



Senior Center Action News



Co-Coordinators

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

Board of Directors

**Barbara Barberich Julian Niedbalski
Nancy Crandall Delphine Woloszyn
Irene Christopher**

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

January 2014





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

December 18, 2013

A Note From The President:

May the warmth and love that surround you at Christmas fill your heart with joy and cast a radiant light over the year that lies ahead – 2014!

Most people make a few resolutions for the New Year. Is it time for you to try one or more of our many activities offered at the Center?

The Center will be closed on January 1 for New Years and on Monday, January 20 in honor of Martin Luther King, Jr. All regular activities will resume on January 2.

The first Gala of the New Year will be held on January 12. The new price is \$5.00 and reservations are now being accepted. The menu will consist of homemade chicken soup, salad, goulash, bread and butter and dessert. All activities effective 1/1/14 require a 2014 membership card

Big Bingo will resume on Wednesday, January 20. In the event of snow or ice please listen to your local radio station WDOE 1410 for cancellation notices.

A trip to Seneca Niagara Casino will be held on Monday, January 20. The sign up date for this trip is Thursday, December 26 at 9:00 a.m. All day trips will leave at 10:00 a.m. through the winter months.

Since our travelers asked to return to Atlantic City we are continuing to negotiate pricing with different bus lines and hotels. Tentative dates for the trip are Sunday, August 24 through Wednesday, August 27 (4 days and 3 nights). We are also working on a two-day one-night trip to Wheeling, West Virginia in the early spring.

We would appreciate your input as we plan our Easter outing. A small bus company has approached us about their willingness to transport groups of 20-24. They would be willing to take us to the Erie or Buffalo Malls, Broadway Market, shows, scenic tours just to name a few.

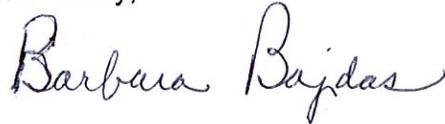
On Saturday, February 15 the Senior Board of Directors will be sponsoring a rummage and bake sale. The price for an 8 ft. table will be \$15.00. If you are interested in renting a table, please contact the Center by January 13.

A grant for federal CDBG funds has been prepared and submitted by Carol Kozlowski, Co-Coordinator of the Center. We are in hopes of getting our parking lot resurfaced in the spring. The lowest estimate obtained is over \$30,000. Decisions will be made in January so hope for the best.

January is a cold month but it is warm at the Center. Try to join us for exercise, lunch, bingo, cards, galas or just a visit.

May I extend a very happy, healthy, prosperous New Year to you on behalf of the Dunkirk Senior Center Board of Directors.

Sincerely,

A handwritten signature in cursive script that reads "Barbara Bajdas". The signature is written in black ink and is positioned below the word "Sincerely,".

Barbara Bajdas, President
Dunkirk Senior Center

BB/pjp

JANUARY 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Center Closed <i>Happy New Year</i>	2 9:30 Aerobics w/Catherine	3 9:00 Exercise w/Tiffany	4
5 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	6 9:30 Aerobics w/Catherine 12:00 Mah Jongg	7 9:30 Aerobics w/Catherine 12:00 Mah Jongg	8 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	9 9:00 Dk. Senior Board Mtg. 9:30 Aerobics w/Catherine	10 9:00 Exercise w/Tiffany	11 Gala Prep
12 Sunday Gala 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	13 9:30 Aerobics w/Catherine 12:00 Mah Jongg	14 9:30 Aerobics w/Catherine 12:00 Mah Jongg	15 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	16 9:30 Aerobics w/Catherine	17 9:00 Exercise w/Tiffany	18
19 Martin Luther King Day Center Closed! 10:00 Seneca Niagara Casino Trip	20 9:30 Aerobics w/Catherine 10-12 Blue Cross/Blue Shield - Library 12:00 Mah Jongg	21 9:30 Aerobics w/Catherine 10-12 Blue Cross/Blue Shield - Library 12:00 Mah Jongg	22 9:00 Exercise w/Tiffany 10:00 Coffee Hour 4:00 BIG Bingo	23 9:30 Aerobics w/Catherine	24 9:00 Exercise w/Tiffany	25
26 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	27 9:30 Aerobics w/Catherine 12:00 Mah Jongg	28 9:30 Aerobics w/Catherine 12:00 Mah Jongg	29 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	30 9:30 Aerobics w/Catherine	31 9:00 Exercise w/Tiffany	

Happiness in the New Year





Gala Sunday

Sunday, January 12, 2014
Lunch served at 12:15 p.m.

Menu Featuring:

Homemade Chicken Soup
Goulash
Salad
Bread & Butter
Dessert
Coffee/Tea

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

Doors open at 11:00 a.m.

Cost: \$5.00 per member

Sign-up will begin Sunday, December 8, 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

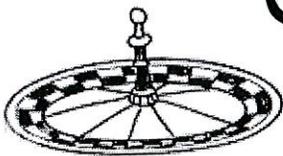
No Refunds

Menu Subject to Change

Dunkirk Board of Directors
Sponsored Bus Trip to:

SENECA NIAGARA CASINO

Monday, January 20, 2014
Cost: \$25.00 per member



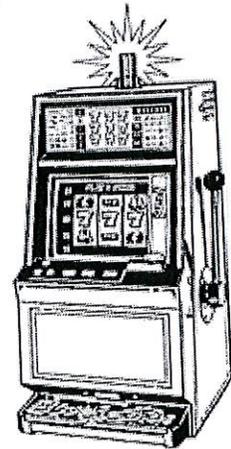
Departure Time: 10:00 a.m.
Return Time: Approx. 4:30 p.m.



Trip to include:

Bus Transportation & Tip
\$25.00 Free Slot Play
2 - \$5.00 Cash Prizes

Goodie Bags – Prizes – Games – Fun



Registration for trip will begin Thursday, December 26, 2013
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

Martin Luther King, Jr.

His Dream Lives On

*Today is a day we all sing
In Honor of Martin Luther King*

*Wherever people fight to be free
His name is remembered with dignity*

*When black people weren't treated right
He stood strong to lead the fight*

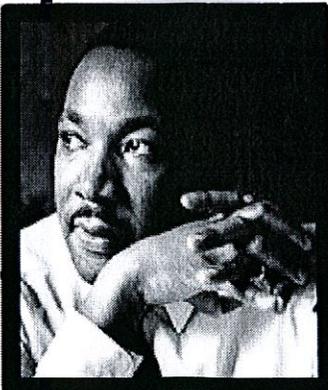
*He fought with love, not guns or darts
He changed peoples' minds and their hearts*

*But some people didn't like his words
He was taken away, to a better world*

*Yet his dream lives on, that all can be free
When we knock down the walls between you and me*

*Martin Luther King's life did not last
But his dream and his spirit are free at last!*

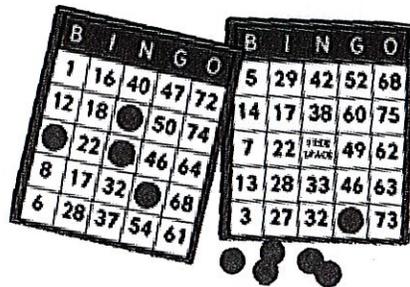
*Martin Luther King, Jr. Day
Observed January 20, 2014*



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

“BIG BINGO”

**Wednesday, January 22nd
Wednesday, February 19th
Wednesday, March 12th**



**Dunkirk Senior Citizen's Center
45 Cliffstar Court
Dunkirk, NY
366-7530**

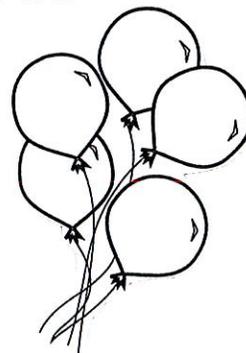
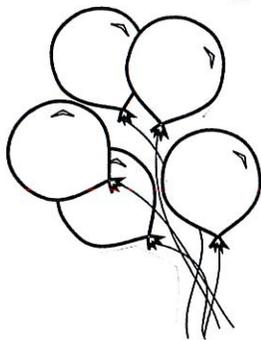
**Doors open at 4:00 p.m.
Complimentary lunch, snacks & beverage at 4:30 p.m.
Bingo will be played at 5:00 p.m.**

**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!

HAPPY BIRTHDAY!!



January Birthdays

Patricia Frey	(January 2)	Robert Hall	(January 16)
Nancy Holbrook	(January 2)	Ronald Kaus	(January 16)
David Raynor	(January 2)	Agnes Warner	(January 16)
Antoinette Snyder	(January 3)	Carolyn Burke	(January 18)
Joyce Kleinsmith	(January 5)	Mary DeGolyer	(January 18)
Dorothy Kornacki	(January 5)	Judy Marsh	(January 19)
Sandra Tapasto	(January 5)	Barbara Barberich	(January 20)
Fred Piede	(January 7)	Irene Rozumalski	(January 20)
Helen Burlett	(January 8)	Ruth Neal	(January 21)
Betty Korzeniewski	(January 9)	Donna Danielson	(January 22)
Jaymi Clark	(January 10)	Susan Young	(January 22)
Avey Giacchino	(January 10)	Emily Wilcox	(January 23)
Carole Goodman	(January 11)	Donna Pinto	(January 24)
Ed Long	(January 12)	Valarie Pawlak	(January 25)
Cathy Deszcz	(January 13)	Gloria Pochylski	(January 26)
Ted Deszcz	(January 13)	Raymond Schrantz	(January 26)
Dorothy Hilliker	(January 13)	Marilyn Evans	(January 27)
Jeanine Snyder	(January 15)	Walter Proper	(January 30)
Dana Berry	(January 16)	Joan Gula	(January 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
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 November: Joni Bennett 6340

November 25, 2013

Joni Bennett	6340
Gert Majka	5680
Helen Barone	5360
Betsy Standera	5360
Ed Long	5330
Paul Luczkowiak	4950
Double Pinochle:	Ed Long

December 2, 2013

Marian Genovese	6070
Barbara Szocki	5450
Ed Long	5380
Paul Soper	5370
Double Pinochle:	Ed Long

December 9, 2013

Joe Jarvis	5660
Jeanne Hauser	5530
Jug Jensen	5390
Sara Azeez	5340
Double Pinochle:	Jenny Kubera

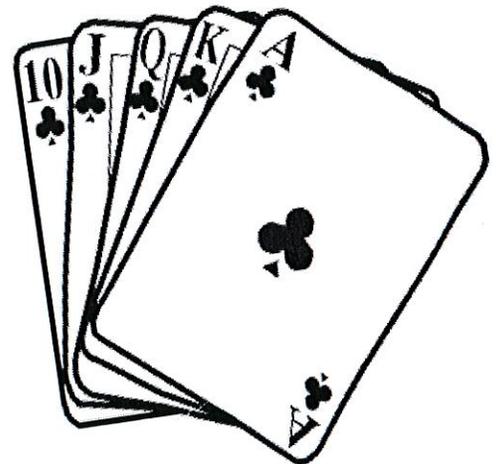
December 16, 2013

Ed Long	5130
Nancy Crandall	5130
Jeanne Kubera	4930



Happy New Year

*Let the sorrows be out
And happiness be in,
Slowly and steadily let the
New Year begin!*



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

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

OLDIES BUT GOODIES

Some HIT SONGS OF THE 60's and 70's are BEING REVISED WITH NEW LYRICS TO ACCOMMODATE AGING BABY BOOMERS. THEY INCLUDE:

Herman's Hermits: Mrs. Brown, You've Got a Lovely Walker

The Bee Gees: How Can You Mend a Broken Hip?

Bobby Darin: Splish, Splash, I Was Havin' a Flash

Ringo Starr: I Get By With a Little Help from Depends

Roberta Flack: The First Time Ever I Forgot Your Face

Johnny Nash: I Can't See Clearly Now

Paul Simon: Fifty Ways to Lose Your Liver

Commodores: Once, Twice, Three Times to the Bathroom

Marvin Gaye: I Heard it Through the GrapeNuts

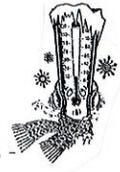
Procol Harem: A Whiter Shade of Hair

Leo Sayer: You Make Me Feel Like Napping





Winter Safety Tips for Seniors



During the winter months, ice, snow and cold temperatures can make life challenging for everyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses - especially for seniors.

Here is some helpful advice for preventing common winter dangers that the elderly population faces.

1. Avoid Slipping on Ice

Icy, snowy roads and sidewalks make it easy to slip and fall. "Unfortunately, falls are a common occurrence for senior citizens, especially during the winter months. Often these falls cause major injuries such as hip and wrist fractures, head trauma and major lacerations.

While younger people often recover relatively quickly from such injuries, older adults face complications, which are a leading cause of death from injury in men and women over the age of 65. Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn can tip to making walking easier. Take off shoes as soon as you return indoors because so often snow and ice attach to the soles, and once melted, can lead to slippery conditions inside.

2. Dress for Warmth

Cold temperatures can lead to frostbite and hypothermia – a condition where the body temperature dips too low. So don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.

Your body temperature should never dip below 95 degrees – if it does get medical assistance immediately.

3. Fight Wintertime Depression

Because it can be difficult and dangerous to get around, many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation. To help avoid these issues, family members can check in on seniors as often as possible; even a short, daily phone call can make a big difference. Seniors can also arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily.

4. Check the Car

Driving during the winter can be dangerous for anyone. But it is especially dangerous for older people who may not drive as often anymore or whose reflexes may not be as quick as they once were. Get your car serviced before wintertime hits – or ask a family member to bring it to a garage for you. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads. Also make sure your AAA membership is up-to-date in cases of emergencies.

5. Prepare for Power Outages

Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.

HAPPY NEW YEAR

Word Search

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

HAPPY NEW YEAR
RESOLUTION
PARTY HATS
JANUARY
COUNT DOWN
CELEBRATION
FESTIVITIES

CALENDAR
STREAMERS
BALLOONS
NOISE MAKERS
TIARA
HORNS
GUESTS

KISS
PARADE
FIREWORKS
FAVORS
FOOD
DRINKS
MIDNIGHT

BANNERS
MUSIC
CONFETTI
DECORATIONS
TREATS
DANCE
HOLIDAY

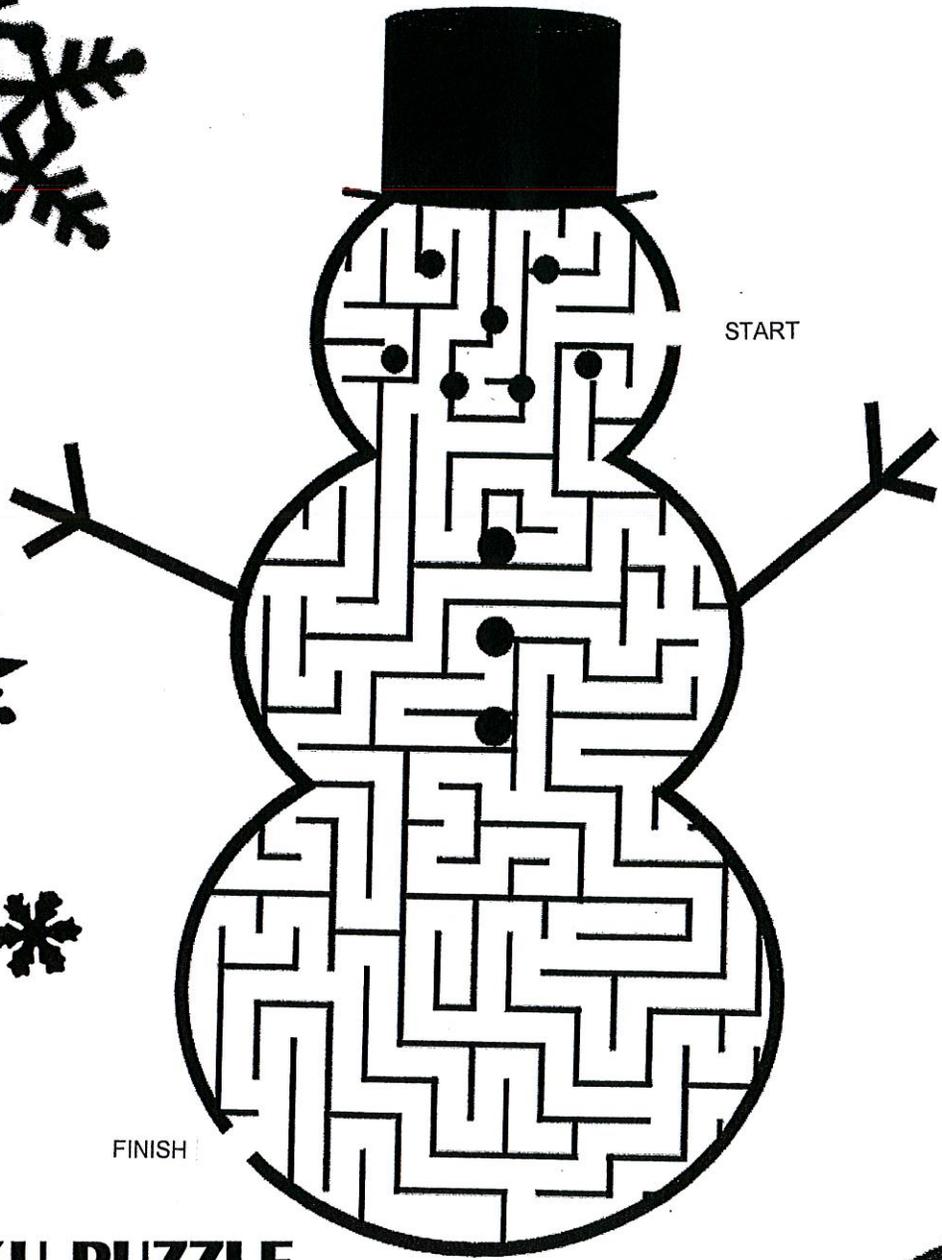
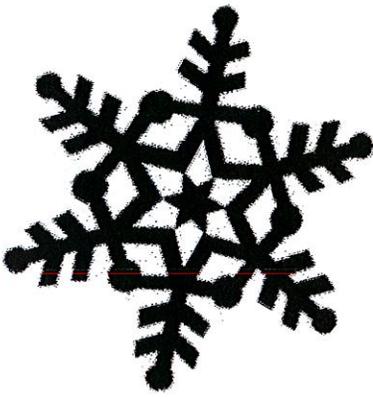
NEW YEAR'S RESOLUTION QUOTES:

Dear God, my prayer for 2014 is a fat bank account and a thin body. Please don't mix these up like you did last year. - Unknown

A New Year's resolution is something that goes in one Year and out the other. - Unknown

Now there are more overweight people in America than average-weight people. So overweight people are now average which means, you have met your New Year's resolution. - Jay Leno

SNOWMAN MAZE



FINISH

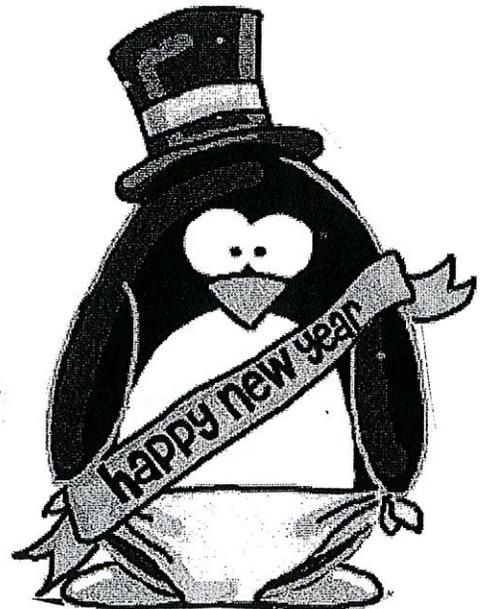
START

SUDOKU PUZZLE

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

Answer Key
Sudoku Solution

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



MEDIUM

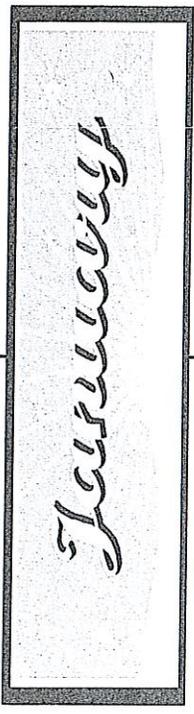
HOT

January 2014 - Hot 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>6 Hawaiian Chicken Buttered Rice Oriental Vegetable Muffin, Fruit</p>	<p>8 Meatloaf w/ Gravy Mashed Potatoes Zucchini & Tomatoes Bread, Fruit Chocolate Milk / M: White (Margarine)</p>	<p>15 Polish Sausage w/ Sauerkraut Mashed Potatoes Mixed Vegetables, Bread Cookie/M: Diet (Margarine)</p>	<p>17 Beef Cubes in Gravy over Noodles Broccoli, Roll, Fruit Chocolate Milk/M: White (Margarine)</p>	<p>3 Calico Beans Beets Cornbread, Fruit (Margarine)</p>
<p>13 Stuffed Chicken Breast w/ gravy Mashed Potato Spinach, Bread Brownie/M: Graham Square (Margarine)</p>	<p>22 Salisbury Steak w/Gravy Mashed Potatoes Green Beans Bread, Cookie (Margarine)</p>	<p>24 Scalloped Potatoes & Ham Broccoli Bread, Juice Fruit Crisp (Margarine)</p>	<p>31 Beef Stew Winter Squash Biscuit, Tomato Juice Pudding/M: Diet (Margarine)</p>	
	<p>27 Spaghetti & Meatballs Italian Vegetables Bread, Coleslaw Pudding /M: Diet (Margarine, Parmesan Cheese)</p>	<p>29 Pork Roast w/ Gravy Mashed Potatoes Red Cabbage Bread, Applesauce (Margarine)</p>		

COLD

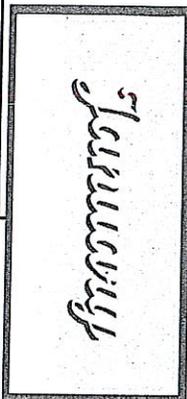
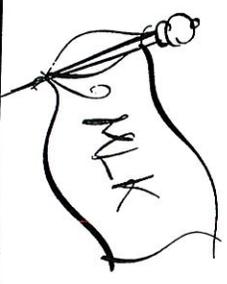
JANUARY 2014 - Alternate COLD Noon Menu

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>6 Bologna & Cheese Sandwich Potato Salad Fruit, Gelatin (Mustard)</p>		<p>8 Seafood Salad on Croissant Coleslaw Fruit Chocolate Milk/M: White</p>		<p>3 Sliced Turkey Corn Relish, Fruit Baker's Choice (Mayonnaise)</p>
<p>13 Tuna Salad Sandwich 3-Bean Salad Fruit Brownie/M: Graham Square</p>		<p>15 Cold Meatloaf Sandwich Vegetable Pasta Salad Fruit Baker's Choice (Ketchup)</p>		<p>10 Sliced Turkey w/ Cheese Sandwich Pasta/Veg. Salad Juice, Fruit (Mayonnaise)</p>
		<p>22 Sliced Ham Sandwich Carrot Raisin Salad Fruit Cookie/M: Diet (Mustard)</p>		<p>17 Ham Salad Sandwich Potato Salad Fruit Chocolate Milk/M: White</p>
<p>27 Chicken Salad Sandwich Coleslaw Fruit Pudding/M: Diet (Dressing)</p>		<p>29 Cold Meatloaf Sandwich Tomato Juice Applesauce Baker's Choice (Ketchup)</p>		<p>24 Sliced Turkey Sandwich Macaroni Salad Juice, Fruit (Mayonnaise)</p>
				<p>31 Sliced Ham Sandwich Green Pea Salad Fruit Pudding/M: Diet (Mustard)</p>