

*Happy  
Thanksgiving*

**Senior  
Center  
Action  
News**



**Co-Coordinator**

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

**Board of Directors**

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Nancy Crandall        Delphine Woloszyn  
Irene Christopher

Senior Citizens Center of Dunkirk, Inc.  
45 Cliffstar Court  
Dunkirk, New York 14048  
November 2013





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

October 23, 2013

A Note From The President:

As our October festivities come to a close, we hope everyone enjoyed the trips, social events, and meeting all the new members. We are happy that our membership continues to grow. 2014 dues are now being accepted. The cost of the dues is \$1.00 for City of Dunkirk residents and \$5.00 for all others. Membership is required to participate in any of our programs. As always we are grateful for your suggestions, constructive criticism, volunteerism, and donations.

Due to the rising cost of printing our monthly newsletter, a new method of distribution has been adopted. Copies will be available in the office the last week of the month. Each member will be given one copy. If there is more than one member in a family, we ask that you share. Mailing is out of the question, as it would cost 90¢ per copy.

Our next Gala will be held on Sunday, November 10. Reservations may be made beginning Monday, October 28 from 9:00 a.m.-12:00 noon. Each member may sign up themselves and one other member only. We would love to be able to accommodate everyone but as aging seniors, we can only do what we are physically able to do. Space and furniture is limited so at this time we will continue to conduct our business on a first come, first served basis.

Our last Big Bingo for the year will be held on Wednesday, November 20. We will play for towels and cash.

Please refer to the enclosed monthly calendar if you are interested in open enrollment opportunities for your health insurance. If you need additional attention or advice, please see Kate Finch in the Office of the Aging or call 363-3865 for an appointment.

There are a few seats left for the Sha-Na-Na Christmas show at the Allegany Casino on December 5, 2013. A \$31.00 ticket includes your show ticket, \$20.00 free play allowance, \$10.00 food comp, bus transportation, goodie bags and a chance to win 2 - \$5.00 cash prizes.

The Center will be closed Monday, November 11 in honor of Veteran's Day and Thursday, November 28 and Friday November 29 for the Thanksgiving holiday. Please remember to give thanks for all of our veterans who have given so much so we can enjoy our precious freedom. Let us count our blessings, appreciate our friendships and hug our loved ones as we strive for a peaceful tomorrow.

Sincerely,

Barbara Bajdas, President  
Dunkirk Senior Center

BB/pjp





# NOVEMBER 2013



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 Exercise w/Tiffany 1-4 Open Enrollment United Health	2
3	4 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	5 9:30 Aerobics w/Catherine 12:00 Mah Jongg	6 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	7 9:00 Dk. Senior Board Mtg. 9:30 Aerobics w/Catherine	8 9:00 Exercise w/Tiffany 10-4 Independent Health Open Enrollment	9 Gala Prep
10 Sunday Gala	11 Senior Center Closed Veterans Day 	12 9:30 Aerobics w/Catherine 12:00 Mah Jongg	13 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	14 9:30 Aerobics w/Catherine 11:30 Presque Isle Casino Trip	15 9:00 Exercise w/Tiffany 1-4 United Health Open Enrollment	16
17	18 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle 1:00 AARP Meeting in Conf. Room	19 9:30 Aerobics w/Catherine 11-4 Open Enrollment Blue Cross/Blue Shield 12:00 Mah Jongg	20 9:00 Exercise w/Tiffany 10:00 Coffee Hour 4:00 BIG Bingo	21 9:30 Aerobics w/Catherine	22 9:00 Exercise w/Tiffany 10-4 Independent Health Open Enrollment	23
24	25 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	26 9:30 Aerobics w/Catherine 11-4 Blue Cross/Blue Shield Open Enrollment 12:00 Mah Jongg	27 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	28 Thanksgiving Day Center Closed 	29 No Exercise No Lunch Senior Center Closed & OFA Closed	30

# Veterans Day

## November 11<sup>th</sup>, 2013

Broad stripes and bright stars.... gave proof....



### Veteran

I was a proud veteran  
That served my country well  
To those that would listen  
I had many stories to tell.

We fought for America's freedom  
In far away places on foreign land.  
Wherever the battle for democracy raged,  
America's finest made a stand.

We fought for your future  
And the right to remain free.  
For we saw what freedom meant  
To those not blessed with Liberty.

For you and yours  
We would gladly have given our life.  
We faced the fears and perils of battle  
We braved endless turmoil and strife.

Please remember us veterans  
And the sacrifices we made for you.  
Please share the blessings of freedom,  
Proudly wave the red, white and blue.

Lynne Carey  
Copyright 2004

that our flag was still there.

Broad stripes and bright stars ....

gave proof .... that our flag was still there.

# Gala Sunday

**Sunday, November 10, 2013**

**Lunch served at 12:15 p.m.**

**Menu Featuring:**



**Spaghetti & Meatballs**

**Salad**

**Bread & Butter**

**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, October 28, 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**

The Dunkirk Senior Citizen Boards of Directors  
Sponsored Trips to:

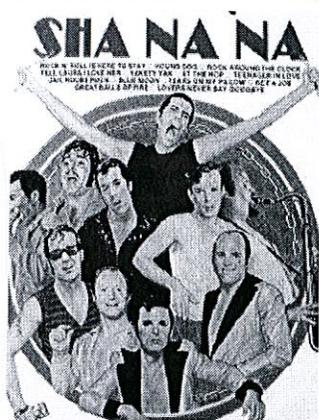
## Presque Isle Casino

Thursday, November 14, 2013

And

## Seneca Allegany Casino & Holiday Show

Thursday, December 5, 2013

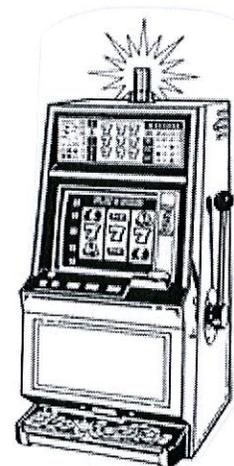


Have Been

# “SOLD OUT”

Due to Popularity

Plans are being made for future trips!



“Cherish all your happy moments. They make a fine cushion for old age.”

“We learn the rope of life by untying the knots.”

“Try to make an interesting journey between the cradle and the grave.”

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

# **“BIG BINGO”**

**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!**

**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 September: Ed Long 5620**

**September 23, 2013**

Kathy Kamery	5440
Joni Bennett	5420
Gert Majka	5260
Helen Barone	5030
Josie Wierczynski	4900
Ed Long	4840
Double Pinochle: Sara Azeez	

**September 28, 2013**

Jenny Kubera	5460
Josie Wierczynski	5340
Rita Gestwicki	5190
Jeanne Hauser	5170
Ed Long	5160
Emily Wilcox	5090
Double Pinochle: Kathy Kamery	

**October 7, 2013**

Ed Long	5780
Jeanne Hauser	5470
Barb Szocki	5350
Sara Azeez	5220
Joe Jarvis	5180
Double Pinochle: Nora Harris	

**October 21, 2013**

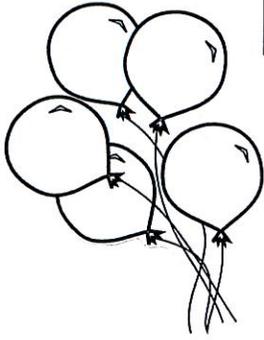
Josie Wierczynski	5820
Gertie Syper	5760
Cliff Cliver	5610
Betty Korzeniewski	5290
Emily Wilcox	5190
Jenny Kubera	5030
Double Pinochle: Nancy Crandall	



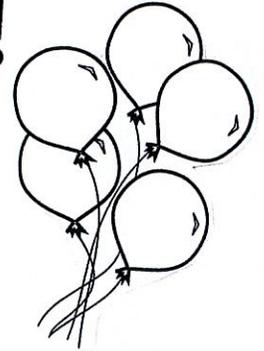
**Pinochle Players Quote:**

**"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



# HAPPY BIRTHDAY!!



## November Birthdays

<b>Pauline Cherry</b>	<b>(November 1)</b>	<b>Dan Bauman</b>	<b>(November 18)</b>
<b>Diane Noves</b>	<b>(November 2)</b>	<b>John Ceranowicz</b>	<b>(November 18)</b>
<b>Beverly Altweis</b>	<b>(November 5)</b>	<b>Sandra Haskin</b>	<b>(November 22)</b>
<b>Frances Frey</b>	<b>(November 7)</b>	<b>Clarissa Lemoine</b>	<b>(November 23)</b>
<b>Sharon Barnes</b>	<b>(November 9)</b>	<b>Susan Newcomb</b>	<b>(November 23)</b>
<b>Elizabeth Wise</b>	<b>(November 9)</b>	<b>Mary Dworak</b>	<b>(November 25)</b>
<b>Betty Kieryczek</b>	<b>(November 10)</b>	<b>Joyce Pietrkiewicz</b>	<b>(November 25)</b>
<b>Lillian Polasik</b>	<b>(November 10)</b>	<b>Jane Penhollow</b>	<b>(November 27)</b>
<b>Pat Gloss</b>	<b>(November 11)</b>	<b>Albertine Jakubowicz</b>	<b>(November 29)</b>
<b>Carol Portman</b>	<b>(November 11)</b>	<b>MaryAnn Kluck</b>	<b>(November 28)</b>
<b>Charles Reading</b>	<b>(November 11)</b>	<b>Barbara Biondo</b>	<b>(November 29)</b>
<b>Carolyn Schmidt</b>	<b>(November 13)</b>	<b>Audrey CoyKendall</b>	<b>(November 29)</b>
<b>Nancy Renckens</b>	<b>(November 14)</b>	<b>Frances Price</b>	<b>(November 29)</b>
<b>Ann Ardillo</b>	<b>(November 16)</b>	<b>Marilyn Schwertfager</b>	<b>(November 29)</b>
<b>Robert Fancher</b>	<b>(November 16)</b>	<b>Barbara Bajdas</b>	<b>(November 30)</b>
<b>Jack Hood</b>	<b>(November 16)</b>	<b>Michelle Pauly</b>	<b>(November 30)</b>
<b>Dorothy Merrill</b>	<b>(November 16)</b>	<b>Barbara Szalkowski</b>	<b>(November 30)</b>
<b>Rosemary Parisi</b>	<b>(November 17)</b>		

**Note: If we missed your birthday, please let us know. Thanks!**



### IMPORTANT PHONE NUMBERS

<b>Dunkirk Senior Center.....</b>	<b>366-7530</b>
<b>Dunkirk Luncheon Site.....</b>	<b>363-3844</b>
<b>Chautauqua County Office for the Aging.....</b>	<b>363-4471</b>
<b>Dr. Mary Ann Spanos</b>	
<b>Chautauqua County OFA Senior Services.....</b>	<b>363-3865</b>
<b>Kate Finch</b>	
<b>Chautauqua County Veterans Services.....</b>	<b>363-3842</b>
<b>Jim Hurley</b>	
<b>CARTS.....</b>	<b>366-4500</b>
<b>Newsletter Coordinator.....</b>	<b>366-9885</b>
<b>Patricia Pleszewski</b>	

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

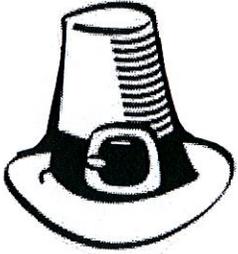
**THE BENEFITS OF GROWING OLDER. . . .**

1. In a hostage situation you are likely to be released first.
2. It's harder and harder for sexual harassment charges to stick.
3. Kidnappers are not very interested in you.
4. No one expects you to run into a burning building.
5. People call at 9:00 p.m. and ask, "Did I wake you?"
6. People no longer view you as a hypochondriac.
7. There's nothing left to learn the hard way.
8. Things you buy won't wear out.
9. You buy a compass for the dash of your car.
10. You can eat dinner at 4:00 p.m.
11. You can live without sex but not without glasses.
12. You can't remember the last time you laid on the floor to watch television.
13. You consider coffee one of the most important things in life.
14. You constantly talk about the price of gasoline.
15. You enjoy hearing about other people's operations.
16. You got cable for the weather channel.
17. You have a party and the neighbors don't even realize it.
18. You no longer think of speed limits as a challenge.
19. You quit holding in your stomach, no matter who walks into the room.
20. You sing along with the elevator music.
21. Your arms are almost too short to read the newspaper.
22. Your back goes out more than you do.
23. Your ears are hairier than your head.
24. Your eyes can't get much worse.
25. Your investment in health insurance is finally beginning to pay off.
26. Your joints are more accurate than the National Weather Service.
27. Your secrets are safe with your friends - they can't remember them either.
28. Your supply of brain cells is finally down to a manageable size.

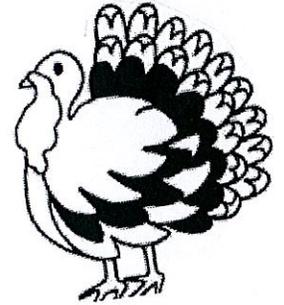


# THANKSGIVING

## Word Search



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



**CARVE**  
**CELEBRATE**  
**COLONIST**  
**CORNUCOPIA**  
**CRANBERRY**  
**DESSERT**  
**FARMER**  
**FEAST**

**GRAVY**  
**GATHER**  
**HARVEST**  
**HOLIDAY**  
**MAYFLOWER**  
**NOVEMBER**  
**PIE**  
**PILGRIM**

**PLATTER**  
**PUMPKIN**  
**STUFFING**  
**THANKSGIVING**  
**TRADITION**  
**TURKEY**  
**VEGETABLE**  
**YAMS**



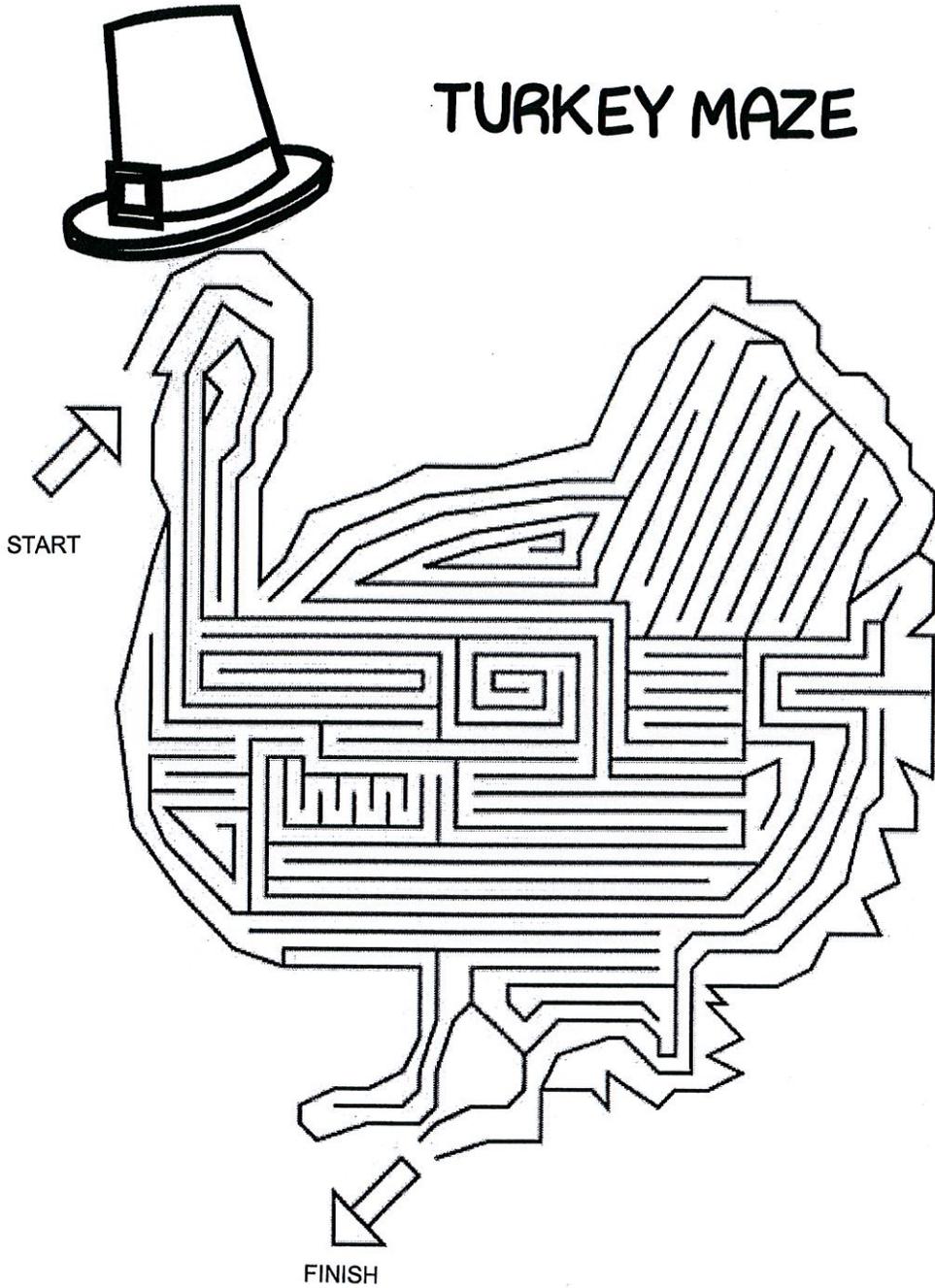
### Thanksgiving Jokes

Q: What kind of music did the Pilgrims like?  
 A: Plymouth Rock

Q: Why can't you take a turkey to church?  
 A: They use FOWL language.

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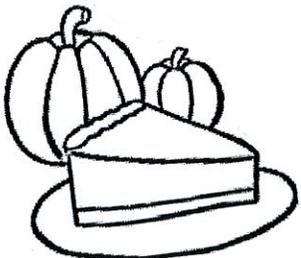
# TURKEY MAZE



## Thanksgiving Word Scramble

SMILPRG \_\_\_\_\_  
 MIYFAL \_\_\_\_\_  
 RCON \_\_\_\_\_  
 EYTRUK \_\_\_\_\_  
 ATSFE \_\_\_\_\_

LROSL \_\_\_\_\_  
 DEMSHA OTAPTSOE \_\_\_\_\_  
 CNRRREEBAIS \_\_\_\_\_  
 MNUPIKP IPE \_\_\_\_\_  
 UFTFIGNS \_\_\_\_\_



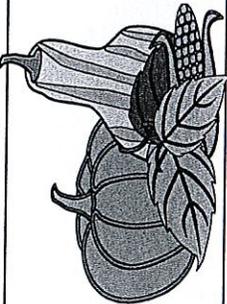
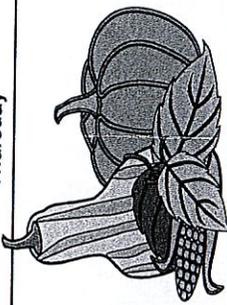
Word Scramble Answers: PILGRIMS, FAMILY, CORN, TURKEY, FEAST, ROLLS, MASHED POTATOES, CRANBERRIES, PUMPKIN PIE, STUFFING

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

**CHAUTAQUA COUNTY OFFICE FOR THE AGING  
SENIOR NUTRITION PROGRAM**

**HOT  
NOVEMBER 2013 - Hot Noon Menu**

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

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>4 Shepherd's Pie w/ Mashed Potatoes Zucchini &amp; Tomatoes Cornbread, Fruit (Margarine)</p>	<p>6 Italian Meatballs Rotini Pasta w/ Sauce Italian Beans, Juice, Bread Cookie/M: Diet (Margarine)</p>	<p>13 Spanish Rice Peas Muffin, Fruit Cup (Margarine)</p>	<p>8 Baked Ham Scalloped Potatoes Green Beans, Bread Cake/M: No Icing (Margarine)</p>	<p>1 Chicken Noodle Casserole Apple Slices Mixed Vegetables Bread (Margarine)</p>
<p>OFA SITES CLOSED - Veteran's Day</p>				<p>15 Chicken Ala King Corn Biscuit, Juice 24-Hour Dessert (Margarine)</p>
<p>18 Beef Cubes in Gravy over Noodles Broccoli, Roll, Fruit Chocolate Milk/M: White (Margarine)</p>		<p>20 Italian Lasagna Spinach Garlic Roll Juice Pudding/M: Diet (Margarine)</p>		<p>22 Goulash Carrots Biscuit Applesauce (Margarine)</p>
<p>25 Scalloped Potatoes &amp; Ham Broccoli Bread, Juice Fruit Crisp (Margarine)</p>		<p><b>Thanksgiving Meal</b> 27 Sliced Turkey w/ Gravy Stuffing, Mashed Potatoes Gelatin, Juice Roll, Cranberry Sauce Pumpkin Pie (Margarine)</p>		<p><b>OFA SITES CLOSED</b> Day after Thanksgiving</p>



# NOVEMBER 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>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>		
<b>OFA SITES CLOSED</b>				
<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>8 Roast Beef Sandwich Marinated Vegetables Fruit Cake /M: no icing (Horseshadish Sauce)</p>
<p>18 Ham Salad Sandwich Potato Salad Fruit Chocolate Milk /M: White</p>		<p>20 Peanut Butter &amp; Jelly Sandwich Fruited Gelatin Juice Pudding/M: Diet</p>		<p>15 Seafood Salad Croissant Coleslaw Fruit Dessert</p>
<p>25 Sliced Turkey Sandwich Macaroni Salad Juice Fruit (Mayonnaise)</p>		<p>27 Sliced Ham &amp; Swiss Sandwich Juice, Fruit Cake/M: no icing Chocolate Milk/M: White (Mustard)</p>		
<b>OFA SITES CLOSED</b>				
		<p>22 Salami &amp; Cheese Sandwich Potato Salad Applesauce Gelatin (Mustard)</p>		<p>29 Tuna Salad Sandwich Coleslaw Juice Fruit</p>