



DATE TO REMEMBER: HOLIDAY CLOSING

The Senior Center will be closed Monday May 25 for Memorial Day.

CATERED LUNCHEONS THURSDAYS - \$5

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

Baked Zita, Meatballs, Salad, Dessert!

Jilissa Vellake entertaining.

June 4 @ 12 Noon (sign up by Tuesday 6/2)

Grilled Hot Dogs, Salads, Dessert!

Rhythm n' Shoes entertaining

July 2 @ 12 Noon (sign up by Tuesday 3/30)

Pizza, Salad, Dessert!

Harvey Nusbaum/The Little Jazz Trio entertaining

PLEASE COMPLETE OUR SURVEY:

Help us out....We are very curious....

- How many years have you been coming to the Senior Center?
- What activity do you come for? Class, lunch, taxes, games?
- What is it that you like about our Senior Center?
- What would you like to add?

PASS THE ACE

Every Tuesday @ 12:50 PM (after lunch)

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

GAMES

Thursdays @ 1 PM

(Please arrive by 12:45 PM)

May 21; June 11 & 25; July 16

Check our calendar for the dates scheduled each month.

TECH HELP FROM THE OFL

Thursday June 4 from 11AM-12 Noon

Do you need help with your computer or your telephone? Would you like to learn how to take a picture or send a message? Chantel from the Onondaga Free Library can answer your questions. Drop by and meet with her.

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.

AAA DEFENSIVE DRIVING COURSE

ADVANCED REGISTRATION IS REQUIRED

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

Classes for 2026

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

Kristen is our Neighborhood Advisor. She assists with completion of medical applications and other forms and will provide 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.

MAH JONGG LESSONS

Thursdays 10 AM – 12 Noon

May 21, 28, 25 & June 4 & 11

Mah Jongg 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 Jongg League Cards. **FEE: \$8**



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

June 24, October 14



FREE
1 PM Thursdays

SENIOR PROGRAMS & CLASSES!

BOOK CLUB Mondays at 12:30 PM. Reading The Book of Lost Names, and The Last House on the Street.

DOMINOES Mondays from 1-3 PM.

KNIT & CROCHET A talented instructor will meet with you to help you with your projects. Call the Senior Center for an appointment.

LIBRARY We have a small library in our front entrance. Come in and browse and pick up a few books. We accept donations of clean used paperback books.

MAH JONGG Monday 1-3 PM. Advanced Beginners. Wednesdays 1-3 PM. Experienced players.

QUILTING GROUP "BUSY HANDS" Mondays 10AM-12 Noon. Our group works on many different projects together and has fun sharing and exchanging ideas.

POOL (Billiards) Our regulation size pool table is located on the lower level of the Senior Center!

WALKING PROGRAM

Walking at St. Michael's Parish Center is cancelled until May 19 because of the annual Church Rummage Sale, otherwise walk year round from 10 - 11 AM Tuesdays and Thursdays. Beginning May 5 through September, walking is available around the Brookdale Summerfield Residences (across from Santaro Park) from 9-11 AM.

If you have not completed your Medical & Emergency Information Form, please provide the following information to us. Name: Address: Phone No.: Emergency Contact: Doctor Name and Phone No.

Wii BOWLING Wednesday mornings at 10:30 AM.



The older I get I ask myself the really important questions like, "What in the world did I come here for!#!"

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 (if any).

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. ARRIVE ON TIME SO WE KNOW YOU ARE COMING!

PLEASE SIGN UP EARLY.

FOR OUR PLANNING, THE DEPOSIT AND HEADCOUNT ARE REQUIRED WEEKS PRIOR TO DAY OF TRIP.

ROCHESTER SPRINGTIME

Wednesday May 19

It's Spring. Take a short ride to Rochester... sit back...enjoy the sights. Tour the Lambertson Conservatory, a nationally renowned arboretum designed by Frederic Law Olmsted in beautiful Highland Park, (and if lucky, we will enjoy the lilacs on the Highland Park Hill). This historic estate is a significant ongoing effort with exhibitions of far off floral wonders that continue to delight generations. Its interiors have become known for quiet enjoyment as a tranquil destination or even a tropical respite. Enjoy lunch at The Hideaway Restaurant in the heart of Rochester, and from there we go to the George Eastman House. The historic mansion and beautiful gardens provide a glimpse into the life of one of the greatest American innovators and entertainers in the first decades of the twentieth century. Original furnishings and artifacts, careful reproductions, and beautifully restored landscape transport visitors to George Eastman's time. Lunch Choices TBD.

FEE: Residents \$85 Non-Residents \$90

Bus pick-ups:

Nedrow Fire Department – Arrive at 7:45 AM

Onondaga Senior Center – Arrive at 8:15 AM

Return approximately 6:00 PM

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. Enjoy lunch at Prison City Brewing before the show. Lunch choices at time of registration: Fried Boneless Chicken with Mashed Potatoes, Gravy, and Veggie; or Salmon Fillet, Warm Farro, and Asparagus; or Brewpub Burger with Cheddar, Carmelized Onions, Lettuce, Pub Sauce, Pickles, and House Fries. Meals include Brownie with Ice Cream and Beverage of choice.

FEE: Residents \$116 Non-Residents \$121

Bus pick-ups:

Nedrow Fire Department – Arrive at 10:00 AM

Onondaga Senior Center – Departs at 10:30 AM

Return approximately 5:30 PM

SHOW & GAMING @ TURNING STONE CASINO

Tuesday June 30

Join us for part musical theater, part tribute band performing *A TRIBUTE TO GREASE, SUMMER NIGHTS SHOW* at Turning Stone Casino, with songs, dances, costumes, characters and summer lovin! Upon arrival at the casino, you will receive \$25 Free Play, a \$5 Food Credit and a ticket for the show. Please provide at sign up: Either your Turning Stone Card # or your birth date and address. This is required by Turning Stone to get your Free Play \$'s. (Remember to bring your rewards card with you on the day of the trip!)

FEE: Residents \$67 Non-Residents \$72

Bus pick-ups:

Onondaga Senior Center – Arrive at 9:15 AM

Nedrow Fire Department – Arrive at 9:45 AM

Return approximately 6 PM

CORTLAND REPERTORY THEATER presents 9 to 5 the MUSICAL

Friday July 10

Enjoy a buffet lunch at Drumhins Country Club before our drive to Cortland Repertory Theatre for *9 to 5 the MUSICAL*, a funny and fiercely empowering show celebrating friendship and independence. Set in 1980, three sharp, capable coworkers have had it with their sexist, egotistical, lying, hypocritical bigot of a boss. What begins as a wild daydream suddenly becomes a real plan for revenge. The show is bold, big-hearted, and packed with fun.

FEE: Residents \$91 Non-Residents \$96

Bus pick-ups:

Onondaga Senior Center – Arrive at 10:15 AM

Nedrow Fire Department – Arrive at 10:45 AM

Return approximately 5:15 PM

CORTLAND ADVENTURE Wednesday July 29

Today we'll visit Little York Plantation that grows thousands of perennials, trees, shrubs, fruits and house plants, and creates various combinations of hanging baskets. It's a fun place to sit and enjoy the beauty of the plants and look at a wide variety of statuary, fountains, garden adornments, and planters,...and also to step back in time and discover treasures at their Antique Shop tucked away upstairs in the barn! In the afternoon we'll tour the 1890 House and learn about the Wickwire family and Cortland's industrial past where you are guided through America's Gilded Eras and into the Roaring 20s. They've made many changes and improvements and opened new spaces and exhibits. There is also a gift shop with antiques and collectibles. Enjoy a delicious lunch at Tinelli's Hathaway House with marble fireplaces and crystal chandeliers, and the beauty of their lovely garden. Your delicious lunch TBD.

FEE: Residents \$61 Non-Residents \$66

Onondaga Senior Center – Arrive at 9:15 AM

Nedrow Fire Department – Arrive at 9:45 AM

Return approximately 4:30 PM

REV THEATRE presents Rodgers & Hammerstein's CAROUSEL

Wednesday August 26

Carousel, a gripping tale of hope, redemption, and the power of love featuring the iconic song, You'll Never Walk Alone. It's 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. Lunch choices at time of registration: Yankee Pot Roast, whipped potatoes, vegetables; or Scrod Christopher, baked cod with cracker crust, rice, vegetable. Meals include Fresh Breads, Garden Salad, Cookies/Brownies, Coffee or Tea.

FEE: Residents \$116 Non-Residents \$121

Bus pick-ups:

Nedrow Fire Department – Arrive at 10:15 AM

Onondaga Senior Center – Arrive at 10:45 AM

Return approximately 5:30 PM

LAKE GEORGE IN THE FALL

Wednesday October 14

Enjoy this Adirondack Mountains trip with a narrated buffet luncheon cruise aboard the Lac du Saint Sacrement on beautiful Lake George. (We'll make a quick coffee/pit stop before entering the Adirondack's). Upon arrival at 11 AM, we'll board the boat, get settled, then have lunch and cruise from Noon to 2 PM. After dining, relax in your seat or head topside to enjoy the fresh air on the outer decks while traveling by beautiful mountain wilderness areas on the crystal clear waters of Lake George. Also to enjoy on board is live entertainment, a Snack Bar, Cocktail Bar and Gift Shop. After the cruise we will drive up Prospect Mountain for the spectacular view,

and end our day at Oscars Smokehouse in Warrensburg, NY. Oscar's is a family owned business with delicious products produced on the premises for over 70 years. The unique quality and flavor of Oscar's smoked meats have been tasted and enjoyed all over the world.

FEE: Residents \$94 Non-Residents \$99

Bus pick-ups:

Onondaga Senior Center – Arrive at 6:40 AM

Nedrow Fire Department – Arrive at 7:00 AM

Return approximately 7:45 PM

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! Upon arrival at the casino, you will receive \$25 Free Play, a \$5 Food Credit and a ticket for the 1 Hr. show. Please provide at sign up: Either your Turning Stone Card # or your birth date and address. This is required by Turning Stone to get your Free Play \$'s. (Remember to bring your rewards card with you on the day of the trip!)

FEE: Residents \$73 Non-Residents \$78

Bus pick-ups:

Onondaga Senior Center – Arrive at 9:15 AM

Nedrow Fire Department – Arrive at 9:45 AM

Return approximately 6 PM

EXERCISE WITH LIGHT WEIGHTS

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

Hand Weights are provided, 1,2,3,4,5 or 8 lb. Workout to a great video for your physical health and balance.

ART INSTRUCTION

Instructor: Thomas Hussey

Current Sessions end July 7

Next 12 week Sessions July 14 – September 29

****BEGINNER ART**

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

RESIDENT FEE: \$70

NON-RESIDENT FEE: \$80

****ADVANCED ART**

Tuesdays 9 AM - 12 Noon

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

After July 7 add \$10



ART EXHIBIT @ ONONDAGA FREE LIBRARY

Visit the library during the month of June to see our Tuesday morning Art Class exhibit on the 2nd level. Check it out!

CHI KUNG & TAI CHI

Instructor: David Dolbear

Current sessions end June 29

Next 12 week Sessions July 6 – September 28

No Class 5/25 & September 7

CHI KUNG

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.

RESIDENT FEE: \$66

NON-RESIDENT FEE: \$76

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.

RESIDENT FEE: \$66

NON-RESIDENT FEE: \$76

SENIOR TAP

Instructor: Denise Gehm

Wednesdays 11 – 12 Noon

Current Session ends July 8

Next 12 week session July 15 – September 30

RESIDENT FEE: \$48 (After July 8 add \$10)

NON-RESIDENT FEE: \$58

For all CLASS registrations, make checks payable to:

“TOWN OF ONONDAGA”

Register for our programs online at

parks.townofonondaga.gov

or in person at the Senior Center.

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 June 29

NO CLASS 5/25

****THURSDAYS 6:15 PM**

Current Session ends June 18

Next 12 Week Sessions Begin in September

RESIDENT FEE: \$60

NON-RESIDENT FEE: \$70

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 June 16

Next 12 week Session June 23– September 8

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After June 16 add \$10

Wednesdays 9:15 - 10:15 AM

Current Session ends June 24

Next 12 week Session July 1 – September 16

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After June 24 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 and/or wear your sneakers. Beginners welcome.

Current Session ends July 16

Next 12 week Session July 23 – October 8

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After July 16 add \$10

NO CLASS 7/30

YOGA/CHAIR YOGA

Instructor: Cynthia Smith

Thursdays 10:30 AM

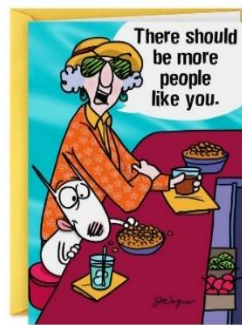
Gentle yoga/chair yoga suitable for all. Bring your mat or wear your sneakers. The benefits are many.

May 14 – July 9

RESIDENT FEE: \$32

NON-RESIDENT FEE: \$42

Next session begins in September



THANK YOU!

We are so lucky to be surrounded by kind, generous, helpful people who spend time with us, have fun with us, and share with us each week making for many great times together!



MAY BIRTHDAYS

- 1 Marion Hurnberger Mary Ellen Malone - Rita White
- 2 Laurel White - Dominick Venuti
- 3 Monica Scott
- 4 Barbara Martin - Caroline LaTray Patricia Fox - Debra Roberts
- 6 Delores Bottrill - Julie Hoppmann
- 7 Maureen Moore - Vivian Hetzel
- 8 Jean Bednarski - Julie Sass
- 9 Anne Volcko – Ray Leubner – Lucille Jones
- 10 Dorothy McIntyre – Phyllis Lorenz
- 11 Nancy Lewis
- 12 Irene Lawton
- 13 Giovanna Bernardon - Sharon Miller Shirley Mollica
- 14 Nancy Campagna
- 15 Lyle Bartlett
- 16 Lois Cole
- 17 Nancy Venuti
- 18 Marion Albright - Teresa Punch Ron Grismore
- 20 Helen Jones - Kathy Gibson
- 21 Nancy Baranello - Dorothy Graser
- 22 Faith Purdy
- 23 Laura Schuyler - Betsy Price Cheryl Schmelling
- 25 Magdalena Schwartz
- 26 Hazel Rittenhouse
- 27 Ruth Curry
- 31 Anthony Waggoner

JUNE BIRTHDAYS

- 1 Rosemary Briggs
- 2 Mary Jane Cooney
- 3 Rosanna Roberts - Julia
Greene
- 4 Diane Cooter
Mary Kalil - Mark Gibson
- 6 Joan Ferrara - Merilee Palerino
- 9 Ida Goldstein
- 10 Marion Harr - Betty Whaley - Vijay Law
- 11 Connie Fortugno
- 12 Nancy Mandarino – Ellen O’Hara
Airea Mosher - Pat Pirro
- 13 June Marsh - Bette Cargen
- 14 Michael Calvello – Margaret Ball
- 15 Howard Carr, Jr.
- 17 Cynthia Kogler - Virginia Stamey
Kathleen Michel



- 19 Maryanne Gesel - Mary Winsor
- 20 Leslie Voorhest
- 21 Jackie Elliott - Mark Williams
- 23 Anne Evans – Tim Schmelling
- 22 Janice Tanner
- 24 Sue Appel
- 25 Margit Toth
- 27 Joyce Reeves – Diane Knowlton
- 28 Bill Jacobsen
- 29 Janice Smith – Margaret Schultz
- 30 Maureen Hartnett
- 31 Johanna Hanna



