

TRANSPORTATION is available on a priority basis for all Island Residents over 50. Medical appointments will be accommodated with first priority. We provide transportation for Center activities which include participation in the lunch program, pharmacy, grocery shopping etc. Appointments on the Island, must be made at least 2 WORKING DAYS in advance (even for the lunch program) and 7 days for off Island transport.. The earlier, the better. **PLEASE REMEMBER THAT THIS IS A CLUSTER DRIVING SERVICE. YOU MAY BE PICKED UP MUCH EARLIER THEN YOUR APPOINTMENT IN ORDER TO ACCOMMODATE EVERYONE.**

MEALS: A daily menu is included in this month's Golden Voice . The entrée is listed and each meal is served with a cup of home-made soup, vegetable, potato or other starch, bread, butter & tea or coffee.

We cook for the number of people that sign up. If it is 50, 50 meals are prepared. In the course of the morning, members call and cancel or just don't show up. If cancelled before 12 p.m. on the previous day, you will not be held responsible, but if it is after 12 pm., you will be charged for the meal. We appreciate your co-operation on this issue.

Coffee coupons are available in the office. Enjoy 3 cups of coffee for \$1.00 instead of 2.

Please wipe your feet well and remove your boots. A wet slippery floor can cause accidents. Please mark your clothing (hats, coats & boots) so we can identify the owners of lost clothing.

If you have transportation scheduled through the Center, please check with the office for weather updates in case of inclement weather. If the roads are bad, especially off the Island, we may feel it necessary to cancel, for reasons of safety for you and our drivers. Thank you for your understanding.

ALSO...LISTEN TO WGR TO HEAR IF THE CENTER IS CLOSED.

The following are offered at the Golden Age Center
Arthritic Chair Exercises– 12:30 Monday and Friday, a class designed to be within the capability of most people with arthritis....

Anything Craft Class– 10:00 Monday & Wednesday w/Lorraine

Trim Time– 10:00 a. m. Tuesday & Friday

Bowling– 1:00 p.m. Tuesday

Tai Chi– 9:00 a.m. Monday & Friday w/Pat

Pinochle & Various Card Games – 12:45 Monday through Friday

Bridge– 12:30 Monday in the Recreation Bldg.

Computer Club– 11:00 Tuesday

Tennis–10:00 Wednesday

Line Dance– Beginner line 11:00 am Advanced 12:45 pm Tuesday w/ Richard

Pool Lessons–12:30 Wednesday w/ John & Hank

Ceramics– 1:00 Thursday w/ Shirley

Bingo– 10:00 Thursday w/ Sally Riggs & Joan Mazur

Chorale– 10:00 Wednesday w/ Don Hamman

Chess– 9:00 a.m. Thursday in Recreation Bldg.

All of the above activities are open to people over 50. You may come in an observe before participating if you like. You will find that at each activity you will be warmly welcomed.

And If you have any suggestions of other activities the office would be happy to hear them. We are always looking for new ideas.

Please be advised: Center “Snow Plowing” will be complete by 8:30 A.M. DO NOT ARRIVE BEFORE 8:30 WHEN THERE HAS BEEN AN ACCUMULATION OF SNOW. YOU WILL BE IN THE WAY. THANK YOU FOR YOUR CO-OPERATION.

WELCOME TO THE FOLLOWING NEW MEMBERS– Darlene Connors, Bernadette Childs, and Chester Sajak.

FEBRUARY EVENTS

FEBRUARY 1-BIRTHDAY LUNCH– Please join us as we celebrate with friends enjoying a birthday this month. A delicious lunch will be served with cake and ice cream for dessert.

FEBRUARY 2 HEAP PROGRAM– Applications will be taken from 9:00 a.m. to 4:00 p.m. No appointments are needed. This is on a first come first serve basis.

FEBRUARY 6-INCOME TAX ASSISTANCE– AARP will be providing free income tax assistance. We will take 3 appointments every Tuesday until April 9th. This is by appointment only.

FEBRUARY 8– INDEPENDENT HEALTH– A representative will be at the center from 9:00–11:00 to answer any questions regarding health care insurance.

FEBRUARY 9 @ 12:30PM MEDICATION SAFETY PRESENTED BY TINA FIEBELKORN REGISTERED PHARMACIST

BLOOD PRESSURE SCREENING 2/9 & 2/23 @10:30 AM COMPLIMENTS OF ELDERWOOD

FEB 2 & 16 FIREMEN WILL BE TAKING BLOOD PRESSURES

FEBRUARY 14-SWEETHEART'S LUNCH– OUR SENIOR COUPLES WHO HAVE BEEN MARRIED 50 YEARS OR MORE WILL BE OUR LUNCHEON GUESTS. Please call the center and let us know the number of years you are married. Members are asked to attend to celebrate with the lucky couples.

FEBRUARY 16-EXECUTIVE BOARD– President Evelyn Lewis would like all officers and chairpersons to report at 12:45 for the monthly board meeting.

FEBRUARY 20 –CENTER CLOSED for Presidents day.

FEBRUARY 21 & 28-55 ALIVE– You must attend both days to receive a discount off your auto insurance. Call the office to make an appointment. The class starts promptly at 12:15 and ends at 4:00. Cost is 17.00 for AARP members and 19.00 for non-members. Please be sure we receive payment in the form of a check, made out to AARP, to hold your reservation.

FEBRUARY 22-ASH WEDNESDAY– A meatless lunch will be served today. Tickets will be sold in the office. Cost is 3.00.

FEBRUARY 23-GENERAL MEETING– The monthly meeting is held every 4th Thursday of each month. All club activities that occurred during the month will be reported. Questions and suggestions are always welcome.

FEBRUARY 27-GAME DAY– Enjoy an afternoon of fun with friends, playing various games. Refreshments will be served.

TRAVEL NEWS-

Please, when signing up for any trip, remember there will be a cancellation fee of \$10.00 on a day trip and \$25.00 on an extended trip. Much time is involved in planning trips, paying deposits & booking buses. Tour companies request a non-refundable deposit.

TRIBUTE TO JOHNNY CASH & PATSY CLINE AT THE TIMBER-LODGE RESTAURANT IN AKRON, NY. This day trip is on Wednesday, February 29th. Enjoy the romantic melodies and old favorites we remember hearing by Johnny Cash and Patsy Cline. A luncheon buffet will include carved beef, herb chicken, baked ziti, baby red potatoes, mixed vegetables, rolls, salad, water, pop, coffee, tea, dessert, and cash bar. Transportation will be provided to and from by limousine coach. Cost is 40.00. You must be at the center by 10:00 a.m. Full payment will be due at time of sign-up.

SAFETY TIPS

The National Candle Association has some advice for those of you who enjoy burning candles. According to their records the number of candles sold has doubled, and so has the number of house fires.

Remember: Even though the fire from a candle is small, it is still a fire. Don't go to sleep OR leave the house with candles burning. Keep candles in fireproof holders, away from pets, children and flammable materials.

SENIOR CITIZENS

At a time in their lives when senior citizens should be looking forward and enjoying life, they find themselves more preyed upon and in greater danger than ever before in their lives. Seniors are older and weaker, with values of a different generation. They are more open and trusting which makes them easy prey. They are the favored target of street muggers, con artists, unscrupulous contractors, neighborhood thugs, and abusive family members, which is a sad and shameful comment on our culture.

ADVICE FOR SENIORS:

- Do not carry large amounts of cash, personal ID, or credit cards
- Use direct deposit for social security checks and other income
- Avoid potentially dangerous situations.
- Con artists are the worst offenders. Do not sign any contract for repairs of construction until your personal banker or attorney have read and approved them.
- Do not give money to any stranger or charity until you have checked them out.
- Elderly abuse has increased in recent years. A spouse, children and grandchildren, or neighbors are abusing seniors physically and financially. Report any incident to police at once.
- Keep your medicine in a safe place. Thieves and even family members, who may be addicted to drugs, often search through medicine cabinets to locate prescription drugs.

Ten commandments for safe driving

1. Thou shalt hold nothing in thy hand but the steering wheel.
2. Thou shalt not make unto thee a god of thy horsepower
3. Thou shalt not take the center lane in vain
4. Remember the driver behind, to let him pass; if he chooses.
5. Honor thy father and thy mother and thine other passengers.
6. Thou shalt not kill any pedestrian.
7. Thou shalt not commit drunken driving.
8. Thou shalt not steal thy neighbors eyes with thy bright headlights, nor his ear with thy horn.
9. Thou shalt not bear false witness with thy signals.
10. Thou shalt not cover thy neighbor's right of way.