Senior Center Action News

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

Board of Directors
Barbara Barberich
Nancy Crandall
Irene Christopher
Julian Niedbalski
Delphine Woloszyn

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

October 2013

DUNKIRK SENIOR CENTER

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

September 24, 2013

A Note From The President:

As fall approaches we still have many good memories of our recent trip to Atlantic City. Our hotel, probably a little too big for most seniors was absolutely beautiful. The large variety of food was delicious and the entertainment was superb. We could not have asked for a better trip. Plans for our 2014 trip are in the making and we hope you will consider joining us.

Our fall season is full of activity, so please check your monthly calendars often. With so many events and sign up dates I have decided to attach a simplified schedule for your information. (Attach 1)

Due to some recent scheduling problems, all reservations for trips and galas will be handled in the following manner:

1. All travelers and attendees must be a member.
2. Reservations will be made on a first come first served basis. Numbers will not be used because they have unfortunately been misused in the past.
3. For all events, a member may purchase their ticket and <u>one</u> ticket for their partner. Their partner must also be a member.
4. Tickets are non-refundable.
5. Tickets can only be given or sold to another member.
6. Tickets presented by non-members will not be honored.

We are sorry to have to adopt these rules, but fairness must prevail or membership is not valid.

The 2014 membership cards will be available beginning November 4. City of Dunkirk residents will continue to pay $1.00 per year. All others must pay $5.00 per year. We are trying very hard to keep prices affordable with this nominal fee but we will visit this issue each year.

Our "Big Bingo" sessions are becoming very popular. Since there are no reservations for bingo it is difficult for the cook to determine how many lunches to prepare. Therefore, as of this month we will only provide food for the first sixty players. Others may attend but will not be guaranteed a meal. A new version of "Big Bingo" is "Towel Bingo". Thank you to the members who have donated towels.

Early insurance enrollments have been scheduled at the Center from October 10 – December 6. Independent Health, United Health, and Blue Cross and Blue Shield will have representatives at the Center on the dates noted on the monthly calendar.

In closing, I would like to encourage your continued participation and input for the Center to remain "The Hub" it has become. Many ideas that are presented cannot be realized due to a lack of volunteers but I promise to always listen and try my best. Happy Halloween!

Sincerely,

Barbara Bajdas

Barbara Bajdas, President
Dunkirk Senior Center

BB/pjp

Attachment I

Important Dates

Date	Event	Cost	Sign Up Date
10-10-13	CVS- Flu Shots at Center 11 a.m.- 2:00 p.m.	Bring your Insurance Card	Oct. 10, 2013
10-13-13	October Sunday Gala Turkey Dinner	$4.00	Sept. 23, 2013
10-14-13	Center Closed – Columbus Holiday		
10-15-13	Seneca Niagara Casino $20.00 free play/$5.00 food	$25.00	Waiting List Available Only
10-16-13	Big Bingo		
10-24-13	"The Drawer Boy" Play Springville, NY and Dinner at Ponderosa Bus Departing at 12:00 noon	$25.00	Sept. 9, 2013
11-4-13	2014 Membership Cards Available. City Residents All Others	 $1.00 $5.00	
11-10-13	November Sunday Gala	$4.00	Oct. 28, 2013
11-14-13	Turkey Trot Casino Trip Presque Isle - $30.00 Free Play	$25.00	Sept. 16, 2013
11-20-13	Big Bingo		
12-5-13	Salamanca Casino Sha-Na-Na Christmas Show $20.00 Free Play/$10.00 Food	$31.00	Sept. 16, 2013
12-8-13	December Sunday Gala	$4.00	Nov. 25, 2013

OCTOBER 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 Aerobics w/Catherine 12:00 Mah Jongg	2 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	3 9:30 Aerobics w/Catherine	4 9:00 Exercise w/Tiffany	5
6	7 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	8 9:30 Aerobics w/Catherine 12:00 Mah Jongg	9 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	10 9:00 Dk. Senior Board Mtg. 9:30 Aerobics w/Catherine 11-2 Flu Shots—CVS	11 9:00 Exercise w/Tiffany 10-4 Independent Health Open Enrollment	12 GALA PREP
13 SUNDAY GALA 	14 Columbus Day Center Closed	15 9:30 Aerobics w/Catherine 11:30 Casino Niagara Trip 12:00 Mah Jongg 2-4 Aging Services RSVP Scams/Identity Theft Speaker—Bill Tucker	16 9:00 Exercise w/Tiffany 10:00 Coffee Hour 4:00 BIG Bingo	17 9:30 Aerobics w/Catherine	18 9:00 Exercise w/Tiffany 1-4 United Health Open Enrollment	19
20	21 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle 1:00 AARP Meeting in Conf. Room	22 9:30 Aerobics w/Catherine 12:00 Mah Jongg	23 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	24 9:30 Aerobics w/Catherine	25 9:00 Exercise w/Tiffany 10-4 Independent Health Open Enrollment	26
27 12:00 Springville Bus Trip "The Drawer Boy" and Dinner at Ponderosa	28 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	29 9:30 Aerobics w/Catherine 11-4 Blue Cross/Blue Shield Open Enrollment 12:00 Mah Jongg	30 9:00 Exercise w/Tiffany 10:00 Coffee Hour—Cider and Donuts 1:00 Lake Shore Sr. Mtg.	31 9:30 Aerobics w/Catherine HAPPY HALLOWEEN 		

DUNKIRK SENIOR CENTER CALENDAR OF EVENTS - OCTOBER 2013

VISIT THE CITY WEBSITE AT WWW.CITYOFDUNKIRK.COM

HAPPY
HALLOWEEN

Chautauqua County

Office for the Aging

Health Insurance Workshop

WHEN: Wednesday, October 9th

TIME: Starting at 11:30am

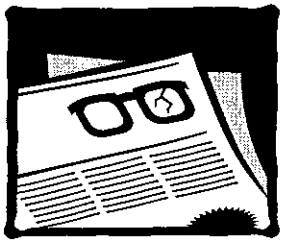
WHERE: Masonic Hall, Route 20, Fredonia

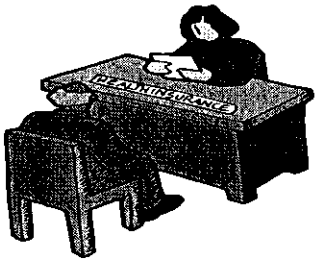
WHO: "Community Resources"

Brief presentation by Health Insurance Company Representatives

EPIC Outreach

Representatives will be available for one-on-one counseling.

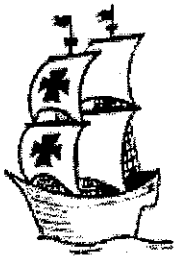




Columbus Day – Observed the Second Monday of October - October 14th

In 1492

In fourteen hundred ninety-two
Columbus sailed the ocean blue.

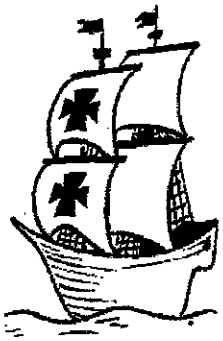


He had three ships and left from Spain;
He sailed through sunshine, wind and rain.

He sailed by night; he sailed by day;
He used the stars to find his way.

A compass also helped him know
How to find the way to go.

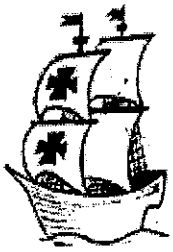
Ninety sailors were on board;
Some men worked whiled others snored.



Then the workers went to sleep;
And others watched the ocean deep.

Day after day they looked for land;
They dreamed of trees and rocks and sand.

On October 14th their dreams came true,
You never saw a happier crew!



Indians! Indians! Columbus cried;
His heart was filled with joyful pride.

"You can never cross the ocean unless you have the courage to lose sight of the shore."

- Christopher Columbus -

Gala Sunday

Sunday, October 13, 2013

Menu Featuring:

Roast Turkey with Stuffing
Mashed Potatoes w
Gravy Sauce
Dessert
Coffee

SOLD OUT

Doors open at 11:00 a.m.
Lunch served at 12:15 p.m.

Hors D'oeuvres...Punch...Bingo...Cards...Prizes

Cost: $4.00 per member

Sign-up will begin on Monday, September 23, 2013
Dunkirk Senior Center
45 Cliffstar Court
Dunkirk, New York 14048
(716) 366-7530
9:00 a.m. - 12:30 p.m. weekdays

First 100 Reservations Accepted
No Refunds

THE DUNKIRK SENIOR CITIZEN'S BOARD OF DIRECTORS

ARE SPONSORING

"BIG BINGO"

Wednesday, October 16 (Cash $)
Wednesday, November 20 (Towel & Cash)

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 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

FALL TRIP
SPRINGVILLE CENTER FOR THE ARTS

MATINEE PERFORMANCE
(2:00 p.m. – 4:00 p.m.)
"The Drawer Boy"

Based on a true story of events from the 1970's. The story introduces Miles, a young Toronto actor who visits the Ontario farm of Morgan and Angus, two fifty-something World War II vets, to research farm life for an original play. The two farmers, friends since childhood, live in an uneasy balance which Miles senses. Angus, nicknamed the drawer boy because of his artistic skills, was brain damaged during the war and has lost his memory. Morgan, tough-minded, stubborn and protective of Angus, has an old story he uses to calm Angus. Miles sees the story as worthy of being central to the play he is helping to write. But the story has its own surprises, and in Miles' conversion of life into theatre, a powerful transformation is released which brings an affirmation of the power of art to heal and restore.

Sunday, October 27, 2013

Cost: $25.00 per member

Departure Time: 12:00 p.m.
Return Time: Approx. 6:30 p.m.

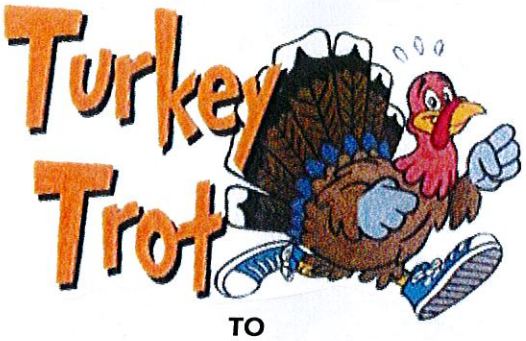
Trip will include:
Theatre Ticket
Bus Transportation & Driver Tip
Buffet Dinner at Ponderosa including tax & tip
2-$5.00 Bus Drawings
- Goodie Bags – Fun – Prizes -

Registration for trip will be begin Monday, September 9, 2013
You may sign up yourself and one (1) member only

The Dunkirk Senior Center
45 Cliffstar Court – Dunkirk, NY
9:00 a. m. to 12:00 noon weekdays

First Come – First Served
NO REFUNDS

Dunkirk Senior Board of Directors
Are Sponsoring a



TO

PRESQUE ISLE CASINO

(Run, Walk or Trot To Your Favorite Gaming Machine)

Cost: $25.00 per member

Thursday, November 14, 2013

Departure Time: 11:30 a.m.
Returning Time: 7:00 p.m.

Trip will include:
Bus Transportation & Driver's Gratuity
$35.00 Free Casino Play
No Food Allowance
Prizes & Raffles
2 - $5.00 Bus Drawings

MUST BRING YOUR PLAYER CLUB CARD WHEN REGISTERING

Registration for trip will begin Monday, September 16, 2013
The Dunkirk Senior Center
45 Cliffstar Court – Dunkirk, NY
9:00 a.m. – 12:00 noon weekdays
You may sign up yourself and one (1) member

MUST BRING YOUR GAMING CARD AT TIME OF SIGN UP
OR PICK UP APPLICATION CARD IN THE OFFICE

First Come – First Served
NO REFUNDS

Dunkirk Senior Citizens
Board of Directors
Are Sponsoring a

SENECA ALLEGANY CASINO TRIP

AND

SHA-NA-NA HOLIDAY SHOW

Thursday, December 5, 201[illegible]

Cost: $31.00 per [illegible]

SOLD OUT

D[illegible]ure [illegible] 11:[illegible] a.m.

[illegible] Approx. 7:30 p.m.

Trip to include:

Bus Transportation & Tip
Reserved Ticket for 1:30 p.m. Matinee Performance
$20.00 Free Slot Play
$10.00 Comp. Points (Redeemable for dining or retail)
2 - $5.00 Cash Prizes
Goodie Bags & Christmas Surprises

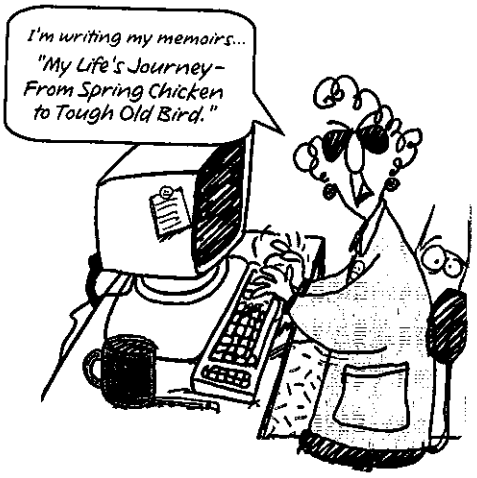
Registration for trip will begin Monday, September 16th
The Dunkirk Senior Center
45 Cliffstar Court – Dunkirk, NY
9:00 a. m. to 12:00 noon weekdays
You may sign up yourself and one (1) member

First Come – First Served
No Refunds

A Senior Moment is just a Wrinkle in Time

Preferred Definitions

NO:	YES:
Wrinkles	Laugh lines
Gray hair	Symbol of authority
Sagging anatomy	Fresh new body configuration
Slowing down	Living mindfully
Hard of hearing	Selective listening
Senior moment	Innovative response to a given situation
Mind gone blank	Moment of deep reflection
Forgetful	Able to let go of the past
Aging hippie	Person who possesses a youthful spirit
Geezer rocker crooning an old hit	Entertainer who knows good music
Old stuff	Collectors' items worth a lot of money
Old story repeated a dozen times	Wisdom gained from long experience
The way they do it now	The right way



HAPPY BIRTHDAY!!

October Birthdays

Charlene Abbey	(October 1)	Shirley Tilberg	(October 18)
Phyllis Steinberg	(October 1)	Anita Golubski	(October 19)
Linda Gillson	(October 2)	John Johnson	(October 19)
Jim Schnarrs	(October 5)	Art Casella	(October 20)
Cathy Pagett	(October 8)	Carmela Frame	(October 21)
Madeline Colicchia	(October 9)	Linda Hodorowicz	(October 21)
Daniel Jakubowicz	(October 10)	Nancy Pilarski	(October 21)
Nancy Nocek	(October 10)	Barbara Carver	(October 22)
Beatrice Price	(October 11)	Dolores Dudek	(October 22)
Sara Azeez	(October 14)	Mary Zachary	(October 22)
Susan Johnson	(October 14)	Erika Abram	(October 25)
Thomas Lokietek	(October 15)	Nancy Larson	(October 25)
Teresa Lotter	(October 15)	Jean Wilt	(October 25)
Victoria Stelmack	(October 15)	Joseph Wisniewski	(October 25)
Fritz Worosz	(October 16)	John Reardon	(October 26)
David Noves	(October 18)	Gerald Haase	(October 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
CARTS..... 366-4500
Newsletter Coordinator..... 366-9885
Patricia Pleszewski

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 August: Jenny Kubera 6150

August 19, 2013

Ray Dudek	5440
Emily Wilcox	5340
Betsy Standera	5220
Joni Bernett	5020
Jeanne Hauser	4970

Double Pinochle: Nancy Jones

August 26, 2013

Ed Long	5670
Arlene Griswald	5420
Jeanne Hauser	5400
Gert Majka	5250
Ray Dudek	5210

Double Pinochle: Ed Long

September 9, 2013

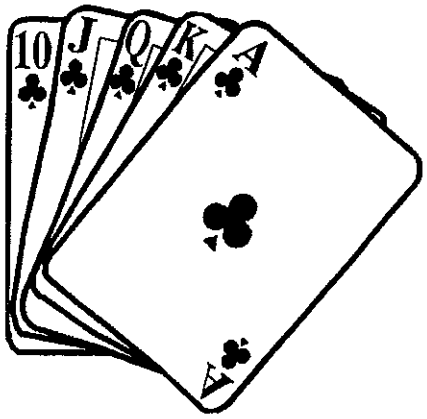
Emily Wilcox	5330
Arlene Griswald	5270
Ray Dudek	5110
Jenny Kubera	4980

Double Pinochle: Betty Korzeniewski

September 16, 2013

Ed Long	5620
Arlene Griswald	5390
Gert Majka	5390
Gertie Syper	5220
Dee Griewisch	5050

Double Pinochle: Ed Long

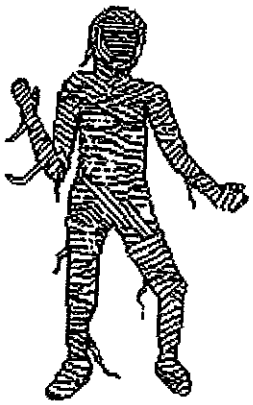


Pinochle Players Quote:

"Life is like a hand of cards. You have to play the hand you're dealt, you can't win by folding, and sometimes you must take chances in order to win."

Author Unknown

THE ULTIMATE HALLOWEEN WORD SEARCH



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

BATWINGS	FROGEYES	LIZARDFEET	SKELTON
BLACKCAT	GHOSTS	MOANS	SPIDER
BONES	GHOUL	MONSTER	SPIRITS
BROOM	GOBLINS	MOON	SPOOKY
CALDRON	GRAVE	MUMMY	TOMBSTONE
COFFIN	GROANS	NIGHT	TRICK OR TREAT
COSTUMES	HALLOWEEN	OWL	VAMPIRE
CREEPY	HAUNTED	POTIONS	WEBS
CRYPT	HOOT	PUMPKIN	WEREWOLF
DRACULA	HOWL	SCARY	WITCH
FRIGHTEN	JACKOLANTERN	SCREECH	ZOMBIE

Halloween Jokes

Q: What do you call a ghost with a broken leg?

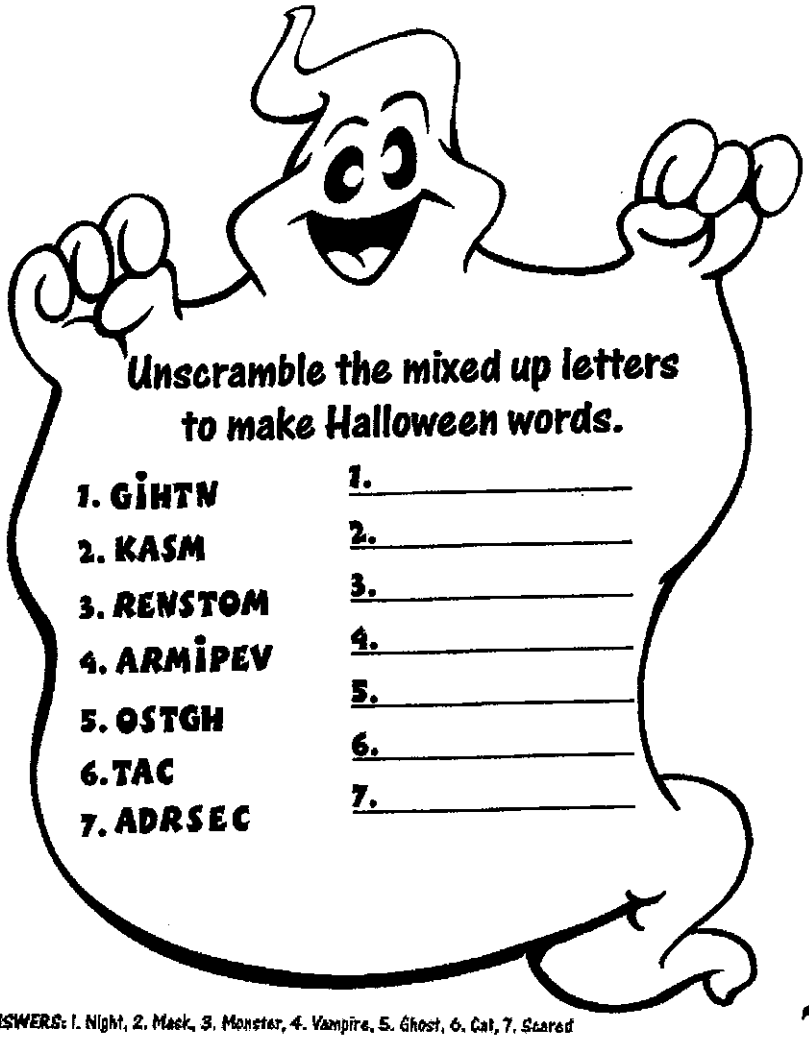
A: A hoblin goblin.

Q: What does a skeleton order at a restaurant?

A: Spare ribs.

Q: Why do ghosts like to ride elevators?

A: It raises their spirits.



ANSWERS: 1. Night, 2. Mask, 3. Monster, 4. Vampire, 5. Ghost, 6. Cat, 7. Scared

SUDOKU PUZZLE

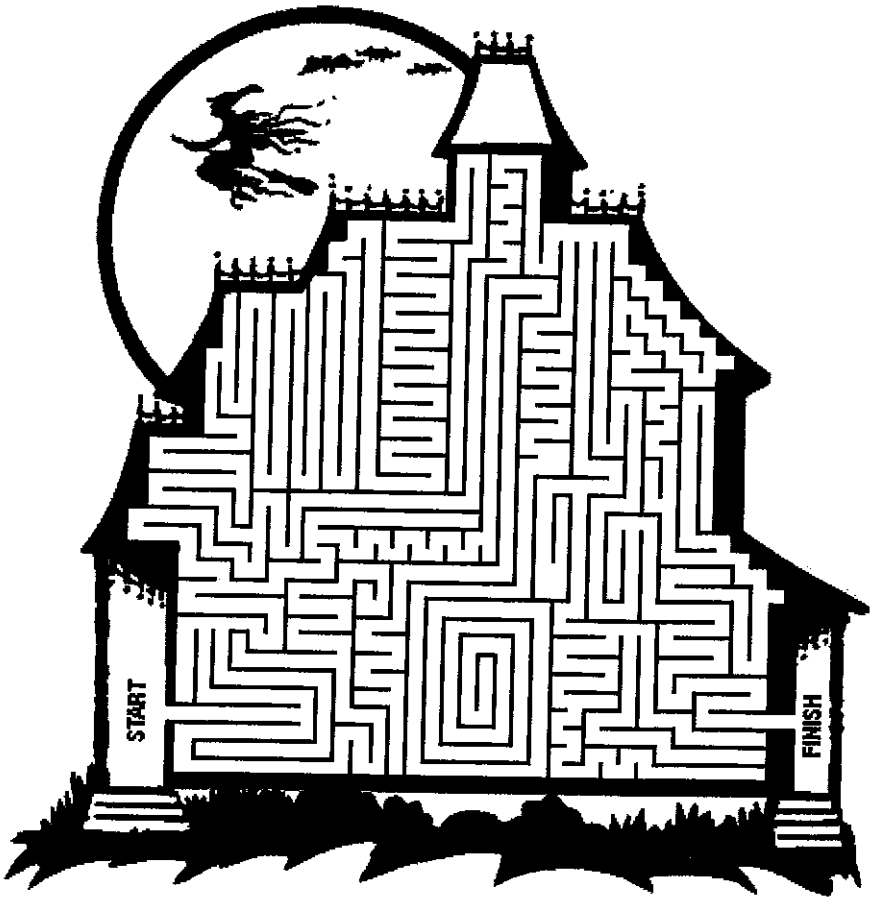
			4	5			6	3
9	4	1	3					
	3				2	4	7	9
8		4			1		3	
				9				
	2		6			8		1
3	8	9	7				1	
					3	9	8	6
4	5			1	8			

Answer Key

Sudoku Solution

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

Amazing Haunted House



HOT

CHAUTAUQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

CALL 363-3844 FOR RESERVATIONS

OCTOBER 2013 - Hot Noon Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
		2 Chicken Noodle Casserole Apple Slices Mixed Vegetables Bread **(Margarine)**		4 Hawaiian Chicken Buttered Rice Oriental Vegetable Muffin Fruit
7 Italian Meatballs Rotini Pasta w/ Sauce Italian Beans, Juice, Bread Cookie/M: Diet **(Margarine)**		9 Baked Ham Scalloped Potatoes Green Beans, Bread Cake/M: No Icing **(Margarine)**		11 Stuffed Chicken Breast w/gravy Mashed Potato Spinach, Bread Brownie/M: Graham Square **(Margarine)**
OFA SITES CLOSED 14 Stuffed Cabbage Casserole Peas Muffin, Fruit Cup **(Margarine)**		16 Chicken Ala King Corn Biscuit, Juice 24-Hour Dessert **(Margarine)**		18 Turkey w/ Gravy Stuffing Winter Squash Juice, Cranberry Sauce Apple Pie/M: Fruit
21 Vegetable Lasagna Spinach Garlic Roll Juice Pudding/M: Diet **(Margarine)**		23 Goulash Carrots Biscuit Applesauce **(Margarine)**		25 Spaghetti & Meatballs Italian Vegetables Bread, Toss Salad Pudding /M: Diet **(Margarine, Dressing & Parmesan Cheese)**
28 Baked Fish Creamed Cubed Potatoes Peas w/ Onions , Bread Cake /M: No Icing Chocolate Milk/M: White **(Tartar Sauce, Margarine)**		30 Macaroni & Cheese Stewed Tomatoes Juice Muffin **(Margarine)**		

COLD

CHAUTAUQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

CALL 363-3844
FOR RESERVATIONS

OCTOBER 2013 - Alternate COLD Noon Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
		2 Egg Salad Sandwich Mixed Vegetable Salad Juice Cake /M: no icing		4 Bologna & Cheese Sandwich Potato Salad Fruit, Gelatin **(Mustard)**
7 Chicken Salad Sandwich Fresh Carrots w/Ranch Dressing Juice Cookie /M: Diet **(Ranch Dressing)**		9 Roast Beef Sandwich Marinated Vegetables Fruit Cake /M: no icing **(Horseradish Sauce)**		11 Tuna Salad Sandwich 3-Bean Salald Fruit Brownie/M: Graham Square
OFA SITES CLOSED 14 Cold Cut Sub Cucumber Salad Fruit, Cookie **(Italian Dressing)**		16 Seafood Salad Croissant Coleslaw Fruit Dessert		18 Egg Salad Sandwich Pickled Beets Juice Pie /M: Fruit
21 Peanut Butter & Jelly Sandwich Fruited Gelatin Juice Pudding/M: Diet		23 Salami & Cheese Sandwich Potato Salad Applesauce Gelatin **(Mustard)**		25 Chicken Salad Sandwich Tossed Salad Fruit Pudding/M: Diet **(Dressing)**
28 Sliced Ham & Swiss Sandwich, Juice, Fruit Cake / M: No icing Chocolate Milk/M: White **(Mustard)**		30 Tuna Salad Sandwich Coleslaw Juice Fruit		