



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

AUGUST 2013



DUNKIRK SENIOR CENTER

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

July 22, 2013

A Note From The President:

After a blistering July, we are even more grateful for our newly installed heating/cooling units. Our building is designated as a cooling Center so please feel free to come in and make yourself comfortable.

Our first potluck dinner was well received by those in attendance. There was a large variety of delicious food. Ideas are being considered for future events.

Our next happening will be an Ice Cream Social on Tuesday, August 6. Tickets are available in the office for \$1.00. The Office of the Aging is selling tickets for the Chautauqua County Senior Picnic to be held on Friday, August 9 at Midway State Park. Admission is \$6.00. If you would like to go by bus there is an additional charge of \$4.00. There may also be some food coupons left for those who qualify. Please call 363-3865 if you have any questions.

There will be "Big Bingo" on August 14. This event is becoming more popular each month. In September we will try a towel bingo.

If you were the lucky recipient of some Senior Dollars, they must be redeemed by August 31. Perhaps you can use them to sign up for the September 8 Gala. Reservations can be made beginning Monday, August 5 in the office from 9:00 a.m. to 12:00 noon. We are also planning a bus trip to the Seneca Niagara Casino on Tuesday, September 24. Tickets are \$25.00 and will also be on sale beginning August 5.

Plans are being finalized for a Health Fair to be held on September 19 at the Center. This event will be co-sponsored by the Office of the Aging and the Senior Center.

The Dunkirk Senior Center office will be closed Monday, August 26th thru Thursday, August 29. The office will be reopened on Friday, August 30. All regularly scheduled activities will continue as scheduled. Several of our members will be traveling to Atlantic City this week for some fun in the sun.

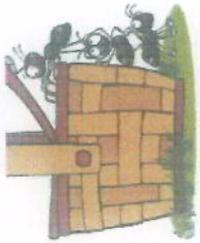
Hope you enjoy the rest of the summer. Stay safe. "Saver the good weather".

Sincerely,

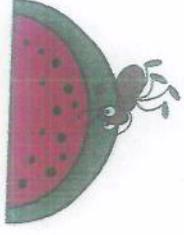
Barbara Bajdas, President
Dunkirk Senior Center

BB/pjp

- AN EQUAL OPPORTUNITY EMPLOYER -



AUGUST 2013



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 Dk. Senior Board Mtg. 9:30 Aerobics w/Catherine	2 9:00 Exercise w/Tiffany	3
4	5 9:00-12:00 Gala Signup and Seneca Niagara Casino Signup 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	6 9:30 Aerobics w/Catherine 12:00 Mah Jongg 6:00 Ice Cream Social	7 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	8 9:30 Aerobics w/Catherine 11:30 Seneca Allegany Casino Bus Trip	9 9:00 Exercise w/Tiffany OFA Senior Midway Park Picnic - Mayville	10
11	12 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	13 9:30 Aerobics w/Catherine 12:00 Mah Jongg	14 9:00 Exercise w/Tiffany 10:00 Coffee Hour 4:00 BIG Bingo	15 9:30 Aerobics w/Catherine	16 9:00 Exercise w/Tiffany	17
18	19 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	20 9:30 Aerobics w/Catherine 12:00 Mah Jongg	21 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	22 9:30 Aerobics w/Catherine	23 9:00 Exercise w/Tiffany 10-11:00 Alzheimer's Bake Sale/Coffee	24
25	26 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle Senior Center Office will be Closed	27 9:30 Aerobics w/Catherine 12:00 Mah Jongg Senior Center Office will be Closed	27 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Meeting Senior Center Office will be Closed	29 9:30 Aerobics w/Catherine Senior Center Office will be Closed	30 9:00 Exercise w/Tiffany	31

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



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



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**

**August 15 – Nickel City Pimp Choir: Your favorite
R&B hits of the 60’s and 70’s**

August 22 – 52nd Street: Tribute to Billy Joel

**August 29 – Revolver: Your favorite British Invasion
Songs of the 60’s**

September 5 – Elvis Show Starring Patrick Johnson

Dunkirk's **Summer** ON THE LAKE

CHADWICK BAY / Dunkirk, New York



“Great Music, Food and Fun in the Sun”

Saturday, August 3

1:00pm-10:00pm

**Music by US and Jersey, a Bruce
Springsteen Tribute**

Dunkirk Heritage Festival



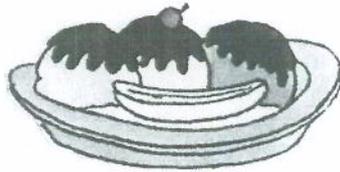
**Saturday, September 7 - All
Day**

**Downtown Dunkirk
Ethnic Music, Food, Crafts,
Activities and More...**

**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!

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

“BIG BINGO”

Wednesday, August 14

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

Doors open at 4:00 p.m.

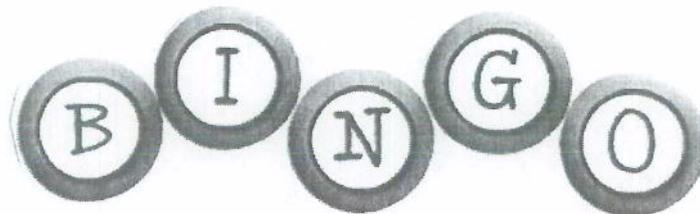
Complimentary lunch, snacks & beverage at 4:30 p.m.

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 Office of the Aging cordially
invites you to attend a
"COFFEE AND SWEETS EVENT"

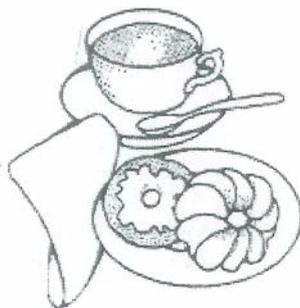
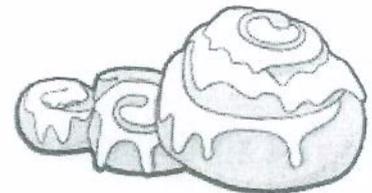
On Friday, August 23, 2013



10:00 a.m. – 11:00 a.m.



At the Dunkirk Senior Center
45 Cliffstar Court
Dunkirk, New York



Desserts for Sale

Proceeds to benefit the
ALZHEIMER'S ASSOCIATION

Please come and enjoy the delicious treats!!!

• • •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 Played 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!



**Dunkirk Board of Directors
Sponsored Bus Trip**

to

SENECA NIAGARA CASINO

Cost: \$25.00 per member

Tuesday, September 24, 2013

Departure Time: 11:30 a.m.

Returning Time: 6:30 p.m.

Trip will include:

Bus Transportation & Driver's Gratuity

\$20.00 Casino Bonus

\$5.00 Food Voucher

2-\$5.00 Cash Drawings on Bus

Bags – Goodies – Fun Games

Registration for trip will begin Monday, August 5, 2013 at

The Dunkirk Senior Center

45 Cliffstar Court – Dunkirk, NY

9:00 a.m. – 12:00 noon weekdays

**First Come – First Served
NO REFUNDS**

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

I've Sure Gotten Old!

**I've had two bypass surgeries, a hip replacement,
new knees, fought prostate cancer and diabetes.
I'm half blind, can't hear anything quieter than a
jet engine, take 40 different medications that make
me dizzy, winded, and subject to blackouts.**

Have bouts with dementia.

**Have poor circulation;
hardly feel my hands and feet anymore.**

Can't remember if I'm 85 or 92.

**Have lost all my friends, But, thank God,
I still have my driver's license.**



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 June: Gert Majka 5760

June 24, 2013

Ray Dudek	5720
Emily Wilcox	5650
Arlene Griswald	5650
Joe Jarvis	5180
Helen Barone	5160
Double Pinochle: Emily Wilcox	

July 1, 2013

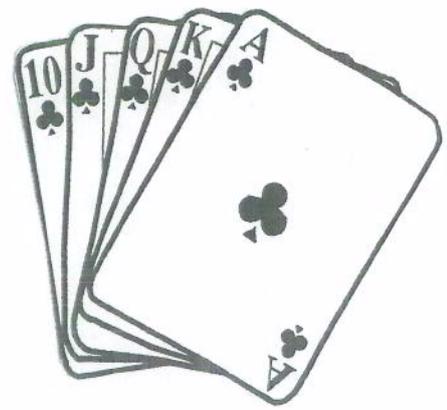
Joni Bernett	5720
Emily Wilcox	5610
Helen Barone	5460
Rita Gestwicki	5390
Jenny Kubera	5380
Double Pinochle: Jeanne Hauser	

July 8, 2013

Jenny Kubera	5680
Ed Long	5470
Evelyn Ogden	5300
Rita Gestwicki	5290
Double Pinochle: Jeanne Hauser	

July 15, 2013

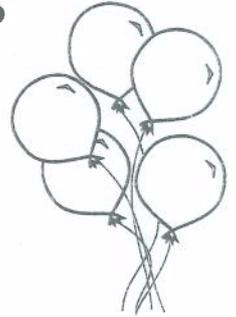
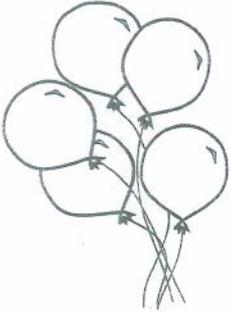
Jeanne Hauser	5910
Emily Wilcox	5680
Ed Long	5610
Barb Szocki	5560
Joni Bernett	5330
Double Pinochle: Betsy Standera	



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."

HAPPY BIRTHDAY!!



August Birthdays

Iris Galindo	(August 1)	Janice Robertson	(August 16)
Frank Zacarri	(August 1)	Jenny Kubera	(August 19)
Frances Gatto	(August 3)	Alba Santiago	(August 19)
Leonard Schwieger	(August 3)	Marjory Diehl	(August 20)
Joanne Haase	(August 6)	Shirley Swiech	(August 21)
Nancy Pawlak	(August 6)	Maria Lebron	(August 22)
Louise Anzalone	(August 8)	Mary Mirek	(August 24)
Nancy Woloszyn	(August 8)	Ruth White	(August 25)
Nathalie Kolasa	(August 9)	Lori Mayr	(August 27)
Martha Bialaszewski	(August 11)	Teresa Rivera	(August 27)
Genevieve Naruszewicz	(August 11)	Joann Halasinski	(August 29)
James Sinclair	(August 12)	Dorothy Sarzyniak	(August 29)
Peggy Borowczyk	(August 13)	Harold Buvoltz	(August 30)
David Huels	(August 13)	Marion Wise	(August 30)
Karen Willis	(August 13)	Richard Frey	(August 31)
Marian Barnum	(August 14)	Norman Klajbor	(August 31)
Jack Sievert	(August 14)	Katherine Sliwa	(August 31)
Nohade Boorady	(August 15)	Paula Vogt	(August 31)
Betty Kern	(August 15)		

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

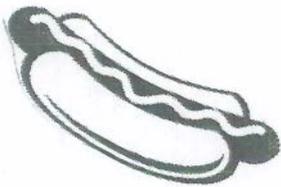
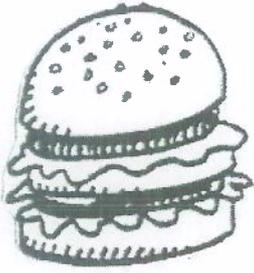


IMPORTANT PHONE NUMBERS

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
Newsletter Coordinator.....	366-9885
Patricia Pleszewski	

Picnic Condiments

Word Search



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



BUTTER
 DIJON
 FRIED ONION
 GARLIC
 GINGER
 HORSERADISH
 HOT SAUCE
 KETCHUP
 MARGARINE
 MAYONNAISE
 MUSTARD

OREGANO
 PARMESAN
 PEPPER
 RELISH
 SALSA
 SALT
 SOUR CREAM
 SOY SAUCE
 STEAK SAUCE
 VINAIGRETTE
 WASABI



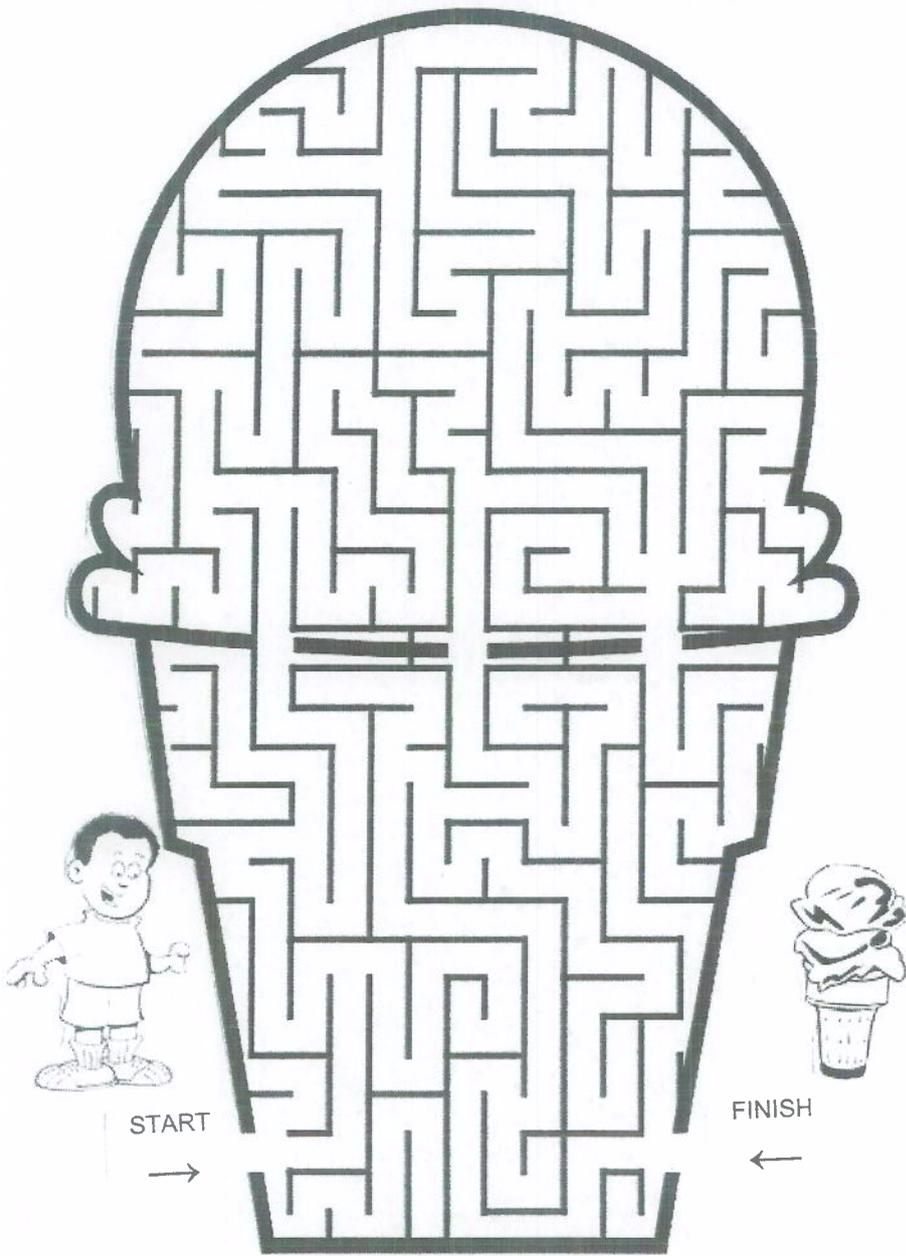
Picnic Unscramble Words

1. RAKP _____
2. DHGOOT _____
3. RLLIG _____
4. MAFYLI _____
5. BCURBAEE _____
6. ROLEOC _____

7. BGUERMRAH _____
8. ROULPYADGN _____
9. SUBN _____
10. LETMAEWNOR _____
11. CPICSATEKNIB _____
12. TASN _____

GRILL, COOLER, PICNIC BASKET, PLAYGROUND, HOTDOG, FAMILY, PARK,
ANTS, WATERMELON, HAMBURGER, BUNS, BARBECUE

ICE CREAM MAZE PUZZLE



SUDOKU PUZZLE

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

Knock Knock
 Who's there!
 Ice cream!
 Ice cream who?
 Ice cream if you don't let me in!



Person, Place or Thing? Can you guess what I am?

1. I am a world traveler. . .
2. . . .and a stamp collector.
3. English is my principle language. . .
4. . . .but I know Spanish and French, too.
5. I contain a picture of George Washington. . .
6. . . .and a picture of you!
7. Only about three in 10 Americans have one of me.
8. I am small enough to fit in your pocket.
9. You can't leave (or return to) America without me.
10. I am a form of identification.

Person, Place or Thing? I am a US passport.

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

ANSWER KEY
 Sudoku Solution

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

CHAUTAUQUA COUNTY OFFICE FOR THE AGING
 SENIOR NUTRITION PROGRAM

HOT
 AUGUST 2013 - Hot Noon Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
				
5 Philly Cheese Steak on Sub Roll Corn Tomato Juice Fruit Crisp	7 Sloppy Joe on Bun Green Beans Potato Salad Fruit Chocolate Milk/ M: White	9 Stuffed Shells Spinach Garlic Roll Grape Juice Pudding/M: Diet Pudding (Margarine)		2 Meatloaf w/gravy Mashed Potatoes Stewed Tomatoes & Zucchini, Wheat Bread Pic / M: Fruit (Margarine)
12 BBQ Chicken Calico Baked Beans Carrots Bread Fruited Gelatin (Margarine)	14 Salisbury Steak with Gravy Mashed Potatoes Beets, Bread Pie / M: Fruit (Margarine)	16 Hot Dog on Bun Macaroni & Cheese Mixed Vegetables Fruit (Ketchup & Mustard)		
19 Roast Turkey w/ Gravy Stuffing Sweet Potato, Juice Cake / M: No Icing (Cranberry)	21 BBQ Pork on Bun Coleslaw Carrots Baker's Choice Dessert (Margarine)	23 Grilled Chicken Patty on Bun Stewed Tomatoes Succotash Fruited Yogurt (Mayonnaise)		
26 Shepherd's Pie w/ Mashed Potatoes Zucchini Squash Juice, Biscuit Pudding/M: Diet (Margarine)	28 Vegetable Lasagna Broccoli, Garlic Roll Tossed Salad Cookie (Marg. & Dressing)	30 BBQ Ribette on Bun Baked Beans Carrots Fruit Dessert Chocolate Milk/ M: White		

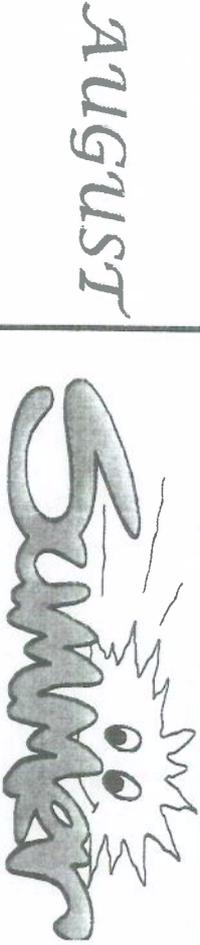
COLD

AUGUST 2013 - Alternate COLD NOON Menu

CHAUTAQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>5 Sliced Turkey Croissant Marinated Vegetables Fruit Muffin (Mayonnaise)</p>		<p>7 Tuna Salad Sandwich Potato Salad, Juice Baker's Choice Dessert Chocolate Milk/M: White</p>		<p>2 Sliced Ham & Swiss Sandwich Pickled Beets, Fruit Pie/M: Graham Squares (Mustard)</p>
<p>12 Seafood Salad Croissant Pineapple Coleslaw Gelatatin Fruit</p>		<p>14 Chicken Salad Sandwich Pasta Vegetable Salad Fruit Pie / M: Graham Squares</p>		<p>16 Cold Meatloaf Sandwich Fruit, Tomato Juice Cookies / M: 1 Cookie (Ketchup)</p>
<p>19 Tuna Salad Sandwich Macaroni Salad Fruit Cake / M: No icing</p>		<p>21 Sliced Roast Beef Sandwich Green Pea Salad Applesauce Baker's Choice Dessert (Horseshoe Sauce)</p>		<p>23 Chicken Salad Sandwich Potato Salad Fruit Yogurt</p>
<p>26 Cottage Cheese Peaches, Pears Muffin Pudding / M: Diet Pudding</p>		<p>28 Ham Salad Sandwich 3-Bean Salad Pears Cookie</p>		<p>30 Egg Salad Sandwich Juice 24 Hour Fruit Dessert Pudding/M: Diet Pudding Chocolate Milk/M: White</p>