



Senior Center Action News



Barbara Bajdas, President
Stella Michalak, Vice-President
Carol Kozlowski, Secretary/Treasurer

Board of Directors

Barbara Barberich **Janet Kasprzyk**
Nancy Crandall **Julian Niedbalski**
Irene Christopher **Delphine Woloszyn**

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



March 2013





DUNKIRK SENIOR CENTER
45 CLIFFSTAR COURT
DUNKIRK, NEW YORK 14048
(716) 366-7530

February 22, 2013

A Note From The President:

The Dunkirk Senior Center is once again filled with activity as we wait in anticipation of Spring, St. Patrick's Day and the beautiful Easter season. Our next Sunday Gala scheduled on March 10th will feature punch, hor'dourves, soup, scalloped potatoes, sausage, vegetable, applesauce, dessert and beverage. We are currently accepting reservations for the April 14th Gala also. We will serve punch, appetizers, soup, assorted sandwiches, macaroni salad, three bean salad, dessert and beverage.

For planning purposes we have scheduled BIG Bingo on March 20th, April 17th, May 15th, June 19th, July 17th, and August 14th. The doors are opened at 4:00 p.m. A complimentary meal will be served at 4:30 p.m. followed by BIG Bingo at 5:00 p.m.

On Thursday, March 14, the seniors will travel to Salamanca and on Monday, March 25th a full bus will be traveling to the Broadway Market, Ilio DiPaolo's Restaurant for lunch and a stop at the McKinley Mall. I have also scheduled an overnight trip to Wheeling West Virginia on April 16 and 17. The price is \$139.00 per person which includes accommodations at the lovely McClure Hotel, two- \$20.00 casino bonuses and two - \$5.00 food vouchers. Reservations are being accepted now.

With our increasing membership, parking at the time of our galas and trips has presented a problem. We have 80 spaces to accommodate all of the activities and visitors at the Center. To help this situation, we have adjusted some of our departure times for trips. We also ask that you carpool to events whenever possible. Parking is allowed on the street but we have been asked not to park in the Bell Towers or Lincoln Arms lots. We apologize that we cannot accommodate everyone for every function. We have reached seating capacity but we are open to any suggestions from the membership on how to work around these issues.

Our daily exercise programs are also fully utilized. During the month of February, we offered two free sessions to both new and existing members which were very well received by all. Member participation ranks very high in the decisions the Board must make.

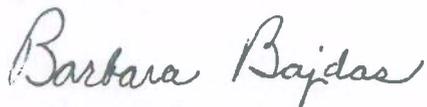
Please let me take this opportunity to thank Patty Pleszewski for the fine job she is doing with our senior newsletter called the SCAN. They are seasonally appropriate, informative and very enjoyable. We ask that you take only one copy per family. I would also like to thank the craft committee for their time and talent on preparing Valentine and Easter favors for the Meals on Wheels clients. Great job!

If anyone is interested in volunteering to work in the kitchen or serving people, please contact me. We will appreciate your domestic talents. Everyone looks forward to the many activities at the Center. Our doors are open to new friendships and provides opportunities for socialization. Hot and cold lunches are available on Monday, Wednesday and Fridays and our fully stocked library is available for your use.

In closing, I would like to say we are very fortunate to have such a wonderful facility and I thank you for the opportunity of being your President.

Best wishes for a Happy St. Patrick's Day and a Joyous Easter!

Sincerely,

A handwritten signature in cursive script that reads "Barbara Bajdas".

*Barbara Bajdas, President
Dunkirk Senior Center*

BB/pjp



MARCH 2013



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 Exercise w/Tiffany	2
3	4 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	5 9:30 Aerobics w/Catherine 12:00 Mah Jongg	6 9:00 Exercise w/Tiffany 9-3 Income Tax RSVP in Library 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	7 9:00 Dk. Sr. Board Mtg. in Library 9:30 Aerobics w/Catherine	8 9:00 Exercise w/Tiffany GALA SETUP	9 GALA PREP
10 SUNDAY GALA	11 9:00 Exercise w/Tiffany 9-3 Income Tax RSVP in Library 10:00 Coffee Hour	12 9:30 Aerobics w/Catherine 12:00 Mah Jongg	13 9:00 Exercise w/ Tiffany 9-3 Income Tax RSVP in Library 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	14 9:30 Aerobics w/Catherine 11:30 Allegany Run Casino Trip	15 9:00 Exercise w/Tiffany	16
17 St. Patrick's Day 	18 9:00 Exercise w/Tiffany 9-3 Income Tax RSVP in Library 10:00 Coffee Hour 12:00 RSVP Mtg. TV Room	19 9:30 Aerobics w/Catherine 10-12:30 BlueCross/Blue Shield in TV Conf. Room 12:00 Mah Jongg	20 9:00 Exercise w/Tiffany 9-3 Income Tax RSVP in Library 10:00 Coffee Hour 4:00 BIG Bingo	21 9:30 Aerobics w/Catherine	22 9:00 Exercise w/Tiffany	23
24 Palm Sunday 	25 9:00 Easter Shopping Trip 9:00 Exercise w/Tiffany 9-3 Income Tax RSVP in Library 10:00 Coffee Hour	26 9:30 Aerobics w/Catherine 12:00 Mah Jongg - Library	27 9:00 Exercise w/Tiffany 9-3 Income Tax RSVP in Library 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	28 9:30 Aerobics w/Catherine	29 9:00 Exercise w/Tiffany	30
31 Easter Sunday 						

DUNKIRK SENIOR CENTER CALENDAR OF EVENTS - MARCH 2013
YOU MAY VISIT THE CITY WEBSITE AT WWW.CITYOFDUNKIRK.COM



Sunday Gala

Sunday, March 10, 2013

Lunch served at 12:15 p.m.



Menu Featuring:

Soup

Italian Sausage

Scallops

Alfredo Sauce

Coffee/Tea

Dessert

SOLD OUT



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

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

ALLEGANY LINE RUN CASINO TRIP

to
Seneca Allegany Casino

Thursday, March 14, 2002

Cost: \$25.00 per person

Depart: 11:30 a.m.

Return: approx. 6:30 p.m.

SOLD OUT

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**

A decorative border with a repeating floral motif surrounds the text.

Gala Sunday

Sunday, April 14, 2013

Lunch served at 12:15 p.m.

Menu Featuring:

Soup

Assorted Sandwiches

Macaroni Salad

3 Bean Salad

Dessert

Coffee/Tea

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

Doors open at 11:00 a.m.

Sign up beginning Sunday, March 10th, 2013 after 1:00 p.m.

Cost: \$4.00 for Members

**Tickets will also be sold at the Dunkirk Senior Center
45 Cliffstar Court - Dunkirk, NY 14048
Monday thru Friday 9:00 a.m. - 12:30 p.m.**

**First 100 Reservations Accepted - No Refunds
Menu Subject to Change**

★ Dunkirk Seniors Presents ★
Wheeling Island Casino, WV

★
April 16-17, 2013
★

Tuesday, April 16, 2013

8:45 AM Bus will begin to load passengers

9:00 AM Departure to Wheeling, WV

1:00 PM Estimated arrival at Wheeling Isle Casino. We will visit here for ★
4 hours and will be given \$20 coin bonus and a \$5 food coupon. (The
Lunch Buffet is served until 2 PM at \$13.95(p/p) or \$16.95(p/p) for the
dinner buffet beginning at 3 PM.)

5:00 PM Transfer to McClure Hotel for check-in. 1200 Market Street
Wheeling, WV 26003. Phone # (304)-232-0300. (The rest of the evening
will be on your own.)

\$139 PP

Double

Wednesday, April 17, 2013

8:00 AM (or earlier) Breakfast is included at the hotel

9:00 AM Depart for Wheeling Island Casino. (You will receive a \$20 coin
bonus and a \$5 food coupon.)

10:00 AM Estimated arrival at casino. We will stay until 2:00 PM.

2:00 PM Gather and depart for Dunkirk.

\$185 PP

Single

★
**Call Barb at the Dunkirk Senior
Center to sign up today! 366-7350**
★



D&F TRAVEL INC.

21-41 Main Street Lockport, NY 14094 | 716-433-7084 | info@dfbuses.com



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

“BIG BINGO”



**Wednesday, March 20
Wednesday, April 17
Wednesday, May 15
Wednesday, June 19
Wednesday, July 17
Wednesday, August 14**

B	I	N	G	O
1	16	40	47	72
12	18	●	50	74
●	22	●	46	64
8	17	32	●	68
6	28	37	54	61

**Dunkirk Senior Citizen's Center
45 Cliffstar Court
Dunkirk, NY
366-7530**

**Doors open at 4:00 p.m.
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!



**A Senior Moment
is just a
Wrinkle
in Time**

Senior Citizens

- ✓ I'm the life of the party...even when it lasts 'till 8 p.m.
- ✓ I'm very good at opening childproof caps with a hammer.
- ✓ I'm usually interested in going home before I get to where I'm going.
- ✓ I'm good on a trip for at least an hour without my aspirin, antacid.
- ✓ I'm the first one to find the bathroom wherever I go.
- ✓ I'm awake many hours before my body allows me to get up.
- ✓ I'm smiling all the time because I can't hear a word you're saying.
- ✓ I'm very good at telling stories. . . . over and over and over and over.
- ✓ I'm aware that other people's grandchildren are not as bright as mine.
- ✓ I'm so cared for: long-term care, eye care, private care, dental care.
- ✓ I'm positive I did housework correctly before the Internet.
- ✓ I'm sure everything I can't find is in a secure place.
- ✓ I'm wrinkled, saggy and lumpy, and that's just my left leg.
- ✓ I'm walking more (to the bathroom) and enjoying it less.
- ✓ I'm in the "initial" state of my golden years: SS, CD's, IRA's, AARP.
- ✓ I'm anti-everything now: anti-fat, anti-smoke, anti-noise, anti-inflammatory.
- ✓ I'm a SENIOR CITIZEN and I think I am having the time of my life. . . Aren't I ???

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

January 28, 2013

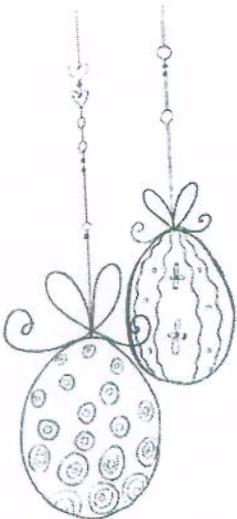
Ray Dudek	5290
Harold Rusch	5070
Jug Jensen	5060
Marian Genovese	5000
Ed Long	4990
Double Pinochle: Betty Korzeniewski	

February 14, 2013

Joe Jarvis	5570
Paul Luczkowiak	5460
Jeanne Hauser	5230
Dorothy Kornacki	5110

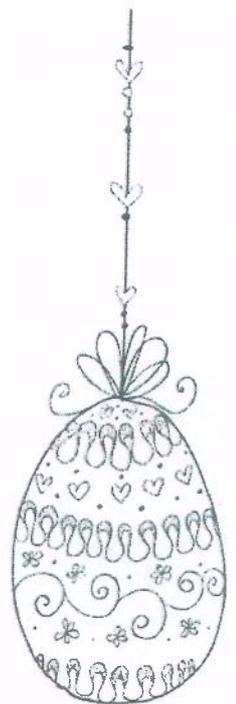
February 11, 2013

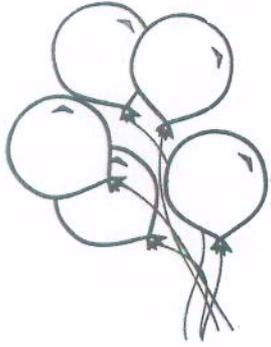
Ray Dudek	5140
Marion Genovese	5010
Nancy Crandall	4940
Barb Szocki	4820
Double Pinochle: Ray Dudek	



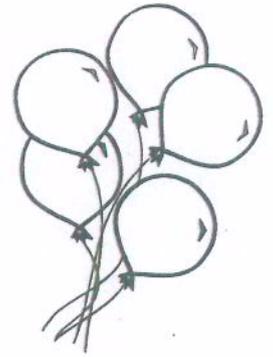
The bunny comes hopping,
 Hearts spring with joy!
 Flowers bloom bright,
 It's the season to enjoy!
 Baskets filled with goodies....
 Hidden here and there,
 All are here to make you smile....
 Because Easter is in the air!

HAPPY EASTER





HAPPY BIRTHDAY!!



March Birthdays

Florence Barone	(March 1)	Renee Flisk	(March 16)
Robert Mancuso	(March 3)	Fran Cole	(March 19)
Mary Barone	(March 3)	Paula Lakas	(March 20)
Dorothy Godina	(March 4)	Loretta Maslach	(March 21)
Paulette Bialaszewski	(March 4)	Marlon Genovese	(March 22)
Barbara Szockl	(March 5)	Jean Szot	(March 22)
Kathy Hart	(March 6)	Helen Barone	(March 23)
Nancy Jones	(March 8)	Donald Fafinski	(March 24)
Rosemary Plede	(March 8)	Harold Rusch	(March 24)
Stella Michalak	(March 9)	Frank Mirek	(March 26)
Loretta Sage	(March 9)	Russell Turco	(March 26)
Bonnie Wilson	(March 9)	Joan Ziellinski	(March 26)
Sandra Glzowski	(March 10)	Cindy Zolnoske	(March 27)
Jane Moch	(March 11)	Beverly Pagano	(March 27)
Charlene Hallmark	(March 12)	Carol Huels	(March 28)
Thomas Pleszewski	(March 15)	Sandra Mackowiak	(March 30)
Pat Muldowney	(March 16)	Robert Lokietek	(March 31)
Suzanne Behr	(March 16)	Karen Sek	(March 31)

IMPORTANT PHONE NUMBERS

Dunkirk Senior Center.....	366-7530
Dunkirk Luncheon Site.....	363-3844
MaryJo Siragusa	
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
Newsletter Coordinator.....	366-9885
Patricia Pleszewski	



Please Remember In Your Thoughts & Prayers Senior Members Who Recently Passed Away.....

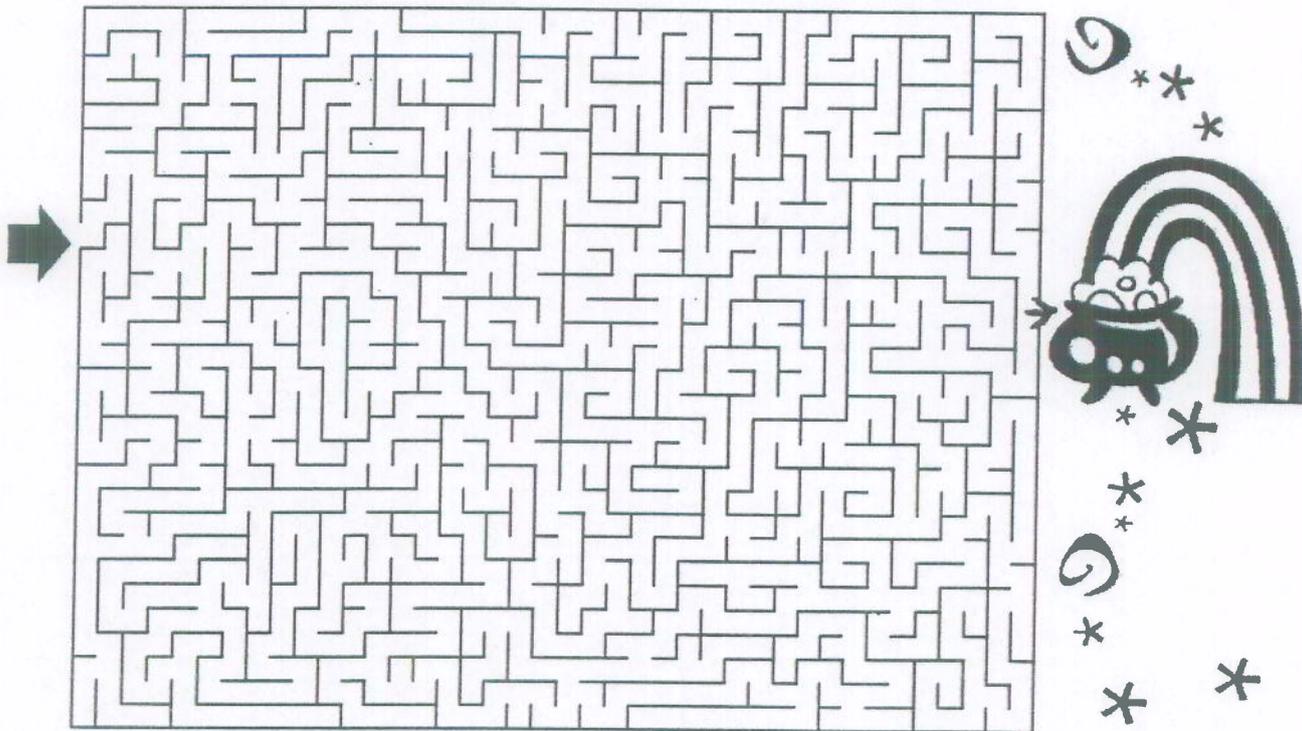
In Memory of Mary Musso (January 26), Ruth Cannon (February 7), Lorraine Mucha (February 15)

✿ Unscramble the Irish Words ✿

- | | |
|------------|-----------|
| ksean | 1. _____ |
| cluyk | 2. _____ |
| brnwoai | 3. _____ |
| phculnaeer | 4. _____ |
| ngere | 5. _____ |
| ldInrea | 6. _____ |
| odlg | 7. _____ |
| rMhac | 8. _____ |
| opt | 9. _____ |
| mrsokhac | 10. _____ |



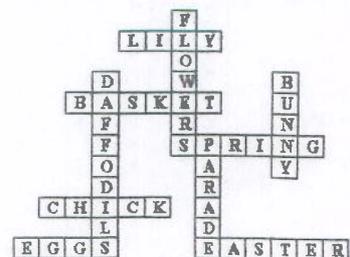
Find Your Way to the Pot of Gold



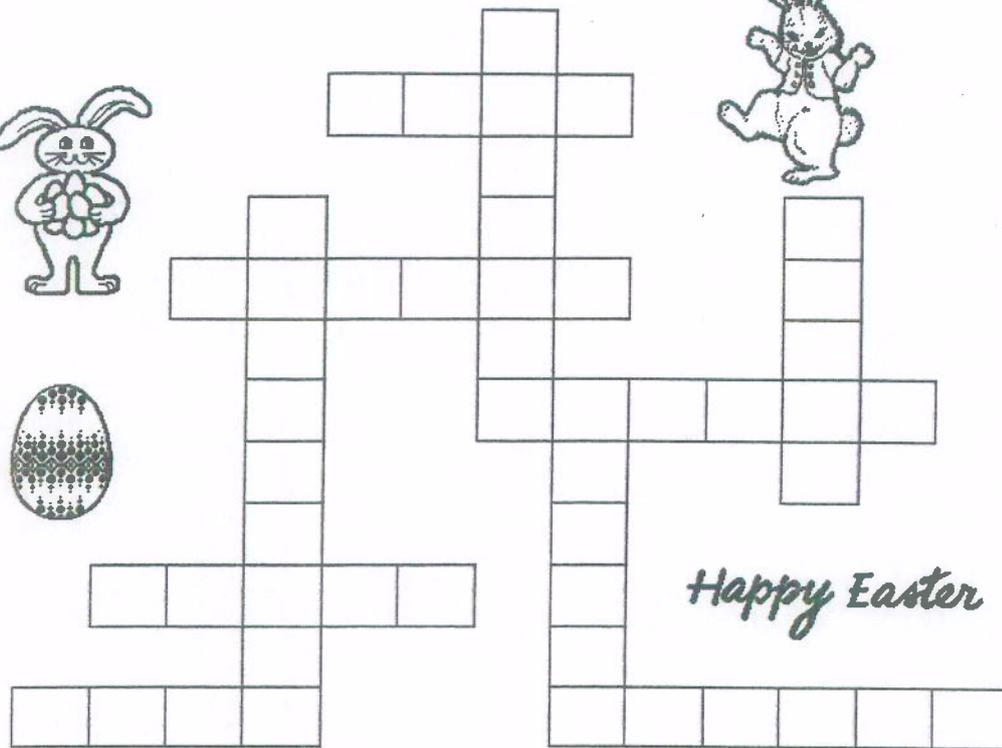
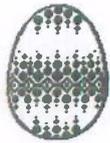
Crossword Puzzle Solution

✿✿✿✿ Happy St. Patrick's Day ✿✿✿✿

Irish Unscramble Answers:
snakes, lucky, rainbow, leprechaun, green, Ireland
gold, March, pot, shamrock



Easter Crossword Puzzle



- EGGS
- LILY
- CHICK
- BUNNY
- BASKET
- SPRING
- PARADE
- EASTER
- FLOWERS
- DAFFODILS

Easter Word Hunt



- BASKET
- BUNNY
- CHICK
- DYE
- EASTER
- EGGS
- FIND

- FLOWERS
- GRASS
- HIDE
- HUNT
- LAMB
- LILY
- NEST

- PALM
- PARADE
- RABBIT
- SEARCH
- SPRING
- SUNDAY
- TULIPS

CALL 363-3844

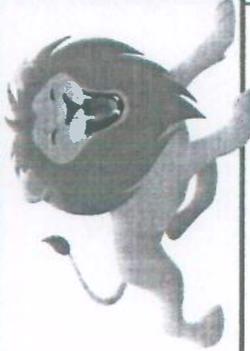
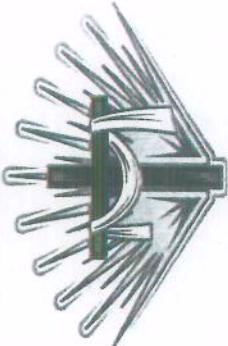
FOR RESERVATIONS

CHAUTAUQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

HOT

MARCH 2013 - Hot Noon Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>4 Salisbury Steak w/Gravy Mashed Potatoes Green Beans Bread Cookie (Margarine)</p>		 <p>6 Scalloped Potatoes & Ham Broccoli Bread, Juice Fruit Crisp (Margarine)</p>		<p>1 Vegetable Lasagna Spinach Garlic Roll Juice Pudding/M: Diet (Margarine)</p>
<p>11 Polish Sausage w/ Sauerkraut Mashed Potatoes Mixed Vegetables, Bread Cookie/M: Diet</p>		<p>13 Roast Beef w/ Gravy Mashed Potatoes Carrots, Bread Brownie/M: Graham Square (Margarine)</p>		<p>15 Breakfast Bake Casserole Italian Vegetables Cornbread, Fruit Cocktail Chocolate Milk/ M: White (Margarine)</p>
<p>18 Beef Stew Winter Squash Biscuit, Tomato Juice Pudding/M: Diet (Margarine)</p>		<p>FIRST DAY OF SPRING 20 Hawaiian Chicken Rice Oriental Vegetables Muffin, Mandarin Gelatin (Margarine)</p>		<p>22 Baked Fish Cheesy Mashed Potatoes Beets, Bread Fruit Chocolate Milk/M: White (Margarine/Tartar Sauce)</p>
<p>25 Stuffed Chicken Breast w/gravy Mashed Potato Spinach, Bread Baker's Choice (Margarine)</p>		<p>Easter Meal 27 Baked Ham w/Fruit Sauce Scalloped Potatoes Green Bean Casserole, Roll Holiday Gelatin & Dessert (Margarine)</p>		

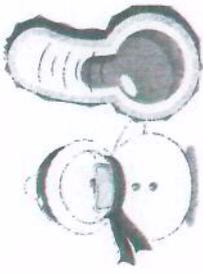
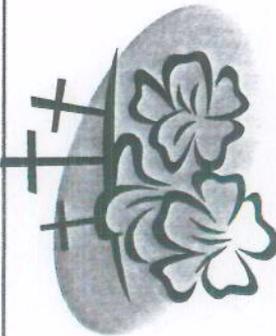
COLD

CHAUTAQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

CALL 363-3844
FOR RESERVATIONS

MARCH 2013 - Alternate COLD Noon Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
 <h1 style="font-size: 4em; margin: 0;">MARCH</h1> 				
<p>4 Sliced Ham Sandwich Carrot-Raisin Salad Fruit Cookie (Mustard)</p>	<p>6 Sliced Turkey Sandwich Macaroni Salad Juice Fruit (Mayonnaise)</p>	<p>8 Sliced Ham & Swiss Cheese Sandwich Juice, Fruit Cake/ M: no icing (Mustard)</p>	<p>15 Seafood Salad w/ Croissant 3-Bean Salad Fruit Cocktail Chocolate Milk/ M: White</p>	<p>1 Peanut Butter & Jelly Sandwich Fruited Gelatin, Juice Pudding/M: Diet</p>
<p>11 Roast Beef Sandwich Pasta/Veggie Salad Fruit Cookie /M: Diet (Horseradish Sauce)</p>	<p>13 Egg Salad Sandwich Fruited Gelatin Juice Brownie/M: Graham Square</p>	<p>20 Bologna & Cheese Sandwich Potato Salad Fruit, Gelatin (Mustard)</p>	<p>22 Seafood Salad on Croissant Coleslaw Fruit Chocolate Milk/M: White</p>	
<p>18 Sliced Ham Sandwich Green Pea Salad Fruit Cup Pudding /M: Diet (Mustard)</p>	<p>27 Roast Beef Sandwich Marinated Vegetables Fruit Cake /M: no icing (Horseradish Sauce)</p>			
<p>25 Tuna Salad Sandwich 3-Bean Salad Fruit Baker's Choice</p>				