

Senior Center Action News



Co-Coordinator

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

Board of Directors

| | |
|----------------|----------------|
| Patricia Kibbe | Robert Sobczak |
| Peggy Napoli | Nancy Woloszyn |
| Cheryl Sheedy | |

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

FEBRUARY 2016



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

Dear Members:

After a beautiful December, Old Man Winter appeared and forced us to cancel Big Bingo in January. We are very sorry if any of our members were inconvenienced but member safety and common sense needs to be our first consideration. We will continue to schedule Big Bingo on the second Wednesday of each month until further notice. The exact dates are noted in the newsletter as well as the Observer.

Winter bus trips are another concern. Contracts are signed and paid for weeks before any actual trip. We have no way of foretelling inclement weather. The only way a bus company would refund our money is if they cancelled the trip. They do not usually do that unless the roads are closed. Of course if anyone feels it is unsafe to travel they have the option of canceling but their money will not be refunded.

On the home scene our members indicate that membership and participation is moving along nicely. Many new members have joined and renewals are coming in as well. Exercise is a high priority for our seniors who desire to stay fit. It is a great way to support the center and help yourself as well.

Reservations are being taken for a trip to Sprague's Maple Farms in Portville, NY. After a delicious breakfast we will go to the Allegany Casino for five hours of gaming. Tickets are \$50.00 and include transportation, tips, breakfast, \$20.00 free play and a \$5.00 casino food voucher.

Other scheduled trips include a customer appreciation day at the Seneca Niagara on Monday, March 14. The tickets are \$26.00, which includes transportation, tip, \$30.00 free play bonus and a free buffet. Plans have also been finalized for our annual trip to the Broadway Market on Wednesday, March 23. Our lunch stop will be at the popular Chef's Restaurant followed by a stop at the Southgate Plaza, home of the Market in the Square. The price is \$40.00. Tickets are on sale now.

On February 7, Weidner's will cater a dinner as we celebrate Super Bowl Sunday. Tickets are currently on sale for \$9.00. The menu includes ¼ BBQ chicken, pulled pork sandwich, coleslaw, buttered potato spuds, roll & butter and dessert. All tickets are presale and take-outs are available.

Income tax counselors will be available to assist you in filing your returns. Simply call the office leaving your name and phone number and you will be contacted with an appointment.

Until next month stay warm and well. We will leave you with two thought provoking sayings.

"The heart is happiest when it beats for others." - Author Unknown

*"The joy that you give to others is the joy that comes back to you."
- John Greenleaf Whittier*

Sincerely,

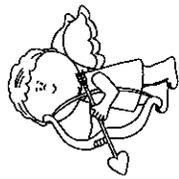
Barbara Bajdas

Barbara Bajdas, Co-Coordinator

Carol Kozlowski

*Carol Kozlowski, Co-Coordinator
Dunkirk Senior Center*

BB:CK/pjp

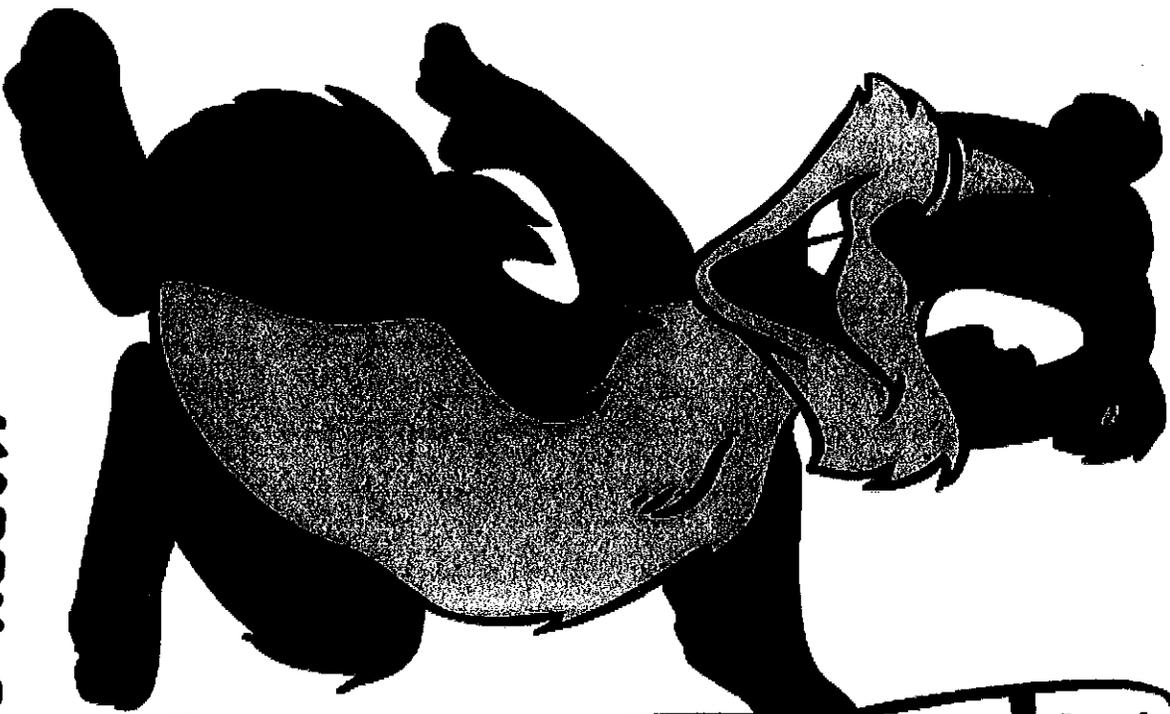


FEBRUARY 2016

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| | 1 9:15 Exercise w/Tiffany 10:00-2:00 Income Taxes 10:00 Coffee Hour 1:00 Pinochle | 2 9:30 Aerobics w/Catherine 12:30 Mah Jongg (Library) | 3 9:15 Exercise w/Tiffany 10:00 Coffee Hour 1-3 Lake Shore Sr. Mtg | 4 9:30 Aerobics w/Catherine 10:00 Sr. Board Meeting 12-3:00 Painters Club (TV Room) | 5 9:15 Exercise w/Tiffany 10:00-2:00 Income Taxes 1:00 Pinochle | 6 |
| 7 Super Bowl Dinner 12:00 p.m.  | 8 9:15 Exercise w/Tiffany 10:00-2:00 Income Taxes 10:00 Coffee Hour 1:00 Pinochle | 9 9:30 Aerobics w/Catherine 12:30 Mah Jongg (Library) | 10 9:15 Exercise w/Tiffany 10:00 Coffee Hour 4:00 BIG Bingo Ash Wednesday  | 11 9:30 Aerobics w/Catherine 12-3:00 Painters Club (TV Room) | 12 9:15 Exercise w/Tiffany 10:00-2:00 Income Taxes 1:00 Pinochle | 13 |
| 14 Valentine's Day  | 15 Senior Center Closed President's Day  9:30-7 Syrup & Slots Trip | 16 9:30 Aerobics w/Catherine 12:30 Mah Jongg (Library) | 17 9:15 Exercise w/Tiffany 10:00 Coffee Hour 10-12 Blue Cross/Blue Shield (Small Conf. Room) 1-3 Lake Shore Sr. Meeting | 18 9:30 Aerobics w/Catherine 12-3:00 Painters Club (TV Room) | 19 9:15 Exercise w/Tiffany 10:00-2:00 Income Taxes 1:00 Pinochle  | 20 |
| | 21 9:15 Exercise w/Tiffany 10:00-2:00 Income Taxes 10:00 Coffee Hour 1:00 Pinochle | 22 9:30 Aerobics w/Catherine 12:30 Mah Jongg (Library) | 23 9:15 Exercise w/Tiffany 10:00 Coffee Hour  | 24 9:30 Aerobics w/Catherine 12-3:00 Painters Club (TV Room) | 25 9:15 Exercise w/Tiffany 10:00-2:00 Income Taxes 1:00 Pinochle  | 26 |
| | 27 9:15 Exercise w/Tiffany 10:00-2:00 Income Taxes 10:00 Coffee Hour 1:00 Pinochle | 28 9:15 Exercise w/Tiffany 10:00-2:00 Income Taxes 10:00 Coffee Hour 1:00 Pinochle | 29 | 30 | | |

DUNKIRK SENIOR CENTER CALENDAR OF EVENTS - FEBRUARY 2016
YOU MAY VISIT THE CITY WEBSITE AT WWW.CITYOFDUNKIRK.COM

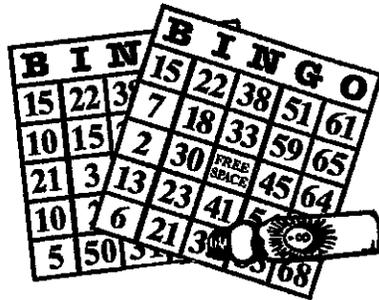




HAPPY GROUNDHOG DAY
FEBRUARY 2, 2016

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

BIG BINGO



Wednesday, February 10

Wednesday, March 9

Wednesday, April 13

**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!

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.

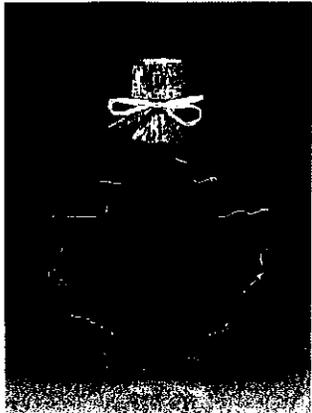
TRIP ALSO INCLUDES:

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!!



KNOW HOW TOURS



**Dunkirk Board of Directors
Are Sponsoring a**

CUSTOMER APPRECIATION

**SENECA NIAGARA
CASINO TRIP**



Monday, March 14th, 2016



Cost: \$26.00

**Departure From Senior Center: 9:30 a.m.
Return to Senior Center: 5:00 p.m. (approx.)**

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 Tuesday, January 26, 2016

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**



Dunkirk Senior Center
Travel Committee Presents:



Broadway Market Easter Shopping Trip

Wednesday, March 23, 2016

Price - \$40.00

Departure Time from Dunkirk Senior Center: 9:30 a.m.

Return Home Time: 5:00-5:30 p.m. (approx.)

Trip Includes:

Shopping at both Broadway Market and Market in the Square

Lunch at Chef's Restaurant

Includes Driver and Lunch Tips



MENU:

Choice of Spaghetti & Meatball OR
Baked Spaghetti Parmesan with Meatball
(Must select choice when booking trip)

Chef Salad

Bread and Butter

Coffee or Tea

Homemade Cannoli



Broadway Market Shopping 10:30 a.m. – 12:00 noon

Lunch at Chef's Restaurant until 1:30 p.m.

Market Place Mall Shopping 2:00 p.m. – 4:00 p.m.

Arrive back at Senior Center 5:00 - 5:30 p.m.

Registration for trip will begin Tuesday, January 19, 2016

Beginning at 9:00 a.m. – 12:30 p.m.

Dunkirk Senior Center – 45 Cliffstar Court

Dunkirk, NY 14048

**YOU MAY SIGN UP YOURSELF AND ONE (1) MEMBER ONLY!
YOU MUST BE AN ACTIVE MEMBER WITH PAID DUES**

NO REFUNDS – First Come – First Served

A Senior Moment Is just a Wrinkle in Time

Some thoughts on Aging

Eventually you will reach a point when you stop lying about your age and start bragging about it.

Don't let anyone tell you you're getting old. Squash their toes with your rocker!

The older we get, fewer things seem worth waiting for.

Some people try to turn back their body's odometers. Not me, I want people to know "why" I look this way. I've traveled a long way and some of the roads weren't paved.

Maturity means being emotionally and mentally healthy. It is that time when you know when to say yes and when to say no, and when to say "WHOOPEE!"

How old would you be if you didn't know how old you are?

When you are dissatisfied and would like to go back to youth, think of Algebra.

You know you are getting old when everything either dries up or leaks.

I don't know how I got over the hill without getting to the top.

The golden years are really metallic years, gold in the teeth, silver in your hair and most of all lead in the pants.

One of the many things no one tells you about aging is that it is such a nice change from being young. One must wait until evening to see how splendid the day has been.

Yeah, being young is beautiful, but being old is comfortable.

Old age is when former classmates are so gray, wrinkled, and bald that they don't recognize YOU!





HOW TO FIGHT COLDS AND FLU

A Guide to Prevention and Self-Care Continued

Can Colds be Serious?

Usually, colds are not serious and go away on their own, lasting a week to 10 days at most. Sometimes bacterial infections can set in and complicate a cold, spreading beyond the nose and throat to the middle ear, sinuses and lungs. These require medical attention. Sometimes it isn't easy to tell if you have developed a bacterial infection. Sometimes bacterial infections will make you sicker than a regular cold, for example, you might have a prolonged fever. A general rule of thumb is to seek medical attention if any symptoms lasts more than 10 days.

Preventing Colds

1. Wash hands frequently during cold and flu season – especially after visiting public places or shaking hands with others.
2. Keep hands away from your face. **Reason:** Cold viruses usually find their way into the body when a person touches the nose, mouth or eyes with contaminated hands.
3. Stay away from people who have colds, if possible.
4. Avoid sharing towels, utensils, food, drinks, telephones and keyboards.
5. Cover your coughs and sneezes. Blow your nose with tissues and dispose of used ones promptly to control the spread of viruses.
6. Increase ventilation, whenever possible, to help clear viruses from the air.
7. Exercise, get sufficient sleep and eat well-balanced meals. **Reason:** Poor physical condition, fatigue and stress make you more susceptible to infection.

How is the Flu Different?

Influenza – the flu – is caused by a different group of viruses that most often spread through the air. Flu symptoms are similar to those of colds, but can be more severe or even fatal, especially in people who are not well to begin with. **The good news:** An anti-flu vaccine is available.

Who Should Get the Flu Shot and Who Should Not. . . .

In general, anyone wishing to reduce chances of catching the flu should consider yearly vaccination, including people who provide essential community services or can't afford to miss work; health care workers; travelers; students; and those caring for high-risk persons at home. The vaccine is especially recommended for people at high risk for complications from the flu, including anyone over 65; and people with chronic conditions, like heart, lung or kidney problems, diabetes or low immunity.

Who should not get the flu shot are individuals who are allergic to eggs unless otherwise directed by their physician. **Reason:** Flu vaccines contain egg protein and may cause serious allergic reactions in people with egg allergies.

Valuable Cold & Flu Facts

FACT: You can't catch a cold from wet hair, wet feet or exposure to chilly weather or drafts. Viruses, not weather conditions, cause colds.

FACT: There's no clear cut evidence that large doses of any vitamin, including vitamin C, can totally prevent or cure colds. Research shows that chicken soup helps relieve cold symptoms. **How:** it helps unclog nasal passages.

FACT: Influenza viruses outsmart vaccines and the body's natural defenses by changing from year to year. That's why it's important to get a flu shot annually, if you need one.

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 DECEMBER is Betty Korzeniewski – 1,914

MONDAY AFTERNOON PINOCHLE

December 21, 2015

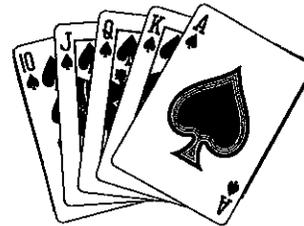
| | |
|-----------------|------|
| Sara Azeez | 5200 |
| Marian Genovese | 4970 |
| Joe Jarvis | 4860 |
| Paula Vogt | 4830 |

December 28, 2015

| | |
|-----------------------------|------|
| Betty Korzeniewski | 5010 |
| Arlene Griswold | 4990 |
| Ed Long | 4880 |
| Double Pinochle: Sara Azeez | |

January 4, 2016

| | |
|--------------|------|
| Sara Azeez | 5660 |
| Ed Long | 5300 |
| Gene Pauszek | 4920 |



High Score for the month of DECEMBER is Arlene Griswold – 1,500

FRIDAY AFTERNOON PINOCHLE

December 18, 2015

| | |
|-----------------|------------|
| George Richter | 5340 |
| Ray Dudek | 5040 (tie) |
| Paul Luczkowiak | 5040 (tie) |

January 8, 2016

| | |
|----------------------------------|------|
| Gene Pauszek | 5170 |
| Marian Genovese | 4840 |
| Double Pinochle: Marian Genovese | |

January 15, 2016

| | |
|-----------------|------|
| Paul Luczkowiak | 5680 |
| Marian Genovese | 5420 |



Card Player Quote:

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

HAPPY BIRTHDAY



February Birthdays

| | | | |
|---------------------|---------------|-------------------|---------------|
| Walter Klyczek | (February 1) | Dolores Griewisch | (February 16) |
| Patricia Sievert | (February 3) | Anita Brown | (February 17) |
| Gregory Adamczak | (February 6) | Evelyn Hadley | (February 17) |
| Ruth Karin | (February 7) | Maria Civiletto | (February 18) |
| Johnnie Thompson | (February 8) | Thomas Dascenzo | (February 18) |
| Irene Christopher | (February 10) | Ruby Lampert | (February 18) |
| Libby Mullen | (February 10) | Kevin Ahlstrom | (February 19) |
| Mark Woods | (February 10) | Darleen Michalak | (February 19) |
| Nancy Jager | (February 11) | Linda Wingfield | (February 22) |
| Janet Kyte | (February 12) | Becky Dix | (February 23) |
| Janet Nevinger | (February 12) | William Farnham | (February 24) |
| Joan Tallett | (February 12) | Laura Kszos | (February 26) |
| Patricia Pleszewski | (February 14) | Nancy Rozen | (February 28) |

IMPORTANT PHONE NUMBERS

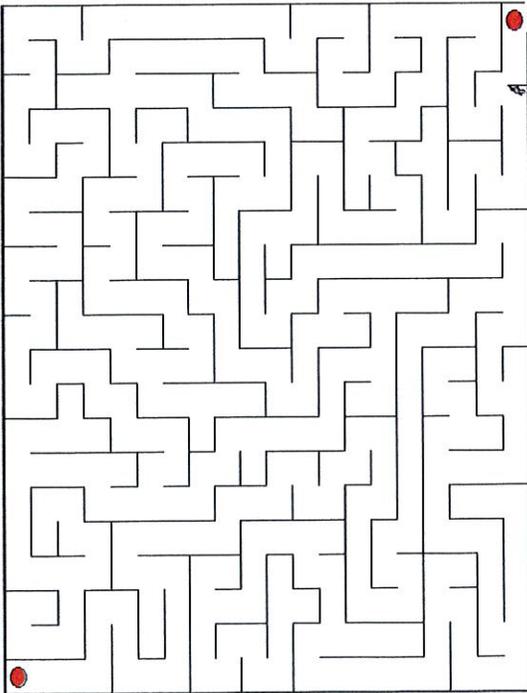
| | |
|---------------------------------------------|----------|
| Dunkirk Senior Center..... | 366-7530 |
| Chautauqua County Office for the Aging..... | 363-4471 |
| Dr. Mary Ann Spanos | |
| Chautauqua County OFA Senior Services..... | 363-3865 |
| Kate Finch | |
| Chautauqua County Veterans Services..... | 268-6030 |
| Lori Dispenza | |
| CARTS..... | 366-4500 |
| Newsletter Coordinator..... | 366-9885 |
| Patricia Pleszewski | |

On the road to success, the rule is to always look ahead.
May you reach your destination, and may your journey be wonderful.



Presidents Day Maze

Help Washington get to the Whitehouse



SUDOKU PUZZLE

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

GOD BLESS AMERICA!



Answer Key
Sudoku Solution

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

President's Day



PRESIDENTS' DAY WORD SEARCH



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

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- George
- Washington
- Abe
- Lincoln
- United States
- Federal
- Elect
- Vote
- February
- Holiday
- Country



1. A testimonial, compliment or gift given as an expression of gratitude or esteem (noun)
 T _ _ _ _ _
 Root: TRIBUS = tribe

3. Devoted love, support and defense of one's country; national loyalty (noun)
 P _ _ _ _ _
 Root: PATER = father

2. Characterized by having unusually keen foresight or imagination (adjective)
 V _ _ _ _ _
 Root: VIDERE (VIS) = to see

4. Possessing the quality of mind or spirit to face difficulty, danger and pain without fear (adjective)
 C _ _ _ _ _
 Root: COUR = heart

ROOTONYM®
 by Jan and Cary Orr Cook

DIRECTIONS:
 To solve the puzzle use the clues given in each box as well as in the sentences. Each word uses part of the MASTER ROOT.



- Americans pay _____ on the third Monday in February to two of our most famous presidents.
- Washington and Lincoln are examples of leaders who followed their ideals and dreams.
- We praise Presidents Washington and Lincoln for their _____ and efforts to pursue freedom.
- Washington and Lincoln deserve accolades for their _____ decision-making at critical times.

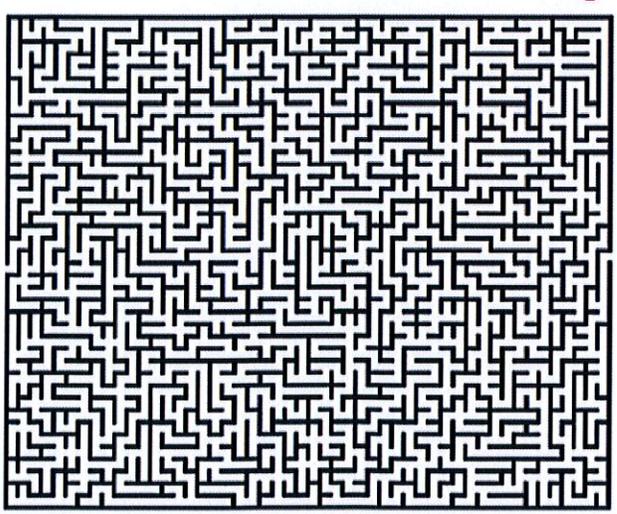


Valentine's Day

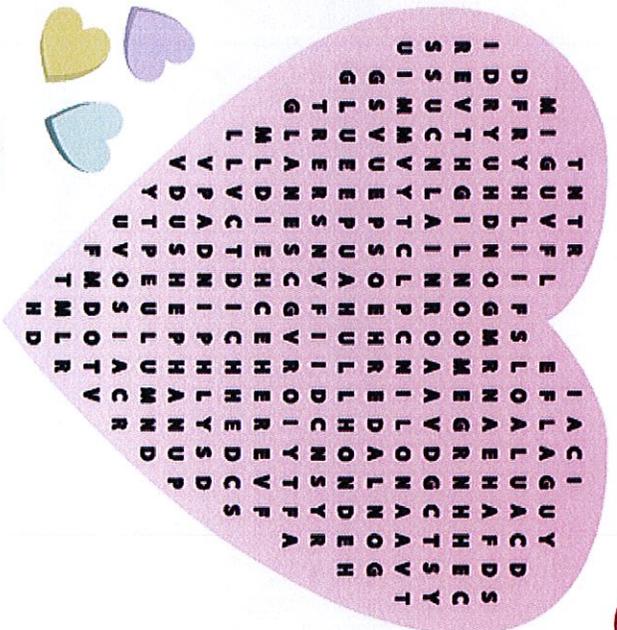
PUZZLES

Valentine's Day Word Search

- CHOCOLATES GREETINGS
- ROSES CANDY
- CANDELIGHT MOONLIGHT
- SUNSET GIFT
- SMOOCH LOVERS
- CUPID VALENTINE



Orthogonal Maze



Valentine's Day Song Lyrics Crossword

Across

1. How can we be lovers if we can't be...
3. Love lifts us up where we...
4. You and me could write a bad...
8. You need another lover like you need a... in your head.
9. All you need is...
10. I never thought that I was gonna lose my...

Down

2. Guilty of love in the first...
5. You are always on my...
6. I was losing the man that I love and all I could do was...
7. Love makes the... go round

