

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.

- OUT OF COURTESY TO THE KITCHEN STAFF, PLEASE ARRIVE AT LEAST 15 MINUTES PRIOR TO THE NOON LUNCH.

- *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.**

St. Patrick's Day Party!!



Thursday March 14 @ 12 Noon

P.E.A.C.E. Inc. Pot Roast lunch; entertainment by the **Flyin' Column!** Call the lunch line and make your reservation!

CATERED LUNCHEONS

NO CATERED LUNCH IN MARCH

THURSDAY, April 4 @ 12 Noon

\$5 - Sign up by Tuesday April 2

Spaghetti, Meatballs, Antipasto; entertainment by Clear



THURSDAY, May 2 @ 12 Noon

\$5 - Sign up by Tuesday April 30

Deli Lunch; entertainment by Tommy Key



*"May your home be filled with laughter,
May your pockets be filled with gold,
And may you have all the happiness,
Your Irish heart can hold."*

AARP FREE INCOME TAX ASSISTANCE FOR SENIORS 60+ YEARS

**Appointments Tuesdays & Wednesdays thru April 10
9 AM – 12 Noon – Upstairs in the Senior Center**

***We have a limited # of appointments, so 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.

~2022 tax returns, and income and expenses for 2023; all Forms W-2, 1098, and 1099.

~Form 1095-A (Marketplace Health Insurance)

~Picture ID (driver's license), both husband and wife (birthdates for you, spouse, and dependents).

~If this is your first time using AARP tax assistance it is 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

SENIORS GOLF @ ORCHARD VALI

The 2024 Season Senior MENS Golf League (*for seniors over age 55*) will start on Friday, April 19. There will be a meeting at Orchard Vali on Friday, April 12 at 9 AM for anyone to attend. Call Gil Madigan, League Secretary, for all the details, 315.469.4934 or 315.251.0739 if you are interested in playing.

For LADIES interested in golfing, call Orchard Vali Golf Course directly at 315.677.3303. They have women's leagues available with a mixed age group.

WALKING PROGRAM

Walk from 10 - 11 AM Tuesdays and Thursdays at St. Michael's 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.

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 March 20 or April 17, call us to schedule an appointment.

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.

2024 Appointment Date
Wednesday, April 23

AAA DEFENSIVE DRIVING COURSE ADVANCED REGISTRATION IS REQUIRED

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

Classes for 2024

April 12; May 10; October 11; November 8

Payment:

Check payable to AAA for \$34 due upon registration.

BRING TO CLASS:

Your current driver's license, pen/pencil.

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 requires a microwave oven. Coffee and Tea provided.



*Go on an Easter egg hunt?
I can't even find my car keys!!*

GAMES!!

"PASS THE ACE CARD" GAME

Tuesdays March 5 & 19; April 2, 16 & 30
@ 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)

Tuesdays March 12 & 26; April 9 & 23
@ 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.

BINGO

Thursdays @ 1 PM (Please arrive by 12:45 PM)
March 7 & 28; April 18

Check our calendar for other dates scheduled for each month. \$1 for first card; \$.50 for each additional card.



SILVER & FIT

Good news! Does your Medicare Health Plan include the Silver & Fit Program? Based on your insurance coverage you may be eligible for reimbursement for exercise classes you participate in here at the Senior Center. We will complete our requirements on the form and provide you with any additional information to Silver & Fit. Contact them @ 1.888.797.7925 Monday through Friday 11 AM to 9 PM (Eastern Time). They will answer additional questions you may have.

TECH HELP FROM THE OFL

Thursday May 9 from 11AM-12 Noon

Looking for help with your phone, tablet or laptop? Chantal, the library's Marketing and Outreach Coordinator will be here at the Senior Center and she will also provide tech assistance to learn 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.

ONGOING AT THE SENIOR CENTER

The following activities are available to all Seniors.

CARDS FOR FUN Mondays and Wednesdays 1-3 PM.
At this time we have no weekly card players. Call us if you are interested in playing.

BOOK CLUB Mondays at 12:30 PM. The group reads a book a month. Some of the books read recently: Small Mercies, Dennis Lahane; Amy and Isabell, Elizabeth Strout; The Extraordinary Life of an Ordinary Man, Paul Newman.

DOMINOES Mondays from 1-3 PM. They have fun playing each week!

KNIT & CROCHET - Diane is our expert knitter and crocheter. Call the Center and leave your name and #. She'll call you to schedule a time to meet.

LIBRARY - Bring in your clean paperback books to add to our shelves located in the front entrance of the Senior Center.

MAH JONGG Wednesdays 1-3 PM for advanced players.

POOL (Billiards) - We have a regulation size pool table to enjoy most times of day located in the lower level of the Center.

QUILTING GROUP "BUSY HANDS"

Mondays 10AM-12 Noon. The group brings in their quilts and needlework projects to work on and share ideas, and team up to create quilts that are donated to charity organizations. They love all the fabric and supplies you have donated to them!

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

ZUMBA GOLD

Wednesdays 9:15 - 10:15 AM

Instructor: Marie Thornton

Perfect for active older adults who are looking for a modified Zumba class.

Current session thru May 1

Next 12 week session: May 8 – July 24

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

STRENGTH & STRETCH

Instructor: Marie Thornton

2 Class Days! Mondays and Thursdays

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. 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.

****MONDAYS 6:15 PM**

Current class session thru March 25

Next 12-week session: April 1 – June 24

RESIDENT FEE: \$60

NON-RESIDENT FEE: \$70

NO CLASS 5/27

****THURSDAYS 6:15 PM**

Current class session ends March 28

Next 12 week Session: April 4 – June 20

RESIDENT FEE: \$60

NON-RESIDENT FEE: \$70

CHAIR YOGA

Instructor: Diane Zarzecki

Tuesdays 9 – 10 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 benefits all those who sit in a chair for work, or who may have balance of physical limitations that require more support.

April 2 – May 21 (8 week Session)

RESIDENT FEE: \$32

NON-RESIDENT FEE: \$42

INTERMEDIATE SENIOR TAP

Instructor: Denise Gehm

Wednesdays 11:00- 12:00 PM

Current Session thru March 13

Next 8-week session:

March 20 – May 8

RESIDENT FEE: \$32

NON-RESIDENT FEE: \$42

After March 13 add \$10



If you are interested in taking Beginner Tap Lessons let us know. A new class may be offered.

ART INSTRUCTION

Instructor: Thomas Hussey

(Call the Senior Center for availability to join each class.)

Current Class Sessions thru March 26

Next 12-week Session:

April 2 – June 18

ADVANCED ART

Tuesdays 9 AM - 12 Noon

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82



BEGINNER ART (Oil Painting)

Tuesdays 12:30 – 2:30 PM

RESIDENT FEE: \$84

NON-RESIDENT FEE: \$94

Maximum 12 participants in class.

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 or standing. This is a beginner class for anyone who wishes to continue on to Tai Chi.

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 sessions thru April 29

Next 12-week sessions: May 6 – July 29

RESIDENT FEE: \$72 (each session)

NON-RESIDENT FEE: \$82 (each session)

NO CLASS 5/27

After April 29 add \$10

EXERCISE WITH LIGHT WEIGHTS

FREE...Tuesdays and Fridays 10 - 10:50 AM

We enjoy stretching and using light hand weights to help us stay fit! The hand weights are provided for a good overall workout.

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. Deposits and headcounts are required by the venue weeks prior to the day of the trip.

Below listed are some trips for our 2024 adventures. More to come soon!

PRESENT COMPANY PRODUCTIONS

DINNER THEATER *presents*

LEADING LADIES

Friday April 12

Present Company is a local theatre group that puts on a production twice a year. Come with us to enjoy this years' amusing comedy set in the 1950s, *Leading Ladies*, at Theodore's Restaurant in Canastota, NY.

Before the show lunch will be an All You Can Eat Buffet meal to include Roast Beef, Roast Turkey, Ham, Sausage, Peppers and Onions, Mashed Potatoes, Dressing and Gravy, Garden Rice with Almonds, Oven Roasted Potatoes, Assorted Vegetables, Pastas, Chef Salad, Rolls, Dessert, Coffee or Tea and Two Glasses of Wine!

FEE: Residents \$42 Non-Residents \$47

SCHOOL BUS pick-ups:

Onondaga Senior Center – Departs at 10:45 AM

Return approximately 4:45 PM

TRIP OVER TO BINGHAMTON!

Wednesday May 8

Join us for a scenic trip to Binghamton NY where we will tour the Phelps Mansion, a historic Museum labeled the "jewel on Court St". This Empire Style home was constructed in 1871, designed by New York architect, Isaac G. Perry, decorated with Italian marble floors, black walnut staircases and period lighting fixtures. Enjoy our buffet lunch provided by Cline's Catering in their lovely grand ballroom. After lunch we'll stroll the Roberson Museum and Science Center...a space to let your mind wonder, nationally recognized for its excellence in art, history and science education. Tour the mansion and view 2 artists collections on display, a permanent Honashonee exhibit, a model train exhibit, and nature track full of taxidermy. There are elevators and seating in both venues. On our way home we will drive by the imposing Gothic Revival exterior of the Binghamton (NYS) Inebriate Asylum also designed by architect, Isaac G. Perry. Buffet includes: Grilled Chicken Breast, Stuffed Shells, Veggie, Salad, Rolls, Dessert, Coffee and Tea.

FEE: Residents \$62 Non-Residents \$67

Bus pick-ups:

Onondaga Senior Center - Departs at 9 AM

Nedrow Fire Department - Departs at 9:15 AM

Return approximately 4:45 PM

MUSIC AND GAMING @ TURNING STONE CASINO

Tuesday May 21

Join us for a *Tribute to The Temptations* at the Turning Stone Casino. This show brings your favorite Temptations songs such as My Girl, The Way You Do The Things You Do, Just My Imagination....and more! Fill your heart and soul with flashbacks of your favorite moments and treasured memories. You'll see authentic classic costumes and the flawless choreography that you remember. Upon arrival at the casino, you will receive \$25 Free Play, a \$5 Food Credit and a ticket for the 1 Hr. matinee show. Please provide at sign up: Either your Turning Stone Card # or your birth date and address. This is required by Turning Stone to get your Free Play \$'s. (Remember to bring your rewards card with you on the day of the trip!)

FEE: Residents \$65 Non-Residents \$70

Bus pick-ups:

Onondaga Senior Center - Departs at 9 AM

Nedrow Fire Department - Departs at 9:15 AM

Return approximately 5:15 PM

THE REV THEATRE *presents* JERSEY BOYS

Friday June 14

They had a look, an attitude, and a sound like no other. Sure, they were born in Jersey. But they were made in America. Jersey Boys is the international musical phenomenon that takes you behind the scenes — and behind the music — of Frankie Valli and The Four Seasons. Featuring "Big Girls Don't Cry," "Sherry," "December, 1963 (Oh, What a Night)," "My Eyes Adored You," "Stay," "Can't Take My Eyes Off You," "Walk Like A Man," "Who Loves You," "Working My Way Back to You," and "Rag Doll," among others. 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.

FEE: Residents \$105 Non-Residents \$110

Bus pick-ups:

Nedrow Fire Department – Departs at 10:15 AM

Onondaga Senior Center – Departs at 10:45 AM

Return approximately 5:15 PM

SHAKE, RATTLE & ROLL @ SILVER BIRCHES RESORT

Tuesday July 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 cake, then browse the jewelry, gifts and local specialty food they have for sale in the lobby. Music and dancing from 11:30 – 12:30, open bar from Noon - 3, and at 12:30 enjoy a buffet lunch of Broccoli Salad, Baked Bread, Roasted Pork Loin, Wild Rice Pilaf, Beef Meatloaf with Gravy, Garlic Roasted Potatoes, Chef's Whim Salad, Roasted Vegetables, Rice Cream Sundae. The 'American Bandstand Show' starts at 2:30 featuring Group Du Jour, with Rock 'n Roll tunes from the '50s, '60s, '70s, and '80s. Come dressed in clothes from your favorite decade! They will keep things movin' and groovin' with their own version of American Bandstand with a twist contest, a silly lyrics contest, crazy costumes, hoops and more! A snack will be provided before our departure home.

FEE: Residents \$81 Non-Residents \$86

Bus pick-ups:

Onondaga Senior Center – Departs at 7:15 AM

Nedrow Fire Department – Departs at 7:30 AM

Return approximately 6:45 PM

REV THEATRE *presents* **BANDSTAND the MUSICAL**

Monday August 26

It's 1945 and our boys are coming home! Bandstand tells the story of musician Donny Novitski who is about to take on the mission of his life: leading his band of fellow veterans into competition for America's next swing band sensation. Featuring incredible music and the sounds of swing, jitterbug and big band and sizzling choreography, Bandstand is a patriotic tribute to our veterans and the nostalgia of the 1940's. Bandstand is the first musical sanctioned by GOT YOUR 6, a nonprofit that supports millions of veterans, service members and their families in the communities they call home.

Enjoy lunch at Highland Golf's 1925 Grill Restaurant before the show. Lunch choices at time of registration: Hot Roasted Beef with Gravy served with Mashed Potatoes and Veggie; or Grilled Chicken Caesar Salad; or Fried Fish Sandwich with Lettuce, Fries and Cole Slaw. Meals include Dessert, Coffee or Tea.

FEE: Residents \$98 Non-Residents \$103

Bus pick-ups:

Nedrow Fire Department – Departs at 10:30 AM

Onondaga Senior Center – Departs at 11:00 AM

Return approximately 5:30 PM

REV THEATRE *presents* MAY WE ALL **Monday September 30**

A new country music musical! *May We All* brings together several storylines about facing the music, rebuilding and starting over. Set in Harmony, TN, a town more than ready for its facelift, this heartfelt, funny new musical follows the dreams and aspirations of an up and coming country singer, her empty nester parents, an unrequited love story and a small town on the brink of change and revitalization. Featuring the music of Florida Georgia Line, Kenny Chesney, Miranda Lambert, Dolly Parton, Little Big Town, Old Dominion, Brooks & Dunn, Keith Urban, and many more. And introducing two original songs co-written by Florida Georgia Line's Brian Kelley and Tyler Hubbard, debuting exclusively via *May We All*. A homespun show for the entire family. 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 \$103 Non-Residents \$108

Bus pick-ups:

Nedrow Fire Department – Departs at 10:30 AM

Onondaga Senior Center – Departs at 11:00 AM

Return approximately 5:30 PM

ASSISTANCE? WHERE TO CALL? **INFORMATION TO KNOW**

The Onondaga County Office for Aging is the focal point for information, advocacy, and coordination of eldercare services.

CALL THE OFFICE OF AGING FOR THE FOLLOWING:

Phone: 435-2362

Caregiver Services - Provides respite programming, information and assistance, and support and discussion groups. It also offers the "Institute for Caregivers" – classes for current and future caregivers that inform on relevant topics.

Community Services - Provides information and referrals related to home repairs, legal services, senior center activities, health promotion initiatives, transportation options and shopping services. It also includes the Neighborhood Advisor Program.

Energy Programs - The Home Energy Assistance Program (HEAP) offers heating and cooling assistance to income eligible seniors.

Health Insurance - The Health Insurance Information, Counseling & Assistance Program (HIICAP) offers free and unbiased information.

Home Care - Expanded In-Home Services for the Elderly Program (EISEP) - The Expanded In-Home Services for the Elderly Program (EISEP) is a sliding-scale, fee-based program that provides non-medical home care for frail individuals. It also includes case management and respite care options.

Nutrition Services - Provides nutritious meals and nutrition education through home delivered meals, senior dining sites and nutrition counseling. The unit also manages the annual "Senior Farmers Market Nutrition Program."

NY Connects - Provides information and assistance on long term care services for persons of any age.

Long Term Care Services - Offers medically based home care for children and adults who receive Medicaid.

Phone: 315-424-1810

Continued on next page



**CALL CATHOLIC CHARITIES
FOR THE FOLLOWING:
Phone: 424.1810**

Works with adults age 60 and older to assist them to remain safely and comfortably in their homes for as long as possible. Services include transportation, in-home assistance, minor household repairs with the Project Fix program, community programs, help with finances, and more. Elderly services also coordinates a volunteer program for people 55 and older.



MARCH BIRTHDAYS

- 2 Suzanne Moran - Donald Finlay –
Phyllis Casale
- 4 Thelma Hedges
- 6 Fel Wilson
- 8 Carla Reitz
- 10 Charles Marchione
- 11 Dorothy Montgomery
- 13 Chris Swindler
- 14 Joanne Basta - Dorothy Rickert
- 15 Dawn Daggett – Leslie Walker
- 16 Nancy Sears
- 17 Corina Cannellos – James DeStefano –
Pat Northup
- 18 Joe Trosky
- 19 Norma Tippet – Vince Aquilino
- 21 H. Jane Matthews - Joan Martin
- 22 Barbara Storrier
- 23 Rosie McCafferty
- 28 Don Mathewson - Anne Masica -
Lynn Lunde
- 29 Eileen Witkowski
- 30 Nan Richmond – Donna Schwarz

APRIL BIRTHDAYS

- 2 Nancy Porter – Marianne Julia -
Rosemarie Ahern - Rita Stevenson -
Katherine Harvey-Barr – Marilyn Wagner
- 3 Elsie Grisier
- 4 Jeanne DeRose - Helen Keefe - Mary Hunt
- 5 Helen Preston - Andree Marshall
- 7 Nancy Day
- 8 Elizabeth Lawyer – Verna Cox -
Joyce Kellar – Betty Lou Fields
- 9 Jane Lawrence
- 11 Ed Veaudry - Marge Schmidt
- 14 Marge Adsitt - Eileen Amidon -
Loretta Thayer - Anne Konick
- 15 Linda Vishnesky – Joseph Medicis
- 16 Anne Page - Ruth Wolf - Robert Hilliard -
Harriet Hanlon – Kay Coon
- 17 Elva Furze - Martha Barnett – Dick Kuhn –
Liliana Goldfain
- 18 Margaret Liberatore
- 19 William Purdy - Mary Schweotzer-Burgmeier
- 20 Dona Dalton
- 21 Chuck Morehouse - William Holloway
- 22 Margaret M. Wood – Carole Green
- 23 Joyce Carr - Anne O’Grady
- 25 Carol Mathews
- 26 William Smith - Jerry Holbrook –
Toni Crawford
- 27 Mary Dadey
- 28 Amy Wentling - Esther Wood -
Norma Taylor – Linda Hammerle
- 29 Peter Tatusko
- 30 Joanne Claeys



TOWN OF ONONDAGA SENIOR CENTER
4834 VELASKO ROAD
SYRACUSE, NY 13215
Phone: 315-469-3464
Fax: 315-469-2816

PRSRT STD
U.S. POSTAGE PAID
SYRACUSE, NY
PERMIT NO. 586

TIMED MATERIAL!
PLEASE DO NOT DELAY!

*Thanks to all who help make our
Catered Lunches and weekday lunches
even better by bringing in snacks and
goodies to share.*

*Your participation
and generosity
makes each event
we host so very
special....Thank
you!!!*

