

50th Anniversary

MARK YOUR CALENDARS, DATES TO REMEMBER!



We are closed on Monday, July 4th in observance of Independence Day.

MAKE YOUR OWN SUNDAE TUESDAY AUGUST 23 @ 12:30

Make your own sundae after lunch with all the fixin's. Thanks for the Byrne Dairy receipts you've given us!

LEFT CENTER RIGHT (LCR) GAME TUESDAYS @ 12:50 PM (AFTER LUNCH) JULY 5 & 19; AUGUST 2, 16 & 30

A dice game of chance and lots of fun! Bring 6 quarters to play. Please arrive by 12:45 PM to form tables.

BINGO THURSDAYS @ 1 PM JULY 14 & 28; AUGUST 18; SEPTEMBER 1

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

SIMPLE EASY TRIVIA!

TUESDAY, AUGUST 9 @ 12:45PM

Join us for a short game of Trivia! The questions won't be difficult, but will be interesting! It's all for fun! Tables of folks will compete against each other. You could WIN A PRIZE!

CATERED LUNCHES

THURS., JULY 7 – \$5 Sign up by Tues., 7/5

Deli Buffet; Jesse Deringer entertaining!

THURS., AUGUST 4 – \$3 Sign up by Mon., 8/1

Hors D'oeuvres; We are celebrating 50 years of the Onondaga Seniors "Club" being in existence!

Bring yourself, your pictures and stories to share

THURS., SEPTEMBER 8 – \$5 Sign up by Tues., 9/6

Turkey with all the trimmings; Entertainment by the music group Clear

IMPORTANT UPDATES

DIRECT TV SCAM - BE ON THE ALERT

Another scam is going around involving AT&T Direct TV. They offer \$'s off your monthly bill which sounds great, but they ask you for an advanced payment to get started. When you get phone calls from people saying they are from AT&T, National Grid, or other companies. These are bogus calls. Companies will not call you on the phone. Just Hang up and don't fall for their false promises. Keep your hard earned \$'s out of their thieving hands.

N.Y. STATE COOLING ASSISTANCE BENEFIT



You can apply for cooling assistance to buy and install an air conditioner or a fan for your home if you qualify for HEAP. If you have HEAP or would like to know if you qualify for a free A/C unit, call the HEAP department directly at 315-435-2700.

LOOKING FOR A TAP INSTRUCTOR

Our longtime Tap Dance instructor has retired! Our ladies still want to continue having fun and learning new steps and brushing up on the old. Are you interested in teaching a class for 1 ½ hrs each week or know of someone who might be interested? We want to keep this group 'happy tapping'!

DRIVING INSTRUCTORS NEEDED

No Driver Classes are being offered at the Senior Center by AARP at this time. There is a shortage of volunteer instructors. If you would like to volunteer to become an instructor please let us know.

TABLE TOP JEWELRY SALE CONTINUES

Thank you to the folks that have contributed to our lovely jewelry sale. We've made over \$250 and still counting, even with rock bottom prices of mostly \$1 and \$2 items! The sale will continue for a few more weeks so stop in and 'window shop' and also browse our table of odds and ends that have added to the fun!

Check out our day trips inside!

PROGRAMS

Most of our classes are continuous and run throughout the year. You can join them anytime if they are not full. Check with the front office to see if there is availability. **Make checks payable to "Town of Onondaga."**

ZUMBA GOLD

with 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 Aug. 17

Next 12 week session: Aug. 24 - Nov. 9

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

Add \$10 after 8/17

EXERCISE WITH LIGHT WEIGHTS



Fridays 10 – 10:45 AM

Exercise doing stretching exercises and using handweights provided, following a video.

MEDITATIVE MOVEMENT

A daytime class with instructor Marie Thornton will start up in the fall. Check it out next newsletter!

ART INSTRUCTION

with Tom Hussey

ADVANCED ART

Tuesdays 9 AM – 12 Noon

Current 12 week session thru Sept. 13

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

BEGINNER ART

(Oil Painting)

Tuesdays 12:30 – 2:30 PM

Current 12 week session thru Sept. 13

RESIDENT FEE: \$90

NON-RESIDENT FEE: \$100



CHI KUNG

with David Dolbear

Mondays 1 – 2 PM

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.

Next 12 week Session: July 11 – October 3

NO CLASS Sept. 5

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

Add \$10 after 7/4



TAI CHI

Mondays 2 – 3 PM

Intermediate class. 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 session thru Aug. 15

Next 12 week session: August 22-November 21

NO CLASS Sept. 5, Oct. 10

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

Add \$10 after 8/15



FACEBOOK!

Check us out on Facebook - Town of Onondaga Parks & Rec, to see whats happening at the Senior Center and in our recreation world!

DONATIONS

We Collect **ALUMINIUM PULL TABS from food and soda cans donated to the Shriners Hospitals for Children.**BYRNE DAIRY RECEIPTS for our free half gallons of ice cream for Senior events! ** YARN for knit and crocheted items made as charitable projects, and shared with the Seniors.** Canned & non-perishable items for a local Food Pantry.



For information regarding supplies for class, contact Tom at wthussey@gmail.com or 315-730-4063.

BOOK CLUB

Mondays at 12:45 PM. Join in anytime. Books are chosen, one for each month. Each week come in and talk about the chapters you've read.

CARDS FOR FUN

Mondays and Wednesdays 1-3 PM. Bring a friend. Talk to the folks here and ask if they are interested in playing a card game of your choice. Maybe you can get a table going!

DOMINOES

Mondays from 1-3 PM. We have a fun group!

KNIT & CROCHET

We have a great instructor always willing to help you out with your knitting and crochet projects. Call the Center and leave your name and # and she'll call you to schedule a time to meet.

LIBRARY

Bring in a book to share with our readers and pick out a couple of new reads for yourself. Clean paperback books are always needed and a welcome addition to our shelves.

MAH JONGG

Played Wednesdays 1-3 PM. A group of experienced players meet each week.

QUILTING GROUP "BUSY HANDS"

Mondays 9AM-12 Noon. Our talented group is dedicated and shares their creations with various charitable organizations. Your leftover fabrics are always a fun contribution for the group!

BILLIARDS

Available to play most anytime. Our pool table is on the lower level of the Senior Center.

Wii BOWLING

Wednesday morning 10AM. No sign up required. Our bowlers have a fun time each week. They have a lot of laughs!

P.E.A.C.E. INC.

SENIOR LUNCH PROGRAM

Lunch is served Monday thru Thursday at 12 Noon.

- 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.
- Call and cancel if you are unable to come for lunch, and make sure to include in your message the day and date you are cancelling.

LUNCH RESERVATIONS SHOULD BE IN BY 12:30PM THURSDAY FOR THE FOLLOWING WEEK.

Remember: The Senior Center is open every day, even when PEACE is not serving lunch.

NEIGHBORHOOD ADVISOR/

SENIOR ASSISTANCE

Private counseling is available 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 Senior Center and we'll have our counselor Patrick call you to schedule an appointment to meet at the Center. If you need immediate assistance call directly at the Salvation Army Office at 315.479.1125.

CALL-A-BUS TRANSPORTATION

What is Call-A-Bus? Call-A-Bus is a Centro Bus program that provides coordinated ride-sharing transportation for people with disabilities or that don't drive on their own. Call-A-Bus is coordinated transportation, meaning you may be riding in a specially marked Call-A-Bus vehicle, or vendor minivan and it's ride sharing, meaning you will be riding in a vehicle, along with other passengers.

- Call-A-Bus Service provides the driver to meet you at the curb of your trip origin and transport you to an accessible curb at your trip destination. Upon advanced request, the driver will assist you from the outer door of your origin to the outer door of your destination.
- Drivers will assist customers with boarding and exiting vehicles as well as securing mobility devices. Upon request drivers will provide assistance with limited packages.
- Call-A-Bus provides transportation to eligible people who are unable to ride Centro transit buses. Fares are \$2 - \$3 each way.

To request an application, contact Call-A-Bus daily: 8:00 AM - 5:00 PM, 315.442.3400. They will mail you an information packet and application.

WALKING RESTARTS AT ST. MICHAEL'S

Walking has resumed at St. Michael's Parish Center Tuesdays and Thursdays from 10-11 AM. They are so generous to allow our group to walk inside during the summer months too! Now you have no excuse and can stay out of the hot sun and rainy weather! Brookdale Summerfield is also available to walk around their building and from 9 - 11 AM Tuesdays and Thursdays.

If you have not provided us your Medical & Emergency Information Form, please provide the following information to the Senior Center. Name: Address:Phone No.: Emergency Contact and Phone No.: Doctor Name and Phone No.

*Come in and observe our activities anytime.
Relax, have a cup of coffee and see if you would like to join in!*

DAY TRIPS!

Cortland Repertory Theater presents

KISS ME KATE

Friday July 8

Fee: Residents \$70 Non-Residents \$75

Bus: Onondaga Senior Center – Departs at 10:30 AM

Nedrow Fire Department – Departs at 10:45 AM

Return approximately 5:15 PM

A THOUSAND ISLANDS SUMMER DAY

Wednesday July 20



Join us for a drive to the Antique Boat Museum in Clayton on the beautiful St. Lawrence River where they collect, preserve, interpret and celebrate boats and related artifacts, understanding the importance of boating and the cultural history of North America and the St. Lawrence. Then we are off to Alexandria Bay to enjoy a leisurely Buffet Lunch Cruise through the enchanting channels of the Thousand Islands to learn about the region's rich history from a knowledgeable guide and get up close to the spectacular scenery and magnificent island homes. We will depart the boat for a self guided tour of Boldt Castle. (A shuttle is available for those who need a ride up to the castle, and an elevator inside. Some may enjoy a 20 minute film on the story of the castle). After spending time touring the castle and grounds we'll board a boat back to A Bay. (No stop along the way. Bring your own coffee/beverage.).

Fee: Residents \$84 Non-Residents \$89

Bus: Onondaga Senior Center – Depart at 7:45 AM

Nedrow Fire Department – Depart at 8:00 AM

Return approximately 7:15 PM

Merry-Go-Round Playhouse presents

TIL DEATH DO US PART

Friday August 5

'Til Death Do Us Part, Late Nite Catechism is a sinfully side-splittingly funny show with 'Sister' teaching countless students about the saints, venial sins, limbo and more, offering up hilarious lessons on the Sacraments of Marriage and the Last Rites, including her own wacky version of the Newlywed Game. Join us for a family style luncheon at Lasca's Restaurant before the show. Luncheon Includes: Chicken Piccata, Pork Tenderloin with a White Wine Brandy Cream Sauce, Baked Scrod. Includes garden salad, whipped potatoes, vegetable, fresh baked bread and butter, coffee and dessert.

Fee: Residents \$93 Non-Residents \$98

Bus: Nedrow Fire Department – Depart at 10:15 AM

Onondaga Senior Center – Depart at 10:45 AM

Return approximately 5:15 PM

SOUND OF MUSIC @ THE GLIMMERGLASS FESTIVAL

Monday August 15

Enjoy a scenic drive to Cooperstown NY and enjoy a buffet lunch at the Otesaga Resort Hotel overlooking the panorama of Otsego Lake. From there we are off to the Glimmerglass Festival presentation. The hills are alive with this classic story of Maria, a young woman who leaves the nunnery for a job as a governess for naval captain Georg von Trapp. In a home of routine and discipline, the seven von Trapp children take to the light and music Maria imbues in the family. Against the backdrop of the Swiss Alps among a time of increasing unrest, this story of love, music and morality is sure to be one of your favorite things. No stop on the way. Bring your own coffee/beverage.

Fee: Residents \$143 Non-Residents \$148

Bus: Onondaga Senior Center – Depart at 8:45 AM

Nedrow Fire Department – Depart at 9:00 AM

Return approximately 6:15 PM

Merry-Go-Round Playhouse presents

STATE FAIR

Tuesday September 6

This nostalgic Rodgers & Hammerstein production is set against the colorful backdrop of an American heartland tradition. State Fair travels with the Frake family as they leave behind the routine of the farm for three days of adventure at the annual Iowa State Fair. Mom and Pop have their hearts set on blue ribbons while their daughter and son find romance & heartbreak on the midway. Featuring your favorite songs, spectacular choreography, and a dollop of Americana! Enjoy lunch at the Sherwood Inn before the show. Lunch choices at time of registration: Yankee Pot Roast or Scrod Christopher. Meals include Fresh Breads, Garden Salad, Dessert, Coffee or Tea.

Fee: Residents \$83 Non-Residents \$88

Bus: Nedrow Fire Department – Departs at 10:30 AM

Onondaga Senior Center – Departs at 11:00 AM

Return approximately 5:30 PM

WE NEED YOUR HELP!

We have a number of tickets needed to sell for the Merry-Go-Round Playhouse presentation of TIL DEATH DO US PART playing Friday August 5, 2022, 2 PM show. The tickets are \$50 each (same as at the theatre). There are only 4 shows playing, and it most likely will be a sell out. These are great seats, lower section Center Rows I, J, K.

Please help us out and purchase tickets individually from us and go to the show on your own instead of buying them at the theater, OR you can join us for our trip of an all inclusive lunch, theatre and ride to the playhouse!

Contact the Onondaga Senior Center 315.469.3464.

MORE DAY TRIPS!

Music and Gaming @

TURNING STONE CASINO

Thursday September 29

Join us for a Tribute to the Legendary Music of The Beach Boys, Beatles, Bee Gees, & Motown at the Turning Stone Casino. A stellar cast of four entertainers perform the hits by four of the most iconic musical styles in pop music history. FOUR BY FOUR perform these instantly recognizable classic pop songs in fully staged and choreographed production numbers. Informative, fun, and often humorous banter ties all of this extraordinary music together for an afternoon of feel good, raise-the-roof entertainment. Upon arrival at the casino you will receive \$25 Free Play and a \$5 Food Coupon. The matinee show starts at 1 PM for a 1 Hr. show. (All guests will need to show proof of vaccination in order to enter the showroom.)

Fee: Residents \$49 Non-Residents \$54

Bus: Onondaga Senior Center - Departs at 8:45 AM

Nedrow Fire Department - Departs at 9:00 AM

Return approximately 5:15 PM

Payment due by Friday July 29

Look for an October trip coming soon....

Sign up at the Senior Center. 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.

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

Happy Birthday!

JULY BIRTHDAYS

- 1 Clare Bagiackas – Virginia Reilly - Marianne Jula - Robert Haseman - Fredi Shapiro
- 3 Mary Sperling - Eleanor Macvicz - Ann Kronner
- 4 Joan Gleason
- 5 Clara Prokolkin - Sandy Corless - Joyce Kimmell – Marty Shapiro
- 8 Sandra Case

- 9 Barbara Martin
- 10 Jean Abbott
- 11 Keith Sherwood - Alice Esterguard
- 12 Mary Anne Johnson – Mary Anne Fairchild
- 13 Paul Wicker
- 14 Melisande Petosa - Lois Darmody
- 15 Joann Hull
- 16 Robert Lasher – Elizabeth Loren - Josephine Thomas
- 18 Ginny Rhoades – Donna Destefano
- 19 Lorraine Williams - Joe Watson
- 20 Louise Milano – Ronnie Bernazzani - Ann Dlugozima - Jack Salisbury - Andrea Evingham
- 21 Maryanne Valenti – Bernadette Steckel
- 22 Charles Malany – Anita Fodera - Anne Doss - Ligory Fernandes
- 23 Mary Jo Friedrich – Marge Horner - Joanne Stevens
- 24 Theresa Hartnett – Helen Keller
- 25 Tom Gaughan
- 26 Eva Jurgensen - Dolores Lennon
- 27 Jackie Trosky
- 28 Rosemary George - Wendell Fairchild
- 29 Anita Fini – Margaret Fernandes - Virginia Voorhest
- 30 Gail Nielsen
- 31 Jane Carroll - Marion Flynn – Martin Slage

AUGUST 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



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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!

Onondaga Seniors

celebrating the 50th anniversary

Join us in celebrating on

THURSDAY, AUGUST 4th

11:30 AM