

# Senior Center Action News

WELCOME FALL



**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

September 2013



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

August 19, 2013

A Note From The President:

It's hard to believe that our summer months are quickly coming to a close. Every season brings new life and activities but memories of events passed linger on. Please remember that the Senior Center office will be closed from August 26-29 and reopening on Friday, August 30. Also the Senior Dollars must be used by the end of August.

September will be a busy month. Our Gala will be held on Sunday, September 8. The menu will consist of the Cook's Choice which promises to be delicious. The beautifully painted flower pots filled with prizes as well as the sewing chest and Christmas stockings will be raffled after dinner.

Big Bingo will have a new flair on Wednesday, September 18. We will be awarding a variety of towels and money as prizes. Come join in the fun as you enjoy a free lunch.

On Thursday, September 19, the Office of the Aging and the Senior Center are sponsoring a community wide Health Fair. There will be a variety of displays for everyone. The event is scheduled from 12:00 noon to 4:00 p.m.

Finally our trip to Seneca Niagara Casino is scheduled for Tuesday, September 24, 2013. Because we had to put so many on a waiting list for this trip, we have arranged to have a similar trip on October 15<sup>th</sup>. We will offer reservations first to the members on the waiting list for September.

For those of you who like to plan for the future, we will be offering a trip to the Springville Center for the Arts at the Carol Mongerson Theater on Sunday, October 27, 2013. This matinee performance will feature a drama play entitled "The Drawer Boy". A short explanation about the presentation will be included in the scan. After the play we will dine at a Ponderosa Restaurant. The price of this trip will be \$25.00. Hopefully, the leaves will still be in full splendor. Sign ups will begin on Monday, September 9.

We are also negotiating a Christmas Package for Thursday, December 5 at the Seneca Allegany Casino. Sha Na Na will be performing at a 1:30 p.m. show. A free play bonus coupon will be included for use after the show.

We want to remind you that we have a Community Board available for you to post any items you may wish to sell as well as posting any advertisement.

In closing I would like to extend our congratulations to Tiffany Penhallow who recently wed Andy Yerico. Tiffany is our very capable exercise leader on Monday, Wednesday and Friday. We wish her only the very best. I would also like to wish all of our Atlantic City travelers a prosperous journey and a safe return.

Sincerely,

Barbara Bajdas, President  
Dunkirk Senior Center

- AN EQUAL OPPORTUNITY EMPLOYER -

BB/pjp





# SEPTEMBER 2013



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	21 LABOR DAY CENTER CLOSED	3 9:30 Aerobics w/Catherine 12:00 Mah Jongg—Library	4 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	5 9:30 Aerobics w/Catherine	6 9:00 Exercise w/Tiffany	7 GALA PREP
8 SUNDAY GALA GRANDPARENTS DAY!	9 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	10 9:30 Aerobics w/Catherine 12:00 Mah Jongg—Library	11 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	12 9:00 Dk. Senior Board Mtg. 9:30 Aerobics w/Catherine	13 9:00 Exercise w/Tiffany	14
15	16 9:00 Exercise w/Tiffany 10:00 Coffee Hour 12:00-2:00 AARP Meeting 1:00 Pinochle	17 9:30 Aerobics w/Catherine 12:00 Mah Jongg—Library	18 9:00 Exercise w/Tiffany 10:00 Coffee Hour 4:00 BIG Bingo	19 9:30 Aerobics w/Catherine	20 9:00 Exercise w/Tiffany	21
22 AUTUMN BEGINS 	23 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	24 9:30 Aerobics w/Catherine 11:30 Niagara Falls Casino Trip 12:00 Mah Jongg—Library	25 9:00 Exercise w/Tiffany 10:00 Coffee Hour 12-3 RSVP Recognition Volunteer Luncheon at the Moose—Invitation Only	26 9:30 Aerobics w/Catherine	27 9:00 Exercise w/Tiffany	28
29	30 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle					



# Gala Sunday

Sunday, September 8, 2013

Lunch served at 12:15 p.m.

Menu Featuring:

“Cook’s

**SOLD OUT**

Hors d'oeuvres... Bingo... Cards... Prizes

Doors open at 11:00 a.m.

Cost: \$4.00 per member

Sign-up will be held at the

Dunkirk Senior Center

45 Cliffstar Court

Dunkirk, New York 14048

(716) 366-7530

9:00 a.m. – 12:30 p.m. weekdays

First 100 Reservations Accepted  
No Refunds

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

**“BIG BINGO”**

**Wednesday, September 18 (Towel & Cash)  
Wednesday, October 16 (Cash \$)  
Wednesday, November 20 (Towel & Cash)**



**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 Dunkirk Senior Center and the  
Chautauqua County Office for the Aging present the:

# Dunkirk Senior Health Fair

**When:** Thursday, September 19, 2013

**Time:** 12PM-4PM

**Where:** Dunkirk Senior Center  
45 Cliffstar Court, Dunkirk

Why attend? Lots of fun, lots of great community resources, **FLU SHOTS AND BLOOD PRESSURES CHECKS** available, delicious snacks, raffles, prizes and much, much more!!!

For more information call (716) 363-4726



**Dunkirk Board of Directors  
Sponsored Bus Trip**

to

**SENECA NIAGARA CASINO**

**Cost: \$25.00 per member**

**Tuesday, September 24, 2013**

Departure Time:

Return Time:

**SOLD OUT**

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**

**Dunkirk Board of Directors  
Sponsored Bus Trip  
to  
SENECA NIAGARA CASINO**

**Cost: \$25.00 per member**

**Tuesday, October 15, 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, September 9, 2013**

**You may sign up yourself and one (1) member**

**The Dunkirk Senior Center**

**45 Cliffstar Court – Dunkirk, NY**

**9:00 a.m. – 12:00 noon weekdays**

**Note: For this trip only! All members who were in line and on the waiting list thru August 6<sup>th</sup> will be contacted prior to the September 9<sup>th</sup> registration.**

**First Come – First Served  
NO REFUNDS**

Dunkirk Senior Citizens  
Board of Directors  
Are Sponsoring a



## FALL TRIP

# SPRINGVILLE CENTER FOR THE ARTS

MATINEE PERFORMANCE

(2:00 p.m. – 4:00 p.m.)

## “The Drawer Boy”



Based on a true story of events from the 1970's. The story introduces Miles, a young Toronto actor who visits the Ontario farm of Morgan and Angus, two fifty-something World War II vets, to research farm life for an original play. The two farmers, friends since childhood, live in an uneasy balance which Miles senses. Angus, nicknamed the drawer boy because of his artistic skills, was brain damaged during the war and has lost his memory. Morgan, tough-minded, stubborn and protective of Angus, has an old story he uses to calm Angus. Miles sees the story as worthy of being central to the play he is helping to write. But the story has its own surprises, and in Miles' conversion of life into theatre, a powerful transformation is released which brings an affirmation of the power of art to heal and restore.

Sunday, October 27, 2013

Cost: \$25.00 per member

Departure Time: 12:30 p.m.

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

### Trip will include:

Theatre Ticket

Bus Transportation & Driver Tip

Buffet Dinner at Ponderosa including tax & tip

2-\$5.00 Bus Drawings

- Goodie Bags – Fun – Prizes -

Registration for trip will begin Monday, September 9, 2013

You may sign up yourself and one (1) member only

The Dunkirk Senior Center  
45 Cliffstar Court – Dunkirk, NY  
9:00 a. m. to 12:00 noon weekdays

First Come – First Served  
NO REFUNDS



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 July: Jeanne Hauser 5910**

**July 22, 2013**

Arlene Griswald	5460
Barb Szocki	5210
Helen Barone	5100
Ed Long	5000
Gert Majka	5000
Double Pinochle: Helen Barone	

**July 29, 2013**

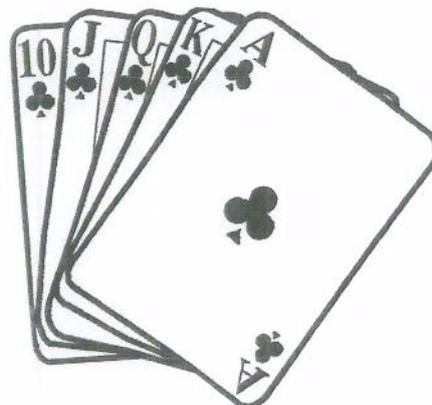
Jenny Kubera	5610
Arlene Griswald	5310
Dee Griewisch	5300
Betsy Standera	5120
Ray Dudek	5110
Gert Majka	5100
Double Pinochle: Betty Korzeniewski	

**August 5, 2013**

Jenny Kubera	6150
Barb Szocki	5670
Betty Korzeniewski	5670
Jeanne Hauser	5610
Double Pinochle: Barb Szocki	

**August 12, 2013**

Jeanne Hauser	5490
Arelene Griswald	5380
Betty Korzeniewski	5340
Evelyn Ogden	5140
Double Pinochle: Arlene Griswald	

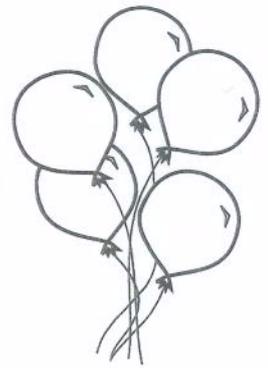
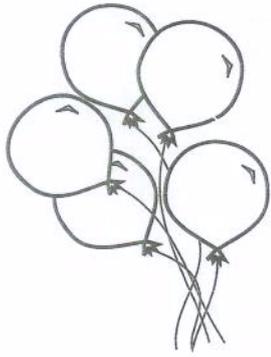


**Pinochle Players Quote:**

"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

# HAPPY BIRTHDAY!!



## September Birthdays

Page Woodbury	(September 2)	Arlene Lawrence	(September 14)
Paul Butryn	(September 4)	Marilyn Nalepa	(September 15)
Robert Sobczak	(September 4)	Claudia Ansell	(September 16)
Catherine Coniglio	(September 5)	Terry Erwin	(September 16)
Daniel Szalkowski	(September 7)	Janet Kasprzyk	(September 16)
Mary Edwards	(September 8)	Betty Erick	(September 17)
Clara Weber	(September 8)	Mary Privateer	(September 17)
Gordon Raynor	(September 9)	Richard Boorady	(September 20)
Isabel Correa	(September 10)	Patricia A. Smith	(September 20)
Carol Oliveira	(September 10)	Tim Smith	(September 20)
Michael Maslach	(September 11)	Beatrice Tilley	(September 20)
Karen Westling	(September 11)	Marilyn Sommers	(September 21)
Rita Gestwicki	(September 12)	Maria D.C. Molina	(September 23)
Carlos Mendez	(September 12)	Susan Larivey	(September 24)
Cheryl Sheedy	(September 12)	Rosemary Dougherty	(September 26)
Gerald Kozlowski	(September 13)	Sophia Urbanik	(September 26)
Jane Steffan	(September 13)	Ray Levandowski	(September 27)
Kathy Kamery	(September 14)	Alberta Torrey	(September 29)
Darlene Kawski	(September 14)	Charlotte Bube	(September 30)

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



In Memory of Leola Coniglio (July 22, 2013) and Alice M. Sam (August 3, 2013)

### 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	

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

**A SMILE NEVER CHANGES**

The older you get the less you know.  
Just ask your kids they will say its so.  
Blood pressure up. Arches flat.  
Everything you eat just goes to fat.

Get out of bed, move real slow.  
Three times a night you have to go.  
Caffeine not only keeps you awake –  
It makes you pee for heaven's sake.

The world keeps changing - at a hectic pace.  
Causing more gray hair and a wrinkled face.

But as you look in the mirror  
What catches your eye.  
Is your smile never changes as the years go by.



# Labor Day

by Lill Pluta



People work. People play.

That's why we have Labor Day.

Plumbers, bakers, painters, vets,

Fishermen with giant nets.

Firefighters, engineers,

Barbers snipping with their shears.

Teachers, waiters, nurses, cooks,

Authors writing thrilling books.

Carpenters and deputies,

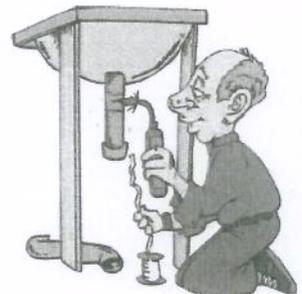
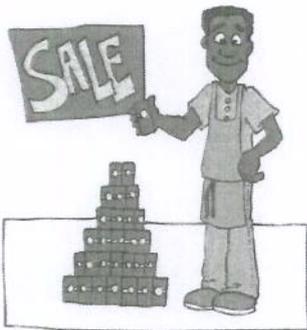
People who take care of bees.

No matter what it is you do,

There's one thing that's always true.

Every worker needs to rest.

I hope your Labor Day's the best!



# Labor Day

## Word Search

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

Happy Grandparents Day  
September 8, 2013



AMERICA  
BREAK  
COMMUNITY  
COUNTRY

ETHIC  
LABOR  
PROSPERITY  
SEPTEMBER

STRENGTH  
TRIBUTE  
WELL BEING  
WORK

## SUDOKU PUZZLE

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

### Always Finish

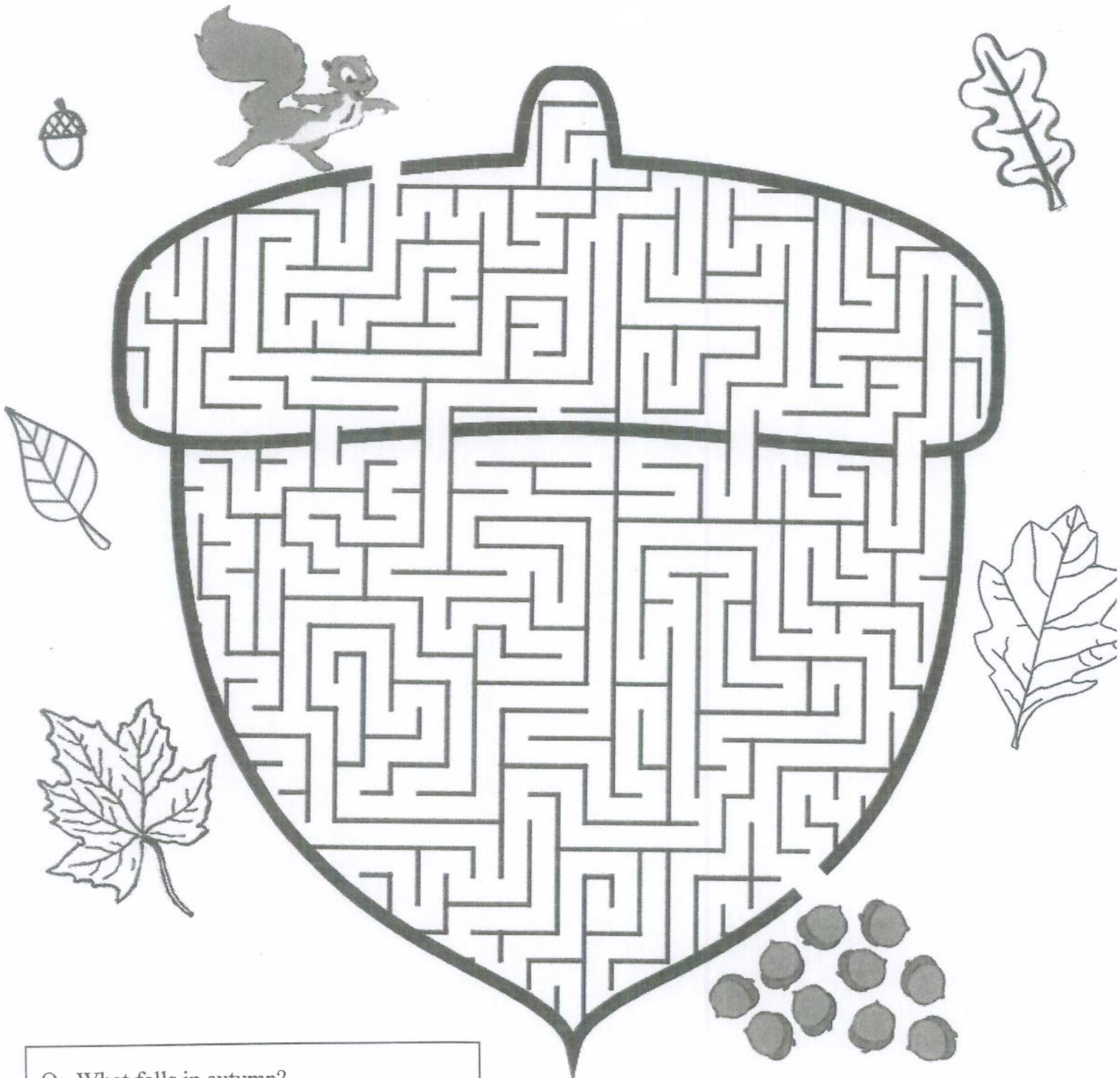
If a task is once begun  
Never leave it until it's done.  
Be the labor great or small,  
Do it well or not at all.

### Sudoku Solution

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



Help the squirrel through the maze to find its acorns



Q: What falls in autumn?

A: Leaves!

Q: What is a tree's least favorite month?

A: Sep-timber!

Q: What did one autumn leaf say to another?

A: I'm falling for you.



CHAUTAQUA COUNTY OFFICE FOR THE AGING CALL 363-3844  
**FOR RESERVATIONS**  
**LUNCH SERVED AT 11:30 A.M.**  
 SENIOR NUTRITION PROGRAM

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

**HOT**

**September 2013 - Hot Noon Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Labor Day</b>		4 Roast Pork w/Gravy Mashed Potatoes Peas, Bread Cookie (Margarine)		6 Chicken Drumsticks Mashed Potato Mixed Vegetables Bread Cake/ M: No icing (Margarine)
9 Stuffed Shells Spinach Garlic Roll Grape Juice Pudding/M: Diet Pudding (Margarine)		11 Pepperoni Pizza Italian Vegetables Juice Fruit Crisp		13 Spaghetti & Meatballs Broccoli, Bread Tossed Salad, Peaches (Margarine, Parmesan Cheese, Dressing)
16 Hot Dog on Bun Macaroni & Cheese Mixed Vegetables Fruit (Ketchup & Mustard)		18 Cheeseburger on Bun Potato Nuggets Summer Squash, Fruit Chocolate Milk/M: White (Ketchup & Mustard)		20 Goulash Mixed Vegetables Juice Muffin Cookies/M: (Margarine)
23 Grilled Chicken Patty on Bun Stewed Tomatoes Succotash Fruited Yogurt (Mayonnaise)		25 Fish Patty on Bun Mixed Vegetables Coleslaw, Fruit Crisp (Tartar Sauce)		27 Chicken Fingers Cheesy Potatoes Green Beans, Juice, Bread Cake/M: no icing (Dip)

