Senior Center Action News

Happy Thanksgiving

Board of Directors

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

Barbara Barberich
Nancy Crandall
Irene Christopher

Janet Kasprzyk
Julian Niedbalski
Delphine Woloszyn

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

November 2012

DUNKIRK SENIOR CENTER

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

A Note From The President:

The first item I want to bring to your attention is the three days we are closed in November. Monday, November 12th is Veteran's Day and we wish to extend our appreciation to all that served. Too often we forget to say "thank you" to all of our Veterans. The other two days are Thursday, November 22nd for Thanksgiving and Friday, November 23rd the day after (commonly known as Black Friday by shoppers and bargain hunters). Family commitments also deemed the closing a good idea.

The November 11th Gala still has openings (see flyer) and the Tuesday, November 12th Seneca Allegany Casino trip is sold out, but we do have a waiting list. Big Bingo will be held on Wednesday, November 28th with a light luncheon and bingo to follow (see flyer).

All Friday's are booked by Insurance Companies with the exception of the day after Thanksgiving (see flyer).

The trips for December and January are being planned and flyers will be out once confirmed and finalized. Thursday, November 1st is the first sign up day for the 2013 Atlantic City, 4 day and 3 night trip scheduled for August 26th-29th. The cost will be $355.00 per person for double or triple occupancy or $540.00 for single occupancy (see flyer). The office will be open on November 1st from 9:00 a.m. – 4:00 p.m. for sign up. Remember your 2013 membership dues must be paid in order to participate in all activities at the Center starting January 1, 2013.

The Zumba Gold class held on Thursdays has been cancelled until January due to previous commitments. The same holds true for the Book Club and the Painted Pot Program.

Effective January 1st, Silver Sneakers (Healthways) covered by Independent Health will no longer be covered here at the Dunkirk Senior Center. Instead we will continue with a new exercise agenda at a cost of $1.00 per session. All instructors and the Board of Directors agreed to try this on a 6 month trial basis.

At this time, I wish each and everyone of you a Blessed Thanksgiving and enjoy your turkey and the chance to be with family and friends.

Best Regards,

Barb Bajdas

Barbara Bajdas, President
Dunkirk Senior Center

BB/pjp

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Barbara Hajdas, President
Dunkirk Senior Center

BH/pjp

NOVEMBER 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30 Aerobic w/Catherine	2 9:00 Silver Sneakers 10:00-12:30 Independent Health Meeting	3
4	5 9:00 Silver Sneakers 1:00 Pinochle	6 9:30 Aerobics w/Catherine 10:30 Coffee Hour 12:00 Mah Jongg—Library	7 9:00 Silver Sneakers 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	8 9:00 Board Meeting-Library 9:30 Aerobics w/Catherine	9 9:00 Silver Sneakers 10-12:30 United Health Meeting	10 GALA PREP
11 GALA SUNDAY	12 CENTER CLOSED IN OBSERVANCE OF VETERANS DAY 	13 9:00 Allegany Casino Trip 9:30 Aerobics w/Catherine 10:30 Coffee Hour 12:00 Mah Jongg—Library	14 9:00 Silver Sneakers 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	15 9:30 Aerobics w/Catherine	16 9:00 Silver Sneakers 10:00-12:30 Independent Health Meeting	17
18	19 9:00 Silver Sneakers 12:00 Local 299 AARP Meeting 1:00 Pinochle	20 9:30 Aerobics w/Catherine 10:30 Coffee Hour 10:00-12:30 United Health Meeting 12:00 Mah Jongg—Library	21 9:00 Silver Sneakers 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	22 CENTER CLOSED 	23 CENTER CLOSED	24
25	26 9:00 Silver Sneakers 1:00 Pinochle	27 9:30 Aerobics w/Catherine 10:30 Coffee Hour 12:00 Mah Jongg—Library	28 9:00 Silver Sneakers 10:00 Coffee Hour 4:00 Doors Open BIG Bingo 4:30 BIG Bingo Lunch 5:00 BIG Bingo	29 9:30 Aerobics w/Catherine	30 2:00-4:00 Blue Cross/ Blue Shield Meeting	

Happy
Veterans Day

Gala Sunday

Sunday, November 11, 2012

Lunch served at 12:15 p.m.

Menu Featuring:

Spaghetti & Meatballs
Salad
Bread/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

Sign-up will be starting Sunday, October 14, 2012
OR by Mail: Send check to the above address. Must be received by November 7th

Donation…$4.00 for Members and $5.00 for Non-Members

First 100 Reservations Accepted - No Refunds
(MENU SUBJECT TO CHANGE)

BIG BINGO !!

THE DUNKIRK SENIOR CITIZEN'S BOARD OF DIRECTORS

ARE SPONSORING

"BIG BINGO"

Wednesday, November 28th, 2012

Dunkirk Senior Citizen's Center
45 Cliffstar Court
Dunkirk, NY

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!

Dunkirk Board of Directors
Sponsored Bus Trip
to

SENECA ALLEGANY CASINO
SALAMANCA, NY

Cost: $20.00 per person for members
$23.00 per person for non-members

Tuesday, November 13 20

Departure T

SOLD OUT

*** ...tation
*** ...00 Free Play
*** $5.00 Food Voucher
*** 2 - $5.00 Cash Prizes on the Bus
*** Other Prizes & Fun...Fun...Fun...

fall FUN

Registration for trip will be held at
The Dunkirk Senior Center
45 Cliffstar Court – Dunkirk, NY
9:00 a. m. to 12:00 noon weekdays
Beginning Monday, October 1st

Each person may register themselves and one partner.

First Come – First Served

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

Second Annual Trip to

ATLANTIC CITY

CASINO & TROPICANA HOTEL

AUGUST 26 – 27 – 28 – 29, 2013

4 Days and 3 Nights

$355.00 Per Person for Double or Triple Occupancy
or $540.00 for Single Occupancy

August 26th - Bus will depart at 7:00 a.m. from the Senior Center
August 29th - Hotel check out time 11:00 a.m. – Departure 12:00 noon from casino

Registration for trip will begin Thursday, November 1st from 9:00 a.m. - 4:00 p.m.
At the Dunkirk Senior Center - 45 Cliffstar Court, Dunkirk, New York 14048
Phone (716) 366-7530

Trip will include:

- ♣ Transportation & Baggage Handling
- ♦ Room Accommodations
- ♥ Bus Driver Gratuity
- ♠ $40.00 in Slot Dollar$
- ♣ 2 - Buffet Dinners
- ♦ Revue Show (if available)
- ♥ 4 - $10.00 Drawings on the Bus
- ♠ Prizes, Snacks, Games & Movies
- ♣ 3 - Scheduled Stops Each Way

REGISTRATION AND PAYMENT

Registration is limited to members having paid their 2013 Membership
$ 25.00 per person Non-refundable deposit due upon registration
$120.00 per person ..... due by February 19, 2013
$ 28.00 per person Optional Trip Insurance due on February 19, 2013
$110.00 per person..... due by April 15, 2013
$100.00 per person..... due by June 19, 2013

FULL PAYMENT ACCEPTED AT ANYTIME

NO REFUNDS
EXCEPT FOR PEOPLE WITH INSURANCE

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 September: Ray Dudek 6320

September 24, 2012

Ray Dudek	6320
Barb Szocki	5760
Rita Gestwicki	5330
Harold Rusch	5170
Jug Jensen	5130
Josie Wierczynski	5090

Double Pinochle: Jeanne Hauser

October 15, 2012

Marion Genovese	5810
Arlene Griswald	5750
Betty Korzeniewski	5730
Jug Jensen	5660
Barb Szocki	5220

October 1, 2012

Ruth Bolles	5470
Dolores Griewisch	5380
Evelyn Ogden	5190
Marion Genovese	5160
Ray Dudek	5100

Double Pinochle: Dolores Griewisch

October 22, 2012

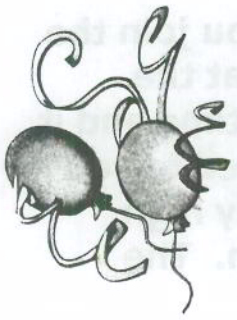
Gert Majka	5800
Dolores Griewisch	5740
Al Shalkowski	5610
Betty Korzeniewski	5340
Arlene Griswald	5330
Dorothy Kornacki	5310
Barb Szocki	5280

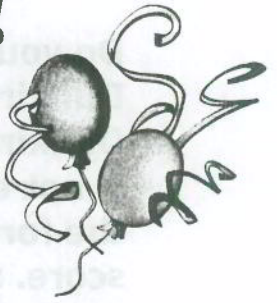
Double Pinochle: Ruth Bolles

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.

HAPPY BIRTHDAY!!!





November Birthdays

Pauline Cherry	(November 1)
Beverly Altweis	(November 5)
Elizabeth Wise	(November 9)
Betty Kleryczek	(November 10)
Lillian Polasik	(November 10)
Pat Gloss	(November 11)
Cornelia Helwig	(November 11)
Carol Portman	(November 11)
Charles Reading	(November 11)
Frank Weber	(November 12)
Carolyn Schmidt	(November 13)
Nancy Renckens	(November 14)
Ann Ardillo	(November 16)
Beverly Crocoll	(November 16)
Jack Hood	(November 16)
Dan Bauman	(November 18)
Jean Smyczek	(November 21)
Mary Dworak	(November 25)
Albertine Jakubowicz	(November 28)
MaryAnn Kluck	(November 28)
Frances Price	(November 29)
Marilyn Schwertfager	(November 29)
Barbara Bajdas	(November 30)
Barbara Shalkowski	(November 30)

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

VETERANS DAY – NOVEMBER 11

Broad stripes and bright stars.... gave proof....

Veteran

I was a proud veteran
That served my country well
To those that would listen
I had many stories to tell.

We fought for America's freedom
In far away places on foreign land.
Wherever the battle for democracy raged,
America's finest made a stand.

We fought for your future
And the right to remain free.
For we saw what freedom meant
To those not blessed with Liberty.

For you and yours
We would gladly have given our life.
We faced the fears and perils of battle
We braved endless turmoil and strife.

Please remember us veterans
And the sacrifices we made for you.
Please share the blessings of freedom,
Proudly wave the red, white and blue.

Lynne Carey
Copyright 2004

that our flag was still there.

Broad stripes and bright stars ....

gave proof .... that our flag was still there.

THANKSGIVING WORD SEARCH

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

1. Carve
2. Celebrate
3. Colonist
4. Cornucopia
5. Cranberry
6. Dessert
7. Farmer
8. Feast
9. Gather
10. Harvest
11. Holiday
12. November
13. Pilgrim
14. Platter
15. Pumpkin
16. Thanksgiving
17. Tradition
18. Turkey
19. Vegetable
20. Worship

Thanksgiving Day

Thanksgiving Day will soon be here
It comes around but once a year
If I could only have my way,
We'd have Thanksgiving every day.
- Anonymous

SUDOKU

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

Thanksgiving Jokes

Q: What sound does a turkey's phone make?
A: Wing! Wing!

Q: What was the turkey suspected of?
A: Fowl play.

Q: What is the best dance to do on Thanksgiving?
A: The turkey trot.

SUDOKU SOLUTION

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

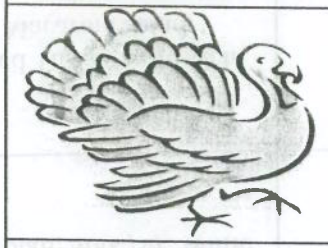
HOT

CHAUTAUQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

CALL 363-3844 FOR RESERVATIONS

November 2012 - Hot Noon Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
	November		1 Stuffed Cabbage Casserole Italian Vegetables Cornbread, Fruit Cocktail Chocolate Milk/ M: White (Margarine)	2 NO LUNCHES SERVED ON FRIDAY'S
5 Cheesey Tuna Casserole Mixed Vegetables Apple Slices Bread (Margarine)	6 Hawaiian Chicken Rice Oriental Vegetables Muffin Mandarin Gelatin (Margarine)	7 Egg Plant Manicotti Italian Beans Garlic Roll Grape Juice Cookie/M: Diet (Margarine)	8 Meatloaf w/gravy Mashed Potatoes Beets, Bread Fruit Chocolate Milk/M: White (Margarine)	
****OFA SITES CLOSED** 12 Chili Carrots, Cornbread, Juice, Crackers Pudding /M: Diet (Margarine)	13 Stuffed Chicken Breast w/gravy Mashed Potato Spinach, Bread Baker's Choice (Margarine)	14 Spanish Rice Peas Muffin Fruit Cup (Margarine)	15 Roast Pork w/Gravy Mashed Potatoes Red Cabbage Bread Applesauce (Margarine)	
19 Ground Beef Cubes in Gravy over Noodles Broccoli Roll, Fruit Chocolate Milk/M: White (Margarine)	**Thanksgiving Meal** 20 Turkey w/ Gravy Stuffing, Sweet Potatoes Juice, Cranberry Sauce Roll Pumpkin Pie (Margarine)	21 Italian Lasagna Spinach Garlic Roll Juice Pudding/M: Diet (Margarine)		
26 Scalloped Potatoes & Ham Broccoli Bread, Juice Fruit Crisp (Margarine)	27 Spaghetti & Meatballs Green Beans Bread, Toss Salad Pudding /M: Diet (Margarine, Dressing & Parmesan Cheese)	28 Souper Chicken Cheesey Potatoes Peas & Onions Bread Cake /M: no icing (Margarine)	29 Polish Sausage w/ Sauerkraut Mashed Potatoes Mixed Vegetables, Bread Cookie/M: Diet (Margarine)	

COLD

CHAUTAUQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

CALL 363-3844 FOR RESERVATIONS

NOVEMBER 2012 - Alternate COLD Noon Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Seafood Salad w/ Croissant 3-Bean Salad Fruit Cocktail Chocolate Milk/ M: White	NO LUNCHES SERVED ON FRIDAY'S
5 Egg Salad Sandwich Marinated Vegetables Juice Cake /M: no icing	6 Bologna & Cheese Sandwich Potato Salad Fruit, Gelatin (Mustard)	7 Chicken Salad Sandwich Fresh Carrots w/Ranch Dressing Juice Cookie /M: Diet (Ranch Dressing)	8 Seafood Salad on Croissant Coleslaw Fruit Chocolate Milk/M: White	
*** OFA SITES CLOSED 12 Sliced Turkey w/ Cheese Pasta/Veggie Salad Juice, Pudding M: Diet (Mayonnaise)	13 Tuna Salad Sandwich 3-Bean Salald Fruit Baker's Choice	14 Cold Cut Sub Cucumber Salad Fruit Cup Cookie (Italian Dressing)	15 Cold Meatloaf Sandwich Tomato Juice Applesauce Baker's Choice (Ketchup)	
19 Ham Salad Sandwich Potato Salad Fruit Chocolate Milk /M: White	20 Egg Salad Sandwich Pickled Beets Juice Pie /M: Fruit	21 Peanut Butter & Jelly Sandwich Fruited Gelatin Juice Pudding/M: Diet		
26 Sliced Turkey Sandwich Macaroni Salad Juice Fruit (Mayonnaise)	27 Chicken Salad Sandwich Tossed Salad Fruit Pudding /M: Diet (Dressing)	28 Sliced Ham & Swiss Cheese Sandwich Juice, Fruit Cake/ M: no icing (Mustard)	29 Roast Beef Sandwich Pasta/ Veggie Salad Fruit Cookie /M: Diet (Horseradish Sauce)	