



SEPTEMBER/OCTOBER 2024 SENIOR GAZETTE

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DATES TO REMEMBER HOLIDAY CLOSING:



The Senior Center will be closed Mondays September 2 for Labor Day and October 14 for Columbus Day.



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

Thursday, November 14

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.

CATERED LUNCHEONS

THURSDAY, September 5 @ 12 Noon

\$5 - Sign up by Tuesday September 3
Deli Lunch; Blair Frodelius entertaining

THURSDAY, October 3 @ 12 Noon

\$5 - Sign up by Tuesday October 1

Pizza, Salad, Dessert; Rock Shadows Band entertaining

NO CATERED LUNCH IN NOVEMBER



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.

TABLE SALE

Thanks for donating to our table sale! We are continuing to shop, browse and enjoy! The sale is ongoing with new items added weekly!



HEADING SOUTH FOR THE WINTER?



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



HALLOWEEN PARTY



Thursday, October 31

Dress in your best Halloween costume & attire! Arrive by 11:15 AM for the costume parade and judging at 11:30, and we'll take pictures all before lunch so don't be late! It's fun and you have a chance to win a Prize! After lunch we will be entertained by Paul, one-half of the Twin Musicians! This will be a regular P.E.A.C.E. lunch - \$3.50. Call the lunch line to sign up.



LEARN TO PLAY DOMINOES

Monday's September 9 & 16 at 11 AM

Come in and sit with one of our experienced players. She'll walk you through the game that's played here every week.

MAH JONGG LESSONS

Thursdays 10 AM – 12 Noon

September 5, 12, 19 & October 3

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. *CLASS FULL – waitlist only*

FEE: \$8



BUNKO BASH!

Tuesday, September 24 @ 1 P (Please arrive by 12:45 PM)

Join us to play this fun dice game. Sit and enjoy your friends and have a good time! It's an easy game to play. No experience necessary. Bring \$3 to play and Win a Prize!

SENIOR CARE EVENT

Thursday, September 26 -10-12 Noon

The Onondaga Senior Center is hosting a Senior Care Event coordinated by Loretto. Please stop by to learn about the many services and opportunities available to seniors. Leisurely visit the vendor tables where organizations will provide information and promotional items suitable for seniors. This is a FREE event. We look forward to seeing you!

GAMES!!

“PASS THE ACE CARD” GAME

Every Tuesday EXCEPT September 24
@ 12:50 PM (after lunch)

Bring \$.75 (three quarters) for each game and join in the fun.

BINGO

Thursdays @ 1 PM (Please arrive by 12:45 PM)
September 12 & 26; October 17; November 7

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

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 in to play.

BOOK CLUB Mondays at 12:30 PM. The group reads one book a month, and discusses a few chapters each week. Recent books read: Killers of the Flower Moon; Lessons in Chemistry; Educated; The Last Devil to Die.

DOMINOES Mondays from 1-3 PM.

LIBRARY - Our 'library' is located in our front entry way. Pick up one of the books shared by others. We always are looking for good, clean paperback books for our shelves.

MAH JONGG Wednesdays 1-3 PM for advanced players.

POOL (Billiards) – We have a regulation pool table that is always available for play.

Wii BOWLING – Wednesdays at 10 AM

ONONDAGA COUNTY OFFICE FOR AGING: GO GO GRANDPARENT TRANSPORTATION!

GoGo Grandparent is a transportation program making it possible for people to book on-demand scheduled rides any time of day or week with just a phone call – no apps or smart phone required! 100% of the cost will be covered for 2 round trips (or 4 one-way trips) per month, per person. You must register through the Office for Aging first. You can take trips to the Senior Center, loved-ones, fitness centers, medical appointments and more!

To register for GoGoGrandparent Transportation Service call 315.435.1400.

UPSTATE UNIVERSITY HOSPITAL



MAMMOGRAPHY VAN TO VISIT ONONDAGA SENIOR CENTER Monday, September 30, 9-3 PM

The mobile mammography program was started through New York State's "Get Screened, No Excuses" Breast Cancer Initiative, and continues with the support of Upstate University Hospital. The mammography van is equipped with a state-of-the-art 3D digital mammogram system, private exam room, dressing rooms and a waiting room.

To schedule an appointment, women should call 315.464.2588. Appointments can also be requested online at: www.upstate.edu/noexcuses/.

Appointments are recommended to ensure you will be seen that day. To be eligible, women should be 40 years and older; not have had a mammogram in the past 12 months; and not be experiencing breast problems. Breast cancer is one of the most common cancers in women, affecting one in 8 women. It's also one of the most treatable cancers when detected early. Mammograms—x-rays of the breasts—are the most effective screening procedure for the early signs of breast cancer.

COMPUTER AVAILABLE

In the back room at the Senior Center for anyone to use.



NEIGHBORHOOD ADVISOR/ SENIOR ASSISTANCE COUNSELING

Our Neighborhood Advisor, who works for the Salvation Army, assists with completion of medical applications and other forms as well as assist in locating services to: Healthcare, Transportation, Legal Advice, Housing, Nutrition and Socialization and Caregiver Information along with providing info about programs such as SNAP, SS Income, EPIC, HEAP, 214 Form/- Property Tax Reduction.

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 September 11 or October 9, 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

SENIORS: *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.*

HEALTH INSURANCE INFORMATION COUNSELING AND ASSISTANCE PROGRAM (HIICAP)

Open Enrollment begins in October – early December. This is the time to review your healthcare coverage and if necessary, switch plans. 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.



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 the 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 are provided.

KNIT & CROCHET GROUP

Sit with our expert knitter/crocheter Diane who would enjoy doing needlework with a group. Come in and join her! Bring your questions and whatever you have to work on!

Every Wednesday after lunch during the month of September.

If we form a group this will be ongoing.

QUILTING GROUP "BUSY HANDS"

Mondays 10AM-12 Noon. We have a great group of helpful folks who work well together making 'comfort' quilts for various charitable organizations. Stop in the back room at the Senior Center to check out all the activity going on! Many thanks to Eddie with her generous spirit that keeps things lively!

WALKING PROGRAM



Walk year-round from 10 - 11 AM Tuesdays and Thursdays at St. Michael's Parish Center and during the summer months also walk around the Brookdale Summerfield Residence Building (across from Santaro Park). Seating is available to rest.

TECH HELP FROM THE OFL

Thursday October 10 from 11AM-12 Noon

Got questions? Looking for help with your phone, tablet, or laptop? Chantal, the library's Marketing and Outreach Coordinator will be here at the Senior Center to also provide tech assistance to learn to use one of Onondaga Free Library's many digital services.

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.

CANANDAIGUA LADY

Wednesday September 18

(SIGN UP BY SEPTEMBER 11...PLEASE)

Our adventure begins with a scenic drive to Ventosa Vineyards in Geneva NY where we will have a buffet lunch and take in the beautiful view on Seneca Lake. Then it's a short drive to Canandaigua Lake where we board the Canandaigua Lady for an afternoon cruise. On our drive home we'll stop at Owen's Orchard's in Weedsport and browse their store and shop for apples and goodies or just relax and enjoy a taste of their apple cider and a delicious apple cider donut! Buffet Lunch includes: Mixed Green Salad, Fresh Baked Bread; Pasta Primavera (tossed with olive oil, garlic, and fresh vegetables); Pork Loin; Chicken; Dessert; *tea or coffee.*

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

Would you like a glass of white wine or red wine?

Add \$ 6 per glass

Bus pick-ups:

Nedrow Fire Department – Depart at 9:15 AM

Onondaga Senior Center – Depart at 9:45 AM

Return approximately 6:30 PM

REV THEATRE *presents*

MAY WE ALL

Monday September 30

(AFTER SEPTEMBER 3 TICKETS WILL COST AN ADDITIONAL \$11)

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. 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

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.

Catskills Experience:

Bethel Woods Center for the Arts &

Buck Brook Alpacas

Wednesday, October 9

PLEASE SIGN UP BY SEPTEMBER 17

It's Fall! Come with us for a drive to the Catskills to Bethel Woods Center for the Arts. Relive the past and journey to the sight of the Woodstock Music Festival. As you step inside the exhibit you'll hear the echo of 450,000 chanting "no rain" and see the stories of those who were actually there. Through artifacts, films, music - and even a hippie bus - you will be inspired not only by what was the most prolific three-day festival in history,

but by the ideals that remain relevant today. Experience what it was like! Lunch will be at the Museum. Along the ride home we'll stop at the Buck Brook Alpaca Farm atop one of the highest peaks in the western Catskill Mountains and discover the world of alpacas, llamas, and other farm animals! Visit their on-site farm store which features handmade alpaca products including yarn, apparel, blankets, and more. Enjoy the serene Catskills setting, Buck Brook Alpacas offers a delightful experience!

Lunch choices at time of registration:

Roast Beef Hoagie with Pimento Cheese (Pickled Red Onions, Arugula)

Classic Chicken Caesar Wrap (Grilled Chicken, Romaine, Parmesan, Croutons, Creamy Caesar), or Catskill Cobb Salad (Chopped Romaine with Marinated Tomato, Cucumber, Pickled Red Onion, Crumbly Bleu, Bacon)

Includes: Chips, Brownie or Cookie, Bottled Water.

FEE: Residents \$100 Non-Residents \$105

Bus pick-ups:

Onondaga Senior Center – Departs at 8:00 AM

Nedrow Fire Department – Departs at 8:15 AM

Return approximately 6:30 PM

INTERMEDIATE SENIOR TAP

Instructor: Denise Gehm

Wednesdays 11:00- 12:00 PM

Current Session thru October 2

Next 8-week session:

October 9 – November 27

RESIDENT FEE: \$32

NON-RESIDENT FEE: \$42

After October 2 add \$10

If you are interested in taking Beginner

ZUMBA GOLD

Instructor: Marie Thornton

Wednesdays 9:15 - 10:15 AM

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

August 28 – November 20

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

NO CLASS 9/4

EXERCISE WITH LIGHT WEIGHTS

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

This class has stretches and exercises for a full body workout. Hand weights are provided. Use either 1,2,3,4,5 or 8 lb. weights!

Morning Daytime STRENGTH & STRETCH for Active Seniors



Instructor: Marie Thornton

THURSDAYS 9:15 AM

This energetic class is split into sections of strength for arms, legs, and abs and is similar to the evening classes using light weights, no heavier weights. Bring a mat.

September 12 – December 5

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After September 5 add \$10

NO CLASS 11/28

STRENGTH & STRETCH

Instructor: Marie Thornton

2 Evening Classes! 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**

September 9 – December 2

RESIDENT FEE: \$60

NON-RESIDENT FEE: \$70

NO CLASS 10/14

After September 3 add \$10

****THURSDAYS 6:15 PM**

September 12 – December 5

RESIDENT FEE: \$60

NON-RESIDENT FEE: \$70

NO CLASS 11/28

After September 5 add \$10



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.

Next **11-week** session: August 19 – November 18

RESIDENT FEE: \$66

NON-RESIDENT FEE: \$76

NO CLASS 10/14 & 11/11

Please make checks payable to "TOWN OF ONONDAGA" for all program registrations.

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.

Next 12-week session: August 12 – November 18

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

NO CLASS 10/14 & 11/11



SEPTEMBER BIRTHDAYS

- 2 Charles O'Neil
- 4 Dorris Harvey
- 5 Patricia D'Agostino
- 6 Mary Pierce
- 7 Jane Whitney – Lillian Kompf - Charlotte Goodison
- 9 Rita Beard – Marilee Jones - Linda Jackson
- 10 Dian Moran – Ellie Monroe – Brian Madigan
- 11 Janet Clark – Elizabeth Harris
- 12 Irene Sobecki – Alex Kulichik
- 16 Ethel Oree
- 17 JoAn Feyerabend
- 18 Annie Sistrunk – Mary Lou Sobon
- 19 Ethelyn McArthurs – Carol Hill
Kathleen Wagner – Sue Smacher
- 23 Helen Shaffer – Ken Lawrence
- 24 Joseph Wilson
- 25 Shirley Carter– Pat Naughton
- 26 Christine Pari
- 27 Linda Otis
- 28 Barbara McCarthy – Shirley McNamara
- 29 Joseph Palmer

ART INSTRUCTION

Instructor: Thomas Hussey
*(Call the Senior Center for
availability to join each class.)*

Current Class Sessions thru September 24

After September 17 add \$10

Next 12-week Session:

October 1 – December 17

ADVANCED ART

Tuesdays 9 AM - 12 Noon

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

BEGINNER ART

Tuesdays 12:30 – 2:30 PM

RESIDENT FEE: \$84

NON-RESIDENT FEE: \$94

Maximum 12 participants in class.

OCTOBER BIRTHDAYS

- 1 Ruth Holbrook - Lilyana Ivanova
- 5 Frank Witkowski
- 6 Caroline Bartlett - Jane Gilheney
- 7 Peter Clarke – Joan Moosbrugger - Mary Duffy
- 9 Mary Wallace – Linda Kelly
- 10 Theresa Geraets - Marcia Wheeler
- 11 Walter Quinell
- 13 Karen Felshaw
- 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 Pat Antos
- 25 Barbara Newmiller - Oran Annable - Carole Bossuot
- 26 Eileen Burke – Elizabeth Gutches - Jane Kinney
- 27 Sylvia Watt
- 29 Anne Sheridan
- 30 Lucille Tully – Carolyn Kocher
- 31 Clifford Sperling