



MAY/JUNE 2025 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 Monday May 26 for Memorial Day and Friday July 4 for Independence Day.

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

- 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 15 minutes prior to the Noon lunch.
- *Please notify our PEACE Lunch Manager if you have a food allergy.*

CATERED LUNCHEONS

Thursday's @ 12 Noon - \$5

May 8 (sign up by 5/6)

Deli Sandwich and Salads! Lori Wilber entertaining

June 5 (sign up by Tuesday 6/3)

Picnic Lunch with Hot Dog or Coney, Potato Salad and More!

Rock Shadows entertaining

July 3 (sign up by July 1)

"B- BASH" WITH PRIZES & GAMES!

DELICIOUS HOR D'OEUVRES FOR LUNCH

**HAPPINESS IS PLAYING
GAMES WITH FRIENDS**

GAMES!!

"PASS THE ACE CARD" GAME

Every Tuesday @ 12:50 PM (after lunch)

Bring \$.75 (three quarters) for each game.

ART CLASS EXHIBIT @ ONONDAGA FREE LIBRARY



During the month of JUNE, our Tuesday morning Senior Art

Class will be exhibiting their paintings at the Onondaga Free Library upstairs on the 2nd level. When you are at the library, check out their amazing art work. A reception to honor them will also be held in June. Date TBA.

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 the Senior Center for an appointment to meet with Kristen, or for immediate assistance contact the Salvation Army Office directly, 315.479.1125.

AAA DEFENSIVE DRIVING COURSE

ADVANCED REGISTRATION IS REQUIRED

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

Scheduled Classes for 2025

May 16, October 17, November 21

PAYMENT:

Check payable to AAA for \$39 due upon registration. Your check will be given 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.

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 a 1 hour appointment. First appointment 10 AM, last appointment 2 PM.

**Next appointment date May 14.
In June call for additional dates.**

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



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

PLEASE SIGN UP EARLY FOR OUR PLANNING. DEPOSITS AND HEADCOUNTS ARE REQUIRED WEEKS PRIOR TO DAY OF THE TRIP.

PRESENT COMPANY PRODUCTIONS

DINNER THEATER *presents* PLAZA SUITE

Friday May 16 – TRIP FULL-WAIT LIST ONLY

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*, with a soaring and spectacular soundtrack by the legendary team of Andrew Lloyd

Webber and Tim Rice. 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, 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

***SUMMERTIME IN SKANEATELES

Monday July 7

Take a summer drive for lunch and boat cruise on beautiful Skaneateles Lake aboard the *Judge Ben Wiles*.

Enjoy the sights, including grand lakeside homes, view of the historic Sherwood Inn and the wooded southern shores. After our cruise you'll have time to stroll around the village for shopping and sightseeing.

Before heading home we will drive to the **Carpenter Falls Unique Area** for a brief stop to view the falls. Lunch choices at time of registration: BBQ Prime Rib Sandwich; or Vegetarian Lasagna. All meals include assorted cookies for dessert, coffee/tea, and lemonade.

FEE: Residents \$68 Non-Residents \$73

Bus pick-ups:

Nedrow Fire Department – Departs at 9:30 AM

Onondaga Senior Center – Departs at 10:00 AM

Return approximately 4:30 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 the 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: Broiled Top Sirloin of Beef with Herb Butter; Seafood Newberg in Puff Pastry Shell; or Baked Stuffed Center Cut Pork Chop with Apple & Horseradish Dressing. Meals include: Salad, Dessert, and Beverage.

FEE: Residents \$93 Non-Residents \$98

Bus pick-ups:

Onondaga Senior Center – Departs at 10:30 AM

Nedrow Fire Department – Departs at 10:45 AM

Return approximately 5:15 PM

***EXPLORE THE CITY OF OSWEGO

Thursday August 14

Spend a scenic summer day in Oswego, NY. Our first stop will be the H. Lee White Marine Museum. Documenting four centuries' marine past, the museum has a rich collection of artifacts, archives, vessels and other displays covering marine history. After our tour, have lunch at Riverside Rum @ Steamers Restaurant overlooking the Oswego Harbor. Our afternoon tour will be at Safe Haven Holocaust Refugee Shelter Museum, dedicated to keeping alive the stories of the 982 refugees from World War II. Last stop will be at Bev's Ice Cream (next to Rudy's) and more of the view of Lake Ontario.

Lunch Choices:

Grilled Chicken, bacon, lettuce and tomato with black pepper mayo served on a plain tortilla; or
All American Cheese Burger, served with lettuce, tomato, onion & pickles; or

Fried Haddock Sandwich, with coleslaw, tartar sauce, served on a bun with lettuce, tomato, onion and pickle.

- Choose French Fries or Sweet Potato Fries or Beer Battered Onion Rings with your meal

FEE: Residents \$71 Non-Residents \$76

Bus pick-ups:

Nedrow Fire Department – Depart at 8:30 AM

Onondaga Senior Center – Depart at 9:00 AM

Return approximately 5:00 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," 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. 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 12

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 11 AM matinee show.

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

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!

BOOK CLUB Mondays at 12:30 PM. Recent group reads: My Mess is a Bit of a Life, Georgia Pritchett; The Seven Sisters by Lucinda Reilly; Being Henry by Henry Winkler.

COMPUTER Located in the back room for Seniors to use.

DOMINOES Mondays from 1-3 PM.

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

LIBRARY Browse our book shelves for your next read. We thank you for your clean, paperback book donations.

MAH JONGG Monday 1-3 PM for beginners.

Wednesdays 1-3 PM for more experienced play.

QUILTING GROUP "BUSY HANDS" Mondays 10AM-12 Noon. Join our group of quilters who put together interesting fun creations to donate. Come in and buy a raffle ticket...You could win one of their designs. Thanks for dropping off all the fabric and supplies for their use.

POOL (Billiards) A regulation pool table is available to play on all day!

Wii BOWLING Wednesday mornings at 10:30 AM.

**For all program registrations, make checks payable to:
"TOWN OF ONONDAGA"
Register for our programs online at
parks.townofonondaga.gov
or in person at the Senior Center.**

ART INSTRUCTION

Instructor: Thomas Hussey

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

Current Sessions end June 17

Next 12 week sessions July 1 – September 16

After June 24 add \$10

ADVANCED ART

Tuesdays 9 AM - 12 Noon

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

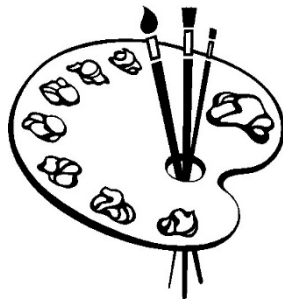
BEGINNER ART

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 June 11

Next 12 week session June 18 – September 17

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After June 11 add \$10

NO CLASS 6/25 AND 7/23

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 June 19

Next 12 week session begins July 3 – September 25

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After June 26 add \$10

STRENGTH & STRETCH

Instructor: Marie Thornton

2 Evening Classes! Mondays and Thursdays 6:15 PM

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.

STRENGTH & STRETCH evening classes will resume in SEPTEMBER. Details will be posted in July/August Gazette.

INTERMEDIATE SENIOR TAP

Instructor: Denise Gehm

Wednesdays 10:30 – 11:30 AM

Current Session ends June 4

Next 8 week session June 11 – August 13

RESIDENT FEE: \$32

NON-RESIDENT FEE: \$42

After June 4 add \$10

NO CLASS JULY 23 & 30

*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.

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 sessions end May 19

Next 12 week sessions June 2 – August 18

RESIDENT FEE: \$72 (each session)

NON-RESIDENT FEE: \$82

After May 27 add \$10

WALKING PROGRAM

Walk from 10 - 11 AM Tuesdays and Thursdays at St. Michael's Parish Center or around the Brookdale Summerfield Residences (across from Santaro Park). If you need to sit, seating is available at both venues. (Please note: there is no walking at St. Michael's until May 20, after their Rummage Sale ends.)

If you have not completed your Medical & Emergency Information Form, please provide the following information to us. Name: Address: Phone No.: Emergency Contact and Phone No.: Doctor Name and Phone No.

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 for your use!

MAY BIRTHDAYS

- 1 Marion Hurnberger
Mary Ellen Malone
Rita White
- 2 Laurel White
- 3 Monica Scott
- 4 Barbara Martin - Caroline LaTray
Patricia Fox - Debra Roberts
- 6 Delores Bottrill - Julie Hoppmann
- 7 Maureen Moore - Vivian Hetzel
- 8 Jean Bednarski - Julie Sass
- 9 Anne Volcko – Ray Leubner – Lucille Jones
- 10 Dorothy McIntyre
Phyllis Lorenz
- 11 Nancy Lewis
- 12 Irene Lawton
- 13 Giovanna Bernardon
Sharon Miller - Shirley Mollica
- 14 Nancy Campagna
- 15 Lyle Bartlett
- 16 Lois Cole
- 17 Nancy Venuti
- 18 Marion Albright - Teresa Punch
Ron Grismore
- 20 Helen Jones - Kathy Gibson
- 21 Nancy Baranello - Dorothy Graser
- 22 Faith Purdy
- 23 Laura Schuyler - Betsy Price – Cheryl Schmelling
- 25 Magdalena Schwartz
- 26 Hazel Rittenhouse
- 27 Ruth Curry
- 31 Anthony Waggoner



JUNE BIRTHDAYS

- 1 Rosemary Briggs - Nancy Lasher
- 2 Mary Jane Cooney
- 3 Rosanna Roberts - Julia Greene
- 4 Diane Cooter - Mary Kalil - Mark Gibson
- 6 Joan Ferrara - Merilee Palerino
- 8 Filomena Tedone
- 10 Marion Harr - Betty Whaley - Vijay Law
- 11 Connie Fortugno
- 12 Nancy Mandarino – Ellen O'Hara
Airea Mosher - Pat Pirro
- 13 June Marsh - Bette Cargen
- 14 Michael Calvello – Margaret Ball
- 15 Howard Carr, Jr.
- 17 Cynthia Kogler - Virginia Stamey
Kathleen Michel
- 19 Maryanne Gesel - Mary Winsor
- 20 Leslie Voorhest
- 21 Jackie Elliott - Mark Williams
- 23 Anne Evans – Tim Schmelling
- 22 Janice Tanner
- 24 Sue Appel
- 25 Margit Toth
- 27 Joyce Reeves – Diane Knowlton
- 28 Bill Jacobsen
- 29 Janice Smith – Margaret Schultz
- 30 Maureen Hartnett
- 31 Johanna Hanna



Thanks to all the helpers who always pitch in whenever needed! You are soooo much appreciated!

PLEASE NOTE: 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.

DONATIONS: We Collect

****ALUMINIUM PULL TABS** from food and soda cans to be donated to the Shriners Hospitals for Children. ****BYRNE DAIRY RECEIPTS** to receive free half gallons of ice cream for our Senior events! ****YARN** for knit and crocheted items made as charitable projects, and shared with the Seniors.**

TECH HELP FROM THE OFL

Thursday June 12 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. Bring your questions to her and get the answers you need.

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