



# JANUARY/FEBRUARY 2025 SENIOR GAZETTE

Barbara Michalski, Senior Coordinator

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## HOLIDAY CLOSING DATES TO REMEMBER

The Senior Center will be closed Wednesday January 1, New Years Day; Mondays January 20, Martin Luther King Day and February 17, Presidents Day.

## AARP FREE INCOME TAX ASSISTANCE FOR SENIORS 60+ YEARS

Appointments Tuesdays & Wednesdays

Beginning February 4 - April 9

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.

### INTAKE QUESTIONNAIRE

### NOT AVAILABLE UNTIL JANUARY 15

~2023 tax returns, and income and expenses for 2024; all Forms W-2, 1098 and 1099.

~Form 1095-A (Marketplace Health Insurance)

~Picture ID (drivers 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

## 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.**



## Sentimental Serenade

Thursday January 9. Lunch @ 12 Noon, 1PM entertainment! Join us for lunch and the festivities. Call the lunch line for your reservation!

## CATERED LUNCHEONS

Thursday February 6 @ 12 Noon  
(sign up by Tuesday 2/4)

Pizza Party; Rock Shadows entertaining; \$5  
NO CATERED LUNCH IN JANUARY OR MARCH

## ST. PATRICKS DAY PARTY!!

Monday March 17 @ 10:30 AM  
MCDONALD SCHOOL OF IRISH DANCE  
PERFORMING AT 11 AM

- ARRIVE BY 10:30 AM.

Enjoy a P.E.A.C.E. Inc. lunch @ 12 noon.  
Call the lunch line for your reservation!



## SNOW POLICY REMINDER

When the Syracuse City Schools are closed because of poor weather conditions, the P.E.A.C.E. lunch program will be closed. The Senior Center may still be open. Be sure to watch TV Channels 3, 5, and 9, for information on closings. If in doubt, call the Senior Center (469-3464) to confirm we are open.



## AAA DEFENSIVE DRIVING COURSE

ADVANCED REGISTRATION IS  
REQUIRED



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

### Friday 2025 Class Dates

April 04, May 16, October 17, November 21

### 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.

## 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. Call to schedule an appointment to meet at the Senior Center or call the Salvation Army Office directly, 315.479.1125.

## 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

January 7 & May 14

**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.*

## TECH HELP FROM THE OFL

Thursday, February 13 from 11AM-12 Noon

Chantel, the Onondaga Free Library Marketing and Outreach Coordinator will 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 the Library's many digital services.



## WALKING PROGRAM

Walk from 10 - 11 AM Tuesdays and Thursdays at St. Michael's Parish Center during the winter/spring months. There are chairs available when you need to

sit and rest, parking is on the side of the building, and it's warm and safe from the chilly weather.

## SENIOR PROGRAMS & CLASSES!

The following activities are available to all Seniors.

**BOOK CLUB** Mondays at 12:30 PM.

**COMPUTER** available for your use, located in the back room.

**DOMINOES** Mondays from 1-3 PM.

**KNIT & CROCHET** assistance available with a skilled crafter. Call to set up a meeting with our instructor.

**LIBRARY** – Browse our 'library' located in the front entrance of the Senior Center. We thank you for your donations of clean, used paperback books!

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

**POOL (Billiards)** – Come and play on our regulation size table available all day.

**QUILTING** Mondays 10 AM. We have a dedicated group of quilters with fun ideas for the quilts raffled to earn \$ to cover the cost of the quilts made and donated to various charities.

**Wii BOWLING** Wednesdays at 10 AM.

## 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:

January 16 & 30; February 20 @ 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.

## ART INSTRUCTION

Instructor: Thomas Hussey

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

Next 12 week Sessions 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.

## 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 March 5

Next 12 week session March 12 – May 28

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After March 5 add \$10

## 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 March 13

Next 12 week session begins March 20 – June 5

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After March 13 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 March 10

Next 12 week Session March 17 – June 9

RESIDENT FEE: \$60

NON-RESIDENT FEE: \$70

After March 10 add \$10

NO CLASS 5/26

\*\*THURSDAYS 6:15 PM

Current Session ends March 20

Next 10 week Session March 27 – June 12

RESIDENT FEE: \$60

NON-RESIDENT FEE: \$70

After March 20 add \$10

## INTERMEDIATE SENIOR TAP

Instructor: Denise Gehm

Wednesdays 10:30 – 11:30 AM

Current Session ends February 12

Next 8 week session February 19 – April 9

RESIDENT FEE: \$32

NON-RESIDENT FEE: \$42

After February 12 add \$10

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

## 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 ends February 10

Next 12 week session February 24 – May 12

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

NO CLASS 2/17

## 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 ends February 10

Next 12 week session February 24 – May 12

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

NO CLASS 2/17

## EXERCISE WITH LIGHT WEIGHTS

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

Join us for a good stretch and work out following a video. We provide 1,2,3,4,5 or 8 lb. weights!



**JANUARY BIRTHDAYS**

- 2 Marilyn Crosby – Mary Nowyj  
Marie Johnson - Dawne Latter
- 4 Harvey Hosford
- 5 Betty Reidy – Colleen Kinne  
Joan Erwin - Gerri MacLachlan
- 7 E. Jane Rickert
- 8 Michelle Lee McIntyre
- 9 Vi Darling
- 10 Virginia Brennan
- 11 Joan Tauro
- 12 James Doss - Howard Leaf
- 13 Robert Mahley
- 14 Audrey Newmiller - Gertrude Mathewson  
Barbara Henson – Barbara Kleege
- 15 Elizabeth Fielding – Joanne Ritchie
- 17 Lila Wayno – Vivian Douglas  
Mary Kennedy – Rudolph Muolo
- 19 Sandra Moore
- 20 Colleen Levell – Jacqueline Amrhein  
Lucille McCormick
- 21 Sharon Prouty
- 25 Janet Clopman
- 26 Betty Valerio - John Ronan  
Bettyann Trivison
- 27 Helen Baginski – Marilyn Suchomski
- 28 Mary Gragg – Betty Krasnewich
- 29 Rochelle Printup – Peter Moore  
John Panighetti
- 30 Stella Romas – Bill Wesley  
Nancy McIndoe – Bill Maher

**FEBRUARY BIRTHDAYS**

- 3 Alberta Shouldice – Barb Farrington  
Kay Mason
- 5 Barbara Bratt – Barbara Kupiec
- 7 Agnes Hazelgrove – Jeann Westcott  
Detta Cambell – Pat Williams
- 8 Connie Verdow – Katherine Kerr
- 9 Theresa Lawson – Laura Mumford
- 10 Betty Kitt – Martha Lacy
- 11 Shirley Verone – Mary Lou Winters
- 12 Eleanor Boyle – Helen Popcun
- 13 Carol Jaede – Tim Printup
- 14 Lisa Racciatti – Barb Morse - Chi Wa Hwang
- 15 Anne Howard
- 16 Christina Brown - Marge Fifield
- 17 Beverly DeYulio – Bernard Cannon  
Charles Grimsley – Anne Smith - Maryann Rust

- 18 Barb McPeak - Eleanor Clapper  
Helen Jennings – Suzanne Hart  
Levi Pangilinan
- 19 Kevin Sibson – Bonnie Campbell  
Jerry Holbrook
- 20 Ronald McArthur – Marilyn Trendell
- 21 Dorothy Czarnecki – Donna Woodhead
- 22 Jim Kirby
- 23 Doug Nielsen
- 24 Pat Morehouse
- 25 Angela Franceschetti – Ida Shields  
Sam Marzullo
- 26 Carol Gola – Mary Niedzwicki
- 27 Anita Stoehr - Sue Schiller – MaryAnn Dunsford
- 28 Elizabeth Hauswirth
- 29 Rezeda Macko  
Ron Dalton - Flo Lewis

**ADVENTURES**

**DAY TRIPS**

Be looking for trips to be posted soon. Turning Stone in April - 'Tapestry, The Carole King Songbook'; and December - A Very Barry (Manilow) Christmas Show. Racquet Lake and Adirondack Museum in October. More to come!

**For Payment of Class Fees, please make checks payable to "TOWN OF ONONDAGA" for all program registrations.**

*let it snow*

*Happy New Year to you and your loved ones!!! Thanks for another great year with all of our Senior Center Friends, and looking forward to more fun and friendship in 2025 too!*