Senior Center Action News

Happy Father's Day

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

June 2013

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

May 24, 2013

A Note From The President:

Our summer fun begins in June. Ice cream socials are scheduled to be held on Thursday, June 13th and Tuesday, August 6th at 6:00 p.m. Reservations are now being accepted for a donation of $1.00.

On July 9th we will have our first Potluck Dinner. Because this is a first time effort we plan on limiting the dinner to 25 members and their guest. The twenty five members will include the directors, volunteers, and major donors. If it is a success, we may schedule a larger event at the end of July and again in August. We will keep you informed.

Trips to the Salamanca Casino have been scheduled for June 11, July 25, and August 8. The June trip is fully booked but there are seats available in July and August. The cost is $25.00 with a $35.00 bonus. I continue to work hard at negotiating the best deal for our members. I am currently looking into a Dinner Show Package for September.

Mr. Raymond Schrantz, Ray Dudek and Butch Dutton gifted us with a wonderful collection of Koch's Brewery Memorabilia. The items were auctioned in May with all proceeds benefiting the Senior Citizen organization. We would like to take this opportunity to thank all three gentlemen for their generosity.

If you are crafty or talented with a paint brush, you may want to participate in our Flower Pot Program. We will provide a clay pot for you to decorate during the summer. In September, we will award these pots at the Gala.

The Senior Sluggers will begin softball practice on June 2nd at the Wright Park Little League Field. You may still join this team which will be managed by Delphine Woloszyn. We will play Senior Citizen Style with a goal to have fun, socialize, exercise, and maybe even raise a little money for charity. Be sure to bring a glove and bat if you have one. Stay tuned for more news.

Our Senior Saver Dollar Program is off and running. Many free dollars have been awarded to members in all participating programs at the Center. These dollars can be used for anything at the Center until August 31st. Gift cards have been awarded to our triple crown winners. You must be in it to win it.

Flag Day is celebrated on June 14th. We hope you will fly your flag proudly on that day and everyday. I would also like to wish all fathers and grandfathers a Happy Father's Day.

A new heating and cooling system will be installed this summer. Also, some of our members are being trained to use a life saving AED Device which has been given to us by Mayor Anthony Dolce. We are grateful for this new equipment.

In closing, I would like to invite everyone to spend some time with us at the Center this summer. You might even win a prize.

Sincerely,

Barbara Bajdas

Barbara Bajdas, President
Dunkirk Senior Center

BB/pjp

JUNE 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 2:00 First Baseball Practice/Meeting Little League Field Wright Park	3 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	4 9:30 Aerobics w/Catherine 12:00 Mah Jongg –Library	5 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	6 9:30 Aerobics w/Catherine 12:30-2:30 Today's Options Insurance	7 9:00 Exercise w/Tiffany	8
9	10 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	11 9:30 Aerobics w/Catherine 11:30 Bus Trip Salamanca Casino Run 12:00 Mah Jongg—Library	12 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	13 9:00 Dk. Senior Board Mtg. 9:30 Aerobics w/Catherine 6:00 Ice Cream Social	14 9:00 Exercise w/Tiffany Flag Day	15
16 Father's Day	17 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	18 9:30 Aerobics w/Catherine 12:00 Mah Jongg—Library 1:00 Independent Health	19 9:00 Exercise w/Tiffany 10:00 Coffee Hour 4:00 BIG Bingo	20 9:30 Aerobics w/Catherine	21 9:00 Exercise w/Tiffany Summer Begins	22
23 30	24 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	25 9:30 Aerobics w/Catherine 12:00 Mah Jongg - Library	26 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	27 9:30 Aerobics w/Catherine	28 9:00 Exercise w/Tiffany	29

DUNKIRK SENIOR CENTER CALENDAR OF EVENTS - JUNE 2013

VISIT THE CITY WEBSITE AT WWW.CITYOFDUNKIRK.COM

FLAG DAY - JUNE 14TH

FLY YOUR FLAG PROUDLY!

The Dunkirk Senior Citizen's Board of Directors

Are Sponsoring

TWO (2)

ICE CREAM SOCIALS

Thursday, June 13
&
Tuesday, August 6

Come on down out of the heat and cool down for a delicious ice cream treat!

Menu to include ice cream, assorted toppings, whipped cream & cherries, cookies and beverages.

Cost: $1.00 for Members

Sign up at the Senior Center Office
45 Cliffstar Court
Dunkirk, New York 14048
9:00 a.m. – 12:00 noon weekdays

Must be prepaid!

Dunkirk Senior Citizens
Board of Directors
Are Sponsoring a

SUMMER SUNSATIONAL

SENECA ALLEGANY LINE RUN

CASINO TRIP

SOLD OUT →**Tuesday, June 11**← SOLD OUT
Thursday, July 25
Thursday, August 8

Cost: $25.00 per member/per trip

Departure Time: 11:30 a.m.
Return Time: Approx. 6:30 p.m.

Trip to include:
2 - $5.00 Cash Prizes
$35.00 Casino Bonus Per Trip

Registration for trips will be 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

Dunkirk's Summer ON THE LAKE

DUNKIRK SUMMER MUSIC FESTIVAL

Thursdays, June 6th - August 29th
6:30 PM - 8:30 PM

DUNKIRK, NEW YORK

WRECK & ROLL

Friday and Saturday, June 7th & 8th
All Day

CHADWICK BAY / Dunkirk, New York

BEACH BASH

Saturday, August 3rd
All Day

Dunkirk Heritage Festival

Saturday, September 7th
All Day

Thursdays: 6:30pm-8:30pm
City Pier

June 6 – Wanted: America's Bon Jovi Tribute

June 13 – The Elvis Show Starring Patrick Johnson

June 20 – Mama Kin

June 27 – La Krema

July 4 – Elevation, The International U2 Tribute Show

July 11 – 25 or 64

July 18 – Buffalo Touch

July 25 – Jackson Rohm

August 1 - Strictly Hip

August 8 – Crooners

August 15 – Nickel City Pimp Choir

August 22 – 52nd Street

August 29 – Revolver

THE DUNKIRK SENIOR CITIZEN'S BOARD OF DIRECTORS

ARE SPONSORING

"BIG BINGO"

Wednesday, June 19
Wednesday, July 17
Wednesday, August 14

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!

The Chautauqua Center

Our Family caring for your Family

Chautauqua County Community Health Center

Do you need a Doctor? Can't afford Health Insurance? Can't afford your high deductible?

ABOUT US

We are a Family Health Center that provides quality health care services to individuals of all ages. If you don't have a primary care physician or simply can't get an appointment with a doctor, consider contacting The Chautauqua Center. Our family is here to help your family! We accept a wide range of insurances and have a sliding scale fee available for those who are underinsured, uninsured and self-pay.

Our professional team of Board Certified Providers is equipped to handle a comprehensive range of medical conditions, injuries, routine illnesses, and general medical services.

You can be assured – we take pride in our commitment to excellence when it comes to patient care.

OVERVIEW OF SERVICES

- Primary Care for all Ages
- Pediatric Care
- Dermatology
- Women's Health Care
- Specialist Referrals
- Bi-lingual Representatives
- Evening Hours (Weekend hours available soon)
- Payment options for the Uninsured, Underinsured, and Self-Pay
- On-site assistance to help apply for affordable insurance

*Federally Qualified Health Center

The Chautauqua Center
319 Central Ave, Suite B
Dunkirk, New York 14048
Phone: (716) 363-6050
Fax: (716) 363-6333

Hours of Operation:
Monday, Tuesday, Wednesday, Friday
8:00-5:00pm
Thursday 8:00-7:00pm

Website: www.thechautauquacenter.org

HAPPY BIRTHDAY!!

June Birthdays

Joan Grupa	(June 2)
Mary Hayes	(June 2)
Gina Fedele	(June 3)
Margaret Williams	(June 3)
Nancy Valladarez	(June 4)
John Kuschel	(June 5)
Gertrude Majka	(June 5)
Dolores Mirek	(June 6)
Peter White	(June 6)
Mary Ellen Briggs	(June 8)
Florence Marut	(June 10)
Isabel Nichols	(June 12)
Virginia Schnur	(June 12)
Rita Szot	(June 12)
Pat Biscaro	(June 15)
Jeanne Hauser	(June 17)
David Lajewski	(June 17)
Donna Messina	(June 17)
Gregory Sek	(June 17)
Sandra Judkins	(June 18)
Anthony Borrello	(June 20)
Mary Ann Corsoro	(June 20)
Pat Kibbe	(June 21)
Jean Kubera	(June 23)
Maria Kuschel	(June 22)
Norman Pieszak	(June 22)
Loretta Hemink	(June 23)
Art Purol	(June 24)
Marcia Casella	(June 25)
Carlos Harrington	(June 27)
Kathleen Smyczek	(June 28)
Betsy Standera	(June 28)
Maria Fernandez	(June 29)
Mario Serio	(June 29)
Jane Pieszak	(June 30)

Belated Birthday Wishes going out to Joanne Goetz (May 2) & Delphine Woloszyn (May 10)

Even though this message comes to you a little late, the wish it brings for good health, luck & happiness is good on any date! Hope you had an amazing day!

In Memory of David E. Lancaster (April 22) and Ralph Letersky, Sr. (May 14)

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

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 April: Jug Jensen 6410
High Score for the month of May: Gert Majka 6100

April 22, 2013

Harold Rusch	5600
Helen Barone	5500
Nancy Crandall	5390
Emily Wilcox	5290
Rita Gestwicki	5260

April 29, 2013

Nancy Crandall	5810
Gertie Syper	5630
Paul Luczkowiak	5290
Patty Halas	5210

Double Pinochle: Gertie Syper

May 6, 2013

Jeanne Hauser	5760
Jug Jensen	5690
Paul Luczkowiak	5470
Ed Long	5380
Barb Szocki	5350

Double Pinochle: Jug Jensen

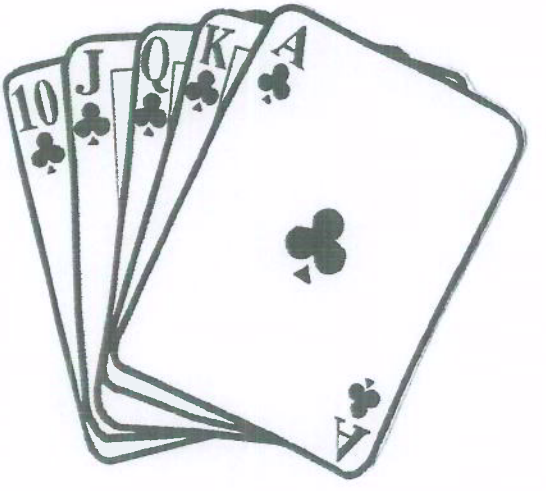
May 13, 2013

Betty Korzeniewski	5720
Jug Jensen	5430
Barb Szocki	5310
Nancy Jones	5310
Ed Long	5220

May 20, 2013

Gert Majka	6100
Joe Jarvis	5740
Nancy Crandall	5520
Evelyn Ogden	5350
Ed Long	5300

Double Pinochle: Gert Majka



Pinochle Players Quote:

"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."

Author Unknown

A Senior Moment is just a Wrinkle in Time

Store the ice cream in the oven.

Enter your PIN into the microwave.

Nag your adult children about anything.

Insist someone stole your car, only to remember you took the bus.

Observe a stranger's tattoo and criticize it – loudly.

Run to answer the cuckoo clock.

Make small talk with yourself.

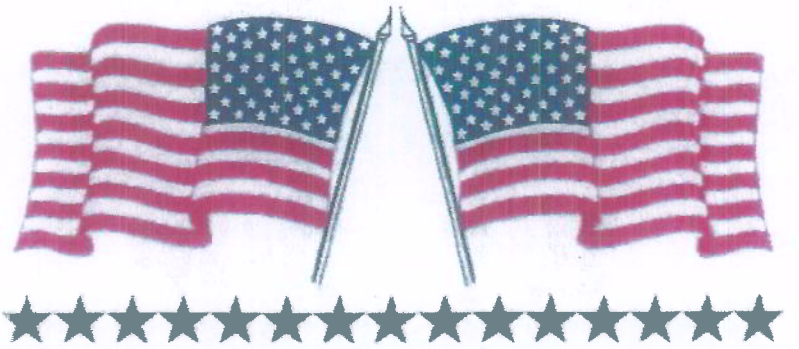
Open a can of soup when you meant to fry an egg.

Maintain you're right – whether you're right or not.

Enter a room, then ask yourself why you're there.

Name all your prescriptions whenever anyone asks, "How are you?"

Thank the Lord your senior moments are what they are – moments!



FLAG DAY

People across the United States celebrate Flag Day on June 14 each year to honor the United States flag and to commemorate the flag's adoption. On the same day, the United States Army celebrates its birthday.

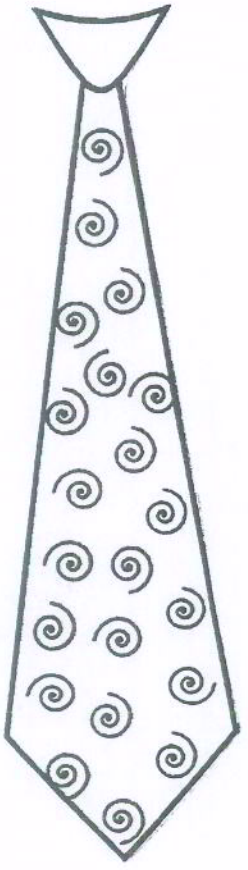
Flag day falls within National Flag Week, a time when Americans reflect on the foundations of the nation's freedom. The flag of the United States represents freedom and has been an enduring symbol of the country's ideals since its early days. During both events, Americans also remember their loyalty to the nation, reaffirm their belief in liberty and justice, and observe the nation's unity.

FLAG DAY WORD SCRAMBLE

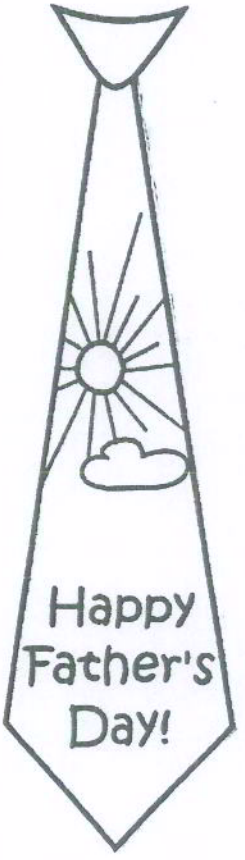
flga ___ ___ ___ ___
gylor ___ ___ ___ ___ ___
rsats ___ ___ ___ ___ ___
miraeca ___ ___ ___ ___ ___ ___ ___
dre ___ ___ ___
rabve ___ ___ ___ ___ ___
eihtw ___ ___ ___ ___ ___
ebul ___ ___ ___ ___
cnlioose ___ ___ ___ ___ ___ ___ ___ ___
ptseirs ___ ___ ___ ___ ___ ___ ___
saestt ___ ___ ___ ___ ___ ___
SAU ___ ___ ___
duopr ___ ___ ___ ___ ___

Answers: glory, america, brave, states, flag, stars, red, colonies, white, USA, blue, proud, stripes

Father's Day Word Search



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



CARD
COOKOUT
DADDY
FATHER
FRIEND
GARDENER
GRANDPA
HAPPY
HUGS
JUNE
LISTENER
MAN
PAPA
PARENT
PRESENT
READ
SUNDAY
TIE

SUDOKU PUZZLE

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

Father's Day Quotes

"From great oaks, little acorns grow." Latin Proverb

"A father carries pictures where his money used to be." Author Unknown

"Life was a lot simpler when what we honored was our father and mother rather than all major credit cards." – R. Orben

"It is a wise father that knows his own child." William Shakespeare

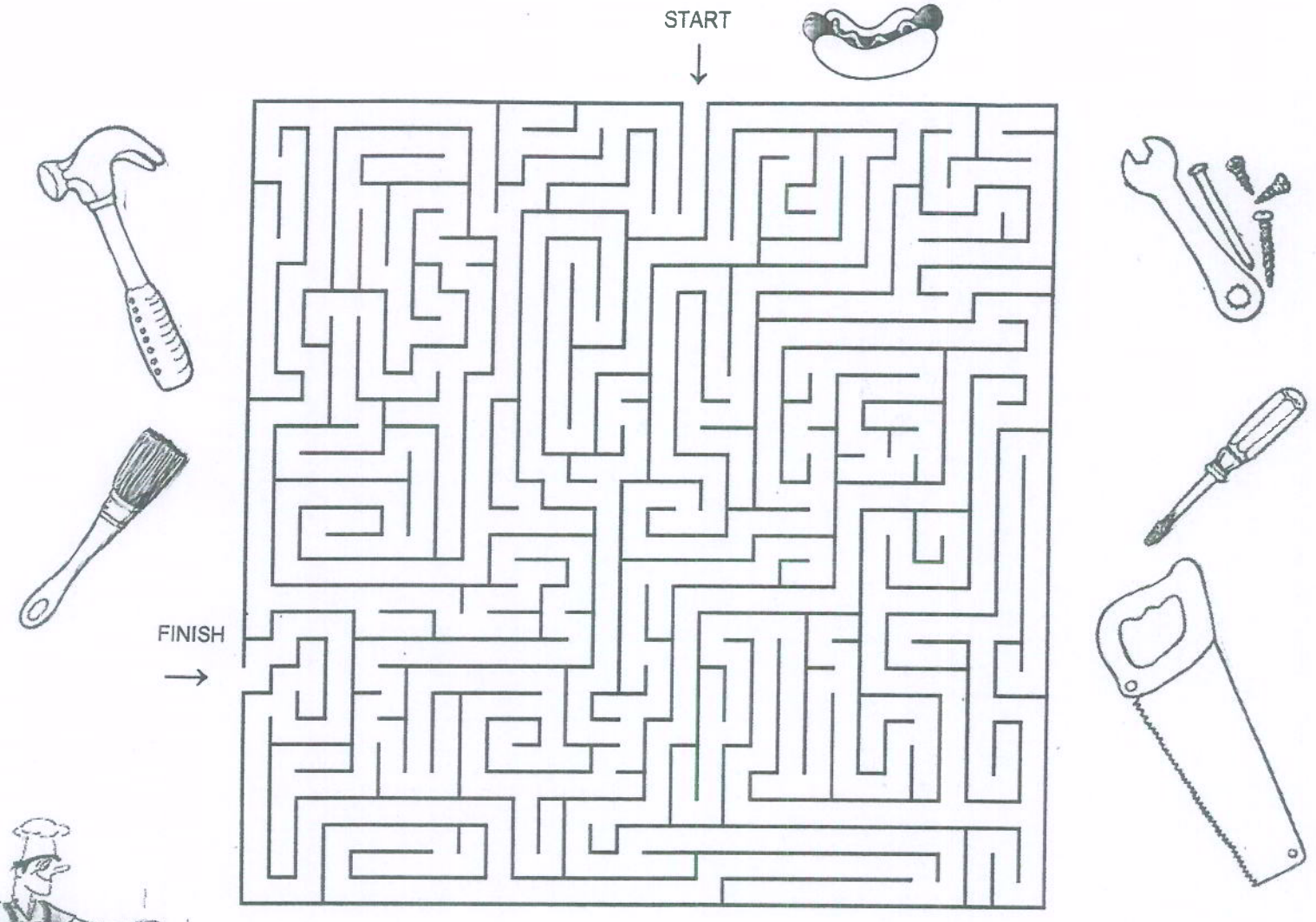
"Fatherhood is pretending the present you love most is soap-on-a-rope." Bill Cosby, Actor, Comedian

Answer Key
Sudoku Solution

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

HAPPY FATHER'S DAY!

Dad's cooking! Can you help the hotdog find its way to the barbecue?

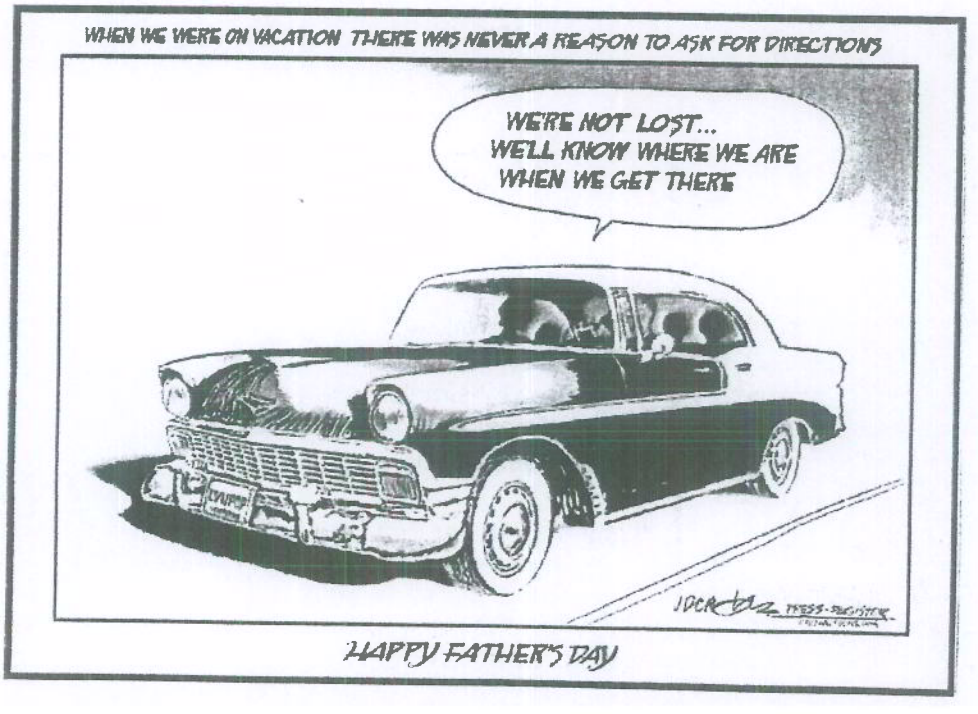


Father's Day Jokes

Q: Why do golfers wear two pairs of pants?
A: In case they get a hole in one.

Q: How do baseball players stay cool?
A: They sit next to their fans.

Q: What does a hockey player and a magician have in common?
A: Both do hat tricks.



COLD

CHAUTAUQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

CALL 363-3844 FOR RESERVATIONS

JUNE 2013 - **ALTERNATE** COLD **Noon** Menu

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

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
3 Seafood Salad Croissant Pasta Vegetable Salad Fruit Juice		5 Sliced Ham & Swiss Sandwich Pickled Beets Fruit Pie/M: Graham Squares (Mustard)		7 Sliced Roast Beef Sandwich Carrot-Raisin Salad Fruit, Cookie (Horseradish Sauce)
10 Tuna Salad Sandwich Potato Salad Juice Baker's Choice Dessert Chocolate Milk/M; White		12 Ham Salad Sandwich Corn Relish Juice Pudding/M: Diet		14 Sliced Ham & American Cheese Sandwich Potato Salad Juice, Cookie (Mustard)
17 Chicken Salad Sandwich Pasta Vegetable Salad Fruit Pie/M: Graham Squares		19 Cold Meatloaf Sandwich Fruit Tomato Juice Cookies / M: 1 Cookie (Ketchup)		21 Egg Salad Sandwich Pickled Beets Gelatin, Fruit Chocolate Milk/M: White
24 Sliced Roast Beef Sandwich Green Pea Salad Applesauce Baker's Choice Dessert (Horseradish Sauce)		26 Chicken Salad Sandwich Potato Salad Fruit Yogurt		28 Cold Meatloaf Sandwich Coleslaw Juice Baker's Choice Dessert (Ketchup)

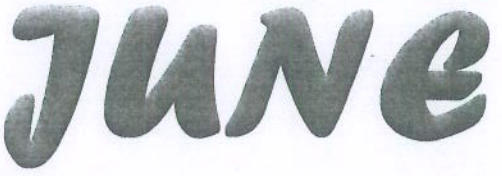
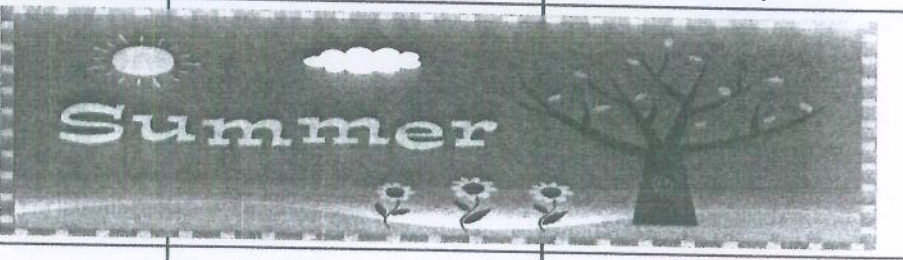
HOT

CHAUTAUQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

CALL 363-3844
FOR RESERVATIONS

JUNE **2013** - Hot **Noon** Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
				
3 Chicken Fingers Cheesy Potatoes Green Beans Juice, Bread Cake/M: no icing (Dip)		5 Meatloaf w/gravy Mashed Potatoes Stewed Tomatoes & Zucchini Wheat Bread Pie / M: Fruit (Margarine)		7 Roast Pork w/Gravy Mashed Potatoes Peas Bread Cookie (Margarine)
10 Sloppy Joe on Bun Green Beans Potato Salad Fruit Chocolate Milk/ M: White		12 Stuffed Shells Spinach Garlic Roll Grape Juice Pudding/M: Diet Pudding (Margarine)		14 Pepperoni Pizza Italian Vegetables Juice Fruit Crisp
17 Salisbury Steak with Gravy Mashed Potatoes Beets, Bread Pie / M: Fruit (Margarine)		19 Hot Dog on Bun Macaroni & Cheese Mixed Vegetables Fruit (Ketchup & Mustard)		21 Cheeseburger on Bun Potato Nuggets Summer Squash Fruit Chocolate Milk/M: White (Ketchup & Mustard)
24 BBQ Pork on Bun Coleslaw Carrots Baker's Choice Dessert (Margarine)		26 Grilled Chicken Patty on Bun Stewed Tomatoes Succotash Fruited Yogurt (Mayonnaise)		28 Fish Patty on Bun Coleslaw Mixed Vegetables Fruit Crisp (Tartar Sauce)