



DATES TO REMEMBER: HOLIDAY CLOSING

The Senior Center will be closed
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 arrive 15 minutes prior to the Noon lunch.
- Please notify our PEACE Lunch Manager if you have a food allergy.

CATERED LUNCHEONS

Thursday's - \$5

July 3 Party and food starts @ 11:30 AM

"BINGO BASH" WITH PRIZES!

**DELICIOUS HOR D'OEUVRES FOR LUNCH and
3 FREE BINGO GAMES**

August 7 (sign up by Tuesday 8/5) Italian Lunch: Ziti, Meatballs, Salad, Dessert; Rhythm and Shoes entertaining

September 4 (sign up by Tuesday 9/2) Deli Sandwich, Salads, Dessert; Bob Sealey entertaining

Thursdays @ 1 PM:

July 17 & 31; August 21

(Please arrive by 12:45 PM)

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

\$1.50 for each additional card.

"PASS THE ACE CARD" GAME

Every Tuesday @ 12:50 PM

(after lunch)

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



CONCERTS IN OUR PARKS

Wednesdays from 6 - 8 PM

JULY 16 @ KELLEY PARK
thirteen curves

AUGUST 13 @ SANTARO PARK
Letizia & the Z Band

Bring your own lawn chair to relax &
enjoy live music!

Activities for kids! Food Truck!
Fundraising event for town Fire
Departments



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.



TABLE SALE

Beginning Monday July 14 we will be collecting items for our Rummage Sale starting Tuesday August 6. If you have any useful items too nice to toss, we'll have fun selling them here at the Center! (No big items like furniture). We love your donated treasures!

TECH HELP FROM THE OFL

Thursday August 14 from 11AM-12 Noon
Chantel, the Onondaga Free Library Marketing and Outreach Coordinator will be here at the Senior Center to provide tech assistance for your phone, tablet or laptop. Bring your questions and get the answers you need to help you with your devices.



AAA DEFENSIVE DRIVING COURSE

ADVANCED REGISTRATION IS REQUIRED

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

Scheduled Classes for 2025

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 dates TBA

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.

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. Sign up early for our planning purposes. Deposits and headcount are required weeks prior to the day of trip.

PARKING REMINDER: When taking a trip leaving from the Senior Center, 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 are needed for seniors attending a class/lunch/etc.

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

ARRIVE AT THE FOLLOWING TIMES:

Nedrow Fire Department – 9:15 AM

Onondaga Senior Center – 9:45 AM

Return approximately 4:30 PM

CORTLAND REPERTORY THEATER

presents MURDER FOR TWO

Wednesday July 23 – TRIP FULL, WAIT LIST ONLY

ARRIVE AT THE FOLLOWING TIMES:

Onondaga Senior Center – 10:15 AM

Nedrow Fire Department – 10:30 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

ARRIVE AT THE FOLLOWING TIMES:

Nedrow Fire Department – 8:15 AM

Onondaga Senior Center – 8:45AM

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

ARRIVE AT THE FOLLOWING TIMES:

Nedrow Fire Department – 10:15 AM

Onondaga Senior Center – 10:45 AM

Return approximately 5:30 PM

NEW!

SENECA LAKE WINE TRAIL

Thursday September 18

Travel Seneca Lake wine trail to our tasting at Lakewood Vineyards in Watkins Glen, a family run winery operating for over 35 years. The next stop for lunch and tasting, Glenora Wine Cellars, the first winery to open on Seneca Lake. Each winery has a gift area/shop to explore! On the way home enjoy the view and a favorite stop at Sauder's Store, the Mennonite market with meats, cheeses, baking supplies, candies, spices, produce, and more!

Lunch Choices include beverage and dessert:

Turkey Club: thin sliced turkey, bacon, sun-dried tomato aioli, lettuce, tomato, on focaccia served with French fries, or

Salmon: pan seared, pecan wood smoked maple, gouda polenta, & asparagus, or

Steak & Frites: 8 oz. grilled rancher steak, herbed butter, gravy & French fries served with vegetable of the day.

WINE TASTING: Choose 1 tasting or both:

Lakewood Vineyards Tasting \$10

Glenora Wineries Tasting 3 (4 oz. samples) \$15

FEE: Residents \$63 Non-Residents \$68

ARRIVE AT THE FOLLOWING TIMES:

Nedrow Fire Department - 8:30 AM

Onondaga Senior Center - 9:00 AM

Return approximately 6 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

ARRIVE AT THE FOLLOWING TIMES:

Onondaga Senior Center - 7:30 AM

Nedrow Fire Department - 7:45 AM

Return approximately 8:30 PM

A BARRY MANILOW CHRISTMAS SHOW & GAMING @ TURNING STONE CASINO

Thursday December 11 - TRIP FULL, WAIT LIST ONLY

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

ARRIVE AT THE FOLLOWING TIMES:

Onondaga Senior Center - 8:30 AM

Nedrow Fire Department - 8:45 AM

Return approximately 4:45 PM

SENIOR PROGRAMS & CLASSES!

BOOK CLUB Mondays at 12:30 PM.

COMPUTER Located in the back room for Seniors to use.

DOMINOES Mondays from 1-3 PM.



KNIT & CROCHET with Diane. She can teach you, or help you get started with your project. Call to set up a meeting.

LIBRARY Our Library is located in the front entrance of the Senior Center. Drop off your clean paperback books (no hard covers (no space for them). Thank you!

MAH JONGG Monday 1-3 PM for novice players.

Wednesdays 1-3 PM for more experienced play.



QUILTING GROUP "BUSY HANDS"

Mondays 10AM-12 Noon. Thank you for dropping off fabric and supplies for their use.

It all gets sorted and used by this group of generous folks who enjoy making their creations to donate.

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

WALKING PROGRAM

Walk all summer from 10 - 11 AM Tuesdays and Thursdays at St. Michael's Parish Center or outdoors around the Brookdale Summerfield Residences (across from Santaro Park). Seating is available to rest.

Wii BOWLING Wednesday mornings at 10:30 AM.

INTERMEDIATE SENIOR TAP

Instructor: Denise Gehm

Wednesdays 10:30 – 11:30 AM

Current Session ends August 13

Next 8 week session August 20 – October 8

RESIDENT FEE: \$32

NON-RESIDENT FEE: \$42

After August 13 add \$10

ART INSTRUCTION

Instructor: Thomas Hussey

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

Current Sessions end September 16

Next 12 week Sessions September 23 – December 16

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.

After September 16 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.

CLASS FULL - Current Session ends September 25

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**

12 week Session September 8 – December 1

RESIDENT FEE: \$60

NON-RESIDENT FEE: \$70

After September 2 add \$10

NO CLASS 10/13

****THURSDAYS 6:15 PM**

Next 12 week Session September 11 – December 4

RESIDENT FEE: \$60

NON-RESIDENT FEE: \$70

After September 4 add \$10

NO CLASS 11/27

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. Exercise guided by a video.

ZUMBA GOLD

Instructor: Marie Thornton

Wednesdays 9:15 - 10:15 AM

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

CLASS FULL - Current Session ends September 17

NO CLASS 7/23

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 September 15

Next 12 week session September 22 – December 15

RESIDENT FEE: \$72 (each session)

NON-RESIDENT FEE: \$82

After September 15 add \$10

No Class 10/6

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 September 8

Next 12 week session September 15 – December 8

RESIDENT FEE: \$72 (each session)

NON-RESIDENT FEE: \$82

After September 8 add \$10

**JULY BIRTHDAYS**

- 1 Lois Delaney
- 3 Janet Chemotti
- 4 Nancy Dowling
- 6 Pat Shattell
- 7 Bernes Wagner – Marian Black
- 9 Anna Ciccarelli – Diana Murphy
- 10 Catherine Toomey
- 13 Carol Kelly
- 14 Joe Fielding
- 15 Jack Roche
- 16 Phyllis Raimondi
- 17 Barbara Milligan
- 18 Lynne Watson – Dottie Herzog
- 19 John Hanlon - Linda Klimek
- 20 Karen Peck – Ruth Parmenter
Sonja Sorensen
- 21 Betty Marando
- 22 Lory Black
- 24 Margaret Slack
- 25 Joyce Fall – Mary Funsch
Cynthia Christopher
- 26 Marlene Bistrovich - Diana Sands
- 27 Janice Russell
- 30 Marge Dickinson – Helen Birch
Susan McMahon

**AUGUST BIRTHDAYS**

- 1 Virginia Reilly - Fredi Shapiro
- 2 John Murphy Jr.
- 3 Mary Sperling - Ann Kronner
- 4 Dorris Harvey
- 5 Clara Prokolkin
Joyce Kimmell – Marty Shapiro
- 9 Barbara Martin
- 11 Keith Sherwood – Alice Esterguard
- 12 Mary Anne Johnson – Mary Anne Fairchild
- 14 Lois Darmody
- 16 Robert Lasher - Josephine Thomas
- 18 Donna Destefano
- 19 Joe Watson
- 20 Louise Milano – Ronnie Bernazzani
Ann Dlugozima – Jack Salisbury
Andrea Evingham
- 21 Maryanne Valenti
- 22 Anita Doss – Ligory Fernandes
- 23 Mary Jo Friedrich – Marge Horner
Joanne Stevens
- 24 Theresa Hartnett – Helen Keller
Arlene Cooke
- 25 Marian Leuzze
- 26 Eva Jurgensen
- 27 Jackie Trosky
- 28 Rosemary George
- 29 Margaret Fernandes
- 30 Gail Nielsen
- 31 Jane Carroll – Marion Flynn – Martin Slage
Irma Pastorello



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! (Gas receipts or NYS Lottery tickets/scratch offs are not included for credit.)

**** YARN** for knit and crocheted items made as charitable projects, and shared with the Seniors.**

THANK YOU FOR YOUR DONATIONS!

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.**



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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!