



4834 Velasko Road, Syracuse, NY 13215
townofonondaga.com

JANUARY/FEBRUARY 2020 SENIOR GAZETTE

Barbara Michalski, Senior Coordinator
(315) 469-3464



HOLIDAY CLOSING:

The Senior Center will be closed January 1 & 20, New Years Day and Martin Luther King Day; and February 17, President's Day.

CATERED LUNCHEONS

Sign up in the Senior Center Office for Catered Luncheons. Payment is due at sign-up. Most Catered lunches are \$5 per person.

No Catered Lunch in January and March.

THURSDAY FEBRUARY 6. Sign up by Tuesday February 4.
Pizza, Zita, Salad, Dessert! John and Deb Puma entertaining



STEAL BINGO PARTY Thursday January 2

Enjoy a P.E.A.C.E. Lunch before playing 'Steal Bingo'. And you can 'regift' and bring a prize for the game! Call the lunch line for your reservation.

P.E.A.C.E. Inc. SENIOR LUNCH PROGRAM

Lunch is served every Monday thru Thursday at NOON.

- <> \$3.50 for any senior 60+, \$7 for anyone under 60. Pay the day you come for lunch.
- <> Call the lunch line at 315.469.3259 for reservations.
- <> Reservations should be in by 12:30 PM Wednesday for the following week.
- <> Call and cancel your lunch if you are unable to come for lunch, and make sure to include in your message the day and date you are cancelling.



*Cheer's for the Blessing of the Year;
to the Friends we hold so dear...*

LONG TERM CARE OMBUDSMAN SPEAKER

Tuesday January 14 @ 12:45 PM

The LTC Ombudsman Program is an advocate and resource for people who reside in long term care facilities such as nursing homes, assisted livings, and adult care facilities. Ombudsman help residents and their families understand and exercise their rights to quality care and quality of life. The program advocates for residents by receiving, investigating, and working to resolve complaints made by or on behalf of residents.

Ombudsman respond to a variety of issues about long term care including:

Resident's rights; Environmental concerns; Discharge and eviction; Personal care concerns; Quality of life issues.

ARISE is also seeking volunteer Ombudsman.



ST. PATRICK'S PARTY!!

Monday March 16 @ 12 Noon

P.E.A.C.E. Inc. lunch \$3 and entertainment TBA! Call the lunch line for your reservation!

WEARING BOOTS AT THE SENIOR CENTER IS A NO-NO

During the winter, when you come to the Senior Center for lunch or a class, PLEASE remember to bring shoes or slippers to wear while you are here. Snowy wet boots will ruin our wood floor in addition to leaving wet spots that cause a hazard for people to slip on.



SNOW POLICY REMINDER....

When the Syracuse City Schools are closed because of poor weather conditions, the P.E.A.C.E. lunch program will be closed. There may be times the P.E.A.C.E. lunch program closes (because of the weather conditions) but the Syracuse City Schools are open. Be sure to watch TV in the morning on those snowy days, to see if P.E.A.C.E. is closed. Unless all government buildings are closed, the Center will remain open for regularly scheduled activities such as exercise, art, card playing, billiards. If in doubt, call the Center to confirm we are open.

AARP FREE INCOME TAX ASSISTANCE FOR SENIORS 60+ YEARS

Volunteer counselors are trained by the IRS to help Senior Citizens with income tax forms and special credits that are available to them.

THE FOLLOWING DOCUMENTS ARE REQUIRED TO BRING WITH YOU TO YOUR APPOINTMENT:

~2018 tax returns, and income and expenses for 2019; all Forms W-2, 1098 and 1099.

~Form 1095-A (Marketplace Health Insurance)

~Picture ID (drivers license), both husband and wife (birthdates for you, spouse and dependents).

~If this is your first time using AARP tax assistance it is necessary to bring your Social Security Card for each person filing.

~Also, if filing a Joint return both spouses are needed at the appointment.

PLEASE NOTE:

TAX COUNSELORS CANNOT PREPARE RETURNS WITH:

...Complicated capital gains/losses

...Rental income, except land-only rentals

...Royalty income with expenses

...Some investment income or itemized deductions that are not included in AARP training

...Alternative Minimum Tax, Additional Medicare Tax, or Net Investment Income Tax

Appointments Tuesdays & Wednesdays

Beginning February 4 thru April 15

9 AM – 12 Noon at the Senior Center

Come in 15 minutes prior to your appointment to fill out required interview forms from the IRS.

Please call the Senior Center for an appointment.

Sign up as soon as possible. If your paperwork doesn't arrive in time for your appointment you can always reschedule.

LEGAL AID SOCIETY OF MID-NY



Provides legal services to residents of Onondaga County age 60+. Services cover the following civil areas: Consumer Matters such as problems with collection/ debt; Living Wills, Power of Attorney Preparation, and

Revocation, Simple Will & Testament, Health Care Proxies; Legal problems concerning Food Stamps, HEAP, Social Security, SSI, Veterans Benefits; Medicaid/ Medicare disputes; Public Assistance and Utility issues. Legal Council is available throughout the year.

Appointments last approximately ½ hour for a single

person, and up to 1 hour for a couple.

Their services are free but 'voluntary contributions to the Legal Aid Society of Mid New York, Inc.' are accepted and used to expand legal services.

2020 DATES

February 11, May 12; and September 8

Call the Senior Center for an appointment.

NUTRITION COUNSELING

To receive dietary counseling in the privacy of your own home or at the Senior Center contact Laurie Zirilli from the Department of Aging @ 315.435.2362 x4939 for an appointment.

AARP SMART DRIVER COURSE

Anyone 50+ is eligible to take this one day course. Registrants will receive an insurance reduction averaging \$40 per year for 3 years, and a point reduction of up to four points on the participant's driver's license (if you already have points).



ADVANCED REGISTRATION IS REQUIRED.

BRING TO CLASS:

*YOUR AARP CARD with membership #. (This is required on the form you fill out to submit to AARP)

*Your current drivers license *Pen/pencil

\$20 AARP member — \$25 non-member

Checks are payable only to AARP

Class time: 8:45 AM – 4 PM; Lunch: 12 - 12:30 PM

Senior Center Doors open at 8:30 AM

Bring a bagged lunch (nothing that needs to be microwaved!) Coffee and Tea provided.

2020 CLASSES

April 17, May 15, June 19, October 16, November 20

NEIGHBORHOOD ADVISOR/ SENIOR ASSISTANCE

Private counseling is available on Tuesdays January 21 and February 18, 12:30 - 2:30 PM regarding: HEAP; Food Stamps; Lifeline Telephone Program; Veterans Benefits; Meals On Wheels; Housing Subsidies; Home Repairs and Weatherization; Caregivers; Tax Assistance; Pantries; and Social Day Programs. Call the Center to schedule your appointment. If you need immediate assistance call the Neighborhood Advisor at the Salvation Army office directly @ 315.479.1152.



BINGO

Thursdays @ 1 PM (Please arrive by 12:45 PM)

January 9 & 23; February 13 & 27; March 12

\$1 for first card; \$.50 for each additional card.

LEFT CENTER RIGHT

Tuesdays January 21 and February 18 @ 12:50 PM

It's a dice game of chance! Bring 6 quarters to play.

You could win the pot! If you are not having lunch at the Center, please arrive by 12:45 PM to form tables.

CREATE A SPECIAL HEART

Tuesday February 11@ 1 PM

Decorate a wooden heart with buttons and create a fun, sweet ornament. No special skills needed!

Paint your wooden heart and add the buttons from our collection. FEE: \$1



ONGOING AT THE SENIOR CENTER

The following activities are available to all Seniors.

BRIDGE (or other card game of choice) played Mondays and Wednesdays 1-3 PM. We leave this time available for folks to come in with other card players to play. Leave your name and phone number and your name will be added to the sub list.

BOOK CLUB meets Monday's at 12:45 PM. One book a month is read, dividing it up to a fourth of the book a week, with a discussion each week about what you've read.

DOMINOES played Mondays from 1-3 PM. A fun group of ladies come in each week to play!

KNIT & CROCHET – Diane, a whiz at knitting and crocheting, will work with you on your creation if you are having problems. Call the Center and leave your name and # to schedule a time to meet with her.

LIBRARY – The shelves are full of great books to read. Come in and pick one up and/or bring in your clean used books for others to enjoy.

KLASSY RED HATTER'S meet the first Tuesday of each month at 1:15 PM.

MAH JONGG is played by experienced players Wednesdays 1–3 PM.

POOL (Billiards). A regulation size pool table is available for play all day long in the Pool Room.

Wii: BOWLING, TENNIS & GOLF – A group bowls every Wednesday before lunch.

'BUSY HANDS' QUILTING/NEEDLEWORK

GROUP meet Mondays from 10 - 12 Noon. They bring

in their quilting, needlework, cross stitch, embroidery projects to work on and exchange ideas.

WALKING PROGRAM

During the cold winter months the walking program is located in St. Michael's Parish Center behind the rectory, from 10 - 11 AM Tuesdays and Thursdays. You don't have to worry about slipping or falling. Walk, rest and be protected from the elements by getting some exercise indoors. Stop by the Senior Center and fill out a Medical & Emergency Information Form if you are interested joining in.

DONATIONS - We Collect: BOX TOPS FOR EDUCATION
** BYRNE DAIRY RECEIPTS ** CANNED & NON-PERISHABLE
ITEMS FOR FOOD PANTRY**YARN**ALUMINIUM PULL TABS**

10 WAYS TO LIVE LONG AND BE HEALTHY IN THE NEW YEAR by Drs. Oz and Roizen

Odds are increasing that you'll see the other side of 90. At 90 your body's RealAge could be 70ish; at 100, you could be a sharp and active 80 something! That is the point, of course: to live long and be healthy.

If you intend to live forever (well, nearly), the key is to live healthfully now. Here are the top steps to reaching 90 in good health and great shape:

*Stay active. That daily 30-minute walk is vital to keeping you young.

*Get enough whole grains, fruits, and veggies; vitamin D3 (1,000 IU; 1,200 after age 60); DHA omega-3s (600-900 mg); low-dose aspirin (talk to your doc first), to keep body and brain humming.

*Get next to none of these: saturated fats, trans fats, added sugars.

*Sleep 7 1/2 hours to 8 hours a night. Every night.

Manage stress. Meditate or take two 10- or 15-minute deep-breathing breaks daily.

*Do. Not. Smoke.

*Stimulate your brain. Do puzzles, learn languages, and take on new challenges.

*Support "village" movements: neighbors-helping-neighbors programs that let people live independently at home.

*Harass your legislators to get health costs under control and affordable. At some point, you'll need it.

Then plan on blowing out more than 90 candles. Once you hit 90, your average life expectancy is 95!!

EXERCISE.....FIT AFTER FIFTY

Instructor: Diane Zarzecki

Tuesdays 10 - 11 AM

Current Session thru January 21

Next 12 week Session:

January 28 – April 14

After January 21 add \$10

RESIDENT FEE: \$24

NON-RESIDENT FEE: \$34

ART INSTRUCTION

Instructor: Thomas Hussey

BEGINNER ART (Oil Painting)

Tuesdays 12:30 – 2:30 PM

Current 12 week Session thru February 25

Next 12 week Session:

March 3 – May 19

After February 25 add \$10

RESIDENT FEE: \$ 90

NON-RESIDENT FEE: \$100

Maximum 12 participants in class.

Contact Tom at wthussey@gmail.com or 315.253.5288 for information regarding supplies for class.

ADVANCED ART

Tuesdays 9 AM - 12 Noon

Current 12 week Session thru February 11

Next 12 week Session:

February 18 – May 5

After February 11 add \$10

RESIDENT FEE: \$66

NON-RESIDENT FEE: \$76

TAI CHI/CHI KUNG

Instructor: David Dolbear

CHI KUNG - Thursdays 11:10 AM

A Chinese Exercise meaning Therapeutic Breathing Exercise for Health, involving simpler movements and breathing to reduce stress and promote pliability, improved pulmonary and cardiovascular function. Chi Kung can be done sitting in a chair or standing. This is a beginner class for anyone who wishes continuing on to Tai Chi.

TAI CHI - Thursdays 12 Noon (Following CHI KUNG)

Characterized by soft, slow and continuous movement. Physically it promotes pliability, improved cardiovascular and pulmonary function, improved posture and increased strength, especially in the legs. Psychologically, it promotes concentration, relaxation, self confidence and overall improvement in the function of the central nervous system.

Current Sessions thru January 2

Next 12 Week Session:

January 9 – March 26

After January 2 add \$10

RESIDENT FEE: \$60 (each class)

NON-RESIDENT FEE: \$70

Maximum 14 participants in class.

EXERCISE WITH LIGHT WEIGHTS

Thursdays 10:30 - 11:15 AM

Exception: NO EXERCISE CLASS FEBRUARY 6. MAKE UP CLASS 10AM FRIDAY FEBRUARY 7.

FREE ONGOING CLASS following the best video for thorough strengthening and stretch.



DAY TRIPS

PLEASE ARRIVE 20 MINUTES PRIOR TO DEPARTURE SO WE KNOW YOU ARE COMING.

THE BUS LEAVES ON TIME.

.....If you become ill or need to cancel for a trip, always call the senior center and leave a message. PHONE MESSAGES

ARE CHECKED EACH MORNING. IF THERE IS A WAITING LIST SOMEONE MAY BE AVAILABLE TO TAKE YOUR PLACE.

If you require assistance to get around, YOU WILL NEED A TRAVEL COMPANION TO ACCOMPANY YOU AND PROVIDE THE PROPER HELP YOU NEED.

Sign up at the Senior Center, or call first for availability, then send a check for payment. Include with check: name of person(s) taking the trip, and your phone #, date of trip, bus stop, and menu choice (if any). Make check payable to Onondaga Seniors. Detailed flyers explaining the trips are displayed at the Center.

OH WHAT A NIGHT @ Del Lago Casino

Tuesday April 21

Enjoy a lively and fun musical tribute to the Four Seasons before your Buffet Dinner at Del Lago Resort & Casino, with a \$25 gaming bonus included!

FEE: Residents \$51 Non-Residents \$56

Bus pick-ups:

Nedrow Fire Department – Depart at 11:15 AM

Onondaga Senior Center – Depart at 11:30 AM

Return approximately 7:30 PM

SYRACUSE SPRING TOUR

Wednesday May 20

An interesting day will start at the recently opened **Skä•noñh**— Great Law of Peace Heritage Center on Onondaga Lake Parkway in Liverpool. We'll tour (indoors and out) and hear about the story of the native people of Central New York. The Onondagas are the keepers of the Central Fire and are the spiritual and political center of the Haudenosaune. From there we will stop for a delicious buffet lunch at Dinosaur Barbecue Restaurant before our stop at the Onondaga Historical Association, where we will take in the exhibits; Strolling Down South Salina St.: 1940-1980; the Underground Railroad; and Syracuse China, featuring rare pieces from the 138 year old company, and more. (Lunch will include Pulled Pork, Pulled Chicken, Chopped Salad, Harlem Potato Salad, Mac & Cheese, Corn Bread, Non Alcoholic Beverages, Dessert.)

FEE: Residents \$41 Non-Residents \$46

Bus pick-ups:

Onondaga Senior Center – Depart at 9:15 AM

Nedrow Fire Department – Depart at 9:30 AM

Return approximately 4:15 PM

MORE TRIPS SCHEDULED FOR 2020

Flyers for the following trips will be posted at the Senior Center the end of January.

Silver Birches in Hawley, PA, 'Rockin' thru the Decades' Show, June 11; Barry Manilow/Bette Midler Tribute Show @ Del Lago Casino, June 30; 'Finnian's Rainbow' at Cortland Repertory Theater/lunch at Hathaway House, July 15; 'State Fair' at Merry-Go-Round Playhouse/lunch at Springside Inn, August 14; 'Sound of Music' /lunch at Otesaga Resort, Cooperstown, August 25; 'Buddy Holly' at Merry-Go-Round Playhouse/lunch at Sherwood Inn, October 5, and more trips being planned!

OVERNIGHT TRIPS FROM TRAVEL CHOICE INTERNATIONAL (TCI)

Pickup points - Dewitt or Fayetteville.

For reservations and additional information about TCI trips please call 445-1400. All trips fully escorted by Dick and Patsy O'Neil. TRIP CANCELLATION INSURANCE RECOMMENDED and available through TCI.

GRAND HOTEL ON MACKINAC ISLAND

June 20-24, 2020 (Saturday-Wednesday)

Double	Single
\$1,364	\$1,854 per person

For reservations and additional information please contact Town of Dewitt Parks and Rec 315.446.9250 or Town of Manlius 315.637.5188.

MASSACHUSETTS-CONNECTICUT

GARDEN RAMBLE

July 7-9, 2020 (Tuesday-Thursday)

White Flower Farm; Hollister House Garden; Naumkeag; Berkshire Botanical Garden

Double	Single
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\$684	\$819
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Travel Choice International escort, and escort Alan NaPier, Graduate of SUNY ESF, former Beaver Lake Naturalist, and gardener for 40 years.





JANUARY BIRTHDAYS

2 Marilyn Crosby – Mary Nowyj
 Marie Johnson - Dawne Latter
 3 Mary LaManche
 4 Harvey Hosford
 5 Catherine Pellikka – Betty Reidy
 Joan Erwin
 6 Gerri MacLachlan
 7 E. Jane Rickert
 9 Vi Darling
 10 Merle Sands – Virginia Brennan
 11 Joan Tauro
 12 James Doss
 Howard Leaf
 13 Robert Mahley
 14 Audrey Newmiller - Gertrude Mathewson
 Barbara Henson
 15 Elizabeth Fielding – Joanne Ritchie
 17 Lila Wayno – Vivian Douglas
 Mary Kennedy – Rudolph Muolo
 19 Sandra Moore
 20 Colleen Levell – Jacqueline Amrhein
 Marlene Maestri
 21 Sharon Prouty
 24 Charlotte Tooley
 25 Janet Clopman
 26 Betty Valerio - John Ronan
 Bettyann Trivison – Jean Keller
 27 Helen Baginski
 28 Mary Gragg – Betty Krasnewich
 29 Rochelle Printup – Peter Moore
 John Panighetti
 30 Stella Romas – Bill Wesley
 Nancy McIndoe



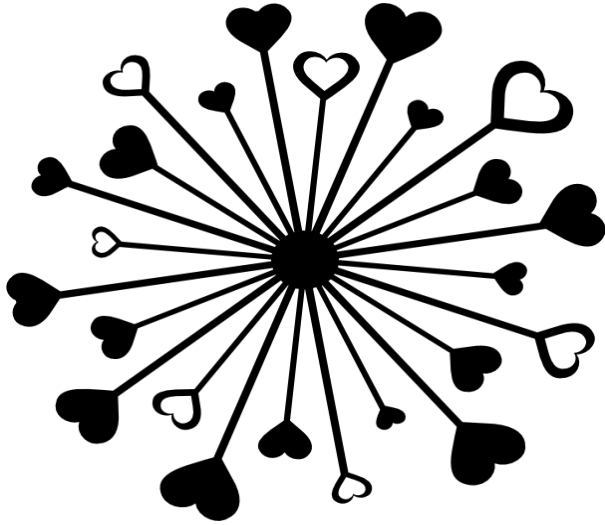
FEBRUARY BIRTHDAYS

3 Alberta Shouldice – Barb Farrington
 Kay Mason – Eleanor Kolovrat
 5 Barbara Bratt – Barbara Kupiec
 7 Agnes Hazelgrove – Jeanne Westcott
 Detta Cambell
 8 Connie Verdow – Katherine Kerr
 9 Theresa Lawson – Laura Mumford
 10 Betty Kitt
 11 Shirley Verone – Mary Lou Winters
 12 Eleanor Boyle – Veronica Patell
 Helen Popcun
 13 Carol Jaede – Tim Printup
 14 Lisa Racciatti – Barb Morse
 Chi Wa Hwang
 15 Anne Howard
 16 Christina Brown - Marge Fifield
 17 Beverly DeYulio – Bernard Cannon
 Charles Grimsley – Anne Smith
 Maryann Rust
 18 Barb McPeak - Eleanor Clapper
 Helen Jennings
 19 Kevin Sibson
 20 Ronald McArthur – Marilyn Trendell
 21 Dorothy Czarnecki - Donna Woodhead
 22 Jim Kirby
 23 Doug Nielsen
 24 Pat Morehouse
 25 Angela Franceschetti – Ida Shields
 26 Carol Gola – Mary Niedzwicki
 27 Anita Stoehr - Sue Schiller -
 MaryAnn Dunsford
 29 Rezeda Macko
 Ron Dalton - Flo Lewis



TOWN OF ONONDAGA SENIOR CENTER
4834 VELASKO ROAD
SYRACUSE, NY 13215
Phone: 315-469-3464
Fax: 315-469-2816

TIMED MATERIAL!
PLEASE



Dear Seniors,

It's been another enjoyable year at the Senior Center, and as I look back and think about the friendships we've made, I am thankful for the good folks who come here and grateful for your kindness and generosity to our staff and all the seniors. We wish for another great year and send you all our blessings for peace and love in your life, good health and much happiness always....

SENIOR FALL & WINTER PROGRAM HOURS:

9:00 AM - 4:00 PM

SENIOR SUMMER PROGRAM HOURS:

9:00 AM - 3:30 PM

