



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

June 2017

Flower: ROSE

Birthstone: PEARL OF MOONSTONE

Town of Grand Island
Golden Age Center
 3278 Whitehaven Road
 Grand Island, NY 14072
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 Website: 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

June Birthdays

June 1	Bernhard Samland & Alan Sexton	June 14	Catherine Mancuso & Spencer O'Boyle
June 3	Richard Koch	June 15	Ingeborg Haslam & Jennifer Knoll
June 4	Elizabeth Wedrychowicz	June 16	Maryann Provose & Helen Vickers
June 5	Beverly Kudla & Patti Loquasto	June 17	Michelle Driess, Lloyd Potter & Anna Vaccaro
June 6	Joan Mazur	June 19	Marge Lebrenz & Theodora (Teddy) Linenfelser
June 7	Sally Waterson	June 20	Andrea Rogers
June 9	Bill Good	June 22	Michael Baungartner, Patsy Johnson & Mary Ann Reszel
June 10	Margaret (Peggy) Skeels & Dolores Wojdan	June 25	William Gugino
June 11	Aleida Delgado	June 27	Philip Bousquet
June 13	Phillip Pack	June 29	Raymond DeGlopper

The following activities are consistently offered at the **Golden Age Center...**

Mondays: 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 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

Tuesdays: Total Body Workout: **9:30am** with **Carole Joseph** in the Community Building (*Fee for class is \$1, payable to Carole Joseph*)
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: 12:30pm with **Jen** in the Arts & Crafts Room
Advanced Line Dance: 12:45pm with **Richard** behind the Stage
Pinochle & Various Card Games: 12:30pm in the Dining Area

Wednesdays: Anything Craft Class: 10:00am in the Arts & Crafts room
Tennis: 10:00am on the Tennis Courts (behind the Community Building) (**SEASONAL**)
Golden Age Chorus: 10:00am with **Don** on the Stage
Watercolors: 10:00am in the Dino Room in the Activity Center
Summer Walking Club: We will **MEET** at the locations listed in the Golden Voice (**SEASONAL**)
Coups for Troops: 10:45am with **Jen** in the Dining Room
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

Thursdays: 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 **Erin** in the Arts & Crafts room
Scrabble: 10:00am with **Jen** in the Dining Area
Pinochle & Various Card Games: 12:30pm in the Dining Area
Ceramics: 1:00pm in the Arts & Crafts room

Fridays: 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 **Jen** in the Dining Area
Trim Time: 10:00am on the Stage
Book Club: 10:00am in the Arts & Crafts room
***NEW* Walkabouts**: 10:00am Outdoor walking program around the Nike Base with **Erin**
Arthritic Chair Exercises: 12:30pm with **Lorraine** in the Arts & Crafts room
Pinochle & Various Card Games: 12:30pm in the Dining Area



Special Luncheons & Meetings



JUNE BIRTHDAY LUNCH

The *June Birthday Lunch* will take place on Wednesday, June 7th at 12:00 pm. Lunch will be complete with birthday cake and ice cream, provided by our friends from *Elderwood at Grand Island*. Our *Pound Auction* will follow the *Birthday Lunch* at 12:45pm in the Dining Room. Come and join us for this great fundraiser!

Monthly Meetings

MEMBERS' COFFEE & TRAVEL CLUB MEETING

Please join us for this joint meeting, which will take place on Monday, June 12th at 10:30am in the Dining Area. Join Barbara & Jen for a coffee and a pastry as they discuss happenings at the Golden Age Center, past day trips, upcoming plans for day trips and extended trips in 2017 at the Golden Age Center. Hope to see you there!

EXECUTIVE BOARD MEETING

President Kathy Lechner requests the presence of all officers and chairpersons for the monthly meeting on Thursday, June 22nd at 12:30pm on the Stage.

GENERAL MEETING

Please come **before** lunch for the General Meeting, on Thursday, June 29th at 11:15am in the Dining Area to hear the happenings coming up at Golden Age Center in the month of June. We will also have our *Memorial Ceremony* today, to pay tribute to our members we have lost in the past year.

TIME WITH TOWN SUPERVISOR MCMURRAY

Supervisor Nathan McMurray will be here to talk with our Golden Age Center members on Monday, June 29th at 12:30pm in the Dining Area. He will be updating us on happenings taking place in Grand Island. He looks forward to seeing everyone then!

Health Insurance Information

A representative from the following health insurance carriers will be at the Golden Age Center to answer any of your health insurance questions and will be able to provide you information on their health care plans. Stop on by on and have some peace of mind about the many upcoming health insurance changes.

UNITED HEALTH CARE

Wednesday, June 21st from 9:30 - 11:45am
Outside of the Dining Room

BLUE CROSS BLUE SHIELD OF WNY

Thursday, June 29th from 10:00 - 12:00pm
In the Dining Room

FIDELIS WITH PATRICK MURPHY

Friday, June 30th from 9:30 - 10:30am
In the Dining Room

Day Trips

GRAND ISLAND FARMERS MARKET

Monday, June 5th: Come out and join us for the 1st Monday of Grand Island Farmer's Market of the season! The bus will depart at 3:45pm and return after shoppers have finished browsing and shopping! **COST: \$1.00**

WALMART TRIP

Tuesday, June 6th: Come and do your monthly shopping with us! The bus will depart at 8:30am; shoppers will be picked up at 11:30am. Limit: 4 shopping bags per shopper. **COST: \$3.00**

FOOD TRUCK RODEO AT THE BUFFALO HISTORY MUSEUM

Wednesday, June 7th: The Golden Age Bus will depart at 4:15 pm. Food purchases will be on one's own. Enjoy dinner at 10+ food trucks, as well as a walk through the Japanese Rock Garden, & enjoy free admission to the Buffalo History Museum. The Golden Age Bus will return to the GAC around 7:30 pm. **COST: \$7.00**

Fun Activities

SUMMER WALKING CLUB

Join **Erin** at these great Grand Island locations for a one mile walk on the following dates:

- **Wednesday, June 7th** - *Beaver Island State Park (Meet in the lot next to the Club House)*
- **Wednesday, June 14th** - *Buckhorn Island State Park (Meet in the Woods Creek parking lot)*
- **Wednesday, June 21st** - *River Lea (Meet in the River Lea Parking Lot)*
- **Wednesday, June 28th** - *Bedell House/Ferry Village (Park and meet at Ferry Village)*

Please come dressed appropriately, and bring water if it is hot out. We will meet at the above locations at **10:00am** on the dates listed. Should you have any questions, please call **Erin** at (716) 773-9682.

NEW: CHAIR YOGA with Vanessa

THIS SUMMER on **Fridays at 12:30pm** on the Stage at the Golden Age Center on the following dates:

**June 9, June 16, June 23, June 30 July 7,
July 21 & July 28**

(NO class on July 14)



Please dress comfortably and wear supportive shoes. Bring a yoga mat if you like!

SUPER BINGO

These SUPER fun Bingo games will be run by the *Golden Age Club* on **Tuesday, June 20th at 12:30pm** in the Dining Room.

STRING ART

Friday, June 16th at 12:30pm in the Front section of the Dining Area. Cost: \$5.00.

Come and join us in the latest craze, String Art! We will be creating String Art on slices of local trees. Choose from a variety of summer designs, from Beginner to Advanced, and let your creativity flow! You will go home with a new, creative piece of art to display. Please bring your own hammer!

LEE'S LEAF PRINTING

Wednesday, June 28th at 10:00am in the Dining Room: Led by member Lee Tetkowski, come learn to print leaf designs on ANY 100% cotton item including: t-shirts, sweatshirts, cotton reusable bags, etc. Bring your own cotton item to print on!

STRAWBERRY SHORTCAKE SOCIAL

Friday, June 30th at 12:45pm in the Dining Room. **COST: \$3.00**

Wellness & Support Groups

SPRING INTO SUMMER

HEALTH & WELLNESS FAIR

Friday, June 2nd 9:00 - 11:00am in the Dining Room

This Wellness Fair will feature 10-15 vendors, including: Erie County Senior Services, Erie County Department of Health, Town of Grand Island Recreation Department, Golden Age Center, Recovery International, Alzheimer's Association of WNY, Walgreens, and MORE! Chair Massages, Blood Pressure checks, FREE Yoga Class demonstration held on the Stage, and MORE! *There's something for everyone. Join us! *Lunch will be served at 11:45am TODAY, due to the Wellness Fair.**

BLOOD PRESSURE CHECKS

Wednesday, June 14th: Blood Pressure Checks with nurses from Elderwood at GI will be offered from **10:00 - 11:30 am in the Dining Area.**

SOCIAL PROGRAM FOR INDIVIDUALS WITH DEMENTIA

Attention caregivers of people with Alzheimer's disease or a related dementia: A dementia specific respite program will be starting in Grand Island on **Wednesday, June 14th** and will run every 2nd Wednesday of the month from **1:30 - 5:30pm in the Community Building on the Nike Base.** This is a social group respite that we find benefits people with dementia and their caregiver. Please call Jennifer Menter at (716) 773-9682 for more information.

DEMENTIA CAREGIVER SUPPORT GROUP

Join us for this monthly meeting on **Wednesday, June 14th at 1:30pm on the Stage at the Golden Age Center.** 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 to register for the group.

Happenings Around Town

DONATIONS FOR RELAY FOR LIFE

Friday, June 9th: ALL DAY

\$1.00 donations for purple ribbon pins and "I Support Relay for Life" stickers will be accepted. All proceeds will support **Relay for Life**. Wear your purple today! Most creative purple ensemble will win a prize! **Prize will be raffled at 12pm.**

RELAY FOR LIFE

Friday, June 9th 4:00 pm - 12:00am at Veterans Park at 1715 Bedell Road. Support those that are battling cancer, and remember those that have suffered with cancer, as well as their loving caregivers. Support the **American Cancer Society!**

FREE LEGAL ADVICE

Monday, June 26th at 10:00am in the Dining Room: Local attorney Todd J. Potter will be here at the Golden Age Center to give free legal counsel to members. Mr. Potter will help members on a first come, first served basis. Stop by and see him today!

SUMMER SPLASH POTLUCK DINNER & MUSIC BY THEN AND NOW

Tuesday, June 27th at 5:00pm for the Potluck at the Golden Age Center **AND Town Commons at 7:00pm** for the live music

Bring a dish or dessert to pass and share a delicious dinner together at our **Summer Splash Potluck Dinner!** After dinner is enjoyed together, enjoy the warm, summer evening at **Town Commons** with us by enjoying the **FIRST Summer Band Concert Series, sponsored by the Town of Grand Island Recreation Department.** Come and enjoy the sounds of the band, **Then and Now!** Please bring a lawn chair and dress appropriate for the weather. Meet a new friend, enjoy a great meal among wonderful Golden Age members, and enjoy some great music! We hope to see you there for some great summer fun.

Transportation is available for \$1.00 for those that need it. Please call (716) 773-9682 to reserve your spot, or sign up at the Office.

University Express Presentations

ROCK & ROLL BUFFALO

Thursday, June 1st at 1:00 pm in the Dining Area

Enjoy a review of the musicians, bands, DJs, clubs, concert halls, and personalities that brought rock music to the Buffalo area. Starting with the beginning of rock 'n' roll in the 1950s, the presentation will focus on rock music, but will cover all styles of music performed in Western New York through the mid-1980s. **Presenter: Rick Falkowski, founder of the Buffalo Music Hall of Fame and Buffalo Music Awards.**

Friday, June 9th at 10:00 am in the Dining Area Presentation from Karen Davis, Senior Consumer Frauds Representative from Attorney General Eric Schneiderman's Consumer Fraud and Protection Bureau, on these various topics: *Identity Theft, Fraud & Scams, Being a smarter consumer, those "annoying phone calls", social media and MORE!*

MARY TODD LINCOLN; THE AGONY AND ESTACY OF THE "HELLCAT"

Monday, June 19th at 1:00pm in the Dining Area Mary, the wife of President Abraham Lincoln, was marked by controversy and tragedy. She outlived three of her four sons, as well as her husband. Her contemporaries called her witty, pleasant, cultured, and insightful, but also high-strung, devious, petulant, and sharp-tongued. While First Lady, she was dubbed the "Hellcat" by White House staffers. Was Mary Todd Lincoln mentally ill, or an eccentric with an ahead-of-her-time independent streak?

Presenter: Norm Mineo, retired banker and history enthusiast

Please call (716) 773-9682 to register for ANY of these FREE presentations & great topics!

Town Board Member, Mike Madigan, will be here at 10:00 am on Thursday, June 8th to speak about issues and things going on around Grand Island. He will do a Q&A with members as well.

Golden Age Center Lunch Calendar










Lunh 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 startch, dessert, with a choice of hot tea, iced tea OR coffee.

Our Souper Seniors Lunch Includes: Unlimited soup & sandwiches, beverage, along with a

June 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 Spaghetti with Meat Sauce & Garlic Bread	2 11:45am TODAY Souper Seniors 	3
4	5 Open Faced Roast Beef Sandwich	6 Italian Sausage with Peppers & Onions	7 BirthDay Lunch (\$5.00) Roasted Italian Chicken  with Stuffing	8 Reuben with Chips & a Pickle	9 Souper Seniors 	10
11	12 10:30am Members' Coffee & Travel Club Beef Taco Salad	13 Meat Lasagna with Garlic Bread	14  BBQ Chicken with Mac & Cheese	15 Turkey with Mashed Potatoes, Peas & Carrots	16 Souper Seniors 	17
18 	19 Polish Sausage with Lazy Pierogi	20 Beef Surprise! (Chef's Choice)	21 Hot Dog with Baked Beans & French Fries	22 Executive Board Meeting Ham Steaks with Scalloped Potatoes	23 Souper Seniors 	24 
25	26 Cold Plate	27 Chicken à la King	28 Cheese Ravioli with Garlic Bread	29 General Meeting (\$5) Pork Chops w/ Mashed Potatoes & Applesauce	30 Souper Seniors 	Town Time With Supervisor McMurray @ 12:30 pm on 6/29 