

SENIOR CENTER ACTION NEWS



**HAPPY
NEW
YEAR!**

Board of Directors

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

Barbara Barberich **Janet Kasprzyk**
Nancy Crandall **Julian Niedbalski**
Irene Christopher **Delphine Woloszyn**

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

January 2013



DUNKIRK SENIOR CENTER

45 CLIFFSTAR COURT

DUNKIRK, NEW YORK 14048

(716) 366-7530

January 1, 2013

A Note From The President:

Welcome to 2013! January is the month of New Years Resolutions, lists of new goals, diets and new ideas. We here at the Center are no different than all of you, so lets get started.

The Senior Center will be closed Tuesday, January 1st and Monday, January 23rd for Martin Luther King Day.

Exercise classes will resume under new guidelines. Days and times remain the same but there will be a \$1.00 charge per session.

The next Gala will be on Sunday, January 13th with a brunch menu (see flyer). Reservations are being accepted now.

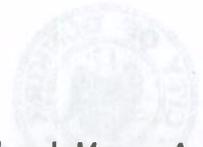
There will be two "Big Bingo" days scheduled in January. Both are on Wednesdays, January 9th and January 23rd (see flyer). January is a long month so perhaps the extra bingo will help pass the time.

Travel reservations for Tuesday's trip to Presque Isle on January 15th are currently being accepted. For February, we are sponsoring a trip to Sprague's Maple Farm followed by a visit to Salamanca Allegany Casino. You will have a choice of pancakes and syrup or hot turkey sandwich with beverage and a chance to shop at the gift store. We then go to Allegany Casino from 12-5 with arrival home at 6:00 p.m. Sign up begins Monday, January 14th from 9:00 a.m. – 12:30 at the Senior Center.

Plans are being worked on for our Easter trip – more information will be available next month. However, I do have a tentative date of Thursday, March 21 – if you want to block your calendar.

The Book Club is postponed until February due to surgery of the leader. Three suggestions made for the winter are "park – walk around the block", movies in the afternoon, and a two by two revolving visitation program to homebound seniors and/or nursing home members. Flexibility and choices would be made by volunteers on a once a month basis. If interested call any member of the Board or if you have any ideas or suggestions get in touch with myself or Carol. We will try any program you wish with a minimum of 6 participants.

Keeping active is especially important during the cold winter months when loneliness and boredom are a big concern for all.



On behalf of myself and the Board of Directors, we would like to thank Mayor Anthony Dolce for his visit to our December 9th Gala. Many commented on how happy they were to see him at the Center and he promised a return for a longer visit soon.

Best Regards,

Barbara Bajdas

Barbara Bajdas, President
Dunkirk Senior Center

BB/pjp



CITY OF DUNKIRK
A Chadwick Bay Community

Office of the Mayor
City Hall, Dunkirk, New York 14048

ANTHONY J. DOLCE
MAYOR
(716) 366-9881
FAX (716) 366-2049

December 6, 2012

Greetings:

On behalf of the Common Council and myself, I would like to wish you all of you a happy and healthy new year. It has been a pleasure this past year to work with such a dedicated group of individuals.

Not only is this time of year one to reflect on past accomplishments, but also an opportunity to look forward to what 2013 has in store for us.

It is my goal to be more of a presence at the Senior Center, and I would be remised if I did not wish you much success on your next Casino trip.

Happy New Year!

Sincerely,

Anthony J. Dolce, Mayor
City of Dunkirk



JANUARY 2013



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day Center Closed	2 9:00 Exercise w/Tiffany 10:00 Coffee Hour	3 9:30 Aerobics w/Catherine	4 9:00 Exercise w/Tiffany	5
6	7 9:00 Exercise w/Tiffany 1:00 Pinochle	8 9:30 Aerobics w/Catherine 12:00 Mah Jongg	9 9:00 Exercise w/Tiffany 10:00 Coffee Hour 4:00 BIG Bingo	10 9:00 Dk. Sr. Board Mtg. 9:30 Aerobics w/Catherine	11 9:00 Exercise w/Tiffany 10:00 Gala Prep 12:00 Craft Committee	12 GALA PREP
13 GALA SUNDAY	14 9:00 Exercise w/Tiffany 1:00 Pinochle	15 9:30 Aerobics w/Catherine 11:00 Presque Isle Casino Trip 12:30 Mah Jongg	16 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	17 9:30 Aerobics w/Catherine	18 9:00 Exercise w/Tiffany	19
20	21 Martin Luther King Day Center Closed	22 9:30 Aerobics w/Catherine 12:30 Mah Jongg	23 9:00 Exercise w/Tiffany 10:00 Coffee Hour 4:00 BIG Bingo	24 9:30 Aerobics w/Catherine	25 9:00 Exercise w/Tiffany 12:00 Craft Committee	26
27	28 9:00 Exercise w/Tiffany 1:00 Pinochle	29 9:30 Aerobics w/Catherine 12:00 Mah Jongg	30 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	31 9:30 Aerobics w/Catherine		



январь2 февраль март апрель май июнь июль август сентябрь октябрь ноябрь декабрь

ТАИЛАНД 2013

Gala Sunday

Sunday, January 13, 2013

Lunch served at 12:15 p.m.

Menu Featuring:

“Winter Brunch”

Corned Beef Hash
Pancakes/Syrup
Fruit Compote
Sweet Rolls/Muffins
Coffee/Tea

Hor’Dourves...Punch...Bingo...Cards...Prizes

Doors open at 11:00 a.m.

Cost: \$4.00 per member

Sign-up will be starting Sunday, December 9th, 2012 after 1:00 p.m.

at

The Dunkirk Senior Center
45 Cliffstar Court
Dunkirk, New York 14048
(716) 366-7530

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

**Dunkirk Board of Directors
Sponsored Bus Trip**

to

PRESQUE ISLE CASINO
(ERIE GAMING)

Cost: \$22.00 per member

Tuesday, January 15, 2013

Departure Time: 10:30 a.m.

Returning Time: 5:00 – 5:30 p.m.



Trip will include:

- *** Bus Transportation & Driver's Gratuity**
- *** \$30.00 Free Play**
- *** \$5.00 Food Voucher**
- *** 2 - \$5.00 Cash Prizes on the Bus**
- *** Other Prizes & Raffles**



Each person may register themselves and one partner. At sign up you must bring in your casino bonus card. They require pre-sign up with your card number. If you do not have a card or are a new patron, you will be required to fill out an application at the casino. No exceptions!

**Registration for trip will begin Monday, December 3rd
beginning at 9:00 a.m. at
The Dunkirk Senior Center
45 Cliffstar Court – Dunkirk, NY**

YOUR 2013 MEMBERSHIP MUST BE PAID

NO REFUNDS
First Come – First Served

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

“BIG BINGO”

**Wednesday, January 9th
Wednesday, January 23rd**

**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 Senior Citizens

Board of Directors

Are Sponsoring a

FEBRUARY BUS TRIP

TO

Brunch at Sprague's Maple Farms

With your choice of a Pancake Luncheon with beverage or...
a Hot Turkey Sandwich with beverage

Seneca Allegany Casino (12:00-5:00 p.m.)

\$25.00 Slot Bonus (subject to change)

Tuesday, February 12, 2013

Cost: \$36.00 per person

Trip will include brunch tip at restaurant & driver gratuity

Departure Time: 9:00 a.m.

Return Time: Approx. 6:00 p.m.

2 - \$5.00 Cash Prizes

Registration for trip will begin Monday, January 14, 2013

The Dunkirk Senior Center

45 Cliffstar Court - Dunkirk, NY

9:00 a. m. to 12:00 noon weekdays

First Come - First Served

No Refunds

STAR PROGRAM – the filing date for the City of Dunkirk is May 1, 2013, this date applies to the City of Dunkirk Only.

Enhanced STAR

Who needs to apply?

Residents who are turning 65 in 2013 and have a total household income of \$79,050 or less.

What do you need to apply?

ID –Drivers License and a copy of your most recent NYS Income Tax return.

If I have been on the Enhanced Program do I need to apply?

If you are 65 or older and **do not** file a NYS Income then you must come to the Assessor's Office in City Hall with all of your income statements annually.

What constitutes my income statements?

Social Security Statement

Pension Statement

Salary or Wages

Bank or Bond Interest

Income from rental property

The **Basic STAR** Program is for any City of Dunkirk home owner under 65 years of age or for seniors that do not qualify for the Enhanced Program, with a total household income of less than \$500,000. If you have been enrolled in the Basic STAR program you DO NOT need to apply. If you have purchased a house in the City of Dunkirk after May 1, 2012, you need to apply. There is no automatic enrollment in this program.

These programs are available on your primary residence only. If you have any questions please call the Assessor's Office at 366-9836 or 366-9846

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

**Prayer for
Aging Gracefully**



Create in me a happy heart,
preserve my memory safe and sound

May all my aches be little ones,
and let the things I lose be found.

Send me, I pray, my daily smiles,
a serving too, of prunes and bran

Help me accept my graying hair,
and keep the most of it I can.

Remind me to forgive myself
when senior moments come along

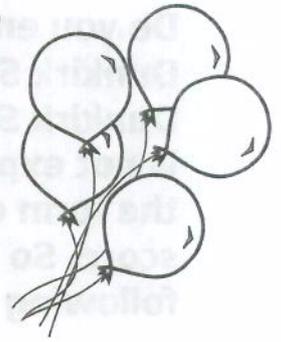
Provide a time for exercise
so these old bones stay fit and strong.

Lord, keep my attitude upbeat,
and free from worry, cares and fears

Each day, help me appreciate
the gift of goodness of my years.

Amen.

HAPPY BIRTHDAY!!!



January Birthdays

Nancy Holbrook	(January 1)	Ronald Kaus	(January 17)
David Raynor	(January 1)	Carolyn Burke	(January 18)
Alice Sutton	(January 1)	Mary DeGoyler	(January 18)
Antoinette Arnone	(January 3)	Judy Marsh	(January 19)
Joyce Kleinsmith	(January 5)	Barbara Barberich	(January 20)
Dorothy Kornacki	(January 5)	Irene Rozumalski	(January 20)
Sandra Tapasto	(January 5)	Ruth Neal	(January 21)
Fred Piede	(January 7)	Emily Wilcox	(January 23)
Rosemary Piede	(January 7)	Dorothy Pinto	(January 24)
Helen Burlett	(January 8)	Valarie Pawlak	(January 25)
Betty Korzeniewski	(January 9)	Mary Rees	(January 28)
Ed Long	(January 12)	Nancy Winters	(January 28)
Dana Berry	(January 16)	Susan Lagano	(January 29)
Agnes Warner	(January 16)	Walter Proper	(January 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

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 November: Ed Long 5730
 High Score for the month of December: Jeanne Hauser 5820

November 26, 2012

Gert Majka	5280
Ray Dudek	5180
Joe Jarvis	5090
James Sinclair	4960
Dee Griewisch	4700
Double Pinochle: Betsy Standera	

December 3, 2012

Jeanne Hauser	5820
Ray Dudek	5530
Gert Majka	5410
Paul Luczkowiak	5310

December 10, 2012

Jeanne Hauser	5620
Paul Luczkowiak	5530
Betty Korzeniewski	5270

December 17, 2012

Josie Wierczynski	5210
Ed Long	5140
Ray Dudek	5080
Gertie Syper	5040
Gert Majka	4990
Double Pinochle: Gertie Syper	

2013 is at the door....

Remember

Life is short, break the rules,

Forgive quickly,

Love truly,

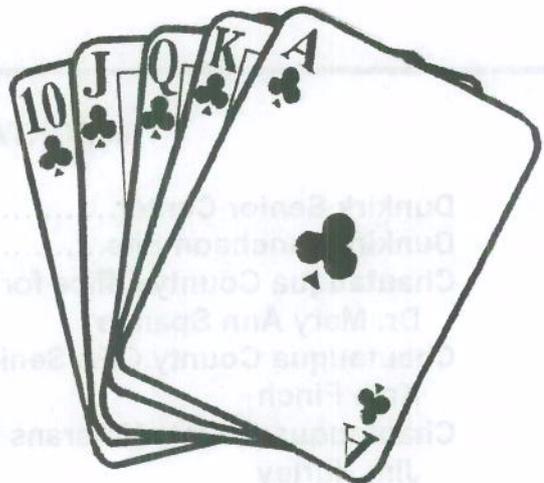
Laugh uncontrollably,

And

Never regret anything that

Made you smile.

HAPPY NEW YEAR!

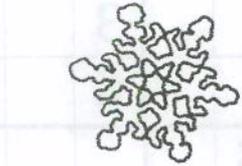


SEARCH and CIRCLE PUZZLE

MAKING SNOW



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



BLAST
BLIZZARD
CLIMATE
COLD
CONDITIONS
COVER
CREATE
DEPTH
ELEMENTS
EQUIPMENT

HOSE
INVESTMENT
LODGE
MOISTURE
MOUNTAINS
NOZZLE
OPERATE
OVERNIGHT
PACKED
POWDER

PRESSURE
SEASONAL
SKI RESORTS
SPRAY
SURROUNDINGS
TEMPERATURE
WEATHER
WINDS
WINTRY

How many words can you make from the word - Snowflakes ?



1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

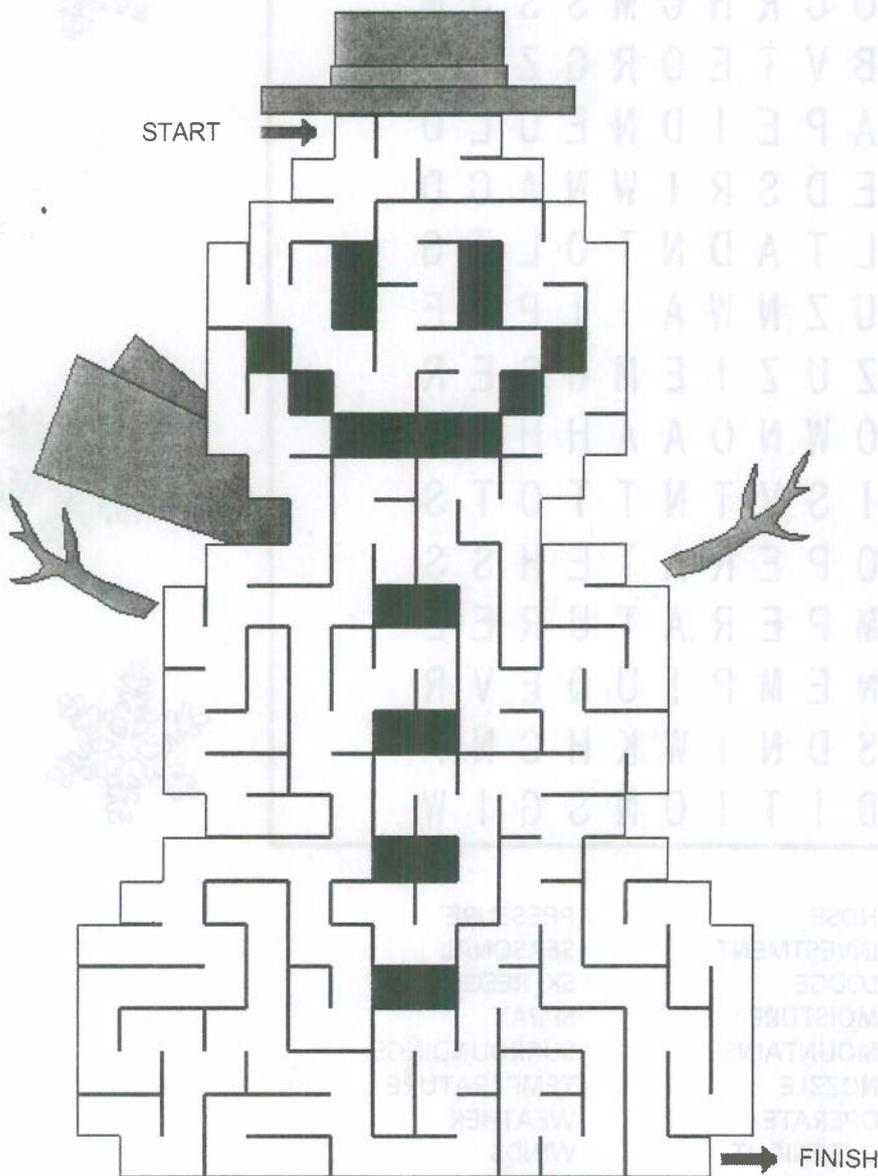
12. _____

13. _____

14. _____

15. _____

SNOWMAN MAZE



SUDOKU PUZZLE

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



Answer Key Sudoku Solution

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

I am a cherry.

Person, Place or Thing?

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

1. I am a member of the rose family.
2. My blossoms are very beautiful.
3. The wood of my tree is prized.
4. I am sweet by nature....
5.and high in vitamin C and antioxidants.
6. Life Savers and Skittles love my flavor!
7. You might find one version of me in a cocktail....
8.and another in a pie.
9. Sometimes, life is just a bowl of me!
10. I'm a type of fruit.

CALL 363-3844
FOR RESERVATIONS

CHAUTAQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

HOT
JANUARY 2013 - Hot Noon Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7</p> <p>Macaroni & Cheese Stewed Tomatoes Juice, Muffin (Margarine)</p>	<p>8</p> <p>Stuffed Cabbage Casserole Italian Vegetables Cornbread, Fruit Cocktail Chocolate Milk/ M: White (Margarine)</p>	<p>2</p> <p>Polish Sausage w/ Sauerkraut Mashed Potatoes Mixed Vegetables, Bread Cookie/M: Diet (Margarine)</p>	<p>3</p> <p>Goulash Green Beans Biscuit Applesauce (Margarine)</p>	
<p>14</p> <p>Egg Plant Manicotti Italian Beans Garlic Roll Grape Juice Cookie/M: Diet (Margarine)</p>	<p>15</p> <p>Meatloaf w/gravy Mashed Potatoes Beets, Bread Fruit Chocolate Milk/M: White (Margarine)</p>	<p>9</p> <p>Beef Stew Winter Squash Biscuit, Tomato Juice Pudding/M: Diet (Margarine)</p>	<p>10</p> <p>Cheesy Tuna Casserole Mixed Vegetables Apple Slices, Bread (Margarine)</p>	
<p>Martin Luther King Day</p>	<p>22</p> <p>Roast Pork w/Gravy Mashed Potatoes Red Cabbage, Bread Applesauce (Margarine)</p>	<p>16</p> <p>Baked Ham Sweet Potatoes Wax Beans, Bread Cake /M: no icing (Margarine)</p>	<p>17</p> <p>Chili Carrots, Cornbread, Juice, Crackers Pudding /M: Diet (Margarine)</p>	
<p>28</p> <p>Italian Lasagna Spinach Garlic Roll Juice Pudding/M: Diet (Margarine)</p>	<p>29</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Green Beans Bread Cookie (Margarine)</p>	<p>23</p> <p>Chicken ala King Corn Biscuit Juice Fruit Dessert (Margarine)</p>	<p>24</p> <p>Beef Cubes in Gravy over Noodles Broccoli Roll, Fruit Chocolate Milk/M: White (Margarine)</p>	
				<p>31</p> <p>Scalloped Potatoes & Ham Broccoli Bread, Juice Fruit Crisp (Margarine)</p>

NO LUNCHESES SERVED ON FRIDAYS



COLD

CHAUTAQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

CALL 363-3844

FOR RESERVATIONS

JANUARY 2013 - Alternate COLD Noon Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday	
HAPPY NEW YEAR					
7 Ham Salad Sandwich Coleslaw Juice Fruit	8 Seafood Salad w/ Croissant 3-Bean Salad Fruit Cocktail Chocolate Milk/ M: White	9 Sliced Ham Sandwich Green Pea Salad Fruit Cup Pudding /M: Diet (Mustard)	10 Egg Salad Sandwich Marinated Vegetables Juice Cake /M: no icing	3 Salami & Cheese Sandwich Potato Salad Applesauce Pudding / M: Diet (Mustard)	
14 Chicken Salad Sandwich Fresh Carrots w/Ranch Dressing Juice Cookie /M: Diet (Ranch Dressing)	15 Seafood Salad on Croissant Coleslaw Fruit Chocolate Milk/M: White	16 Roast Beef Sandwich Marinated Vegetables Fruit Cake /M: no icing (Horseradish Sauce)	17 Sliced Turkey w/ Cheese Pasta/Veggie Salad Juice, Pudding M: Diet (Mayonnaise)	NO LUNCHESES SERVED ON FRIDAY'S	
	22 Cold Meatloaf Sandwich Tomato Juice Applesauce Baker's Choice (Ketchup)	23 Seafood Salad Croissant Coleslaw Fruit Dessert	24 Ham Salad Sandwich Potato Salad Fruit Chocolate Milk /M: White		
28 Peanut Butter & Jelly Sandwich Fruited Gelatin Juice Pudding/M: Diet	29 Sliced Ham Sandwich Carrot-Raisin Salad Fruit Cookie (Mustard)	30 Tuna Salad Sandwich Applesauce, Juice Baker's Choice	31 Sliced Turkey Sandwich Macaroni Salad Juice Fruit (Mayonnaise)		