



# SENIOR GAZETTE

4834 Velasko Road, Syracuse, NY 13215

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

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Hello Seniors!

The Senior Center is open as of June 1st! It's been way too long without you! Folks are excited and ready to be getting back to a new 'normal', but it's taken

baby steps to get here! We are now ready to have you join the activities offered and hoping to add more programs soon. And I know you are interested in day trips as many of you have expressed how you miss our adventures.... but we are not yet able to travel. As restrictions ease and businesses are in full operation, we'll be sure to 'pull' a trip together if possible.

Upon reopening, when you come to the Center it will no longer be mandatory to wear a mask if you have been vaccinated, but if you have not been vaccinated you will need to wear a mask and to social distance.

For those of you who have always come for lunch, we will be open Monday - Thursday 10-2 PM for you to stop by and sit with friends, chat, have a 'bring your own' lunch. There will be no food or coffee provided. Stay and take part in Bingo, Wii Bowl, Cards, a Movie, or Trivia, Billiards, whatever is going on that day.

Everyone is encouraged to continue following the CoVid safety guidelines regarding washing hands and hand sanitizing, and we will continue disinfecting areas in use. If you are feeling ill, feverish or have a cold, please stay home and take care of yourself to protect others from getting sick too. We can successfully reopen with everyone's participation and restart our 'fun' times again.

Stay happy & healthy.....Barbara

## ONGOING WALKING PROGRAM

TUESDAYS & THURSDAYS from 9 - 11 AM



Our summer walking program continues at Brookdale Summerfield (across from Santaro Park). They have a nice walking path going around the building. Stop at the Center and fill out a Medical & Emergency Information Form if you are joining in.

## AARP SMART DRIVER COURSE

The Defensive Driver Course thru AARP is suspended until further notice. We will alert folks when the course will reopen. You can visit the AARP website at: [www.aarpdriversafety.org](http://www.aarpdriversafety.org)

## DATES TO REMEMBER

The Senior Center will be OPEN Monday July 5. P.E.A.C.E. Closed. NO SENIOR LUNCH PICK-UP



## 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

July 14 & September 1

Call the Senior Center for an appointment. Prior to your appointment an intake worker from Legal Aid will phone you to start your file directly into their system, saving time during your appointment.

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

P.E.A.C.E. is not yet preparing 'hot meals' for congregate lunches. Packaged meals are available for pick-up at the Senior Center Monday, Tuesday and Thursday each week. Meals include a frozen entrée or fresh sandwich or salad, fruit, 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 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)**

## NEIGHBORHOOD ADVISOR/SENIOR ASSISTANCE COUNSELING

At this time our counselor is not going out and meeting with folks. Call us in July for an update regarding scheduling an appointment at the Senior Center. Neighborhood Advisor Patrick at the Salvation Army Office can be called 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.



### POMS

June 10 (1 Hr. 31 Min).

Diane Keaton. In this uplifting comedy, life in a retirement community is anything but retiring

for a group of young-at-heart senior ladies who decide to pull out the pom-poms and form a cheerleading squad.

### DOWNTON ABBEY

July 1 (2 Hrs. 2 Min.)

The beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the King and Queen of England unleashes scandal, romance and intrigue that leave the future of Downton hanging in the balance.

### LITTLE WOMEN

July 22 (2 Hrs. 15 Min.)

Saoirse Ronan, Emma Watson, Laura Dern, Meryl Streep. The writings of Louisa May Alcott unfold as the author's alter ego, Jo, reflects back and forth on her fictional life. In this adaptation, the beloved story of the March sisters -- four young women each determined to live life on their own terms -- is both timeless and timely.



### BINGO is Back!!

THURSDAYS @ 1 PM

(Please arrive by 12:45 PM)

June 17; July 8 & 29

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

## TRIVIA

THURSDAYS June 24 & July 15 @ 1PM

Have fun with us for a short game of Trivia! We promise the questions won't be too hard! Tables of folks will compete against each other. It's FREE and you could WIN A PRIZE!

Crabby Road

5-23-11

The price of gas is like a pair of cheap underwear. Every time you turn around, it seems to creep up just a little.



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## BOOK CLUB

We would like to resume this group. Call and let us know if you are still interested in meeting. New folks join in too.

## CARDS FOR FUN

BRIDGE played Mondays and Wednesdays 1-3 PM.

Players and subs needed. Add your name to our list!

DOMINOES played Mondays from 1-3 PM.

KLASSY RED HATTER'S meet the 1<sup>st</sup> Tuesday of each month at 1:15 PM. June 22 picnic at Marcellus Park. In case of rain meet at the Senior Center.

## KNIT & CROCHET

Are you ready to start a new project? Do you need to learn some basic stitches? Our instructor is ready to help you out and answer your questions. Call the Center and leave your name and # and she'll call you to schedule a time to meet.

## LIBRARY

The 'library' is open and we'd love your clean, used paperback books (no hardcover books) to add to our shelves. Your donations are always appreciated. We also take jigsaw puzzles too!

MAH JONGG played Wednesdays 1-3 PM.

Experienced players please. If you would like to learn the game of contact us and we'll form a group lesson.

## QUILTING GROUP "BUSY HANDS"

"Busy Hands" will resume Mondays from 10AM-12 Noon. The tables are set up and ready for the group.

## SHOOT POOL....ANYONE?

The billiard room is open for daily use. Located on the lower level of the Senior Center.

## Wii: BOWLING

Bowl regularly Wednesday mornings 10AM-12 Noon. No sign up required. Come in and watch and join in.

## EXERCISE WITH LIGHT WEIGHTS

FREE...FRIDAYS 10 - 11 AM

A great video instructs us doing beneficial stretching. Exercise using your choice of hand weights provided.



“If you haven’t exercised in a while,  
you may need to stretch and warm up  
before you stretch and warm up.”

### **EXERCISE.....FIT AFTER FIFTY**

Instructor: Marie Thornton (filling in for Diane Zarzecki)

**TUESDAYS 10 - 11:00 AM - You may join anytime:**

June 1 - August 24

Resident Fee: \$24

Non-Resident Fee: \$34

Exercise to music to increase strength and mobility.

### **TAI CHI**

Instructor: David Dolbear

**MONDAYS 2 - 3 PM**

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.

July 12 - October 4 (12 week session)

*After July 5 add \$10*

RESIDENT FEE: \$60

NON-RESIDENT FEE: \$70

*Maximum 14 participants.*

**NO CLASS MONDAY JULY 5.**

### **ART INSTRUCTION**

Instructor: Thomas Hussey

**BEGINNER ART (Oil Painting)**

**TUESDAYS 12:30 - 2:30 PM**

June 29 - September 14 (12 week session)

RESIDENT FEE: \$90

NON-RESIDENT FEE: \$100

*After June 22 add \$10*

*Contact Tom at [wthussey@gmail.com](mailto:wthussey@gmail.com) or 315.253.5288 for information regarding supplies for class.*

### **ADVANCED ART**

**TUESDAYS 9 AM - 12 NOON**

June 29 - September 14 (12 week session)

RESIDENT FEE: \$66

NON-RESIDENT FEE: \$76

*After June 22 add \$10*

### **TOO MANY SCAM PHONE CALLS?**

If you encounter a suspected phone scam or an abusive telemarketer, file a complaint with the Federal Trade Commission, online or at 877-382-4357, and notify your state consumer protection office, 518-474-8583. Also you can report caller-ID spoofing to the Federal Communications Commission, online or at 888-225-5322.

Visit the Do Not Call Registry website or call 888-382-1222 to register your number or report illegal robocalls. Call your Phone Provider, i.e. Verizon, Spectrum, and talk to them about eliminating these calls. But always remember....

- Don't answer calls from unknown numbers.
- Don't return one-ring calls from unknown numbers.
- Don't follow instructions on a prerecorded message, such as "Press 1" to speak to a live operator (it will probably lead to more robocalls).
- Don't give personal or financial data, such as your Social Security number or credit card account number to callers you don't know.
- Don't pay for any charges to get a supposed free product or prize.
- Don't make payments by gift card, prepaid debit card or wire transfer.
- Don't Talk To Strangers!

### **WEATHERIZATION ASSISTANCE**

Weatherization: Helps reduce energy costs; conserves energy; increases comfort level; improves safety and health standards, preserves housing.

Are you eligible for Weatherization Services?

Eligibility is based on household income. If you receive Supplemental Security Income (SSI), Food Stamps or Home Energy Assistance (HEAP), your household is automatically eligible for weatherization services. Services are determined after an on-site energy audit.

The program has the following steps:

An application is submitted to the local service provider to determine program eligibility; An energy audit of the home is conducted to identify needs; The home is weatherized and inspected to assure quality of work completed. Call P.E.A.C.E, Inc. [315.470.3315](tel:315.470.3315) for more information and to see if you qualify.

# Happy Birthday!

## JUNE BIRTHDAYS

- 1 Rosemary Briggs - Nancy Lasher
- 2 Mary Jane Cooney
- 3 Rosanna Roberts - Julia Greene
- 4 Ruth McMains - Diane Cooter - Mary Kalil  
Mark Gibson
- 6 Joan Ferrara - Merilee Palerino
- 8 Filomena Tedone - Maria Kwasniewski
- 10 Marion Harr - Betty Whaley - Vijay Law
- 11 Connie Fortugno
- 12 Nancy Mandarino - Ellen O'Hara - Airea Mosher  
Pat Pirro
- 13 June Marsh - Bette Cargen
- 14 Michael Calvello - Margaret Ball - Alice Artini
- 15 Howard Carr, Jr.
- 16 Ruth Curtis - Barbara Holava - Dorothy Barnes
- 17 Cynthia Kogler - Virginia Stamey - Kathleen Michel
- 19 Maryanne Gesel - Mary Winsor
- 20 Leslie Voorhest
- 21 Jackie Elliott - Mark Williams
- 23 Anne Evans
- 22 Janice Tanner
- 24 Sue Appel
- 25 Margit Toth
- 27 Joyce Reeves - Diane Knowlton
- 28 Bill Jacobsen
- 29 Janice Smith - Margaret Schultz
- 31 Johanna Hanna

## JULY BIRTHDAYS

- 1 Lois Delaney
- 2 Pat Skinner
- 3 Margaret Roberts - Janet Chemotti
- 4 Nancy Dowling
- 6 Betty Weber - Pat Shattell
- 7 Bernes Wagner - Marian Black
- 9 Anna Ciccarelli
- 10 Catherine Toomey
- 11 Mrs. Herzog - William Volpe

- 13 Theresa Shea - Carol Kelly
- 14 Eleanor Liddiard - Joe Fielding
- 15 Bettye Robbins
- 16 Phyllis Raimondi
- 17 Barbara Milligan
- 18 Lynne Watson- Dottie Herzog - Lanita Moss
- 19 Mae Spears - Bessie Wilson - John Hanlon  
Candace Wadsworth - Janet Connor  
Linda Klimek
- 20 Karen Peck - Ruth Parmenter
- 21 Gloria Wheeler - Betty Marando
- 22 Lory Black
- 24 Lola Russo - Margaret Slack
- 25 Joyce Fall - Mary Funsch - Cynthia Christopher
- 26 John Mollica - Marlene Bistrovich
- 27 Janice Russell - Cecylia Tyminski
- 28 Corkey Cavallo
- 29 Eleanor Winkelman - Ron Czarnecki - Ed Parmenter
- 30 Marge Dickinson - Joan Winkelman - Helen Birch  
George Alkhouri - Susan McMahon - David Bigsby



Summer is upon us!  
Collect the following  
items, some of them from  
the great outdoors. Drop  
them off at the Senior

Center anytime. Everyone who brings in all 15  
different items will be 'relieved' and rewarded!  
Remember....bring the object...not a picture.  
You have until July 7 to turn in your stash!!

1. A rectangle something
2. A postcard
3. A pink flower
4. Cheese
5. Something that starts with T
6. Tree bark
7. A picture of a frog
8. A magic marker
9. Four seeds
10. Something that has an aroma
11. Something sweet
12. A right hand glove
13. Something blue
14. A feather
15. Clover

Don't Stress!! HAVE FUN!!!



**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!**



**DONATIONS: WE COLLECT**

- \*\*ALUMINIUM PULL TABS** from food and soda cans to be donated to the Shriners Hospitals for Children.
- \*\*BYRNE DAIRY RECEIPTS** to receive free half gallons of ice cream for our parties!
- \*\* CANNED & NON-PERISHABLE ITEMS** are always appreciated for a local Food Pantry.
- \*\* YARN** for knit and crocheted items made as charitable projects. The pictures shown below are some of the beautiful items they have made with your donations during the past year!

**WE NO LONGER COLLECT BOX TOPS FOR EDUCATION.**  
The Onondaga Central School PTO has discontinued their program.



