

**ALL PROGRAMS ARE  
SUBJECT TO CHANGE  
AT THIS TIME!**

5924 Lathrop Dr.  
Cicero, NY 13039  
Tel: 315-452-3298  
cicero.recdesk.com  
ARyan@ciceronewyork.net

**Center Staff**

Alexandra Ryan  
Nancy Noble  
Margaret Hauenstein

**Center Hours**

Varies, Please Call Ahead

**Center Closings**

April 2nd-Good Friday  
May 31st-Memorial Day

**Youth Bureau,  
Parks & Recreation Staff**

Teresa Roth, Director  
Linda Adams  
Danielle Kepler

**CanTeen Staff**

Toni'Lyn Brauchle  
Amy Crowley

**Park Staff**

Bill Alley  
Bill Lawrence  
Mike Hogan  
Zac Hyde

In coordination with our 30th anniversary, we will be giving back every quarter throughout the year to a local organization to help support their cause!



**This quarter we are supporting The CanTeen!**



The CanTeen may be reaching a crossroads, one they haven't seen in a few years. The program is at serious risk of losing critical funding which would impact their ability to remain open and continue serving/supporting our teens as a result of this pandemic.

They need your help!!

See page 2 for more information!

**Billiards Room Announcement!**

We are happy to announce that our billiard room is now open for daily use. Hours will be **1:00 pm to 3:00 pm, Monday thru Friday**. There are COVID guidelines that must be followed and are posted in the room. Please let us know in advance that you are coming!



**Inside this Issue:**

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**Parks & Recreation Commission**

Lori Lake-Toms, Chairperson  
Ruth Beasley, Vice Chairperson  
Tracy Blair-Funnell  
Jim Corl, Jr  
Joanne Heim  
Thomas Stimson  
Heather Wieland

**Town Board**

Bill Meyer, Supervisor, Dept. Liaison  
Mike Becallo, Councilor  
Judy Boyke, Councilor  
Jonathan Karp, Councilor  
Nancy White, Councilor

## SUPPORT THE CANTEEN!

A note from The CanTeen staff;

First we would like to take a moment to say thank you to our community members and the NSCSD for their support!

NY State is struggling with their own financial crisis as a result of the COVID-19 pandemic, forcing them to make cuts to youth services programming, like the CanTeen. We won't have a clear picture of exactly what this looks like until the budget is passed. In the meantime, we, as a community need to be proactive!

We HAVE NOT given up on this program or our teens!! From the moment this pandemic began, the CanTeen staff has maintained relationships with our community teens both virtually and, once safe, in person following safety protocols and guidelines. Our teens are going to need the support of youth programs (like the CanTeen) on the other side of this pandemic more than ever!! We are seeing it every day in our interactions with teens; they are struggling with a variety of mental health and social issues. Our deepest appreciation to you all!!

## WHAT CAN YOU DO TO HELP??

Please voice your support of the CanTeen. You can contact state and local representatives in support of this program.

Additionally, donations can be made to the "Friends of the CanTeen". Monetary donations can be brought or mailed to the Senior Center. They can also be made Online at [www.canteency.com/support/donate/](http://www.canteency.com/support/donate/)

Are you an Amazon shopper? You can add the [Friends of the CanTeen](#) on AmazonSmile and .5% of each order will go to the CanTeen. Here's how to do that:

From a desktop computer –

Go to [smile.amazon.com](http://smile.amazon.com). Then go to **YOUR ACCOUNT** select **Change your CHARITY** (and add the Friends of the CanTeen)

From a mobile device –

Go to [smile.amazon.com](http://smile.amazon.com). Then select **Change your CHARITY** from the options at the bottom of the page (and add the Friends of the CanTeen)



# BIRTHDAY/ANNIVERSARY CELEBRATIONS



At this time we will not be celebrating birthdays with a cake monthly; however, we still want to acknowledge and wish a very happy and healthy birthday to all of you who have an upcoming birthday!



## April Birthdays

2nd Michael Gafrancesco  
 3rd Sandra Muratore  
 8th RoseAnn DeFeo  
 Linda McCaffrey-Militi  
 Frances Smith  
 9th Helen Byrnes  
 George Garland  
 Joseph Garofalo  
 Linley Willis  
 10th Darlene Lacey  
 Orville Snyder  
 Joseph Sofia  
 12th Pat Campbell  
 Florence Sacco  
 15th Nancy Chandler  
 16th Shirley Raybuck  
 Francis Szkotak  
 18th Sandra Holliday  
 21st Patti Michael  
 22nd Rita DiRienz  
 Helen Martin  
 Toni Mundstock  
 Thomas Sansone  
 James Smith  
 Edward Woodworth  
 23rd Patricia Chase  
 MaryAnn Oriend  
 24th Linda LaMontagne  
 25th Sally Benoit  
 26th Karen Hooker  
 Mary Sinopoli  
 27th Marlea Stacyk  
 29th Elaine Davis  
 30th Terry Klaisle  
 Maria Owens

## May Birthdays

1st Peter Ferstler  
 Steven Short  
 2nd Victoria Lewis  
 Dorothy Reynolds  
 4th Terry Baldwin  
 5th Joy Constantine  
 Maria Sofia  
 6th Candi Nelson  
 8th Lois Favalo  
 Nancy Redmond  
 10th Shari Gamlen  
 Rosi Jordan  
 11th Fred Cumoletti  
 Charmaine Fields  
 13th Madeleine Cammarano  
 Carolyn Ginestro  
 14th Lee Sherman  
 15th Thomas Harte  
 16th James Byrnes  
 17th Nancy Wiggins  
 18th Frances Stevens  
 19th Dorothy Belanger  
 23rd Ronald Lambrych  
 Christine Prouty  
 Mary Vogt  
 25th Marilyn Schaap  
 28th Brenda Colyer  
 Helen Kline  
 31st Pat Slaughter  
 Roberta Thornhill

## June Birthdays

1st Skip Fields  
 2nd Sue Wickham  
 3rd Lynda DiPressi  
 4th John Roscini  
 5th Ella Angelakos  
 John Pultorak  
 6th Joan Foley  
 M. Paula Gilmour  
 7th Patricia Wheeler  
 10th Beverly Davies  
 14th Lydia O'Connor  
 Thomas Thorn  
 15th Shirley Pererican  
 Rita Schmidt  
 16th Alma Johnson  
 17th Charolte Carananna  
 Sandra McKiernan  
 Dolores Oberton  
 20th Julie Chiarizia  
 21st Dorothy Capria  
 Charles Paries  
 22nd Mary Corapi  
 Carm Frasca  
 Michael Frasca  
 Rose Stone  
 23rd Paula Behm  
 Joan Cumoletti  
 Gertrude Joss  
 24th JoAnne Bakeman  
 Sue Stowell  
 25th Louis Bottino  
 Joan Lukas  
 26th Auriol Doherty  
 27th Joan Godleski  
 28th Jean White  
 30th Mary Amyot



# CENTER HAPPENINGS

Reminder - all programs must be signed up for in advance! Please note programs are subject to change!

## Ongoing Activities at the Center

### PEACE Lunch To Go or Delivery:

Monday thru Friday **11:30-12:00**  
(suggested donation \$3.50)

**Exercise:** Mondays and Thursdays  
**9:00 am – 10:00 pm**

**Yoga:** Tuesdays **9:00 am – 10:00 am**

**Trivia:** 1st and 3rd Tuesday at **1:00 pm**

**Art:** 2nd and 4th Tuesday at **1:00 pm**

**Book Club:** 1st and 3rd Wednesday at **10:00 am**

**Movie:** Wednesdays at **1:00 pm**

**Knitting/Crocheting:** Thursdays at **1:00 pm**

**Bingo:** Fridays at **1:00 pm**

**Billiards:** Monday thru Friday **1:00 pm - 3:00 pm**

## Wednesday Walk



Every other Wednesday we will meet up at a local walking trail and enjoy the fresh spring air! Walking trails will be posted ahead of time at the center!

**Day:** Every Other Wednesday starting 4/21

**Time:** 9:30 am Meet at Trail

**Cost:** Free

## Trivia Tuesday

Your brain needs exercise too, so lets put it to the test! Join us to play team trivia!

**Day:** Every Other Tuesday

**Time:** 1:00 pm

**Cost:** Free



## Movies

Join us every Wednesday for a movie matinee!

Suggest to us what movies you would like to watch!!



**Day:** Wednesdays

**Time:** 1:00 pm

**Cost:** FREE

## Knitting/Crocheting

All levels welcome! Please let us know ahead of time that you are coming so we can make seating arrangements, keeping social distancing in mind.

**Day:** Thursdays

**Time:** 1:00 pm

**Cost:** FREE



## Bingo

We play 11 games and prize money is determined by whatever we bring in! Please sign up in advance!



**Day:** Fridays

**Time:** 1:00 pm

**Cost:** 50¢ per card

## Legal Aid Society of Mid NY

A representative from Legal Aid Society of Mid New York will be at the Senior Center beginning at 10:00 am on the date listed below. **Call the center to make an appointment** regarding questions on Power of Attorney, Wills, Health Care Proxies, Medicare/ Medicaid, Public Assistance or other public benefits.

**Date:** Thursday, June 17th

**Cost:** Free

## Aerobics with Michele

The Center offers a low impact aerobics class twice a week. With this class you can choose to stand or sit to your personal preference. Please call and reserve a spot for this class ahead of time so we can make seating arrangements, keeping social distancing in mind.



**Day:** Mondays and Thursdays

**Time:** 9:00 am - 10:00 am

**Cost:** \$40.00 for 3 months of classes

## Yoga with Joan

The Center is pleased to offer our weekly yoga class. Depending on your comfort level, you can choose to be in a chair or on the floor. Please call to reserve your spot!!



**Day:** Tuesdays

**Time:** 9:00 am - 10:00 am

**Cost:** \$30.00 for 3 months of classes

# CENTER HAPPENINGS CONTINUED

## “Art in the Afternoon”

### Pressed Flower Greeting Cards

“Oshibana” is the art of using pressed flowers and other botanical materials to create an entire picture from these natural elements (including whole flowers, petals, leaves and varied organic pieces). You will be making 2 cards to send to friends or loved ones or you can choose to frame it for decoration.



**Date: Tuesday, April 6th**

Time: 1:00 pm

Cost: \$5.00

### Decorate Your Own Cookies



Our neighbor Meghan (she lives behind the center) will be coming in to share her talent of decorating cookies! You will be bring home 6 cookies! That’s if you don’t eat them before your leave!!

**Date: Tuesday, May 4th**

Time: 1:00 pm

Cost: \$10.00

### Polymer Clay Jewelry

This polymer clay jewelry set is a very easy beginner project. Whether you are new to polymer clay, new to jewelry making, or both, they are fun to make !



**Date: Tuesday, June 1st**

Time: 1:00 pm

Cost: \$5.00

### Silhouette Art



We will be using vinyl stencils to make both the positive and negative of an image to create beautiful wall art for your home, a friend, or hang it up at the center!

**Date: Tuesday, June 15th**

Time: 1:00 pm

Cost: \$5.00

## Kick off Summer Gathering at Skyway Park & Entertainment with “Rhythm N’ Shoes”

Join us at Skyway Park (Taft Road) to welcome summer. Bring your own lunch and we will have cake to celebrate all the birthdays we have missed! Afterwards enjoy some much missed entertainment with the band! Covid guidelines are ever changing, so please look out for any posted changes at the center!

**Day: Wednesday, June 23rd**

Time: 12:30 pm Lunch (bring own)

1:00 pm Cake Social

2:00 pm Entertainment

Cost: FREE



## PEACE Luncheons

**Monday thru Friday** for meal pick up at the center from 11:30 am until noon for a well balanced meal. The meals are served with 1% milk, bread, fruit, and vegetables. Preregistration is required for every PEACE Luncheon. We ask that you register at least one day in advance for each meal, and by noon on Friday for the Monday meal.



Suggested donation of **\$3.50** (or whatever you can afford) for the meal will be collected at the door.

## Weekly 50-50

We will be starting weekly 50-50 drawings. Pick up a ticket Monday through Friday. Drawings will be on Fridays at 1 pm. Dollar a ticket or 6 for \$5.00!

## “Center Window Decorating”

To maximize our space inside the building, we will be taking the tables down for programs and therefore will not be doing center piece making. However, we want to remain festive, so we would like your creative eye to decorate our windows! Join us once a month for this activity!

**Date: Tuesday, April 20th**

**Tuesday, May 18th**

**Tuesday, June 29th**

Time: 1:00 pm

Cost: FREE

# CICERO PARKS AND REC HAPPENINGS

To sign-up for these program go to [www.cicero.recdesk.com/community/program](http://www.cicero.recdesk.com/community/program), grab a registration form from the senior center or visit Cicero Parks and Recreation's new office at Joseph F William Park!

## Beginner Belly Dance

Meets at William Park, 7033 Lakeshore Road, Cicero on Saturday mornings from 10AM-11AM. Class dates are: June 5,12,19, and 26.

Join Liz of Emerald Starling Belly Dance to learn the basics of a fun, follow-along style dance that pulls inspiration from middle Eastern, North African, Indian, and Flamenco styles. Dance has been shown to improve cardio, strength, flexibility, memory and brain health in adults.

\$50 Resident , \$55 Non-resident

## "Hello Summer" Sign workshop

Held at William Park, 7033 Lakeshore Road, Cicero on Friday from 5:30-7:30 PM, June 11th, OR Sat, June 12 from 10 AM-Noon weather permitting. You are welcome to bring food and drinks to this event (no alcohol, please).

Join us for a "Hello Summer" wooden sign workshop with an instructor from Right Mind Syracuse who will walk you step by step through creating your own summer-themed, stenciled, home-decor masterpiece! The front side of the sign will say "HELLO SUMMER". You will have the option of adding another "WELCOME" stencil to the backside of the sign for an additional fee.

\$45.00 Resident, \$50 Non-resident

## Sunset Yoga

Yoga lessons instructed by Allison Woznica will be held outdoors on the grass at William Park on Lakeshore Rd. All abilities are welcome.

Allison's motto is "No flexibility? No problem. The only flexibility required is your mind."

There are 4 sessions available, each with 6 classes.

Tuesday evenings from 7-8 PM. Class dates are:

June 1 thru July 6 OR July 13 thru August 17.

OR

Wednesday evenings from 7-8 PM. Class dates are:

June 2 thru July 7 OR July 14 thru August 18.

\$60 resident, \$70 Non-resident

## Summer Concerts

Cicero Parks and Recreation Department is pleased to announce the return of our concert series this summer!



The concert series was made possible by a CNY Arts grant and partnership with Cicero and Brewerton NOPL. We will be adding Food Truck vendors to our Concert series this year for the first time. Concerts will be held on Thursday evenings at William Park for July 15 and July 22 and at Riverfront Park in Brewerton for the July 29, Aug 5, and Aug 12 concerts.

**July 15, 6:00-7:30 @William Park**

Mark Rust Family Show, Food by Bella Domani

**July 22, 6-8 PM @ William Park**

Letizia & the Z Band, Food by Razzle Dazzle Italian Ice

**July 29, 6-8 PM @ Riverfront Park**

Jake+Mike, Food by Oompa Loomyas

**Aug 5, 6-8 PM @ Riverfront Park**

Matt Chase & Thunder Canyon, Food by Angry Pig BBQ

**Aug 12, 6-8 PM @ Riverfront Park**

Baby Boomers, Food by Chicken Bandit

## Pilates

Meets at William Park, 7033 Lakeshore Road, Cicero. Thursdays starting June 17th thru July 8th from 6:30 pm to 7:30 pm.

Pilates is a form of low-impact exercise that combines deep breathing with gentle stretching. It aims to strengthen muscles, improve postural alignment and flexibility, and to boost balance and mobility.

\$45.00 Resident, \$50 Non-resident

## Memorial Walk

Cicero Youth Bureau, Parks and Recreation partners with Fort Brewerton Historical Society to bring you our 1st annual Memorial Walk at Riverside Cemetery in Brewerton. Come listen to intriguing vignettes honoring departed notables from the Brewerton area. All proceeds from the History Walk will be donated to the Fort Brewerton Historical Society. Participants are welcome to explore the Fort Brewerton Museum, free of charge, immediately after the event is over.

Saturday, May 22nd at 2:00 pm or 3:00 pm

\$10.00 Residents, \$10 Non-Residents

# CENTER INFORMATION

## Join the Cicero Senior Center

Membership is free to Town of Cicero residents that have reached the age of 55. Seniors living outside of the town must pay a low annual membership fee of \$15.00 per individual for 2021! The annual fee after this year returns to its original cost of \$30.00 per individual, or \$45.00 for a couple. *(This eliminates an additional charge to non-residents for trips and events.)* Fill out one of our registration forms to get on the quarterly newsletter mailing list. All trips are offered to members first. Events and celebrations at the Center are for members only. Occasionally, guests can attend events with prior approval from the Center Coordinator as space is limited.



### Membership for 2021;

We understand that we were not able to provide nearly as many programs this year as we have in the past. With that in mind, we encourage you to still renew your membership with us in hopes that we return to offering more programs in the future! Considering that our programming was and will be minimal for awhile, we have decided to **reduce the annual membership to \$15.00 per person for the year!**

## Steering Committee

The Steering Committee meets monthly to keep our Center running smoothly. If you have any ideas, suggestions, or concerns, please feel free to attend our next meeting. Meetings are scheduled for 10:30 am on the third Tuesday morning of each month.

**Members:** Jackie Bashore, Elaine Bisbee, Claire Cary, Elaine Davis, Shirley Hammond, Toni Mundstock, Mary Alice Scheel, Fran Stevens, Mary Wood, Lydia O'Connor (North Syracuse Central School District Board of Education Liaison), and Joanne Heim (Parks and Rec Commission Liaison).

## Cicero Express - Bus Information

The Cicero Express will pick up Town of Cicero residents on Mondays and Fridays. Everyone agrees this is a great asset to our Town residents and a transportation bargain at \$3.00 per person. If you need a ride please reserve your seat at least one day in advance by contacting the Center at 452-3298. Always check with the Senior Center for schedule changes. The bus run may be cancelled if we do not have enough riders on any given day.

**\*Restart of this service is yet to be determined**



## Bad Weather Closing

To be informed of the Center closing in the event of a storm, watch for scrolling cancellations or check online with local channels 3, 5, 9 & Spectrum News 10. PEACE meals are cancelled when the Syracuse City School District is closed. If weather is bad, please stay home where you feel safe.

## Path of Love

This program is an opportunity to make a donation to the Senior Center by purchasing an engraved brick to be placed in a path entering our gazebo. This is a lovely way to pay tribute to family members or to leave a message for future generations. To place your order for a brick, simply call the Center at 315-452-3298 or stop by the Center. Cost per brick is \$50.00.

## Medical Forms

Have you updated your medical form lately? A staff member can assist you in updating your information anytime. It is very important that these forms are kept current. We care about your health and safety. Don't forget to inform us of your change of address.

## E-Mail or US Mail?

We are e-mailing the quarterly newsletter to those preferring to eliminate some of the paper in their lives. Another great advantage of e-mail is the ability to receive our newsletter when you're out of town so you won't miss out on upcoming events and trips. If you are leaving town for an extended period, please notify us. Newsletters are not forwarded by the U.S. Postal Service, and we are charged for each piece returned to us. Our mailings take place in March, June, September and December. If your newsletter is returned to us more than once, we will take you off our mailing list. However, you can always drop-in and pick up a newsletter.

# RESOURCES AND SERVICES

## Cicero Town Hall

Cicero Town Hall  
8236 Brewerton Rd.  
Cicero, NY 13039  
315-752-1180



**Onondaga County  
Office for Aging**  
315-435-2362  
[www.ongov.net/aging](http://www.ongov.net/aging)

The Onondaga County Office for Aging is one of 59 Area Agencies on Aging in New York State and is part of the national aging network. Their aim is to be a focal point for information, advocacy, and coordination of eldercare services. Some of their services are listed below.

**Caregiver Services** - Provides respite programming, information and assistance, and support and discussion groups. It also offers the "Institute for Caregivers" – classes for current and future caregivers that inform on relevant topics.

**Community Services** - Provides information and referrals related to home repairs, legal services, senior center activities, health promotion initiatives, transportation options and shopping services. It also includes the Neighborhood Advisor Program.

**Energy Programs** - The Home Energy Assistance Program (HEAP) offers heating and cooling assistance to income eligible seniors.

**Health Insurance** - The Health Insurance Information, Counseling & Assistance Program (HIICAP) offers free and unbiased information.

**Home Care - Expanded In-Home Services for the Elderly Program (EISEP)** - A sliding-scale, fee-based program that provides non-medical home care for frail individuals. It also includes case management and respite care options.

**Nutrition Services** - Provides nutritious meals and nutrition education through home delivered meals, senior dining sites and nutrition counseling. The unit also manages the annual "Senior Farmers Market Nutrition Program."

**NY Connects** - Provides information and assistance on long term care services for persons of any age.

**Long Term Care Services** - Offers medically based home care for children and adults who receive Medicaid.

## Neighborhood Advisor Program

If you are 60 years of age or older, you can receive assistance through the Neighborhood Advisor Program. Some available programs are Energy Grants (HEAP), Medicare, Financial Assistance, Medicaid, Health Services, Prescription Drugs, Home Care and Senior Groups. There is currently a vacancy for the Neighborhood Advisor in the Cicero area. Contact Catholic Charities directly at (315)454-0168 with any questions.

## Home Repairs

Project Fix is a small in-home repair service for senior citizens, 60 years and older living in Onondaga County. This is funded through Catholic Charities, NYS Office for Aging and Onondaga County Department of Adult and Long Term Care Services. They can help you with plumbing, electrical and carpentry services. Cost to you is materials and a donation for labor. Call Nancy Roberts at (315)362-7005.

## Meals on Wheels

Those of you that can't make it to the Center for a PEACE lunch, may want to look into the North Area Meals on Wheels. Meals are delivered 5 days a week, between 11:30 am and 1:00 pm. The cost of the meals is minimal and approximately 85% of their clients qualify for the Senior Nutrition Assistance Program (SNAP). Call Meals on Wheels at 315-452-1402 for more info.



## Syracuse Call-A-Bus

Don't forget about this alternative for your transportation needs. Call-A-Bus is a paratransit service providing origin-to-destination trips to eligible people with disabilities who would otherwise use Centro buses if it were not for their disabilities. To determine if you are eligible for Call-A-Bus, you must complete a written application, and it must be signed and verified by a healthcare professional of your choice. This process may take several weeks. To request an application, please contact your local Call-A-Bus office Monday - Friday. 8:00 am - 5:00 pm. Fares range from \$2.00 to \$3.00. Your trip reservationist can tell you the exact rate of your trip at the time you make your reservation.

**Contact Information: 315-442-3434**



# Bob's Tree Service



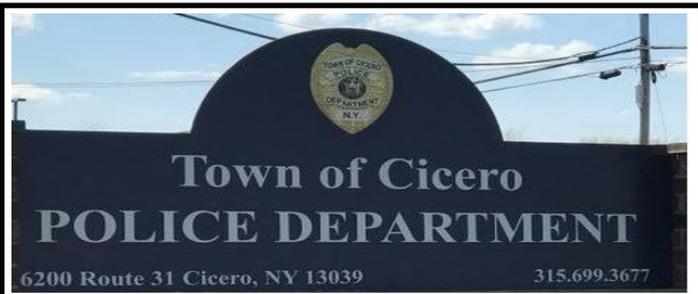
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A community oriented police department dedicated to the citizens who live and work in our community!

They offer the following services;

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- Prescription drug & sharps disposal program
- Community education
  - \*active shooter, senior citizen safety/security
- Senior Partnership program
- Volunteer in Police Services
- Scam checks

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ALBERT A. STIRPE, JR.  
MEMBER OF ASSEMBLY  
127<sup>TH</sup> ASSEMBLY DISTRICT  
EMAIL: STIRPEA@ASSEMBLY.STATE.NY.US

In support of the  
"Young at Heart Senior Center "  
TRACY M. COSILMON  
CICERO TOWN CLERK  
315-699-8109  
clerk@ciceronewyork.net



**TOWN OF CICERO**  
*William "Bill" Meyer*  
TOWN SUPERVISOR

8236 Brewerton Road  
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Bus. (315) 752-1180 ext. 334  
Fax (315) 699-0039  
bmeyer@ciceronewyork.net



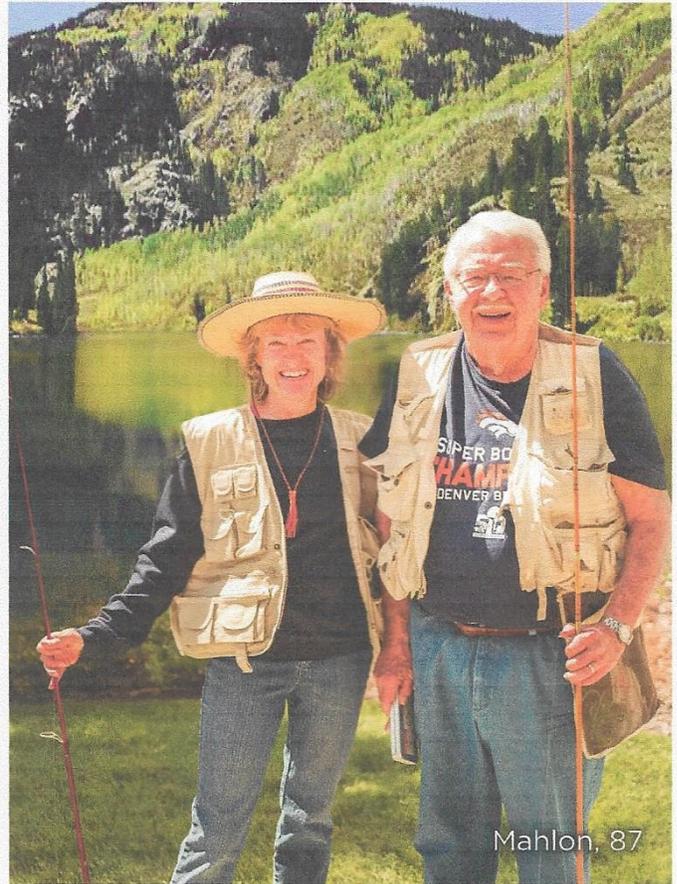
**TOWN OF CICERO**  
Nicole M. Walsh  
RECEIVER OF TAXES

8236 Brewerton Road  
Cicero, New York 13039  
Bus. (315) 699-2756  
Fax (315) 699-9562  
nwalsh@ciceronewyork.net  
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Mahlon, 87

*Some people are lucky enough to spend their weekends fishing.  
Mahlon's lucky enough to spend his life that way.*

While a lot of things change over the years, some things don't. And getting older doesn't mean you have to stop doing what you love. So we encourage our residents to keep on doing their thing while we take care of the rest.



ParkroseSeniorLiving.com | 7251 Janus Park Drive | Liverpool, NY 13088 | (315) 452-9500  
A SPECTRUM RETIREMENT COMMUNITY

Town of Cicero  
Senior Center  
5924 Lathrop Dr.  
Cicero, NY 13039

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Dated Material Do Not Delay



*April*  
*May*  
*June*  
*2021*