



4834 Velasko Road, Syracuse, NY 13215

townofonondaga.com

SEPTEMBER/OCTOBER 2020

SENIOR GAZETTE

Barbara Michalski, Senior Coordinator

(315) 469-3464

AT THIS TIME ALL SENIOR PROGRAMS AND CLASSES ARE STILL ON HOLD UNTIL FURTHER NOTICE. WE ARE HOPING TO RESTART EXERCISE, TAI CHI/CHI KUNG, AND ART FOR THE ORIGINAL CLASS MEMBERS IF IT BECOMES POSSIBLE SOMETIME IN THE FALL WITH THE TOWN BOARD'S APPROVAL. WE WILL CONTACT FOLKS WHEN APPROVAL IS GIVEN.

P.E.A.C.E. INC. SENIOR LUNCH 'DRIVE THRU' PICK-UP

During this time we are offering a frozen meal (to heat at home)/or fresh sandwich or salad, available for pick up at the Senior Center three days a week, Mondays, Tuesdays and Thursdays.



- The meal is \$3.50 for Seniors. We are not allowed to make change. If you prefer, write a check payable to P.E.A.C.E., Inc.
- To pick up your lunch, we encourage you to wear your mask. Arrive at the front entrance between 11:45 to 12:15PM. We'll hand your lunch to you in your car.
- Call the lunch line 315.469.3259 by Wednesday the week before you are requesting a lunch. The menu for the week and instructions will be on the lunch line. After listening to the message leave your name, day of pick up and lunch choice, and please call and cancel your lunch if not coming.

MENU FOR WEEK OF SEPTEMBER 14. MAKE YOUR RESERVATION BY WEDNESDAY SEPTEMBER 9.

- MONDAY 9/14 - Chopped Steak/Gravy, Mashed Potatoes, Peas/Pearl Onions, Diced Pears
- TUESDAY 9/15 - Crab Salad, Macaroni Salad, Fresh Fruit, Croissant
- THURSDAY 9/17 - Meat Lasagna, Broccoli, Italian Bread, Cookie

MONTHLY LUNCH MENUS ARE AVAILABLE AT THE SENIOR CENTER AND ONLINE AT

townofonondaga.com/seniorctr.htm (under Forms/Docs)

HOLIDAY CLOSING

Labor Day, September 7 and
Columbus Day, October 12.
NO SENIOR LUNCH PICK-UP.



SENIOR GAZETTE REGISTRATION ALERT

NON-RESIDENTS. Be looking next month for the 2021 *Senior Gazette* sign-up form. You can also access the Gazette on the Town of Onondaga website @ <http://www.townofonondaga.com/seniorctr.htm>

HEADING SOUTH FOR THE WINTER?

Please alert our staff. Delivery of your *Senior Gazette* newsletter will be stopped for the months you are away.

SCAVENGER HUNT

If you missed out on the fun, we're doing it again.



Collect the following items and bring them to the front entrance of the Senior Center Mondays, Tuesdays or Thursdays between 11 - 12:30PM. (If no one is by the door, please knock). It will brighten your day! Everyone who

brings in all 15 different items will be rewarded! You have until September 17 to turn in your stash!!

1. something square
2. 5 different buttons
3. something tiny
4. something smooth
5. something green
6. something you can eat
7. a picture of a cat
8. something lovable
9. something that starts with 'A'
10. something sticky
11. a leaf from a tree
12. a clothespin
13. something that moves
14. something shiny
15. something pretty

GOOD LUCK! CAN'T WAIT TO SEE WHAT YOU BRING IN THIS TIME!!!

AUTUMN

SEPTEMBER BIRTHDAYS

- 2 Charles O'Neil - Yvette Guilfoil
- 3 Mary Ellen Colucy
- 4 Dorris Harvey
- 5 Patricia D'Agostino
- 6 Mary Pierce
- 7 Jane Whitney - Lillian Kompf
Charlotte Goodison - Bill Lynch
- 8 Maria Harfman - Maryanne Lorenz
- 9 Rita Beard - Marilee Jones
Linda Jackson - Arlene Petrivelli
- 10 Dian Moran - Ellie Monroe
- 11 Janet Clark - Elizabeth Harris
- 12 Irene Sobecki
- 13 Arlene M. Adams
- 16 Ethel Oree
- 17 JoAn Feyerabend
- 18 Annie Sistrunk - Mary Lou Sobon
- 19 Ethelyn McArthurs - Carol Hill
Kathleen Wagner
- 20 Patricia Dailey
- 22 James Hamilton
- 23 Helen Shaffer - Ken Lawrence
- 24 Joseph Wilson - Jean Podkowinski
Mary Mullally
- 25 Shirley Carter - Ruth Roy - Pat Naughton
John Harris
- 26 Patricia Roth - Alice Fitch - Christine Pari
- 27 Betty Lyle - Linda Otis
- 28 Barbara McCarthy
- 29 Genevive Gilbo - Joseph Palmer
Luba Popow

OCTOBER BIRTHDAYS

- 1 Ruth Holbrook - Lilyana Ivanova
- 4 Jane Nogash - Stephen Pidkowinski
- 5 Laura Cross - James Mullen
Frank Witkowski
- 6 Yvonne Caine - Caroline Bartlett
Jane Gilheney
- 7 R. Peter Clarke - Joan Moosbrugger

- 8 Barbara Johnson - Chet Bartkowski
- 9 Mary Wallace - Linda Kelly
- 10 Theresa Geraets - Marcia Wheeler
- 11 Walter Quinell - BettyJane Ottinger
- 13 Karen Felshaw - John Feeney
- 15 Audrey Kerswell
- 16 Mary Holloway
- 17 Carol Jacobson - Pete Poppe
Marigrace Crème - Carolyn Webster
- 18 Janice Evans
- 19 Kathy Pine - Dick Hannafan
Arlene Lancaster - John Thornton
- 20 Arlene Farsaci - Bernice Wynn
- 21 Linda Hance
- 22 Mary Schiavone - Pat Antos
- 23 Joan Clifford - Sandra Smith
- 25 Donna Watson - Barbara Newmiller
Oran Annable - Carole Bossuot
- 26 Eileen Burke - Elizabeth Gutches
Jane Kinney
- 27 Sylvia Watt
- 29 Anne Sheridan
- 30 Lucille Tully - Carolyn Kocher
- 31 Clifford Sperling



NEIGHBORHOOD ADVISOR/SENIOR ASSISTANCE COUNSELING

During this time, counseling is available by calling our Information and Assistance Specialist at his Salvation Army Office directly, 315.479.1313. You will most likely get a recording, but be sure to leave your name and

number. He will call you back. Get help 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.

NUTRITION COUNSELING

To receive dietary counseling by phone, call Laurie Zirilli from the Dept. of Aging @ 315.435.2362 x4939.

AARP SMART DRIVER COURSE

AARP has cancelled the Smart Driver Course for this year. 2021 schedule information will be posted in the January/February *Senior Gazette*. At that time, call and make your appointment for next year.



Do not let them take your temperature going into the store! It's a scam! They're erasing your memory. I went for bread and eggs and came home with Ice Cream and Kit Kat Bars!!

LEGAL AID SOCIETY OF MID-NY

At this time Legal Aid is not taking on any new cases. We will alert you if there is an update and the possibility of scheduling appointments in the future.

Well....Here we are....Already heading into Fall, and I've been doing some reminiscing,thinking about some of the experiences we've had on day trips taken over the years. There have been many 'hits' and only a few misses....And I can't say that they were really misses, just a few glitches that I call 'part of the adventure with friends!'



Do you remember the morning we headed north up to Tug Hill to see the windmills. It was so foggy we could see not one windmill let alone one that was no more than 50 feet in front of us!!! Oh my goodness!!.... Who thinks about fog when planning a trip! Rain yes. Snow maybe. But never fog!#!! Luckily by afternoon the fog had lifted and when driving out of the area for home, bus driver Keith took the 'scenic route' and we drove past the now visible windmills....A lovely sight....


How about Cooperstown when we went to Ommegang Brewery....They were in their infant stage and hadn't been open long....But it came highly recommended to me! During the tour we had to sidestep the beer tubes running across the floor. I thought for sure, 'this is a disaster waiting to happen!' Oh my goodness!!But we did leave with a nice bottle of beer....

I worried about bringing the Seniors to Auburn Downtown Theater to see The Great American Trailer Park Musical. An R rated show...Oh my goodness!!...What a hoot it was! You loved it!

How about when we went to the Adirondacks and took the Old Forge Lake Cruise. Oh my goodness!!....It was a freezing cold windy day. Our poor Seniors were crammed into the lower level of the boat with the windows down. And it was SO noisy. But no one ever complained. I do have a picture of Gary and Karen outside, up on the top deck all by themselves with hoods over their heads all bundled up, freezing, with smiles on their faces. Enduring all that, still enjoying the beautiful view....

How about the time we went to Ehrhardts Waterfront Resort for a scenic fall day trip. The first half of the adventure was a train ride thru the Pennsylvania area. The problem was, it absolutely poured rain that day. We had to wait outside at the train depot, and it's an old train, and the windows fogged up, and it was hard to see outside!#!!....Oh my goodness!!....Mother Nature. How Could you?!

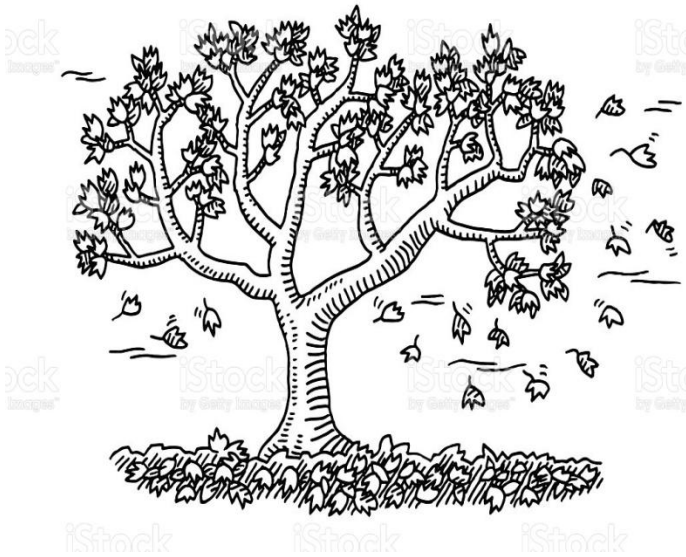
The Herkimer Diamond Mine....Need I say more....What was I thinking!....Seniors, rocks and hammers!....Oh my goodness!!....


*We didn't realize
we were making
memories, we just
knew we were
having fun*

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TIMED MATERIAL!
PLEASE DO NOT DELAY!



MEDICARE OPEN ENROLLMENT

OCTOBER 15 – DECEMBER 7, 2020

Do you have questions about your Medicare Supplement? Do you think you may need to switch plans? Plans make changes every year to costs and benefits from changing copays to changing which providers and pharmacies are in-network or out-of-network.

Now is the time to make changes if needed to your Medicare coverage going into effect January 1, 2021. Richard Kordas, our HIICAP (Health Insurance Information Counseling & Assistance Program) Counselor through the Department of Aging is available to speak with you and help guide you. Call him at 315.751.4645.

BOWLING @ MARCELLUS LANES

Bowling Alleys are open! Practicing 'social distancing', i.e. alternate lanes, spacing the play on lane 1 and 3 and 5, etc. Leagues start Tuesday September 8. The cost is \$8 each week. Singles! Couples! Three Man Teams! Anyone and everyone is welcome! Averages run from 89 to 180! The 89 average gets a 200 pin handicap; 180 average gets a 20 pin handicap! It's all even and all for fun. Everyone has a chance to win \$'s.

For information call John Harris, 315.673.1123 and he will tell you more about how the alleys are handling leagues.

When the Marcellus School District is closed due to inclement weather there is no bowling.

It's been so good to see you for lunch!

OFFICE HOURS:
8:30 AM - 4:30 PM