



NOVEMBER/DECEMBER 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 and Friday, November 28 and 29, for Thanksgiving and Tuesday and Wednesday, December 24 and 25, for Christmas.



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 CHRISTMAS PARTY!

Thursday, December 5 @ 12 Noon

\$8 - Sign up by Monday December 2

Roast Pork, Mashed Potatoes, Veggie and more!

The band *Clear* entertaining.

****NO Catered Lunch in January...**

The *'Sentimental Serenade'* entertaining us JANUARY 9!!

Sign up for a PEACE lunch.



"OUR TOWN TAPPERS" PERFORMING HOLIDAY SPECIAL

Thursday December 19 after Lunch

Join us to be entertained by our own Our Town Tap Group.

Sign up for hor dourvres and a P.E.A.C.E. lunch.

After lunch be entertained by our talented tappers.



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). After lunch be entertained by the CNY Dulcimer Group. Your lunch is paid for by the Friends of the Onondaga Seniors. Call the lunch line for your reservation.



ONONDAGA FREE LIBRARY DECEMBER ART CLASS EXHIBIT

Our Tuesday Art groups will be exhibiting their paintings at the Onondaga Free Library during the month of December. When you are at the library, see them displayed on the 2nd level.

NON-RESIDENT 2025 SIGN-UP FOR 'SENIOR GAZETTE' NEWSLETTER

NON-TOWN OF ONONDAGA RESIDENTS CAN RECEIVE OUR BI-MONTHLY NEWSLETTER FOR A \$10/YEAR SUBSCRIPTION FEE.

FREE NEWSLETTERS ARE NOT AVAILABLE IN THE OFFICE, ONLY MONTHLY EVENT CALENDARS

IF INTERESTED, PLEASE FILL OUT THE REGISTRATION FORM AND MAIL OR BRING IN WITH A CHECK PAYABLE TO THE ONONDAGA SENIORS. TOWN OF ONONDAGA RESIDENTS WILL CONTINUE TO RECEIVE THE NEWSLETTER FREE AS LONG AS THEY ARE ON OUR MAILING LIST. YOU DO NOT NEED TO SEND THIS FORM IN.

REGISTRATION FORM

NAME(S) _____

ADDRESS _____

BIRTHDATE _____

(IF YOU WANT TO BE ON THE BIRTHDAY LIST... YEAR NOT NEEDED)

MAIL TO:
TOWN OF ONONDAGA
4834 VELASKO ROAD
SYRACUSE, NY 13215

**NEIGHBORHOOD ADVISOR/
SENIOR ASSISTANCE COUNSELING**

Our Neighborhood Advisor Kristen works for the Salvation Army and assists with completion of medical applications and other forms as well as assists 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.

Schedule an appointment to meet at the Senior Center November 13 or December 11 with Kristen to receive help applying for your HEAP benefit.

HEAP: HOME ENERGY ASSISTANCE

If you are eligible, you may receive one regular HEAP benefit per program year to help pay for heating your home. The program may help you pay for electricity, gas, oil, coal, propane, wood/wood pellets, corn, or kerosene. Even if your heat and utilities are included in your rent, HEAP may be able to help you.



2024-2025 HEAP Benefit Gross Monthly Income	
Household Size	Maximum Gross Monthly Income
1	\$3,322
2	\$4,345
3	\$5,367
4	\$6,390

If you qualify your HEAP payment will be sent to your fuel/utility provider. It generally takes up to 3 months for the credit to appear on your bill.

**HEALTH INSURANCE INFORMATION
COUNSELING AND ASSISTANCE
PROGRAM (HIICAP)**

This is the time to review your healthcare coverage. You still have the opportunity to change your Part D or Advantage Health plan and make several types of changes. Open enrollment runs until Dec. 7 for coverage starting Jan. 1, 2025. For further information or for free, unbiased information and assistance call Onondaga County Office for Aging (HIICAP) at 315-435-2362.



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. 2025 Appointment Dates will be announced in the next issue of the *Senior Gazette*.

2024 Appointment Date:

November 13 – *Wait list only*

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.*

**GOGO GRANDPARENT
FREE TRANSPORTATION IN ONONDAGA
COUNTY!**

This new service was created to ensure that older adults have access to reliable transportation. The Onondaga County Office for Aging will cover 100% of the cost of 2 round trip (or 4 one-way) rides per month, but first, you must be registered through their office. You may use this transportation service to go to Community Centers, visit loved-ones, fitness centers, medical appointments, shopping, volunteer activities and more! Call the Onondaga County Office for Aging at 315-435-2362 or 315-435-1400 to register for this FREE program.

**AAA DEFENSIVE
DRIVING COURSE**



ADVANCED REGISTRATION IS REQUIRED

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

Last Class for 2024 - 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.

GAMES!!

“PASS THE ACE CARD” GAME

Every Tuesday @ 12:50 PM (after lunch)

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

BINGO

Thursdays: November 7 @ 11:30 AM after Brunch

(Please arrive by 11:15 AM) and

December 26 @ 1 PM (Please arrive by 12:45 PM)

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

TABLE SALE

Thank you to all who donated items for our sale. It was another successful event! Everyone had fun browsing and buying, and we made over \$400 for the Onondaga Senior Friends!!



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. **PLEASE BE SURE TO ARRIVE 20 MINUTES PRIOR TO DEPARTURE SO WE KNOW YOU ARE COMING!**

KNIT & CROCHET

Would you like to learn to knit or crochet? Are you stuck...do you have questions on how to complete your project? Sit with our expert knitter/crocheter Diane. She's very talented and will help you.

QUILTING GROUP “BUSY HANDS”

Mondays 10AM-12 Noon. The group is busy each week working on many different projects. ‘Comfort’ quilts are made and donated to various charitable organizations. There is also a quilt raffled off each month. Tickets can be purchased for \$2. Stop in the back room at the Senior Center to check out all the activity going on!

TECH HELP FROM THE OFL

Thursday, December 19 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, and you can learn how to use one of Onondaga Free Library's many digital services.



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.

SHOW & GAMING @ TURNING STONE CASINO



Thursday, December 12

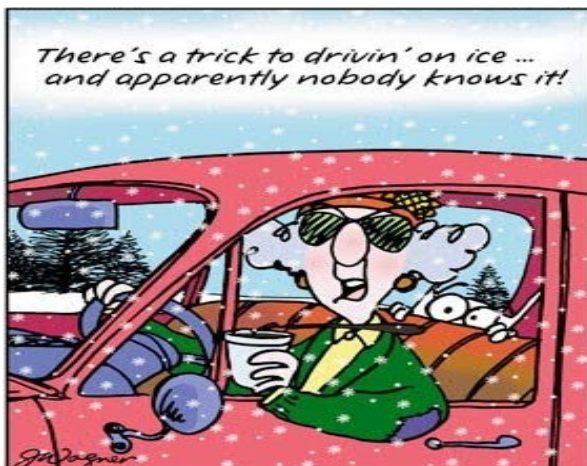
Join us for a *A Classic Christmas* at the Turning Stone Casino, performed by Chris Ruggiero singing all your Christmas favorites. Upon arrival at the casino, you will receive \$25 Free Play, a \$5 Food Credit and a ticket for the 1 Hr. matinee show. Please provide at sign up: Either your Turning Stone 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 \$50 Non-Residents \$55

SCHOOL BUS pick-up:

Onondaga Senior Center - Departs at 8:45 AM

Return approximately 5 PM



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. Each week meet with the group to discuss a few chapters.

COMPUTER AVAILABLE We have a computer set up in the back room for your use.

DOMINOES Mondays from 1-3 PM. It's a nice lively group!

LIBRARY - We have paperback books on the 'library' shelves located in our front entry way for all to take home and read. We enjoy getting your donations of good, clean paperback books to replenish our shelves.

MAH JONGG Wednesdays 1-3 PM for advanced players.

POOL (Billiards) - Come in and play on our regulation pool table located in the lower level of the Center.

Wii BOWLING - Wednesdays at 10 AM.

ZUMBA GOLD

Instructor: Marie Thornton

Wednesdays 9:15 - 10:15 AM

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

Current Session ends November 27

Next session begins December 4 - March 5

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After November 27 add \$10

NO CLASS 12/25, 1/1



Morning Daytime for Active Seniors

STRENGTH & STRETCH

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.

Current Session ends December 12

NO CLASS 11/28

Next session begins December 19 - March 13

NO CLASS 1/9

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After December 12 add \$10



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**

Current Session ends December 2

Next Session begins December 9 - March 10

RESIDENT FEE: \$60

NON-RESIDENT FEE: \$70

NO CLASS 1/20 & 2/17

After November 25 add \$10

****THURSDAYS 6:15 PM**

Current Session ends December 19

Next Session begins December 26 - March 20

RESIDENT FEE: \$60

NON-RESIDENT FEE: \$70

NO CLASS 1/9

After December 19 add \$10

WALKING PROGRAM

Walk from 10 - 11 AM Tuesdays and Thursdays at St. Michael's Parish Center year-round. There are chairs



available when you need to sit and rest, and it's warm and safe to protect you from the winter weather.

Autumn Coloring Contest for Adults

Back again for the 3rd year is our Autumn Coloring Contest for Adults! The first-place winner will receive a \$50 gift card for The Cider Mill and the second-place winner will receive a \$25 gift card to Beak & Skiff! All entries must be submitted to the Parks & Rec office by November 20th. You can find your official coloring page at the Senior Center or online, get yours today!



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

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.

November 18 - February 10

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

NO CLASS 1/20

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.

November 18 - February 10

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

NO CLASS 1/20

ART INSTRUCTION

Instructor: Thomas Hussey

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

Current Class Sessions thru December 17

After December 31 add \$10

Next 12-week Session: January 7 – March 25

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.



EXERCISE WITH LIGHT WEIGHTS

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

Do a full-body strength and stretch workout following a video. We provide 1,2,3,4,5 or 8 lb. weights!

INTERMEDIATE SENIOR TAP

Instructor: Denise Gehm

Wednesdays 11:00- 12:00 PM

October 9 – November 27

After October 2 add \$10

Next 8-week session:

December 4 - February 5

After November 27 add \$10

NO CLASS 12/25 & 1/1

RESIDENT FEE: \$32

NON-RESIDENT FEE: \$42

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



NOVEMBER BIRTHDAYS

- 1 Darlene Salsgiver - Carolyn Corbin
- 2 Dave McPeak – Robert Osman
- 3 Carolyn Sandford
- 4 Cheri Roe
- 5 Franie Patnode
- 6 Diane Patterson – Martha Lischak – Marge Delaney
- 7 Mary Ellen Lane
- 8 Maria Harfman
- 9 Lorraine Gorman
- 11 Harold Hobson - Maureen Hartnett
- 12 Edgar Herzon
- 13 Janice Tuttle - Barbara Highbrown - Sally Jo Easton
- 14 JoAnn Williams
- 15 Mary Whelan
- 18 Birgit Hillring – Debbie D’Antonio
- 20 Frances Payette
- 23 Phyllis Sherwood – Phyllis Randall
- 27 Sharon Armstrong - Virginia DeBenedictis
- 29 Doreen Butler - Sharon Mullen
- 30 Betty Schindler

DECEMBER BIRTHDAYS

- 3 Liz Beebe – Mary Keegan – Kathy Roche
- 4 Ella Ramsden
- 5 Melissa Calhoun – Dick Sheeran
- 7 Virginia Christo
- 8 Florence Grates – Louise Palmer - Julia M. Graser
- 9 Pat Sylvester – Karen Balduzzi - Connie Gray
- 10 Arlene Swete – Leila Austin - Mary Ann McCarthy
- 12 Jacky LaPenna - Sonia Soultis - Edna Mosher
- 14 Carole Barr

DECEMBER BIRTHDAYS CONTINUED

- 15 Diane Sherwood – Ronald Winters –
Phyllis Lorenz - Lucia Davis –
Caroline LaTray – Betty Holtz
- 18 Joyce Small
- 20 Demaris Dominick – Deritha Fiorelli –
Larry Cambell - Betty Worden
- 22 Christine Wheeler-Sumner - Judy Bryant
- 23 Rosalyn Abajion – Sharon Adamski
- 24 Doris Miller
- 25 Shirley Eriksson – Carol Vollmer
- 26 Marilyn Corey – Cara Kirkby
- 27 Virginia Seida
- 28 Pat Buckley – Connie Past - Judy Davis
- 29 Marjorie Follett
- 30 Anne Lloyd
- 31 Eduarda Bossers

Dear friends,
May you have happy, healthy days ahead during the
coming holiday season. Peace and best wishes to you
and your family, from all of us at the Senior Center...



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

TOWN OF ONONDAGA SENIOR CENTER
4834 VELASKO ROAD
SYRACUSE, NY 13215
Phone: 315-469-3464
Fax: 315-469-2816
TIMED MATERIAL!
PLEASE DO NOT DELAY!