



4834 Velasko Road, Syracuse, NY 13215

[townofonondaga.com](http://townofonondaga.com)

# SENIOR GAZETTE

Barbara Michalski, Senior Coordinator

(315) 469-3464



## MEMORIAL DAY

## HOLIDAY CLOSINGS

Monday May 31, (NO  
SENIOR LUNCH PICK-UP)  
Memorial Day.

## P.E.A.C.E. INC. SENIOR

## LUNCH 'DRIVE THRU' PICK-UP ONLY

Lunch is available for pick-up Monday, Tuesday and Thursday each week. Your meal will include a frozen meal, or fresh sandwich, or salad, and 1% milk.

- The meal is \$3.50 cash or you can write a check payable to P.E.A.C.E., Inc.
- Call the lunch line [315.469.3259](tel:315.469.3259) by Wednesday the week before you are requesting a lunch.
- 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.

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

[townofonondaga.com/seniorctr.htm](http://townofonondaga.com/seniorctr.htm) (under Forms/Docs)

## WALKING PROGRAM EXTENDED

### THE WINTER WALKING PROGRAM AT ST. MICHAEL'S PARISH CENTER 10 - 11 AM TUESDAYS AND THURSDAYS HAS BEEN EXTENDED THRU THE MONTH OF MAY. (BUT,

PLEASE NOTE: If the church is holding another event, possibly their Rummage Sale, there will be no walking at the Parish Center.) Beginning May 4 walking also resumes outdoors at Brookdale Summerfield across from Santaro Park from 9 - 11 AM. Both locations are a good place to enjoy a safe walk away from busy streets.

Everyone must social distance (6 ft.) and wear a mask. If you need to rest, there is seating at both locations.

If you have not provided us your Medical & Emergency Information Form, please provide the following information to us if you are interested joining in. NAME: ADDRESS: PHONE NO.: EMERGENCY CONTACT AND PHONE NO.: DOCTOR NAME AND PHONE NO.

*From sweet April  
showers spring  
May flowers*



In April, Tai Chi, Art and Exercise Classes will resume for past registrants only. (If all goes well, we hope to open registration to new members beginning in the summer.) Legal Council will also be

available this year. See below for 2021 dates. Our next newsletter will include all class information and reopenings.

Unfortunately, we are still not open for 'drop-ins' or lunch. Folks will come in for class and leave directly after. (We are required to disinfect after each group meets following CDC guidelines.)

## 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.

### 2021 DATES

May 12; July 14; September 1

Call the Senior Center for an appointment.

Please Note: An intake worker from Legal Aid will call you for information necessary to start a file for you directly in their system. This saves time during your appointment to deal with legal issues rather than required informational paperwork.

*Hello Seniors!*

*Are we there yet!...It's been a WHOLE year since our doors were open. Boy, do we miss seeing you! The weather is looking good, and it will be sooooo nice to see you gather outside here at the Senior Center. We're hoping to put a picnic table at the side of the building for seating (if you forget your chair! ☺...) And on a nice Tuesday, let's commission Rita to bake a batch of her delicious cookies, or Brenda to bring her special snacks, for all to enjoy with our free Byrne Dairy coffee! Let's have a little fun getting outdoors together!*

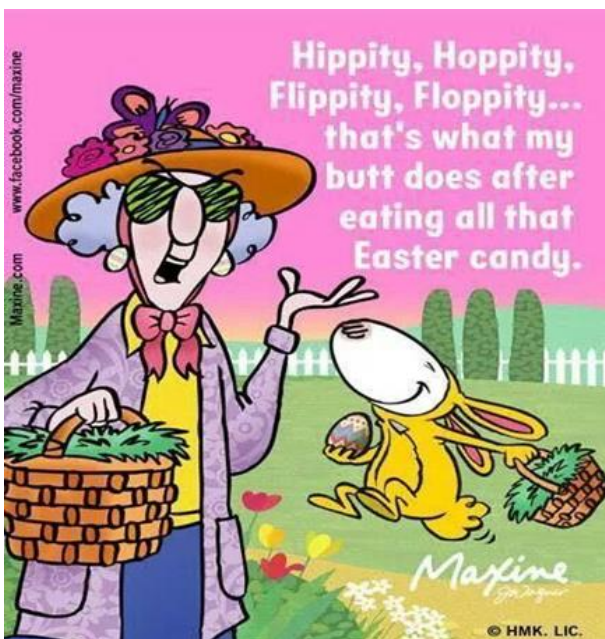


### **NEIGHBORHOOD ADVISOR/SENIOR ASSISTANCE COUNSELING**

At this time counselors are not meeting at the Senior Center, but call to speak with our Neighborhood Advisor Patrick at the Salvation Army Office directly, 315.479.1313. You will most likely get a recording, but be sure to leave your message. 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 from the Dept. of Aging @315.435.2362X4939.



## **SCAVENGER HUNT**

The weather is great and we are at 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. The folks that have participated had fun collecting! And we had fun checking out the items! Everyone

who brings in all 15 different items will be rewarded!

You have until April 22 to turn in your stash!!

1. something round
2. 5 toothpicks
3. something rough
4. something cold
5. something yellow
6. something you can drink
7. a picture of a butterfly
8. something soft
9. something that starts with 'K'
10. something 'icky'
11. a small tree branch
12. a pill bottle
13. something that lights
14. something happy
15. something dreamy (at least to you!)

**GOOD LUCK! And HAVE FUN!!!**

### **AARP SMART DRIVER COURSE**

The Defensive Driver Course thru AARP has been suspended throughout the county. We will alert folks when the course will reopen. Visit the AARP website at: [www.aarpdriversafety.org](http://www.aarpdriversafety.org)

### **SENIORS GOLF @ ORCHARD VALI**

The Senior **MENS** Golf League (for seniors over age 55) will be starting up for the 2021 season the end of April. If you are interested in playing call Gil Madigan, League Secretary for all the details, (315) 469.4934 or 257.0739. They need players. Give them a call and join in!.

For **LADIES** interested in golfing, please call Orchard Vali Golf Course directly at 315.677.3303. They have womens leagues available with a mixed age group.

#### **DONATIONS: WE COLLECT:**

**BOX TOPS FOR EDUCATION \*\* BYRNE DAIRY RECEIPTS  
\*\*CANNED & NON-PERISHABLE ITEMS FOR FOOD  
PANTRY \*\* ALUMINIUM PULL TABS.**

*Thanks to the folks who have continued donating!*

## APRIL BIRTHDAYS

- 2 Nancy Porter – Marianne Jula  
Rosemarie Ahern - Rita Stevenson  
Katherine Harvey-Barr
- 3 Elsie Grisier
- 4 Jeanne DeRose - Helen Keefe  
Mary Hunt
- 5 Helen Preston - Andree Marshall
- 7 Nancy Day
- 8 Elizabeth Lawyer – Verna Cox  
Joyce Kellar – Betty Lou Fields
- 9 Jane Lawrence - Marilyn O'Brien
- 11 Ed Veaudry - Marge Schmidt
- 13 Patsy Shively
- 14 Marge Adsitt - Eileen Amidon  
Loretta Thayer - Anne Konick
- 15 Linda Vishnesky - Mary Louise Ryan
- 16 Anne Page - Ruth Wolf  
Georgina Burgmeier - Robert Hilliard  
Harriet Hanlon
- 17 Elva Furze - Martha Barnett – Dick Kuhn  
Liliana Goldfain - Joe Strock
- 18 Margaret Liberatore - Joyce Flint
- 19 William Purdy  
Mary Schweotzer-Burgmeier
- 20 Dona Dalton
- 21 Chuck Morehouse - William Holloway
- 22 Margaret M. Wood
- 23 Joyce Carr - Anne O'Grady
- 25 Carol Mathews
- 26 William Smith - Jerry Holbrook  
Toni Crawford
- 27 Mary Dadey
- 28 Amy Wentling - Esther Wood  
Norma Taylor – Linda Hammerle
- 29 Peter Tatusko
- 30 Joanne Claeys



## MAY BIRTHDAYS

- 1 Marion Hurnberger  
Mary Ellen Malone - Rita White
- 2 Laurel White - Dominick Venuti
- 3 Monica Scott - Dino Martin
- 4 Barbara Martin - Caroline LaTray  
Patricia Fox
- 6 Delores Bottrill - Julie Hoppmann
- 7 Betty Hickox - Maureen Moore  
Vivian Hetzel
- 8 Jean Bednarski - Fred Monroe  
Julie Sass
- 9 Anne Volcko – Ray Leubner
- 10 Dorothy McIntyre
- 11 Nancy Lewis
- 12 Irene Lawton
- 13 Giovanna Bernardon - Sharon Miller  
Shirley Mollica
- 14 Nancy Campagna
- 15 Lyle Bartlett
- 16 Lois Cole
- 17 Hugh Devlin - Nancy Venuti
- 18 Marion Albright  
Mary Lascaris - Teresa Punch
- 19 Grace Vardabash - Ellen Fahy
- 20 Helen Jones - Kathy Gibson
- 21 Nancy Baranello  
Dorothy Graser
- 22 Faith Purdy
- 23 Audrey Strodel - Laura Schuyler  
Betsy Price
- 25 Magdalena Schwartz
- 26 Hazel Rittenhouse
- 27 Nancy Hamilton - Priscilla Metzger  
Clare Ramsden - Ruth Curry
- 28 Dick Beebe

## CHILDRENS THOUGHTS ABOUT MOMS

What ingredients are mothers made of?

1. God makes mothers out of clouds and angel hair and everything nice in the world and one dab of mean.
2. They had to get their start from men's bones. Then they mostly use string, I think.

What did mom need to know about dad before she married him?

1. His last name.
2. She had to know his background. Like is he a crook?  
Does he get drunk on beer?
3. Does he make at least \$800 a year? Did he say NO to drugs and YES to chores?

Why did God give you your mother and not some other mom?

1. We're related.
2. God knew she likes me a lot more than other people's mom like me.

Why did your mom marry your dad?

1. My dad makes the best spaghetti in the world. And my mom eats a lot.
2. She got too old to do anything else with him.
3. My grandma says that mom didn't have her thinking cap on.

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

**TIMED MATERIAL!**  
**PLEASE DO NOT DELAY!**



**THANK YOU**  
**'FRIENDS OF THE ONONDAGA SENIORS'**  
 We've received many donations in 2020 and appreciate your generosity. We continue to have random free lunches and are looking forward to putting your dollars to good use once our programming resumes.

<b>NAME:</b>		
<b>APRIL 2021 PEACE SENIOR NUTRITION ' GRAB AND GO' LUNCH PROGRAM</b>		
<b>MONDAY</b>	<b>TUESDAY</b>	<b>THURSDAY</b>
		1
		Meat Lasagna, Broccoli, Italian Bread, Cookie
5	6	8
Beef Stroganoff	Bacon Tomato Chicken Salad	Baked Ham
Egg Noodles	Chef Salad	Scalloped Potatoes
Green Beans	Vinaigrette Dressing	California Blend
Wheat Bread	Bun	Wheat Bread
Applesauce	Cookie	Tropical Fruit Salad
12	13	15
Southwestern Style	Baked Ziti	Roast Turkey/Gravy
Chicken, Chuckwagon Corn	Italian Sausage	Stuffing
Baked Beans	Italian Blend Vegetables	Country Blend Veggies
Fresh Watermelon	Italian Bread	Wheat Bread
Wheat Bread	Fruit Cocktail	Diced Peaches
19	20	22
Sweet and Sour Chicken, Rice	Romaine Salad & Chicken	Spanish Rice Casserole
Oriental Vegetables	Caesar Dressing	Broccoli Florets
Wheat Bread	Dinner Roll	Dinner Roll
Fresh Orange	Cookie	Cookie
26	27	29
Chopped Steak with Gravy	Meatball Marinara	Golden Chicken Quarter
Mashed Potatoes	Pasta	Red Skin Potatoes
Sliced carrots	Italian Green Beans	Capri Blend Vegetables
Wheat Bread	Italian Bread	Wheat Bread
Diced Pears	Pineapple Tidbits	Fresh Orange

Call the Lunch Line 315.469.3259 by Wednesday for the following week lunch requests.

**OFFICE HOURS:**  
**8:30 AM – 4:30 PM**