

HOLIDAY CLOSING

The Senior Center will be closed Monday September 7 on Labor Day, and October 12, Columbus Day.



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!

CATERED LUNCHEON THURSDAY - \$5

October 1 @ 12 Noon (sign up by Tuesday 9/29)
Chicken Tenders, Mac & Cheese, Salad, Dessert;
Rock Shadows Band entertaining!



HALLOWEEN PARTY Thursday October 29

Dress in your Halloween costume & attire and enjoy the fun!

Arrive by 11 AM for the costume parade and judging at 11:30.

We'll take pictures before lunch so don't be late! Everyone dressed in costume has a chance to win a Prize! After lunch enjoy music provided by a friendly DJ!



This will be a regular
P.E.A.C.E. lunch - \$3.50.
Call the lunch line to
sign up.



TABLE SALE

Thank you to all who donated to our table sale! It's been another fun event. We appreciate your participation.....and, its still going on!



MAKE A SCARECROW DOOR HANGER

Wednesday September 30, 1-2:15 PM



Come create a festive fall scarecrow door hanger in this fun and creative class! You'll leave with a handmade decoration perfect for your front door. All materials are provided—just bring your laughter and enjoy the fun!

FEE: \$25 Town of Onondaga Residents

\$30 Non-Residents

MIN: 6/MAX: 12 After September 23 add \$10



FREE LUNCH FOR VETERANS OF ALL U.S. MILITARY SERVICES

Thursday November 19

Veterans, you are invited to be our guest for a FREE P.E.A.C.E. lunch in honor of your military service (all non-veterans \$3.50). Your lunch is paid for by the Friends of the Onondaga Seniors. Call the lunch line for your reservation. Before and after lunch view a veterans memorabilia display and enjoy more entertainment.



LEARN TO DANCE

Instructor: Sue Shockey
October 5 – December 28
10-11AM (12 weeks)

Come and join our Dance Class for an hour of fun and relaxation. You'll learn how to Cha Cha, and other dances you request. This is a FREE class. Sign up required. No Class October 12



MAHJONG LESSONS

Thursdays 10 AM – 12 Noon

October 8, 15, 22 & November 5

Mah Jong 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 American Mah Jong League Cards. **FEE: \$8**

PEACE 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.

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 Date October 14

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.

TECH HELP FROM THE OFL

Thursday October 15 from 11AM-12 Noon

Meet with Chantel from the Onondaga Free Library for tech support for your computer, laptop or mobile device.

HEADING SOUTH FOR THE WINTER?



Please alert our staff. Delivery of your *Senior Gazette* will be stopped for the months you are away.

PASS THE ACE

Every Tuesday @ 12:50 PM (after lunch)

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

We have a large group of players having a grand time each week!



Thursdays @ 1 PM

(Please arrive by 12:45 PM)

September 10 & 24; October 15; November 5

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

Cards Anyone??

Wednesday's 1 PM!

One of the requests from our survey asked to have a Card day. We have been waiting... hoping for some players.

SENIOR PROGRAMS & CLASSES!

BOOK CLUB Mondays at 12:30 PM.

Current Reads: The Paris Library: a novel by Janet Skeslien Charles; The Henna Artist by Alka Joshi.

DOMINOES Mondays; play begins at 1 PM.

KNIT & CROCHET Our very talented instructor can teach you and help you with your projects. Call the Senior Center for an appointment to meet.

LIBRARY Located in the front entrance of the Senior Center, our library is brimming with books. Come and check it out. You can donate your paperback books to our collection. Folks enjoy browsing and picking up a good 'read.'

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

QUILTING GROUP "BUSY HANDS" Mondays 10AM-12 Noon. Our seniors create many quilts during the year for charitable donations.

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

WALKING PROGRAM Walk at St. Michael's Parish Center year round from 10-11 AM Tuesdays and Thursdays. Walking is also available around the Brookdale Summerfield Residences (across from Santoro Park) from 9-11 AM thru September.

Please complete a Medical & Emergency Information Form providing the following information: Name: Address: Phone No.: Emergency Contact: Doctor Name & Phone No. Form can be picked up and dropped off at the Senior Center.

Wii BOWLING Wednesday mornings at 10:30 AM.

DAY TRIPS

Sign up at the Senior Center. Before sending in your check, call the Center to make sure trip is not filled. Include with check: name of person(s) taking trip, your phone #, 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!**

Nedrow folks, please park at the northeast end of the NFD parking lot along the fence.

HISTORIC WADSWORTH HOMESTEAD TOUR, LETCHWORTH PARK & MORE!

Wednesday September 16

TRIP FULL – WAIT LIST ONLY

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

TRIP FULL – WAIT LIST ONLY

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

Life's journey is like a bus ride. Companions may join for varying lengths, but each adds a unique flavor to the adventure!



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!

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.

EXERCISE WITH LIGHT WEIGHTS

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

Work out to a video with a fun class. Use hand weights provided, 1,2,3,4,5 or 8 lb.



SENIOR TAP

Instructor: Denise Gehm

Wednesdays 11 – 12 Noon

Current Session ends October 21

Next 12 week session October 28 – February 3

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

(After October 21 add \$10)

No Class November 11& 25; December 23

CHI KUNG & TAI CHI

Instructor: David Dolbear

Current Sessions end October 26

Mondays November 2 – January 18

****CHI KUNG 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.

****TAI CHI (Intermediate) 2 - 3 PM**

Instructor: David Dolbear

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 (each session)

NON-RESIDENT FEE: \$82 (each session)

ART INSTRUCTION

Instructor: Thomas Hussey

Current Sessions end October 20

Next 12 week Session TBD

****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

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



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 & THURSDAYS 6:15 PM**

**Both evening sessions will resume the week of 9/21.
Sign up for class begins August 31.**

RESIDENT FEE: \$60

NON-RESIDENT FEE: \$70



**IF WE ARE WHAT WE EAT, THEN
MAYBE I SHOULD CUT BACK ON THE
PRUNES!**

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 October 29

Next 12 week Session TBD

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

ZUMBA GOLD

Instructor: Marie Thornton

Tuesdays & Wednesdays

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

****Tuesdays 9-10 AM**

Current Session ends September 15

Next 12 week Session TBD

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

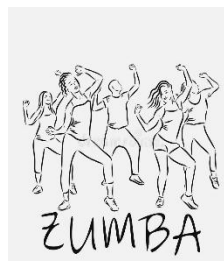
****Wednesdays 9:15 - 10:15 AM**

Current Session ends September 30

Next 12 week Session TBD

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58





SEPTEMBER BIRTHDAYS

4	Dorris Harvey
5	Patricia D'Agostino
6	Mary Pierce
7	Charlotte Goodison
9	Rita Beard – Marilee Jones Linda Jackson
10	Dian Moran – Brian Madigan
11	Janet Clark
12	Irene Sobecki
18	Annie Sistrunk – Mary Lou Sobon
19	Sue Smacher – Patricia Dailey
23	Helen Shaffer – Ken Lawrence
25	Pat Naughton
26	Christine Pari
28	Barbara McCarthy – Shirley McNamara
29	Joseph Palmer

OCTOBER BIRTHDAYS

1	Ruth Holbrook - Lilyana Ivanova
5	Frank Witkowski
6	Caroline Bartlett
7	Mary Duffy – Joan Moosbrugger
8	Pam Price
9	Mary Wallace – Linda Kelly
10	Theresa Geraets - Marcia Wheeler
13	Karen Felshaw
15	Audrey Kerswell – Al Williams
16	Mary Holloway
17	Carol Jacobson - Pete Poppe Carolyn Webster
18	Janice Evans
19	Kathy Pine
20	Arlene Farsaci - Bernice Wynn
21	Linda Hance
22	Pat Antos
25	Barbara Newmiller - Oran Annable Carole Bossuot
26	Eileen Burke - Jane Kinney
27	Sylvia Watt
30	Carolyn Kocher
31	Clifford Sperling