



HOLIDAY CLOSING

The Senior Center will be closed Friday July 3 for the Fourth of July Holiday.

PROTEIN FOR HEALTHY AGING

July 1 @ 11AM

Join us for a Nutrition Education Session Presented by Amanda W., a Dietetic Intern

ALL ARE WELCOME! Stay strong and energized!

Learn:

- Why protein matters as we age
- How much you need
- Easy, affordable protein foods
- Simple ways to add protein to meals & snacks



CREATED BY VECTORPORTAL.COM

Lets Play Pitch

Wednesday's 1 PM!

One of the requests from our survey asked to have a card day. Let's get this off the ground and play each week. The Mah Jong players set up here and we'd love to have cards too!



A couple other requests from our survey!.....
'Big slot machines' and 'Booze'!

Did you fill out a survey form? We are still interested in hearing from you. Pick up a form in the office and answer a few questions! It's fun and informative hearing from you!

On July 4, 2026, our nation will commemorate and celebrate the 250th anniversary of the signing of the Declaration of Independence, ...a historic milestone.



CELEBRATE AMERICAS 250TH ANNIVERSARY WITH US!

Thursday July 2 @ 12 Noon (sign up by Tuesday 6/30 - \$5)

Pizza, Salad, and Strawberry/Blueberry Shortcake for Dessert! Harvey Nusbaum/The Little Jazz Trio entertaining, and more fun!

Wear your red, white and blue. We'll have a contest and give a prize to the best dressed/most patriotic!

STEAL BINGO PARTY!

Thursday August 6 @ 12 Noon
(sign up by Tuesday 8/4 - \$5)

Deli Lunch, with Turkey, Ham, Rye Bread, Salad, and Dessert!

Join the fun after Lunch and
You Could Win a Prize!

It's not your average Bingo Game!!



September 3 @ 12 Noon
(sign up by Tuesday 9/1)

Zita, Meatballs, Salad, Dessert!

After Lunch, Karaoke with
Bob Sealey and Joe Mingin!

What's your favorite song to sing. We'll be collecting your requests during the week so Joe can add your song to the line-up. Come and join in!

TABLE SALE

Beginning Monday July 20, we will be collecting items for our Rummage Sale. The sale opens Tuesday August 4. If you have any useful items too nice to toss, we'll have fun selling them here at the Center! (No big items like furniture). We love your donated treasures!



TECH HELP FROM THE OFL

Thursday August 6 from 11AM-12 Noon

Would you like to learn how to take a picture or send a message? Drop in and meet with Chantel from the Onondaga Free Library to answer your questions.

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 12PM THURSDAY for the following week.**

Cancelling lunch? Be sure to call the lunch line and 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

October 9, November 13

PAYMENT:

Make your check payable to AAA for \$39 due when registering for class. 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

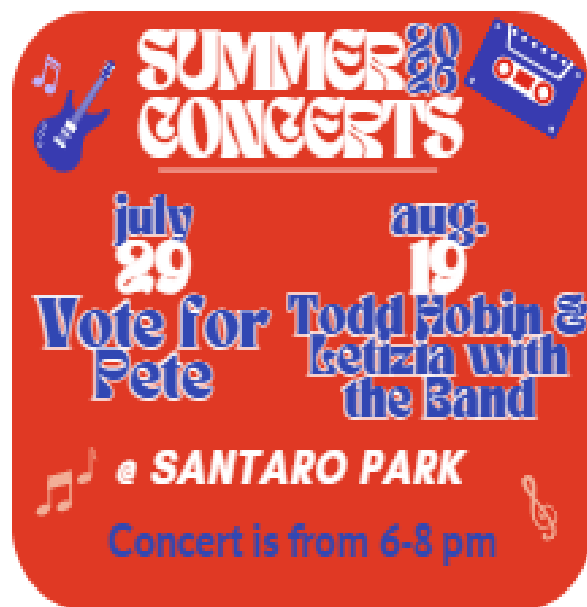
Our Neighborhood Advisor assists with completion of medical applications and other forms and will provide guidance to services for: Healthcare, Transportation, Legal Advice, Housing, Nutrition, Socialization and Caregiver Information, along with providing info about programs such as SNAP, SS Income, EPIC, HEAP. Call the Senior Center for an appointment to meet, or for immediate assistance, contact the Salvation Army Office directly, 315 479.1125 or (c)315-907.2715.

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

October 14



- ❖ Bring your own lawn chair to relax & enjoy live music!
- ❖ Activities for kids! Food Truck!
- ❖ Fundraising event for town Fire Department

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)

July 16 & 30; August 20

Check our calendar for the dates scheduled each month.

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

SENIOR PROGRAMS & CLASSES!

BOOK CLUB Mondays at 12:30 PM.

DOMINOES Mondays from 1-3 PM.

KNIT & CROCHET Call the Senior Center for an appointment with our talented instructor.

LIBRARY Browse our shelf in the front entrance of the Senior Center and pick up your next 'read'.

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

QUILTING GROUP "BUSY HANDS" Mondays 10AM-12 Noon. Stop by and see just how 'busy' this group is!

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

WALKING PROGRAM

Walk at St. Michael's Parish Center year round from 10 - 11 AM Tuesdays and Thursdays, and 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 Come in and bowl with our regulars, Wednesday mornings at 10:30 AM.

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!**

CORTLAND REPERTORY THEATER

presents 9 to 5 the MUSICAL

Friday July 10

Enjoy a buffet lunch at Drumlins 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

TOUR HISTORIC WADSWORTH HOMESTEAD, LETCHWORTH PARK & MORE!



Wednesday September 16

Travel through Western New York to Wadsworth Homestead and tour the home situated on a pastoral 300-acre property overlooking the Genesee Valley and neighboring Genesee's Historic Landmark Main Street. Massive oak trees and green fields surround this elegant manor house built by the Wadsworth family in 1804 and remains in their ownership to this day. Our lunch will be at Brians USA Diner in Mt. Morris before our guided tour of beautiful Letchworth State Park. We'll stop at the Castile Cider Mill, offering locally made pastries, bread, jellies, jams, honey, honeycomb, and cheese. We will enjoy their cider and a donut before heading home. Lunch Choices: (to be chosen at time of sign-up) Chicken Souvlaki Dinner - Greek Chicken, Rice, Small Greek Salad, Pita, or Roasted Turkey – Slow Roasted Turkey over Stuffing and topped with Gravy and Mashed Potatoes, or House made Lasagna topped with Red Sauce and Parmesan Cheese

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

Bus pick-ups:

Nedrow Fire Department – Arrive at 7:30 AM

Onondaga Senior Center – Arrive at 8:00 AM

Return approximately 7:15 PM

LAKE GEORGE IN THE FALL

Wednesday October 14

TRIP FULL – WAIT LIST ONLY

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

CHI KUNG & TAI CHI

Instructor: David Dolbear

Mondays July 20 – October 19

No Class September 7 & October 12

****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: \$72

NON-RESIDENT FEE: \$82

****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: \$72

NON-RESIDENT FEE: \$82

ART INSTRUCTION

Instructor: Thomas Hussey

Current Sessions end July 7

Next 12 week Session August 4 – September 20

****BEGINNER ART**

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

RESIDENT FEE: \$84

NON-RESIDENT FEE: \$94

****ADVANCED ART**

Tuesdays 9 AM - 12 Noon

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

After July 28 add \$10

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**

****THURSDAYS 6:15 PM**

Both evening sessions will resume Mid September.

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.

Next 12 week Session August 6 – October 29

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After July 30 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

Session June 23 - September 15

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

(After June 16 add \$10)

NO CLASS 7/7

Wednesdays 9:15 - 10:15 AM

Current Session ends July 1

Next 12 week Session July 15 – September 30

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After July 8 add \$10

SENIOR TAP

Instructor: Denise Gehm

Wednesdays 11 – 12 Noon

July 15 – September 30

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

(After July 8 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.

September 24 – December 17

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

After September 17 add \$10

EXERCISE WITH LIGHT WEIGHTS

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

A video is shown for your workout with hand weights provided, 1,2,3,4,5 or 8 lb.



How does a patriotic baker
celebrate Independence Day?
By making lots of "red, white, and
blue-berry" pies!



JULY BIRTHDAYS

- 1 Lois Delaney
- 4 Nancy Dowling
- 6 Pat Shattell
- 7 Bernes Wagner – Marian Black
- 9 Anna Ciccarelli – Diana Murphy
- 10 Catherine Toomey
- 13 Carol Kelly
- 14 Joe Fielding
- 15 Jack Roche
- 17 Barbara Milligan
- 18 Lynne Watson – Dottie Herzog
- 19 Mary Ellen Berg
- 20 Karen Peck – Ruth Parmenter
Sonja Sorensen
- 21 Betty Marando
- 22 Lory Black
- 25 Joyce Fall – Mary Funsch
Cynthia Christopher
- 26 Marlene Bistrovich - Diana Sands
- 27 Janice Russell
- 30 Marge Dickinson – Helen Birch
Susan McMahon

AUGUST BIRTHDAYS

- 1 Virginia Reilly - Fredi Shapiro
- 2 John Murphy Jr.
- 3 Mary Sperling – Ann Kronner
- 4 Dorris Harvey
- 5 Clara Prokolkin - Joyce Kimmell
Marty Shapiro
- 9 Barbara Martin
- 11 Keith Sherwood – Alice Esterguard
- 12 Mary Anne Johnson – Mary Anne Fairchild
- 14 Lois Darmody
- 16 Robert Lasher - Josephine Thomas
- 18 Donna Destefano
- 19 Joe Watson
- 20 Louise Milano – Ronnie Bernazzani
Ann Dlugozima – Jack Salisbury
Andrea Evingham
- 21 Maryanne Valenti
- 22 Anita Doss – Ligory Fernandes
- 23 Marge Horner - Joanne Stevens
- 24 Theresa Hartnett – Helen Keller
Arlene Cooke
- 25 Marian Leuzze
- 26 Eva Jurgensen
- 27 Jackie Trosky
- 28 Rosemary George
- 29 Margaret Fernandes
- 30 Gail Nielsen
- 31 Jane Carroll – Marion Flynn
Irma Pastorello