



MARCH/APRIL 2025 SENIOR GAZETTE

Barbara Michalski, Senior Coordinator

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

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 seniors 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 good allergy.* **Lunch Reservations should be in by 12:30 PM THURSDAY for the following week.**

CATERED LUNCHEONS

Thursday's @ 12 Noon - \$5

April 10 (sign up by Tuesday 4/8)

Spaghetti & Meatballs!

The band Clear entertaining

May 8 (sign up by 5/6)

Deli Sandwich and Salads!

Lori Wilber entertaining

NO CATERED LUNCH IN MARCH



ST. PATRICK'S 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



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.

AARP FREE INCOME TAX ASSISTANCE FOR SENIORS 60+ YEARS

Appointments Tuesdays & Wednesdays

WAIT LIST ONLY

9 AM – 12 Noon Upstairs in the Senior Center

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.

~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

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

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.

AVAILABLE ON WEDNESDAY'S ONLY:

Tel-Law CNY

(Telephone-Based Clinic, Weekly Call-Backs)

Pre-registration required! Call 315.579.2575 to make an appointment

DAY TRIPS

& MORE COMING SOON!



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 FOR PLANNING. THE DEPOSIT AND HEADCOUNT ARE REQUIRED WEEKS PRIOR TO DAY OF THE TRIP.

SHOW & GAMING @ TURNING STONE CASINO

Thursday April 24

Join us for *Tapestry, The Carole King Songbook* at Turning Stone Casino. This show captures the essence and vibe of a 1970s concert paying homage to her iconic album and will bring to life many beloved songs from the Broadway musical smash, "Beautiful". You will feel the *Earth Move* under your feet! Upon arrival at the casino, you will receive \$25 Free Play, a \$5 Food Credit and a ticket for the 11 AM (1 Hr.) 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 \$52 Non-Residents \$57

Residents Sign Up ASAP - Limited seating

SCHOOL BUS pick-up:

Onondaga Senior Center - Departs at 8:45 AM

Return approximately 4:45 PM

PRESENT COMPANY PRODUCTIONS

DINNER THEATER presents

PLAZA SUITE

Friday May 16

Come with us to enjoy this years' amusing comedy *Plaza Suite* at Theodore's Restaurant in Canastota, NY. *Plaza Suite* is a play in three acts that portrays three different

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.

TECH HELP FROM THE OFL

Thursday April 10 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 these unpredictable winter/spring months. There are folks that walk each week, or just once in awhile. Take advantage of this great space to get out of the cold to exercise. There are chairs available when you need to sit and rest.

EXERCISE WITH LIGHT WEIGHTS

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

We provide the weights you need to exercise, 1,2,3,4,5 or 8 lb. weights. The video we follow is a very thorough workout.

couples who each occupy Suite 719 at the Plaza Hotel at different stages throughout the year. Each act follows a completely different set of characters dealing with various romance-related mishaps! 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 complimentary Wine!

FEE: Residents \$39 Non-Residents \$44

SCHOOL BUS pick-up:

Onondaga Senior Center – Departs at 10:45 AM

Return approximately 5 PM

REV THEATRE *presents*

JESUS CHRIST SUPERSTAR

Monday June 16

Join us for our trip to see a timeless and iconic classic, *Jesus Christ Superstar*. This beloved rock opera is set against the backdrop of an extraordinary and universally known series of events but seen through the eyes of Judas Iscariot. With a soaring and spectacular soundtrack by the legendary team of Andrew Lloyd Webber and Tim Rice. Returning to the MGR Playhouse stage for the first time in 41 years! Enjoy lunch at Prison City Brewing before the show. Lunch choices at time of registration:

Fried Boneless Chicken with Mashed Potatoes, Gravy, and Veggie; or Salmon Fillet, Warm Farro, and Asparagus; or Brewpub Burger with Cheddar, Carmelized Onions, Lettuce, Pub Sauce, Pickles, and House Fries. Meals include Brownie with Ice Cream and Beverage of choice.

FEE: Residents \$118 Non-Residents \$123

Bus pick-ups:

Nedrow Fire Department – Departs at 10:15 AM

Onondaga Senior Center – Departs at 10:45 AM

Return approximately 5:30 PM

CORTLAND REPERTORY THEATER

***presents* MURDER FOR TWO**

Wednesday July 23

Enjoy a bit of the past for lunch at Tinelli's Hathaway House in McGraw, NY. Accented by the beauty of the Finger Lakes region, the Hathaway House, built in 1844, is enhanced by marble fireplaces, and crystal chandeliers. After lunch we're off to Cortland Repertory Theater for a performance of *Murder for Two*. This dynamic "comedy with music" spins a murder mystery packed with laughs and lightning-fast character changes! Lunch choices at time of registration: TBD

FEE: Residents \$TBD Non-Residents \$TBD

Bus pick-ups:

Onondaga Senior Center – Departs at 10:30 AM

Nedrow Fire Department – Departs at 10:45 AM

Return approximately 5:15 PM

REV THEATRE *presents*

TOP HAT, THE MUSICAL

Tuesday September 2

One of the greatest dance musicals of all time! Packed full of Irving Berlin's greatest hits, including "Cheek to Cheek," "Top Hat, White Tie & Tails," "Let's Face the Music & Dance," and "Puttin' on the Ritz," Combining the glamour of Hollywood's golden age and the glorious, tap-dancing magic of Fred Astaire and Ginger Rogers. *TOP HAT* is a musical comedy that will delight and entertain young and old alike. Enjoy lunch at the Sherwood Inn before the show. Lunch choices at time of registration: Yankee Pot Roast with Mashed Potatoes or Scrod Christopher with Tavern Rice. Meals include Bread, Garden Salad, Cookies/Brownie, Coffee or Tea.

FEE: Residents \$116 Non-Residents \$121

Bus pick-ups:

Nedrow Fire Department – Departs at 10:30 AM

Onondaga Senior Center – Departs at 11:00 AM

Return approximately 5:30 PM

ADIRONDACK ADVENTURE

Monday October 6

Enjoy the Fall foliage as we travel to the Adirondack Mountains for a narrated buffet luncheon cruise aboard the W.W. Durant on beautiful Raquette Lake. (We'll stop for coffee before entering the Adirondack's.) After the cruise visit the Adirondack Museum set amidst beautiful lawns and flowers on a mountain overlooking Blue Mountain Lake. The museum's extensive exhibits tell the history of the Adirondacks and the story of the Gilded Age. Gifts and souvenirs are available in the Museum Shop. Snacks for our scenic way home through the mountains can be purchased in the Museum's Cafe.

FEE: Residents \$103 Non-Residents \$108

Bus pick-ups:

Onondaga Senior Center – Depart at 7:45 AM

Nedrow Fire Department – Depart at 8:00 AM

Return approximately 8:30 PM

A BARRY MANILOW CHRISTMAS SHOW & GAMING @ TURNING STONE CASINO

Thursday December 11

Take a musical journey back to the 70's. This show is a festive celebration with classic Barry Manilow hits and holiday songs. Experience one of the most authentic tributes ever to hit the music scene as you hear your favorites accompanied by an 8 piece ensemble. Upon arrival at the casino, you will receive \$25 Free Play, a \$5 Food Credit and a ticket for the 1 Hr. 11 AM matinee show.

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

Payment required at sign-up.

Make checks payable to Onondaga Seniors.

Bus pick-ups:

Onondaga Senior Center - Departs at 8:45 AM

Nedrow Fire Department – Departs at 9:00 AM

Return approximately 4:45 PM

SENIOR PROGRAMS & CLASSES!

The following activities are available to all Seniors.

BOOK CLUB Mondays at 12:30 PM. The group will be reading Tell Me Everything by Elizabeth Strout.

COMPUTER Our computer will be available to use after tax season in April!

DOMINOES Mondays from 1-3 PM. Join this lively group of ladies!

KNIT & CROCHET We have a very talented knitter and crocheter, Diane, who will help you get started with your project. Call to set up a meeting.

LIBRARY – Our front entrance houses a ‘library’ of shelves of books folks have donated. Come in and browse and drop off the books you’ve read for others to enjoy. We thank you for your donations of clean, used paperback books!

MAH JONGG Monday 1-3 PM for beginners.

Wednesdays 1–3 PM for more advanced competition. They’re always looking for more players!

POOL (Billiards) – Play pool on our regulation size table available during the day. We’ve had some decorating done in the room too. Check it out!

QUILTING Mondays 10 AM. Our group of quilters make quilts to donate to various charities, and they put together some unique designs for fun quilts that get raffled each month. Buy a raffle ticket...You could win one of their creations!

Wii BOWLING Wednesdays at 10:30 AM. We have folks who come in each week and play a few games. They are always looking for competition!

ART INSTRUCTION

Instructor: Thomas Hussey

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

Current Sessions end March 25

Next 12 week session April 1 – June 17

After March 25 add \$10

ADVANCED ART

Tuesdays 9 AM - 12 Noon

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

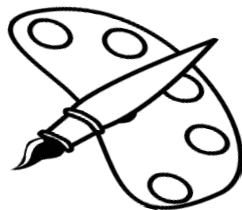
BEGINNER ART

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 12

Next 12 week session March 19 – June 4

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After March 12 add \$10

INTERMEDIATE SENIOR TAP

Instructor: Denise Gehm

Wednesdays 10:30 – 11:30 AM

Current Session ends April 9

Next 8 week session April 16 – June 4

RESIDENT FEE: \$32

NON-RESIDENT FEE: \$42

After April 9 add \$10

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

PAYMENT OF CLASS FEES

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

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 27

Next 12 week session begins April 3 – June 19

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After March 27 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 11 week Session March 17 – June 2

RESIDENT FEE: \$55

NON-RESIDENT FEE: \$65

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

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 May 19

Next 12 week session June 2 – August 18

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

After May 27 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 ends May 19

Next 12 week session June 2 – August 18

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

After May 27 add \$10

“PASS THE ACE” CARD GAME

Every Tuesday @ 12:50 PM

(after lunch)

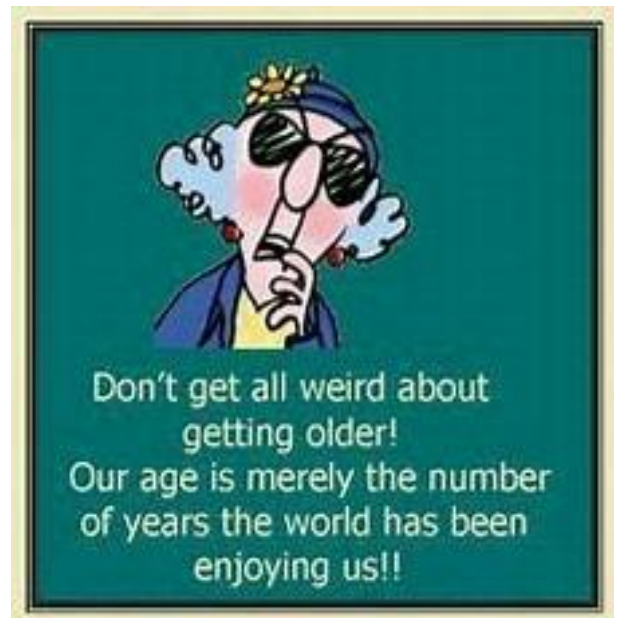
Bring \$.75 (three quarters) for each game and join in the fun.

BINGO

Thursdays: March 6 & 20; April 3 & 17 @ 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.



See next page for Birthdays!!



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 Tippett – Vince Aquilino – Deb Galloway
- 21 H. Jane Matthews - Joan Martin
- 22 Barbara Storrier
- 23 Rosie McCafferty
- 27 Sue Kelly
- 28 Don Mathewson - Anne Masica - Lynn Lunde
- 29 Eileen Witkowski
- 30 Nan Richmond – Donna Schwarz

APRIL BIRTHDAYS

- 2 Nancy Porter – Marianne Jula
Rosemarie Ahern - Rita Stevenson
Marilyn Wagner - Katherine Harvey Barr
- 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
- 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

