



315-469-3464 | 4834 Velasko Road, Syracuse, NY 13215 | parks.townofonondaga.gov

## ST. PATRICKS DAY BINGO PARTY!!

**Tuesday March 17**

Wear your green! Arrive at 12:45, after lunch. Play Bingo & listen to Irish tunes!

Wait List Only for Lunch Sign-Up  
(No live entertainment today.)



## CATERED LUNCHEONS THURSDAYS - \$5

**April 9 @ 12 Noon (sign up by Tuesday 3/31)**

Chicken Tenders, Mac & Cheese, Chef Salad, Ice Cream & more! TBA entertaining

**May 7 @ 12 Noon (sign up by Tuesday 5/5)**

Baked Zita, Meatballs, Salad, Dessert! The band *Clear* entertaining.

## PASS THE ACE

**Every Tuesday @ 12:50 PM  
(after lunch)**

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



**Thursdays @ 1 PM  
(Please arrive by 12:45 PM)  
March 12 & 26; April 16 & 30;  
May 21**

Check our calendar for the dates scheduled each month.

\$1 for first card; \$.50 for each additional card.

## 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.

*"Wherever you go and whatever you do, may the luck of the Irish be there with you."*



## TECH HELP FROM THE OFL

**Thursday April 9 from 11AM-12 Noon**

Chantel from the Onondaga Free Library will be at the Senior Center to assist with cell phone and computer questions/problems. She's very knowledgeable and provides a good service for us.

## 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.

## REGISTRATION/EMERGENCY CONTACT

We are requiring EVERYONE who comes to the Senior Center to complete a new registration/emergency contact form. This helpful information is necessary to keep on file for alerts and convenient access of data.



## SENIOR ASSISTANCE COUNSELING

Kristen is our Neighborhood Advisor from the Salvation Army and can help with providing access to social services within the county and so much more! She assists with completion of medical applications and other forms and with guidance to services for: 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, (c)315-960-4813.



## 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.

### 2026 Appointment Dates

April 15, June 24, October 14

, a funeral home owner enlists flashy, smooth-talking attorney Willie E. Gary to save his family business. Tempers flare as the unlikely pair bond while exposing corporate corruption and racial injustice in this inspirational, triumphant story.



## IS THE SENIOR CENTER OPEN?

When questioning whether the Senior Center is open on a snowy/inclement day, tv stations WTVH 5/WSTM3 flash the closings under their programming. Be sure to look for Town of Onondaga Parks and Recreation, not just Onondaga Senior Center, and remember, the PEACE lunch program could be cancelled, but the Senior Center may be open.

## SENIOR PROGRAMS & CLASSES!

**BOOK CLUB** Mondays at 12:30 PM.

**DOMINOES** Mondays from 1-3 PM.

**KNIT & CROCHET** Call the Senior Center and make an appointment to meet Diane our knit and crochet guru. She'll help you out with your project when you get stuck!

**LIBRARY** We have many paperback books on our shelf located in the front entrance of the senior center for you to take. Drop off your used books to add to the collection.

**MAH JONG** Monday 1-3 PM. Most of these players are newer to the game. Wednesdays 1-3 PM. These experienced players have been playing for a few years!.

**QUILTING GROUP "BUSY HANDS"** Mondays 10AM-12 Noon. Our group works on many different projects that are donated to local charities. It's a good group of folks who help each other with their creations.

**POOL (Billiards)** We have a great Pool Room located 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. Do your walking in a warm safe environment.

**Wii BOWLING** Wednesday mornings at 10:30 AM.



Many Thanks to Sue, our Monday Dance Instructor. She ran a fantastic dance class and we are so appreciative of her time and knowledge, showing us how to move on the dance floor!

## SENIORS GOLF @ ORCHARD VALI

The 2026 Season Senior MENS Golf League (for seniors over age 55) will start on Tuesday, April 21. (*In past years the league was on Fridays.*) There will be a meeting at Orchard Vali on Tuesday, April 14 at 9 AM for anyone to attend. Call Gill Madigan, League Secretary, for all the details, 315.469.4934 or 315.251.0739 if you are interested in playing.

*At this time they are especially in need of subs.*

For LADIES interested in golfing, call Orchard Vali Golf Course directly at 315.677.3303. They have women's leagues available with mixed age group.

# DAY TRIPS

The trips are being finalized and the flyers should be posted the middle of the month. Below is a list of where we are heading this year and another one or two will be added.

I hope you can join our adventures!



## SPRING BREAKOUT!

**Wednesday April TBD**

Come join us for a spring adventure to Blarney Stone Restaurant for a delicious breakfast buffet, then a short afternoon outing at Yellow Brick Road Casino (*only 2 hour stay*). SCHOOL BUS pick-up.

## ROCHESTER SPRING FLING

**Tuesday May 19**

Explore five different habitats of plants and animals at the Lambertson Conservatory, a historic greenhouse in Rochester's Highland Park. Lunch and more.

## REV THEATRE presents *A Bronx Tale*

**Thursday June 18**

Based on the critically acclaimed play that inspired the classic film, *The Bronx Tale* is a streetwise musical comedy that will take you to the stoops of the Bronx in the 1960's. Jersey Boys meets West Side Story meets Saturday Night Fever! Enjoy lunch at Prison City Brewing before the show.

## Summer Nights Tribute to *GREASE*, Show & Gaming @ Turning Stone Casino

**Tuesday June 30**

Join us for part musical theater, part tribute band performing Summer Nights Tribute to *GREASE* at Turning Stone Casino. This show encapsulates the spirit of the cult-classic movie *Grease*, with songs, dances, costumes, characters and summer lovin'!

## CORTLAND REPERTORY THEATER

**presents *9 to 5***

**Friday July 10**

We are off to Cortland Repertory Theater for a performance of *9 to 5*, a funny and fiercely empowering musical celebrating friendship, independence, and the moment a woman finally says, "Enough!" The show is bold, big-hearted, and packed with fun. Lunch TBD.

## CORTLAND SUMMER DAY

**Wednesday July 29**

Visit the 1890 House with impressive collections through out, and step back in time to 19th century Cortland. Lunch at the Hathaway House, then a relaxing stop at Little York Plantation.

## REV THEATRE presents *Carousel*

**Wednesday August 26**

A gripping tale of hope, redemption, and the power of love featuring Rodgers and Hammerstein's most iconic song, *You'll Never Walk Alone*. *Carousel* is a classic American musical with the exploration of human frailty, resilience, and the power of forgiveness. Enjoy lunch at the Sherwood Inn before the show.

## Lake George in the Fall

**Wednesday October 14**

Head back with us to our favorite in the Adirondack Mountains for a narrated buffet luncheon cruise aboard the Lac du Saint Sacrement on beautiful Lake George. From there we will drive up to Prospect Mountain for the spectacular view and end our day at Oscars Smokehouse.

## *Dick Clark's Countdown to Christmas* Show & Gaming @ Turning Stone Casino

**Thursday December 3**

Take a musical journey back to the 50's and 60's with us at the Turning Stone Casino. Jingle, twist and rock around the Christmas tree as *Dick Clark's Countdown to Christmas* showcases a joyful celebration of the most beloved hits and holiday tunes!

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

## EXERCISE WITH LIGHT WEIGHTS

Change to Tuesday class time!!

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

Exercise to a great workout video. All the weights you need are provided, 1,2,3,4,5 or 8 lb.

## ART INSTRUCTION

Instructor: Thomas Hussey

**\*\*BEGINNER ART**

**Tuesdays 12:30 – 2:30 PM - Max 12 participants**

Current Session ends April 21

Next 10 week Session April 28 – June 30

RESIDENT FEE: \$70

NON-RESIDENT FEE: \$80

*After April 21 add \$10*

**\*\*ADVANCED ART**

**Tuesdays 9 AM - 12 Noon**

Current Session ends April 7

Next 12 week Session April 14 – June 30

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

*After April 7 add \$10*

## YOGA/CHAIR YOGA

Instructor: Cynthia Smith

Thursdays 10:30 AM - WAIT LIST ONLY

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

Current Session ends May 7 Next Session TBD

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 30**

Next 12 week Session April 6 – June 29

RESIDENT FEE: \$66

NON-RESIDENT FEE: \$76

No Class 5/25

## 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 30**

Next 12 week Session April 6 – June 29

RESIDENT FEE: \$66

NON-RESIDENT FEE: \$76

No Class 5/25

## SENIOR TAP

Instructor: Denise Gehm

**Wednesdays 11 – 12 Noon**

**Current Session ends April 15**

Next 12 week session April 22 – July 8

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

*After April 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**

Current Session ends March 16

Next 12 Week Session April 6 – June 29

NO CLASS 5/25

**\*\*THURSDAYS 6:15 PM**

Current Session ends March 19

Next 12 Week Session March 26 – June 18

RESIDENT FEE: \$60

NON-RESIDENT FEE: \$70

## 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 April 16

Next 12 week Session April 23 – July 9

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

NO CLASS 3/19 & 4/2

*After April 16 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 17

Next 12 week Session March 24 – June 16

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

*After March 17 add \$10*

**Wednesdays 9:15 - 10:15 AM**

Current Session ends March 25

Next 12 week Session April 8 – June 24

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

*After March 25 add \$10*





## APRIL BIRTHDAYS

- 2 Rita Stevenson  
Katherine Harvey-Barr -  
Marilyn Wagner
- 4 Helen Keefe
- 8 Elizabeth Lawyer - Betty Lou Fields
- 9 Jane Lawrence
- 11 Ed Veaudry
- 14 Marge Adsitt - Eileen Amidon  
Loretta Thayer - Anne Konick
- 15 Linda Vishnesky - Joseph Medicis
- 16 Anne Page - Ruth Wolf -  
Harriet Hanlon -  
Kay Coon
- 17 Martha Barnett - Dick Kuhn  
Liliana Goldfain
- 18 Margaret Liberatore
- 19 William Purdy
- 21 Chuck Morehouse  
William Holloway
- 22 Margaret M. Wood - Carole Green
- 23 Joyce Carr - Anne O'Grady
- 25 Carol Mathews
- 26 William Smith - Jerry Holbrook  
Toni Crawford
- 27 Mary Dadey
- 28 Amy Wentling - Esther Wood  
Norma Taylor - Linda Hammerle
- 29 Peter Tatusko
- 30 Joanne Claeys

## MARCH BIRTHDAYS

- 2 Suzanne Moran
- 4 Thelma Hedges
- 8 Carla Reitz
- 13 Chris Swindler
- 14 Joanne Basta
- 15 Dawn Daggett - Leslie Walker
- 16 Nancy Sears
- 17 Corina Cannellos
- 18 Joe Trosky
- 19 Norma Tippet - Vince Aquilino  
Deb Galloway
- 21 H. Jane Matthews
- 22 Gloria Wright
- 27 Sue Kelly
- 28 Lynn Lunde
- 29 Eileen Witkowski
- 30 Nan Richmond - Donna Schwarz

### 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!**

