



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

March 2019

Flower: Jonquil

Birthstone: Aquamarine

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

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



March Birthdays



March 1	Phyllis Martin	March 17	Nonnie Carroll & Paul Gurzinski
March 6	Pat Bassler	March 19	Ruth Landel & Richard McDonald
March 7	Linda Leuchner	March 21	Dolores Laska, Dorothy Martinelli & Ruth Ryan
March 9	Elaine Hardman	March 22	Beverly Kinney
March 11	Shirley Norman	March 25	Jack Mahnk
March 13	Martha Bojarski & Susan Marston	March 27	Fran Tracy
March 14	Kathy Shaklee & Jim Walf	March 28	Sherry Miller & Valerie Robinson
March 15	Henry Lobl	March 29	Michele LaBarre
March 16	Sally Black, Debbie Jenkins & Pat Phillips		<i>Happy Birthday, members!</i>

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** on the Stage

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

Fun with French: 12:45 pm with **Jen** in the Dino Room in the Activity Center

Bridge: 1:15pm in the Dining Area

TUESDAY

Total Body Workout: 9:30am with **Carole** in the Community Center (*Fee for class is \$1, payable to Carole Joseph*)

Technology Club: 10:45am with **Michele** in the Arts & Crafts Room

Beginner Line Dance: 11:00am with **Richard** behind the Stage

Bingo: 12:30pm with **Carrie** in the Arts & Crafts Room

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

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

Bowling: 1:00pm at Mallwitz Lanes

WEDNESDAY

Sewing/Craft Class: 10:00am with **Carrie** 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

Coups for Troops: 10:45am with **Carrie** in the Dining Area

Mahjongg: 12:15pm in the Pool Room

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

Fun with French: 12:45 pm with **Jen** in the Dino Room in the Activity Center (**3rd & 4th Wednesdays of the month**)

THURSDAY

Total Body Workout: 9:30am with **Carole** in the Community Center (*Fee for class is \$1, payable to Carole Joseph*)

Bingo: 10:00am with **Carrie** in the Arts & Crafts room

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

Crafting for a Cause: 12:30pm with **Carrie** in the Dining Area (**1st , 2nd & 3rd Thursdays of the month**)

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

Trim Time: 10:00am on the Stage

Book Club: 10:00am in the Arts & Crafts Room

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

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

Monday, March 4: Members' Coffee

Place: Dining Area

Time: 10:30am

Please join Carrie for coffee and a pastry as she discusses happenings at the Golden Age Center. Questions, suggestions and feedback are warmly welcomed. Come and join in the conversation. She hopes to see you there!

Monday, March 4: NYSERDA'S Weatherization Program

Time: 12:30pm

Place: Dining Area

Eileen from Ivy League Construction will give a brief overview of NYSERDA'S Weatherization program for low or fixed income homeowners and renters. You will have time to ask her questions 1:1 as well.

Tuesday, March 5: Walmart Trip

Time: The *Golden Age Bus* will leave at 8:30am.

Place: Meet in GAC foyer

We are offering a shopping trip to Walmart for 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, March 5: Health Fair

Time: 10:00am—12:00 pm

Place: Dining Area

Join us for a Health Fair for all Medicare-eligible consumers. There will be multiple carrier information, NY EPIC applications and information, local vendors offering health, home and beauty products. Sponsored by The Clarity Group.

Tuesday, March 5: Celebrate Mardi Gras!

Time: 11:00am

Place: Dining Area

We will be celebrating **Mardi Gras**, or **Fat Tuesday** today! We'll be having Mardi Gras fun at 11:00am, and our festive lunch will be served at 11:45am. Wear your **GREEN, PURPLE, and GOLD** to celebrate the holiday. The person who is sporting the Mardi Gras theme the best will win a **PRIZE!**

Wednesday, March 6: Ash Wednesday March Birthday Lunch

Time: NOON for the *Birthday Lunch*; 12:45 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 feast will be served for this Ash Wednesday Birthday lunch, complete with ice cream & birthday cake, graciously donated by Elderwood at Grand Island. Join us for some great entertainment by **Irish for Friends**, starting at 12:45pm, to wrap up our Birthday Party. Mark your calendars and join in the fun!

Friday, March 8: Hot Topics: Organic Foods

Time: 10:00am

Place: Dining Area

Have you been thinking about going organic? This seminar will help you decide if organic is right for you. We'll clarify the definitions and standards, weigh the pros and cons, and talk about ways you can save money. Join Jennifer Johnson, Health Promotions Coordinator, from BCBS of WNY for this informative presentation.

Friday, March 8: Movie Time: *The Music Man*

Time: 12:30 pm

Place: Front Dining Area

Join us for reminiscing and great music as we watch the 1962 movie, *The Music Man*, featuring Robert Preston and Shirley Jones.

Sunday, March 10: Daylight Saving Time Begins today! Don't forget to **SPRING** ahead and set your clocks ahead **ONE HOUR!**

Monday, March 11: Travel Club meeting

Time: 10:30 am

Place: Dining Area

Please join Carrie for this meeting as she discusses past day trips, upcoming plans for day trips starting again in the Spring, and extended trips in 2019. Questions and suggestions are warmly welcomed. She hopes to see you there! Come travel with us this year! **REMEMBER for our FUTURE Day Trips & Travel Opportunities: Payment holds your spot on our trips! Spots are available on a first come, first served basis to paying customers!**

*****DON'T FORGET...there will be NO opportunities for travel between December 17, 2018 – March 31, 2019.*****

Wednesday, March 13: United Health Care

Time: 10:00am-11:30am Place: Outside the Dining Area

John , 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 from United Health Care & Aetna. Stop on by and have some peace of mind about the many health insurance changes in 2019!

Wednesday, March 13: 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, March 13: Social Program for Individuals with Dementia

Time: 1:30pm—4:30pm

Place: Community Building

Attention caregivers of people with Alzheimer's disease or a related dementia: A dementia specific respite program runs today and every 2nd 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, March 13: Dinner & a Craft

Time: 5:30pm for dinner; 6:30-8:00pm for the craft

Place: Dining Area

Cost: \$20

Please join us for some fun in making a Magical Leprechaun Garden. We will enjoy dinner together, consisting of choice of a Reuben or a Rachel sandwich (Reuben made with roasted turkey), chips, pop, coffee and dessert. After dinner, Carrie will teach you how to put together your own garden; complete with all the supplies. Just \$20 fee for everything! Participation is **LIMITED** in this program, so be sure to sign up and pay early, as payment holds your spot in the program.

Thursday, March 14: St. Patrick's Day Irish Step Dancing Show

Time: lunch at 11:45am; contest at 12:30pm; entertainment at 12:45pm

Place: Dining Area

Wear your green and shamrocks today, as today, we will be celebrating the St. Patrick's Day holiday with a traditional Irish-themed lunch, complete with Corned Beef & Cabbage, with Potatoes, Carrots and MORE! There will be a special prize awarded at 12:30pm for the friend that is the most festively dressed for our St. Patrick's Day festivities! **Clann na Cara Irish Dance** will be giving us an Irish Step Dancing show for our Golden Age members to enjoy for St. Patrick's holiday at 12:45pm. Come and celebrate with us!

Friday, March 15: BPO Coffee Concert

Time: The Golden Age Bus & Van will depart at 8:15am.

Place: Please meet in the Dining Area.

BPO Coffee Concert goes...enjoy today's concert with Golden Age members! Enjoy the Wonderful Music of Oz today!

Friday, March 15: 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 offered in 2019.

Sunday, March 17: *Happy St. Patrick's Day! May your thoughts be as glad as the shamrocks, may your heart be as light as a song, may each day bring you bright, happy hours that stay with you all the year long!*



Tuesday, March 19: Walmart Trip

Time: The Golden Age Bus will leave at 8:30am.

Place: Meet in GAC 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**



Wednesday, March 20: Happy FIRST Day of Spring!

Wednesday, March 20: Reminiscing Time: 12:30pm

Place: Dining Area

Reminiscing: Blue plate specials, soda shops, bottomless coffee

Join Carrie as we reminisce of the old diners and their staples of two cows, make 'em cry. Ever order "sinkers and suds"? We might even have a "Shake one in the hay" to try!

Thursday, March 21: 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 Tobe requests the presence of all officers and chairpersons for the monthly meeting following lunch. She looks forward to seeing you there, as she'll be discussing the wrap up of the 2018 event year, and planning for 2019.

Friday, March 22: Grand Island Memorial Library Mobile Bookmobile

Time: 10:30am—12 Noon

Place: Dining Area

Join Bridgette and the Grand Island Memorial Library staff here at the Golden Age Center with 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, March 26: Savers Trip

Time: The Golden Age Bus will leave at 9:00am.

Place: Meet in GAC foyer

We are offering a shopping trip to Savers to those seniors who don't drive off the Island or for those who would rather leave the driving to us. Tuesdays are Senior Discount Days.

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, March 26: 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!

Thursday, March 28: General Meeting & Town Time with Supervisor Nathan McMurray

Time: 11:15am for the General Meeting; 12:30pm for Town Time with Supervisor McMurray

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 Supervisor McMurray update members on happenings around our Grand Island community after lunch. Stay informed!



Coffee for the Month of March has been graciously donated by Carolyn Mesches, in memory of Philip Mesches, and Penny Panepinto, in memory of Winnie Zarbo. Thank you to Carolyn & Penny, for their generosity this month & continued support of the Golden Age Center.



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

March 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1 Souper Seniors 	2
3	4 Members' Coffee meeting 10:30am  Lasagna	5 Mardi Gras! Jambalaya with salad	6 Ash \$5 Wednesday Birthday Lunch Potato Pancakes with all the trimmings!	7 Chicken cutlet w/gravy	8 Cheese Pizza, Wings & Garden Salad	9
10 	11 Travel Club meeting 10:30am Sloppy Joes	12 Roast Beef w/gravy & Mashed potato	13 Grilled Cheese and Tomato soup	14 St. Patrick's Day Luncheon \$5 Corned Beef & Cabbage with Carrots & Potatoes	15 Souper Seniors 	16
17 	18 Beef Stir Fry	19 Southwest Taco Pie	20 Cold Plate	21 Executive Board Meeting Orange Chicken	22 Souper Seniors 	23
24	25 Meatloaf & Mashed Potato	26 Mac and cheese	27 Spaghetti and meatballs	28 General Meeting \$5 Turkey with all the fixings	29 Souper Seniors 	30
31						