



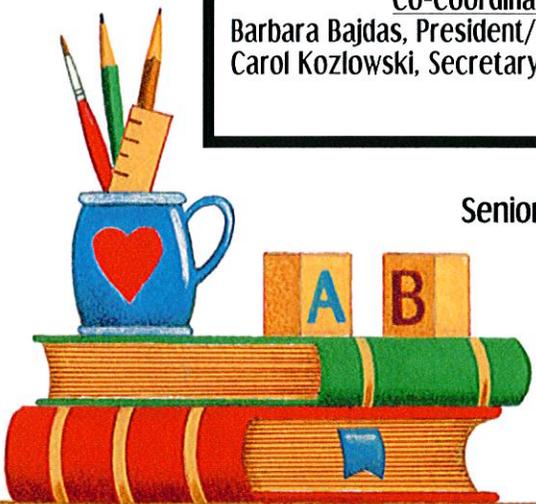
moon © 1 + 2 = 3 SCHOOL TIME A B C

Senior Center Action News



The girls and boys came out to play A B C 1 2 3

Co-Coordinator		Board of Directors	
Barbara Bajdas, President/Vice-President	Carol Kozlowski, Secretary/Treasurer	Nancy Crandall	Robert Sobczak
		Patricia Kibbe	Nancy Woloszyn
		Cheryl Sheedy	



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

September 2014

DOG Jack and Jill went up the hill 4 - 1 = 3 sun

CAT PLAY TIME teacher XYZ



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

A Note From the Coordinators

Dear Members:

Was our summer short or does it just seem that way? We are writing this in anticipation of having had a wonderful time in Atlantic City. We should return refreshed and ready to start our fall season.

There are two trips scheduled for September. On September 8 we will travel to Grove City to shop until we drop. There may be one or two seats left. Confirmation has been received for a trip to Seneca Niagara on September 16. The cost is \$25.00, which includes \$20.00 in free play and a \$5.00 food voucher. Reservations are being accepted now.

In addition to Big Bingo on September 10 we have scheduled an indoor potluck picnic on Sunday, September 14. We will open this event up to the first 75 members that are interested. Admission will be \$2.00 and a dish to pass.

On Wednesday, September 17 the Office of the Aging together with the Senior Citizens are sponsoring a Health Fair and Flu Clinic from 9:00 - 1:00 p.m. at the Senior Center. There will be many vendors and an opportunity to learn more about your health. Exercise class will be cancelled on this day.

In October we will travel to Wheeling, West VA for gaming and entertainment as well as the dog races. There are just a few seats available. The cost is \$187.00 for this 2 day, 1 night trip. Later in the month we plan to visit the Sprague Farms in Allegany Casino in Salamanca.

Monies to repair our parking lot have yet to be released. We continue to be in touch with City Hall. Our next consideration might be a replacement of a hot water heater. Our kitchen tank has served us well for over 20 years.

The insurance companies have scheduled several dates in October and November for open enrollment. If you are interested in attending one of their workshops, please watch the calendar and have your questions ready.

Have a great Labor Day and remember we will be closed that Monday.

Sincerely,

Barbara Bajdas, Co-Coordinator

Carol Kozlowski, Co-Coordinator
Dunkirk Senior Center
Attachment 1

Attachment 1

IMPORTANT DATES TO REMEMBER

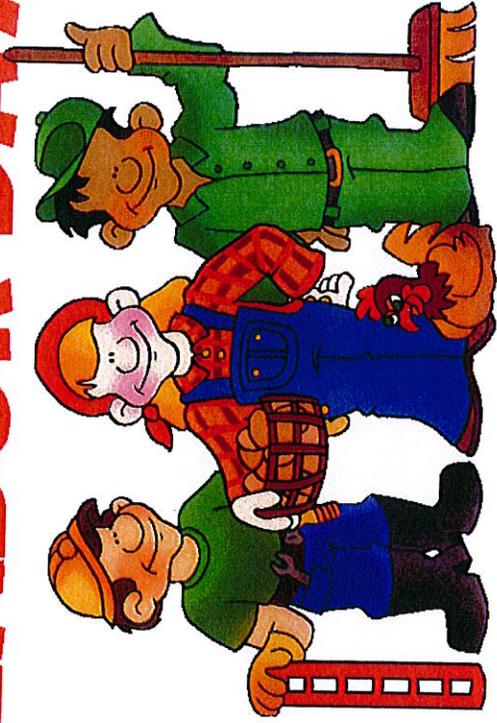
Monday, September 8	Shopping Trip to Grove City – Check out the great sale\$
Wednesday, September 10	BIG Bingo – Great fun filled afternoon with friends
Sunday, September 14	Potluck Dinner – Great variety of foods
Tuesday, September 16	Seneca Niagara Casino – Try your luck! Great fun.
Wednesday, September 17	Dunkirk Senior Health Fair – Stop by and check it out
Wednesday, October 8	BIG Bingo – Great fun filled afternoon with friends
October 20-21 Monday thru Tuesday	Wheeling Island Casino & Live Greyhound Racing Trip

DUNKIRK
FARMER'S
MARKET
Locally Fresh!
WEDNESDAYS 9-2

Located at the Dunkirk Senior Center
45 Cliffstar Court
Dunkirk, New York 14048

LOCAL FARMERS
HOMEGROWN FRUITS, VEGETABLES AND MORE

LABOR DAY



September 1

Welcome
Back To
School!

September 3



SEPTEMBER 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  LABOR DAY Senior Center Closed	2 9:30 Aerobics w/Catherine 12:00 Mah Jongg	3 9:00 Exercise w/Tiffany 9-2 Farmer's Market 10:00 Coffee Hour 1:00 Lake Shore Meeting	4 9:30 Aerobics w/Catherine 10:30 Board Meeting - Library 10-11 Independent Health TV Room	5 9:00 Exercise w/Tiffany	6
7	8 8:00 Grove City Shopping 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	9 9:30 Aerobics w/Catherine 12:00 Mah Jongg	10 9:00 Exercise w/Tiffany 9-2 Farmer's Market 10:00 Coffee Hour 4:00 BIG Bingo	11 9:30 Aerobics w/Catherine	12 9:00 Exercise w/Tiffany	13
14 12:15 	15 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	16 9:30 Aerobics w/Catherine 10:00 Seneca Niagara Casino Trip 12:00 Mah Jongg	17 9-1 Flu Clinic & Health Fair 9:00 Exercise cancelled 9-2 Farmer's Market 10:00 Coffee Hour	18 9:30 Aerobics w/Catherine	19 9:00 Exercise w/Tiffany	20
21	22 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	23 9:30 Aerobics w/Catherine 12:00 Mah Jongg	24 9:00 Exercise w/Tiffany 9-2 Farmer's Market 10:00 Coffee Hour 1:00 Lake Shore Meeting Speaker-County Health Dept.-Debbie Cosme	25 9:30 Aerobics w/Catherine	26 9:00 Exercise w/Tiffany	27
28	29 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	30 9:30 Aerobics w/Catherine 12:00 Mah Jongg				



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

“BIG BINGO”

**Wednesday, September 10
Wednesday, October 8
Wednesday, November 12
Wednesday, December 10**



B	I	N	G	O
5	29	42	52	68
14	17	38	60	75
7	22	FREE SPACE	49	62
13	●	33	46	63
3	27	32	●	73



**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!

The Dunkirk Senior Citizens Center
Board of Directors Are Sponsoring



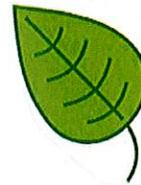
FALL POTLUCK DINNER



Sunday, September 14, 2014



12:15 P.M.



Doors open at 11:30 A.M.

Bring a dish to pass (enough to serve 15-20 people) and \$2.00.
The Center will provide the tableware, hot dogs, and beverage.

We will have a 50-50 drawing and a special prize drawing. This event will be limited to the first 75 members.



Suggested Items to Bring:



Appetizers
Potatoes

Casseroles
Stuffing

Salads
Fruit

Desserts
Soup

At time of sign up please let us know what you plan to bring to avoid multiples of the same dishes.



Sign-up will begin Monday, August 18, 2014

From 9:00 a.m. - 12:00 noon weekdays

The Dunkirk Senior Center
45 Cliffstar Court - Dunkirk, NY



First Come - First Served
NO REFUNDS



Dunkirk Board of Directors
Sponsored Bus Trip to:

SENECA NIAGARA CASINO

Tuesday, September 16, 2014

Cost: \$25.00 per member

Departure Time: 10:00 a.m.

Return Time: Approx. 5:00 – 5:30 p.m.



Trip to include:

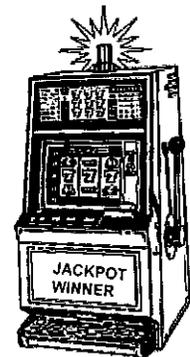
Bus Transportation & Tip

\$20.00 Free Slot Play

\$5.00 Food Voucher

2 - \$5.00 Cash Prizes

Goodie Bags and 50-50 Drawing



Registration for trip will begin Monday, August 18, 2014

The Dunkirk Senior Center

45 Cliffstar Court – Dunkirk, NY

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

You may sign up yourself and one (1) member

**First Come – First Served
No Refunds**

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

Dunkirk Senior Health Fair

When: September 17, 2014

Time: 9AM-1PM

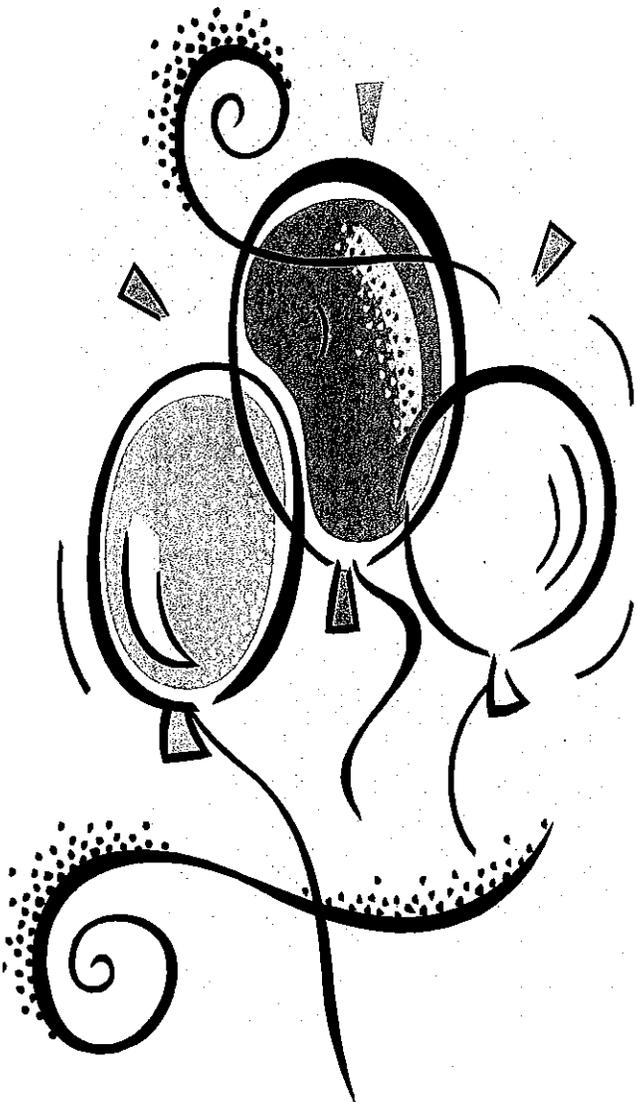
Dunkirk Senior Center

45 Cliffstar Court,

Dunkirk, NY

Why attend? Lots of fun,
great community resources,
*flu shots available, snacks,
falls prevention awareness event,
raffles, prizes and much more...

* Flu shots are free of charge to participants
with eligible insurance. For more information
call (716) 363-6339.



Dunkirk Senior Center
Travel Committee
Presents:

Wheeling Island Casino & Live Greyhound Racing

2 Day – 1 Night Trip



October 20-21, 2014

Cost: \$187.00



Includes: Round Trip Transportation (via Niagara Scenic)
Room Accommodations (one night)
\$50.00 Casino Bonus
One (1) Breakfast
2-\$10.00 Cash Bus Giveaways
Bus Gratuity – Luggage Handling
Prizes & Snacks on the Bus

Departure Time: 8:00 a.m. (Monday, October 20)

One Coffee Break (on your own)

Arrive to Wheeling at 12:30 p.m. – Check into hotel at 3:00 p.m.

Checkout Time: 11:00 a.m. (Tuesday, October 21)

(Balance of Day Gambling)

Depart Wheeling 4:00 p.m. (one stop on way home)

Arriving Back to Senior Center 9:00-10:00 p.m.

Registration for trip will begin Monday, June 2, 2014

Along with a \$50.00 non-refundable deposit

Insurance available at time of sign-up – Cost \$19.00 per person

(Payments due on July 2 - \$65.00 and August 4 - \$72.00)



The Dunkirk Senior Center
45 Cliffstar Court – Dunkirk, NY 14048
(716) 366-7530
9:00 a. m. to 12:00 noon weekdays

First Come – First Served
No Refunds



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

THE TRUTH

Another year has passed and we're all a little older.
Last summer felt hotter and winter seems much colder.
And now I rack my brain for happy thoughts, to put down on my pad,
but lots of things that come to mind, make me kind of sad.

There was a time not long ago when life was quite a blast.
Now I fully understand about . . . "Living in the Past".

We used to go to weddings, football games and lunches.
Now we go to funeral homes and after-funeral brunches.

We used to have hangovers, from parties that were gay.
Now we suffer body aches and while the night away.

We used to go out dining, and couldn't get our fill.
Now we ask for doggie bags, come home and take a pill.

We used to often travel to places near and far.
Now we get sore bottoms from riding in a car.

We used to go to nightclubs and drink a little booze.
Now we stay at home at night and watch the evening news.

That, my friend is how life is,
And now my tale is told.
So, enjoy each day and live it up . . .
before you're too damned old.





THE VERY BEST OLD-TIME REMEDIES

There is much wisdom embedded in old-time remedies. More and more, medical research confirms the value of remedies our grandmothers used instinctively. These old remedies soothe the discomfort of many chronic conditions and can bring relief from troubling maladies while medical science treats the actual disease. Some of the very best potions, nostrums and advise of long ago follow. Some of them are more folklore than fact; some are more fun than useful; others are of immeasurable help. Folklore or fact, fun, useful or helpful, is for you, the reader, to decide.

ARTHRITIS & RHEUMATISM

A coating of lobelia oil will soon calm angry aches in the wrists and fingers. Rub it in and cover with cotton gloves for best results.

Relieve aching in the hands that is caused by arthritis or rheumatism with a shark tooth treatment from the islanders of the South Pacific. Tap puffy, swollen knuckles a dozen or so times with a shark's tooth, making many small punctures. Then, wipe the finger with coconut oil to prevent infection.

Wintergreen oil, if dabbed onto aching knuckles will drive away pain and inflammation.

One popular home remedy for cooling down an attack of arthritis is to take a tablespoon of cod liver oil each day. According to tradition, the very best results are obtained if the oil is stirred into a glass of milk. One must drink the mixture before the oil rises to the top.

Every day, eat a salad sprinkled with olive oil, apple cider vinegar and garlic to stop the swelling and redness of arthritis.

If you carry three potatoes with you at all time pain will not settle in your bones when you are old.

Carry a coffin nail with you, always, and you will not face the aches of rheumatism when you are old.

Never leave the clippings from your hair on the floor because doing so will cause the achy kind of arthritis to settle in your bones when you are old.

Sleep with your feet on a cat and it will absorb your rheumatism. (Honestly now, have you ever tried to get a cat to be this cooperative?)

Getting rid of rheumatism is easy. Simply lay down and go to sleep with a dog. By morning your rheumatism will have taken up residence in the dog. (You may lose your rheumatism but we all know you will get up with fleas!)

WARNING

The information provided on this page is intended as a record of folklore and is not intended as medical advice or for self-treatment. For medical problems, or before beginning diet modification, seek the advice of a qualified medical professional.

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 is Betty Korzeniewski 5770

July 28, 2014

Ray Dudek	5140
Jug Jensen	5140
Sara Azeez	4970
Paul Luczkowiak	4970
Double Pinochle: Marian Genovese	

August 4, 2014

Betty Korzeniewski	5990
Ray Dudek	5820
Phyllis Laurito	5570
Evelyn Ogden	5450

August 11, 2014

Paul Luczkowiak	5820
Arlene Griswold	5600
Sara Azeez	5530
Betty Korzeniewski	5320

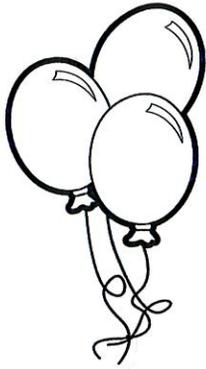
August 18, 2014

Marian Genovese	6200
Paul Luczkowiak	5800
Ray Dudek	5510
Sara Azeez	5370
Double Pinochle: Marian Genovese	

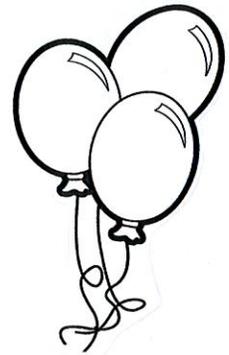


Card Player Quote:

“ Life consists not in holding good cards, but in playing those you hold well”.



HAPPY BIRTHDAY!!



September Birthdays

Dottie McQuiggan	(September 1)	Jane Stevens	(September 14)
Arlene Pachol	(September 2)	Marilyn Nalepa	(September 15)
Paul Butryn	(September 4)	Rosemarie Tomms	(September 15)
Robert Sobczak	(September 4)	Terry Erwin	(September 16)
Katherine Coniglio	(September 5)	Charlotte Kaminski	(September 16)
James Lemanski	(September 5)	Janet Kasprzyk	(September 16)
Daniel Szalkowski	(September 7)	Betty Erick	(September 17)
Evonne Hennebery	(September 8)	Richard Boorady	(September 20)
Clara Weber	(September 8)	Garnet Kszos	(September 20)
Mary Deland	(September 9)	Patricia Smith	(September 20)
Mary Edwards	(September 9)	Tim Smith	(September 20)
Carol Oliveira	(September 10)	Margaret Casey	(September 23)
Iva Vicari	(September 10)	Maria Molina	(September 23)
Michael Maslach	(September 11)	Josephine Vacanti	(September 23)
Karen Westling	(September 11)	Susan Larivey	(September 24)
Rita Gestwicki	(September 12)	Rose Verhague	(September 24)
Cheryl Sheedy	(September 12)	Lucinda Simpson	(September 25)
Gerald Kozlowski	(September 13)	Rosemary Dougherty	(September 26)
Jane Steffan	(September 13)	Sophia Urbanik	(September 26)
Darleen Kawski	(September 14)	Raymond Levandowski	(September 27)
Arlene Lawrence	(September 14)	Charlotte Bube	(September 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
Lori Dispenza	
CARTS.....	366-4500
Newsletter Coordinator.....	366-9885
Patricia Pleszewski	

celebrating LABOR DAY

Word Search



See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2012

- | | | | |
|--------------|------------|--------------|--------------|
| 1. LABOR | 5. WORK | 9. SUMMER | 13. AMERICAN |
| 2. DAY | 6. LONG | 10. NATIONAL | 14. MONDAY |
| 3. HOLIDAY | 7. WEEKEND | 11. USA | 15. DAY |
| 4. SEPTEMBER | 8. ENDING | 12. TRAVEL | 16. OFF |

Crossword Puzzle

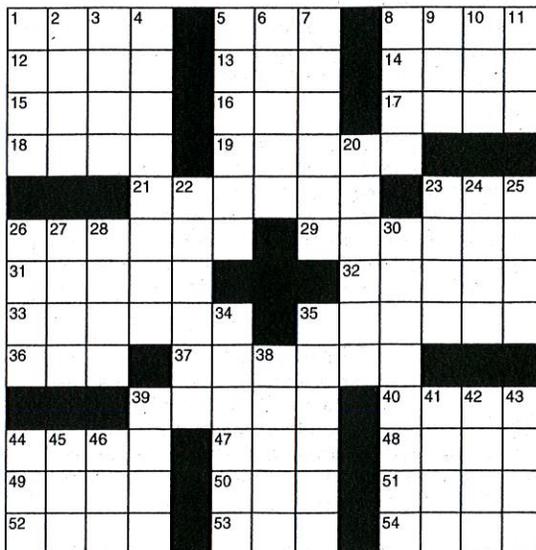
ACROSS

1. Talk back
5. Constricting snake
8. Inclined walkway
12. Butterlike product
13. Incipient omelet
14. Stone for most Libras
15. Friable soil
16. Juicy thirst-quencher
17. Wet with morning droplets
18. Strike from print
19. Taut
21. From where
23. Astern
26. Bacon measure
29. Complain
31. Sacrificial table
32. Sheer fabric
33. Language gender
35. Pry
36. Range of knowledge

DOWN

1. Vended
2. Medicinal shrub
3. Aquatic mammal
4. Slightly
5. Baker's tool
6. Utah city
7. Bureau
8. Was a passenger
9. King Kong, e.g.

10. Animal's mouth
11. Tissue layer
20. Usher, e.g.
22. As a result of this
23. Between
24. Topped
25. Birch or poplar
26. Social standing
27. Nautical position
28. Confound
30. Mild
34. Discharged a debt
35. Liquefied
38. Staged mockery
39. You, to Shakespeare
41. Mystique
42. Provoke
43. Cousin of billiards
44. Head movement
45. Tokyo sash
46. Beau, to Lloyd



LABOR DAY



LABOR DAY WORD SCRAMBLE

- BRLAO _____
- MPCGIAN _____
- CPISNIC _____
- YMDOAN _____
- RKWOSER _____
- NUOINS _____
- NCOCTAIUOP _____
- BEERQAUB _____
- LAHYDIO _____
- TOOCKUO _____
- CINAVTOA _____
- MEBPETRSE _____
- HEEPSSEC _____
- TUNAUM _____
- AYDFOF _____
- RDAEPA _____



If a task is once begun,
never leave it till it's done.

Be the labor great or
small, do it well or not
at all.



A PENCIL MAKER TOLD THE PENCILS 5 IMPORTANT LESSONS JUST BEFORE PUTTING THEM IN THE BOX:

- 1.) Everything you do will always leave a mark.
- 2.) You can always correct the mistakes you make.
- 3.) What is important is what is inside of you.
- 4.) In life, you will undergo painful sharpenings, which will only make you better.
- 5.) To be the best pencil, you must allow yourself to be held and guided by the HAND that holds you.



WORD SCRAMBLE ANSWERS: LABOR, CAMPING, PICNICS, MONDAY, WORKERS, UNIONS, OCCUPATION, BARBEQUE, HOLIDAY, COOKOUT, VACATION, SEPTEMBER, SPEECHES, AUTUMN, DAY OFF, PARADE

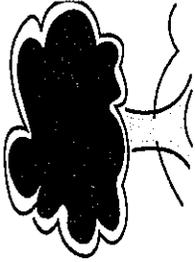
CHAUTAQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

FOR RESERVATIONS CALL 363-3844
LUNCH SERVED AT 11:30 A.M.

HOT

SEPTEMBER 2014 - Hot **Noon** Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>8</p> <p>#2 Chicken Drumsticks Scalloped Potatoes California Vegetables Bread Cake/ M: No icing (Margarine)</p>		<p>3</p> <p>Mild Italian Sausage w/ Peppers & Onions on Roll, Corn Stewed Tomatoes with Zucchini, Muffin (Margarine & Mustard)</p>		<p>5</p> <p>Sloppy Joe on Bun Green Bean Casserole Potato Salad, Fruit Chocolate Milk/ M: White</p>
<p>15</p> <p>Spaghetti & Meatballs Broccoli, Juice Bread, Peaches (Margarine, Parmesan Cheese, Dressing)</p>		<p>10</p> <p>Hawaiian Chicken Rice Carrots Bread Fruited Gelatin (Margarine)</p>		<p>12</p> <p>Salisbury Steak with Gravy Mashed Potatoes Beets, Bread Pie / M: Fruit (Margarine)</p>
<p>22</p> <p>Goulash California mixed Vegetables Fruit Punch Corn Bread Cookies/ M: Diet (Margarine)</p>		<p>17</p> <p>Chicken Cordon Bleu Mashed Potatoes Green Beans, Bread Cake / M: No Icing (Margarine)</p>		<p>19</p> <p>BBQ Pork on Bun Carrots Coleslaw Baker's Choice Dessert (Margarine)</p>
<p>29</p> <p>Chicken Fingers Sweet Potato Nuggets Green Beans Juice, Bread Cake/M: no icing (Ketchup)</p>		<p>24</p> <p>Swedish Meatballs in Gravy over Noodles Zucchini Orange Juice, Biscuit Pudding/M: Diet (Margarine)</p>		<p>26</p> <p>Vegetable Lasagna Broccoli Garlic Roll Toss Salad Cookie (Margarine & Dressing)</p>
				

COLD

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

SEPTEMBER 2014 - Alternate COLD **Noon** Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
 September				
8 Cold Cut Sub w/ Cheese Pasta Vegetable Salad Fruit Cake / M: No icing (Mayonnaise / Italian)		3 Sliced Turkey Croissant Marinated Vegetables Fruit, Muffin (Mayonnaise & Margarine)		5 Tuna Salad Sandwich Potato Salad Juice Baker's Choice Dessert Chocolate Milk/M: White
15 Sliced Turkey Sandwich 3-Bean Salad Fruit Brownie/M: Diet Pudding (Mayonnaise)		10 Seafood Salad Croissant Coleslaw Gelatin Fruit		12 Chicken Salad Sandwich Chick Pea Salad Fruit Cocktail Pie / M: Apple Slices
22 Chef Salad Cucumber Salad Roll, Juice, Cookie (Margarine & Dressing)		17 Tuna Salad Sandwich Macaroni Salad Fruit Cake / M: No icing		19 Sliced Turkey Sandwich Green Pea Salad Applesauce Baker's Choice Dessert (Mayonnaise)
29 Seafood Salad Croissant Pasta Vegetable Salad Juice, Fruit		24 Cottage Cheese Peaches & Pears Muffin Pudding/M: Diet (Margarine)		26 Ham Salad Sandwich 3-Bean Salad Pears Cookie