



MAY/JUNE 2023

SENIOR GAZETTE

Barbara Michalski, Senior Coordinator

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

HOLIDAY CLOSINGS:

The Senior Center will be closed in observance of the following holidays:

Mon., May 29; Memorial Day

Mon. & Tues., July 3 & 4; Independence Day



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

SENIOR LUNCH PROGRAM

Lunch is served each week, Monday through Thursday at 12 Noon. (No lunch served Friday)

- 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.

CATERED LUNCHEONS

Thursday, May 4 at 11:30 AM

\$5 Sign up by Tuesday, May 2

Hors D'oeuvres; Bingo Party with prizes and games after lunch!

Thursday, June 1 at 12 Noon

\$5 Sign up by Friday, May 26

Picnic Luncheon and Rock Shadows Band!

Thursday, July 6 at 12 Noon

\$5 Sign up by Friday, June 30

Deli luncheon; Rhythm n' Shoes entertaining!

NEIGHBORHOOD ADVISOR/ SENIOR ASSISTANCE COUNSELING

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. For immediate assistance call the Salvation Army Office directly, 315.479.1125. **Call the Senior Center to set up an appointment** to meet on Wednesday afternoon: **May 17 or June 21.**

TOWN OF ONONDAGA RESIDENTS:

DO YOU STILL WANT TO RECEIVE THE SENIOR GAZETTE?

We will be purging our current resident mailing list in July.

The last complete update was a few years ago. If you are a Town resident and wish to continue receiving the Gazette please call the Senior Center or stop in the front office to update your address. This will add your name to our new list beginning with the November/December Issue. ****If we do not hear from you, your name will be deleted.**** Also, we continually update the Birthday List. Please alert us of new additions and/or changes that need to be made to the list.

CARE FALL PREVENTION

**A Program from the Center for Aging
Resources & Enrichment/Le Moyne College**

Thursdays, 9:00 – 10:00 AM

May 18 – June 22 (6 weeks)

This class will educate you on fall risk factors and the modifications that can be made to decrease fall risk as well as strengthen muscle groups and improve balance to decrease the likelihood of a fall occurring. Each class will focus on different daily occupations or activities and have an educational component as well as an exercise component. Class will be held downstairs in the Dance/Exercise Room.

****Free Class – Registration required***

TECH HELP FROM THE OFL

Thursday, May 11, 11 AM-12 Noon



Chantal, the library's Marketing and Outreach Coordinator, will be here at the Senior Center to provide tech assistance. She'll help you with your phone, tablet, or laptop. 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.

*To all the wonderful seniors that come to the
Center each week and share and care for each
other, you are what make our 'community' special.
Bless you! You are the very best!*

ONGOING AT THE SENIOR CENTER

The following activities are available to all Seniors:

BOOK CLUB

Mondays at 12:30 PM. Read one book a month and discuss a few chapters of the chosen book each week with the group.

CARDS FOR FUN

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

DOMINOES Mondays from 1-3 PM. It's a lot of fun!

LIBRARY

We have a small library in our front entrance with books that continue to be donated. Come in and browse and pick out a book or two. We like donations of clean used paperback books.

MAH JONGG played Wednesdays 1-3 PM. Experienced players welcome.

QUILTING GROUP "BUSY HANDS"

Mondays 10AM-12 Noon. Our quilters are so busy. They continuously make quilts to be donated, and they have fun doing it together.

Once a month a quilt is raffled to offset the cost of repairs to the sewing machines used for their projects. Tickets can be purchased in the front office. Take a chance and help a good cause! Tickets: 4 for \$3.

BILLIARDS

The regulation pool table is available to play each day.

Wii BOWLING

Wednesday mornings at 10AM folks meet and bowl a few games.

PASS THE ACE CARD GAME

Tuesdays @ 12:50 PM (after lunch)

May 9 & 23; June 6 & 20

It's a simple card game you can enjoy on a snowy or rainy afternoon and you'll have lots of laughs playing. We play two games. Bring \$.75 (three quarters) for each game and join in the fun.

LEFT CENTER RIGHT (LCR) GAME

Tuesdays @ 12:50 PM (after lunch)

May 2, 16 & 30; June 13 & 27

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

BINGO

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

May 18; June 8 & 22

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

AAA DEFENSIVE DRIVING COURSE

ADVANCED REGISTRATION IS REQUIRED

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

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

PAYMENT: Check payable to **AAA** (NOT AARP) for \$29. A month before your class you will receive a letter regarding payment and other helpful information.

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

May 16; Sept. 19; Nov. 14

COLD & FLU REMINDER

We're in a sensitive time, and folks worry about their general health and spreading sickness to others. Please be considerate of your fellow Seniors. If you have a cold..... stay home. If you are subject to coughing, remove yourself from the group. Cover your mouth, keep a safe distance from others, and wear a mask if necessary. Thank you for caring!

WALKING PROGRAM

Through Thursday May 18, the walking program is cancelled at St. Michael's. It resumes on Tuesday May 22. Walk from 10 - 11 AM Tuesdays and Thursdays at the Parish Center located on W. Seneca Turnpike behind the rectory throughout the year, summer and winter! Beginning May 2 and throughout the summer, walking is also available around the Brookdale Summerfield Residences (across from Santaro Park). If you need to sit, seating is available at the front entrance of the building. If you have not completed 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.

REGISTER FOR A CLASS!

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. Come ready to sweat, and prepare to leave empowered and feeling strong. Current session thru 5/10.

Next 12-week session: May 17 - August 2

Resident Fee: \$48

Non-Resident Fee: \$58

CHAIR YOGA

Instructor: Diane Zarzecki

Tuesdays 9:00-10:00 AM

A gentle supported yoga practice where 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 benefit all those who may have balance or physical limitations that require more support.

April 25 - June 13 (8 week session)

Resident Fee: \$32

Non-Resident Fee: \$42

EXERCISE WITH LIGHT WEIGHTS

**Tuesdays @ 10:15 AM (after Chair Yoga)
& Fridays 10 AM**

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

CHI KUNG

Instructor: David Dolbear

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.

Next 12-week session: May 15 - August 14

Resident Fee: \$72

Non-Resident Fee: \$82

NO CLASS: 5/29, 7/3

TAI CHI

Instructor: David Dolbear

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 6/19

Next 12-week session: July 10 - October 2

Resident Fee: \$72

Non-Resident Fee: \$82

NO CLASS: 7/3, 9/4

ART INSTRUCTION

Instructor: Thomas Hussey

(For new participants, call the Senior Center for availability to join each class.)

ADVANCED ART

Tuesdays 9 AM - 12 Noon

Current session thru 6/20

Next 12 week session: June 27 - September 19

Resident Fee: \$72

Non-Resident Fee: \$82

NO CLASS: 7/4

BEGINNER ART (Oil Painting)

Tuesdays 12:30 - 2:30 PM

Current session thru 6/20

Next 12 week session: June 27 - September 19

Resident Fee: \$84

Non-Resident Fee: \$94

Max. 12 participants in class

NO CLASS: 7/4

BEGINNER SENIOR TAP

Instructor: Denise Gehm

Wednesdays 10:30 - 11:30 AM

Current session ends June 14

Next 8 week session: June 21 - August 23

Resident Fee: \$32

Non-Resident Fee: \$42

After June 14 add \$10

NO CLASS JULY 26 & AUGUST 2

**Register for our programs online,
parks.townofnondaga.gov
or in person at the Center.**

SIGN UP FOR A BUS TRIP

We do not take credit card payments for trips. Make a check payable to Onondaga Seniors. Include with check: name of person(s) taking the trip, your phone #, the date of trip, bus stop, and menu choice (if any). 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.

ROCHESTER SPRING ADVENTURE

Wednesday, May 10

Enjoy a spring jaunt to Rochester NY. First stop, the Strong National Museum of Play, a highly interactive museum devoted to the history and exploration of play. Rediscover old memories and make new ones. It's truly an experience. Tour the Dancing Wings Butterfly Garden where you will enter the lush rain forest environment and walk among hundreds of brilliantly colored, free-flying tropical and native butterflies that flutter about. Enjoy lunch at The Hideaway Restaurant in the heart of Rochester, and from there our next stop is minutes away to Artisan Works, a place where people experience creation and inspiration. Located in a historical renovated factory building that houses automobiles, photography, art, collectibles, and much more. There is walking involved all at your own pace, and there are places to sit. Before our drive home we'll stop at Pittsford Farms Dairy & Bakery (on your own). No breakfast stop so bring your own beverage. Lunch Choices include a side of French Fries OR House Salad; Beverage and Cookie.

- Chicken Brie Sandwich; melted brie, apple butter, chicken breast on brioche bun
- Brie Burger; brie melted, caramelized onions, apple butter compote, brioche bun
- Mediterranean Fish Wrap; crispy haddock, lettuce, tomato, cucumber, dill sauce, pickled onions

Fee: Residents \$75 Non-Residents \$80

Bus pick-ups:

Nedrow Fire Department – Departs at 7:50 AM

Onondaga Senior Center – Departs at 8:20 AM

Return approximately 6:15 PM

SUMMER IN LAKE GEORGE

Thursday, June 29

NEW

We are heading back to our favorite in the Adirondack Mountains for a narrated buffet luncheon cruise aboard the Lac du Saint Sacrement on beautiful Lake George. (We'll make a quick coffee/pit stop before entering the Adirondack's). Upon arrival, we'll board the boat, get settled, then have lunch and cruise from Noon to 2 PM. After dining, relax in your seat or head topside to enjoy the fresh air on the outer decks while traveling by beautiful mountain wilderness areas on the crystal clear waters of Lake George. Also to enjoy on board is Live Entertainment, a Snack Bar, Cocktail Bar and Gift Shop. After the cruise we will take in the Lake George scenery (benches around to sit and enjoy the view) or you may browse in the gift shop on shore. From there we will drive up to Prospect Mountain for the spectacular view. We'll end our day at Oscars Smokehouse before heading home. Oscar's is located at the bottom of Hackinsack Mountain in Warrensburg, NY. It's a family owned business with 159 delicious products produced on the premises for over 70 years, the unique quality and flavor of Oscar's smoked meats have been tasted and enjoyed all over the world.

Fee: Residents \$87 Non-Residents \$92

Bus pick-ups:

Onondaga Senior Center – Depart at 7:00 AM

Nedrow Fire Department – Depart at 7:15 AM

Return approximately 8:45 PM

Merry-Go-Round Playhouse *presents* INTO THE WOODS

Friday, July 14

Into The Woods is at once enchanting and endearing — a touching and deeply human show about community, responsibility and the stories we tell our children. Stephen Sondheim and James Lapine take everyone's favorite storybook characters and bring them together for a timeless, funny, surprisingly irreverent musical escapade. Enjoy lunch at the Springside Inn before heading to the Playhouse.

Lunch choices at time of registration: Roast Sirloin of Beef with Mushroom Gravy; Roast Loin of Pork with Stuffing; or Baked Haddock with Lemon Butter. Meals include: Vegetables, Mashed Potatoes, Dessert, Coffee or Tea.

Deadline for theater ticket purchase May 31

Fee: Residents \$90 Non-Residents \$95

Bus pick-ups:

Nedrow Fire Department – Departs at 10:15 AM

Onondaga Senior Center – Departs at 10:45 AM

Return approximately 5:15 PM

One Hit Wonders at SILVER BIRCHES RESORT Wednesday, August 9

Take a ride thru Pennsylvania to Silver Birches Waterfront Resort, with a breathtaking view of Lake Wallenpaupack. Upon arrival you will be served coffee & apple streusel cake, then browse the jewelry, gifts and local specialty food they have for sale in the lobby. There is music and dancing starting at 11:30 AM, open bar from Noon - 3 PM, and at 12:30 PM enjoy a buffet lunch of Broccoli Salad, House Baked Bread, Roasted Pork Loin, Wild Rice Pilaf, All Beef Meatloaf with Gravy, Yukon Mashed Potatoes, Green Bean Salad, Chef's Roasted Vegetables, Cinnamon Raisin Rice Pudding. After lunch hear pop and rock and roll from the 70's and 80's performed by Wonderland, a tribute band playing many of the one hit wonders of that time. A snack will be provided before our departure home. **Deadline for sign-up: July 26.**

Fee: Residents \$80 Non-Residents \$85

Bus pick-ups:

Onondaga Senior Center - Departs at 7:30 AM

Nedrow Fire Department - Departs at 7:45 AM

Return approximately 6:45 PM

Merry-Go-Round Playhouse *presents* BEAUTIFUL, THE CAROL KING MUSICAL Monday, August 28

Beautiful tells the true story of Carole King's meteoric rise to fame as one of the twentieth century's foremost singer-songwriters. Set in the vibrant pop industry of the 1960s and early 1970s, and featuring such unforgettable classics as "You've Got a Friend", "One Fine Day", "So Far Away", "Take Good Care of My Baby", "Up on the Roof", "You've Lost That Lovin' Feeling", "Will You Love Me Tomorrow", and "Natural Woman", this Tony® and Grammy® Award-winning musical phenomenon is filled with the songs you remember — and a story you'll never forget.

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.

Deadline for theater ticket purchase July 13

Fee: Residents \$91 Non-Residents \$96

Bus pick-ups:

Nedrow Fire Department - Departs at 10:30 AM

Onondaga Senior Center - Departs at 11:00 AM

Return approximately 5:30 PM

Music and Gaming @ Turning Stone Casino Thursday, September 21

NEW

Join us for a Tribute to Neil Diamond at the Turning Stone Casino. Longtime Las Vegas performer and Legends in Concert alumni Rob Garrett has become the #1 Neil Diamond Tribute artist with his unparalleled portrayal of this legendary performer. This show naturally captures the presence, passion, and energy of the iconic performer in all his youthful, "Jazz Singer" glory. You will hear favorite Neil Diamond hits such as "Cherry, Cherry", "Cracklin' Rosie", "I'm a Believer", "Solitary Man", "Girl You'll Be a Woman Soon", "Coming to America" and "Sweet Caroline". 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. (Please bring your rewards card with you and at sign up provide your rewards card #)

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

Bus pick-ups:

Onondaga Senior Center - Departs at 9:00 AM

Nedrow Fire Department - Departs at 9:15 AM

Return approximately 5:15 PM

ADIRONDACK FALL DAY Thursday, October 5

NEW

Enjoy the Fall foliage as we travel to the Adirondack Mountains for a narrated buffet luncheon cruise aboard the W.W. Durant on beautiful Raquette Lake. (We'll make a stop before entering the Adirondacks.) After the cruise visit the Great Camp Sagamore boasting a National Historic Landmark status shining a spotlight on the tiny village of Raquette Lake. The Vanderbilts, Morgans, and other Captains of Industry "vacated" the stifling heat of New York City to vacation in their sumptuous Adirondack Camps. You'll marvel at the rustic luxury they enjoyed.

Fee: Residents \$94 Non-Residents \$99

Bus pick-ups:

Onondaga Senior Center - Departs at 7:45 AM

Nedrow Fire Department - Departs at 8:00 AM

Return approximately 7:45 PM

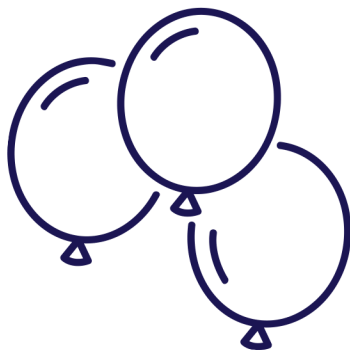
DONATIONS WE COLLECT:

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

Happy Birthday!

MAY BIRTHDAYS

- 1 Marion Hurnberger - Mary Ellen Malone - Rita White
- 2 Laurel White - Dominick Venuti
- 3 Monica Scott
- 4 Barbara Martin - Caroline LaTray - Patricia Fox - Phyllis Hegney - Debra Roberts
- 6 Delores Bottrill - Julie Hoppmann
- 7 Maureen Moore - Vivian Hetzel
- 8 Jean Bednarski - Fred Monroe - Julie Sass
- 9 Anne Volcko - Ray Leubner - Lucille Jones
- 10 Dorothy McIntyre - Phyllis Lorenz
- 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 - Ron Grismore
- 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 Ruth Curry
- 28 Dick Beebe



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
- 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
- 15 Howard Carr, Jr.
- 16 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
- 30 Maureen Hartnett
- 31 Johanna Hanna



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

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

ART CLASS EXHIBIT

AT ONONDAGA FREE LIBRARY IN JUNE

Our Tuesday morning Senior Art Class will be exhibiting their paintings at the Onondaga Free Library during the month of June. When you are at the library, check out their works of art hanging on the 2nd level.

A reception to honor their work

Wednesday, June 14 from 4-6 PM.

Join the celebration and meet the artists!