

Senior Center Action News



Co-Coordinators

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

Board of Directors

Patricia Kibbe Robert Sobczak
Peggy Napoli Nancy Woloszyn
Cheryl Sheedy

Senior Citizens Center of Dunkirk, Inc.
45 Cliffstar Court
Dunkirk, New York 14048
366-7530

JANUARY 2016





DUNKIRK SENIOR CENTER
45 Cliffstar Court
Dunkirk, New York 14048
(716) 366-7530

Dear Members:

As we begin a new year we can't help but think that the toughest thing about being successful is that you have to keep on being successful. During the past four years we have laid a firm foundation with the bricks that others have thrown at us. We want you, our members, to keep on throwing them our way because it is the perfect ammunition to keep us going. Our organization is vibrant and our New Year's resolution is to work harder in order to have a bigger and better season in 2016. When making your resolutions consider what you can do to make the Dunkirk Senior Center "Someplace Special".

Our first goal is to meet or exceed our 2015 membership. We encourage everyone to pay their dues promptly. Dues must be paid prior to participation in any of our events. Dues remain the same as last year. Dunkirk members pay \$2.00 and all others pay \$6.00. Our year runs from January through December.

The Senior Center is a city building and our job is to work for our constituents. We work in cooperation with the Mayor. At this point we don't know what will be expected of us but there is a possibility of change. We are hoping for a smooth transition. Much of what is happening at the center is made possible through the tireless efforts of the volunteers who give of their many talents to run our many programs. Whether you help in the kitchen, arrange chairs for exercise or put up a decoration, please know you are appreciated and treasured. Our participation in the RSVP volunteer program is certainly noticeable. We are one of two senior centers that are open daily. Our volunteer hours are comparable to no other centers. We are very proud of that accomplishment.

With a new year upon us many of you still have to file income tax. The group doing income tax at the center will begin on February 1. This free service is by appointment only on Monday and Wednesday from 10:00 a.m. to 2:00 p.m. Sign up sheets will be available in January. After you sign up you will be contacted to discuss an appointment time.

This year representatives from Blue Cross/Blue Shield and Independent Health plan on being on-site during the year to be of service to their customers. The dates will be printed on the monthly calendars found in the newsletter.

All activities including Big Bingo on Wednesday, January 13 and February 10 will proceed as posted.

On February 7 we will be having a catered dinner by Weidner's to celebrate Super Bowl Sunday. This is an eat-in or take-out affair. Reservations are required. The menu includes ¼ barbecue chicken, pulled pork sandwich, baby potatoes, coleslaw, roll & butter and dessert. The cost is \$9.00.

Sign ups for our January 14th trip to Presque Isle began on December 21. On February 15th we will travel to Sprague's Maple Farms for a pancake breakfast followed by a stop at the Allegany Casino. Sign ups begin on January 5. The cost is \$50.00, which includes \$20.00 free play and \$5.00 in food.

The travel club is trying to assure full buses on all trips. Last year travelers earned one point for every day of travel they took. This year we will do the same. Points will be earned from January to June. They have no cash value and must be used from July through December. We are open to reasonable suggestions for future trips. Planned trips for the spring include shopping at the Niagara Falls Mall, spending a day in East Aurora which includes shopping at Vidler's and other small stores in the area. We will also have lunch in the area. The Roy Croft Inn is nice but pricey. We will also return to Amish country for a wedding dinner and shopping, take a train ride in Pennsylvania with lunch aboard the excursion and return to the Broadway Market, Market in the Square with lunch at Chef's Restaurant and by popular demand travel to Atlantic City in August. None of the trips listed above have been confirmed but we wanted to give you an idea so you can pick and choose. Please read the newsletter and posters for specifics. We are also considering other incentives for our frequent travelers but we will let you know when decisions have been made. Those members interested in actively participating in the travel club meetings are asked to get in touch with Barb or Carol.

We wish you all a Happy, Healthy New Year. Keep in touch by visiting and sharing your ideas and opinions.

Sincerely,

Barbara Bajdas

Barbara Bajdas, Co-Coordinator

Carol Kozlowski

*Carol Kozlowski, Co-Coordinator
Dunkirk Senior Center*



JANUARY 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Center Closed 	
3	4 9-12 Sign up Super Bowl Chicken/Pork Dinner \$9.00 9:15 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	5 9:30 Aerobics w/Catherine 12:30 Mah Jongg (Library)	6 9:15 Exercise w/Tiffany 10:00 Coffee Hour 1-3 Lake Shore Sr. Mtg.	7 9:30 Aerobics w/Catherine 1-3:30 Painters Club (TV Room)	8 9:15 Exercise w/Tiffany 1:00 Pinochle	9 
10 	11 9:15 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	12 9:30 Aerobics w/Catherine 12:30 Mah Jongg (Library)	13 9:15 Exercise w/Tiffany 10:00 Coffee Hour 4:00 BIG Bingo	14 9:30 Aerobics w/Catherine 10:00 Presque Isle Casino Trip 1-3:30 Painters Club (TV Room)	15 9:15 Exercise w/Tiffany 1:00 Pinochle 	16 
17 	18 Center Closed In Observance of Martin Luther King Day 	19 9:30 Aerobics w/Catherine 12:30 Mah Jongg (Library)	20 9:15 Exercise w/Tiffany 10:00 Coffee Hour 1-3 Lake Shore Sr. Mtg.	21 9:30 Aerobics w/Catherine 1-3:30 Painters Club (TV Room)	22 9:15 Exercise w/Tiffany 1:00 Pinochle	23 
24	25 9:15 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	26 9:30 Aerobics w/Catherine 12:30 Mah Jongg (Library)	27 9:15 Exercise w/Tiffany 10:00 Coffee Hour 	28 9:30 Aerobics w/Catherine 1-3:30 Painters Club (TV Room)	29 9:15 Exercise w/Tiffany 1:00 Pinochle 	30
31						

DUNKIRK SENIOR CENTER CALENDAR OF EVENTS - JANUARY 2016
 YOU MAY VISIT THE CITY WEBSITE AT WWW.CITYOFDUNKIRK.COM



Hours Of Happy Times With Friends And Family
A Bountant Time For Relaxation
P Roeparity
P Lenty Of Love When You Need It The Most
Y Outful Excitement At Lifes Simple Pleasures

N lights Of Restful Slumber
E Verything You Need
W ishing You Love And Light

Y Ears And Years Of Good Health
E Njoyment And Mirth
A Angels To Watch Over You
R Embrances Of A Happy Years!

Happy
New Year
2016



Best Wishes for the New Year!

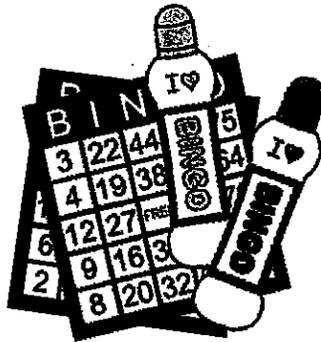
Barbara Bajdas, President

Carol Kozlowski, Vice-President/Secretary

and Board of Directors of the Dunkirk Senior Center

THE DUNKIRK SENIOR CITIZEN'S
BOARD OF DIRECTORS
ARE SPONSORING

BIG BINGO



Wednesday, January 13
Wednesday, February 10

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 the 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 Center
Travel Committee is Sponsoring

PRESQUE ISLE CASINO TRIP

Thursday, January 14, 2016

Cost: \$28.00

Departure Time: 10:00 a.m. from Dunkirk Senior Center

Arrival Time: 11:00 a.m. – 3:30 p.m. at Presque Isle Casino
Enjoy a 4 ½ hour stay playing your favorite slots or tables games.

CASINO Departure: 3:30 p.m.

Estimated arrival time back to Senior Center 4:30 - 5:00 p.m.

Trip Includes:

\$25.00 Slot Bonus

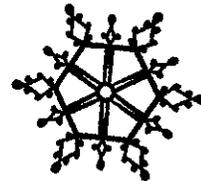
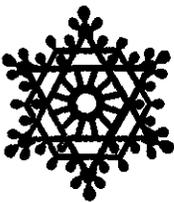
NO Food Allowance

Bus Driver Tip Included

2- \$5.00 Cash Prizes

50/50 Drawing

Goodie Bags



Registration for trip will begin Monday, December 21, 2015
Beginning at 9:00 a.m. until 12:00 noon

The Dunkirk Senior Center
45 Cliffstar Court – Dunkirk, NY 14048

You may sign up one member and one member guest only!!

NOTE: If paying by check, please list the trips destination

PLEASE REMEMBER TO BRING YOUR PRESQUE ISLE GAMING CARD AT TIME OF SIGN UP!!

First Come – First Served – NO Refunds

Martin Luther King, Jr.

His Dream Lives On

*Today is a day we all sing
In Honor of Martin Luther King*

*Wherever people fight to be free
His name is remembered with dignity*

*When black people weren't treated right
He stood strong to lead the fight*

*He fought with love, not guns or darts
He changed peoples' minds and their hearts*

*But some people didn't like his words
He was taken away, to a better world*

*Yet his dream lives on, that all can be free
When we knock down the walls between you and me*

*Martin Luther King's life did not last
But his dream and his spirit are free at last!*

*Martin Luther King Day
Observed January 18, 2016*



SUPER BOWL SUNDAY

BBQ CHICKEN AND PULLED PORK DINNER

Sunday, February 7, 2016

Doors Open at 11:30 a.m.
Dinner Served at 12:00 noon

Price: \$9.00 per member

CATERED BY: WEIDNER BBQ

MENU TO INCLUDE:

1/4 BBQ Chicken
BBQ Pulled Pork on a Kaiser Roll
Buttered Potato Spuds
Coleslaw
Roll & Butter
Dessert - Beverage



50/50 Drawing
Raffles

Sign up will begin Monday, January 4, 2016

Dunkirk Senior Center

45 Cliffstar Court

Dunkirk, NY 14048

366-7530

9:00 a.m. - 12:00 p.m.

EAT IN

TAKE OUT

ADVANCED SALE TICKETS ONLY

All dinners will be provided in take-out containers

First 125 Reservations Accepted

NO REFUNDS

DUNKIRK SENIOR CENTER

45 Cliffstar Court
Dunkirk, New York 14048
716-366-7530

SYRUP & SLOTS

MONDAY, FEBRUARY 15, 2016

Cost of Trip is

\$50.00

PER PERSON

(PRICE INCLUDES BREAKFAST)



SPRAGUE'S MAPLE FARM BREAKFAST & SENECA ALLEGANY CASINO

We're off to Portville, NY for a fantastic breakfast featuring fresh maple syrup at **SPRAGUE'S MAPLE FARM RESTAURANT**. Take a few moments to view the syrup making process while you enjoy breakfast. BREAKFAST INCLUDES PANCAKES WITH EGGS, MEAT & BEVERAGE. After breakfast, we're off to the **SENECA ALLEGANY CASINO** for a fun filled afternoon of gaming. Each passenger receives **\$20.00 SLOT DOLLARS & \$5.00 FOOD VOUCHER** for our five-hour stay.

DEPARTURE TIME: 9:30 A.M. FROM DUNKIRK SENIOR CENTER

RETURN TIME: 7:00 P.M.

TRIP ALSO INCLUDES:

Bus driver tip and breakfast tip

Prizes on the bus, goodie bags and a 50-50 drawing

Registration for the trip will begin on Tuesday, January 5, 2016 from 9:00 a.m. – 12:00 noon weekdays. You may sign up yourself and one (1) member only.

FIRST COME – FIRST SERVED – NO REFUNDS!!



KNOW HOW TOURS

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

Senior Moment

Two elderly women were out driving. Both could barely see over the dashboard. As they were cruising along they came to an intersection. The stoplight was red but they just went on through. The woman in the passenger seat thought to herself, "I must be losing it. I could have sworn we just went through a red light.

A few minutes later they came to another intersection and the light was red again, and again they went right through. This time the woman in the passenger seat was almost sure the light had been red but was really concerned that she was losing it. She was getting nervous and decided to pay very close attention to the road and the next intersection to see what was going on.

At the next intersection, sure enough, the light was definitely red and they went right through. She turned to the other woman and said "Mildred! Did you know we just ran through three red lights in a row! You could have killed us!"

Mildred turned to her and said, "Oh darn, am I driving?"



Do you enjoy playing pinochle?? If you do, why don't you join the Dunkirk Senior Pinochle group that meets on Mondays and Fridays at the Dunkirk Senior Center at 1:00 p.m. It's a great time and it is not expensive. Just \$1.00 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 monthly winners.

High Score for the month of November is Sara Azeez - 2,477

MONDAY AFTERNOON PINOCHLE

November 23, 2015

Jug Jensen	6400
Sara Azeez	6230
Paul Luczkowiak	5550
Betty Korzeniewski	5480
Double Pinochle: Joe Jarvis	

November 30, 2015

Jeanne Hauser	5450
Marian Genovese	5150
Dee Griewisch	4860
Paul Luczkowiak	4780
Double Pinochle: Marian Genovese	

December 7, 2015

Josie Wierczynski	5100
Arlene Griswold	5050
Sara Azeez	4980
Joe Jarvis	4970

December 14, 2015

Sara Azeez	5430
Ed Long	5350
Marian Genovese	5040
Joe Jarvis	5040
Double Pinochle: Betty Korzeniewski	

High Score for the month of NOVEMBER is Dee Griewisch - 2,084

FRIDAY AFTERNOON PINOCHLE

November 27, 2015

Paul Luczkowiak	5380
Arlene Griswold	5270

December 4, 2015

Ed Long	5730
Al Shalkowski	5170
Arlene Griswold	5140

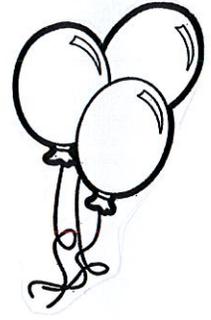
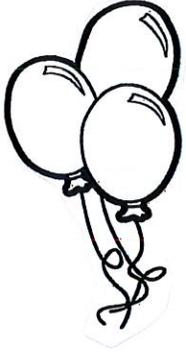
December 11, 2015

Marian Genovese	5310
Arlene Griswold	5160
George Richter	5020



*On the road to success, the rule is to always look ahead.
May you reach your destination, and may your journey be wonderful.
Happy New Year!*

HAPPY BIRTHDAY



January Birthdays

Patricia Frey	(January 2)	Ronald Kaus	(January 17)
Nancy Holbrook	(January 2)	Joann Cruver	(January 18)
David Raynor	(January 2)	Mary DeGolyer	(January 18)
Rose Oyach	(January 4)	Barbara Barberich	(January 20)
Joyce Kleinsmith	(January 5)	Ruth Neal	(January 21)
Dorothy Kornacki	(January 5)	David Davis	(January 22)
Sandra Tapasto	(January 5)	Viola Davis	(January 24)
David VanRensselaer	(January 6)	Thomas Gregoreski	(January 24)
Frederick Piede	(January 7)	Donna Pinto	(January 24)
Donna Brisky	(January 9)	Harry Shelton	(January 24)
Betty Korzeniewski	(January 9)	Valerie Pawlak	(January 25)
Carole Goodman	(January 11)	Donna Danielson	(January 26)
Ed Long	(January 12)	Gloria Pochylski	(January 26)
Cathy Deszcz	(January 13)	Raymond Schrantz	(January 26)
Ted Deszcz	(January 13)	Audrey Miga	(January 28)
Dorothy Hilliker	(January 13)	Joan Gula	(January 31)
Dana Mleczek	(January 16)		

IMPORTANT PHONE NUMBERS

Dunkirk Senior Center.....	366-7530
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.....	268-6030
Lori Dispenza	
CARTS.....	366-4500
Newsletter Coordinator.....	366-9885
Patricia Pleszewski	

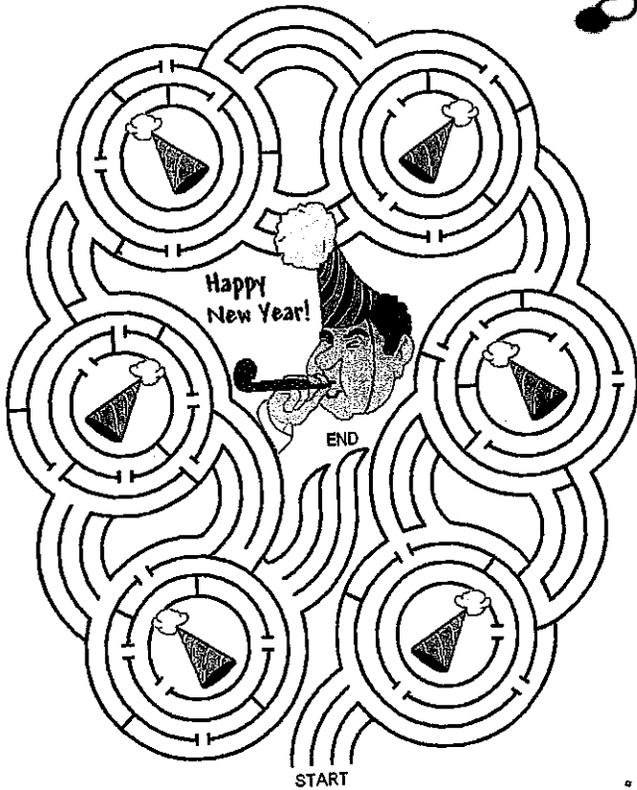
In Loving Memory of Our Senior Citizen Members

Michael J. Maslach (December 12) and Jeanine E. Smith (December 12)

When someone you love becomes a Memory, the memory becomes a Treasure!



New Year's Day Maze



SUDOKU PUZZLE

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

HARD



Answer Key Sudoku Solution

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

WINTER HEALTH NEWS

Seasonal Flu

- As per the NYS Dept. of Health the flu season usually peaks in February but continues through May.
- Seasonal flu is a contagious illness that affects the nose, throat, lungs, and other parts of the body. It can spread quickly from one person to another, can cause mild to severe illness, and, in some severe cases, can lead to death.



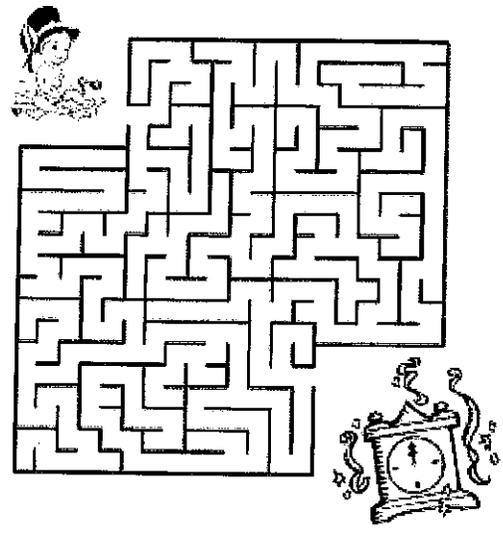
Practice Good Health Habits

- Avoid close contact with people who are sick.
- If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue/napkin when coughing or sneezing.
- Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose, or mouth. Germs are often spread when a person touches something that is contaminated with germs.
- Clean and disinfect frequently touched surfaces at home, work, or school.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

HAPPY NEW YEAR

Word Search

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



TIC-TAC-TOE

- | | | |
|-----------|-----------|------------|
| CALENDAR | HAPPY | KISS |
| CELEBRATE | NEW | MIDNIGHT |
| CLOCK | FIREWORKS | NOISEMAKER |
| CONFETTO | FIRST | PARADES |
| COUNTDOWN | JANUARY | YEAR |

How many words can you make from
HAPPY NEW YEAR!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

