



SEPTEMBER/OCTOBER 2023 SENIOR GAZETTE

Barbara Michalski, Senior Coordinator



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

DATES TO REMEMBER HOLIDAY CLOSINGS:



The Senior Center will be closed on Labor Day, Mon., September 4, and Columbus Day, Mon., October 9.

CATERED LUNCHEONS

THURSDAY, September 7 @ 12 Noon

\$5 - Sign up by Tuesday, September 5

Goulash, Salads, Italian Bread, Dessert; Lori Wilber will entertain singing her Patsy Cline melodies!

THURSDAY, October 12 @ 12 Noon

\$5 - Sign up by Tuesday, October 10

Pork tenderloin, mashed potatoes, vegetable, dessert; Tommy Key entertaining

P.E.A.C.E. Inc.

SENIOR LUNCH PROGRAM

Lunch is served each week, Monday thru 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 canceling.

Please notify our PEACE Lunch Manager if you have a food allergy.

**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.

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



Thursday, November 9

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.

HALLOWEEN PARTY

Monday, October 30

Dress in your best Halloween attire! Arrive by 11:15 AM for the costume contest before lunch and a chance to win a Prize. And, the Town of Onondaga Tappers will perform for us! This will be a regular P.E.A.C.E. lunch - \$3.50. Call the lunch line to sign up.



Thanks to the Onondaga Seniors "Friends" for the new loveseat purchased for the Senior Center.

RUMMAGE SALE

Our sale is ongoing with new items added weekly! Come in and shop 'till you drop!



HEADING SOUTH FOR THE WINTER?

Please alert our staff. Delivery of your *Senior Gazette* will be stopped for the months you are away.

PASS THE ACE CARD GAME

**Tuesdays September 5 & 19; October 3, 17 & 31
@ 12:50 PM (after lunch)**

It's a simple card game to enjoy and have fun playing. We play two or more games. Bring \$.75 (three quarters) for each game and join in the fun.

Left Center Right (LCR) GAME

**Tuesday, September 12 & 26; October 10 & 24
@ 12:50 PM (after lunch)**

It's a dice game of chance! Bring 6 quarters to play. If you are not having lunch at the Center, please arrive by 12:45 PM to form tables.



ONGOING AT THE SENIOR CENTER

The following activities are available to all Seniors.

CARDS FOR FUN

Mondays and Wednesdays 1-3 PM. Bring your group and play your card game of choice.

BOOK CLUB meets Mondays at 12:30 PM. A new book is chosen for each month and a few chapters are discussed each week. We have a nice group of women who meet and exchange their thoughts.

DOMINOES played Mondays from 1-3 PM. They are a lively mix of players!

KNIT & CROCHET – Do you need help getting through your project, or would you like to learn a new skill? Our talented instructor Diane is available to meet with you. Call the Center and leave your name and #. She will call you to schedule a time to meet.

LIBRARY – Come in and browse through our little library of paperback books. New books come in each week to update the selection. We will take your clean used books to add to our shelves. (No hardcover books).

MAH JONGG – Experienced players meet each Wednesday 1–3 PM.

POOL (Billiards) – We have a regulation pool table located on the lower level of the Senior Center which is available each day.

Wii: BOWLING – Available to play most any day. A group plays most Wednesdays at 10 AM.

‘BUSY HANDS’ QUILTING/NEEDLEWORK GROUP - Meet Mondays from 10 - 12 Noon. We have a lively, caring group of folks who meet and exchange ideas. They create quilts that are donated to charity and also raffle a small quilt each month to offset the cost of sewing machine repairs. (Come in and purchase 3 tickets for \$2). You may win one of their lovely creations. Fabric donations and quilting supplies are always welcome. Bring them to the Senior Center on any Monday morning when they meet.

WALKING PROGRAM

Walking continues at St. Michael’s Parish Center (year round) located behind the rectory, and also around Brookdale Summerfield Residences (thru September) located across from Santaro Park from 10 - 11 AM Tuesdays and Thursdays. Thanks to both places for allowing our Seniors a safe place to walk. Stop by the Senior Center and fill out a Medical & Emergency Information Form if you are interested in joining in.

HEALTH INSURANCE INFORMATION COUNSELING AND ASSISTANCE PROGRAM (HIICAP)

Counseling includes medical bills, health insurance policies and Medicare prescription drug coverage. Call the Department of Aging directly, 315.435.2362. They will work with you over the phone to help you decide what Health Insurance Coverage is right for you.

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:

September 19; November 14

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. To meet at the Senior Center September 20 or October 18, call us to schedule an appointment.

DEFENSIVE DRIVING COURSE

Classes for 2023

October 20 and November 17



ADVANCED REGISTRATION IS REQUIRED

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

Class time: 9 AM – 3:30 PM; Please arrive on time.

Senior Center Doors open at 8:30 AM.

Lunch: 12 - 12:30 PM. Bring a bagged lunch (nothing that needs to be microwaved!) Coffee and Tea provided.

BRING TO CLASS:

*Your current drivers license *Pen/Pencil

Send to the Senior Center a *check payable to AAA (NOT AARP)* for \$29. A Letter of Confirmation will be sent to you prior to the date of your class with instructions for the day.

STRENGTH & 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, no 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!

September 11 – December 4 (12-week Session)

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

TAI CHI (Intermediate)

Instructor: David Dolbear

Mondays 2 - 3 PM

Characterized by soft, slow, and continuous movement. Physically it promotes pliability, improved cardiovascular 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 Oct. 16

Next 12-week Session: October 23 – January 29

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

After October 16 add \$10

NO CLASS 12/25, 1/1, 1/15

CHI KUNG

Instructor: 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, and 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 to continue on to Tai Chi.

Current Session thru Oct. 16

Next 12-week Session: October 23 – January 29

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

After October 16 add \$10

NO CLASS 12/25, 1/1, 1/15

ART INSTRUCTION

Instructor: Thomas Hussey

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

Current Class Sessions thru September 19

NO CLASS SEPTEMBER 26

Next 12-week Sessions:

October 3 – December 19

After September 26 add \$10

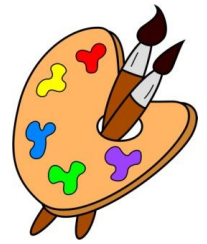
BEGINNER ART (Oil Painting)

Tuesdays 12:30 – 2:30 PM

RESIDENT FEE: \$84

NON-RESIDENT FEE: \$94

Maximum 12 participants in class.



ADVANCED ART

Tuesdays 9 AM - 12 Noon

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

CHAIR YOGA

Tuesdays 9 – 10 AM

Instructor: Diane Zarzecki

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 sit in a chair for work, or who may have balance of physical limitations that require more support. Current session ends September 12.

Next 12-week session: Sept. 19 – Dec. 5

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

ZUMBA GOLD

Wednesdays 9:15 - 10:15 AM

Instructor: Marie Thornton

Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love, but at a lower intensity. Come ready to sweat and leave empowered and feeling strong. Current session ends November 8.

Next 12-week session: Nov. 15 – Jan. 31

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

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

BEGINNER SENIOR TAP

Instructor: Denise Gehm

Wednesdays 10:30 – 11:30 AM

Beginner instruction will be from 10:30-11 AM. At 11 AM the Beginner and Intermediate classes will combine for ½ hour. From 11:30 – 12 Noon the 2nd half of Intermediate Class will continue the instruction.

INTERMEDIATE SENIOR TAP

Wednesdays 11 AM – 12 Noon

Current session ends November 22.

NO CLASS September 27

RESIDENT FEE: \$48 each session

NON-RESIDENT FEE: \$58 each session



EXERCISE WITH LIGHT WEIGHTS

FREE...Tuesdays 10:15 AM (after Chair Yoga class ends) and Fridays 10 - 10:45 AM

Exercise following a video. Stretch and strength training using various size hand weights provided.

**DONATIONS - We Collect: ** BYRNE DAIRY RECEIPTS **
CANNED & NON-PERISHABLE ITEMS FOR FOOD PANTRY*
*YARN*ALUMINIUM PULL TABS**

DAY TRIPS

(IF YOU ARE INTERESTED IN A TRIP THAT IS FULL, BE SURE TO HAVE YOUR NAME ADDED TO THE WAITING LIST. WHEN WE HAVE A CANCELLATION, WE WILL CONTACT THOSE THAT ARE ON THE LIST.)

Sign up at the Senior Center and/or before sending in your check, call the Center to make sure trip is not filled. Include with check: name of person(s) taking the trip, your phone #, and 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 BE SURE TO ARRIVE 20 MINUTES PRIOR TO DEPARTURE SO WE KNOW YOU ARE COMING!**

Please sign up early for planning, deposits, and headcount all required weeks prior to the day of the trip.

MUSIC AND GAMING

@ TURNING STONE CASINO

Thursday, September 21

TRIP FULL – WAIT LIST ONLY

Bus pick-ups: Onondaga Senior Center - Departs at 9 AM

Nedrow Fire Department - Departs at 9:15 AM

Return approximately 5:15 PM

VISIT THE ZOO

Wednesday, September 27



Join us for a visit to the Rosemond Gifford Zoo. Explore the many indoor and outdoor exhibits. Get a chance to see the baby elephants between 2-2:30 PM and maybe the tiger cubs too! BEFORE our visit enjoy a Blarney Breakfast Buffet at the Blarney Stone Restaurant.

Scrambled Eggs, French Toast, Fresh Fruit, Ham, Bacon, Bagels, Coffee and Assorted Juices

FEE: **Residents: \$23 Non-Residents \$28**

SCHOOL BUS pick-up:

Onondaga Senior Center – Depart at 10:45 AM

Return approximately 3:45 PM

ADIRONDACK FALL DAY

Thursday, October 5

TRIP FULL – WAIT LIST ONLY

Bus pick-ups: Onondaga Senior Center – Depart at 7:45 AM

Nedrow Fire Department – Depart at 8:00 AM

Return approximately 7:45 PM

SCENIC TRAIN RIDE

Thursday, October 19

Our travels take us west to the Medina Railroad and Museum. While on our train ride enjoy a light continental breakfast. After the ride, visit the Medina Railroad Museum housed in one of the largest standing wooden freight depots, with interactive displays, a collection of historic fire-fighting equipment, 6,000 artifacts, memorabilia, photos, toys, and a model railroad, all relating to the railroads of Western New York. Lunch at a local restaurant and take in the sights in the Medina Downtown area after lunch.

Lunch Choices:

- **Beef on a Weck, choice of fries or salad**
- **Fried Haddock topped with melted cheese, lettuce, tomato and mayo, choice of Fries or Salad**
- **Chicken Souvlaki with rice and salad (Chicken is served over the salad)**

Lunch includes dessert and (1) choice: coffee or tea or soda.

Payment required at sign-up. Make checks payable to Onondaga Seniors. For additional information call Onondaga Senior Center at 315.469.3464.

Fee: **Residents \$82 Non-Residents \$87**

Bus pick-up:

Onondaga Senior Center – Depart at 7:00 AM

Return approximately 6:30 PM



SEPTEMBER BIRTHDAYS

- 2 Charles O'Neil - Yvette Guilfoil
- 4 Dorris Harvey
- 5 Patricia D'Agostino
- 6 Mary Pierce
- 7 Jane Whitney – Lillian Kompf
Charlotte Goodison – Bill Lynch
- 8 Maria Harfman
- 9 Rita Beard – Marilee Jones
Linda Jackson - Arlene Petrivelli
- 10 Dian Moran – Ellie Monroe – Brian Madigan
- 11 Janet Clark – Elizabeth Harris
- 12 Irene Sobecki – Alex Kulichik
- 13 Arlene M. Adams - Jo Lukacs
- 16 Ethel Oree
- 17 JoAn Feyerabend
- 18 Annie Sistrunk – Mary Lou Sobon
- 19 Ethelyn McArthurs – Carol Hill - Kathleen Wagner
- 20 Patricia Dailey
- 22 James Hamilton
- 23 Helen Shaffer – Ken Lawrence
- 24 Joseph Wilson – Jean Podkowinski - Mary Mullally
- 25 Shirley Carter – Ruth Roy – Pat Naughton
John Harris
- 26 Patricia Roth – Christine Pari
- 27 Betty Lyle – Linda Otis
- 28 Barbara McCarthy
- 29 Genevive Gilbo – Joseph Palmer

OCTOBER BIRTHDAYS

- 1 Ruth Holbrook - Lilyana Ivanova
- 4 Jane Nogash – Stephen Pidkowsinski
- 5 Laura Cross – Frank Witkowski
- 6 Yvonne Caine - Caroline Bartlett - Jane Gilheney
- 7 Peter Clarke – Joan Moosbrugger - Mary Duffy
- 8 Barbara Johnson - Chet Bartkowski
- 9 Mary Wallace – Linda Kelly
- 10 Theresa Geraets - Marcia Wheeler
- 11 Walter Quinell
- 13 Karen Felshaw - John Feeney
- 15 Audrey Kerswell – Al Williams
- 16 Mary Holloway
- 17 Carol Jacobson - Pete Poppe - 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 Gutches - Jane Kinney
- 27 Sylvia Watt
- 29 Anne Sheridan – Deb Aquilino
- 30 Lucille Tully – Carolyn Kocher
- 31 Clifford Sperling

TECH HELP FROM THE OFL

Thursday, September 28 from 11AM-12 Noon



Stop by and chat with Chantal, the library's Marketing and Outreach Coordinator. She'll be here at the Senior Center to provide tech assistance and will 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.

