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

### Nike Base Par 3, 9 Hole Golf Course



The Golden Age Center has four golf bags of clubs available for member use and ready for interested individuals to borrow to practice their golf swing and practice their golf skills on the Nike Base!

Stop by the Office to sign out a bag of golf clubs. Golf clubs must be returned by 3:45pm.

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

Milton Kicklighter   James Huffman   Carolyn Huffman   Richard Little, Sr.  
Wayne DeWitt   Romona DeWitt   Ida Mazolf   Robert Haag  
Patricia Haag   Don Hoke   Carl Maier   Eleanor Maier   Thomas Cecere



Coffee for the Month of October has been graciously donated by Cathy Mancuso, *in memory of Mary C. Mancuso & Andrew A. Mancuso*, and Betty Marinell, *in memory of loved ones*. Thank you to **Cathy and Betty** 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. **Evelyn Lewis** is the lucky winner for the month of **August!**



## **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!*

## **October 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.**

### **Thursday, October 3: University Express: *The Universal Declaration of Human Rights***

Time: 1:00 pm

Place: Dining Area

Our first University Express class finds us discussing the Universal Declaration of Human Rights passed in 1948. How and why this document was adopted in the midst of the cold War is a fascinating story. Presented by Judith Greer, retired educator and Librarian, Erie Community College.

### **Monday, October 7: University Express: *The Guaranty Building***

Time: 1:00 pm

Place: Dining Area

Join instructor Harry Meyer, Docent and Lecturer of WNY History and Architecture, as he discusses the Guaranty Building. The building, completed in 1895, is recognized as one of the masterpieces of Louis Sullivan, acknowledged today as the "Father of the Skyscraper".

### **Wednesday, October 9: University Express: *Left Brain vs. Right Brain***

Time: 1:00 pm

Place: Dining Area

Our brains are composed of two hemispheres and each is responsible for different functions of our body. Theresa Wiater, retired teacher, will show some basic concepts of each hemisphere which will help you understand a bit about yourself and others. We will also challenge our brains with fun games and interesting optical illusions.

### **Thursday, October 10: University Express: *To Kill a Mockingbird***

Time: 1:00 pm

Place: Dining Area

Join instructor, Jim Banko, retired English teacher from the Buffalo Public School system, as he discusses Harper Lee's novel focusing on racial prejudice and growing up in the South. *To Kill a Mockingbird* is the most widely read and most popular book in the U.S.

### **Wednesday, October 16: University Express: *Millard Fillmore Revisited* by Claude Welch**

Time: 6:00 pm

Place: Dining Area

Join us tonight for an evening presentation with instructor, Claude Welch, Distinguished Service Professor; Political Science, SUNY Buffalo. Millard Fillmore was a founder and chancellor of the University at Buffalo. Come hear more related to the life of Millard Fillmore in this presentation.

### **Wednesday, October 23: University Express: *Dr. Roswell Park (1852-1914), Renaissance Man***

Time: 1:00 pm

Place: Dining Area

Today we have one of the contributors to the recently published book "Life and Times of Dr. Roswell Park" as we learn more about the man who founded by a remarkable surgeon and educator. He was also a leading citizen of Buffalo, a poet, a musician and an athlete deeply involved in the community's civic life, as well as the Medical Director of the 1901 Pan-American Exposition and attending physician to the mortally wounded President William McKinley, who was shot while visiting the exposition.