TOWN OF ONONDAGA SENIOR CENTER

NOVEMBER/DECEMBER 2026 SENIOR GAZETTE

Barbara Michalski, *Senior Coordinator*

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



HOLIDAY CLOSING

The Senior Center will be closed November 11, 26 & 27, for Veterans Day & Thanksgiving; December 24, 25 & 30, 31 for Christmas/ New Year Holiday.

ALERT!

There will be no PEACE lunch the week after Christmas. On Monday and Tuesday December 28 & 29 we encourage you to bring a bagged lunch or plan lunch to share with each other. Coffee and tea will be provided. Activities will still be held, i.e. Art, Exercise, Dominoes, Pass the Ace, Mah Jong etc.

The Senior Center/Recreation Office will be open for business transactions only Wednesday and Thursday December 30 & 31.



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.

CATERED LUNCHEON THURSDAY - $5

December 10 @ 11:30 AM (sign up by Tuesday 12/8)

An Assortment of Hor' Doeurves for lunch; dessert;
The Band 'Clear' entertaining!

January 7 @ 12 Noon (sign up by Tuesday 1/5)

Deli Sandwich, Salad, Dessert: Jilissa Vellake entertaining!

FUNNY CHRISTMAS SWEATER, or ANY UGLY SWEATER DAY!



Tuesday December 22

Wear a unique sweater for another eventful day at the Senior Center. It could be an old Christmas sweater or any silly sweater that brings out fun Spirit! We'll be the judge, and the best one will win a prize!

NON-RESIDENT 2027 SIGN-UP
'SENIOR GAZETTE' NEWSLETTER

***NON-TOWN OF ONONDAGA RESIDENTS CAN RECEIVE OUR BI-MONTHLY NEWSLETTER FOR A $10/YEAR SUBSCRIPTION FEE.**

***FREE NEWSLETTERS ARE NOT AVAILABLE IN THE OFFICE.* IF INTERESTED, PLEASE FILL OUT THE REGISTRATION FORM AND MAIL OR BRING IN WITH A CHECK PAYABLE TO THE TOWN OF ONONDAGA.**

***TOWN OF ONONDAGA RESIDENTS WILL CONTINUE TO RECEIVE THE NEWSLETTER FREE AS LONG AS THEY ARE ON OUR MAILING LIST. YOU DO NOT NEED TO SEND THIS FORM IN.**

NAME(S)_____

ADDRESS_____

_____

BIRTHDATE_____

(IF YOU WANT TO BE ON THE BIRTHDAY LIST…YEAR NOT NEEDED)

MAIL TO:
TOWN OF ONONDAGA
4834 VELASKO RD
SYRACUSE, NY 13215

WELLNESS WEDNESDAY
LEARN ABOUT UTI's



Wednesday November 4 @ 12:30 PM

"Join us for a quick and engaging session led by a family nurse practitioner on urosepsis—what it is, why it matters, and the warning signs you shouldn't ignore. We'll break down how a urinary tract infection can become more serious, who may be at higher risk, and when it's time to seek medical care. The session will be easy to follow, practical, and focused on information you can actually use. Come learn, ask questions, and enjoy refreshments with us!" *(Urosepsis is sepsis originating from the urinary tract, most commonly from an untreated UTI)*

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.**



I'm not naughty, I'm just filled with Christmas spirit!!

HEAP: HOME ENERGY ASSISTANCE PROGRAM

Based on your monthly gross income, you may receive one regular HEAP benefit per program year to help pay for heating your home. The program may help you pay for: electricity, gas, oil, coal, propane, wood/wood pellets, corn, or kerosene. Even if your heat and utilities are included in your rent, HEAP may be able to help you.

2026-2027 HEAP Benefit Gross Monthly Income

HOUSEHOLD SIZE	MAXIMUM GROSS MONTHLY INCOME
1	$3,563
2	$4,659
3	$5,756

Appointment Date TBD to receive help applying for your benefit. If you have received your application in the mail, fill it out at home and bring it with you to your meeting.

SENIOR ASSISTANCE COUNSELING

Our Neighborhood Advisor assists with completion of medical applications and other forms. Provides guidance to services: Healthcare, Transportation, Legal, Housing, Nutrition, Socialization, Caregiver Information, along with 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.

TABLE SALE

Thank you to all who donated items, and to those that shopped at our table sale. We collected close to $400 to be used for various activities and purchases for the Seniors!

TECH HELP FROM THE OFL

Thursday December 17 from 11AM-12 Noon

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



MEDICARE 101

Thursday November 12 @ 10AM

Join us and take advantage of a Q & A with Erika to answer your Medicare questions.

And for the computer savvy, check out the Medicare Website for 2027 Health Plan Comparison.

https://www.medicare.gov/plan-compare/#/?lang=en&year=2026

AAA DEFENSIVE DRIVING COURSE

ADVANCED REGISTRATION IS REQUIRED

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

Last Class for 2026

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.

1 PM Thursdays Popcorn!



ENJOY OUR COCOA BAR
Thursday
December 17 12:45 PM

Make your own hot cocoa and enjoy a cookie treat!

LEGAL AID SOCIETY OF MID-NY

No appointments available until 2027.



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!

HOLIDAY GAME SCHEDULE

During the months of November and December, because of the holidays, there is a temporary change in our calendar. On three different dates, Bingo will be on Wednesdays. (*Just trying to get all the fun in!!*)

BINGO

@ 1 PM (Please arrive by 12:45 PM)

Thursday November 5

Wednesdays November 18; December 9 & 23

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. Current Read: *The Last Train to London* by Meg Waite Clayton.
DOMINOES Mondays 1 PM.
KNIT & CROCHET Interested in how to knit or crochet? Call the Senior Center for an appointment to meet with our talented instructor and learn your new craft!
LIBRARY Come and check out the 'library' shelf located in the front entrance of the Senior Center. You can donate your paperback books to the collection and bring home a few of ours.
MAH JONGG Monday 1-3 PM, Advanced Beginners. Wednesdays 1-3 PM, our years of experienced players.
QUILTING GROUP "BUSY HANDS" Mondays 10AM-12 Noon. Drop off your left over fabric and quilting supplies for this group to make items for charity.
POOL (Billiards) A regulation size pool table is located on the lower level of the Senior Center. Come and play!
WALKING PROGRAM Walk at St. Michael's Parish Center from 10-11 AM Tuesdays and Thursdays. Stay warm and safe inside out of the winter weather.
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 Every Wednesday morning at 10:30 AM.

Cards Anyone??

Unfortunately we haven't had much of a turnout for card playing. Let's Keep Trying...I know there are folks that want to play!

DAY TRIPS

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

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
Use hand weights provided, 1,2,3,4,5 or 8 lbs. and work out to an video instructor.

SENIOR TAP

Instructor: Denise Gehm
Wednesdays 11 – 12 Noon
Current Session ends February 3
RESIDENT FEE: $48
NON-RESIDENT FEE: $58
No Class November 11& 25; December 23

CHI KUNG & TAI CHI

Instructor: David Dolbear
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**
Characterized by soft, slow, and continuous movement. Physically it promotes pliability, improved cardio-vascular 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)

STRENGTH & STRETCH

Instructor: Marie Thornton
MONDAYS 6:15 PM
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.
Current session ends December 21
Next Session December 28 – March 29
(Sign-up begins December 7)
RESIDENT FEE: $60
NON-RESIDENT FEE: $70
No Class December 7

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.
October 29 – February 4 (Max 15 - Full)
No Class November 26; December 3 & 24

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 December 8
Next 12 week Session December 15 – March 2
(Sign-up begins November 23)
RESIDENT FEE: $60
NON-RESIDENT FEE: $70

****Wednesdays 9:15 - 10:15 AM**
Current Session ends December 30
Next 12 week Session January 6 – March 24
(Sign-up begins December 14)
RESIDENT FEE: $60
NON-RESIDENT FEE: $70
No Class November 11

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 December 17 (Max 15 – FULL)
Next Spring Session TBD
No Class November 12 & 26
Make-up day for November 12 class:
Monday November 16 @ 11:15AM

ART INSTRUCTION

Instructor: Thomas Hussey
Current Sessions end October 20
Next 12 week Sessions November 3 – January 12
****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

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!

LEARN TO DANCE

Instructor: Sue Shockey
Continuing thru December 28, 10-11AM
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.



NOVEMBER BIRTHDAYS
1 Darlene Salsgiver
2 Dave McPeak – Robert Osman
3 Elaine Gardinier
4 Cheri Roe
6 Martha Lischak - Marge Delaney
11 Maureen Hartnett
13 Barbara Highbrown - SallyJo Easton
14 JoAnn Williams
18 Debbie D'Antonio
20 Frances Payette
23 Phyllis Sherwood – Phyllis Randall
25 Linda Runge
27 Sharon Armstrong - Virginia DeBenedictis
29 Sharon Mullen



DECEMBER BIRTHDAYS
3 Liz Beebe – Kathy Roche – Mary Keegan
4 Ella Ramsden
5 Melissa Calhoun – Dick Sheeran
8 Florence Grates – Julia M. Graser
9 Karen Balduzzi – Connie Gray
12 Jacky LaPenna - Sonia Soults - Edna Mosher
15 Phyllis Lorenz – Lucia Davis - Caroline LaTray Betty Holtz
18 Joyce Small
20 Demaris Dominick – Betty Worden
22 Christine Wheeler-Sumner - Judy Bryant
23 Sharon Adamski
24 Doris Miller
25 Carol Vollmer
26 Cara Kirkby
27 Virginia Seida
28 Connie Past - Judy Davis
30 Anne Lloyd
31 Eduarda Bossers



Annual Autumn Coloring Contest for Adults

Don't miss out on our 5th Annual Autumn Coloring Contest! You could win a prize!

Enter between November 1 – November 20

The coloring page can be found on our website or picked up at our office. All submissions should be mailed to or dropped off at the Town of Onondaga Parks & Rec. Office, 4834 Velasko Road.





Thankful to all who have been kind,…..
in sharing and in friendship…..

Wishing you a healthy, happy holiday season
from all of us at the Onondaga Senior Center…..
Barbara, Charry, Jennifer,
Trisha, and Joe