



DATES TO REMEMBER: HOLIDAY CLOSING

The Senior Center will be closed for the following holidays:
November 11, Veterans Day;
November 27 & 28, Thanksgiving;
December 25 & 26, Christmas.

NON-RESIDENT 2026 SIGN-UP 'SENIOR GAZETTE' NEWSLETTER

*NON-TOWN OF ONONDAGA RESIDENTS CAN RECEIVE OUR BI-MONTHLY NEWSLETTER FOR A \$10/YEAR SUBSCRIPTION FEE.

*FREE NEWSLETTERS ARE NOT AVAILABLE IN THE OFFICE. * IF INTERESTED, PLEASE FILL OUT THE REGISTRATION FORM AND MAIL OR BRING IN WITH A CHECK PAYABLE TO THE TOWN OF ONONDAGA.

*TOWN OF ONONDAGA RESIDENTS WILL CONTINUE TO RECEIVE THE NEWSLETTER FREE AS LONG AS THEY ARE ON OUR MAILING LIST. YOU DO NOT NEED TO SEND THIS FORM IN.

NAME(S) _____

ADDRESS _____

BIRTHDATE _____

(IF YOU WANT TO BE ON THE BIRTHDAY LIST...YEAR NOT NEEDED)

MAIL TO:
TOWN OF ONONDAGA
4834 VELASKO RD
SYRACUSE, NY 13215



Thursday December 4 @ 12 Noon

\$8 (sign up by Tuesday 12/2)

Pork Tenderloin, Mashed Potatoes, Veggie, Dessert and More! The band *Clear* entertaining.

**Next CATERED LUNCHEON

January 8 - \$5 (sign up by Tuesday 1/6)

Pizza, Salad, Dessert



Our entertainment for the afternoon....

Karaoke with Bob Sealey and Joe Mingin...

Come and join us to sing all the favorites!

Every Tuesday @ 12:50 PM
(after lunch)

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



Thursdays @ 1 PM

November 6; December 18; January 22

(Please arrive by 12:45 PM)

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

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. (Meatloaf) lunch in honor of your military service (all non-veterans \$3.50). Your lunch is paid for by the Friends of the Onondaga Seniors. After lunch the musical group *Somethin' Fancy* will entertain!

Wear your red, white and blue!

Call the lunch line for your reservation.



UGLY? FUNNY? CHRISTMAS SWEATER Day Tuesday December 23

Wear a unique sweater that brings out fun Christmas Spirit! (Is it funny or just plain ugly!) We'll be the judge!

Win a prize!

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.*



TABLE SALE

Thanks to all who donated to our table sale. We appreciate your generosity! Folks had fun and made lovely purchases.

Over \$400 was collected from all the treasures! Next jewelry sale date not yet determined.

TECH HELP FROM THE OFL

Thursday December 4 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. Come and learn more about what your equipment can do!

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.

Wednesday November 5

Call for appointment availability

AAA DEFENSIVE DRIVING COURSE

ADVANCED REGISTRATION IS REQUIRED

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

Last Class for 2025 - 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 BEGINS @ 9 AM until 3:30 PM. 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.

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.

HEAP: HOME ENERGY ASSISTANCE PROGRAM

Based on your monthly gross income, you may receive one regular HEAP benefit per program year to help pay for heating your home. The program may help you pay for: electricity, gas, oil, coal, propane, wood/wood pellets, corn, or kerosene. Even if your heat and utilities are included in your rent, HEAP may be able to help you.

2025-2026 HEAP Benefit Gross Monthly Income

Household Size	Maximum Gross Monthly Income
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1	\$3,322
2	\$4345
3	\$5367
4	\$6390

Schedule an appointment to meet with Kristen

November 19 between 10-12 Noon

to receive help applying for your benefit.

If you have received your application in the mail, fill it out at home and bring it with you to your meeting.

HEALTH INSURANCE INFORMATION COUNSELING AND ASSISTANCE PROGRAM (HIICAP)

Open Enrollment runs until December 6. This is the time to review your healthcare coverage and if necessary, switch plans. For free, unbiased information and assistance call Taylor at the Onondaga County Office for Aging (HIICAP) at 315-435-2362 ext. 4944 or email TaylorFrawley@ongov.net. Other trusted and reputable resources to contact are listed below:

- 1-800-Medicare // Medicare.gov
- MedicareRights.org
- MedicareInteractive.org
- Social Security Administration
Syracuse Office#866-755-4884

DAY TRIPS *Last trip of the year!!*

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

SENIOR PROGRAMS & CLASSES!

BOOK CLUB Mondays at 12:30 PM. Enjoy one book a month and talk about the chapters read each week.

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

DOMINOES Mondays from 1-3 PM.

KNIT & CROCHET Come and meet with Diane, our instructor to teach you or help you with your project. Call us to arrange a meeting time.

LIBRARY Stop by the front entrance of the Senior Center and browse our books and take a book or two home. We also take your paperback books to add to our shelves.

MAH JONG Monday 1-3 PM. Wednesdays 1-3 PM with our more experienced players.

QUILTING GROUP "BUSY HANDS" Mondays 10AM-12 Noon. Join our group of quilters who busily are making projects to donate to charity. Donations of fabric and quilting supplies all get used and are very much appreciated. Thank you.

POOL (Billiards) Play on a regulation pool table located in the Pool Room on the lower level of the Senior Center!

WALKING PROGRAM

Walk year round from 10 - 11 AM Tuesdays and Thursdays at St. Michael's Parish Center indoors. Parking is next to the building. It's a gymnasium with seating available to stop and rest.

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.

SENIOR TAP

Instructor: Denise Gehm

Wednesdays 11 – 12 Noon

Current Session ends January 14

Next 12 week session January 21 – April 8

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After January 14 add \$10

NO CLASS 12/24 & 12/31

ART INSTRUCTION

Instructor: Thomas Hussey

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

Current Sessions end January 6

Next 12 week Sessions January 13 – March 31

After January 6 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.

YOGA/CHAIR YOGA

Instructor: Cynthia Smith

Thursdays 10:30 AM

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

Current session ends December 11

Next 12 week session February 19 – May 7

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After February 12 add \$10



Dear Santa, All I want for Christmas is a skinny body and fat bank account...Please don't mix it up again like last year!

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.

Beginners welcome.

Current Session ends January 15

Next 12 week Session January 22 – April 9

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After January 15 add \$10



STRENGTH & STRETCH

Instructor: Marie Thornton

2 Evening Classes! Mondays and Thursdays

This class (geared for active adults) is split into sections of strength for arms, legs, and abs using light weights. Exercise and weight experience necessary. Bring a mat. Exercises also done on the floor.

****MONDAYS 6:15 PM**

Next 12 week Session December 15 – March 16

RESIDENT FEE: \$60

NON-RESIDENT FEE: \$70

After December 8 add \$10

NO CLASS 1/19 & 2/16

****THURSDAYS 6:15 PM**

Next 12 week Session December 18 – March 19

RESIDENT FEE: \$60

NON-RESIDENT FEE: \$70

After December 11 add \$10

NO CLASS 12/11, 12/25 & 1/1

ZUMBA GOLD

Instructor: Marie Thornton

Tuesdays 9-10 AM

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

December 16 – March 3 (12 Week Session)

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After December 9 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. This routine a full body workout.

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 December 17

Next 12 week Session January 7 – March 25

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After December 31 add \$10

NO CLASS 12/24 & 12/31

LEARN TO DANCE with Sue

Mondays 10 -11 AM

Come and join our dance class for an hour of fun and relaxation. You can learn how to Ballroom Dance, which includes Rumba, Swing, and Waltz. This is a FREE class. Sign up required.

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 December 15

Next 11 week session December 22 – March 16

RESIDENT FEE: \$66 (each session)

NON-RESIDENT FEE: \$76

After December 15 add \$10

No Class 1/19 and 2/16

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 December 8

Next 12 week session December 15 – March 16

RESIDENT FEE: \$72 (each session)

NON-RESIDENT FEE: \$82

After December 8 add \$10

No Class 1/19 and 2/16



NOVEMBER BIRTHDAYS

- 1 Darlene Salsgiver
- 2 Dave McPeak – Robert Osman
- 3 Carolyn Sandford
- 4 Cheri Roe
- 5 Franie Patnode
- 6 Diane Patterson – Martha Lischak
- Marge Delaney
- 7 Mary Ellen Lane
- 8 Maria Harfman
- 9 Lorraine Gorman
- 11 Harold Hobson - Maureen Hartnett
- 12 Edgar Herzon

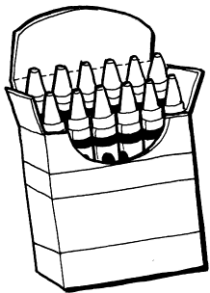


13 Janice Tuttle - SallyJo Easton
 14 JoAnn Williams
 15 Mary Whelan
 18 Birgit Hillring – Debbie D’Antonio
 20 Frances Payette
 23 Phyllis Sherwood – Phyllis Randall
 25 Linda Runge
 27 Sharon Armstrong - Virginia DeBenedictis
 29 Doreen Butler - Sharon Mullen
 30 Betty Schindler

27 Virginia Seida
 28 Pat Buckley – Connie Past - Judy Davis
 29 Marjorie Follett
 30 Anne Lloyd
 31 Eduarda Bossers



Autumn Coloring Contest for Adults



Back for a 4th year is our Annual Autumn Coloring Contest for Adults!! You can find the coloring page at the Senior Center or online. Get yours today!!

All submissions must be entered no later than 4 PM on 11/20/25.

First Place Prize

The Cider Mill gift card & shirt

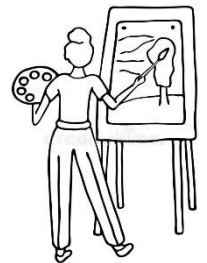
Second Place Prize

Beak & Skiff gift card & “treat”

ONONDAGA FREE LIBRARY NOVEMBER & DECEMBER ART CLASS EXHIBITS

When you are at the Onondaga Free Library, be sure to look for the art display by our very own Patricia “Trish” Conrad. Her works will be displayed on the 2nd level of the library during the month of November. Check it out and see how talented she is!

In December our Tuesday Afternoon Art group will be exhibiting their lovely paintings on the 2nd level too!



When at the library be sure to participate in their Christmas Tree Raffle/Fundraiser. You will see the tree donated by the *Friends of the Onondaga Seniors* and decorated by Trish!

DECEMBER BIRTHDAYS

3 Liz Beebe – Mary Keegan – Kathy Roche
 4 Ella Ramsden
 5 Melissa Calhoun – Dick Sheeran
 7 Virginia Christo
 8 Florence Grates – Louise Palmer
 Julia M. Graser
 9 Pat Sylvester – Karen Balduzzi – Connie Gray
 10 Arlene Swete – Leila Austin - Mary Ann McCarthy
 12 Jacky LaPenna - Sonia Soultis - Edna Mosher
 14 Carole Barr
 15 Diane Sherwood – Ronald Winters
 Phyllis Lorenz – Lucia Davis - Caroline LaTray
 Betty Holtz
 18 Joyce Small
 20 Demaris Dominick – Deritha Fiorelli
 Larry Cambell - Betty Worden
 22 Christine Wheeler-Sumner - Judy Bryant
 23 Rosalyn Abajion – Sharon Adamski
 24 Doris Miller
 25 Shirley Eriksson – Carol Vollmer
 26 Marilyn Corey – Cara Kirkby

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!



It has been another fun year at the Senior Center....We are grateful to be surrounded by kind and giving people who come for lunch and classes and the various activities we provide. You are what makes our Senior Center an enjoyable place to meet new and old friends.

*Blessings.....May your holidays be filled
with Peace , Love and Good Health to all.....*

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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!