



Senior Center Action News


*Merry
Christmas*

Co-Coordinators

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

Board of Directors

Patricia Kibbe Robert Sobczak
Peggy Napoli Nancy Wołoszyn
Cheryl Sheedy

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

DECEMBER 2015



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



"So this is Christmas, and what have you done? Another year over, a new one's just begun. And so this is Christmas, I hope you have fun. The near and the Dear ones, the old and the young. A very Merry Christmas and a Happy New Year, let's hope it's a good one without any fear." – John Lennon

Dear Members:

2015 was a busy year and a good year at the Dunkirk Senior Center. We are very proud of our accomplishments and grateful to the City of Dunkirk for their support of the center and its members. We thank God for each other, for our skilled staff, for our responsible Board of Directors, and most of all for our loyal members and volunteers.

Your annual dues are vital to the success of our organization. Because most seniors have limited incomes, we try to keep the cost of our activities as reasonable as possible. Dues are our only source of income so it is very important that all persons who participate in our events do in fact become members. Effective immediately, dues must be paid prior to signing up for any senior center sponsored activity.

Congratulations are extended to the newly elected officers of the Lake Shore Senior Citizens. They are Stella Michalak, President; Sara Azeez, Vice President; Betty Korzeniewski, Treasurer and Jeanne Hauser, Recording Secretary. Their meetings will be held on the first and third Wednesday of each month rather than weekly beginning in the new year.

Much effort is spent on communication at the center. The newsletter is available for pickup the last week of each month. However, activities are often scheduled on short notice so the best way to be currently informed is to come into the center, read the flyers on the bulletin board and speak with the coordinators.

The last event scheduled for 2015 is Big Bingo on December 9. Scheduled dates into the new year are January 13 and February 10.

Our 2015 Travel Club was a success with 176 members participating. In 2016 all members traveling with us from January 1 to May 31 will earn one point for each trip they take. Each point will be worth \$1.00, which can be used on any trip taken between June and December of 2016. Points cannot be redeemed for cash and must be used by December 31.

On Thursday, January 14 we will be traveling to Presque Isle Casino. The cost is \$28.00, which includes a \$25.00 free play bonus. Signup will begin on Monday, December 21 at 9:00 a.m. We have tentatively scheduled a trip to Sprague's Maple

Farms and Allegany Casino on February 15. More specifics will be communicated when finalized.

The smaller buses seem to work out well for destinations other than casino trips. We are anxious to hear where you would like to go and will do our very best to make it happen.

Yes - another year over - somehow a little sad but may the warmth of friends at the Senior Center renew your spirits this Christmas and throughout the new year.

Warmest Wishes!

Barbara Bajdas

Barbara Bajdas, Co-Coordinator

Carol Kozlowski

*Carol Kozlowski, Co-Coordinator
Dunkirk Senior Center*





DECEMBER 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 Aerobics w/Catherine 12:30 Mah Jongg (Library) 1-4 Blue Cross/Blue Shield (Last Day)	2 9:15 Exercise w/Tiffany 10:00 Coffee Hour 1-3 Lake Shore Sr. Mtg. (Last Day)	3 9:30 Board Meeting 9:30 Aerobics w/Catherine 12-4 Independent Health (Last Day) 1-3:30 Painters Club -TV Rm.	4 9:15 Exercise w/Tiffany 1:00 Pinochle	5
6 11:30—2:30 Christmas Party Music by the KoKoMo Band	7 9:15 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	8 9:30 Aerobics w/Catherine 9:30 Seneca Allegany Casino Trip 12:30 Mah Jongg (Library)	9 9:15 Exercise w/Tiffany 10:00 Coffee Hour 4:00 BIG Bingo	10 9:30 Aerobics w/Catherine 1-3:30 Painters Club- TV Rm.	11 9:15 Exercise w/Tiffany 1:00 Pinochle	12
13	14 9:15 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	15 9:30 Aerobics w/Catherine 12:30 Mah Jongg (Library)	16 9:15 Exercise w/Tiffany 10:00 Coffee Hour 1-3 Lake Shore Senior Christmas Party	17 9:30 Aerobics w/Catherine 9-12 Bring in Cookies 1-3:30 Painters Club-TV Rm.	18 9-12 Pick Up Cookies 9:15 Exercise w/Tiffany 1:00 Pinochle	19
20	21 9:15 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle Winter begins brrrr!	22 9:30 Aerobics w/Catherine 12:30 Mah Jongg (Library)	23 9:15 Exercise w/Tiffany 10:00 Coffee Hour	24 SENIOR CENTER CLOSED CHRISTMAS EVE	25 SENIOR CENTER CLOSED CHRISTMAS DAY	26
27	28 9:15 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	29 9:30 Aerobics w/Catherine 12:30 Mah Jongg (Library)	30 9:15 Exercise w/Tiffany 10:00 Coffee Hour	31 9:30 Aerobics w/Catherine 1-3:30 Painters Club-TV Rm.		





Wishing you a Merry Christmas!

It's Beginning To Look A Lot Like

CHRISTMAS

Sunday, December 6, 2015

Cost \$2.00 per member

Music Provided by the *Kel*

From 11:00 a.m. to 1:00 a.m.

SOLD OUT

which will be provided

50-50 Drawing and Special Raffle

Sign-up will begin on Monday, November 2, 2015

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 only!

First 100 Ticket Sales Only

First Come - First Served - No Refunds



Dunkirk Board of Directors
Are Sponsoring a

**CUSTOMER APPRECIATION
SENECA ALLEGANY
HOLIDAY CASINO TRIP**

Tuesday, December 8, 2015

Cost: \$25

Departure: 8:15 a.m.
Dunkirk Senior Center: 3:45 p.m.
Dunkirk Senior Center: 5:00 p.m.

SOLD OUT

Trip to Include:

Bus Transportation

\$30.00 Free Slot Play Bonus

FREE Lunch Buffet

2 - \$5.00 Cash Prizes on the Bus
Goodie Bags and a 50-50 Drawing



Registration for trip will begin Monday, October 19, 2015

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

THIS WILL BE THE LAST CHANCE TO REDEEM YOUR TRAVEL POINTS!!

First Come - First Served
No Refunds

Santa's Pet Safety Tips

- Fire and burns can be a threat to pets. Holiday hazards include lit candles, potpourri pots, and fireplaces. Always keep your pets away from these things.
- If you have a real Christmas tree, make sure your pets cannot drink the water from the stand. Check around the tree often for fallen needles. Sharp pine needles can cause pain and harm to your pet's stomach if swallowed.
- Do not use tinsel on your tree. Your pets could become sick from or choke on the tinsel.
- Wrapping paper, ribbons, and bows can also cause stomach problems in pets if chewed or swallowed. Be sure to throw these away soon after opening gifts.
- Many holiday plants (poinsettia, holly, mistletoe) are poisonous to animals. Keep these plants away from your pets.
- Keep holiday foods in secure containers and out of reach of your pets. Eating the wrong foods can make your pet very sick.
- Keep candy, especially chocolate, away from your pets. Many ingredients in candy can be toxic, even deadly, to pets.



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

BIG BINGO



Wednesday, December 9

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.

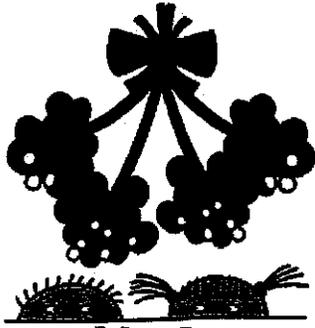
Please bring your own daubers if you have them!



and
suddenly
there was with
the **angel**
a multitude of the
heavenly host praising
and saying *glory*
to God in the highest and on
Earth **peace** goodwill toward
men

Luke 2:13-14

Santa's Winter Science Page



© Santa-T.com

Mistletoe Facts

Mistletoe isn't just a decoration to inspire kisses. It is a real plant that gives food, shelter, and nesting places for many birds, butterflies, and mammals. Mistletoe grows on the branches of trees and shrubs. In fact, the American mistletoe's scientific name, *Phoradendron*, means "thief of the tree" in Greek. When its seed lands on a tree, the mistletoe sends out roots into the tree that steal some of the tree's nutrients. It doesn't kill the tree, though. The mistletoe's berries are food for many birds, such as doves, bluebirds, and robins.

Snowflake Facts

You probably already know that no two snowflakes are alike. But did you know that scientists think there are five different shapes of snow crystals? What shape a snowflake is depends on what the temperature was when the snowflake was formed. The five shapes, in order from the coldest to the warmest, are:



dendrites, which are branching, tree-like figures



six-pointed stars



hollow columns shaped like a six-sided prism



long, needle shapes



thin and flat six-sided plates

Temperature also determines the size of snowflakes. The colder it is outside, the smaller the snowflakes. Most snowflakes are less than one-half inch across. The largest snowflake ever recorded was 15 inches across.

Important Winter Weather Terms:

Frost/Freeze Warning: Below freezing temperatures may be coming soon.

Winter Weather Advisory: Cold temperatures, frost and/or snow are expected soon.

Winter Storm Watch: A big winter storm could develop in your area sometime soon.

Winter Storm Warning: A strong winter storm has started or will start very soon.

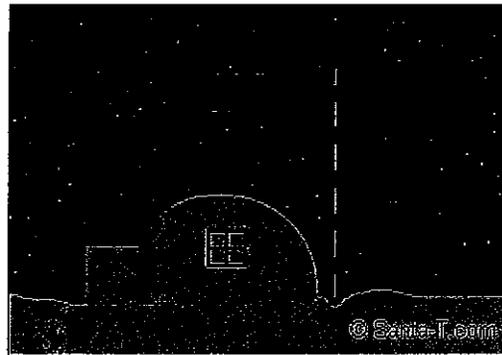
Blizzard Warning: Lots of snow with strong winds. The very cold temperatures and blowing snow can make it dangerous to be outside.

Snow Flurries: Light snow falling off and on. The snow probably will not stay on the ground.

Snow Showers: Light to heavy snow falling off and on. Some build up of snow on the ground is possible.

Freezing rain: Rain that freezes when it hits the ground. Freezing rain can coat streets and sidewalks with slippery ice.

Sleet: Rain that freezes in to small ice pellets before reaching the ground. Sleet can also coat streets and sidewalks with ice making them slippery.

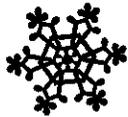


North Pole Weather

Polar Day and Polar Night

At the North Pole the sun starts rising around March 21 and doesn't start setting until around September 21. This very long cycle of day and night in the arctic is caused by the tilt of the earth's axis as the earth orbits the sun.

The Polar Night is when it is dark 24 hours a day. This happens every winter when the sun does not rise above the horizon. During the summer the opposite happens, the sun stays above the horizon 24 hours a day. This is called the Polar Day. Sometimes it is called the Midnight Sun.



Dunkirk Senior Center
Travel Committee is Sponsoring

PRESQUE ISLE CASINO TRIP

Thursday, January 14, 2016

Cost: \$28.00

Departure Time: 9:00 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

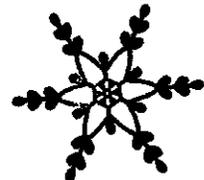
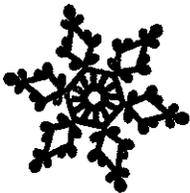
NO Food Allowance

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

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!!



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

Helpful Holiday Diet Tips

1. If no one sees you eat it, it has no calories.
2. If you drink a diet soda with a candy bar, they cancel each other out.
3. If you eat standing up, it doesn't count!
4. STRESSED is just DESSERTS spelled backwards.
5. If you eat the food off of someone else's plate, it doesn't count.
6. Cookie pieces contain no calories because the process of breakage cause calorie leakage.
7. Food used for medicinal purposes have no calories. This includes: any Chocolate used for energy, brandy, cheesecake, and Haagen-Daz Ice Cream.
8. When eating with someone else, calories don't count if you both eat the same amount.
9. Movie-related foods are much lower in calories simply because they are a part of the entertainment experience and not part of one's personal fuel. This includes: Milk Duds, popcorn with butter, Junior Mints, Snickers, and Gummi Bears.

JUST REMEMBER....

JANUARY IS RIGHT AROUND THE CORNER!!





**STAR PROGRAM – the filing date for the City of Dunkirk is May 1, 2016,
this date applies to the City of Dunkirk Only.**

Enhanced STAR

Who needs to apply?

Residents who are turning 65 in 2016 and have a total household income of \$84,550 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 **New York State Income Tax** 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

Basic STAR

Who needs to apply?

Residents under the age of 65 who have purchased a house in the City of Dunkirk after May 1, 2015. Home owners that have never received the Basic STAR Exemptions or Seniors 65 and older that do not qualify for the Enhanced Star Program.

What do I need to apply?

All you need to do is fill out an application.

Is there an income limit for the Basic Star Exemption?

Total house hold income must be less than \$500,000

These exemptions are available on your primary residence only.

If you have any questions please call the Assessor's Office at 366-9836 or 366-9846

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 OCTOBER is Jeanne Hauser – 1,519

MONDAY AFTERNOON PINOCHLE

October 26, 2015

Ray Dudek	5460
Helen Barone	5420
Jeanne Hauser	5330
Ed Long	5220
Double Pinochle: Josie Wierczynski	

November 2, 2015

Ed Long	5610
Evelyn Ogden	5590
Paul Luczkowiak	5580
Jeanne Hauser	5420
Double Pinochle: Marian Genovese	

November 9, 2015

Marian Genovese	5080
Ray Dudek	4980
Sara Azeez	4930
Double Pinochle: Ray Dudek	

November 16, 2015

Arlene Griswold	5520
Josie Wierczynski	5360
Ray Dudek	5270
Joe Jarvis	5240

High Score for the month of OCTOBER is Betty Korzeniewski – 2,566

FRIDAY AFTERNOON PINOCHLE

October 23, 2015

Marian Genovese	5510
Dee Griewisch	5490
Josie Wierczynski	5420

October 30, 2015

Betty Korzeniewski	6020
George Richter	5630
Paul Luczkowiak	5380
Double Pinochle: Arlene Griswold	

November 6, 2015

Dee Griewisch	5660
George Richter	4970
Al Shalkowski	4880
Double Pinochle: Betty Korzeniewski	

November 13, 2015

Paul Luczkowiak	5150 (tie)
Marian Genovese	5150 (tie)
Betty Korzeniewski	5130
Double Pinochle: Sara Azeez	

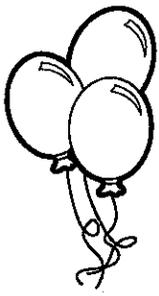
November 20, 2015

Arlene Griswold	5170
Paul Luczkowiak	5100 (tie)
Dee Griewisch	5100 (tie)

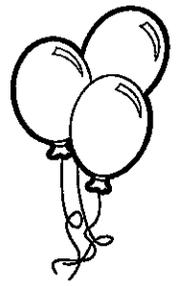
HO-HO-HO

What GREAT card players we have at the Center!





December Birthdays



Sylvia Krystofik	(December 1)	Helen Burt	(December 17)
Peter Adam	(December 2)	Arlene Griswold	(December 17)
Barbara Burtner	(December 2)	Amy McGavis	(December 18)
Nancy Kelly	(December 2)	Carl Waclawski	(December 19)
John Lakas	(December 3)	Rosamond Burns	(December 21)
Carol Ahlstrom	(December 4)	Joan Vicari	(December 21)
Pat Cash	(December 4)	Robert Deszcz	(December 23)
Angeline Leone	(December 4)	Carol Hatfield	(December 24)
MaryAnn Panepinto	(December 4)	Sophie Tenamore	(December 24)
Catherine Tell	(December 6)	Sarah Gorczynski	(December 25)
Corrine Crehan	(December 7)	Stephan George	(December 25)
Nancy Klyczek	(December 8)	Geraldine Grace	(December 26)
Sarah Little	(December 8)	Elizabeth Klawon	(December 26)
Audrey Miga	(December 8)	Paul Luczkowiak	(December 26)
Diane Berek	(December 9)	Jeannine Peterson	(December 26)
Wanda Sobczak	(December 9)	Jeanette Feigle	(December 28)
Walter Swiech	(December 9)	Sandra Barone	(December 29)
Sue Huch	(December 10)	Ardene Lesch	(December 29)
Loretta Rider	(December 11)	Alberta Lockett	(December 29)
George Civiletto	(December 12)	Audrey McGill	(December 29)
Barbara Eckenrode	(December 13)	Nancy Crandall	(December 30)
Janet Guenther	(December 13)	Patricia Crockett	(December 30)
Terry Kye	(December 13)	Margaret Pokoj	(December 30)
Kenneth Biondo	(December 15)	Jacqueline Thomson	(December 30)

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

Carolyn Jean Schmidt (October 28)

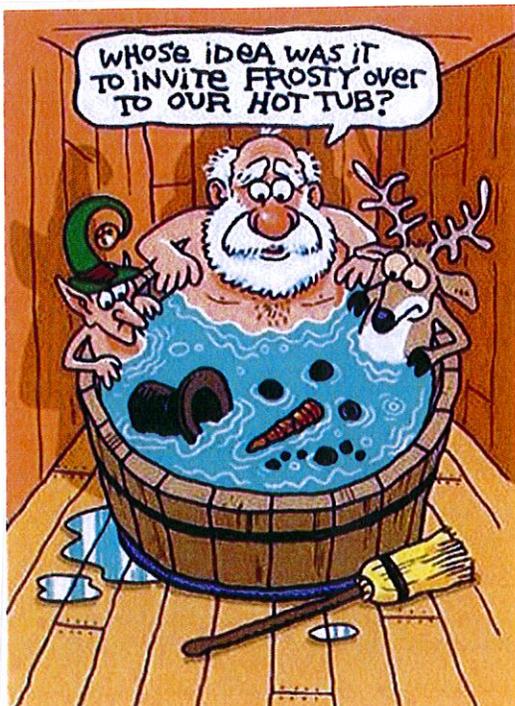


"Death leaves a heartache no one can heal, Love leaves a memory no one can steal".

Season's Greeting Word Scramble

- lelbs 1. _____
- isentpiota 2. _____
- cleand 3. _____
- gigabrndeer 4. _____
- tewhar 5. _____
- scralo 6. _____
- edinerer 7. _____
- gostinck 8. _____
- esokoci 9. _____
- gngego 10. _____
- gliseh 11. _____
- laves 12. _____
- tenessrp 13. _____
- dranlag 14. _____
- sottlemie 15. _____
- fitg 16. _____
- yalohid 17. _____
- legan 18. _____
- stranemon 19. _____
- creDembe 20. _____

ANSWERS: bells, poinsettia, candle, gingerbread, wreath, carols, reindeer, socking, cookies, eggnog, sleigh, elves, presents, garland, mistletoe, gift, holiday, angel, ornaments, December



CHRISTMAS WORD SEARCH



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

- | | | | |
|-----------|----------|-----------|-----------|
| BELLS | RUDOLPH | ELVES | JOY |
| CANDLES | SANTA | FROSTY | MERRY |
| CANDYCANE | SEASON | GIFT | MISTLETOE |
| CARDS | SLEIGH | GIVING | NOEL |
| CELEBRATE | STOCKING | GREETINGS | NORTHPOLE |
| CHIMNEY | TREE | HOLIDAY | REINDEER |
| CHRISTMAS | WREATH | JOLLY | |

Ho Ho Ho!

Christmas Jokes!

Q. Why does Santa have 3 gardens?
A. So he can "hoe hoe hoe!"

Q. What do you get when Santa goes down a chimney with a lit fire?
A. "Crisp" Cringle!

Q. What do snowmen eat for lunch?
A. Ice bergers!

Q. Which of Santa's reindeer has bad manners?
A. RUDE-olph!

Q. How does Rudolph know when Christmas is coming?
A. He looks at his calen-DEER!

Q. What is the first thing elves learn in school?
A. The "elf"-a-bet!

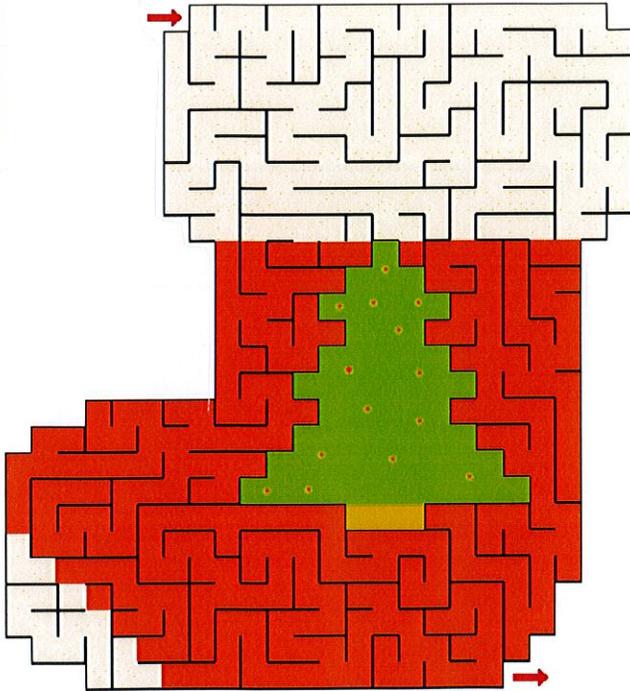
**holiday
Cheer**

Snowflake Scramble

How many words can you make from SNOWFLAKE?

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

STOCKI MAZE

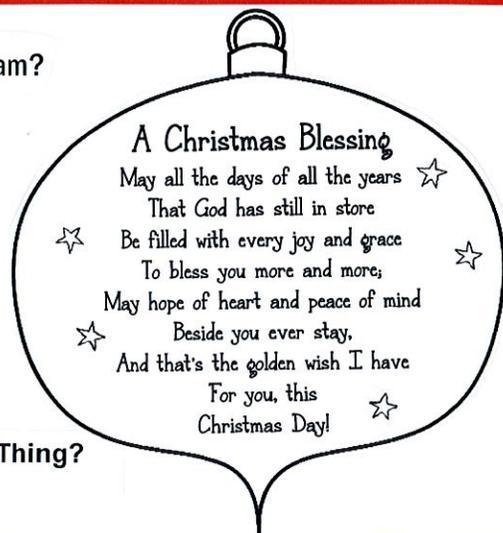


Person, Place or Thing? Can you guess what I am?

- I got my start in the mid - 1900's.
- I originated in Colombia . . .
- . . . but today I'm found in 75 countries around the world.
- My name comes from the Spanish word for "buzz like a bee."
- I love to dance.
- My fans include Jennifer Lopez, Kirstie Alley and Madonna.
- You can find me on Nintendo Wii. . .
- . . . or in your local fitness club.
- I burn 500 to 1,000 calories per hour.
- I am a form of dance fitness.

Person, Place or Thing?

'equnz we l



A Christmas Blessing

May all the days of all the years
 That God has still in store
 Be filled with every joy and grace
 To bless you more and more;
 May hope of heart and peace of mind
 Beside you ever stay,
 And that's the golden wish I have
 For you, this
 Christmas Day!