



SENIOR CENTER ACTION NEWS

LABOR DAY



<u>Board of Directors</u>		
Barbara Bajdas, President	Barbara Barberich	Janet Kasprzyk
Stella Michalak, Vice-President	Nancy Crandall	Julian Niedbalski
Carol Kozlowski, Secretary/Treasurer	Irene Christopher	Delphine Woloszyn

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

September 2012





DUNKIRK SENIOR CENTER

45 CLIFFSTAR COURT

DUNKIRK, NEW YORK 14048

(716) 366-7530

A Note From The President:

As summer comes to an end, the new fall schedule for our seniors begins. The Sunday Gala's will resume on September 9th. Prepaid admission sign-ups are already in progress. Please join us for friendship, good food, bingo or cards. If you are a football fan, our big screen tv in the conference room will be on and available for your enjoyment.

Two September trips are fully booked. There are stand-by lists for both. On September 11, we will be traveling to the Seneca Niagara Casino. On September 18 we are looking forward to a different venue while traveling to Ohio for an Amish Brown Bag Tour. We do have openings for our October 16 trip to the Fallsview Casino in Niagara Falls, Canada. In order to be allowed across the border you need a valid passport, enhanced driver's license or enhanced ID card. The beautiful view of Niagara Falls is perfect as you enjoy your meal at the casino. I have also received several new offers for Casino trips beginning in October 2012 through February 2013. The offer includes an overnight stay at either Salamanca or Niagara Falls, a \$40.00 gambling bonus and a \$20.00 food voucher for \$119.00 per person. However, reservations and payment have to be completed by October 20 to get this special rate. We would appreciate any input or comments regarding this overnight stay before we set a date or make any further plans. Think about it and share your thoughts with me. In the October newsletter I will tell you about our first ever Atlantic City Adventure.

The VNA will be sponsoring a flu/pneumonia clinic at the Center on September 23. Fliers will be posted with specific information. The AARP will resume their monthly meetings in September and Zumba Gold classes are also being planned. Blue Cross/Shield and Independent Health will begin to hold their year-end meetings at the Center beginning in September. The dates will be posted on the bulletin board and noted on the monthly calendar and SCAN.

We are planning a few new events at the Center that will involve a variety of people with different interests. An Oprah Style Book Club has been suggested. The Board will buy some new best sellers. Interested readers will read them and give a brief review. Then they will be loaned out on a weekly basis. We are hoping that the interested readers will also volunteer to keep the library straightened out.

A second idea will be a craft event. When many of our members attended the County senior picnic, our tables were graced with a variety of decorated ceramic pots. Some were painted, some were jeweled. There is no end to a persons creativity. Supplies will be provided by the Board. Finished products will be used for fundraisers at the Center.

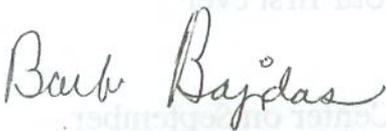
I am in contact with a professional who would be willing to provide Tai-Chi classes to help persons with arthritis and flexibility problems. Classes would be held weekly for 8 weeks for 45 minutes. The cost of each session will be \$3.00. We will need at least 10 interested seniors.

We would also like to reach out to the homebound and residents in nursing homes who are members of the Senior Center. If anyone is interested in becoming a partnered pair to visit these people, please let me know.

Lastly, we are considering compiling a Senior Citizens Cookbook. We are currently investigating publishers. More information will follow. Also, on Wednesday, September 26th the Board of Directors will be sponsoring a BIG BINGO game. Complimentary sandwiches, snacks and beverages will be provided. See SCAN for details.

We will continue to staff the office Monday-Friday from 9:00 a.m. until 12:00 noon to conduct business. We will be closed on September 1-2-3 to allow all of us to enjoy the Labor Day Holiday with our families.

Regards,



Barbara Bajdas, President
Dunkirk Senior Center

BB/pjp

WHY DO YOU NEED A FLU VACCINATION ?

- Influenza (Flu) is a serious, contagious disease.
- Annually in the US about 36,000 deaths are attributed to complications of the flu.
- Influenza viruses are always changing so annual vaccination is necessary.
- Flu can make existing medical conditions worse and can result in pneumonia even in otherwise healthy individuals.
- If you are not vaccinated, you may spread influenza to others without having symptoms yourself.
- Without vaccination, you may get influenza and experience: fever, headache, sore throat, chills, muscle aches, cough and fatigue, lasting a few days to a week. In addition to feeling very sick, this may result in lost wages and place a burden on co-workers and family members who may depend upon you.

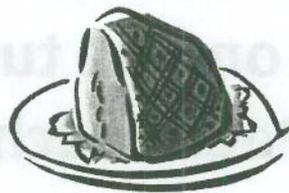
WHY SHOULD YOU CHOOSE THE VNA FOR VACCINATIONS?

- **ONLY EXPERIENCED REGISTERED NURSES** administer vaccinations.
- If you meet the criteria for pneumonia vaccination, you may receive it at the same time as your flu vaccination.
- The VNA is the only not for profit agency providing flu and pneumonia vaccinations in WNY.
- All proceeds from the program help the VNA to provide charity home care to those in need. Your flu shot not only helps to keep you and those around you healthy, it benefits the community as well.
- All proceeds from the VNA Immunization Program stay in WNY.
- Clinics are conveniently located throughout Erie, Niagara, Chautauqua, Cattaraugus, and Allegany counties.
- VNA accepts the following insurance cards: Medicare Part B, Independent Health, Blue Cross/Blue Shield and Univera. Individuals are responsible to the VNA for any charges not covered by insurance.
- Cash fees are: Flu \$32, FluMist \$40, Pneumonia \$55
- Clinics are open to ages 9 and over. Anyone under age 18 must be accompanied by a parent or legal guardian.
- Weekly clinic information is available on telephone hotlines:
Erie & Niagara: 630-8330
Chautauqua & Cattaraugus: 487-1002
- A complete listing of all clinic locations is available on the website: www.vna-wny.org/flu
- Clinics are scheduled from September through January. Flu season peaks from January to February and it takes about 2 weeks to develop immunity after being vaccinated.

Gala Sunday

September 9, 2012
Lunch served at 12:15 p.m.

Menu Featuring:



Cheese & Broccoli Soup
Ham & Scalloped Potatoes
3 Bean Salad
Roll/Butter
Dessert
Coffee/Tea

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

Doors open at 11:00 a.m.

Only pre-sale tickets will be sold at the Dunkirk Senior Center
45 Cliffstar Court – Dunkirk, NY 14048
Monday thru Friday 9:00 a.m. – 12:00 noon

OR by Mail: Send check to the above address. Must be received by 9/7/12

Donation...\$4.00 for Members and \$5.00 for Non-Members

First 100 Reservations Accepted
(MENU SUBJECT TO CHANGE)

FREE!

**“GENERATIONS-ON-LINE” COMPUTER
TRAINING FOR ALL SENIOR CITIZENS**

**Ideal for first time computer users.
Work through on-line tutorial with the
assistance of Peer Coach, Nancy Jager.**

Where: Dunkirk Free Library

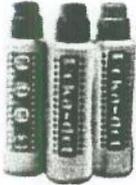
**Offered by: Chautauqua County
Office for the Aging**

**Contact: Nancy Jager
#224-0998 to schedule your
personalized training**

**For more information contact Betty Crowell, Senior
Community Service Employment Program (SCSEP) Training
Coordinator for the Chautauqua County Office for the Aging,
at #753-4471 or Cell #224-0822.**

ATTENTION BINGO PLAYERS!!!

The Dunkirk Senior Citizen's Board of Directors
Are Sponsoring a



BIG BINGO !!

Wednesday, September 26, 2012

BINGO				
14	29	38	52	74
4	18	33	46	62
7	16	★	80	71
9	27	44	51	87
12	23	36	47	73

Doors open at 4:30 p.m.

At 5:00 p.m. the following will be provided
Complimentary sandwiches, snacks and beverages.

Bingo boards must be purchased at the door.

BINGO WILL BE PLAYED AT 5:30 P.M.

Please bring your own daubers if you have them!

TO ALL NEW MEMBERS JOINING THE DUNKIRK SENIOR CENTER !



Mary Ellen Briggs
Jasmine Gavindoo Briggs
Donna Civiletto
Renee Fisk
Carmela Frame
Robert Henderson
Susan Lagana
Arlene Lawrence

Donna Pinto
Frances Poland
Gordon Raynor
Jane Russo
Paul Soper Sr.
Fritz Worosz
Bob Wilson
Bonnie Wilson

Seven Wonders of the World

A group of students were asked to list what they thought were the present "Seven Wonders of the World".

Though there were some disagreements, the following received the most votes:

1. Egypt's Great Pyramids
2. Taj Mahal
3. Grand Canyon
4. Panama Canal
5. Empire State Building
6. St. Peter's Basilica
7. China's Great Wall

While gathering the votes, the teacher noted that one student had not finished her paper yet. So she asked the girl if she was having trouble with her list. The girl replied, "Yes, a little. I couldn't quite make up my mind because there were so many."

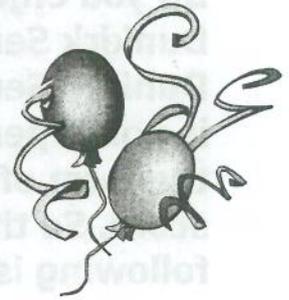
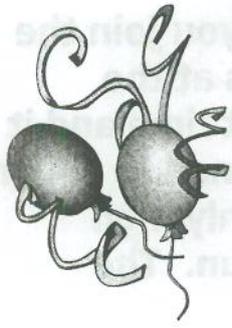
The teacher said, "Well, tell us what you have, and maybe we can help."

The girl hesitated, then read, "I think the 'Seven Wonders of the World' are:

1. to see
2. to hear
3. to touch
4. to taste
5. to feel
6. to laugh
7. and to love."

The room was so quiet you could have heard a pin drop. The things we overlook as simple and ordinary and that we take for granted are truly wondrous! A gentle reminder - - - that the most precious things in life cannot be built by hand or bought by man.

HAPPY BIRTHDAY!!!



September Birthdays

Arlene Pachol	(September 2)	Jane Steffan	(September 13)
Paul Butryn	(September 4)	Darlene Kowski	(September 14)
Robert Sobczak	(September 4)	Marilyn Nalepa	(September 15)
Katherine Coniglio	(September 5)	Claudia Ansell	(September 16)
Doris Sczerbacki	(September 6)	Terry Erwin	(September 16)
Ruth Dorogi	(September 7)	Janet Kasprzyk	(September 16)
Daniel Szalkowsk	(September 7)	Richard Boorady	(September 20)
Mary Edwards	(September 8)	Patricia A. Smith	(September 20)
Gordon Raynor	(September 9)	Tim Smith	(September 20)
Isabel Correa	(September 10)	Beatrice Tilley	(September 20)
Michael Maslach	(September 11)	Rosemary Dougherty	(September 26)
Karen Westling	(September 11)	Sophia Urbanik	(September 26)
Rita Gestwicki	(September 12)	Ray Levandowski	(September 27)
Cheryl Sheedy	(September 12)	Alberta Torrey	(September 29)
Gerald Kozlowski	(September 13)		

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	
Legal Services for the Elderly.....	363-3865
Brenda Symans	
CARTS.....	366-4500

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: ED LONG 5820

July 29, 2012

Frank Weber 5680
 Jeanne Hauser 5500
 Nancy Crandall 5370
 Phyllis Laurito 5280
 Ray Dudek 5260
 Double Pinochle: Emily Wilcox

August 6, 2012

Ed Long 5320
 Sidney Niedermeyer 6030
 Harold Rusch 5430
 Jeanne Hauser 5240
 Joe Jarvis 5230
 Double Pinochle: Harold Rusch

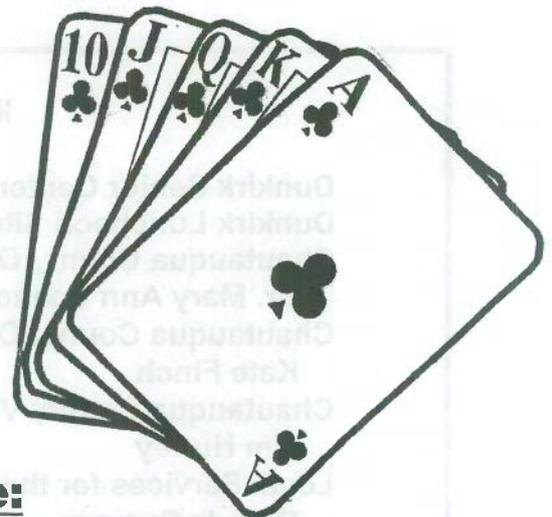
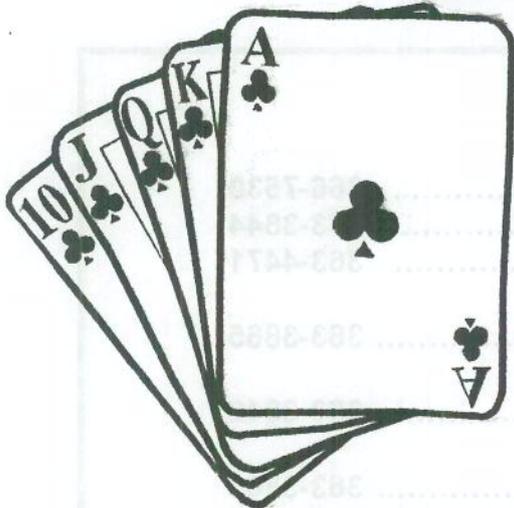
August 13, 2012

Emily Wilcox 5300
 Ray Dudek 5290
 Jim Griswald 5240
 Sidney Niedermeyer 5120
 Frank Weber 5110
 Double Pinochle: Jim Griswald

August 20, 2012

Sidney Niedermeyer 6240
 Ed Long 5820
 Jim Griswald 5690
 Frank Weber 5590
 Rita Gestwicki 5590

**THE WORLD'S GREATEST
 PINOCHLE
 PLAYERS**



Card Player Quote:

Just because Fate doesn't deal you the right cards, it doesn't mean you should give up. It just means you have to play the cards to get to their maximum potential.

AT THE RODEO

(Search & Circle)



ANNOUNCER

CLOWN

PARADE

BANDS

CONTEST

PROGRAM

BARRELS

COWBOY

SHOW

BOOTS

DRUM ROLL

SPURS

BRANDS

EXHIBIT

STABLE

BREED

FLAGS

STAMPEDE

BRONCO

GATE

TEAM

BULLS

GRANDSTAND

WRANGLER

CALF

HORSE

CHAPS

LARIAT

CHUCK WAGON

LIVESTOCK



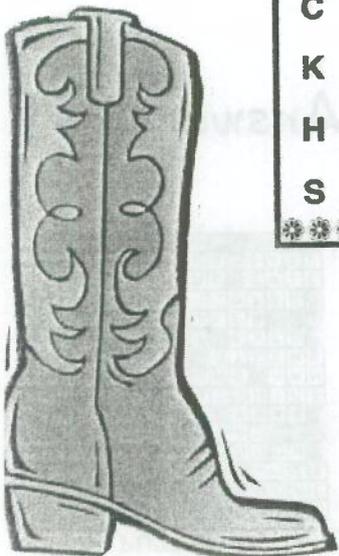
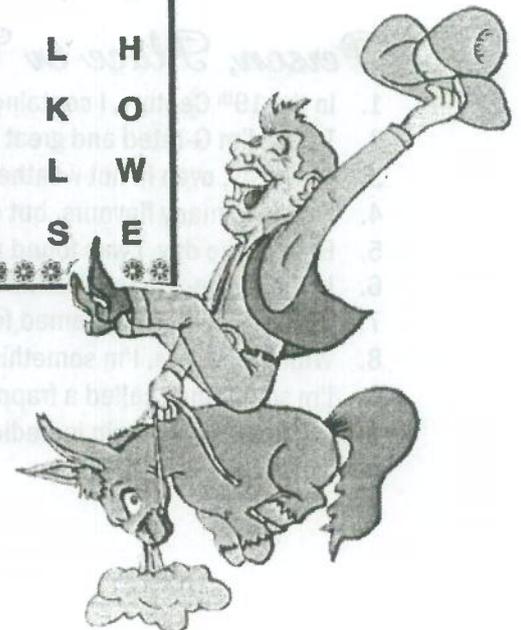
COWBOY JOKES

Q: Why did the cowboy's car stop?

A: It had Injun trouble.

Q: Why did the cowboy keep his horse in a barn?

A: To give it a stable environment.



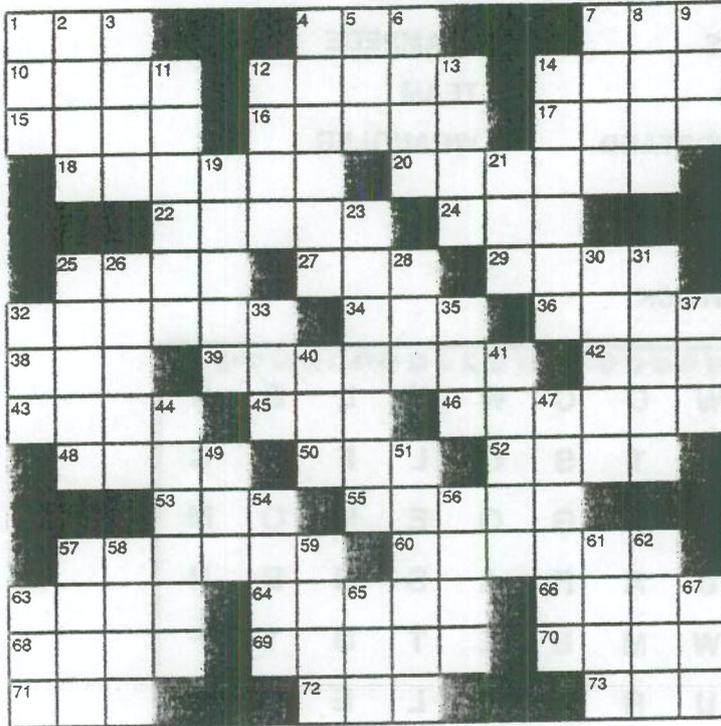
PUZZLE 12

ACROSS

- 1. Strange
- 4. Brief swim
- 7. Pea container
- 10. Jump
- 12. Covered the inside of
- 14. Sulk
- 15. Actor Andrews
- 16. "The _____ Sanctum"
- 17. Ripens
- 18. Student's assignment
- 20. Big Ben's city
- 22. Shaded

- 24. Writing tablet
- 25. Hero
- 27. Agent, for short
- 29. Yes votes
- 32. Worships
- 34. Use a chair
- 36. Pleasant
- 38. Actor Beatty
- 39. Teeter-totters
- 42. Raced
- 43. Old horses
- 45. First lady
- 46. Aquatic mammals
- 48. Guide
- 50. Skill
- 52. Comfort
- 53. Yard
- 55. Scrabble pieces
- 57. Pancake mixture
- 60. Baggage carrier
- 63. _____ Stanley Gardner
- 64. Harvests
- 66. Pennsylvania canal
- 68. Join metal together
- 69. Spouses
- 70. 1492, e.g.
- 71. Asner and Sullivan
- 72. Scarlet
- 73. Mineo

- 12. Leo
- 13. Let fall
- 14. Enrage
- 19. Feet parts
- 21. No vote
- 23. Cake, e.g.
- 25. Perfect
- 26. Avoid
- 28. Actress-singer Zadora
- 30. Buenos _____
- 31. Frighten
- 32. Columnist Landers
- 33. Witness
- 35. Couple
- 37. Printers' measures
- 40. Gabor sister
- 41. Direct the course of
- 44. Added seasoning
- 47. Sampled
- 49. Speck
- 51. Left a gratuity
- 54. Semester
- 56. Defeat
- 57. Raised
- 58. "_____ Well That Ends Well"
- 59. Behind
- 61. Cycles
- 62. Singer Coolidge
- 63. Female sheep
- 65. Consumed
- 67. Snakelike fish



DOWN

- 1. Used
- 2. Bargain
- 3. One from Copenhagen
- 4. Supper
- 5. Tavern
- 6. Fruit skin
- 7. Walt Kelly's comic strip
- 8. Ready, as for business
- 9. _____ Moines
- 11. Church head

Person, Place or Thing? Can you Guess who I am?

- 1. In the 19th Century, I contained alcohol.
- 2. Today, I'm G-rated and great for all ages!
- 3. I'm frosty, even in hot weather.
- 4. I come in many flavours, but chocolate is the most popular.
- 5. Back in the day, I was found mostly in fountains and parlors.
- 6. In the movie *Grease*, Rizzo threw me on Kenickie.
- 7. Kelis had a hit song named for me.
- 8. With two straws, I'm something sweet to share.
- 9. I'm sometimes called a frappe.
- 10. Ice cream is my main ingredient.



Answer Key



I am a milk shake.
Person, Place or Thing?

HOT

CHAUTAUQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

CALL 363-3844
FOR RESERVATIONS

SEPTEMBER 2012 - Hot **Noon Menu**

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>4 Roast Pork w/Gravy Mashed Potatoes Peas Bread Cookie (Margarine)</p>	<p>5 Sloppy Joe on Bun Green Beans, Potato Salad Apple Slices Chocolate Milk/ M: White</p>	<p>6 Chicken Drumsticks Scalloped Potato Mixed Vegetables Bread Cake/ M: No icing (Margarine)</p>	
<p>10 BBQ Chicken Baked Beans Carrots Bread Fruited Gelatin (Margarine)</p>	<p>11 Pepperoni Pizza Italian Vegetables Juice Fruit Crisp</p>	<p>12 Spaghetti & Meatballs Broccoli, Bread Peaches, Tossed Salad (Margarine, Parmesan Cheese, Dressing)</p>	<p>13 Salisbury Steak with Gravy Mashed Potatoes Beets, Bread Pie / M: Fruit (Margarine)</p>	
<p>17 Roast Turkey w/ Gravy Stuffing Green Beans Juice Cake / M: No Icing (Cranberry Sauce)</p>	<p>18 Cheeseburger on Bun Potato Nuggets Summer Squash Fruit Chocolate Milk/M: White (Ketchup & Mustard)</p>	<p>19 BBQ Pork on Bun Coleslaw Carrots Baker's Choice Dessert (Margarine)</p>	<p>20 Goulash Mixed Vegetables Cornbread or Muffin Juice Cookies/M: 1 cookie (Margarine)</p>	
<p>24 Egg Breakfast Bake Broccoli w/ Cheese Sauce Orange Juice Biscuit Fruit</p>	<p>25 Fish Patty on Bun Coleslaw Mixed Vegetables Fruit Crisp (Tartar Sauce)</p>	<p>26 Italian Lasagna Broccoli Garlic Roll Tossed Salad Cookie (Margarine, Dressing)</p>	<p>27 Sweet & Sour chicken Rice Oriental Vegetables Mandarin Gelatin Bread, Cake/M: no icing (Margarine)</p>	

NO LUNCHESES SERVED ON FRIDAYS

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

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>September</h1>	<p>4 Sliced Turkey Croissant Baby Carrots w/ Ranch Fruit Cookie (Mayonnaise)</p>	<p>5 Tuna Salad Sandwich Potato Salad Juice Baker's Choice Dessert Chocolate Milk/M: White</p>	<p>6 Cold Cut Sub w/ Cheese Pasta Vegetable Salad Fruit Cake / M: No icing (Mayonnaise / Italian Dressing)</p>	
<p>10 Seafood Salad Croissant Pineapple Coleslaw Gelatin Fruit</p>	<p>11 Sliced Ham & American Cheese Sandwich Potato Salad Juice Cookie (Mustard)</p>	<p>12 Sliced Turkey Sandwich 3-Bean Salad Fruit Brownie/M: Diet Pudding (Mayonnaise)</p>	<p>13 Chicken Salad Sandwich Pasta Vegetable Salad Fruit Pie / M: Graham Squares</p>	
<p>17 Tuna Salad Sandwich Macaroni Salad Fruit Cake / M: No icing</p>	<p>18 Egg Salad Sandwich Pickled Beets Gelatin Fruit Chocolate Milk/M: White</p>	<p>19 Sliced Roast Beef Sandwich Green Pea Salad Applesauce Baker's Choice Dessert (Horseradish Sauce)</p>	<p>20 Chef Salad Cucumber Salad Juice Roll, Cookie (2 Packets Dressing & Margarine)</p>	
<p>24 Cottage Cheese Peaches, Pears Muffin Pudding / M: Diet Pudding</p>	<p>25 Cold Meatloaf Sandwich Coleslaw Juice Baker's Choice Dessert (Ketchup)</p>	<p>26 Ham Salad Sandwich 3-Bean Salad Pears Cookie</p>	<p>27 Seafood Salad Croissant Pasta Vegetable Salad Gelatin Fruit</p>	

NO LUNCHESES SERVED ON FRIDAYS