



JANUARY/FEBRUARY 2026 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 for the following holidays: January 1 & 19, New Years Day, and MLK Day; February 16, Presidents Day.

CATERED LUNCHEONS THURSDAYS - \$5

January 8 @ 12 Noon (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!

February 5 @ 12 Noon (sign up by Tuesday 2/3)

Chicken Riggies, Mac & Cheese, Salad, Ice Cream!

The band Clear entertaining.

PASS THE ACE

Every Tuesday @ 12:50 PM (after lunch)

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



B I N G O
Thursdays @ 1 PM
January 22; February 12 & 26;
March 12

(Please arrive by 12:45 PM)

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

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 for a January appointment.

3 additional dates for the year TBA

AARP FREE INCOME TAX ASSISTANCE

FOR SENIORS 60+ YEARS

Appointments Tuesdays & Wednesdays

Beginning February 3 - April 8 - 9 AM - 12 Noon

Upstairs in the Senior Center. We have a limited # of appointments, so call soon to get yours!

The following information is 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. INTAKE QUESTIONNAIRE NOT AVAILABLE UNTIL JANUARY 15

-Please bring your banking information the day of your appointment. The IRS is will not be sending your refund by mail. It will be deposited directly into your bank account.

~2024 tax returns, and income and expenses for 2025; 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



SNOW POLICY

When the Syracuse City Schools are closed because of poor weather conditions, the P.E.A.C.E. lunch program will be closed. The Senior Center may still be open. Be sure to watch TV Channels 3, 5, and 9, for information on closings. If in doubt, call the Senior Center (315-469-3464) to confirm we are open.

REMINDER: Please remove your wet, snowy boots and bring a pair of shoes or slippers to change into if you are staying for lunch, classes, games. Wet puddles make very slippery floors!



TECH HELP FROM THE OFL

Thursday February 5 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!

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.*

AAA DEFENSIVE DRIVING COURSE

ADVANCED REGISTRATION IS REQUIRED

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

Classes for 2026

April 10, May 15, October 9, November 13

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:

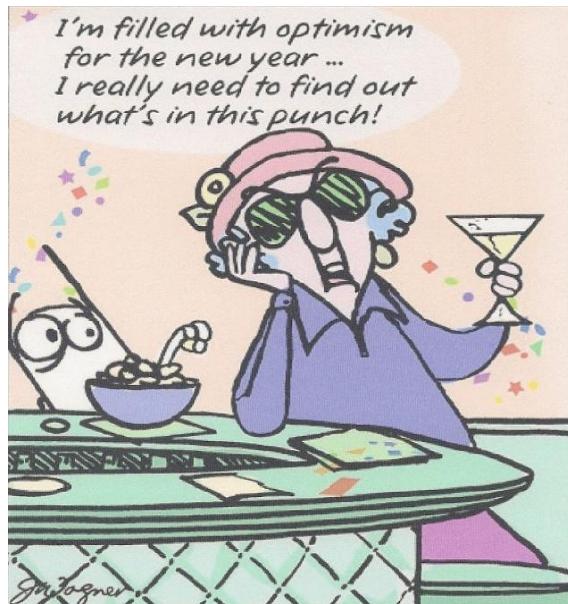
Your current driver's license, pen/pencil.

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

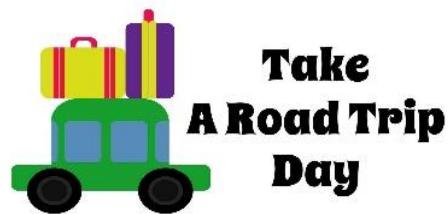
Our Neighborhood Advisor Kristen works for the Salvation Army and assists with completion of medical applications and other forms as well as assists in locating services to: Healthcare, Transportation, Legal Advice, Housing, Nutrition and Socialization and Caregiver Information along with providing info 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.



DONATIONS We Collect:

****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!



DAY TRIPS

The following are some of the trips scheduled for 2026:

June 11 - Bronx Tale @ the REV Theatre

June 30 - Summer Nights Tribute to Grease @ Turning Stone Casino

July 10 - 9 to 5 @ Cortland Repertory Theatre

August 19 - Carousel @ the REV Theatre

December 3 - Dick Clark's Christmas Show

These trips will not be available for sign up until the end of February, and more trips to be announced!



JANUARY BIRTHDAYS

2 Marilyn Crosby – Mary Nowyj
Dawne Latter
4 Harvey Hosford
5 Betty Reidy – Colleen Kinne - Joan Erwin
6 Gerri MacLachlan
7 Patti Campolito
8 Michelle Lee McIntyre
9 Vi Darling
11 Joan Tauro
12 Howard Leaf
13 Robert Mahley
14 Audrey Newmiller - Barbara Kleege
15 Elizabeth Fielding – Joanne Ritchie
17 Lila Wayno – Mary Kennedy
19 Sandra Moore
20 Colleen Levell - Marlene Maestri
Lucille McCormick
21 Sharon Prouty
25 Janet Clopman
26 Betty Valerio - John Ronan
27 Marilyn Suchomski
28 Mary Gragg – Betty Krasnewich
29 John Panighetti
30 Stella Romas - Nancy McIndoe
Bill Maher

FEBRUARY BIRTHDAYS

2 Christine Lipes
3 Alberta Shouldice – Barb Farrington
Kay Mason
5 Barbara Bratt
7 Agnes Hazelgrove
8 Connie Verdow – Katherine Kerr
9 Theresa Lawson – Laura Mumford
10 Betty Kitt – Martha Lacy
11 Shirley Verone
13 Tim Printup
14 Lisa Raciatti – Chi Wa Hwang
Carol Argus
16 Christina Brown - Marge Fifield
17 Bernard Cannon - Charles Grimsley
Maryann Rust
18 Suzanne Hart - Levi Pangilinan
19 Kevin Sibson – Bonnie Campbell
Jerry Holbrook
20 Ronald McArthur – Marilyn Trendell
21 Dorothy Czarnecki - Donna Woodhead
22 Jim Kirby
23 Doug Nielsen
24 Pat Morehouse
25 Angela Franceschetti – Sam Marzullo
26 Carol Gola – Mary Niedzwicki
27 Anita Stoehr - MaryAnn Dunsford
28 Elizabeth Hauswirth
29 Ron Dalton - Flo Lewis

**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. Two books they are reading: Real Americans by Rachel Khong; The Book Club for Troublesome Women by Marie Bostwick.
COMPUTER available for your use, set up in the back room of the Center.

DOMINOES Mondays from 1-3 PM. We enjoy a great group!

KNIT & CROCHET Call to arrange a meeting time with our instructor Diane. She does great projects and can help you with yours.

LIBRARY In our front entrance we have bookshelves with a variety of paperback books for all to take. We value your paperback books to add to our shelves too!

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

QUILTING GROUP “BUSY HANDS” Mondays 10AM-12 Noon. Our group makes lovely quilts and projects that are donated to charity. We also raffle one of their quilts each month. They are always fun and the \$ collected go toward the supplies needed to purchase (mostly backing for the quilts!) Tickets can be purchased in our front office. Donations of fabric and quilting supplies is very much appreciated. Thank you.

POOL (Billiards) Our Pool Room is located on the lower level of the Senior Center! Come in and enjoy!

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 safe from the elements and chairs are available to sit and rest.

Wii BOWLING Wednesday mornings at 10:30 AM.

EXERCISE WITH LIGHT WEIGHTS

Change to Tuesday class time!!

FREE...Tuesdays @10:15 AM and Fridays 10 AM

We exercise to a great full body workout video. Join us. All the weights you need are provided, 1,2,3,4,5 or 8 lb.

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 - Max 12 participants

RESIDENT FEE: \$84

NON-RESIDENT FEE: \$94

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.

RESIDENT FEE: \$60

NON-RESIDENT FEE: \$70

****MONDAYS 6:15 PM**

Current Session ends March 16

NO CLASS 1/19 & 2/16

****THURSDAYS 6:15 PM**

Current Session ends March 19

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.

Next 12 week Session January 22 – April 9

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After January 15 add \$10

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 January 8

Next 12 week session February 19 – May 7

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After February 12 add \$10

ZUMBA GOLD

Tuesdays & Wednesdays

Instructor: Marie Thornton

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

Tuesdays 9-10 AM

Current Session ends March 3

Next 12 week Session March 10 – June 2

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After March 3 add \$10

NO CLASS 3/31

Wednesdays 9:15 - 10:15 AM

January 7 – March 25

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

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 March 23

RESIDENT FEE: \$66

NON-RESIDENT FEE: \$76

No Class 1/19 and 2/16

SENIOR TAP

Instructor: Denise Gehm

Wednesdays 11 – 12 Noon

Current Session ends January 21

Next 12 week session January 28 – April 15

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After January 21 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 March 16

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

No Class 1/19 and 2/16

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.



PLEASE DO NOT DELAY!
TIME MATERIAL:

4834 VELASCO ROAD
SYRACUSE, NY 13215
Phone: 315-469-3464
Fax: 315-469-2816

TOWN OF ONONDAGA SENIOR CENTER

U.S. POSTAGE PAID
PRST STD
SYRACUSE, NY
PERMIT NO. 586