



SEPTEMBER/OCTOBER 2025 SENIOR GAZETTE

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DATES TO REMEMBER: HOLIDAY CLOSING

The Senior Center will be closed Monday September 1, Labor Day, and October 13, Columbus Day.

HEADING SOUTH FOR THE WINTER?

Please alert our staff. Delivery of your *Senior Gazette* will be stopped for the months you are away.

MAHJONG LESSONS

Thursdays 10 AM – 12 Noon

September 11, 18, 25 & October 2

Mah Jong involves skill, strategy, and calculation as well as a certain degree of chance. It's a fun game where your aim is to match your tiles with one of the 'hands' on the Mah Jong League Cards. **FEE: \$8**



Thursday October 30

Come in your Halloween costume & attire and enjoy the fun!

Arrive by 11 AM for the costume parade and judging at 11:30.

We'll take pictures before lunch so don't be late! Everyone dressed in costume has a chance to win a Prize! After lunch be entertained by the Town of Onondaga Tappers!

This will be a regular P.E.A.C.E. lunch - \$3.50.
Call the lunch line to sign up.



FREE LUNCH FOR VETERANS OF ALL U.S. MILITARY SERVICES

Thursday November 13

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). Your lunch is paid for by the *Friends of the Onondaga Seniors*. Call the lunch line for your reservation.

CATERED LUNCHEONS

Thursday's - \$5

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

October 2 (sign up by Tuesday 9/30) Pizza, Salad, Dessert; entertainment by Geoff Clough doing Name That Tune!

NO CATERED LUNCH IN NOVEMBER

"PASS THE ACE CARD" GAME

Every Tuesday @ 12:50 PM (after lunch)

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

BINGO

Thursdays @ 1 PM

September 11 & 25; October 16; November 6

(Please arrive by 12:45 PM)

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



TABLE SALE

Shopping is ongoing with new items added all the time. We have plenty of articles to browse and shop. Thanks for your donations.....makes our sale fun and successful!

FARMERS MARKET COUPONS STILL AVAILABLE @ THE SENIOR CENTER!

Thursday September 4, 10 AM – 12 Noon

Last chance to get your Farmers Market Coupons sponsored by the Onondaga County Department of Aging. Get free \$25 worth of coupons for seniors 60+ who meet income requirements and have not received coupons this year. They can be used until November.

7 WEEK FALL PREVENTION CLASS

Thursdays @ 11:30 AM

September 25 – November 6

CARE, a program from Lemoyne College and the Office of Aging are sponsoring a FREE 7 week course in Fall Prevention. They will be presenting proactive as opposed to reactive fall prevention. You will receive an individual fall assessment as well as an exercise program. You need to attend all 7 classes to get the full benefit. Sign up required.



TECH HELP FROM THE OFL

Thursday October 16 from 11AM-12 Noon

Chantel from the Onondaga Free Library will be at the Senior Center to provide tech assistance for your phone, tablet or laptop. This is a great time to get the simplest questions answered!

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

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 the Senior Center to schedule 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.

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. For **NEDROW** pick-up, please park at the far end of the lot away from the fuel tank.

REV THEATRE *presents*

TOP HAT, THE MUSICAL

Tuesday September 2

ARRIVE AT THE FOLLOWING TIMES:

Nedrow Fire Department – 10:15 AM

Onondaga Senior Center – 10:45 AM

Return approximately 5:30 PM

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 – WAIT LIST ONLY

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 – WAIT LIST ONLY

ARRIVE AT THE FOLLOWING TIMES:

Onondaga Senior Center - 8:30 AM

Nedrow Fire Department - 8:45 AM

Return approximately 4:45 PM

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.*

SENIOR PROGRAMS & CLASSES!

BOOK CLUB Mondays at 12:30 PM. Recent reads: The Storm Sister, Lucinda Reilly; The Women, Kristen Hanna; Truths I Never Told You, Kelly Rimmer.

COMPUTER A computer is set up in the back room at the Center for Seniors to use.

DOMINOES Mondays from 1-3 PM.

KNIT & CROCHET Make an appointment with our instructor to meet at the Senior Center. She will help you get started on a new project or answer questions about something you are having difficulty with.

LIBRARY Our Library is located in the front entrance of the Senior Center. We take clean paperback books (no hard covers) to add to our collection. Stop by anytime.

MAH JONG Monday 1-3 PM for novice players.

Wednesdays 1-3 PM for more experienced players.

QUILTING GROUP "BUSY HANDS" Mondays 10AM-12 Noon. The group meets each week and work on their own projects or a group project that is donated to a local charity. Donations of fabric and quilting supplies all get used are very much appreciated.

POOL (Billiards) A regulation pool table is located in the Pool Room on the lower level of the Senior Center and available for play all day!

WALKING PROGRAM

Walk year round from 10 - 11 AM Tuesdays and Thursdays at St. Michael's Parish Center indoors, rain or shine, out of the hot sun and cold weather. Seating is available to rest.
Wii BOWLING Wednesday mornings at 10:30 AM.

SENIOR TAP

Instructor: Denise Gehm

Wednesdays 11 – 12 Noon

Current Session ends October 8

Next 12 week session October 15 - December 3

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After October 8 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 October 14 – January 6

After October 7 add \$10 - NO Class 9/23, 9/30, 10/7

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.



YOGA/CHAIR YOGA

Instructor: Cynthia Smith

Thursdays 10:30 AM

September 18 – December 11 (12 week Session)

Gentle yoga/chair yoga suitable for all... Bring your mat or wear your sneakers. The benefits are many.

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After September 11 add \$10

NO CLASS 11/27

DONATIONS We Collect:

****ALUMINIUM PULL TABS** from food and soda cans to be donated to the Shriners Hospitals for Children.**

****BYRNE DAIRY RECEIPTS** are collected to receive free half gallons of ice cream for our Senior and Parks and Rec events!** (Gas receipts or NYS Lottery tickets/scratch offs are not included for credit.)**

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

THANK YOU FOR YOUR DONATIONS!

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 and/or wear your sneakers.

Current Session ends September 25

Next 12 week Session October 2 – January 8

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After September 25 add \$10

NO CLASS 12/25

STRENGTH & STRETCH

Instructor: Marie Thornton

2 Evening Classes! Mondays and Thursdays

This class (geared for active adults/Srs.) 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**

Next 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

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 September 17

Next 12 week Session September 24 – December 10

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After September 17 add \$10

EXERCISE WITH LIGHT WEIGHTS

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

Exercise guided by a video. We provide the weights you need. 1,2,3,4,5 or 8 lb. Enjoy a thorough body stretch.

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 9/1 and 10/13

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

No Class 9/1 and 10/13



I'd start lifting weights but, I figure if something's heavy, it must be nature's way of telling us not to pick it up!

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 12:00 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.

BIRTHDAYS!

SEPTEMBER BIRTHDAYS

4	Dorris Harvey
5	Patricia D'Agostino
6	Mary Pierce
7	Charlotte Goodison - Lillian Kompf
9	Rita Beard - Marilee Jones Linda Jackson
10	Dian Moran - Brian Madigan
11	Janet Clark
12	Irene Sobecki
17	JoAn Feyerabend
18	Annie Sistrunk - Mary Lou Sobon
19	Sue Smacher - Carol Hill
23	Helen Shaffer - Ken Lawrence
25	Pat Naughton
26	Christine Pari
28	Barbara McCarthy - Shirley McNamara
29	Joseph Palmer

OCTOBER BIRTHDAYS

1	Ruth Holbrook - Lilyana Ivanova
5	Frank Witkowski
6	Caroline Bartlett
7	Mary Duffy - Joan Moosbrugger
9	Mary Wallace - Linda Kelly
10	Theresa Geraets - Marcia Wheeler
13	Karen Felshaw
15	Audrey Kerswell - Al Williams
16	Mary Holloway
17	Carol Jacobson - Pete Poppe Carolyn Webster
18	Janice Evans
19	Kathy Pine
20	Arlene Farsaci - Bernice Wynn
21	Linda Hance
22	Pat Antos
25	Barbara Newmiller Oran Annable - Carole Bossuot
26	Eileen Burke - Jane Kinney
27	Sylvia Watt
30	Lucille Tully - Carolyn Kocher
31	Clifford Sperling

