

Senior Center Action News



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Senior Citizens Center of Dunkirk, Inc.
45 Cliffstar Court
Dunkirk, New York 14048

February 2013



DUNKIRK SENIOR CENTER

45 CLIFFSTAR COURT

DUNKIRK, NEW YORK 14048

(716) 366-7530

January 25, 2013

A Note From The President:

As we begin the month of February we continue to be excited about our new events. On Friday, February 1st, we will host our first Superbowl Luncheon. Homemade chili, snacks, dessert and beverage will be served free of charge. Lunch will be followed by Big Bingo.

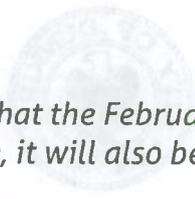
The next Gala will be held on February 10th. This is a sold out event. The menu will include punch, hor'dourves, salad, spaghetti and meatball with sausage, bread & butter and ice cream for dessert. The March Gala will be held on March 10th (see scan for details). On February 12th we will travel to Sprague's Maple Farm and Restaurant for a brunch and then to the Allegany Casino in Salamanca. We will depart from the Center at 9:00 a.m. The Center will be closed on February 18th for Presidents' Day. On February 20th we will have another BIG Bingo at 4:00 p.m. A complimentary lunch will be served at 4:30 and bingo will be played at 5:00 p.m.

MaryJo, a new senior aide will help to staff the office beginning the week of January 22nd. The office will be opened on Monday, Wednesday, and Friday from 9:00 a.m. to 3:00 p.m. Tuesday hours are 9:00 a.m. until noon and Thursday hours are 9:00 a.m. until 2:00 p.m. We hope those extended hours will better meet your needs. The luncheon dining site will now be open Monday, Wednesday, and Friday. MaryJo will also be the new lunch site manager. Stop in and meet her and help her to feel welcome. The program needs your participation and support.

An RSVP representative will be doing income tax returns beginning the second week of February. He will be accepting appointments on Mondays and Wednesdays from 9:00 a.m. to 3:00 p.m. Please call 366-7530 for an appointment.

The attendance at our daily exercise sessions has been plentiful. Come join us and improve your flexibility, lose a few pounds and gain a few new friends.

Two trips are being planned for March. On March 14th, we will be going to the Salamanca Casino. The price is \$25.00. You will receive a \$35.00 free play bonus. On March 25th our stops will be the Broadway Market, lunch at Ilio DiPaolo's Restaurant and a stop at the McKinley Mall. Upon return to the Center you will receive a spring flower plant. The price of this trip is \$22.00. Reservations will begin Monday, February 4th.



The August trip to Atlantic City is also sold out. May I remind you that the February payment is due on February 19th. If you choose to purchase the insurance, it will also be due at the time of this payment.

There has been very little interest in the book club, walking program, and visitation of the homebound and infirmed. We will put those programs on hold until spring.

Heavy plastic has been applied to the windows on the westside of the building to help improve the building temperature. Our grant application for a new heating cooling system was denied but we are exploring other avenues of funding.

Until next month, be safe and stay well. Flu shots are still available at your physician offices and local pharmacies.

Happy Valentine's Day!

Barb Bajdas

Barbara Bajdas, President
Dunkirk Senior Center

BB/pjp



FEBRUARY 2013

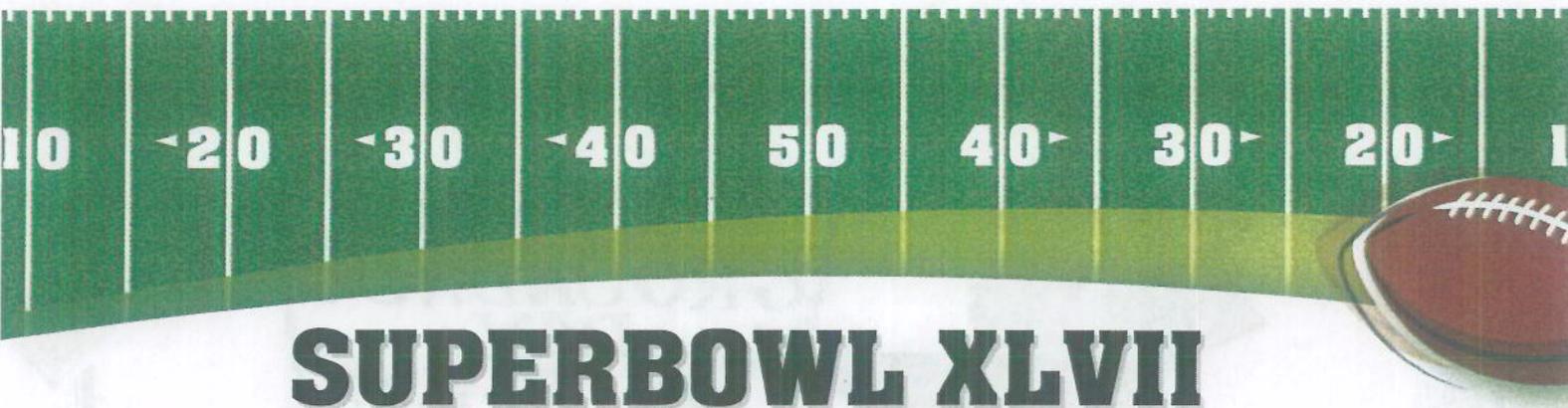


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
	9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	9:30 Aerobics w/Catherine 12:00 Mah Jongg	9:00 Exercise w/Tiffany 9-3 RSVP Income Tax Appts.—Library 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	9:00 Sr. Citizens Bd. Mtg. 9:30 Aerobics w/Catherine	9:00 Exercise w/Tiffany 11:00 Super Bowl Party 12:30 BIG Bingo	GALA PREP
10	11	12	13	14	15	16
SUNDAY GALA	9:00 Exercise w/Tiffany 9-3 RSVP Income Tax Appts.—Library 10:00 Coffee Hour 1:00 Pinochle	9:30 Aerobics w/Catherine 9:30 Bus Trip to Spragues Brunch & Seneca Allegany Casino Trip 12:00 Mah Jongg	9:00 Exercise w/Tiffany 9-3 RSVP Income Tax Appts.—Library 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg. Ash Wednesday	9:30 Aerobics w/Catherine Valentine's Day 	9:00 Exercise w/Tiffany	
17	18	19	20	21	22	23
	Center Closed 	9:30 Aerobics w/Catherine 12:00 Mah Jongg 1:00 Independent Health Mtg. In Conf Room 1st Payment Due-Atlantic City Trip	9:00 Exercise w/Tiffany 9-3 RSVP Income Tax Appts.—Library 10:00 Coffee Hour 4:00 BIG Bingo	9:30 Aerobics w/Catherine	9:00 Exercise w/Tiffany	
24	25	26	27	28		
	9:00 Exercise w/Tiffany 9-3 RSVP Income Tax Appts.—Library 10:00 Coffee Hour 1:00 Pinochle	9:30 Aerobics w/Catherine 12:00 Mah Jongg - Library	9:00 Exercise w/Tiffany 9-3 RSVP Income Tax Appts.—Library 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	9:30 Aerobics w/Catherine		



NAME: _____

DATE: _____



10 -20 -30 -40 50 40 30 20 1

SUPERBOWL XLVII PARTY

Friday, February 1, 2013

(Dunkirk Senior Center - 45 Cliffstar Ct., Dunkirk, NY)

**Complimentary Lunch to Include:
Chili**

Dessert & Beverage at 11:15 a.m.

BIG Bingo at 12:30 p.m.

**Must Purchase a Board at the Door
Snacks will be provided during bingo**

Football Pool sign ups will be held in the office

\$5.00 per square

Beginning January 22 through February 1

**A small thank you gift will be given at time of pool sign up
(while supply lasts)**





**Celebrate
Dunkirk Dave
Prediction With Us**

February 4th 11:00 - 12:30

**Lunch & Treats
Games, Activities
Lots of Fun**

Call for Reservations 363- 3844

Gala Sunday

Sunday, February 10, 2013

Lunch served at 12:15 p.m.

Menu Featuring:



Spaghetti with Meatballs and Sauce

Tossed Salad

Bread

Tea

Dessert (ice cream sundae)

SOLD OUT

Hor'dourves...Punch...Bingo...Cards...Prizes

Doors open at 11:00 a.m.

Cost: \$4.00 per member

Sign-up will be starting Sunday, January 13, 2013 after 1:00 p.m.

at

The Dunkirk Senior Center

45 Cliffstar Court

Dunkirk, New York 14048

(716) 366-7530

**First 100 Reservations Accepted - No Refunds
(MENU SUBJECT TO CHANGE)**

**Dunkirk Senior Citizens
Board of Directors
Are Sponsoring a**

ALLEGANY LINE RUN CASINO TRIP

to
Seneca Allegany Casino

Thursday, March 14, 2013

Cost: \$25.00 per member

Departure Time: 11:30 a.m.

Return Time: Approx. 6:30 p.m.

Trip will include:

Casino Bonus - \$35.00 (Special D&F Offer)

NO Food Allowance

2 - \$5.00 Cash Prizes



*This is my
Lucky day*



Registration for trip will begin Monday, February 4th at
The Dunkirk Senior Center
45 Cliffstar Court – Dunkirk, NY
9:00 a. m. to 12:00 noon weekdays

First Come – First Served
NO REFUNDS

Sunday Gala

Sunday, March 10, 2013

Lunch served at 12:15 p.m.



Menu Featuring:

Soup

Italian Sausage

Scalloped Potatoes & Ham

Applesauce

Coffee/Tea

Dessert



Hor'Dourves...Punch...Bingo...Cards...Prizes

Doors open at 11:00 a.m.

Sign-up will start Sunday, February 10, 2013 after 1:00 p.m.

Cost: \$4.00 per member

Tickets will also be sold at the Dunkirk Senior Center

45 Cliffstar Court

Dunkirk, NY 14048

(716) 366-7530

Monday thru Friday 9:00 a.m. – 12:30 p.m.

First 100 Reservations Accepted

Menu Subject to Change

No Refunds



Easter Shopping Trip



Sponsored by the City of Dunkirk

Monday, March 25, 2013

Price - \$22.00

(MEMBERS ONLY)

Departure Time: 9:00 a.m.

Return Time: 5:30 p.m.

Broadway Market Shopping 10:00 a.m. – 12:00 noon

Ilio DiPaolo's Restaurant 12:30 p.m. – 2:00 p.m.

Menu to include:

Fresh Garden Salad

Penne Pasta with Ilio's Famous House Sauce

Vegetable & Potato

Chicken Supreme, Beef Roulades

Warm Italian Rolls & Butter

Coffee & Tea

Dessert: Ice Cream with Chocolate or Mint Sauce

McKinley Mall Shopping 2:30 p.m. – 4:30 p.m.

Arrive back to Senior Center – 5:30 p.m.

To Pick Up Your Easter Flower

2 - \$5.00 Cash Drawings

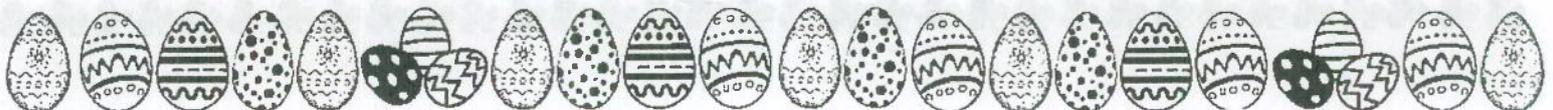
Registration for trip will begin Monday, February 4, 2013 at 9:00 a.m.

Dunkirk Senior Center

45 Cliffstar Court – Dunkirk, NY

First Come – First Served

NO REFUNDS



HAPPY BIRTHDAY!!



February Birthdays

Patricia Sievert	(February 3)	Joyce Blodgett	(February 13)
Joseph Tobiczky	(February 3)	Patricia Pleszewski	(February 14)
Lisa Jaeckle	(February 3)	Dolores Griewisch	(February 16)
Phyllis Fellinger	(February 6)	Evelyn Hadley	(February 17)
Ruth Karin	(February 7)	Patricia Sysol	(February 17)
Cherrie Torres	(February 9)	Thomas Dascenzo	(February 18)
Irene Christopher	(February 10)	Ruby Lampert	(February 18)
Marguerite Fancher	(February 10)	Kevin Ahlstrom	(February 19)
Mark Woods	(February 10)	Leola Coniglio	(February 19)
Nancy Jager	(February 11)	Darleen Michalak	(February 19)
Jean Morse	(February 11)	Linda Wingfield	(February 22)
Ruth Bolles	(February 12)	Ronnie Ginley	(February 24)

Note: If we missed your birthday, please let us know. Thanks!



IMPORTANT PHONE NUMBERS

Dunkirk Senior Center.....	366-7530
Dunkirk Luncheon Site.....	363-3844
Chautauqua County Office for the Aging.....	363-4471
Dr. Mary Ann Spanos	
Chautauqua County OFA Senior Services.....	363-3865
Kate Finch	
Chautauqua County Veterans Services.....	363-3842
Jim Hurley	
CARTS.....	366-4500

**THE DUNKIRK SENIOR CITIZEN'S
BOARD OF DIRECTORS
ARE SPONSORING**

“BIG BINGO”

Friday, February 1st Together with the
Superbowl XLVII Party starting at 12:30 p.m.

&

Wednesday, February 20th – 4:00 p.m.

**Dunkirk Senior Citizen's Center
45 Cliffstar Court
Dunkirk, NY**

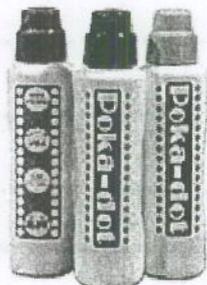
Complimentary lunch, snacks & beverage at 4:30 p.m.

Bingo will be played at 5:00 p.m.

**Come down and enjoy an afternoon of fun
and please bring a friend.**

Bingo boards must be purchased at the door.

Please bring your own daubers if you have them!



B I N G O

14	29	38	52	74
4	18	33	46	62
7	16	★	60	71
9	27	44	51	67
12	23	35	47	73

Do you enjoy playing pinochle?? If you do, why don't you join the Dunkirk Senior Pinochle group that meets on Mondays at the Dunkirk Senior Center, at 1:00 p.m. They have a great time and it is not expensive. Just 25¢ a week and that is all returned to you in the form of table prizes. There is a prize for the monthly high score. So think about it and come down and join the fun. The following is the latest weekly winners.

High Score for the month of January: Dee Griewisch 5950

<u>January 7, 2013</u>		<u>January 14, 2013</u>	
Dee Griewisch	5950	Jug Jensen	5930
Jeanne Hauser	5920	Nancy Crandall	5860
Paul Luczkowiak	5830	Helen Barone	5490
Nancy Jones	5580	Paul Luczkowiak	5460
Barb Szocki	5660	Gert Majka	5390
Double Pinochle: Harold Rusch			



Life is like a hand of cards. You have to play the hand you're dealt, you can't win by folding, and sometimes you must take chances in order to win."



- A Friend

A Senior Moment is just a Wrinkle in Time

Age is an
issue of mind
over matter.
If you don't
mind,
It doesn't
matter.
-Mark Twain

The blessing
of Old Friends...
can't be counted in cups of coffee
or hours spent together
but by the deep and constant
certainty that
someone cares.

... US ...

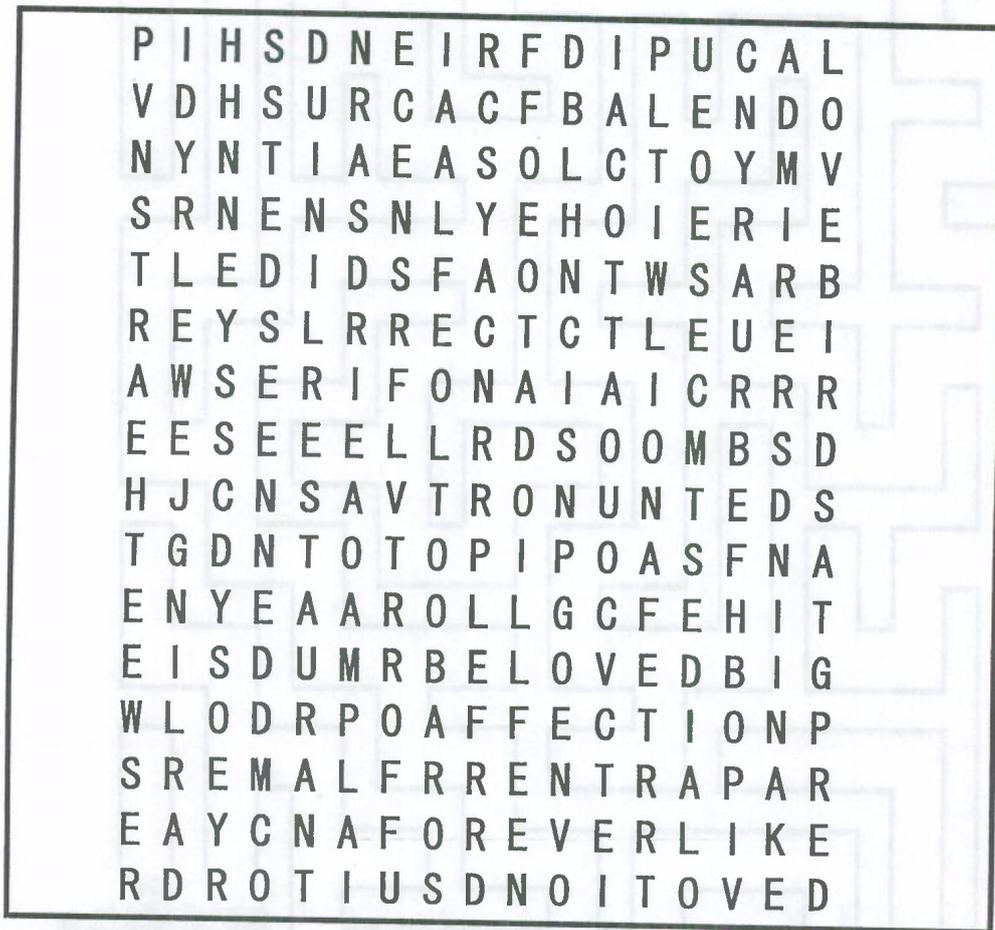
When we were growing up, we rarely strayed far from each other. We moved to the same songs, adopted the same styles, and used the same expressions in the firm and unshakeable belief that we were, each of us, a model of individuality.

Now we've arrived at an age where we might, in fact, possess a modicum of individuality. Our beliefs and values have withstood the test of our specific circumstances, our various hopes and dreams have confronted the hard cold facts of life, and our separate careers and interests have shaped us into who we are today, each of us with a unique story to tell. But what's the first thing we think when those first wrinkles emerge, when those heretofore limber knee joints start to creak? "Oh no! Am I the only one who...? Am I the only one that...?"

The answer is No - a comforting No. We've all counted our gray hairs, felt the spasm of pain along with the exhilaration of winning a weekend basketball game, complained that our grandkids mumble and the newspaper uses smaller print that it used to. We don't need to even imagine we're the only ones. In fact, let's at last celebrate (and give thanks for) the way it's always been: We're all in this together!!!!

SEARCH and CIRCLE PUZZLE

VALENTINE'S DAY



ADMIRER

ADORE

AFFECTION

ATTRACTION

BEAU

BELOVED

BOYFRIEND

CANDLES

CANDY

CHOCOLATES

COUPLE

CRUSH

CUPID

DARLING

DATE

DEAR

DEVOTION

FANCY

FEBRUARY

FLAME

FLOWERS

FONDNESS

FOREVER

FRIENDSHIP

GIFT

GIRLFRIEND

HEARTS

JEWELRY

LIKE

LOVEBIRDS

LOVERS

PARTNER

PROPOSAL

RELATIONSHIP

RESTAURANT

ROMANCE

ROSES

SENTIMENT

SUITOR

SWEETHEART

Valentine's Day Jokes

Q: What did the caveman give his wife on Valentine's Day?

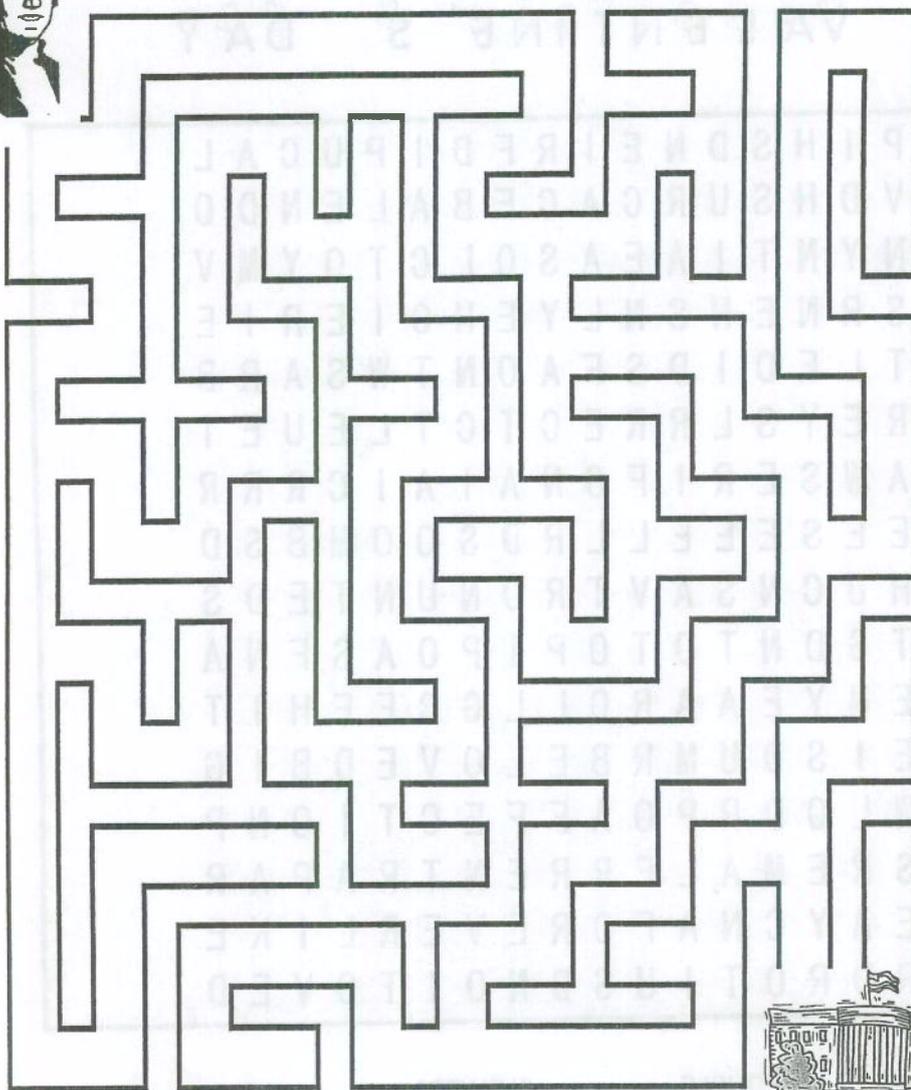
A: Ughs and kisses!

Q: What did the stamp say to the envelope on Valentine's Day?

A: I'm stuck on you!



Help the President's get to the White House



SUDOKU PUZZLE

	4				2	7	6
2			9			1	
	6				8	9	
5			2				8
		7	8		5	6	
8					1		5
		2	3				6
	8				7		2
9	5	6					8



Happy
Groundhog Day
February 2nd

Answer Key
Sudoku Solution

9	5	6	7	1	2	3	8	4
6	8	3	4	9	7	1	5	2
7	1	2	3	8	4	5	6	9
8	2	9	6	7	1	4	3	5
4	3	7	8	2	5	6	9	1
5	9	1	2	6	3	7	4	8
3	6	4	1	5	8	9	2	7
2	7	5	9	4	6	8	1	3
1	4	8	5	3	9	2	7	6

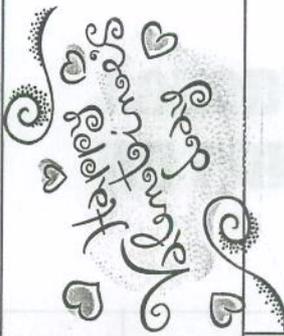
HOT

FEBRUARY 2013 - Hot Noon Menu

CHAUTAUQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

CALL 363-3844
FOR RESERVATIONS

1/2 pint 1% Milk served with each meal / Meals subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>4 Souper Chicken Cheesy Potatoes Peas & Onions Bread Cake / M: no icing (Margarine)</p>	 <p>NO LUNCHESES SERVED ON TUESDAY AND THURSDAY</p>	 <p>6 Goulash Green Beans Biscuit Applesauce (Margarine)</p>	<p>1 Spaghetti & Meatballs Green Beans Bread Pudding /M: Diet (Margarine, Parmesan Cheese)</p>	<p>8 Macaroni & Cheese Stewed Tomatoes Juice Muffin (Margarine)</p>
<p>11 Stuffed Cabbage Casserole Italian Vegetables Cornbread Fruit Cocktail Chocolate Milk/ M: White (Margarine)</p>	<p>13 Cheesy Tuna Casserole Mixed Vegetables Apple Slices Bread (Margarine)</p>	<p>20 Chili Carrots, Cornbread, Juice, Crackers Pudding /M: Diet (Margarine)</p>	<p>15 Meatless Italian Manicotti Italian Beans Garlic Roll, Grape Juice Cookie/M: Diet (Margarine)</p>	<p>22 Cheese Omelet Peas Muffin Fruit Cup (Margarine)</p>
<p>25 Roast Pork w/Gravy Mashed Potatoes Red Cabbage Bread Applesauce (Margarine)</p>	<p>27 Beef Cubes in Gravy over Noodles Broccoli Roll, Fruit Chocolate Milk/M: White (Margarine)</p>	<p>President's Day February 18th</p>		

COLD
 FEBRUARY 2013 - ALTERNATE COLD NOON Menu

1/2 pint 1% Milk served with each meal / Meals subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>4 Sliced Ham & Swiss Cheese Sandwich Juice, Fruit Cake/ M: no icing (Mustard)</p>	<p>NO LUNCHESES SERVED ON TUESDAY AND THURSDAY</p>			<p>1 Chicken Salad Sandwich Juice Fruit Pudding/M: diet</p>
<p>11 Seafood Salad w/ Croissant 3-Bean Salad Fruit Chocolate Milk/ M: White</p>	<p>6 Salami & Cheese Sandwich Potato Salad Applesauce Pudding / M: Diet (Mustard)</p>	<p>13 Egg Salad Sandwich Vegetable Salad Juice Cake /M: no icing</p>	<p>8 Ham Salad Sandwich Coleslaw Juice Fruit</p>	<p>15 Chicken Salad Sandwich Fresh Carrots Juice Cookie/M: diet (Ranch Dressing)</p>
<p><u>OFA SITES CLOSED</u> 18 Seafood Salad on Croissant Coleslaw, Fruit Chocolate Milk/M: White</p>	<p>20 Sliced Turkey w/ Cheese Pasta/Veggie Salad Juice Pudding/M: diet (Mayonnaise)</p>	<p>27 Ham Salad Sandwich Potato Salad Fruit Chocolate Milk /M: White</p>	<p>22 Cold Cut Sub Cucumber Salad Fruit Cookie (Italian Dressing)</p>	
<p>25 Cold Meatloaf Sandwich Tomato Juice Applesauce Baker's Choice (Ketchup)</p>				