



SENIOR GAZETTE

Barbara Michalski, Senior Coordinator

4834 Velasko Road, Syracuse, NY 13215
315-469-3464 townofonondaga.gov



"I think I made too many New Year's resolutions this year. It took me almost a full day to break them all!"

HOLIDAY CLOSINGS

The Senior Center will be closed for the following holidays:

- Jan. 2, New Year's Holiday
- Jan. 16, Martin Luther King, Jr. Day
- Feb. 20, President's Day



SNOW POLICY REMINDER

When the Syracuse City Schools are closed because of poor weather conditions, the P.E.A.C.E. lunch program will be closed. Be sure to watch TV - Channels 3, 5, and 9, for information on closing. If in doubt, call the Senior Center main phone line (315-469-3464). The Senior Center may still be open.

WEARING BOOTS AT THE SENIOR CENTER IS A NO-NO!

When it snows and you wear boots to the Senior Center, PLEASE remember to bring shoes or slippers to wear while you are here. Your snowy wet boots create a big puddly mess for people to slip on.

Greetings to our Senior Community! Thank you for another successful year at the Senior Center. We had many fun times of parties, celebrations and lunches. We have great 'friends', helpful folks that make each event special, and just make everything better...for us and for everyone that joins us. Thanks to you all...Our Best Wishes for a happy, healthy and enjoyable New Year!

Barbara, Charry, and Rachel

Pizza Party

Thursday, February 2 @ 12 noon - \$4

Sign up & pay in the front office by Tues., January 31

ST. PATRICK'S DAY PARTY

Thursday, March 16 @ 12 noon

P.E.A.C.E. Inc. lunch and Irish Entertainment by Ron Schlie! Call the lunch line and make your reservation!

AARP FREE INCOME TAX ASSISTANCE FOR SENIORS 60+

Appointments Tuesdays & Wednesdays

February 7 thru April 12

9 AM - 12 Noon - Upstairs in the Senior Center

Appointments fill up quickly - call soon to get yours!



The following documents are required to bring with you to your appointment:

- The completed Annual Intake Questionnaire you picked up at the Senior Center after scheduling your tax appointment.
- 2021 tax returns, and income and expenses for 2022; all forms W-2, 1098 and 1099.
- Form 1095-A (Marketplace Health Insurance)
- Picture ID (drivers license), both husband and wife (birth dates for you, spouse and dependents).
- If this is your first time using AARP tax assistance it's necessary to bring your Social Security Card for each person filing.
- Also, if filing a joint return both spouses must be present at the appointment.

PLEASE NOTE: TAX COUNSELORS CANNOT PREPARE RETURNS WITH:

Complicated capital gains/losses, rental income, except land-only rentals, royalty income with expenses, some investment income or itemized deductions that are not included in AARP training, alternative minimum tax, additional medicare tax, or net investment income tax.

ONGOING AT THE SENIOR CENTER

The following activities are available to all Seniors:

CARDS FOR FUN

Mondays and Wednesdays 1-3 PM. Any card game of your choice can be played. Bring in your friends!

BOOK CLUB Mondays at 12:30 PM. We have a nice group that meets each week to discuss a few chapters of the chosen book. They read one book at month.

DOMINOES Mondays from 1-3 PM. We have a lively group of players!

LIBRARY Pick out a book from our 'library' in the front entrance of the Senior Center. We love your clean paperback books to add to our collection.

MAH JONGG played Wednesdays 1-3 PM. Experienced players welcome. In the spring be looking for a 4-week beginner class so you can learn the game, too!

POOL (Billiards) Bring a friend and play billiards in our pool room any day.

Wii: BOWLING Wednesday morning 10 AM. No sign up required.

'BUSY HANDS' QUILTING/NEEDLEWORK GROUP

Mondays 10AM-12 Noon. We have an iron/ironing board, sewing machines and a nice group of folks who share and exchange ideas.

KNIT AND CROCHET



We have a very knowledgeable instructor who does both knitting and crochet. She will meet with you at the Senior Center and help with your project! Call the Center and leave your name and # and she'll call you to schedule a time to meet.

Before you buy hoops for needle work or circular needles, call us. We have some supplies that were donated and we may have what you need.



It's Game Time!

BINGO

Thursdays @ 1 PM

(Please arrive by 12:45 PM)

January 5 & 19; February 9 & 23

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

LEFT CENTER RIGHT (LCR)

Tuesdays @ 12:50 PM (after lunch)

January 10 & 24; February 7 & 21

A fun dice game of chance! Bring 6 quarters to play.

Please arrive by 12:45 PM to form tables.

"CHASE THE ACE"

CARD GAME

Tuesdays

January 17 & February 14 @ 12:50 PM

We're playing a new card game here at the Center! Chase the Ace, sometimes known as Cuckoo, Ranter Go Round, or by the somewhat unflattering name of 'Screw Your Neighbor.' It's a simple game that's fun on a snowy or rainy afternoon and you'll have lots of laughs playing. Bring \$.75 (three quarters) and join in the fun.

COMING FOR 2023...

The following trips are in the planning stages for 2023. Flyers will be posted at the Center in January. Other trips still to come.

MERRY-GO-ROUND PLAYHOUSE/ REV THEATRE

Into the Woods, Friday, July 14

Beautiful, Monday, August 28

THE GLIMMERGLASS FESTIVAL IN COOPERSTOWN

Candide (a musical), Monday, August 7

RAQUETTE LAKE

Thursday, October 5

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

Lunch is served each week, Monday through 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 12:30 PM THURSDAY FOR THE FOLLOWING WEEK.

NUTRITION COUNSELING

To receive dietary counseling by phone, call the Dept. of Aging at 315-435-2362.

NEIGHBORHOOD ADVISOR/ SENIOR ASSISTANCE

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. Call the Senior Center and leave your name and number. We will have the Assistance Counselor call you to set up an appointment to meet. For immediate assistance call the Salvation Army Office directly, 315-479-1125.

**You still have time to submit your
HEAP application for 2023.**

If you receive SNAP (Supplemental Nutritional Assistance Program) you do not need to apply for HEAP, you are automatically enrolled when signing up for SNAP.

DONATIONS WE COLLECT:

BYRNE DAIRY RECEIPTS - YARN
ALUMINUM PULL TABS - CANNED &
NON-PERISHABLE ITEMS FOR
FOOD PANTRY

AAA DEFENSIVE DRIVING COURSE

ADVANCED REGISTRATION IS REQUIRED

Anyone 50+ is eligible to take this one-day course.

2023 Classes: Apr. 7, May 19, Oct. 20, Nov. 17

PAYMENT: Check payable to **AAA** (NOT AARP) for \$29 due upon registration

BRING TO CLASS: Your drivers license, Pen/pencil

CLASS TIME: 9:00 AM – 3:30 PM; please arrive on time. There will be a lunch break from 12:00-12:30 PM. Please bring a bagged lunch, nothing that requires a microwave. Coffee & tea will be provided. Senior Center doors open at 8:30 AM.

LEGAL AID SOCIETY OF MID-NY

Provides legal services to residents of Onondaga County age 60+. Services cover the following civil areas: Consumer/Debtor Relief, Living Wills, Power of Attorney Preparation, and Revocation, Simple Will & Testament, Veterans Benefits, Food Stamps, Medicaid, Social Security, Health Care Proxies, Medicare, Public Assistance and Utility issues. Call to schedule an appointment. Appointments are one hour. First appointment 10 AM, last appointment 2 PM.

2023 Appointment Dates

**Jan. 24; Mar. 21; May 16; Sept. 19;
Nov. 14**

TECH HELP FROM THE OFL

Thursday, January 12, 11 AM-12 Noon

Looking for help with your phone, tablet or laptop? Would you like to learn how to use one of Onondaga Free Library's many digital services, such as getting ebooks, audiobooks, movies, music and more from Overdrive/Libby or Hoopla? Chantal, the library's Marketing and Outreach Coordinator will be here at the Senior Center to provide tech assistance.

CHAIR- MORNING START EXERCISE

Instructor: Evelyn Dumanian
Tuesdays 9AM, 40 Minute Session

Begin your day with a morning start that includes body, mind and spirit. Begin slowly on a mindful note with a short guided meditation that builds positivity and inner strength while lowering stress. Follow with chair yoga stretches. These include 6 movements of the spine and postures that build strength for balance. End with chair yoga dance. The choreographed movements of these dances improve core strength and build memory skills while adding fun to begin your day. Let this class set the pace for the New Year. It will leave you smiling and ready to face anything.

January 3 – February 7 (6 Week Session)

Resident Fee: \$18
Non-Resident Fee: \$28

CHAIR YOGA

Instructor: Evelyn Dumanian
Thursdays 9-10AM

This class offers a gentle supported yoga practice. Participants are either in a seated position or standing using a chair for needed support. The benefits are many and the focus is increased strength, flexibility, and balance. Learning simple chair yoga postures benefits all those who sit in a chair for work, or who may have balance of physical limitations that require more support. Class opens with a five minute centering that calms the body and ends with a 5 minute meditation to provide techniques for relieving stress. Come join us for movement and community with friends.

January 5 – February 9 (6 week Session)

Resident Fee: \$18
Non-Resident Fee: \$28

STRENGTH AND STRETCH

Instructor: Marie Thornton
Mondays, 6:15 PM

This class will be split into sections of strength for arms, legs and abs. Use light weights or heavier weights. Work up to heavier weights if you don't have experience strength training. There will be a flexibility section and a meditation cooldown. Muscle mass for women is very important, especially after the age of 30, as your muscle starts to deteriorate. This can lead to a loss of stability and weight gain as you get older. Strength training is very important to build muscle mass and counteract this loss after 30. This class is for all levels. We can modify for a beginner and make it more advanced for those who want that. Bring a mat. Lets do this together!

Current session December 12 - March 27 (12-weeks)

Resident Fee: \$48
Non-Resident Fee: \$58
NO CLASS: 3/6



Register for a program!

ZUMBA GOLD

Instructor: Marie Thornton

Wednesdays, 9:15-10:15 AM

Perfect for older adults looking for a lower intensity zumba class. Current Session thru Feb. 15.

Next 12-week session:

February 22 - May 10

Resident Fee: \$48
Non-Resident Fee: \$58

**After February 15 add \$10*



ART INSTRUCTION

Instructor: Thomas Hussey

(Call the Senior Center for availability to join each class before a new session begins.)

ADVANCED ART

Tuesdays 9 AM - 12 Noon

Current session thru 12/27

Next 12 week session:

January 3 - March 21

Resident Fee: \$72
Non-Resident Fee: \$82



BEGINNER ART (Oil Painting)

Tuesdays 12:30 – 2:30 PM

Current session thru 12/27

Next 12 week session:

January 3 - March 21

Resident Fee: \$ 90
Non-Resident Fee: \$100
Max. 12 participants in class

TAI CHI/CHI KUNG

Instructor: David Dolbear

You can join a Chi Kung or Tai Chi class anytime.

Your fee will be prorated.

CHI KUNG

Mondays 1 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. Current session thru Jan. 30.

Next 12-week session: February 6 - May 1

Resident Fee: \$72

Non-Resident Fee: \$82

NO CLASS: 2/20

**After January 30 add \$10*

TAI CHI

Mondays 2 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. Current session thru Mar. 20.

Next 12-week session: March 27 - June 19

Resident Fee: \$72

Non-Resident Fee: \$82

NO CLASS: 5/29

**After March 20 add \$10*

**Make checks payable to
"Town of Onondaga"
for all class registrations.**

WALKING PROGRAM

Walk from 10 - 11 AM Tuesdays and Thursdays at St. Michael's Parish Center located on W. Seneca Turnpike behind the rectory. It is a big gymnasium. A great place to walk. If you need to rest, there are chairs for you to sit down. If you have not provided us your Medical & Emergency Information Form, please provide the following information to us: Name, Address, Phone No., Emergency Contact and Phone No., Doctor Name and Phone No.

SENIOR TAP

Instructor: Denise Gehm

Mon., 10:30- 11:30 AM

Current session thru March 6

Next 12-week session:

March 13 - June 12

Resident Fee: \$48

Non-Resident Fee: \$58

NO CLASS: 4/3, 5/29

**After March 6 add \$10*



BEGINNER SENIOR TAP

Instructor: Denise Gehm

Wed., 10:30 - 11:30 AM

Current session thru Jan. 4.

Next 12-week session: January 11 - April 19

Resident Fee: \$48

Non-Resident Fee: \$58

NO CLASS: 2/22, 3/29, 4/5

**After January 4 add \$10*



ZUMBA

(Not Zumba Gold)

Instructor: Marie Thornton

Tuesdays, 6:15-7:15 PM

Perfect for everybody and Every Body! Each Zumba class is designed to bring people together to sweat it on. We take the work out of workout by mixing low-intensity and high-intensity for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. All elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a dose of awesome! Super Effective and Super Fun!

January 10 - February 28 (8-week session)

Resident Fee: \$32

Non-Resident Fee: \$42

EXERCISE WITH LIGHT WEIGHTS



Tuesdays & Fridays 10 - 10:50 AM

FREE ONGOING CLASS following a great video. We provide the hand weights. A very thorough exercise!

CLASS ON JAN. 13 WILL BE 9-9:50 AM

HAPPY BIRTHDAY!



JANUARY BIRTHDAYS

- 2 Marilyn Crosby – Mary Nowyj – Marie Johnson – Dawne Latter
- 3 Mary LaManche
- 4 Harvey Hosford
- 5 Catherine Pellikka – Betty Reidy – Joan Erwin – Colleen Kinne
- 6 Gerri MacLachlan – Dorothy McIntyre
- 7 E. Jane Rickert
- 8 Michelle Lee McIntyre
- 9 Vi Darling
- 10 Merle Sands – Virginia Brennan
- 11 Joan Tauro
- 12 James Doss – Howard Leaf
- 13 Robert Mahley
- 14 Audrey Newmiller – Gertrude Mathewson – Barbara Henson – Barbara Kleege
- 15 Elizabeth Fielding – Joanne Ritchie
- 17 Lila Wayno – Vivian Douglas – Mary Kennedy – Rudolph Muolo
- 19 Sandra Moore
- 20 Colleen Levell – Jacqueline Amrhein – Marlene Maestri
Lucille McCormick
- 21 Sharon Prouty – Betty Ottinger
- 25 Janet Clopman
- 26 Betty Valerio – John Ronan – Bettyann Trivison
- 27 Helen Baginski
- 28 Mary Gragg – Betty Krasnewich
- 29 Rochelle Printup – Peter Moore – John Panighetti
- 30 Stella Romas – Bill Wesley – Nancy McIndoe

FEBRUARY BIRTHDAYS

- 3 Alberta Shouldice – Barb Farrington – Kay Mason
Eleanor Kolovrat
- 5 Barbara Bratt – Barbara Kupiec
- 7 Agnes Hazelgrove – Jeanne Westcott – Detta Cambell
- 8 Connie Verdow – Katherine Kerr
- 9 Theresa Lawson – Laura Mumford
- 10 Betty Kitt
- 11 Shirley Verone – Mary Lou Winters
- 12 Eleanor Boyle – Helen Popcun
- 13 Carol Jaede – Tim Printup
- 14 Lisa Racciatti – Barb Morse – Chi Wa Hwang
- 15 Anne Howard
- 16 Christina Brown – Marge Fifield
- 17 Beverly DeYulio – Bernard Cannon – Charles Grimsley
Anne Smith – Maryann Rust
- 18 Barb McPeak – Eleanor Clapper – Helen Jennings –
Suzanne Hart
- 19 Kevin Sibson – Bonnie Campbell
- 20 Ronald McArthur – Marilyn Trendell
- 21 Dorothy Czarnecki – Donna Woodhead
- 22 Jim Kirby
- 23 Doug Nielsen
- 24 Pat Morehouse
- 25 Angela Franceschetti – Ida Shields
- 26 Carol Gola – Mary Niedzwicki
- 27 Anita Stoehr – Sue Schiller – MaryAnn Dunsford
- 29 Rezeda Macko – Ron Dalton – Flo Lewis

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!

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