



4834 Velasko Road, Syracuse, NY 13215  
townofonondaga.com

SEPTEMBER/OCTOBER 2018

# SENIOR GAZETTE

Barbara Michalski, Senior Coordinator  
(315) 469-3464

**HOLIDAY CLOSING:** The Senior Center will be closed Labor Day, Monday September 3 and Columbus Day, Monday October 8.



## DICE GAME

**Tuesday September 18 & October 16 @ 1 PM**  
*Left Center Right* is a dice game of chance! Bring 6 quarters to play with. You could win the pot!  
If you are not having lunch at the Center please arrive by 12:45 to form tables.

## FLU SHOT CLINIC IN SEPTEMBER

**Thursday September 27 11:45 AM – 1 PM**

Walgreen Pharmacy is offering a Flu Shot Clinic at the Senior Center. No appointment is necessary, just remember to bring your Medicare card with you.



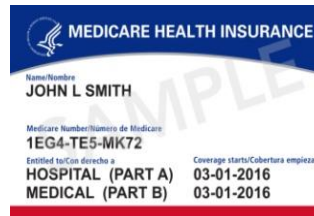
## THE PAIN REVOLUTION: RETHINK, RE-ENGAGE, RECOVER!



**Tuesday October 9 @ 1 PM**

Are you in persistent pain or know someone who is? What if you could retrain your system to recover from your pain? Not manage it. Not deal with it. Recover from your pain. You can return to work, hobbies, playing with children, grandchildren, and your life.

Want to learn how? Hear Dr. Julie Hughes, a Pain Recovery Coach talk about how to manage pain. Attend this one-hour program to learn about pain and how you can start your path to recovery.



## NEW MEDICARE CARDS ARE BEING MAILED NOW FOR NEW YORK STATE RESIDENTS

Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.

## WATCH OUT FOR SCAMS

MEDICARE WILL NEVER CALL YOU uninvited and ask you to give personal or private information to get your new Medicare Number and card.

Scam artists may try to get personal information (like your current Medicare Number) by contacting you about your new card.

If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call 1-800-MEDICARE (1-800-633-4227).

## CATERED LUNCHEONS

Sign up in the Senior Center Office for Catered Luncheons. Payment is due at sign-up.

**Thursday September 6 - \$5 Sign up by Tuesday 9/4**  
Roast Chicken and Potatoes, Salad, Dessert; Rhythm n' Shoes entertaining

## SENIOR GAZETTE REGISTRATION ALERT

**NON-RESIDENTS.** Be looking next month for the 2019 *Senior Gazette* sign-up form. You can also access the *Senior Gazette* on the Town of Onondaga website @ <http://www.townofonondaga.com/parks>

## TOWN OF ONONDAGA RESIDENTS:

If you wish to continue receiving your newsletter call the Senior Center or stop in the front office to update our mailing list. This will add your name to our new list beginning with the November/December issue.

IF WE DO NOT HEAR FROM YOU YOUR NAME WILL BE DELETED AND YOU WILL NOT RECEIVE THE GAZETTE.



## HEADING SOUTH FOR THE WINTER?

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

Thursday October 4 - \$5 Sign up by Tuesday 10/2  
Froggers Pizza, Zita, Meatballs, Salad, Dessert;  
Lori Wilber entertaining. She sings Patsy Kline songs  
and more!

**NO CATERED LUNCH IN NOVEMBER**



**Wednesday October 31 @ 11:30 AM**

Come join our Halloween festivities!

Costume Contest! Games! Prizes!

**COSTUME JUDGING WILL BEGIN @ 11:45 AM.**

**PLEASE ARRIVE EARLY IN YOUR COSTUME FOR A CHANCE TO WIN A PRIZE!**

This will be a regular P.E.A.C.E. lunch - \$3.

Call the lunch line to sign up at 315.469.3259.



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

**Thursday November 8**

Veterans, you are invited to  
be our guest for a FREE

lunch in honor of your military service. (All Non-Veterans \$3) Your P.E.A.C.E. Inc. lunch is paid for by the Friends of the Onondaga Seniors. Call the lunch line for your reservation.

**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. Appointments for a single individual are one-half hour; one hour for couples. First appointment 10 AM, last appointment 1:30 PM. Call to schedule an appointment for September 11 or November 13.

**SENIOR ASSISTANCE SERVICES  
PROVIDED BY SALVATION ARMY**

Appointments are available with an Adult Care Manager at the Senior Center on Tuesdays September 18 and October 16, 12:30 - 2:30 PM for one on one counseling re: **HEAP**; Food Stamps; Lifeline Telephone Program; Veterans Benefits; Meals On Wheels; Housing Subsidies; Home Repairs and Weatherization; Caregivers; Tax Assistance; Pantries; and Social Day Programs. Call the Center to schedule your appointment. If you need immediate assistance call the Salvation Army directly at 315.479.1152.

**AARP SMART DRIVER COURSE**

Anyone 50+ is eligible to take this one day course. The course includes learning to handle adverse driving conditions and traffic hazards. Discussions on the effects when driving, of aging and medication usage. Registrants will receive an insurance reduction averaging \$40 per year for 3 years, and a point reduction of up to four points on the participant's driver's license (if you already have points).

**BRING TO THE CLASS:**

\*YOUR AARP CARD with the membership #. (This is required on the form you fill out to submit to AARP)

\*Your current drivers license

\*Pen/pencil

\$20 AARP member – \$25 non-member

**Checks are payable only to AARP**

Class time: 8:45 AM – 4 PM; Lunch: 12 - 12:30 PM

**Senior Center Doors open at 8:30 AM**

Bring a bagged lunch (NOTHING THAT NEEDS TO BE MICROWAVED!) Coffee and Tea provided.

**2018 Class Dates - October 19, November 9**  
**ADVANCED REGISTRATION IS REQUIRED**

**BOWLING @**

**MARCELLUS LANES**

Bowling leagues start Tuesday, September 4 at Marcellus Lanes. The cost is \$8 each week. You can still join. For information call John Harris, 315.673.1123.



**ONGOING AT THE SENIOR CENTER**

The following activities are available to all Seniors.

**^CARDS FOR FUN**

**BRIDGE** played Mondays and Wednesdays 1-3 PM.

Subs always needed!

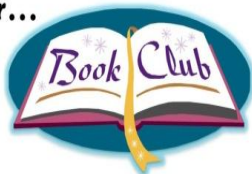
**PINOCHLE** played Mondays 1-3 PM. Come in before 1 PM to form a group. They could use more players!

**^DOMINOES** played Mondays from 1-3 PM each week.

### **^KNIT & CROCHET**

If you would like to learn to knit or crochet, or you just need a brush-up course, call the Senior Center and leave your name and #. You can meet with our instructor Diane at the Center. Supplies are available for you to practice on. She'll also help you with projects you are having trouble with.

*Book Club is  
for...*



*...you!*

**BOOK CLUB** meets Monday afternoons at 12:45 PM. An interesting book is chosen and divided up so you read one book a month. Each week you'll meet and discuss the chapters you've read. Discussion questions are provided to trigger your

recollection of the incidents happening within the story. Join our group. More folks make for a more interesting discussion!

**^LIBRARY** – Come in and browse our library located in the front entrance of the Center. Take a few books home to enjoy, and you can bring in clean, used paperback books to be added to our shelves. No hard cover books please.

**^KLASSY RED HATTER'S** have an outing each month at local restaurants, along with meetings held at 1:15 PM at the Senior Center on most 1<sup>st</sup> Tuesdays of the month. Call the Center to see when they are meeting so you can join in too.

**^MAH JONGG** played Wednesdays 1–3 PM. Experienced players welcome! Join them!

**^POOL (BILLIARDS)** - Check out our Pool Room! The men meet 1-3 PM each day to play and are looking for more competition! The Pool Room is open for use mornings and afternoons.

**^Wii: BOWLING, TENNIS & GOLF** - is played anytime upon room availability. Wednesday morning around 10:30 AM, before lunch, a group always gathers to play! We have some great bowlers with great scores, and sometimes not so great!

**“BUSY HANDS”** - Mondays from 10 - 12 Noon. The members QUILT, knit, crochet, cross stitch, and embroider. They all work on different projects and share ideas with each other.

### **DONATIONS: WE COLLECT:**

\*\* BOX TOPS FOR EDUCATION  
benefit the Onondaga Central



Rockwell/Wheeler Middle School PTO.

\*\*BYRNE DAIRY RECEIPTS purchase free ice cream for lunches and parties!

\*\* CANNED AND NON-PERISHABLE ITEMS accepted for donation to a local food pantry.

\*\* YARN used for knitting and crocheted items made as charitable projects and for our Seniors to enjoy.

\*\*ALUMINIUM PULL TABS from food and soda cans for the Shriners Hospitals for Children.

### **ONGOING WALKING PROGRAM**

**Tuesdays & Thursdays from 9 – 11 AM (summer hours)**

Thru the month of September walk outdoors at Brookdale at Summerfield located across from Santaro Park on Velasko Rd. You can walk on a quiet path that circles the building. Beginning October 2 thru the month of April walking resumes at St. Michael's Parish Center located behind the rectory. Stop by the Senior Center and fill out a Medical & Emergency Information Form if you are interested in joining the group.



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**Thursdays @ 1 PM**

*(Please arrive by 12:45 PM)*

September 13 & 27; October 18; November 1

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

### **ONGOING CLASSES - JOIN AT ANY TIME**

#### **ART INSTRUCTION**

Instructor: Thomas Hussey

#### **BEGINNER (Oil Painting)**

**Tuesdays 12:30 – 2:30 PM**

Current Session thru November 13

NO CLASS October 2

Next 12 week Session:

November 20 – February 19

*After November 13 add \$10*

NO CLASS DECEMBER 25 & JANUARY 1

RESIDENT FEE: \$90

NON-RESIDENT FEE: \$100

Contact Tom at [wthussey@gmail.com](mailto:wthussey@gmail.com) or 315.253.5288 for information regarding supplies for class.

#### **ADVANCED**

**Tuesdays 9 AM - 12 NOON**

Current Session thru November 6

NO CLASS October 2

Next 12 Week Session:

November 13 – February 12

*After November 6 add \$10*

NO CLASS DECEMBER 25 & JANUARY 1

RESIDENT FEE: \$66

NON-RESIDENT FEE: \$76

## **EXERCISE.....FIT AFTER FIFTY**

Instructor: Midge Regier

**Tuesdays 10 - 11:00 AM**

Current Session thru October 23

NO CLASS October 9

Next 12 week Session:

October 30 – January 29

*After October 23 add \$10*

Resident Fee: \$24

Non-Resident Fee: \$34

Exercise to music to increase strength and mobility.

## **CHAIR YOGA**

Instructor: Diane Zarzecki

**Fridays 10-11 AM**

First 5 Week Session:

September 21 – October 19

*After September 14 add \$10*

Next Sessions:

October 26 – November 30

*After October 19 add \$10*

December 7 – January 4

*After November 30 add \$10*

Resident Fee: \$25 (each session)

Non-Resident Fee: \$35

Come enjoy the benefits of yoga. Practice right from your chair. Improve your flexibility, strength, balance and mental focus. In these classes Diane presents variations and options for postures so that each student can learn comfortably and participate fully. *Bring your own mat, or we have mats available.*

## **EXERCISE WITH LIGHT WEIGHTS**

**Thursdays 10:30 - 11:15 AM**

Exception: NO EXERCISE CLASS

September 6 & October 4 BECAUSE

OF THURSDAY LUNCHEONS. MAKE UP CLASS IS 10 AM FRIDAY September 7 & October 5.

FREE...This is an ongoing class, following a video, stretching, and exercises using hand weights



## **TAI CHI / CHI KUNG**

Instructor: David Dolbear

**CHI KUNG - Thursdays 11 - 12 Noon**

A Chinese Exercise meaning Therapeutic Breathing Exercise for Health, involving simpler movements and breathing to reduce stress and promote pliability, improved pulmonary and cardiovascular function. Chi Kung can be done sitting in a chair or standing. This is a beginner class for anyone who wishes continuing on to Tai Chi.

**TAI CHI - Thursdays 12 Noon - 1 PM**

Characterized by soft, slow and continuous movement. Physically it promotes pliability, improved cardiovascular and pulmonary function, improved posture and 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 thru September 20

Next 12 Week Session:

September 27 – December 20

*After September 20 add \$10*

RESIDENT FEE: \$60 (Each Class Session)

NON-RESIDENT FEE: \$70

*Maximum 14 participants in each class.*

## **DAY TRIPS!**

THE BUS LEAVES ON TIME. PLEASE ARRIVE 20 MINUTES PRIOR TO DEPARTURE SO WE KNOW YOU ARE COMING. 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.

If you require assistance to get around, YOU WILL NEED A TRAVEL COMPANION TO ACCOMPANY YOU AND PROVIDE THE PROPER HELP YOU NEED.

Sign up at the Senior Center or send a check for payment. Include with check: name of person(s) taking the trip, and 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.

## **MOHEGAN SUN @ POCONO DOWNS**

**Wednesday September 12**

Take a 'gamble' at the Mohegan Sun Casino.

Incentives: You will receive \$25 in Free Play and a \$5 food coupon. Please bring a valid State/Federal issued photo ID with you on day of trip.

We'll stop for coffee/snack before arriving at the Casino, and we'll play a couple games of Bingo on the way there too!

FEE: Residents \$29 Non-Residents \$34

Bus pick-ups:

Onondaga Senior Center – Depart at 8:15 AM

Nedrow Fire Department – Depart at 8:30 AM

Return approximately 7:45 PM

## **MERRY-GO-ROUND PLAYHOUSE presents**

**BEE HIVE**

**Tuesday September 25**

(TRIP FULL – WAIT LIST ONLY)

FEE: Residents \$70 Non-Residents \$75

Bus pick-ups:

Nedrow Fire Department – Depart at 10:15 AM

Onondaga Senior Center – Depart at 10:45 AM

Return approximately 5:15 PM

## **LAKE GEORGE FALL DAY**

**Wednesday October 17**

(TRIP FULL – WAIT LIST ONLY)

Bus pick-ups:

Onondaga Senior Center – Depart at 7:00 AM

Nedrow Fire Department – Depart at 7:15 AM

Return approximately 8:00 PM

## **TALES & TAILS**

**Friday November 2**

Join us for a drive to the Memorial Day Museum in Waterloo NY, where visitors are immersed in a story that was born out of the unimaginable death toll of the Civil War and are taken, room by room, panel by panel through the story of the origins of Memorial Day, and those responsible for its founding in Waterloo in 1866, and the changing face and meaning of this somber holiday down to the 20th century. Waterloo is the only federally recognized birthplace of Memorial Day and they are proud to interpret this reflective holiday for the many visitors to the museum. After our visit enjoy lunch at Parker's Grille in Seneca Falls. Then we are off to the White Deer Experience with Military Mysteries, in Romulus. We'll take a 90-minute, narrated trip (on our coach bus with a tour guide), behind the fences of the former Seneca Army Depot to see the world's largest herd of white, white-tailed deer, other wildlife, and the relics of 60 years of secret weapons storage. Visit one of the 519 earth-covered concrete igloos that stored everything from pistol cartridges to tactical missiles, from conventional bombs to nuclear warheads. You're never guaranteed where the mystical white deer will be, but our guide knows the best locations and will stop for pictures as they appear. This is your opportunity to see the hidden world and experience the magic of the white deer yourself. On our way home we'll stop at the Amish Sauders Store in Seneca Falls. Lunch Choices: Baked Scrod (baked with ritz cracker topping, served with slaw and potato); Chicken Parmesan (served over pasta with house salad and garlic bread); or Mediterranean Pasta (olive oil, wine, kalamata olives, roasted red peppers, artichoke hearts, feta cheese, served over linguini) and salad; all with Beverage, and Dessert.

FEE: Residents \$54 Non-Residents \$59

Bus pick-ups:

Nedrow Fire Department – Depart at 8:30 AM

Onondaga Senior Center – Depart at 8:45 AM

Return approximately 5:30 PM

## **ALL SHE WANTS FOR CHRISTMAS**

**@ THE BEECHES**

**Wednesday November 28**

Enjoy a delicious buffet lunch followed by a great

show filled with the glorious sounds of the season to fill you with the spirit of Christmas joy at The Beeches Inn & Conference Center in Rome, NY.

It's Christmas Eve and Mrs. Claus is home with the elves awaiting the return of Santa while giving the in's and out's and daily operations of Santa's workshop. All of the holiday cheer is quickly put aside when Santa is caught in a terrible winter storm which threatens his return home for the first time ever! This Christmas show is packed with all of your holiday favorite songs and a few Broadway hits too, performed by Enchante Cabaret, a professional performing arts company that tours throughout the US.

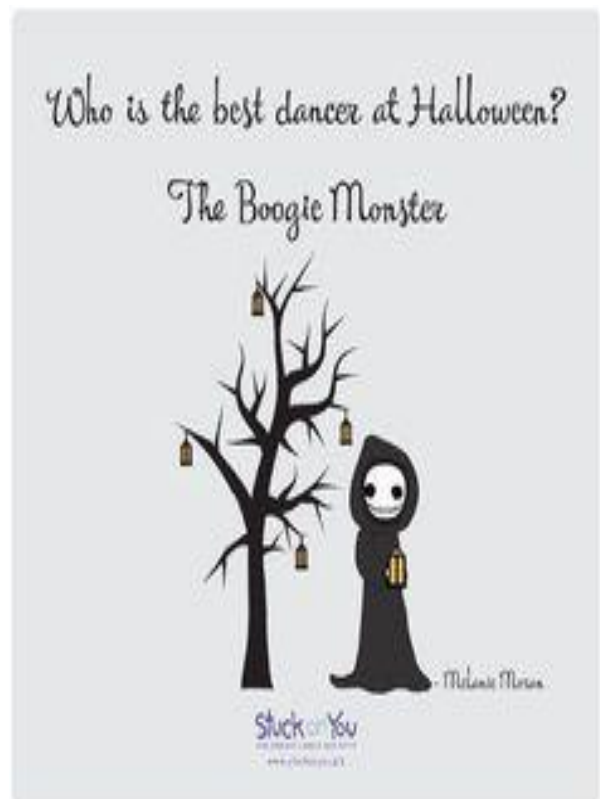
FEE: Residents \$52 Non-Residents \$57

Bus pick-ups:

Onondaga Senior Center – Depart at 10:00 AM

Nedrow Fire Department – Depart at 10:15 AM

Return approximately 5:00 PM



TOWN OF ONONDAGA SENIOR CENTER  
4834 VELASKO ROAD  
SYRACUSE, NY 13215  
Phone: 315-469-3464  
Fax: 315-469-2816

TIMED MATERIAL!  
PLEASE DO NOT DELAY!



Welcome to the Town of Onondaga



**NEWS FROM THE TOWN OF ONONDAGA HISTORICAL SOCIETY (TOHS)**

Upcoming programs of the Town of Onondaga Historical Society will continue to deal with Split Rock and the 1918 explosion.

\*\*\*September 25 - Tuesday evening at 7:00 PM in the Town Hall. Rich Miller will discuss the early settlers of Split Rock.

\*\*\*October 23 - Tuesday evening at 7:00 PM in the Town Hall. Rich Miller will discuss Solvay Process operations at Split Rock between 1890-1911.

All programs are held in the Town Hall, 5020 Ball Road, Onondaga Hill. The public is invited and refreshments will be served. For more information contact [Town of Onondaga Historical Society](#) or phone 315-214-2383.



**GIRLFRIENDS!**

It was a 'Puckered Shirt' Party at the Center. And no two alike!!

What a fun day it was!

It just happens....

Jo, Brenda, Gen, Marge, Lucille, Aggie,  
Betty, Marie, Jane, Joyce, Lois,  
Margaret, Carol, Betty