Senior Center Action News

Co-Coordinators
Barbara Bajdas, President/Vice-President
Carol Kozlowski, Secretary/Treasurer

Board of Directors
Barbara Barberich
Nancy Crandall
Irene Christopher
Julian Niedbalski
Delphine Woloszyn

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

April 2013

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

March 22, 2013

A Note From The President:

It is my pleasure to wish you a happy and healthy spring. As we proceed, we continue to try to keep our activities plentiful, interesting, and diverse to meet the needs of all of our members. If there is something you would like to see, please let me know. Our calendar of events can be found in the monthly scan. Please keep it and refer to it often.

As you may or may not know, we have a shortage of kitchen volunteers for our monthly galas. As a result, the Board of Directors asked the participants at the March Gala to complete a survey regarding what is served at the gala and at what price. The results of the survey showed that the majority of people wanted the status quo but a change is needed because we must be considerate of the volunteers we do have. Therefore, after much thought, we have decided to leave the price at $4.00 but decrease the number of hor'dourves that are served. We will provide a variety of cheeses, pepperoni, crackers and fruit only. This will begin in September. If it does not work out we will revisit the problem.
Some type of other social event will be held in June, July, and August.

Out trips continue to be very popular. There is only a waiting list available for a trip on April 16th to Seneca Niagara Casino. On May 14, we will travel to the Lilac Festival in Rochester followed by lunch at the Cracker Barrel Restaurant in Henrietta, NY. The cost of this trip is $40.00. There may be quite a bit of walking required. On May 23rd, a trip to Presque Isle Casino in Erie has been scheduled. The cost is $25.00 and you will receive a $35.00 bonus.

Please consider having lunch at the Center any Monday, Wednesday, or Friday for a donation of $3.00. On April 5th, the dining site will host a "Spring Fling". Call today to reserve your seat.

The ladies and gentlemen who exercise at the Center are thoroughly enjoying themselves while staying healthy. On Dyngus Day, the Monday group will be treated to pancakes and sausage prepared by Bob and Wanda Sobczak. Yum!

As always we welcome your suggestions for improvement. We ask that you take advantage of our library, which has a wonderful array of books and magazines for your reading pleasure.

Enjoy your Center and each other!

Sincerely,

Barbara Bajdas

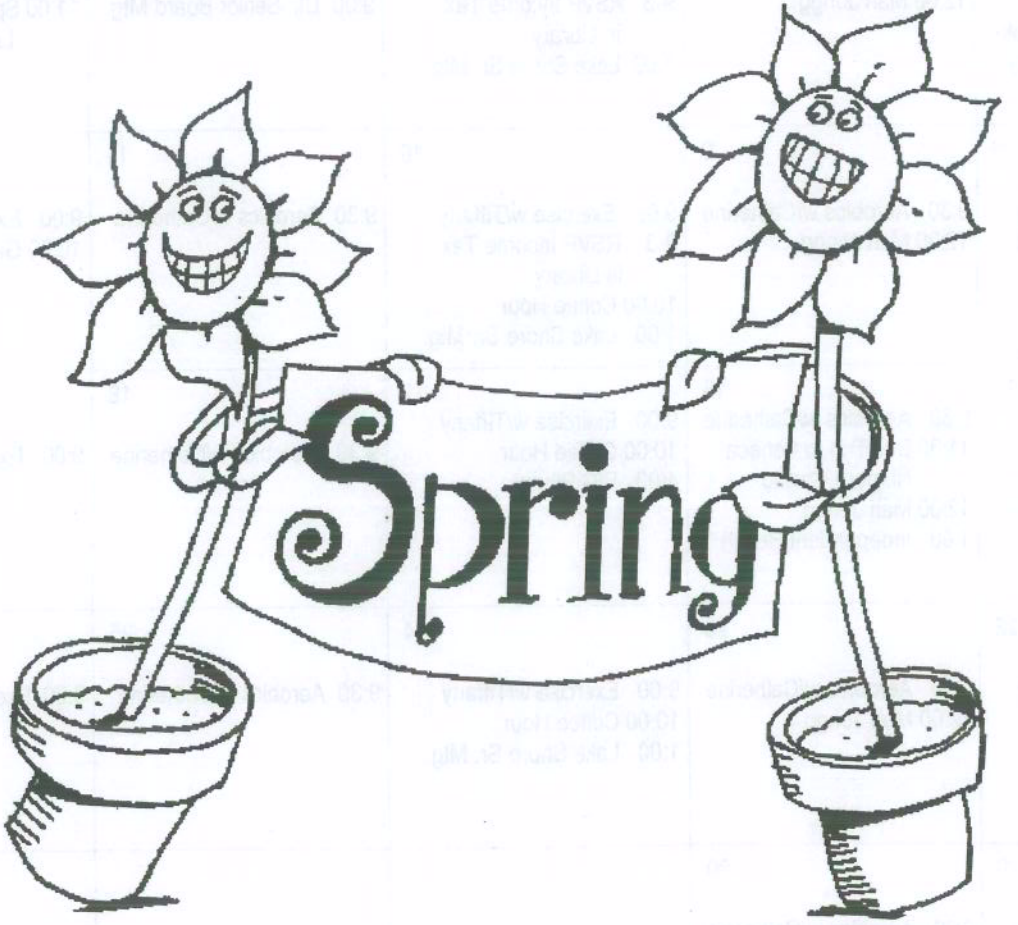
Barbara Bajdas, President
Dunkirk Senior Center

BB/pjp

APRIL 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 Exercise w/Tiffany 9-3 RSVP Income Tax in Library 10:00 Dyngus Day Breakfast Exercise Class Only 1:00 Pinochle	2 9:30 Aerobics w/Catherine 12:00 Mah Jongg	3 9:00 Exercise w/Tiffany 9-3 RSVP Income Tax in Library 1:00 Lake Shore Sr. Mtg.	4 9:30 Aerobics w/Catherine 9:00 Dk. Senior Board Mtg.	5 9:00 Exercise w/Tiffany 11:00 Spring Fling at the Lunch Site	6
7	8 9:00 Exercise w/Tiffany 9-3 RSVP Income Tax 10:00 Coffee Hour 1:00 Pinochle	9 9:30 Aerobics w/Catherine 12:00 Mah Jongg	10 9:00 Exercise w/Tiffany 9-3 RSVP Income Tax in Library 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	11 9:30 Aerobics w/Catherine	12 9:00 Exercise w/Tiffany 10:00 Gala Setup	13 GALA PREP
14 SUNDAY GALA	15 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle 1:00 AARP—Local 209 Mtg.	16 9:30 Aerobics w/Catherine 11:30 Bus Trip to Seneca Niagara Casino 12:00 Mah Jongg 1:00 Independent Health	17 9:00 Exercise w/Tiffany 10:00 Coffee Hour 4:00 BIG Bingo	18 9:30 Aerobics w/Catherine	19 9:00 Exercise w/Tiffany	20
21	22 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	23 9:30 Aerobics w/Catherine 12:00 Mah Jongg	24 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	25 9:30 Aerobics w/Catherine	26 9:00 Exercise w/Tiffany	27
28	29 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	30 9:30 Aerobics w/Catherine 12:00 Mah Jongg - Library				

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


Spring

Gala Sunday

Sunday, April 14, 2013

Lunch served at 12:15 p.m.

Menu Featuring:

Soup
Assort[illegible]
a[illegible] Sa[illegible]
[illegible] Salad
Dessert
Coffee/Tea

SOLD OUT

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 Senior Citizens
Board of Directors
Are Sponsoring a

SENECA NIAGARA CASINO TRIP

(American Side)

Tuesday, April 16, 2013

Cost: $25.00 per member

Departure Time: 11:30 a

Return Time: Ap[illegible]

SOLD OUT

[illegible]ncl[illegible]

[illegible] Bonus - $25.00

NO Food Allowance

2 - $5.00 Cash Prizes

50-50 Raffle

Registration for trip will be begin Monday, March 5, 2013

The Dunkirk Senior Center

45 Cliffstar Court – Dunkirk, NY

9:00 a. m. to 12:00 noon weekdays

First Come – First Served

NO REFUNDS

Gala Sunday

Sunday, May 19, 2013

Lunch served at 12:15 p.m.

Menu Featuring:

Roast Beef with Roll
Mashed Potatoes and Gravy
Peas
Dessert
Coffee/Tea

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

Doors open at 11:00 a.m.

Cost: $4.00 per member

Sign-up will begin on Tuesday, April 2, 2013 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)

The City of Dunkirk
and the
Senior Citizens Board of Directors
are Sponsoring a Bus Trip to the

Lilac Festival

&

Craft Show

Tuesday, May 14, 2013

Cost: $40.00

Departure Time: 9:00 a.m.
Return Time: Approx. 5:00 p.m.

<u>Trip will include:</u>

Lunch at Cracker Barrel
You will pick from a Country Platter Menu
choice of 1 of 4 entrees, 2 sides, beverage plus 1 refill
and a scoop of ice cream with chocolate topping

Bus Tip & Lunch Tip Included
4 - $5.00 Raffles
Other Prizes & Raffles
Snack Bag

Registration for trip will begin Tuesday, March 19, 2013
Dunkirk Senior Center
45 Cliffstar Court
Dunkirk, New York
9:00 a.m. – 12:00 noon weekdays

LOTS OF WALKING – BRING YOUR WALKING SHOES

First Come – First Served
NO REFUNDS

Dunkirk Board of Directors Sponsored Bus Trip

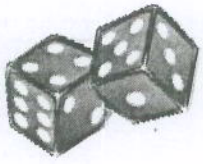
to

PRESQUE ISLE CASINO

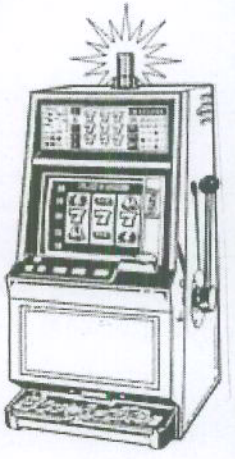
(ERIE GAMING)

Cost: $25.00 per member

Thursday, May 23, 2013



Departure Time: 11:30 a.m.
Returning Time: 7:00 p.m.



Trip will include:

Bus Transportation & Driver's Gratuity
$30.00 Casino Bonus
No Food Allowance
Other Prizes & Raffles

Registration for trip will begin Tuesday, April 2, 2013 at
The Dunkirk Senior Center
45 Cliffstar Court – Dunkirk, NY
9:00 a.m. – 12:00 noon weekdays

MUST BRING YOUR GAMING CARD AT TIME OF SIGN UP
OR PICK UP APPLICATION CARD IN THE OFFICE

First Come – First Served
NO REFUNDS

SPRING FLING

at the

Dunkirk Lunch Site

45 Cliffstar Court
Dunkirk, NY 14048

Friday, April 5, 2013

Starting at 11:00 a.m.

Suggested Donation: $3.00

Menu Choice:

Hot Meal	Cold Meal
Salisbury Steak & Gravy	Sliced Ham Sandwich
Mashed Potatoes	Carrot Raisin Salad
Green Beans	Fruit
Cookie	Cookie

For reservations call 363-3844

50- 50 Raffle - Games - Prizes

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 February: Joe Jarvis 5570

February 25, 2013

Marion Genovese	5110
Jeanne Hauser	4820
Paul Luczkowiak	4790
Helen Barone	4750

Double Pinochle: Harold Rusch

March 10, 2013

Nancy Crandall	5640
Joe Jarvis	5050
Paul Luczkowiak	5040
Rita Gestwicki	4920

Double Pinochle: Dee Griewisch

March 14, 2013

Beverly Altweis	5790
Rita Gestwicki	5790
Jug Jensen	5310
Nancy Crandall	5170

March 18, 2013

Jug Jensen	6050
Paul Luczkowiak	5730
Jeanne Hauser	5490
Dee Griewisch	5350
Barb Szocki	5340

Double Pinochle: Jeanne Hauser

A Senior Moment is just a Wrinkle in Time

You've reached the age when . . .

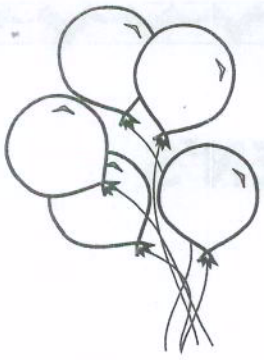
- You feel more at home in antique shops than in electronic stores.
- You've bought a loaf of bread, a box of cereal, and a bag of marshmallows, and the bagger asks if you need help putting it in your car.
- You find yourself explaining to your friends what medications you're on and whether or not these medications are to be taken with food.
- You ask to speak to the manager and you find yourself complaining to someone no older than your last grandchild.
- A quiet evening at home is paradise, and you do everything you can to assure a quiet evening at home.
- You and your teeth sleep separately.
- They just don't make things like they used to.

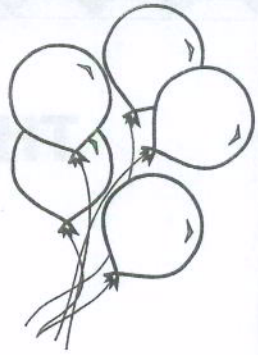
Fond memories
of times past
are keepsakes
of the heart.

Let me tell you
the best thing about
getting older!

As soon as I remember,
you'll be the
first person I tell.

HAPPY BIRTHDAY!!





April Birthdays

Robert Henderson	(April 1)	Irene Tarnowski	(April 14)
Princess Case	(April 3)	Sophie Kubasik	(April 15)
Al Shalkowski	(April 3)	Cathleen Lentz	(April 15)
Joe Jarvis	(April 5)	Raymond Dudek	(April 16)
Patricia Altweis	(April 5)	Paul Soper	(April 16)
Frances Fuller	(April 5)	Josephine Christopher	(April 17)
Betty Kubasik	(April 5)	Pat Byham	(April 19)
Frances Poland	(April 6)	Gloria Lebron	(April 19)
Robert Zolnoske	(April 6)	Leon Price	(April 20)
Marilyn Barresi	(April 7)	Jane Fowler	(April 22)
Marsha Miller	(April 7)	Marcia Henderson	(April 22)
Julian Niedbalski	(April 7)	Carol Hood	(April 22)
Paula Waite	(April 7)	Carol Smith	(April 23)
Nancy Winkler	(April 8)	Joan Bielaszka	(April 25)
Katherine Fellinger	(April 9)	Margaret Snyder	(April 26)
Tina Butryn	(April 10)	Karen Mourer	(April 28)
Daniel McGill	(April 11)	David Lancaster	(April 29)
Ralph Burke	(April 13)	Marcia Pakulski	(April 29)
		Alice Pawlowski	(April 29)

Happy Belated Birthday Wishes!!

Raymond Schrantz (January 26), Judy Leone (March 1),
Patricia Lokietek (March 15) and Josephine Wierczynski (March 26)

Even though this message comes to you a little late, the wish it brings for happiness is good on any date!

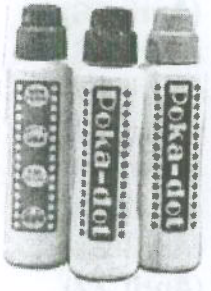
IMPORTANT PHONE NUMBERS

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

THE DUNKIRK SENIOR CITIZEN'S BOARD OF DIRECTORS

ARE SPONSORING

"BIG BINGO"



Wednesday, April 17
Wednesday, May 15
Wednesday, June 19
Wednesday, July 17
Wednesday, August 14

BINGO				
12	19	40	59	65
14	22	35	47	74
11	25	FREE	49	63
13	23	38	48	64
9	24	36	50	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!

Spring Word Search

O M G Q R A I N B O W S T H R
E N I H S N U S F Z Y P E S A
J D A L V B N J C K S O K A L
G N I T L E M I P V T R C L L
E M I T G N I R P S O D A P E
G A D A F F O D I L O N J S R
G N L S E I Y W Z H B I M E B
R R I L P H Q A E T R A T C M
Z E O N E I I I L M E R A J U
F G W W E R L H T R B Z V J E
H E D O T D B U Y A B H F L G
U U Q V L H R M T W U M D R O
S E E D S F K A U O R D E J D
O R N D M C T Z G V U E A N S
Q F I Z W Y E Z Y P N A F Z T
E Z B S D U B T I W I N D Y C

BUDS
DAFFODIL
FLOWER
GARDENING
GREEN
GROWTH
JACKET
MELTING
PUDDLE
RAINBOW
RUBBERBOOTS
SEEDS
SPLASH
SPRINGTIME
SUNSHINE
TULIPS
UMBRELLA
WINDY

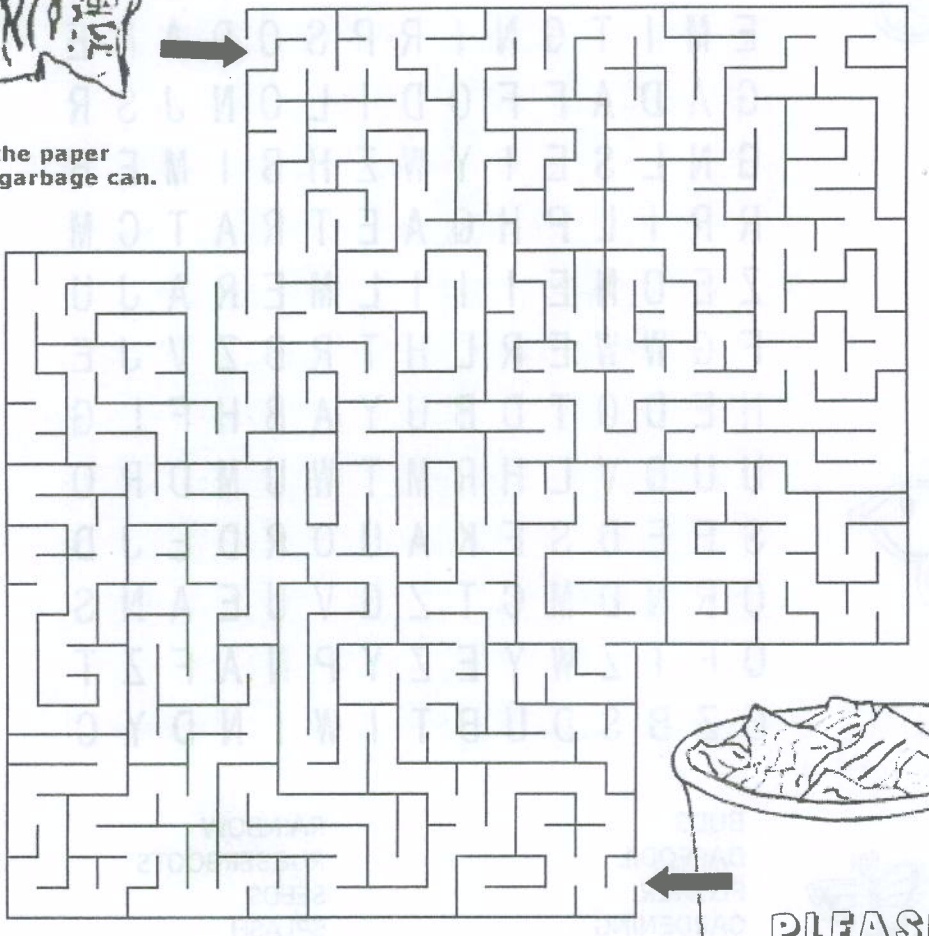
Spring Unscramble Words

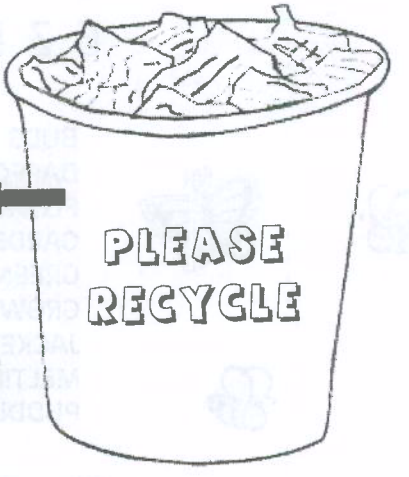
1. LMET _____
2. WOERHS _____
3. IELTCARLRPA _____
4. ONRWIAB _____
5. ERHATADY _____
6. KTEJCA _____
7. ILRAP _____
8. WYNDI _____
9. TIKE _____
10. IEHUNSSN _____

kite, windy, shower, melt, Earth Day, sunshine, rainbow, April, jacket, caterpillar

Earth Day maze

Get the paper into the garbage can.





SUDOKU PUZZLE

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

EARTH DAY

APRIL 22

Answer Key

Sudoku Solution

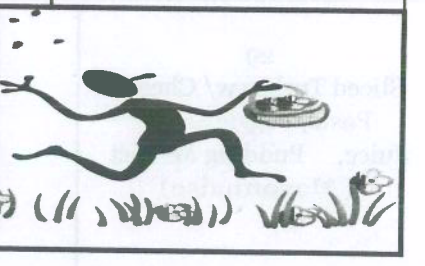
8	9	7	6	3	5	4	2	1
1	4	5	8	9	2	7	6	3
7	2	6	4	1	8	3	5	9
9	3	2	5	7	4	6	1	8
4	5	1	3	2	6	9	8	7
3	6	8	1	4	7	2	9	5
6	7	9	2	8	1	5	3	4
5	1	3	7	6	9	8	4	2
2	8	4	9	5	3	1	7	6

HOT

CHAUTAUQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

APRIL **2013** - Hot **Noon** Menu

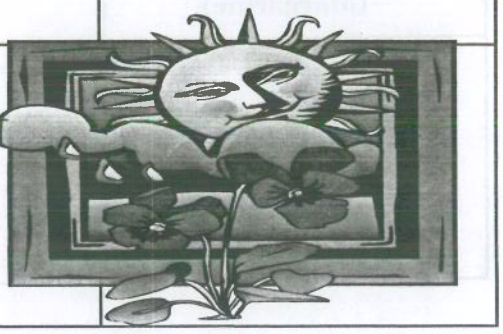
1/2 pint 1% Milk served with each meal / Meals subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken ala King Corn Biscuit Juice Fruit Dessert (Margarine)		3 Turkey w/ Gravy Stuffing, Winter Squash Juice Cranberry Sauce Pie/M: Fruit		5 Salisbury Steak w/Gravy Mashed Potatoes Green Beans Bread Cookie (Margarine)
8 Chicken Alfredo Carrots Roll, Juice Fruit (Margarine)		10 Spaghetti & Meatballs Green Beans Bread, Toss Salad Pudding /M: Diet (Margarine, Dressing & Parmesan Cheese)		12 Polish Sausage w/ Sauerkraut Mashed Potatoes Mixed Vegetables, Bread Cookie/M: Diet (Margarine)
15 Goulash Green Beans Biscuit Applesauce (Margarine)		17 Macaroni & Cheese Stewed Tomatoes Juice Muffin (Margarine)		19 Beef Stew Winter Squash Biscuit Tomato Juice Pudding/M: Diet (Margarine)
22 Cheesey Tuna Casserole Mixed Vegetables Apple Slices Bread (Margarine)		24 Italian Manicotti Italian Beans Garlic Roll Grape Juice Cookie/M: Diet (Margarine)		26 Baked Ham, Sweet Pot. Wax Beans, Bread Cake /M: no icing (Margarine)
29 Chili Carrots, Cornbread, Juice, Crackers Pudding /M: Diet (Margarine)				

COLD

CHAUTAUQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

APRIL 2013 - **Alternate COLD Noon** Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Seafood Salad Croissant Coleslaw Fruit Dessert		3 Egg Salad Sandwich Pickled Beets Juice Pie /M: Fruit		5 Sliced Ham Sandwich Carrot-Raisin Salad Fruit Cookie (Mustard)
8 Tuna Salad Sandwich Applesauce, Juice Baker's Choice		10 Chicken Salad Sandwich Tossed Salad Fruit Pudding /M: Diet (Dressing)		12 Roast Beef Sandwich Pasta/ Veggie Salad Fruit Cookie /M: Diet (Horseradish Sauce)
15 Salami & Cheese Sandwich Potato Salad Applesauce Pudding / M: Diet (Mustard)		17 Ham Salad Sandwich Coleslaw Juice Fruit		19 Sliced Ham Sandwich Green Pea Salad Fruit Cup Pudding /M: Diet (Mustard)
22 Egg Salad Sandwich Marinated Vegetables Juice Cake /M: no icing		24 Chicken Salad Sandwich Fresh Carrots w/Ranch Dressing Juice Cookie /M: Diet (Ranch Dressing)		26 Roast Beef Sandwich Marinated Vegetables Fruit Cake /M: no icing (Horseradish Sauce)
29 Sliced Turkey w/ Cheese Pasta/Veggie Salad Juice, Pudding M: Diet (Mayonnaise)		April