



# JULY/AUGUST 2024 SENIOR GAZETTE

Barbara Michalski, Senior Coordinator

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

## DATES TO REMEMBER

### HOLIDAY CLOSING:

The Senior Center will be closed Thursday & Friday, July 4 & 5 for Independence Day and Monday, September 2 for Labor Day.

## MAH JONGG LESSONS

Thursdays 10 AM – 12 Noon  
September 5, 12, 19, 26

Mah Jongg involves skill, strategy, and calculation as well as a certain degree of change. It's a fun game where your aim is to match your tiles with one of the 'hands' on the Mah Jongg League Cards.

**FEE: \$8**



## CONCERTS IN OUR PARKS

Wednesdays from 6 - 8 PM



### JULY 17 @ KELLY PARK

Vote For Pete (a Rock n' Roll Band) and the Nedrow Fire Dept., Food Truck and Kids Crafts!

### AUGUST 21 @ SANTARO PARK

Letizia & the Z Band plays all types of great music, and the Howlett Hill Fire Dept., Food Truck and Kids Crafts!

Bring your kids and grandkids and a lawn chair to relax and enjoy live music.

## BACK BY POPULAR DEMAND!! TABLE SALE

During the month of July, we will be collecting items for our rummage sale starting in August. If you have any useful items too nice to toss, we'll have fun selling them here at the Center! (No big items like furniture). We love your donated treasures!

## GAMES!!



### "PASS THE ACE CARD" GAME

Every Tuesday

@ 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

### BINGO

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

July 18; August 8 & 22

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

## COMPUTER AVAILABLE

In the back room at the Senior Center, there is a computer set up for any Senior to use. It's a nice addition and comes in handy if you need to check for any information or just want to play computer games.



## 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.

### CATERED LUNCHEONS

THURSDAY, July 11 @ 12 Noon

**\$5 - Sign up by Tuesday July 9**

Picnic Lunch with Grilled Hot Dogs, Salt Potatoes, Mac Salad and Dessert; entertainment by *Lock 52*

THURSDAY, August 1 @ 12 Noon

**\$5 - Sign up by Tuesday, July 30**

Italian Feast, Pizza, Antipasto, Zita, Meatballs, Dessert; Jesse Derringer entertaining

THURSDAY, September 5 @ 12 Noon

**\$5 - Sign up by Tuesday, September 3** – Deli Lunch;

Blair Frodelius entertaining



What do you call a dog on a beach in the summer?..... A hot dog!



## 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 card players. Call and bring your group in to play. Others may join you!

**BOOK CLUB** Mondays at 12:30 PM. The group reads a book a month. Each week during the month they discuss the chapters they have read.

**DOMINOES** Mondays from 1-3 PM. We have a nice, fun group coming to play!

**LIBRARY** - Come in and take a look! We are always interested in getting clean paperback books to add to our shelves.

**MAH JONGG** Wednesdays 1-3 PM for advanced players.

**POOL (Billiards)** – We'd love to have more players! The table is always available.

**Wii BOWLING** – Wednesdays at 10 AM



## QUILTING GROUP "BUSY HANDS"

Mondays 10AM-12 Noon. Join our group that create lively quilts donated to various charities. This is a special group that work well together and have fun sharing their works and ideas.

## WALKING PROGRAM

Walk all summer from 10 - 11 AM Tuesdays and Thursdays at St. Michael's Parish Center or outdoors around the Brookdale Summerfield Residences (across from Santaro Park). Seating is available to rest.

## AAA DEFENSIVE DRIVING COURSE

### ADVANCED REGISTRATION IS REQUIRED

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

#### Classes for 2024

Fridays October 11; November 8

#### **Payment:**

Check payable to AAA for \$34 due upon registration. We will give your check to the AAA instructor on day of class.

#### **BRING TO CLASS:**

Your current driver's license, pen/pencil.

**Class time:** 9 AM – 3:30 PM. Please arrive on time. Senior Center DOORS DO NOT OPEN UNTIL 8:30 AM. Lunch: 12 - 12:30 PM. Bring a bagged lunch, nothing that requires a microwave oven. Coffee and Tea provided.

## 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. Our neighborhood advisor is always available to assist you. To meet at the Senior Center July 17 or August 21, 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 Dates:

Wednesdays, September 18 & November 13

*If you have questions to ask a lawyer, there are drop-in locations for Lawyer Walk-In Clinics within Onondaga County. Call the Senior Center to find out where and when they are available.*

**KNIT & CROCHET GROUP** – Wednesdays after lunch. Diane is our expert knitter/crocheter who would enjoy sitting and doing needlework with a group. Come in and join her! Bring your questions and whatever you have to work on!

# 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. Someone may be available to take your place if there is a waiting list. 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.

## 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**

## PARKING REMINDER

When taking a trip leaving from the Senior Center, PLEASE do not park in the handicap spaces at the back of the building. During the day we have other activities going on and those spaces need to be available for seniors attending a class/lunch/etc.

## SMALL TOWN AMERICA,

### Cortland County

Wednesday August 7

Enjoy a summer day traveling to our first stop,...the Frog Pond Art Gallery in Little York. There you will enjoy seeing functional, decorative, whimsical and traditional art for the home and garden,... metal sculptures, fantasy furniture, pottery, tiles, stepping stones, and paintings. For lunch we'll drive to Tinelli's Hathaway House in McGraw. Accented by the beauty of the Finger Lakes region and their lovely garden, the Hathaway House, built in 1844, is enhanced by marble fireplaces and crystal chandeliers. After lunch we're off to the Cinch Art Space in the historic Cortland Corset Building. There are places to sit and rest,... shop and browse! Lunch choices at time of registration: Broiled Top Sirloin of Beef with Herb Butter; Herb Crusted Salmon with Herb Butter Sauce; or Roasted Loin of Pork with dried fruit and apple stuffing. Meals include: Salad, Dessert, and Beverage.

**FEE: Residents \$49 Non-Residents \$54**

**Bus pick-ups:**

**Onondaga Senior Center – Departs at 9:30 AM**

**Nedrow Fire Department – Departs at 9:45 AM**

**Return approximately 4 PM**

TBA: 2 MORE TRIPS PLANNED FOR THE FALL: NEVER A DULL MOMENT!  
Flyers will be posted in a couple weeks!  
Ride on the Canandaigua Lady with a stop at Sauders Market in September; in October take a drive to the Catskills to the Museum at Bethel Woods and a visit at Buck Brook Alpaca Farm!

**Why did the retired couple go camping in summer?...**

**...They wanted to be "happy campers!"**



## **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 Ceasar 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**

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

## **INTERMEDIATE SENIOR TAP**

Instructor: Denise Gehm

**Wednesdays 11:00- 12:00 PM**

**Current Session thru August 7**

Next 8-week session:

August 14 – October 2

RESIDENT FEE: \$32

NON-RESIDENT FEE: \$42

After August 7 add \$10



*If you are interested in  
taking Beginner Tap  
Lessons let us know.*

## **EXERCISE WITH LIGHT WEIGHTS**

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



A beneficial class to work out and stretch using light hand weights to stay fit! Hand weights are provided.

## **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.

**Current session thru August 12**

Next **11-week** session: August 19 – November 11

RESIDENT FEE: \$66

NON-RESIDENT FEE: \$76

NO CLASS 9/2 & 10/14

After August 12 add \$10

## **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 August 5**

Next 12-week session: August 12 – November 11

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

NO CLASS 9/2 & 10/14

After August 5 add \$10

## 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 August 14

Next 12 week session: August 21 – November 6

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After August 14 add \$10

## STRENGTH & STRETCH

Instructor: Marie Thornton

2 Class Days! Mondays and Thursdays

This class is split into sections of strength for arms, legs, and abs. Use light weights, no heavier weights. We can modify for a beginner and make it more advanced for those who want that. Bring a mat.

**\*\*MONDAYS 6:15 PM**

Next 12-week session: September 9 – December 2

RESIDENT FEE: \$60

NON-RESIDENT FEE: \$70

NO CLASS 10/14

**\*\*THURSDAYS 6:15 PM**

Next 12-week session: September 12 – December 5

RESIDENT FEE: \$60

NON-RESIDENT FEE: \$70

NO CLASS 11/28

## ART INSTRUCTION

Instructor: Thomas Hussey

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

Current Class Sessions thru June 25

Next 12-week Session:

July 9 – September 24

### ADVANCED ART

Tuesdays 9 AM - 12 Noon

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

**\*CLASS FULL\***

### BEGINNER ART

Tuesdays 12:30 – 2:30 PM

RESIDENT FEE: \$84

NON-RESIDENT FEE: \$94

*Maximum 12 participants  
in class.*



## JULY 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 Jack Roche
- 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  
Sonja Sorensen
- 21 Gloria Wheeler – Betty Marando
- 22 Lory Black
- 24 Margaret Slack
- 25 Joyce Fall – Mary Funsch  
Cynthia Christopher
- 26 John Mollica – Marlene Bistrovich  
Diana Sands
- 27 Janice Russell
- 28 Corkey Cavallo
- 29 Eleanor Winkelman – Ron Czarnecki  
Ed Parmenter
- 30 Marge Dickinson – Joan Winkelman  
Helen Birch – George Alkhouri –  
Susan McMahon



Why did the retiree put his  
radio in the refrigerator?.....  
.....He wanted to listen  
to some cool music.



### AUGUST BIRTHDAYS

- 1 Clare Bagiackas – Virginia Reilly  
Marianne Jula – Robert Haseman  
Fred Shapiro
- 2 John Murphy Jr.
- 3 Mary Sperling – Eleanor Macvic  
Ann Kronner
- 4 Joan Gleason – Dorris Harvey
- 5 Clara Prokolkin – Sandy Corless  
Joyce Kimmell – Marty Shapiro
- 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 - Arlene Cooke
- 26 Eva Jurgensen - Dolores Lennon
- 27 Jackie Trosky
- 28 Rosemary George – Wendell Fairchild
- 29 Anita Fini – Margaret Fernandes - Virginia Voorhest
- 30 Gail Nielsen – Patricia Moran

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TOWN OF ONONDAGA SENIOR CENTER  
 4834 VELASKO ROAD  
 SYRACUSE, NY 13215  
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 TIMED MATERIAL!  
 PLEASE DO NOT DELAY!