

Senior Center Action News



Co-Coordinators

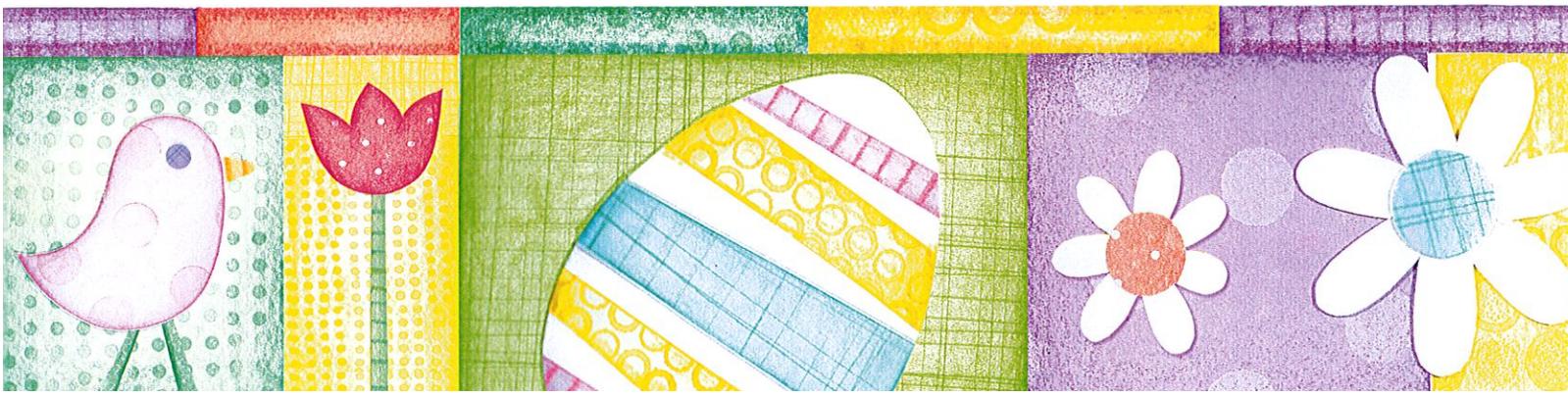
Barbara Bajdas, President/Vice-President
Carol Kozlowski, Secretary/Treasurer

Board of Directors

Barbara Barberich
Nancy Crandall
Irene Christopher
Julian Niedbalski
Delphine Woloszyn

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

April 2014





DUNKIRK SENIOR CENTER

**45 Cliffstar Court
Dunkirk, New York 14048
(716) 366-7530**

A Note From the Coordinators

Please take a few minutes to vote for your favorite director. Voting begins on Monday, March 31 thru Friday, April 4 at the Center any morning from 9:00 a.m. until 12:00 noon. You must vote in person and drop your own ballot in the box provided. The votes will be counted by personnel in the Veterans Administration office. Winners will be announced upon completion. A sample of the ballot is enclosed in the newsletter.

Our recent trip to the McKinley Mall was enjoyed by all. Many members have expressed their willingness to participate in other smaller group activities. This will be discussed by the new board in May. Our March 17 Potluck Dinner was a huge success. There are tickets available for the April 30 Potluck Dinner.

Remember to sign up for our Dyngus Day celebration on Monday, April 21. You can enjoy an ice cream sundae while listening to the live music of the Kokomo Time Band from 12:30 -3:30 p.m.

The Osmond concert at the Seneca Allegany Casino is our first trip in the month of May. Early reservations are required by the bus company to assure that everyone has the best of seats. The cost of \$45.00 includes a concert ticket, \$20.00 in free play and a \$10.00 food voucher. There are also two seats left for our Atlantic City getaway. This trip is scheduled from August 24 thru August 28 for \$430.00 double occupancy.

For those who rather go west, we have scheduled a trip to Presque Isle Casino on Thursday, May 22. The price is \$25.00 and you will receive a \$35.00 free play bonus. We are leaving at 2:00 p.m. so our horse racing enthusiasts can enjoy the horses. Return time is approximately 9:00 p.m. Reservations begin Monday, March 24.

If you are a diabetic or pre-diabetic and would like to learn more about your disease consider joining us on Wednesday or Thursday afternoons. Donna Civileto, RN, an employee of Chautauqua Opportunities,

is available free of charge, to help you manage your disease and help you choose the correct foods. She is also willing to meet with you on an individual basis.

We hope all of our members will join us for one or all of our activities. We need and appreciate your participation and support.

We wish you and your family a Happy Easter!

Sincerely,

Barbara Bajdas

Barbara Bajdas

Carol Kozłowski

**Carol Kozłowski
Co-Coordinator
Dunkirk Senior Center**

Attachment 1

Attachment 1

IMPORTANT DATES TO REMEMBER

Monday, March 24	Sign up for May 22 Presque Isle Trip
Thursday, March 27	"Stepping On" Program explanation from 1:00-3:00 p.m.
Monday, March 31	Director voting begins 9:00 a.m. – 12:00 noon
Tuesday, April 1	Director voting from 9:00 a.m. – 12:00 noon
Wednesday, April 2	Director voting from 9:00 a.m. – 12:00 noon
Thursday, April 3	Director voting from 9:00 a.m. – 12:00 noon
Wednesday, April 9	BIG Bingo
Thursday, April 17	Trip to Batavia Downs & Market in the Square
Monday, April 21	Dyngus Day Ice Cream Social 12:30 – 3:30 p.m.
Wednesday, April 30	Potluck Dinner
Wednesday, May 7	Trip to Allegany Casino and the Osmond Family Show
Wednesday, May 14	Big Bingo
Thursday, May 22	Presque Isle Horse Racing/Casino Trip

REMEMBER TO VOTE !!!!

The Dunkirk Senior Citizen's Inc.
OFFICIAL BALLOT – 2014

Choose 3 (City of Dunkirk) Directors

Patricia Kibbe _____
Stella Michalak _____
Cheryl Sheedy _____
Nancy Woloszyn _____

Choose 1 (Non-City of Dunkirk) Director

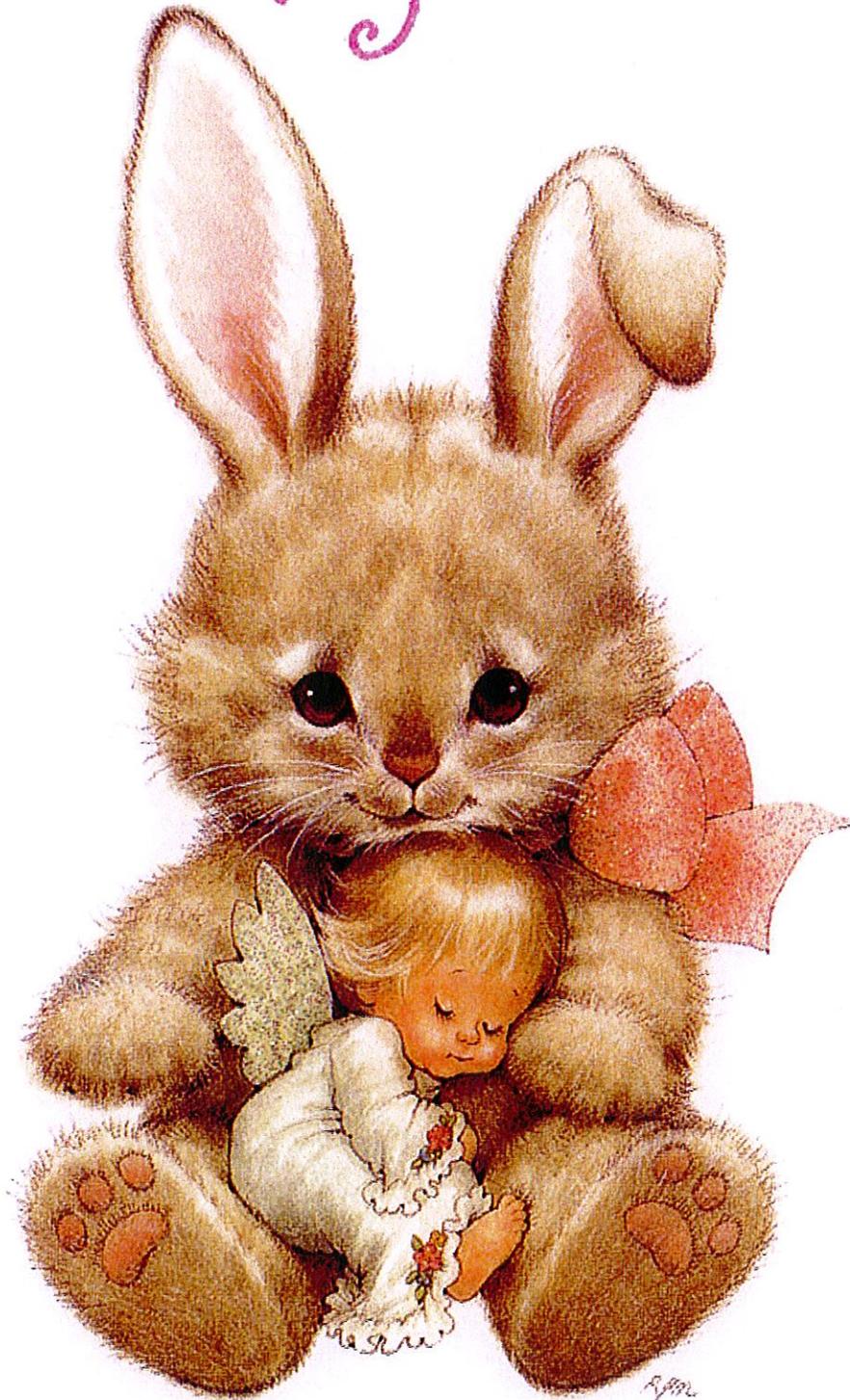
Joyce Kleinsmith _____
Robert Sobczak _____

VOTE!



All Directors will serve for a 2 year period. Each voter will choose a total of 4 Directors.
Voting will take place from March 29 – April 4, 2014
Votes will be tabulated by personnel in the Veterans Administration Office.

Happy Easter



APRIL 2014

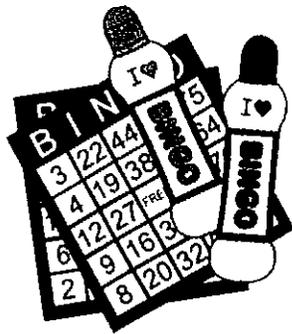
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	ELECTION OF OFFICERS MARCH 31—APRIL 4 9:00 a.m.—12:00 noon	9:30 Aerobics w/Catherine 12:00 Mah Jongg  April Fools' Day	9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	9:30 Aerobics w/Catherine 2:00 Diabetes Workshop	9:00 Exercise w/Tiffany	5
6	9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	8 9:30 Aerobics w/Catherine 12:00 Mah Jongg	9:00 Exercise w/Tiffany 10:00 Coffee Hour 4:00 BIG Bingo	9:00 Dk. Senior Board Mtg. 9:30 Aerobics w/Catherine 2:00 Diabetes Workshop	11 9:00 Exercise w/Tiffany	12
13 Palm Sunday 	14 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	15 9:30 Aerobics w/Catherine 12:00 Mah Jongg	16 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	17 9:00 Easter Shopping & Casino Trip 9:30 Aerobics w/Catherine 2:00 Diabetes Workshop is Cancelled	18 Center Closed Good Friday 	19
20 Easter Sunday 	21 9:00 Exercise w/Tiffany 10:00 Coffee Hour 12:30-3:30 Dyngus Day & Ice Cream Social	22 9:30 Aerobics w/Catherine 12:00 Mah Jongg Earth Day! 	23 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	24 9:30 Aerobics w/Catherine 2:00 Diabetes Workshop	25 9:00 Exercise w/Tiffany	26
27	28 9:00 Exercise w/Tiffany 10:00 Coffee Hour 1:00 Pinochle	29 9:30 Aerobics w/Catherine 12:00 Mah Jongg	30 9:00 Exercise w/Tiffany 10:00 Coffee Hour 5:00 Potluck Dinner			



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

“BIG BINGO”

**Wednesday, April 9
Wednesday, May 14
Wednesday, June 11**



**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!

The Dunkirk Senior Citizens Center
Board of Directors Are Sponsoring



Spring Potluck Dinner

Wednesday, April 30, 2014
5:00 p.m.

Bring a dish to pass (enough to serve 15-20 people) and \$2.00.
The Center will provide tableware, meat, and beverages.

We will have a 50-50 drawing and a special prize drawing. This event will be limited to the first 60 members.

Suggested Items to Bring:

Appetizers
Potatoes

Casseroles
Stuffing

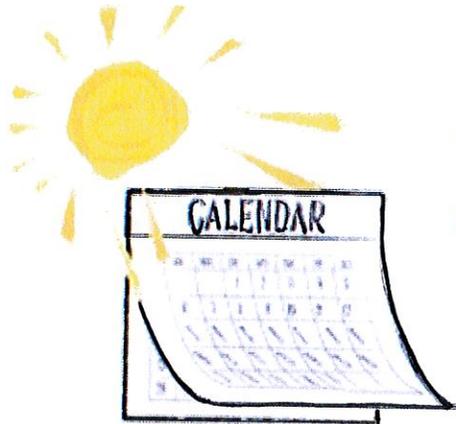
Salads
Fruit

Desserts
Soup



Sign-up will begin Sunday, February 9, 2014

NO REFUNDS



April Shower's

Bring May Flower's



Spring Flowers



Dyngus Day

&

Ice Cream Social



(make your own sundae or cone)

Monday, April 21, 2014

12:30 p.m. - 3:30 p.m.



Cost \$1.00



Music by Kokomo Time

Jim Steffan and band members

Everybody's Polish
on Dyngus Day!



50/50 RAFFLE

Tickets on sale beginning Monday, March 10
The Dunkirk Senior Center
45 Cliffstar Court - Dunkirk, New York
9:00 a.m. to 12:00 noon weekdays

First Come - First Served
NO REFUNDS



DYNGUS DAY
without
TYSKIE...

it would be like
groundhog day
without the
ground hog!

TYSKIE (Tisk-Yeah) ask for it by name
the official beer of DYNGUS DAY



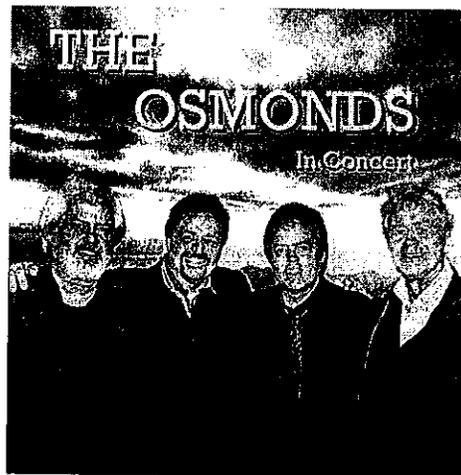
"THE OSMONDS"

WEDNESDAY - MAY 7, 2014

THE OSMONDS *** ARE AN AMERICAN FAMILY MUSIC GROUP WITH A LONG AND VARIED CAREER—A CAREER THAT TOOK THEM FROM SINGING BARBERSHOP MUSIC AS CHILDREN, TO ACHIEVING SUCCESS AS TEEN IDOLS, TO PRODUCING A HIT TELEVISION SHOW AND TO CONTINUED SUCCESS AS SOLO AND GROUP PERFORMERS

- Departs at 10:30 from Dunkirk Senior Center
- Arrive at the Casino at 11:30am
- Take your seats for a 1:30 Performance of the Osmonds
- Don't forget to enjoy your \$20 in Slot Dollars and \$10 Food Voucher!
- Departs at 5:30pm

\$45 Per Person
+
**(Receive \$20 In Slot Play
& A \$10 Food Voucher)**



(Photo ID Required)

For Further Information

**Call
366-7530
Barb**

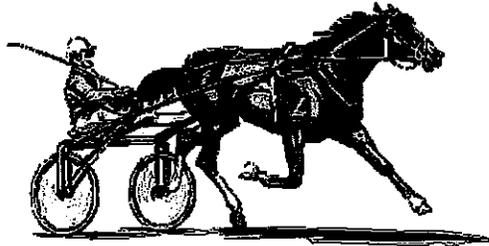


Sign-up Starting Monday, February 24th

NO REFUNDS

Dunkirk Board of Directors
Sponsored Bus Trip

PRESQUE ISLE CASINO & HORSE RACING TRIP



Thursday, May 22, 2014

Cost: \$25.00

**New Departure Time: 2:00 p.m.
Returning Time: 9:00 p.m.**



Trip will include:

**Bus Transportation & Driver's Gratuity
\$35.00 Casino Slot Bonus (No Food Allowance)
2 - \$5.00 Cash Prizes on the Bus
Goodie Bags
50-50 Drawing**

**Registration for trip will begin Monday, March 24 (9:00 a.m. -12:00 noon)
The Dunkirk Senior Center
45 Cliffstar Court - Dunkirk, NY
Please Bring your Presque Isle Gaming Slot Card at Time of Sign-up**

**First Come - First Served
NO REFUNDS**

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

GETTING OLDER!

You know your getting older when



Everything hurts; and what doesn't hurt, doesn't work.
The gleam in your eyes is from the sun hitting your bifocals.
You feel like the morning after and you haven't been anywhere.

Your little black book contains only names ending in M.D.
Your children begin to look middle aged.
You finally reach the top of the ladder and find it leaning against the wrong wall.



Your mind makes contracts that your body can't meet.
You look forward to a dull evening.
Your favorite part of the newspaper is "20 years ago today."



You turn out the lights for economic rather than romantic reasons.
You sit in a rocking chair and can't get it going.
Your knees buckle and your belt won't.

You regret all those mistakes you made resisting temptation.
You're 17 around the neck 42 around the waist, and 106 around the golf course.
Your back goes out more than you do.



A fortune teller offers to read your face.
Your pacemaker makes the garage door go up when you see a pretty girl.
The little old gray haired lady you help across the street is your wife.

You sink your teeth into a steak and they stay there.
You have too much room in the house but not enough in the medicine cabinet.
You know all the answers but nobody asks you the questions.



Where's My Maalox??

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 February – Nancy Crandall 5760

February 24, 2014

Jug Jensen	5750
Sara Azeez	5690
Arlene Griswold	5580

March 3, 2014

Jeanne Kubera	6370
Sara Azeez	6000
Jeanne Hauser	5850
Ray Dudek	5550
Ed Long	5350
Double Pinochle: Jeanne Kubera	

March 10, 2014

Dee Griewisch	5150
Betty Korzeniewski	5090
Paul Luczkowiak	5090
Emily Wilcox	4960
Double Pinochle Twice: Betty Korzeniewski	

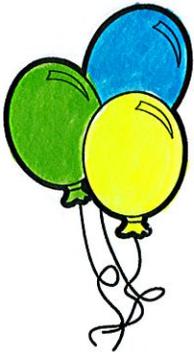
EGGcellent Pinochle Scores



You Are Strong,
You Are Wise,
and You Are Loved

No matter where life takes you or what path you choose, you will always meet challenges. That is the way life is. There are no guarantees, and no matter how many things you do right or how many rules you follow, there will always be that fork in the road that makes you choose between this way or that. Whenever you meet this place, remember these things: You are loved. . . love will sustain you. You are strong. . . prayer will get you through anything. You are wise. . . the greatest gift of all lies within you.





HAPPY BIRTHDAY!!



April Birthdays

Robert Henderson	(April 1)	Sophie Kubasik	(April 15)
Princess Case	(April 3)	Kathleen Lentz	(April 15)
Al Shalkowski	(April 3)	Raymond Dudek	(April 16)
Pat Altweis	(April 5)	Paul Soper, Sr.	(April 16)
Frances Fuller	(April 5)	Josephine Christopher	(April 17)
Frances Poland	(April 6)	Pat Byham	(April 19)
Robert Zolnoske	(April 6)	Leon Price	(April 20)
Marilyn Barresi	(April 7)	Marcia Henderson	(April 22)
Marsha Miller	(April 7)	Carol Hood	(April 22)
Julian Niedbalski	(April 7)	Carol Smith	(April 23)
William Norris	(April 8)	Joan Bielaszka	(April 25)
Nancy Winkler	(April 8)	Margaret Snyder	(April 26)
Barbara Mizwa	(April 9)	Betty Donovan	(April 27)
Tina Butryn	(April 10)	Carolyn Greenough	(April 28)
Barbara Adamczak	(April 11)	Karen Mourer	(April 28)
Daniel McGill	(April 11)	Marcia Pakulski	(April 29)
Irene Tarnowski	(April 14)	Alice Pawlowski	(April 29)

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	

Easter Wordsearch

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

BASKET
 CHICKS
 CROSS
 EGGS
 HUNT

SPRING
 BEANS
 CHOCOLATE
 GRASS
 BUNNY

EASTER
 HATS
 JELLY
 LAMB
 PEEPS

Easter Jokes

Q: Where does the Easter Bunny study medicine?
 A: John HOPkins.

Q: What do you call a rabbit with fleas?
 A: Bugs Bunny!

Q: How do bunnies stay healthy?
 A: Exercise.

Knock, knock!
 Who's there?
 Sherwood.
 Sherwood who?
 Sherwood like to have an Easter basket like yours.

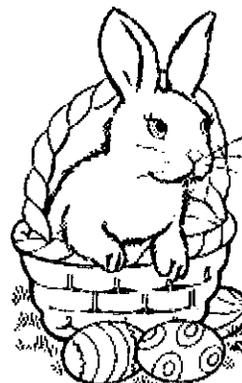
SUDOKU PUZZLE

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

MEDIUM

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

- I've been an item since around 1400.
- I'm from China, originally.
- I traveled to Europe in the 17th century.
- Today, I'm found in households around the world.
- I can be the centrepiece of a ritualized ceremony...
- ... or of an afternoon get-together.
- I have a special cover to keep me warm.
- I am the model for a character in *Beauty and the Beast*.
- I get steamed up when kids say I'm short and stout!
- I am used for steeping tea leaves.



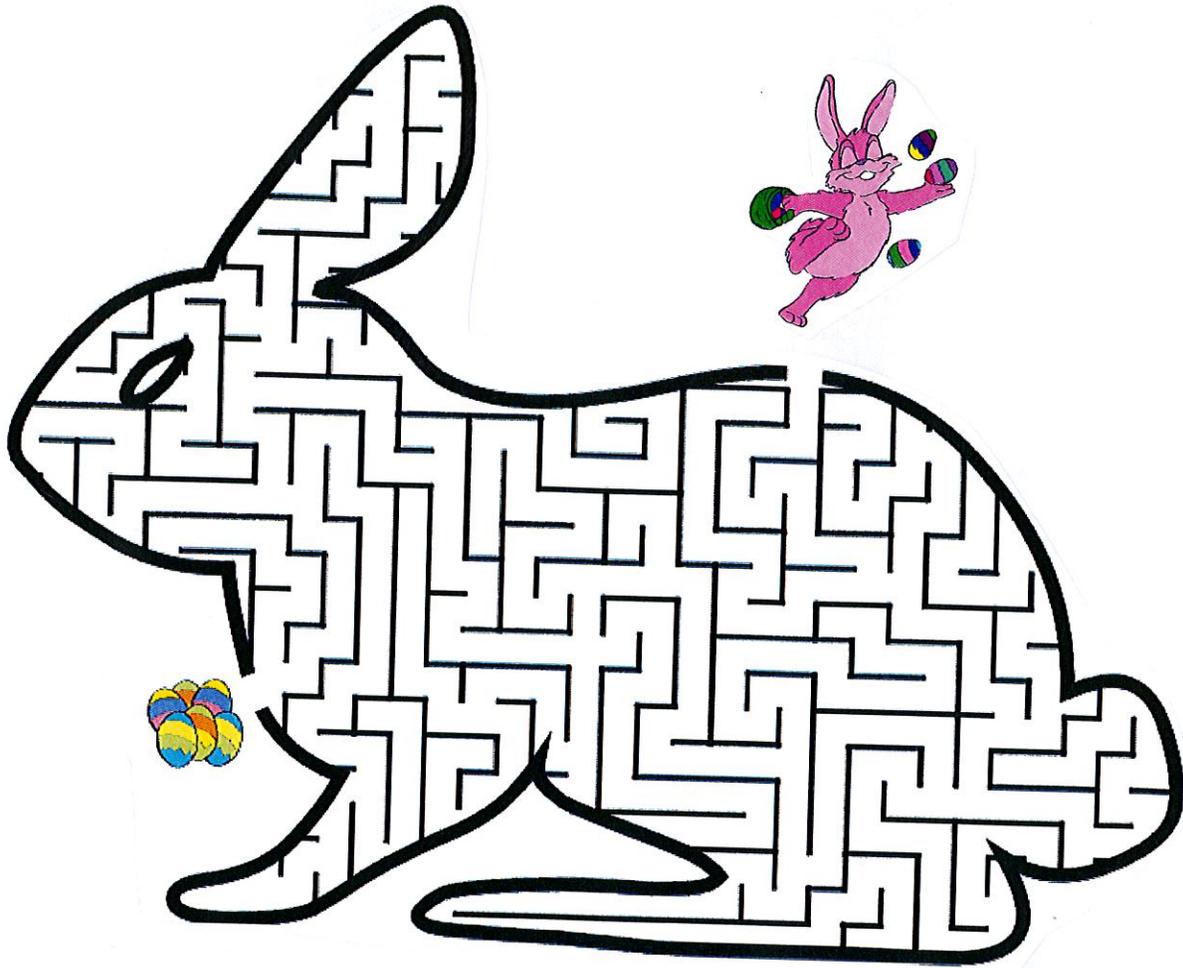
Answer Key

Sudoku Solution

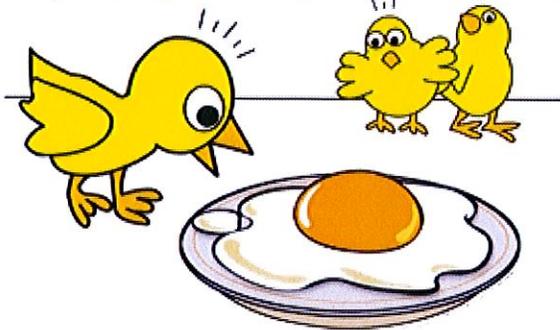
3	4	8	7	6	1	9	2	5
2	9	6	8	3	5	1	7	4
8	7	1	9	4	2	8	6	3
9	5	9	2	1	4	3	8	6
6	6	2	5	7	3	4	1	9
4	1	3	6	9	8	2	5	7
6	3	4	1	8	7	5	9	2
1	2	7	3	5	9	6	4	8
9	8	6	4	2	6	7	3	1

I am a teapot.
 Person, Place or Thing?

Guide the Easter Bunny through the maze to find the Easter Eggs



Holy Crap! Pete, Is that you?!



HAPPY EASTER



The first of April, some do say
Is set apart for All Fool's Day;
But why the people call it so
Nor I, nor they themselves, do know,
But on this day are people sent
On purpose for pure merriment.



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

CHAUTAQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

HOT
APRIL 2014 - Hot Noon Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>7 Calico Beans Beets Cornbread, Fruit (Margarine)</p>		<p>2 Macaroni & Cheese Stewed Tomatoes Juice Muffin (Margarine)</p>		<p>4 Tuna Noodle Casserole Apple Slices Mixed Vegetables Bread (Margarine)</p>
<p>14 Chili, Carrots Cornbread Juice Crackers, Pudding /M: Diet (Margarine)</p>		<p>9 Italian Meatballs Rotini Pasta w/ Sauce Italian Beans, Juice, Bread Cookie/M: Diet (Margarine)</p>		<p>11 Baked Fish Scalloped Potatoes Green Beans, Bread Cake/M: No Icing (Margarine, Tartar Sauce)</p>
<p>21 Beef Cubes in Gravy over Noodles Broccoli, Roll, Fruit Chocolate Milk/M: White (Margarine)</p>		<p>16 Stuffed Cabbage Casserole Peas Muffin, Fruit Cup (Margarine)</p>		<p>18th CLOSED Good Friday</p> 
<p>28 Scalloped Potatoes & Ham Broccoli Bread, Juice Fruit Crisp (Margarine)</p>		<p>23 Vegetable Lasagna Spinach Garlic Roll Juice Pudding/M: Diet (Margarine)</p>		<p>25 Goulash Carrots Biscuit Applesauce (Margarine)</p>
		<p>30 Baked Fish Creamed Cubed Potatoes Peas w/ Onions, Bread Cake /M: No Icing Chocolate Milk/M: White (Tartar Sauce, Margarine)</p>		

COLD

CHAUTAUQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

APRIL 2014 - Alternate **COLD Noon Menu**

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

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>2 Tuna Salad Sandwich Coleslaw Juice Fruit</p>		<p>4 Egg Salad Sandwich Mixed Vegetable Salad Juice Cake /M: no icing</p>
<p>7 Sliced Turkey Corn Relish, Fruit Baker's Choice (Mayonnaise)</p>		<p>9 Chicken Salad Sandwich Fresh Carrots w/Ranch Dressing Juice Cookie /M: Diet (Ranch Dressing)</p>		<p>11 Roast Beef Sandwich Marinated Vegetables Fruit Cake /M: no icing (Horseradish Sauce)</p>
<p>14 Sliced Turkey w/ Cheese Sandwich Pasta/Veg. Salad Juice, Fruit (Mayonnaise)</p>		<p>16 Cold Cut Sub Cucumber Salad Fruit, Cookie (Italian Dressing)</p>		
<p>21 Ham Salad Sandwich Potato Salad Fruit Chocolate Milk /M: White</p>		<p>23 Peanut Butter & Jelly Sandwich Fruited Gelatin Juice Pudding/M: Diet</p>	<p>24 Sliced Ham Sandwich Carrot Raisin Salad Fruit</p>	<p>25 Salami & Cheese Sandwich Potato Salad Applesauce Gelatin (Mustard)</p>
<p>28 Sliced Turkey Sandwich Macaroni Salad Juice, Fruit (Mayonnaise)</p>		<p>30 Sliced Ham & Swiss Sandwich Juice, Fruit Cake/M: no icing Chocolate Milk/M: White (Mustard)</p>		