

Senior Center Action News



Co-ordinators

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

Board of Directors

Barbara Barberich Julian Niedbalski
Nancy Crandall Delphine Woloszyn
Irene Christopher

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

July 2013



DUNKIRK SENIOR CENTER

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

June 21, 2013

A Note From The President:

They say time flies when your having fun. Well July is here and I hope you are all enjoying the sun and all the summer activities.

As you review the July calendar, please note that some of the groups are taking time off or rescheduling their activities due to vacations, etc. The Center will be closed on Thursday, July 4 but we will be open on Friday, July 5. Events scheduled in July include the Potluck Dinner on Thursday, July 11 at 5:00 p.m.; Big Bingo on Wednesday, July 17 at 4:00 p.m.; a trip to Salamanca Allegany Casino on Thursday, July 25 at 11:30 a.m. In August we will have our second ice cream social on Thursday, August 6 at 7:00 p.m.; a road trip to the Salamanca Allegany Casino on Thursday, August 8 at 11:30 a.m.; Big Bingo on Wednesday, August 14 at 4:00 p.m. We hope you will join us at one or all of these events.

We have received many calls regarding the Farmers Market Food Coupons. To date no information has been made available. Watch for postings or Observer articles. The annual Office of the Aging summer picnic will be held on Friday, August 9 at Midway State Park. Please contact the local Office of the Aging at 363-3865 for ticket and bus information. The lunch site staff is planning a "Christmas in July" luncheon on Friday, July 12. Please call Mary Jo at 363-3844 to make your reservation today.

On June 19, Casale Plumbing installed three new heating and cooling units on our roof. Hopefully everyone will be more comfortable. We are also embarking on a table replacement campaign. As we continue to grow, our Center is in need of additional, light weight tables. So far we have received funding for 3 tables. We are also very proud to have our flags flying once again due to the combined efforts of Jim Hurley of the VA Office, the Dunkirk Fire Department, the City of Dunkirk and Mr. Ray Schrantz. Thank you!

Due to scheduling difficulties, I am sorry to inform you that the "Senior Sluggers" baseball team will not be able to get their team together this year. I would like to thank the members who did come to the three practices we did have.

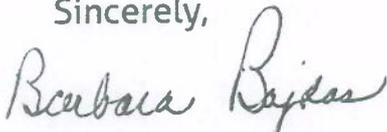
Looking ahead our next Sunday Gala is scheduled to be held on September 8. Tickets will go on sale beginning Monday, August 5th. Price for the Gala will remain at \$4.00. The menu will be the "Cook's Choice". During the summer we will be selling raffle tickets for a beautiful handcrafted cedar sewing box donated by Ray Schrantz. The second prize will be handcrafted Christmas stockings donated by Peggy Williams. The cost of the tickets will be \$1.00 each.

On Thursday, September 19, the Senior Center and the Office of the Aging are joining efforts to sponsor a "health Fair" from 12:00 noon to 4:00 p.m. We are hoping to fill 15-20 tables with non-for profit and private agencies. Their representatives will have up to date information on what is available. Refreshments will be served. More information will be forthcoming.

A full bus will be leaving Dunkirk on August 25 to enjoy a few days at Atlantic City's Tropicana Hotel. When we return I will continue to explore new destinations and programs. Please share your ideas with me.

Wishing you and your families a Happy Fourth of July!

Sincerely,

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

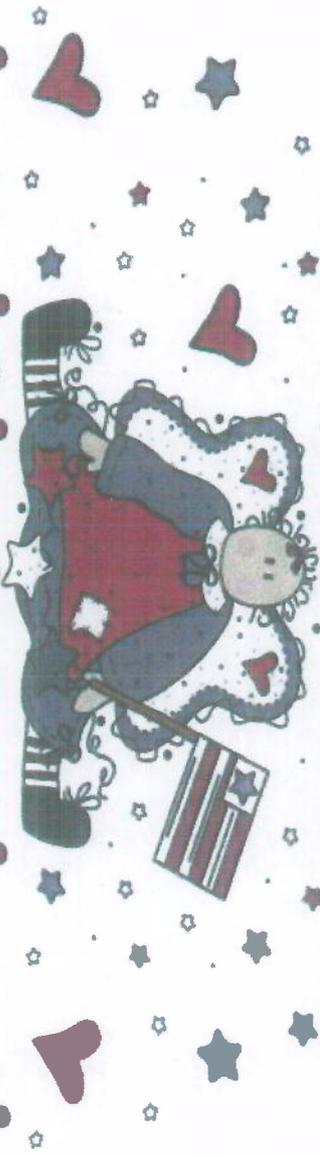
Barbara Bajdas, President
Dunkirk Senior Center

BB/pjp

JULY 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	2 9:30 Aerobics w/Catherine 12:00 Mah Jongg—Library	3 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	4 4TH OF JULY  CENTER CLOSED	5 9:00 NO Exercise Class	6
7	8 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	9 9:30 Aerobics w/Catherine 12:00 Mah Jongg—Library	10 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	11 9:00 Dk. Senior Board Mtg. 9:30 Aerobics w/Catherine 5:00 Potluck Supper	12 9:00 Exercise w/Tiffany 11-12:00 Christmas in July OFA Luncheon	13
14	15 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	16 9:30 Aerobics w/Catherine 12:00 Mah Jongg—Library	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 NO Exercise Class 10-12 Blue Cross/Blue Shield 12:00 Mah Jongg—Library	24 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	25 9:30 NO Exercise 11:30 Seneca Allegany Casino Trip	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	31 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.			

God Bless America

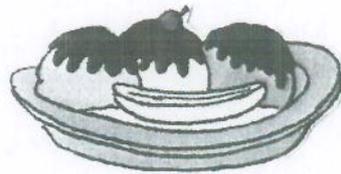


★ Land that we Love! ★

**The Dunkirk Senior Citizen's
Board of Directors**

Are Sponsoring an

ICE CREAM SOCIAL



Held at the Dunkirk Senior Center

Tuesday, August 6, 2013

6:00 p.m.

**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!

Gala Sunday

Sunday, September 8, 2013

Lunch served at 12:15 p.m.

Menu Featuring:

“Cook’s Choice”

Hors D’oeuvres...Punch...Bingo...Cards...Prizes

Doors open at 11:00 a.m.

Cost: \$4.00 per member

Sign-up will begin Monday, August 5, 2013

The Dunkirk Senior Center

45 Cliffstar Court

Dunkirk, New York 14048

(716) 366-7530

First 100 Reservations Accepted - No Refunds



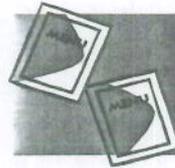
Christmas Picnic in July

Friday, July 12th

**Come celebrate at Office for the Aging's
Senior Congregate Dining Site.**

Location: Dunkirk Senior Center

Menu:



**BBQ Chicken, Calico Baked Beans, Carrots, Bread and
Fruited Gelatin.**

Or

**Seafood Salad on Croissant, pineapple Coleslaw,
Gelatin and Fruit**

Doors open at 11:00 a.m.

Lunch served at 11:30 a.m.

Must make reservations at Dining Site or by calling 363- 3844

\$3.00 donation

ATTENTION SENIORS!

**FARMERS MARKET COUPONS WILL BE
OFFERED AGAIN THIS YEAR –
NO DATE YET.**

**WATCH NEWSPAPER AND BULLETIN BOARD
FOR DETAILS
CALL OFA @ 363-3865**

**OFFICE FOR THE AGING
SENIOR MIDWAY PARK
ANNUAL PICNIC
FRIDAY, AUGUST 9, 2013
FOR TICKETS AND BUS INFORMATION
CALL OFA @ 363-3865**

**DUNKIRK NUTRITION SITE
“VOLUNTEERS NEEDED”
MONDAY-WEDNESDAY-FRIDAY**

**CONTACT MARY JO AT 363-3844
FLEXIBILITY IN DAYS IS AVAILABLE.**

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

**SUMMER SUNSATIONAL
SENECA ALLEGANY LINE RUN
CASINO TRIP**

Thursday, August 8

Cost: \$25.00 per member/per trip

Departure Time: 11:30 a.m.

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

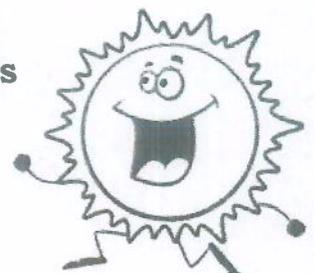
Trip to include:

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**

. . .Something New. . .

Towels & Cash

Big Bingo

Wednesday, September 18, 2013

Doors open at 4:00 p.m.

Complimentary Lunch, Snacks and Beverage at 4:30 p.m.

Bingo at 5:00 p.m.

**Come and try a new slant on the old bingo
Boards must be purchased at the door.**

Please bring your daubers!

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

“BIG BINGO”

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.

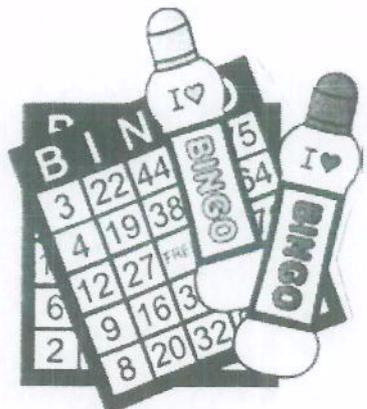
Complimentary lunch, snacks & beverage at 4:30 p.m.

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!



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

“Ode to Getting Old”

Just a line to say I'm living, that I'm not among the dead, though I'm getting more forgetful and something's slipping in my head;

I just got used to arthritis, to my dentures I'm resigned. I can manage my bifocals, but oh, how much I miss my mind.

For sometimes I cannot remember when I stand atop of the stairs, if I must go down for something or if I've just come up from there.

And before the fridge, so often my mind is filled with nagging doubt. Have I just put food away, or have I come to take some out.

I called a friend not long ago, when they I just moaned. I hung up quickly without speaking, for I'd forgotten who I'd phoned.

And when the darkness falls upon me I stand alone and scratch my head. I don't know if I'm retiring, or just getting out of bed.

Once I stood in my own bathroom, wondering if I'd used the pot. I flushed it just in case I had and sat down just in case I'd not.

So, now if it's my turn to write you. There's no need for getting sore, it may be that I think I've written and don't need to write no more.

Now I stand beside the mailbox, with a face so very red, instead of mailing you the letter I have opened it instead.

Times sure change . . .
Somewhere along the way,
things went
from Flower Power
to Power Naps.

WARNING:
Hair color is subject
to change without notice.



Dunkirk's **Summer** ON THE LAKE



Dunkirk Waterfront
Area's Largest Firework Display at Dark
Music by... "Fallen Union" 3pm-5pm
"Elevation-U2 Tribute Show" from 7pm-9pm
Food Vendors All Day in Memorial Park



"Great Music, Food and Fun in the Sun"
Saturday, August 3
1:00pm-10:00pm
Music by US and Jersey, a Bruce
Springsteen Tribute

Just a reminder, the Farmer's Market will be
at Memorial Park every Thursday afternoon
and Sunday morning.



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



July 4 - Elevation, The U2 Tribute Show

Fireworks to follow

July 11 - 25 or 64-Chicago Tribute Band

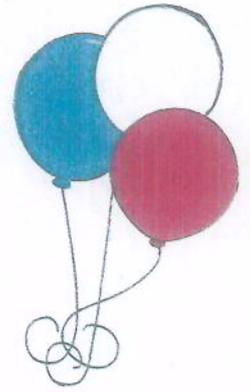
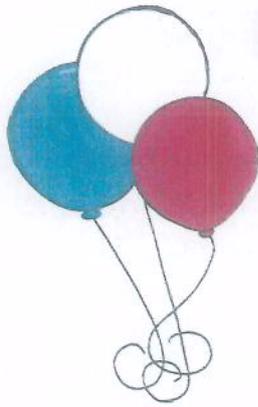
July 18 - Buffalo Touch-Area's Top Polka Band

July 25 - Jackson Rohm-Chautauqua County's Own

August 1 - Strictly Hip-Tragically Hip Tribute

**August 8 - Crooners-Your favorites from
the 50's and early 60's**

HAPPY BIRTHDAY!!



July Birthdays

Phyllis Buvoltz	(July 1)	Patricia Adamowicz	(July 16)
Evelyn Ogden	(July 1)	Joyce Tarnowski	(July 18)
Sharon Privitera	July 2)	Marianne Serio	(July 19)
Kathleen Damiano	(July 3)	Rudolph Brown	(July 20)
Eugene Tilley	(July 3)	Bob Wilson	(July 21)
MaryAnn Dascenzo	(July 4)	Antoinette Snyder	(July 22)
June Waldorf	(July 4)	Kay Coniglio	(July 23)
Peggy Napoli	(July 6)	Jean Wdowiasz	(July 23)
Louie Szot	(July 6)	Mary Tobiczuk	(July 23)
James Schmidt	(July 7)	Patricia Martinez	(July 24)
Christina Schnarrs-Galardo	(July 9)	MaryAnn Town	(July 24)
Loretta Szalkowski	(July 10)	Lester Fuller	(July 26)
Molly Ganey	(July 12)	Saranne Karalus	(July 28)
Dorothy Reading	(July 12)	Sarah Champlin	(July 29)
Thomas Mleczko	(July 13)	Sharon Davis	(July 31)
Carter Town	(July 13)	Marvin Gillson	(July 31)
Carol Calarco	(July 14)	Mary Patterson	(July 31)
		Mary Woelfle	(July 31)

OOPS!!! Belated Birthday Wishes to Janet Jagoda (June 17) and Frank Kasprzyk (June 27)

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!



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.

June 3, 2013

Nancy Crandall	5720
Jeanne Hauser	5710
Betty Korzeniewski	5600
Helen Barone	5340
Betsy Standera	5140

June 10, 2013

Emily Wilcox	5400
Evelyn Ogden	5400
Ray Dudek	5360
Dee Griewisch	5180
Double Pinochle: Ray Dudek	

June 17, 2013

Gert Majka	5760
Jeanne Hauser	5460
Ed Long	5300
Marion Genovese	5090

Playing pinochle is such fun!

And a great way to meet new friends!



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."



4th of July

Word Search

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

FOURTH
 JULY
 HOLIDAY
 FLAG
 PICNICS

FIREWORKS
 SAFETY
 CELEBRATION
 PARADES
 FAMILY

DECLARATION
 INDEPENDENCE
 AMERICA
 PATRIOTIC
 FREEDOM

July 4th Jokes

Q: What kind of tea did the American colonists thirst for?

A: Liberty!

Q: What dance was very popular in 1776?

A: Indepen-dance!

Q: Why were the early American settlers like ants?

A: Because they lived in colonies.

Q: What did the flag say to the pole?

A: Nothing, it just waved.



SUDOKU PUZZLE

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



Answer Key Sudoku Solution

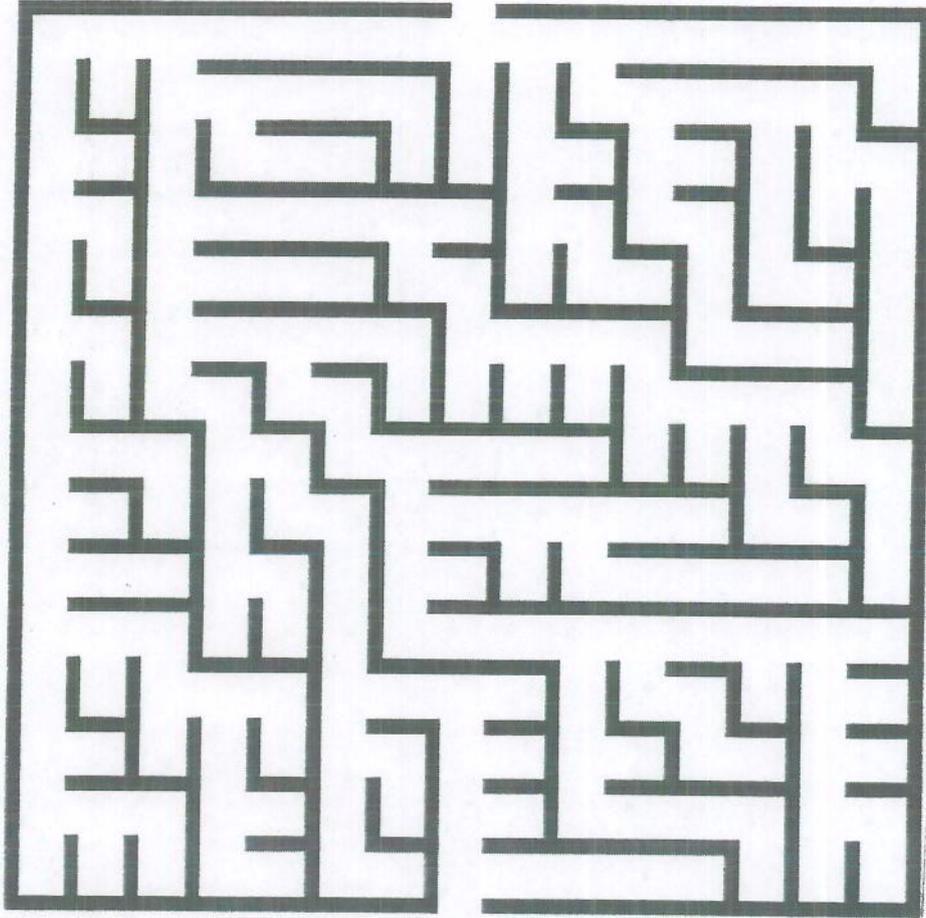
4	5	6	9	1	8	3	2	7
7	1	2	5	4	3	9	8	6
3	8	9	7	2	6	5	1	4
5	2	7	6	3	4	8	9	1
1	6	3	8	9	5	7	4	2
8	9	4	2	7	1	6	3	5
6	3	5	1	8	2	4	7	9
9	4	1	3	6	7	2	5	8
2	7	8	4	5	9	1	6	3



Can you help Gracie find her way to Memorial Park to watch the Fireworks with her family?



START



FINISH



My Dear Americans, as we take time to celebrate this Independence Day held so deep in our hearts I hope that the following thoughts of America bring forth emotion, for the USA that we love!
We shall always be 'the land of the free'
We shall always be 'the home of the brave'
We shall always hear 'God Bless America'
We shall always love 'Mom and Apple Pie'

By Roger J. Robicheau



CALL 363-3844
 FOR RESERVATIONS
 LUNCH SERVED AT 11:30 A.M.

CHAUTAQUA COUNTY OFFICE FOR THE AGING
 SENIOR NUTRITION PROGRAM

HOT
JULY 2013 - Hot Noon Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Vegetable Lasagna Broccoli Garlic Roll Juice Cookie (Margarine)		3 BBQ Ribette on Bun Baked Beans Carrots Fruit Dessert Chocolate Milk/ M:White	Happy 4th of July 	5 Philly Cheese Steak on Sub Roll Corn Tomato Juice Fruit Crisp
8 Roast Pork w/Gravy Mashed Potatoes Peas Bread Cookie (Margarine)		10 Chicken Drumsticks Scalloped Potato Mixed Vegetables Bread Cake/ M: No icing (Margarine)		12 BBQ Chicken Calico Baked Beans Carrots Bread Fruited Gelatin (Margarine)
15 Pepperoni Pizza Italian Vegetables Juice Fruit Crisp		17 Spaghetti & Meatballs Broccoli, Bread Tossed Salad, Peaches (Margarine, Parmesan Cheese, Dressing)		19 Roast Turkey w/ Gravy Stuffing Sweet Potato, Juice Cake / M: No Icing (Cranberry)
22 Cheeseburger on Bun Potato Nuggets Summer Squash Fruit Chocolate Milk/M: White (Ketchup & Mustard)		24 Goulash Mixed Vegetables Juice Muffin Cookies/M: (Margarine)		26 Shepherd's Pie w/ Mashed Potatoes Zucchini Squash Juice, Biscuit Pudding/M: Diet (Margarine)
29 Fish Patty on Bun Coleslaw Mixed Vegetables Fruit Crisp (Tartar Sauce)		31 Chicken Fingers Cheesy Potatoes Green Beans Juice, Bread Cake/M: no icing (Ketchup & Dip)	 <h1>JULY</h1>	

JULY 2013 - Alternate COLD Noon Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Ham Salad Sandwich 3-Bean Salad Pears Cookie</p>		<p>3 Egg Salad Sandwich Juice 24 Hour Fruit Dessert Pudding/M: Diet Pudding Chocolate Milk/M: White</p>		<p>5 Sliced Turkey Croissant Marinated Vegetables Fruit Muffin (Mayonnaise)</p>
<p>8 Sliced Roast Beef Sandwich Carrot-Raisin Salad Fruit, Cookie (Horserradish Sauce)</p>		<p>10 Cold Cut Sub w/ Cheese Pasta Vegetable Salad Fruit Cake / M: No icing (Mayonnaise / Italian Dressing)</p>		<p>12 Seafood Salad Croissant Pineapple Colelaw Gelatin Fruit</p>
<p>15 Sliced Ham & American Cheese Sandwich Potato Salad Juice, Cookie (Mustard)</p>		<p>17 Sliced Turkey Sandwich 3-Bean Salad Fruit Brownie/M: Diet Pudding (Mayonnaise)</p>		<p>19 Tuna Salad Sandwich Macaroni Salad Fruit Cake / M: No icing</p>
<p>22 Egg Salad Sandwich Pickled Beets Gelatin Fruit Chocolate Milk/M: White</p>		<p>24 Chef Salad w/ Roll Cucumber Salad Juice Cookie (Margarine & 2 Paks Dressing)</p>		<p>26 Cottage Cheese Peaches, Pears Muffin Pudding / M: Diet Pudding</p>
<p>29 Cold Meatloaf Sandwich Coleslaw Juice Baker's Choice Dessert (Ketchup)</p>		<p>31 Seafood Salad Croissant Pasta Vegetable Salad Juice, Fruit</p>		