



SENIOR GAZETTE

4834 Velasko Road, Syracuse, NY 13215
townofonondaga.com

Barbara Michalski, Senior Coordinator
(315) 469-3464

HOLIDAY DATES TO REMEMBER

The Senior Center will be closed for the following holidays: October 11, Columbus Day; November 11, Veterans Day; November 25 & 26, Thanksgiving; December 23 & 24 Christmas; and January 3, the New Year Holiday.



FREE LUNCH FOR VETERANS OF ALL U.S. MILITARY SERVICES



Wednesday November 10

Veterans, you are invited to be our guest for a FREE P.E.A.C.E. lunch in honor of your military service (all non-veterans \$3.50). Your lunch is paid for by the Friends of the Onondaga Seniors. Call the lunch line for your reservation.

ANYONE WHO HAS NOT BEEN VACCINATED IS REQUIRED TO WEAR A FACE MASK AND SOCIAL DISTANCE WHILE AT THE SENIOR CENTER.

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

The lunch program will be restarting Monday October 4. Monday, Wednesday and Thursday at 12 Noon (3 days per week). **THE ONONDAGA COUNTY HEALTH DEPARTMENT REQUIRES ANYONE PARTICIPATING IN THE PEACE LUNCH PROGRAM TO WEAR A MASK (except while eating). ONLY FULLY VACCINATED PEOPLE ARE ALLOWED TO PARTICIPATE AT THIS TIME, AND PROOF OF VACCINATION IS REQUIRED.**

- <> Lunch is \$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 date and date you are cancelling.

There are days where you may not like the menu or you may have a dietary issue you are dealing with. We encourage you to bring your lunch to the Center, have a cup of coffee or tea, and enjoy the company of other folks.

CHRISTMAS PARTY

Thursday December 2 @ 12 Noon

Enjoy a hot lunch and Vinnie Cupo entertaining! Sign up and pay \$6 by Monday November 29.



A FEASTING WITH FATHER CHRISTMAS

Thursday December 16 @ 12 Noon

Enjoy a P.E.A.C.E. lunch and feel like a kid again when you experience the Christmas magic during a special visit from Santa. Call the lunch line for your reservation.

LEFT CENTER RIGHT (LCR) GAME

Tuesdays @ 12:50 PM (after lunch)

October 5, 19; November 2, 16, 30; December 14 & 28

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.



Thursday October 28

Arrive by 11:30 AM for the costume contest and a chance to win a Prize!

Lunch - \$4. Call the lunch line to sign up.

Come and join our Halloween fun!

Don't miss all of the FUN!

BINGO

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

October 7 & 21; November 18; December 30

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

EASY! TRIVIA

Tuesdays October 12 & December 7 @ 1 PM

Join us for a short and easy fun game of Trivia! The questions won't be too hard! I promise! Tables of folks will compete against each other. WIN A PRIZE!

**NON-RESIDENT 2022
SIGN-UP**

'SENIOR GAZETTE' NEWSLETTER

Non-Town of Onondaga Residents can receive our bi-monthly newsletter for a \$5.00 per year subscription fee. If interested, please fill out the Registration Form and mail or bring in with a check payable to the Town of Onondaga.

Town of Onondaga residents will continue to receive the newsletter FREE as long as they are on our mailing list. You do not need to send this form in.

Registration Form

Name(s) _____

Address _____

Birthdate _____

(If you want to be on the birthday list...year not needed)

MAIL TO:
TOWN OF ONONDAGA SENIOR CENTER
4834 VELASKO ROAD
SYRACUSE, NY 13215
315.469.3464

**NEIGHBORHOOD ADVISOR/SENIOR
ASSISTANCE COUNSELING**

Our Neighborhood Advisor Patrick is still not taking appointments at the Senior Center. He can be called directly at 315.479.1313. You will most likely get a recording, but be sure to leave your message to 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.

**IF YOU ARE HAVING PROBLEMS FILLING
OUT YOUR HEAP APPLICATION, CALL THE
SENIOR CENTER AND WE WILL HELP YOU
WITH THE SUBMISSION PROCESS.**

BOOK CLUB

Mondays at 12:45 PM. Meet with our group and discuss the book chosen for the month. Depending on the size of book, read a designated number of chapters each week.

AARP SMART DRIVER COURSE

NO CLASSES ARE BEING OFFERED BY AARP AT THIS TIME.

CARDS FOR FUN

Mondays and Wednesdays 1-3 PM. **BRIDGE** was always played during this time. Bring your group! We need players/subs.

DOMINOES Mondays from 1-3 PM.

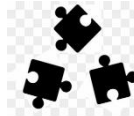
KNIT & CROCHET

Our instructor is on pins and 'needles' ready to help you with your project! Call the Center and leave your name and # and she'll call you to schedule a time to meet.



LIBRARY

The shelves are full of clean, used paperback books that were donated for our 'library'. Come in anytime to scan the selection located in the front entrance of the Senior Center.



Many thanks to the folks who have been bringing in Jigsaw puzzles for us to share!

MAH JONGG played Wednesdays 1-3 PM.

We have a group of experienced players here each week.

QUILTING GROUP "BUSY HANDS"

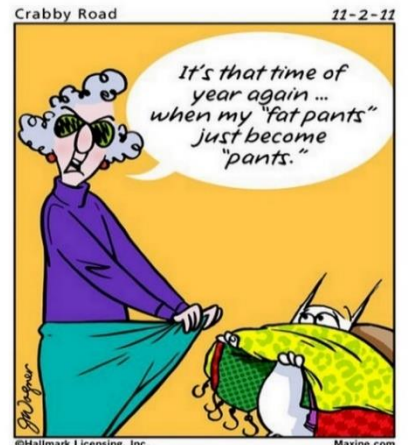
Mondays 9AM-12 Noon. Bring in your quilting, needlework, cross stitch, and embroidery projects to work on and exchange ideas. We have an iron, sewing machines, and many helpful folks who welcome new ideas.

BILLIARDS

We have a nice regulation pool table on the lower level of the Senior Center. Play pool all day long! Bring your date!

Wii BOWLING

Folks bowl every Wednesday morning 10AM-12 Noon. No sign up required. More players are welcome!



ONGOING WALKING PROGRAM

Tuesdays & Thursdays from 10 - 11 AM

The Fall and Winter Walking Program begins October 5 at St. Michaels Parish Center. They have a gymnasium that is great to walk in, keeping out of the cold and rain, with chairs to sit when you get tired. Stop at the Senior Center and fill out a Medical & Emergency Information Form if you are joining in.

Make checks payable to Town of Onondaga for all class registrations. You will notice some of the class fees have been readjusted.

MEDITATIVE MOVEMENT

Instructor: Marie Thornton

Mondays 6:30 - 7:30 PM

Join us for a class that is a fusion of flow movements, yoga, pilates, balance, stretching, and energy body balancing. This class is about movement, stretching, strengthening and breathing, with an ending meditation used for the purposes of health, wellness and harmony. We do get on the floor towards the second half of class. Any moves that are not for you can be modified. Hope to see you there. Bring a yoga mat.

Current Session thru December 13

Next 12 week session:

December 20 – March 21

RESIDENT FEE: \$60

NON-RESIDENT FEE: \$70

After December 13 add \$10

NO CLASS JANUARY 17 & FEBRUARY 21

EXERCISE.....FIT AFTER FIFTY

Instructor: Diane Zarzecki

Tuesdays 10 - 11:00 AM

Great exercise!

Current Session thru November 16

Next 12 week session:

November 23 – February 8

RESIDENT FEE: \$30

NON-RESIDENT FEE: \$40

After November 16 add \$10

ZUMBA GOLD

Instructor: Marie Thornton

Wednesdays 9:15 - 10:15 AM

Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Introduces easy-to-follow Zumba choreography that focuses on balance, range of

motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Current Session thru November 24

Next 12 week session:

December 1 – February 16

RESIDENT FEE: \$36

NON-RESIDENT FEE: \$46

After November 24 add \$10

BEGINNER SENIOR TAP

Instructor: Denise Gehm

Wednesdays 10:30 - 11:30 AM

Current Session Thru October 20

Next 12 week session:

October 27 – January 12

RESIDENT FEE: \$36

NON-RESIDENT FEE: \$46

After October 20 add \$10

CHAIR YOGA

Instructor: Evvie Dumanian

Thursdays 10 - 11 AM (CLASS FULL)

Practice right from your chair. Improve your flexibility, strength, balance and mental focus.

Current Session Thru December 16

EXERCISE WITH LIGHT WEIGHTS

FREE...Fridays 10 - 10:45 AM

Exercise with Senior Center staff following a video, sitting or standing with light hand weights provided. It's a great stretch and strengthen routine.

TAI CHI (Advanced)

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.

Tai Chi is an advanced form of exercise for students who have previously taken Chi Kung, the introductory exercise to Tai Chi. Tai Chi can be difficult and challenging both physically and mentally. PRIOR TO REGISTERING FOR A CLASS, PLEASE CALL THE SENIOR CENTER TO SCHEDULE A TIME TO COME IN TO OBSERVE A CLASS AND SEE IF IT IS RIGHT FOR YOU.

Current Session thru January 17

Next 12 week Session:

January 24 – April 18

NO CLASS FEBRUARY 21

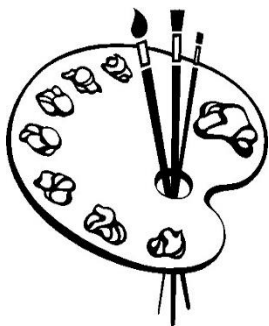
RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

After January 17 add \$10

ART INSTRUCTION

Instructor: Thomas Hussey



ADVANCED ART

Tuesdays 9 AM - 12 Noon

Current Session thru December 7

Next 12 week session:

December 14 - March 1

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

After December 7 add \$10

BEGINNER ART

(Oil Painting)

Tuesdays 12:30 - 2:30 PM

Current Session thru December 7

Next 12 week session

December 14 – March 1

RESIDENT FEE: \$90

NON-RESIDENT FEE: \$100

After December 7 add \$10

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

DAY TRIPS

Sign up at the Senior Center. Bring your CoVid Vaccine Card with you when signing up. 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.

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

.....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.

THE BUS LEAVES ON TIME. PLEASE ARRIVE 20 MINUTES PRIOR TO DEPARTURE SO WE KNOW YOU ARE COMING.



AUTUMN SCENIC ADVENTURE

WEDNESDAY OCTOBER 13

It's all about the view..... Enjoy the Fall scenery on our drive to Elmira NY. Visit the National Soaring Museum atop Harris Hill and see their incredible collection of gliders and sailplanes while enjoying the countryside. You can sit in the cockpit of a manual flight simulator to test your flying skills. For lunch we'll dine at Hill Top Inn with a panoramic view of Chemung County. After lunch we'll tour the Arnot Art Museum, a landmark jewel of the art world housed in the 1833 neo-classical Arnot family mansion. It is one of the last remaining private art collections formed in the 19th century still exhibited in its original showcase. We'll drive by the Woodlawn Cemetery where Mark Twain is buried and on the way home view the beautiful Shequaqa Falls in the heart of Montour Falls. Last stop, Shtayburne Farm Creamery, an old fashion working dairy farm with cheese vats, fat happy cows and lush green fields. Sample some of their cheese, and browse the wide range of products from other local farms and producers. Buffet Lunch includes Grilled Chicken Breast; Grilled Vegetables; Cheese Tortellini Salad; Spinach, Strawberry & Feta Salad; Iced Tea, Lemonade, Coffee, Hot Tea, and Hill Top Mud Pie for dessert. *(No AM stop along the way so bring your coffee onboard and enjoy a muffin with us!)*

FEE: Residents \$59 Non-Residents \$64

Bus pick-ups:

Onondaga Senior Center – Depart at 8:00 AM

Nedrow Fire Department – Depart at 8:15 AM

Return approximately 7:00 PM

FLU SHOT CLINIC

Thursday October 7, 11:30AM-12:30PM

Walgreen Pharmacy is offering a Flu Shot Clinic at the Senior Center. No appointment necessary, just bring your Medicare card with you.

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 Senior events! **** YARN** for knit and crocheted items made as charitable projects, and shared with the Seniors. **** Canned & non-perishable items** are appreciated for a local Food Pantry.



OCTOBER BIRTHDAYS

- 1 Ruth Holbrook - Lilyana Ivanova
- 4 Jane Nogash - Stephen Pidkowsinski
- 5 Laura Cross - James Mullen
Frank Witkowski
- 6 Yvonne Caine - Caroline Bartlett
Jane Gilhenny
- 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 - 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 Gutchess
Jane Kinney
- 27 Sylvia Watt
- 29 Anne Sheridan - Deb Aquilino
- 30 Lucille Tully - Carolyn Kocher
- 31 Clifford Sperling

NOVEMBER BIRTHDAYS

- 1 Darlene Salsgiver
Carolyn Corbin
- 2 Dave McPeak - Robert Osman
- 3 Carolyn Sandford - Elaine Gardinier
- 4 Cheri Roe
- 5 Franie Patnode
- 6 Diane Patterson - Martha Lischak

- 7 Marge Delaney
- 7 Beverly Wilbur - Mary Ellen Lane
- 8 Maria Harfman
- 9 Lorraine Gorman
- 11 Harold Hobson - Phyllis Hegney
- 12 Edgar Herzon
- 13 Janice Tuttle - Barbara Highbrown
SallyJo Easton
- 14 JoAnn Williams
- 15 Mary Whelan
- 18 Birgit Hillring - Debbie D'Antonio
- 20 Frances Payette
- 22 Thomas Petro
- 23 Phyllis Sherwood - Phyllis Randall
- 27 Sharon Armstrong
Virginia DeBenedictis
- 29 Doreen Butler - Sharon Mullen
- 30 Betty Schindler

DECEMBER BIRTHDAYS

- 3 Liz Beebe - Mary Keegan
- 4 Ella Ramsden
- 5 Melissa Calhoun - Dick Sheeran
- 7 Virginia Christo
- 8 Florence Grates - Louise Palmer
Julia M. Graser
- 9 Pat Sylvester - Karen Balduzzi
- 10 Arlene Swete - Leila Austin
Mary Ann McCarthy
- 12 Jacky LaPenna
Sonia Soultis - Edna Mosher
- 14 Carole Barr
- 15 Diane Sherwood - Ronald Winters
Phyllis Lorenz - Lucia Davis
- 18 Rita Bielak - Joyce Small
- 20 Demaris Dominick - Deritha Fiorelli
Larry Cambell - Betty Worden
- 22 Christine Wheeler-Sumner
Judy Bryant
- 23 Rosalyn Abajion - Sharon Adamski
- 24 Doris Miller
- 25 Shirley Eriksson - Carol Vollmer
Stanley Banazek
- 26 Marilyn Corey - Cara Kirkby
- 27 Virginia Seida
- 28 Pat Buckley - Connie Past
Judy Davis
- 29 Marjorie Follett - Art & Anne Stanton
- 30 Anne Lloyd



WISHING A JOYOUS HOLIDAY
SEASON TO YOU OUR SENIORS, YOUR
FAMILY, AND ALL OUR FRIENDS...

*from the Onondaga
Senior Center Staff*

