

Senior Center Action News

Co-Coordinators

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

Board of Directors

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

August 2014

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

A Note From the Coordinators

Dear Members:

Summer activities at the Dunkirk Senior Center are in full swing. We focused on travel and socials while emphasizing mini trips as requested by our members. For those unable to travel, we have scheduled events at the center. Good weather and easy access was a primary concern and as a result we have received many favorable comments.

The Office of the Aging has distributed the Farmers Market Coupons. The Dunkirk Farmer's Market is held every Wednesday from 9:00 a.m. - 2:00 p.m. in our parking lot. It is beginning to expand and we are having a lot of fun in our role as a vendor. Bob and Wanda Sobczak are tending to our booth selling hot dogs and fresh popcorn. Come have lunch while supporting the local vendors, the community and the Center.

Work will begin shortly on the front parking area. The bid was awarded to Olsen Brothers. Be prepared to be a little inconvenienced but after the complete job is done we will all be safer.

After a trial period we have decided to leave our office hours from 9:00 a.m. - 12:00 noon Monday thru Friday. When our regular staff is unavailable, some of our new directors will cover the office.

Big Bingo will be held on Wednesday, August 13. On Tuesday, August 19 we have scheduled a Strawberry Shortcake Social. Music will be provided by "Linda Dee". There will also be a beautiful theme basket raffle. We have over twenty beautiful and valuable baskets that will be awarded. Tickets will be available prior to and during the event at the cost of twenty-five tickets for \$5.00. Baskets will be on display Monday, Tuesday and Wednesday of each week.

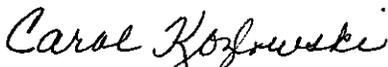
Due to the interest and a easy year long payment schedule, a full contingent of members will be leaving for Atlantic City on August 24 thru 27. We are all looking forward to having a great time. On September 8 we will complete the last of the mini trips. We will be shopping and lunching in Grove City, PA. Openings are also available for a trip to Wheeling, West VA on October 20 and 21st. Come fall and winter we will travel closer to home.

We hope you have a great August. Hopefully we can continue to implement new ideas and meaningful change. Our focus for fall will be increased marketing and involvement with outside agencies.

Sincerely,



Barbara Bajdas, Co-Coordinator



Carol Kozlowski, Co-Coordinator
Dunkirk Senior Center

Attachment 1

Attachment 1

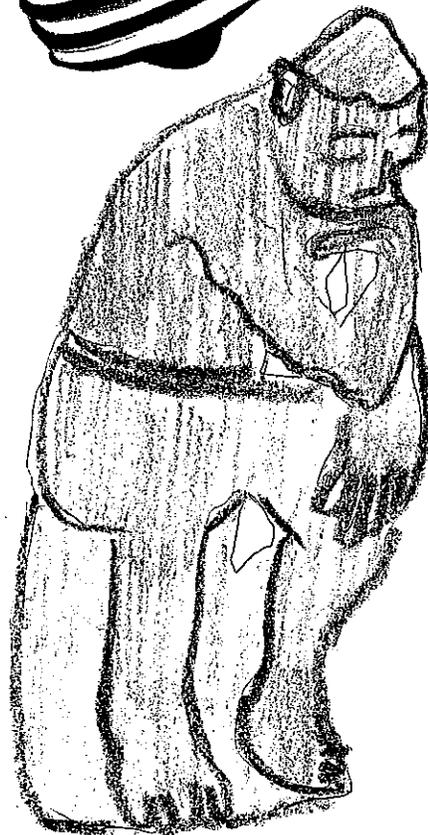
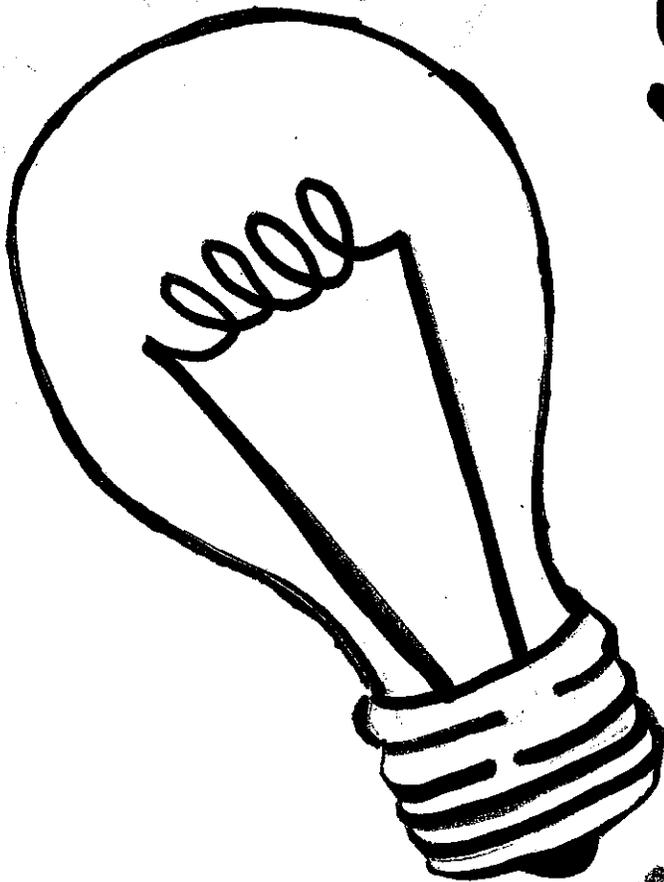
IMPORTANT DATES TO REMEMBER

- Wednesday, August 13 BIG Bingo – Great fun filled afternoon with friends
- Tuesday, August 19 Strawberry Shortcake Social – Tastefully delicious!
Music will be provided from 6:00 p.m. – 8:30 p.m.
Come and listen to music of the 50's – 60's – 70's.
Dancing is encouraged. There are twenty-five theme
filled baskets plus a great door prize. Tickets may be
purchased before or at the event – 25 for \$5.00.
Winners do not have to be present.
- August 24 – 27 Atlantic City Trip – Hopefully some big winners!
Sunday thru Wednesday
- Monday, September 8 Shopping Trip to Grove City – Check out the great sales
- Wednesday, September 10 BIG Bingo – Great fun filled afternoon with friends
- Wednesday, September 17 Dunkirk Senior Health Fair – Stop by and check it out
- October 20-21 Wheeling Island Casino & Live Greyhound Racing Trip
Monday thru Tuesday



THE DUNKIRK SENIOR CENTER COMMUNITY GARDENS
Proudly planted and cared for by members of the Senior Center
Left: Barbara Bajdas, Co-Coordinator and Delphine Woloszyn

SHARE
YOUR
IDEAS



THE THINKER



AUGUST 2014



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|-------------------------------|----------|
| | | | | | 1 9:00 Exercise w/Tiffany | 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 9-2 Farmer's Market 10:00 Coffee Hour 1:00 Lake Shore Meeting | 7 9:30 Aerobics w/Catherine 10:30 Dk. Senior Board Mtg. | 8 9:00 Exercise w/Tiffany | 9 |
| 10 | 11 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle | 12 9:30 Aerobics w/Catherine 10-12 Blue Cross/Blue Shield - TV Room 12:00 Mah Jongg | 13 9:00 Exercise w/Tiffany 9-2 Farmer's Market 10:00 Coffee Hour 4:00 BIG Bingo | 14 9:30 Aerobics w/Catherine | 15 9:00 Exercise w/Tiffany | 16 |
| 17 | 18 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle | 19 9:30 Aerobics w/Catherine 12:00 Mah Jongg 6-8:30 Strawberry Shortcake Social | 20 9:00 Exercise w/Tiffany 9-2 Farmer's Market 10:00 Coffee Hour 1:00 Lake Shore Meeting | 21 9:30 Aerobics w/Catherine | 22 9:00 Exercise w/Tiffany | 23 |
| 24 Atlantic City Trip Aug. 24-27 | 25 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle | 26 9:30 Aerobics w/Catherine 12:00 Mah Jongg | 27 9:00 Exercise w/Tiffany 9-2 Farmer's Market 10:00 Coffee Hour 1:00 Lake Shore Meeting | 28 9:00 Aerobics w/Catherine | 29 | 30 |
| | 31 | | | | | |

Gone Fishin',



ENJOY THE SUMMER

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

“BIG BINGO”

**Wednesday, August 13
Wednesday, September 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!

Strawberry Shortcake Social



When: Tuesday, August 19, 2014

Time: 6:00 p.m. - 8:30 p.m.

Price: \$5.00 per person

**Includes: Strawberry Shortcake
with whipped topping & beverage**

Live Music By: 2 OF A KIND
Music of the 50's thru today. . .



ALSO: THEME BASKET RAFFLE



**Pre-sale tickets available Monday thru Wednesday (9:00 -12:00 noon)
Tickets for baskets will be available day of Social
Basket display in Social Center**

**Sign up will begin on Monday, July 14, 2014 beginning at 9:00 a.m.
The Dunkirk Senior Center
45 Cliffstar Court
Dunkirk, NY 14048**



**First Come - First Served
Limited to 100 Members
NO REFUNDS**



Dunkirk Senior Center
Travel Committee
Presents

GROVE CITY SHOPPING TOUR



Monday, September 8, 2014

Cost: \$30.00

Departing the Dunkirk Senior Center at 8:00 a.m.
Arrive at Grove City: 10:30 – 11:00 a.m.
Shopping & Lunch on Your Own
Bus Leaves Grove City: 2:30 – 3:00 p.m.
Arrive Back at Dunkirk Senior Center 5:00 – 5:30 p.m.

Trip Will Include:

Bus Transportation
Lunch Rebate on Bus \$7.00
Goody Bag

Registration for trip will begin Monday, July 7, 2014

Small Bus – Seats 20 only.
Interest & Backup Lists First
The Dunkirk Senior Center
45 Cliffstar Court – Dunkirk, NY

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

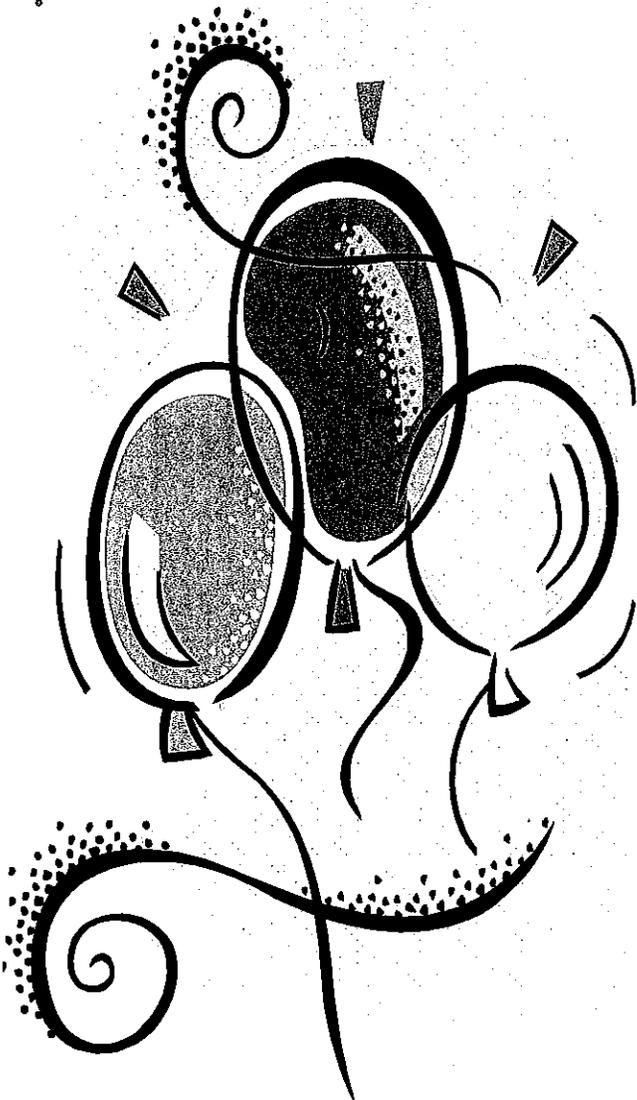
Dunkirk Senior Center

45 Cliffstar Court,

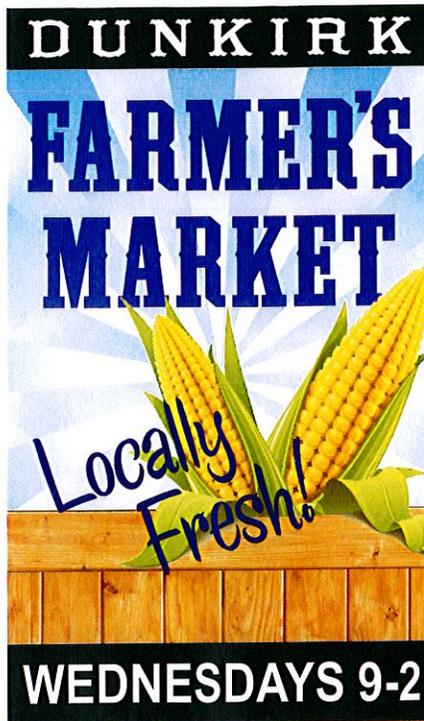
Dunkirk, NY

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.



WELCOME TO THE



At its NEW LOCATION - Dunkirk Senior Center
45 Cliffstar Court - Dunkirk, NY
Help Support our Local Farmer's !

DUNKIRK SENIOR BOARD OF DIRECTOR'S



BAKE SALE

September 3rd

At The Farmer's Market
9:00 a.m. - 2:00 p.m.



Any member wishing to bake or donate should
contact Barb or Carol at the Center

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



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 JUNE is Arlene Griswold 5540

June 30, 2014

| | |
|-----------------|------|
| Phyllis Laurito | 5080 |
| Arlene Griswold | 5060 |
| Dee Griewisch | 4880 |
| Sara Azeez | 4860 |

July 7, 2014

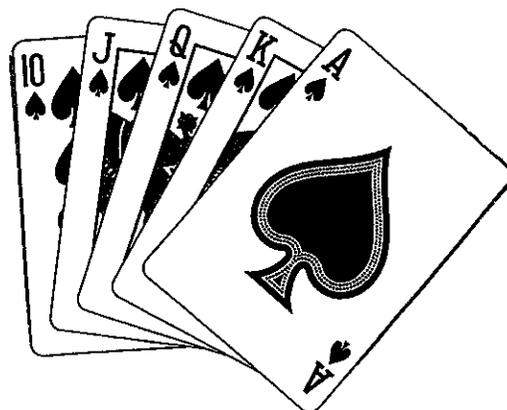
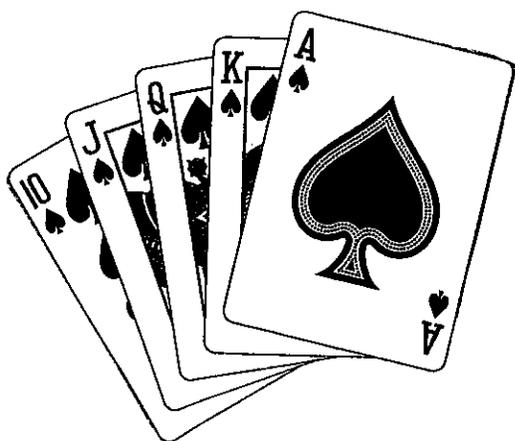
| | |
|-----------------------------|------|
| Joe Jarvis | 5610 |
| Nora Harris | 5420 |
| Jeanne Hauser | 5380 |
| Phyllis Laurito | 5210 |
| Double Pinochle: Joe Jarvis | |

July 14, 2014

| | |
|-------------------------------|------|
| Betty Korzeniewski | 5770 |
| Nora Harris | 5150 |
| Sara Azeez | 5110 |
| Emily Wilcox | 5100 |
| Evelyn Ogden | 4930 |
| Double Pinochle: Emily Wilcox | |

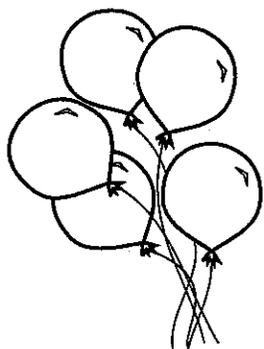
July 21, 2014

| | |
|-------------------------------------|------|
| Jug Jensen | 5520 |
| Arlene Griswold | 5260 |
| Paul Luczkowiak | 5260 |
| Betty Korzeniewski | 5030 |
| Double Pinochle: Betty Korzeniewski | |

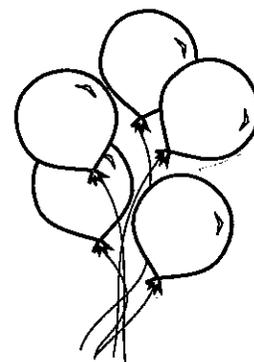


Card Player Quote:

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



HAPPY BIRTHDAY!!



August Birthdays

| | | | |
|-----------------------|-------------|-------------------|-------------|
| Isis Galindo | (August 1) | Louise Anzalone | (August 18) |
| Frank Zacarri | (August 1) | Ronald Bartkowski | (August 18) |
| Daniel Newman | (August 5) | Jenny Kubera | (August 19) |
| Joann Haase | (August 6) | Alba Santiago | (August 19) |
| Nancy Pawlak | (August 6) | Marion Tuczynski | (August 19) |
| Kathy Cruz | (August 7) | Shirley Swiech | (August 21) |
| Susan Kozlowski | (August 7) | Mary Mirek | (August 24) |
| Ronald Krystofiak | (August 8) | Phyllis Poloncarz | (August 25) |
| Nancy Woloszyn | (August 8) | Joan Washburn | (August 25) |
| Iris Velez-Roman | (August 9) | Millie Drummond | (August 26) |
| James Harrison | (August 10) | Elaine Yuen | (August 26) |
| Beatrice Burtner | (August 11) | John Kachermeyer | (August 27) |
| Genevieve Naruszewicz | (August 11) | William Dorsey | (August 28) |
| Joann Blackburn | (August 12) | Joanne Halasinski | (August 29) |
| Peggy Borowczyk | (August 13) | Dorothy Sarzyniak | (August 29) |
| Marian Barnum | (August 14) | Harold Buvoltz | (August 30) |
| Betty Muscato | (August 14) | Marion Wise | (August 30) |
| Jack Sievert | (August 14) | Jane Core | (August 31) |
| Nohade Boorady | (August 15) | Richard Frey | (August 31) |
| Betty Kern | (August 15) | Norman Klajbor | (August 31) |
| Janice Robinson | (August 16) | Paula Vogt | (August 31) |

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 | |

In Loving Memory of Rose Schrantz (June 26)

When someone you love becomes a memory, the memory becomes a treasure. Author Unknown

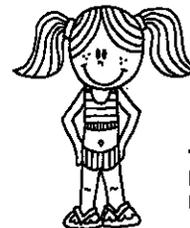
AT THE BEACH

Word Search

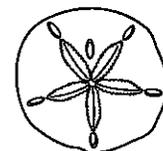
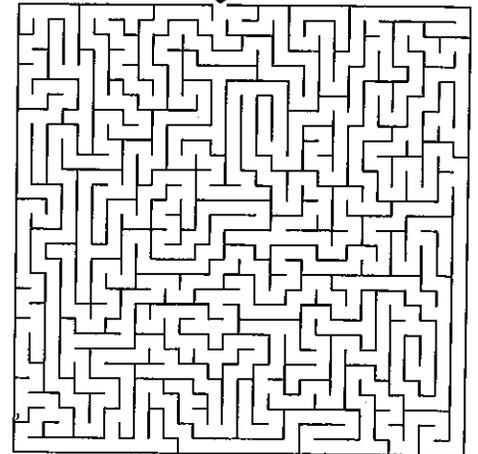
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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| N | Z | F | Z | J | K | L | F | E | U | C | N | O | E | M |
| H | S | I | F | Y | L | L | E | J | D | R | D | N | A | S |
| S | R | E | D | A | D | K | U | Q | Z | P | D | J | L | K |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



Summertime Maze

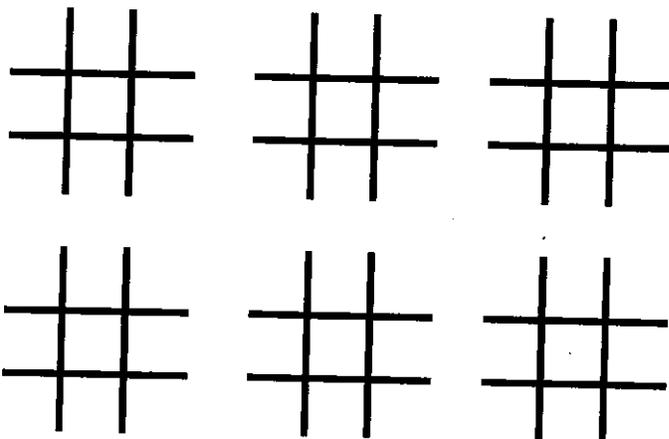


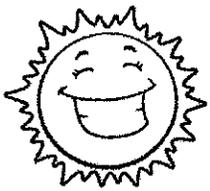
The little girl has just walked to the beach but has forgotten her bucket. Can you help her find it?



- | | | | |
|----------------|------------------|-------------------|-----------------|
| BALL | FISH | SANDCASTLE | SUNBLOCK |
| BOAT | JELLYFISH | SEAGULL | SURF |
| BUCKET | OCEAN | SEAWEED | SWIMSUIT |
| CRAB | PIER | SHELLS | UMBRELLA |
| DOLPHIN | SAND | SHOVEL | WHALE |

TIC TAC TOE





SUMMER WORD SCRAMBLE



HEBCA

KBCTEU

DSAPE

WIMGINSM

KAPR

NVCIAOTA

NSAD

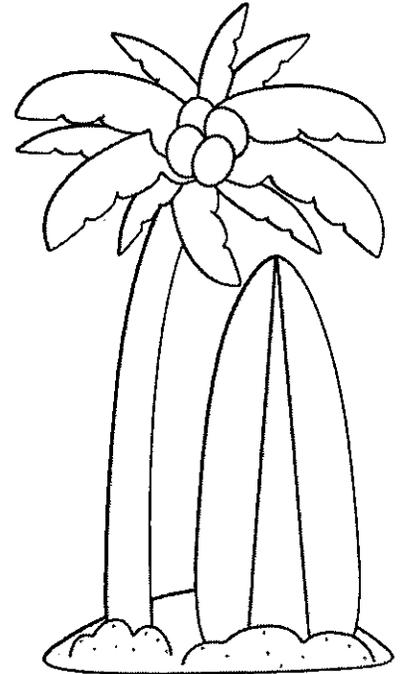
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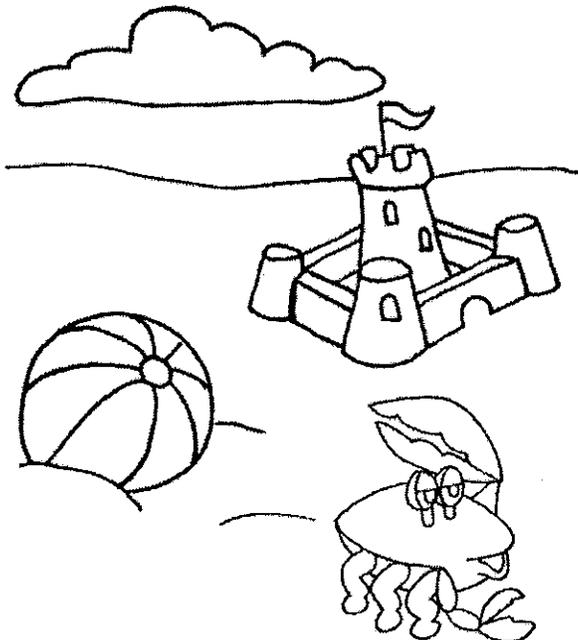
MUMERS

HSRTOS



SUDOKU PUZZLE

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



Answer Key
Sudoku Solution



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

WORD SCRAMBLE ANSWERS: BEACH, BUCKET, SPADE, SWIMMING, PARK, VACATION, SAND, PICNIC, BIKINI, CAMPING, SUMMER, SHORTS

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

HOT

AUGUST 2014 - Hot Noon Menu

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| | | | | |
| <p>4 Meatloaf w/gravy Mashed Potatoes Stewed Tomatoes & Zucchini, Wheat Bread Pie / M: Graham Squares (Margarine)</p> | <p>6 Roast Pork w/Gravy Mashed Potatoes Peas Bread Cookie (Margarine)</p> | <p>8 #2 Chicken Drumsticks Scalloped Potatoes California Vegetables Bread Cake/ M: No icing (Margarine)</p> | <p>15 Spaghetti & Meatballs Broccoli, Tossed Salad Bread, Juice, Peaches (Margarine, Parmesan Cheese, Dressing)</p> | <p>1 BBQ Ribette on Bun Baked Beans Carrots Fruit Dessert Chocolate Milk/ M: White</p> |
| <p>11 #2 Stuffed Shells Spinach Garlic Roll Grape Juice Pudding/M: Diet Pudding (Margarine)</p> | <p>13 Pepperoni Pizza Italian Vegetables Juice Fruit Crisp</p> | <p>20 Cheeseburger on Bun Potato Nuggets Summer Squash Fruit Chocolate Milk/M: White (Ketchup & Mustard)</p> | <p>22 Goulash California mixed Vegetables Fruit Punch Corn Bread Cookies/ M: Diet (Margarine)</p> | <p>29 Chicken Fingers Sweet Potato Nuggets Green Beans Juice, Bread Cake/M: no icing (Margarine)</p> |
| <p>18 Hot Dog on Bun Macaroni & Cheese Mixed Vegetables Fruit (Ketchup & Mustard)</p> | <p>27 Breaded Fish Patty on Bun Coleslaw Mixed Vegetables Apple Slices (Tartar Sauce)</p> | <p>25 Grilled Chicken Patty on Bun Stewed Tomatoes Succotash Fruited Yogurt (Mayonnaise)</p> | <p>29 Chicken Fingers Sweet Potato Nuggets Green Beans Juice, Bread Cake/M: no icing (Margarine)</p> | <p>29 Chicken Fingers Sweet Potato Nuggets Green Beans Juice, Bread Cake/M: no icing (Margarine)</p> |

COLD

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

AUGUST 2014 - Alternate COLD **Noon** Menu

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



AUGUST



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---------|--|----------|--|
| <p>4 Sliced Ham & Swiss Sandwich Pickled Beets, Fruit Pie / M: Graham Squares (Mustard)</p> | | <p>6 Sliced Roast Beef Sandwich Carrot-Raisin Salad Applesauce Cookie (Horseradish Sauce)</p> | | <p>1 Egg Salad Sandwich Juice 24 Hour Fruit Dessert Pudding/M: Diet Pudding</p> |
| <p>11 Ham Salad Sandwich Juice Corn Relish Pudding / M: Diet</p> | | <p>13 Sliced Ham & American Cheese Sandwich Potato Salad Juice, Cookie (Mustard)</p> | | <p>8 Cold Cut Sub w/ Cheese Pasta Vegetable Salad Fruit Cake / M: No icing (Mayonnaise / Italian Dressing)</p> |
| <p>18 Cold Meatloaf Sandwich Fruit, Tomato Juice Cookies / M: 1 Cookie (Ketchup)</p> | | <p>20 Chicken Salad Sandwich Corn & Black Bean Salsa Gelatin Fruit Chocolate Milk/M: White</p> | | <p>15 Sliced Turkey Sandwich 3-Bean Salad Fruit Brownie/M: Diet Pudding (Mayonnaise)</p> |
| <p>25 Egg Salad Sandwich Potato Salad Canned Plums Fruited Yogurt</p> | | <p>27 Salami & Cheese Sandwich Coleslaw, Juice Cake / M: no icing (Margarine)</p> | | <p>22 Chef Salad Cucumber Salad Roll, Juice Cookie (Margarine & Dressing)</p> |
| | | | | <p>29 Seafood Salad Croissant Pasta Vegetable Salad Juice Fruit</p> |