



Senior Center Action News



Co-ordinators

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

Board of Directors

Barbara Barberich
Nancy Crandall
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Delphine Woloszyn

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

December 2013



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

December, 2013

A Note From The President:

On behalf of the Dunkirk Senior Board of Directors I would like to extend the warmest of holiday greetings to each of you. Our Center is truly blessed to have you as a member. We are especially grateful for all of our volunteers and donors who help make our Center welcoming and successful. May this season be filled with joy and delight for you and those you love.

The Senior Center Action News (SCAN) monthly publications new distribution process worked well in November and will continue until further notice. December's newsletter will be ready for pickup on Monday, November 25th. Reservations for the December 8 Gala will begin on Monday, November 18th. The January newsletter will be distributed beginning December 23rd.

The Center will be closed on November 28 and 29 so everyone can enjoy the Thanksgiving Holiday.

On December 5, 84 of our members will be traveling to Salamanca for a Christmas show featuring SHA NA NA followed by a little fun and frolic at the casino. For those who would like to travel after Christmas, we are sponsoring a trip to Presque Isle on December 30. Departure time will be 10:00 a.m. A few tickets are still available at the cost of \$25.00.

Take extra care in checking the December calendar of events. There are some changes due to holiday events. The Center will be closed on December 24th & 25th.

I am proud to announce that we have already enrolled 258 seniors for 2014. Stop in to renew your membership today. All members require a current membership card to participate in any activity sponsored by the Center.

Finally as 2013 comes to a close, may the miracle of Christmas bring PEACE to our world. Merry Christmas and Happy New Year!

Sincerely,

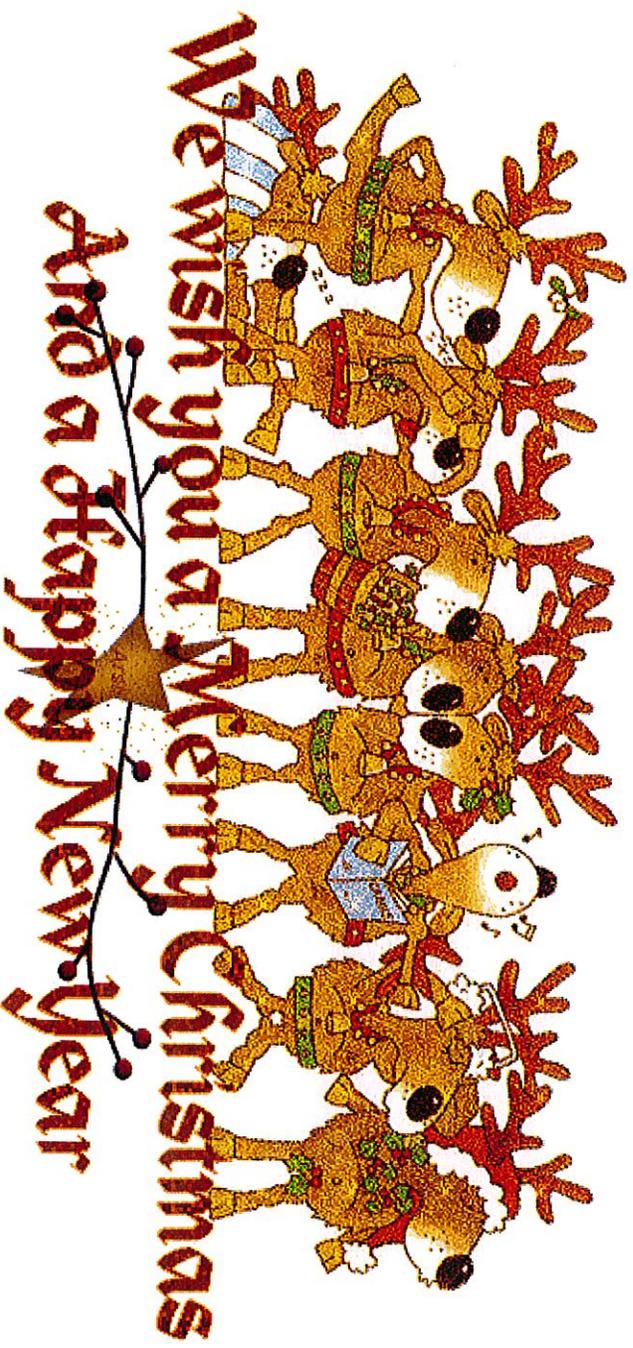
Barbara Bajdas, President
Dunkirk Senior Center

BB/pjp

DECEMBER 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	3 9:30 Aerobics w/Catherine 12:00 Mah Jongg—Library	4 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	5 9:30 Aerobics w/Catherine 11:30 Sha-Na-Na Christmas Show at the Allegany Casino	6 9:00 Exercise w/Tiffany 10-4 Final Open Enrollment - Independent Health	7 GALA PREP
8 GALA SUNDAY	9 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	10 9:30 Aerobics w/Catherine 12:00 Mah Jongg—Library	11 9:00 Exercise w/Tiffany 10:00 Coffee Hour 4:00 Lake Shore Senior Party-Kosciuszko Club	12 9:00 Dk. Senior Board Mtg. 9:30 Aerobics w/Catherine	13 9:00 Exercise w/Tiffany	14
15	16 9:00 Exercise w/Tiffany 10:00 Coffee Hour 11:00 Lunch Site Christmas Party (see menu) 1:00 Pinochle	17 9:30 Aerobics w/Catherine 12:00 Mah Jongg—Library	18 9:00 Exercise w/Tiffany 10:00 Coffee Hour 5:00 Volunteer Recognition at Dom Polski	19 9:30 Aerobics w/Catherine	20 9:00 Exercise w/Tiffany 10:30 Maple Grove Student Visit - Lunch Site	21
22	23 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	24 Center Closed Christmas Eve 	25 Center Closed Merry Christmas!! 	26 Aerobics w/Catherine is <u>CANCELLED!</u>	27 9:00 Exercise w/Tiffany	28
29	30 10:00 Presque Isle Casino 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	31 9:30 Aerobics w/Catherine 12:00 Mah Jongg—Library New Years Eve! 	JANUARY 1, 2014 HAPPY NEW YEAR! 			

DUNKIRK SENIOR CENTER CALENDAR OF EVENTS - DECEMBER 2013
VISIT THE CITY WEBSITE AT WWW.CITYOFDUNKIRK.COM



We wish you a Merry Christmas
And a Happy New Year

From: **Barbara & Carol**

And the Board of Directors:

Barb, Nancy, Irene, Julian and Delphine

Gala Sunday

Sunday, December 8, 2013

Lunch served at 12:15 p.m.

Menu Featuring:



Chicken and Biscuits

Cranberry Sauce

Salad

Dessert

Coffee/Tea

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

Doors open at 11:00 a.m.

Cost: \$4.00 per member

Sign-up will begin Monday, November 18, 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

Menu Subject to Change

Dunkirk Senior Board of Directors
Are Sponsoring a

Count Down To The New Year



PRESQUE ISLE CASINO TRIP

Cost: \$25.00 per member
Monday, December 30, 2013

Departure Time: 10:00 a.m.
Returning Time: 5:00 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

Registration for trip will begin Monday, November 4, 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



Top 10 Holiday Safety Tips

ESFi



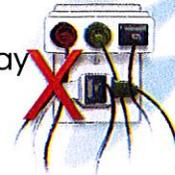
1. Inspect electrical decorations for damage before use.

Cracked or damaged sockets, loose or bare wires, and loose connections may cause a serious shock or start a fire.



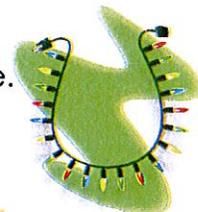
2. Do not overload electrical outlets.

Overloaded electrical outlets and faulty wires are a common cause of holiday fires. Avoid overloading outlets and plug only one high-wattage appliance into each outlet at a time.



3. Never connect more than three strings of incandescent lights.

More than three strands may not only blow a fuse, but can also cause a fire.



4. Keep tree fresh by watering daily.

Dry trees are a serious fire hazard.



5. Use battery-operated candles.

Candles start almost half of home decoration fires (NFPA).



6. Keep combustibles at least three feet from heat sources.

A heat source that was too close to the decoration was a factor in half of home fires that began with decorations. (NFPA).



7. Protect cords from damage.

To avoid shock or fire hazards, cords should never be pinched by furniture, forced into small spaces such as doors or windows, placed under rugs, located near heat sources, or attached by nails or staples.



8. Check decorations for certification label.

Decorations not bearing a label from an Independent testing laboratory such as Underwriters Laboratories (UL), Canadian Standards Association (CSA) or Intertek (ETL) have not been tested for safety and could be hazardous.



9. Stay in the kitchen when something is cooking.

Unattended cooking equipment is the leading cause of home cooking fires (NFPA).



10. Turn off, unplug, and extinguish all decorations when going to sleep or leaving the house.

Unattended candles are the cause of one in five home candle fires. Half of home fire deaths occur between the hours of 11:00 p.m. and 7:00 a.m. (NFPA)



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



Now THAT I'm OLDER AND Wiser. . . .

- ❖ There's always a lot to be thankful for if you make time to look for it. For example, I'm sitting here thinking how nice it is that wrinkles don't hurt.
- ❖ When I'm feeling down, I like to whistle, it makes the neighbor's dog that barks all the time run to the end of his chain and gag himself.
- ❖ If you can't be kind, at least have the decency to be vague.
- ❖ A penny saved is a government oversight.
- ❖ The older you get, the tougher it is to lose weight, because by then your body and your fat are really good friends.
- ❖ The easiest way to find something lost around the house is to buy a replacement.
- ❖ He who hesitates is probably right.
- ❖ If you can smile when things go wrong, you have someone in mind to blame.
- ❖ Birthdays are good for you; the more you have, the longer you live.
- ❖ How long a minute is depends on what side of the bathroom door you're on.
- ❖ If ignorance is bliss, why aren't more people happy?
- ❖ Most of us go to our grave with our music still inside of us.
- ❖ If Wal-Mart is lowering prices every day, how come nothing is free yet?
- ❖ You may be only one person in the world, but you may also be the world to one person.
- ❖ Some mistakes are too much fun to only make once
- ❖ Don't cry because it's over: smile because it happened.
- ❖ A truly happy person is one who can enjoy the scenery on a detour.

*We make a living by what we get,
but we make a life by what we give.*

-Winston Churchill



HAPPY BIRTHDAY!!



December Birthdays

Patricia Halas	(December 1)	Helen Kuzara	(December 21)
Sylvia Krystofik	(December 1)	Gertie Syper	(December 21)
Rita Ott	(December 3)	Joan Vicari	(December 21)
Joseph Serio	(December 3)	Robert Deszcz	(December 23)
Carol Ahlstrom	(December 4)	Marvin Marsh	(December 23)
Pat Cash	(December 4)	Sarah Gorczynski	(December 25)
Angie Leone	(December 4)	Betty Klawon	(December 26)
Ann Budniewski	(December 9)	Paul Luczkowiak	(December 26)
Wanda Sobczak	(December 9)	Darlene Calarco	(December 28)
Walter Swiech	(December 9)	Ardene Lesch	(December 29)
Deborah Hamlin	(December 10)	Audrey McGill	(December 29)
Sue Huch	(December 10)	Louise Cavalier	(December 30)
Barbara Eckenrode	(December 13)	Nancy Crandall	(December 30)
Janet Guenther	(December 13)	Margaret Pokoj	(December 30)
Kenneth Biondo	(December 15)	Jacqueline Thomson	(December 30)
Denise Griggs	(December 18)	Anne Spencer	(December 31)
Maryann McCoy	(December 20)	Karlene Taylor	(December 31)
Mildred Jankowski	(December 21)		

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 October: Marion Genovese 6430

October 28, 2013

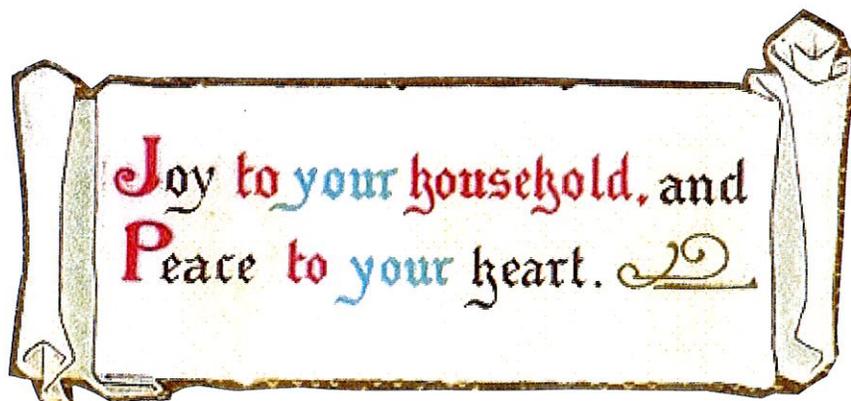
Marian Genovese	6430
Emily Wilcox	5490
Jeanne Hauser	5430
Joe Jarvis	5150
Ed Long	5140
Gertie Syper	4910
Double Pinochle:	Joe Jarvis

November 4, 2013

Jeanne Hauser	5810
Arlene Griswald	5620
Josie Wierczynski	5590
Betty Korzeniewski	5020
John Johnson	5010
Double Pinochle:	Nancy Crandall

November 18, 2013

Jeanne Hauser	5370
Ed Long	5340
Helen Barone	5260
Josie Wierczynski	5060
Jean Kubera	5020



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

Simple joys, little pleasures

Laughter and smiles in big measures.

Friends, family, togetherness, love. . .

The choicest blessings from above.

Peace, prosperity and happiness too. . .

All these and more are my wishes for you!

Merry Christmas!



HAVE YOU BEEN
NAUGHTY OR
NICE?



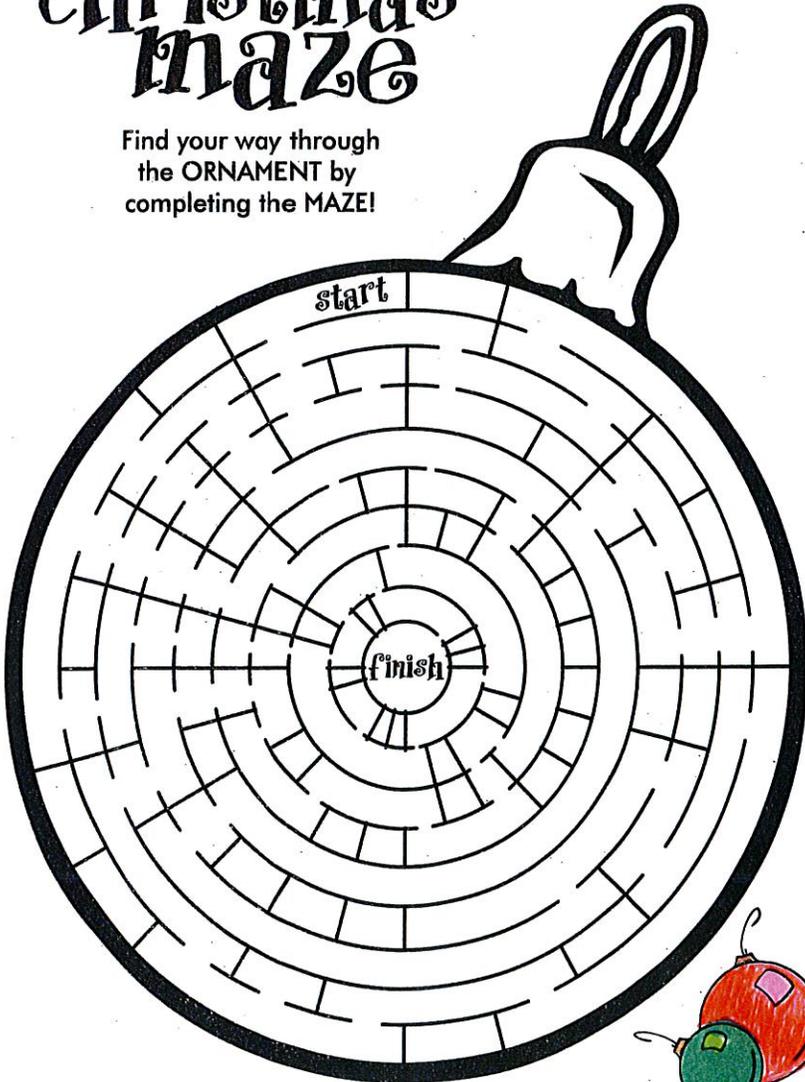
SUDOKU PUZZLE

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



christmas maze

Find your way through the ORNAMENT by completing the MAZE!



Q: What do snowmen eat for breakfast?

A: Snowflakes.

Q: Why is prancer always wet?

A: Because he is a rain-deer!

Q: What is the first thing elves learn in school?

A: The "elf"-abet!



SUDOKU SOLUTION:

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



Santa's Workshop North Pole

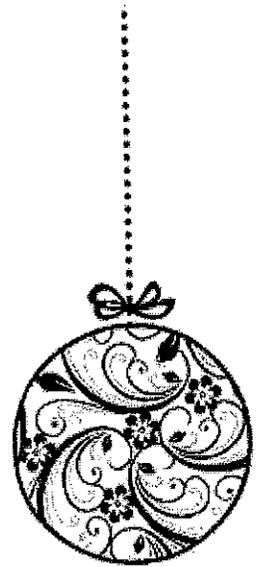


P O A Y F T P F W F H R B Y S F W M G I
 J K M X O W O R K S H O P F G R Z O R M
 F W D B C G C D A Q M T Y R A C A O C T
 N E M A G I C A L C N S L G S O Q Q B C
 N F I K X S P N A T B Z Y V F W M I V X
 U X U O H I C U E S P Q W E T D U G S W
 N S F C E V L N O R T H P O L E S S A E
 Q G B Z W F M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

BLIZZARD
 COLD
 DECEMBER
 ELVES
 ENCHANTING

HOME
 MAGICAL
 MRS CLAU
 MUSIC
 NORTH POLE

SANTA
 SNOW
 WARM
 WONDERLAND
 WORKSHOP



UNSCRAMBLE THE CHRISTMAS WORDS

- | | | | |
|------------|-----------|--------------|-----------|
| dreernei | 1. _____ | srenpset | 11. _____ |
| loljy | 2. _____ | trsa | 12. _____ |
| tcksoign | 3. _____ | tS. lhNisoca | 13. _____ |
| atsna | 4. _____ | semuo | 14. _____ |
| sgliht | 5. _____ | gleish | 15. _____ |
| selve | 6. _____ | pdorulh | 16. _____ |
| welsfnsoak | 7. _____ | creDemrbe | 17. _____ |
| nsonremta | 8. _____ | malify | 18. _____ |
| lbsub | 9. _____ | koswphro | 19. _____ |
| ropcnpo | 10. _____ | litens | 20. _____ |

Christmas Unscramble Answers:

reindeer, jolly, stocking, santa, lights, elves, snowflakes, ornaments, bulbs, popcorn, presents, star, St. Nicholas, mouse, sleigh, rudolph, December, family, workshop, tinsel

CALL 363-3844

FOR RESERVATIONS
LUNCH SERVED AT 11:30 A.M.

CHAUTAUQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

HOT
DECEMBER 2013 - Hot Noon Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Beef Stew Winter Squash Biscuit, Tomato Juice Pudding/M: Diet (Margarine)</p>		<p>4 Shepherd's Pie w/ Mashed Potatoes Zucchini & Tomatoes Cornbread, Fruit (Margarine)</p>		<p>6 Italian Meatballs Rotini Pasta w/ Sauce Italian Beans, Juice, Bread Cookie/M: Diet (Margarine)</p>
<p>9 Meatloaf w/ Gravy Mashed Potatoes Beets Bread, Fruit Chocolate Milk / M: White (Margarine)</p>		<p>11 Chili Carrots, Cornbread, Juice, Crackers Pudding /M: Diet (Margarine)</p>		<p>13 Stuffed Cabbage Casserole Peas Muffin Fruit Cup (Margarine)</p>
<p>Christmas Party 16 Pork Roast w/ Gravy Mashed Potatoes Red Cabbage Bread, Applesauce (Margarine)</p>		<p>18 Beef Cubes in Gravy over Noodles Broccoli, Roll, Fruit Chocolate Milk/M: White (Margarine)</p>		<p>20 Italian Lasagna Carrots Garlic Roll Juice Pudding/M: Diet (Margarine)</p>
<p>23 Salisbury Steak w/Gravy Mashed Potatoes Broccoli Bread, Cookie (Margarine)</p>		<p><i>Merry Christmas</i></p>		<p>27 Baked Fish Creamed Cubed Potatoes Peas w/ Onions, Bread Cake /M: No Icing Chocolate Milk/M: White (Tartar Sauce, Margarine)</p>
<p>30 Polish Sausage w/ Sauerkraut Mashed Potatoes Mixed Vegetables, Bread Cookie/M: Diet (Margarine)</p>		<p><i>December</i></p>		<p>Happy New Year!</p>

COLD

DECEMBER 2013 - Alternate COLD Noon Menu

CHAUTAQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Sliced Ham Sandwich Green Pea Salad Fruit Pudding/M: Diet (Mustard)</p>		<p>4 Sliced Turkey Corn Relish, Fruit Baker's Choice (Mayonnaise)</p>		<p>6 Chicken Salad Sandwich Fresh Carrots w/Ranch Dressing Juice Cookie /M: Diet (Ranch Dressing)</p>
<p>9 Seafood Salad on Croissant Coleslaw Fruit Chocolate Milk/M: White</p>		<p>11 Sliced Turkey w/ Cheese Sandwich Pasta/Veg. Salad Juice, Fruit (Mayonnaise)</p>		<p>13 Cold Cut Sub Cucumber Salad Fruit, Cookie (Italian Dressing)</p>
<p>16 Cold Meatloaf Sandwich Fruit, Pasta Veg. Salad Cookies / M: Diet (Ketchup)</p>		<p>18 Ham Salad Sandwich Potato Salad Fruit Chocolate Milk /M: White</p>		<p>20 Peanut Butter & Jelly Sandwich Fruited Gelatin Juice Pudding/M: Diet</p>
<p>23 Sliced Turkey Sandwich Carrot Raisin Salad Fruit Cookie/M: Diet (Mayonnaise)</p>	MERRY CHRISTMAS			<p>27 Sliced Ham & Swiss Sandwich, Juice, Fruit Cake / M: No icing Chocolate Milk/M: White (Mustard)</p>
<p>30 Cold Meatloaf Sandwich Tomato Juice Applesauce Baker's Choice (Ketchup)</p>		