



4834 Velasko Road, Syracuse, NY 13215  
315-469-3464 townofonondaga.com

Dear Seniors,

*We are blessed....I am blessed...to be in the company of the best senior citizens. Our friends that come here daily are the most giving, sharing, helping, and caring. We are so very lucky to have each other. Every day you all bring a smile to my face, and I hope when you leave here you have a smile on yours too!*

## TRICKS & TREATS HALLOWEEN PARTY



THURSDAY, OCTOBER 27

Arrive by 11:15 AM for the costume contest and a chance to win a prize! This will be a regular P.E.A.C.E. lunch - \$3.50. Call the lunch line 469-3259 to sign up. Come & join the festivities!

### CATERED LUNCHEONS

THURSDAY SEPTEMBER 8

\$5 Sign up by Thursday September 1;  
Turkey Dinner with all the trimmings;  
Clear (4 piece band) entertaining!

THURSDAY OCTOBER 6

\$5 Sign up by Monday October 3;  
Pizza, Zita, Salad, Dessert;  
Ron Schlie and Friends entertaining!

**NO CATERED LUNCH IN NOVEMBER**



### ARE YOU HEADING SOUTH FOR THE WINTER?

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

### HOLIDAY CLOSINGS

The Senior Center will be closed Labor Day, September 5 and Columbus Day, October 10.

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



THURSDAY, NOVEMBER 10

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.

## IT'S GAME TIME!

### LEFT CENTER RIGHT (LCR)

Tuesdays @ 12:50 PM (AFTER LUNCH)

SEPTEMBER 13 & 27; OCTOBER 11 & 25

It's a dice game of chance! Bring 6 quarters to play. You could win the pot! If you are not having lunch at the Center, please arrive by 12:45 PM to form tables. No experience necessary! It's an easy game to play!! Check the calendar for the next play dates.

### BINGO!

Thursdays @ 1 PM (Please arrive by 12:45 PM)  
SEPTEMBER 1, 22; OCTOBER 13

Check our calendar for other dates added throughout the year.

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



### TABLE TOP JEWELRY SALE!

What a sale we had. There are a few items left and folks still shop every day....but, we are winding it down. We have made over \$500! Wonderful!! Thanks to all of you who have donated and shopped and enjoyed our table displays!

# DAY TRIPS

Sign up at the Senior Center. Make check payable to Onondaga Seniors. Include with check: **name of person(s) taking the trip, your phone number, date of trip, bus stop, menu choice (if any)**. 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 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.

**PLEASE BE SURE TO ARRIVE 20 MINUTES PRIOR TO DEPARTURE SO WE KNOW YOU ARE COMING!**

## **MERRY-GO-ROUND PLAYHOUSE PRESENTS STATE FAIR Tuesday September 6**

**FEE: Residents \$83 Non-Residents \$88**

**Bus pick-ups:**

**Nedrow Fire Department - Departs at 10:30 AM**

**Onondaga Senior Center - Departs at 11:00 AM**

**Return approximately 5:30 PM**

## **MUSIC AND GAMING @ TURNING STONE CASINO Thursday September 29**

Join us for a Tribute to the Legendary Music of The Beach Boys, Beatles, Bee Gees, & Motown at the Turning Stone Casino. Upon arrival at the casino you will receive \$25 Free Play and a \$5 Food Coupon. The matinee show starts at 1 PM for a 1 Hr. show. (All guests will need to show proof of vaccination in order to enter the showroom.)

**FEE: Residents \$49 Non-Residents \$54**

**Bus pick-ups:**

**Onondaga Senior Center - Departs at 8:45 AM**

**Nedrow Fire Department - Departs at 9:00 AM**

**Return approximately 5:15 PM**

## **SENECA LAKE SCENIC CRUISING Wednesday October 12**



Come cruise with us on a lovely Fall day! We'll drive the scenic route to our first stop, the Ginny Lee Café at Wagner Winery on Seneca Lake. After lunch sit out on the deck, walk by the pond, and wander over to the Wagner Winery where you can wine taste (on your own) and peruse the gift shop! From there we venture to Watkins Glen to take a Captain Bill's sightseeing cruise on the lake. On the way home enjoy the ride and a favorite stop at Sauder's Store, an authentic Mennonite market with Pennsylvania Dutch meats and cheeses, baking supplies, candies, spices, produce, and more!

Buffet Lunch includes Soup; Bread/Rolls; Garden Salad, Penne Pasta with Marinara and Alfredo Sauces; Marinated and Grilled Boneless Breast of Chicken; Dessert; Coffee, Tea, Iced Tea & Pink Lemonade.

**FEE: Residents \$55 Non-Residents \$60**

**Bus pick-ups:**

**Nedrow Fire Department - Departs at 9:00 AM**

**Onondaga Senior Center - Departs at 9:30 AM**

**Return approximately 6:00 PM**

# ONGOING ACTIVITIES

**CARDS FOR FUN** - Mondays and Wednesdays 1-3 PM. Bring your group and play cards here at the Center.

**BOOK CLUB** meets Mondays at 12:30 PM. A new book is read each month with a discussion about the chapters you've read each week.

**DOMINOES** played Mondays from 1-3 PM.

**KNIT & CROCHET** - Our instructor will help you with your projects or teach you new skills. Call the Center and leave your name and # to schedule a time to meet.

**LIBRARY** - Our library located on shelves at the front entrance of the Senior Center has many paperback books for anyone to take. We welcome donations to add to our collection. (No hardcover books). Come in and browse our collection.

**MAHJONGG** - An experienced group meets Wednesdays 1-3 PM. Come in and start a table with your group!

**POOL (Billiards)** - Play pool on our regulation-size table any time of day.

**Wii: BOWLING** - Folks play each Wednesday morning at 10AM for some fun competition.

**'BUSY HANDS' QUILTING/NEEDLEWORK GROUP** Meet Mondays from 10 - 12 Noon. We have a lively, caring, sharing group that donate their time and creations to charity. If you have any fabric donations for them, bring it to the Senior Center on Monday morning when they meet.

## WALKING PROGRAM

Walking has resumed at St. Michael's Parish Center located behind the rectory, from 10 - 11 AM Tuesdays and Thursdays. Walking at the Center now continues summer and winter! Thank you to St. Michael's Parish for opening up their Center for our group. Through the month of September there is still walking at Brookdale Summerfield from 9-11 AM. Stop by the Senior Center and fill out a Medical & Emergency Information Form if you are interested joining in.

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## DONATIONS

BYRNE DAIRY RECEIPTS | CANNED & NON-PERISHABLE  
ITEMS FOR FOOD PANTRY | YARN | ALUMINUM PULL TABS

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# SENIOR ASSISTANCE SERVICES

Private counseling is available regarding:

- HEAP
- Food Stamps
- Lifeline Telephone Program
- Veterans Benefits
- Meals on Wheels
- Housing Subsidies
- Home Repairs and Weatherization
- Caregivers
- Tax Assistance
- Pantries
- Social Day Programs

Call the Senior Center and we'll have our counselor Patrick call you to schedule an appointment to meet at the Center. If you need immediate assistance call their Salvation Army Office directly, 315.479.1125.

## “LET’S TALK ABOUT MEDICARE PLANS” WITH THE DEPARTMENT OF AGING Tuesday, October 4, 10:30 - 11:30 AM

A representative from the Department of Aging will be at the Senior Center to give an overview regarding how to make the best choice and decide what health plan is best for you. She will share information regarding medical bills, health insurance policies, Medicare prescription drug coverage, and explain why it's important to review your plan at this time.

**Medicare Open Enrollment  
begins October 15 and this is  
the time you can switch  
health plans.**



## HEALTH INSURANCE INFORMATION COUNSELING & ASSISTANCE PROGRAM (HIICAP)

Counseling includes medical bills, health insurance policies and Medicare prescription drug coverage. Call the Department of Aging directly, 315.435.2362. They will work with you over the phone to help you decide what Health Insurance Coverage is right for you.

## NUTRITION COUNSELING

from the Department of Aging is available for you in the privacy of your own home or at the Senior Center. Call 315.435.2362 for an appointment.

# PROGRAMS

## Zumba Gold

Instructor: Marie Thornton

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

Perfect for older adults looking for a lower intensity zumba class.

**Current Session thru Nov. 9**

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

*After September 1 add \$10*

## Strength and Stretch

Instructor: Marie Thornton

**Mondays 6:15 PM**

This class will be split into sections of strength for arms, legs and abs. Use light weights, no heavier weights. Work up to heavier weights if you don't have experience strength training. There will be a flexibility section and a meditation cool down.

Muscle mass for women is very important, especially after the age of 30, as your muscle starts to deteriorate. This can lead to a loss of stability and weight gain as you get older. Strength training is very important to build muscle mass and counteract this loss after 30. This class is for all levels. We can modify for a beginner and make it more advanced for those who want that. Bring a mat. Lets do this together!

**Sept. 12 - Dec. 5**

**(12 week session)**

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

## Beginner Senior Tap

Instructor: Denise Gehm

**Wednesdays 10:30 - 11:30 AM**

**Sept. 7 - Oct. 26 (8 week session)**

RESIDENT FEE: \$24

NON-RESIDENT FEE: \$34

*After September 7 add \$10*

## Fit after Fifty

Instructor: Diane Zarzecki

**Tuesdays 10 - 11 AM**

Exercise to music to increase your strength and mobility. Use a chair for support; listen to the oldies; and feel healthy and happy.

**Sept. 13 - Nov. 29**

**(12 week session)**

RESIDENT FEE: \$36

NON-RESIDENT FEE: \$46

*After September 6 add \$10*

## Advanced Art

**Tuesdays 9 AM - 12 Noon**

Current Session thru Sept. 13

**Next 12 week Session:**

**Sept. 27 - Dec. 13**

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

*After September 20 add \$10*

## Beginner Art (Oil Painting)

**Tuesdays 12:30 - 2:30 PM**

Current Session thru Sept. 13

**Next 12 week Session:**

**Sept. 27 - Dec. 13**

RESIDENT FEE: \$90

NON-RESIDENT FEE: \$100

*After September 20 add \$10*

\*Max 12 participants in class

Instructor: Tom Hussey

## Exercise with Light Weights

**Fridays 10 - 10:50 AM**

FREE ONGOING CLASS following the best video. Great stretch & exercise using hand weights.

## Meditative Movement

Instructor: Marie Thornton

**Mondays 9:00 - 10:00 AM**

Join us for a class that is a fusion of flow movements, yoga, pilates, balance, stretching, and energy body balancing. This class is about movement, stretching, strengthening and breathing, with an ending meditation used for the purposes of health, wellness and harmony. We do get on the floor towards the second half of class. Any moves that are not for you can be modified. Bring a yoga mat.

**Sept. 12 - Dec. 5**

**(12 week session)**

RESIDENT FEE: \$48

NON-RESIDENT FEE: \$58

*After September 5 add \$10*

## Chair Yoga

Instructor: Evelyn Dumanian

**Thursdays 9 - 10 AM**

This class offers a gentle supported yoga practice. Participants are either in a seated position or standing using a chair for needed support. The benefits are many and the focus is increased strength, flexibility, & balance. Learning simple chair yoga postures benefits all those who sit in a chair for work, or who may have balance of physical limitations that require more support. Class opens with a five minute centering that calms the body and ends with a 5 minute meditation to provide techniques for relieving stress. Come join us for movement and community with friends.

**Sept. 8 - Dec. 1**

**(12 week Session)**

RESIDENT FEE: \$36

NON-RESIDENT FEE: \$46

*After September 1 add \$10*

# TAI CHI/CHI KUNG

Instructor: David Dolbear

*You can join a Chi Kung or Tai Chi class at anytime. Your fee will be prorated.*

## Chi Kung

### Mondays 1 PM

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.

Current Session thru October 17

**Next 12 Week Session: Oct. 24 – Jan. 30**

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

*After October 17 add \$10*

## Tai Chi

### Mondays 2 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. Promotes concentration, relaxation, self confidence and overall improvement in the function of the central nervous system.

Current Session thru November 28

**Next 12 Week Session: Dec. 5 – Mar. 20**

RESIDENT FEE: \$72

NON-RESIDENT FEE: \$82

*After November 28 add \$10*

## MAH JONGG LESSONS

**Tuesdays 10 AM – 12 Noon**

**September 13, 20, 27 & October 4**

Mah Jongg is a game for four players that originated in China. Mah Jongg involves skill, strategy, and calculation as well as a certain degree of change. Depending on the variation which is played, luck can be anything from a minor to a dominant factor in success. 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**



A big congratulations goes out to a few of our Art Class members who submitted their paintings to the New York State Fair Fine Arts Division and had their work selected for display! It's a very competitive competition each year and quite an honor to be selected. Exceptional! They are so talented...

**Deb Tomashunas, Accepted**

**Jerry Holbrook, Accepted**

**Christine John Kirby, Accepted & Honorable Mention**

**Sherry Grabowski, submitted five works and all were awarded including a first-place ribbon**

## P.E.A.C.E. INC.

### SENIOR LUNCH PROGRAM

Lunch is served each week Monday through Thursday at 12 Noon. Lunch is \$3.50 for any senior 60+, and \$7 for anyone under 60. Pay the day you come for lunch. 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.

LUNCH RESERVATIONS SHOULD BE IN BY 12:30 PM Thursday for the following week.

**Call the lunch line at 315.469.3259  
for reservations.**

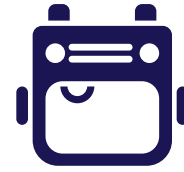
## CALL-A-BUS TRANSPORTATION

What is Call-a-Bus? It's a Centro Bus program that provides coordinated ride-sharing transportation for people with disabilities or that don't drive on their own. Call-a-Bus is coordinated transportation, meaning you may be riding in a specially marked Call-A-Bus vehicle, or vendor minivan. It's ride sharing meaning you will be riding in a vehicle along with other passengers. Call-a-Bus Service requires the driver to meet you at the curb of your trip origin and transport you to an accessible curb at your trip destination. Upon advanced request, the driver will assist you from the outer door of your origin to the outer door of your destination. Drivers will assist customers with boarding and exiting vehicles as well as securing mobility devices. Upon request drivers will provide assistance with limited packages.

Call-A-Bus provides transportation to eligible people who are unable to ride Centro transit buses. Fares are \$2 - \$3 each way.

**To request an application: Contact them daily: 8:00 AM - 5:00 PM, 315.442.3400. They'll mail you an information packet & application.**

Look inside for the new October trip!



**TIMED MATERIAL!  
PLEASE DO NOT DELAY!**

Fax: 315-469-2816

Phone: 315-469-3464

SYRACUSE, NY 13215

4834 VELASKO ROAD

TOWN OF ONONDAGA SENIOR CENTER

**PRSRRT STD  
U.S. POSTAGE PAID  
SYRACUSE, NY  
PERMIT NO. 586**

### SEPTEMBER BIRTHDAYS

- 2 Charles O'Neil - Yvette Guilfoil
- 4 Dorris Harvey
- 5 Patricia D'Agostino
- 6 Mary Pierce
- 7 Jane Whitney - Lillian Kompf -  
Charlotte Goodison  
Bill Lynch
- 8 Maria Harfman
- 9 Rita Beard - Marilee Jones - Linda Jackson -  
Arlene Petrivelli
- 10 Dian Moran - Ellie Monroe
- 11 Janet Clark - Elizabeth Harris
- 12 Irene Sobecki
- 13 Arlene M. Adams - Jo Lukacs
- 16 Ethel Oree
- 17 JoAn Feyerabend
- 18 Annie Sistrunk - Mary Lou Sobon
- 19 Ethelyn McArthurs - Carol Hill - Kathleen Wagner
- 20 Patricia Dailey
- 22 James Hamilton
- 23 Helen Shaffer - Ken Lawrence
- 24 Joseph Wilson - Jean Podkowinski - Mary Mullally
- 25 Shirley Carter - Ruth Roy - Pat Naughton -  
John Harris
- 26 Patricia Roth - Alice Fitch - Christine Pari
- 27 Betty Lyle - Linda Otis
- 28 Barbara McCarthy
- 29 Genevive Gilbo - Joseph Palmer

### OCTOBER BIRTHDAYS

- 1 Ruth Holbrook - Lilyana Ivanova
- 4 Jane Nogash - Stephen Pidkowinski
- 5 Laura Cross - James Mullen - Frank Witkowski
- 6 Yvonne Caine - Caroline Bartlett - Jane Gilheney
- 7 R. Peter Clarke - Joan Moosbrugger
- 8 Barbara Johnson - Chet Bartkowski
- 9 Mary Wallace - Linda Kelly
- 10 Theresa Geraets - Marcia Wheeler
- 11 Walter Quinell - BettyJane Ottinger
- 13 Karen Felshaw - John Feeney
- 15 Audrey Kerswell
- 16 Mary Holloway
- 17 Carol Jacobson - Pete Poppe - Marigrace Crème -  
Carolyn Webster
- 18 Janice Evans
- 19 Kathy Pine - Arlene Lancaster - John Thornton
- 20 Arlene Farsaci - Bernice Wynn
- 21 Linda Hance
- 22 Mary Schiavone - Pat Antos
- 23 Joan Clifford - Sandra Smith
- 25 Donna Watson - Barbara Newmiller -  
Oran Annable - Carole Bossuot
- 26 Eileen Burke - Elizabeth Gutches - Jane Kinney
- 27 Sylvia Watt
- 29 Anne Sheridan - Deb Aquilino
- 30 Lucille Tully - Carolyn Kocher
- 31 Clifford Sperling