

February 2020 Wednesday Night Programming

Wednesday, February 5: Golden Age Center Open House

Time: 5:00pm – 7:30pm

Come and see what the GAC offers as we kick off the Center being opened on Wednesday evenings! Each week, we will have planned activities or open activities for everyone to join in on. Look for the information pertaining for each week in your newsletter. Come and use the Center to play pool, play games, do crafts and use our sewing machine, exercise on our Stage on our rowing machine, stationary bike and with our gentle exercise equipment, play piano, and MORE! Your choice, the Center will be OPEN and you may use the Pool Lounge, Stage, and Arts & Crafts Room. Stop in for a tour and see all the NEW offerings we have to offer the Grand Island community! Those that come to the Open House have the chance to win a great Door Prize! Light refreshments and light treats will be served.

Wednesday, February 5: Understanding Alzheimer's Disease & Dementias with the Alzheimer's Association

Time: 6:00pm

Place: Dining Area Front

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking, and behavior. Join us to learn about the impact of Alzheimer's Disease, the difference between Alzheimer's and dementia. Alzheimer's disease stages and risk factors, current research and treatments and resources. Please register for this program by calling 1 (800) 272-3900 or (716) 773-9682.

Wednesday, February 12: Open Night at the Golden Age Center

Time: 4:00pm – 7:30pm

Come and use the Center to play pool, play games, do crafts and use our sewing machine, exercise on the Stage on our rowing machine, stationary bike, gentle exercise equipment, play piano, and MORE! Your choice, the Center will be OPEN and you may use the Pool Lounge, Stage, and Arts & Crafts Room.

Wednesday, February 12: Potluck & Games

Time: 5:00pm – 7:30pm

Place: Dining Area

Join us this evening for a delicious potluck, an evening with friends, and great conversation, beginning at 5:00pm and after dinner, your choice of games! You can bring your own games or use one available from our Entertainment Center OR start a game of Pool from our Pool Room Lounge. Please register and let us know what you will be bringing by stopping at the Office or by calling (716) 773-9682. Join in the fun!

Wednesday, February 12: Alternative Yoga

Time: 6:00pm – 7:00pm

Place: Stage

Alternative Yoga offers gentle breathing and fluid movements to encourage circulation and body awareness. Balancing postures will promote strength, courage and a deep sense of calm. Stay grounded and learn to soar! A chair and sometimes blocks are the main props used in this class, but they are not necessary. Join Vanessa from Soma Cura for this FREE program; register by calling (716) 773-9682.

Wednesday, February 19: Open Night at the GAC!

Time: 4:00pm – 7:30pm

Come and use the Center to play pool, play games, do crafts and use our sewing machines, exercise on the Stage on our rowing machine, stationary bike, gentle exercise equipment, play piano, and MORE! Your choice, the Center will be OPEN and you may use the Pool Lounge, Stage, and Arts & Crafts Room. (Please note, some areas of the GAC may be being used by other programs but any areas not are available.)

Wednesday, February 19: Pizza Party & Movie Event

Time: 5:00 pm dinner; 5:30pm – 7:30pm movie event

Place: Dining Area

Come for the pizza party, then join us for the movie, "Won't You Be My Neighbor", the documentary about Mr. Fred Rogers.
Cost: \$6 per person for dinner. **You must register for this event by stopping at the office or by calling (716) 773-9682.**

Wednesday, February 19: Alternative Yoga

Time: 6:00pm – 7:00pm

Place: Stage

Alternative Yoga offers gentle breathing and fluid movements to encourage circulation and body awareness. Balancing postures will promote strength, courage and a deep sense of calm. Stay grounded and learn to soar! A chair and sometimes blocks are the main props used in this class, but they are not necessary. Join Vanessa from Soma Cura for this FREE program; register by calling (716) 773-9682.

Wednesday, February 19: Open Night at the GAC!

Time: 4:00pm – 7:30pm

Come and use the Center to play pool, play games, do crafts and use our sewing machines, exercise on the Stage on our rowing machine, stationary bike, gentle exercise equipment, play piano, and MORE! Your choice, the Center will be OPEN and you may use the Pool Lounge, Stage, and Arts & Crafts Room. (Please note, some areas of the GAC may be being used by other programs but any areas not are available.)

Wednesday, February 26: Potluck and Painting

Time: 4:30pm; 5:30-7:30pm for painting

Place: Dining Area Cost: \$20

Join us for a fun and relaxing evening! We will start the evening with a potluck dinner first, then continue the evening painting with instruction from Tara Hudson of *Paint Creatively*. When you leave tonight, you will have a completed picture completed all by yourself! This is a special deal for Golden Age Center members and to be helpful to the artist, please sign up and reserve your spot ASAP, as spots are LIMITED!