

Sign ups begin  
10:00 am  
March 28th

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

### Center Staff

Alexandra Ryan  
Nancy Noble  
Alice Brown

### Center Hours

10:00 am—4:00 pm

### Center Closings

April 18th-Good Friday  
May 26th-Memorial Day  
June 19th-Juneteenth

### Youth Bureau, Parks & Recreation Staff

Teresa Roth, Director  
Shannon Shoff  
Jessica Soulier

### CanTeen Staff

Wesley Sweetman  
Kiera McShane  
Krystina Gonzalez  
Neo-Rose Edelstein McLeod

### Park Staff

Bill Alley  
Bill Lawrence  
Mike Hogan  
Jacob Bourdage  
Kyle Ellis

**Older Americans Month** honors our Nation's senior citizens, whose lifetimes of hard work, devotion to family, and commitment to community have laid the foundation for the country we are today.

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults. The 2025 theme, *Flip the Script on Aging*, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and have meaningful conversations that can help dispel misconceptions. This year, join us in promoting the importance of viewing aging not as a limitation but as a journey filled with purpose, exploration, and connection.

Here are ways you can participate at the senior center!

- \*Join us for a PEACE lunch
- \*Learn a new game
- \*Try our exercise or yoga class
- \*Test your knowledge at trivia
- \*Hop on the bus for a day trip
- \*Shoot pool and socialize
- \*Join us for a special event
- \*Celebrate monthly birthdays with cupcakes and entertainment



FLIP THE SCRIPT ON AGING: MAY 2025

### Inside this Issue:

Birthdays	page 2	Parks & Rec	page 10
Trips	page 3-4	Money Savvy	page 11
Center Happenings	page 5-8	Senior Center Info.	page 12
Forever Young Club	page 8	Resources & Services	page 13-14
Around Town	page 9	Sponsors	page 15

### Parks & Recreation Commission

Elaine Davis  
Heather Wieland  
Michael Folsom  
Paul Welenc  
Christine Scollay  
Gretchen Walter  
Krissy Soboleski

### Town Board

Mike Aregano, Town Supervisor & Dept Liason  
Mike Becallo, Councilor  
Mike Mirizio, Councilor  
Jonathan Karp, Councilor  
Ashley Hogan, Councilor

# BIRTHDAY CELEBRATIONS

## April Birthdays

1st	Phil	Reitz
3rd	Sandra	Muratore
5th	Carolyn	Rothenhoefer
6th	Nancy	Jacques
	David	Kesel
7th	Donna	Austin
	Wayne	Montpetit
8th	RoseAnn	DeFeo
	Linda	McCaffrey-Militi
	Frances	Smith
9th	Linley	Willis
10th	Edwin	Gorski
	Darlene	Lacey
11th	Marty	Ferrell
12th	Pat	Campbell
	Florence	Sacco
13th	Phyllis	Fickett
15th	Sandy	Grosso
	Ameigh	Mekker
	Thomas	Schneider
16th	Pat	Burns
	Francis	Szkotak
18th	Sandra	Holliday
	William	Roberge
19th	James	Blackburn Sr
	Anthony	Gonzalez
20th	George	Wasickanin
21st	Patti	Michael
22nd	Rita	DiRienz
	Tina	Gallo
	Toni	Mundstock
	Thomas	Sansone
	James	Smith
	Edward	Woodworth
23rd	Patricia	Chase
	MaryAnn	Oriend
	George	Robson
24th	Sharon	Davis
	Annette	Vicik
25th	Charles	Kopf
26th	Diane	Lee
	Steven	Vicik
27th	Michael	Copperwheat
	Linda	Graves
28th	Thomas	Cullivan

*Celebrate your birthday during our  
monthly cake and entertainment!  
April 11th, May 9th, June 27th*



## April Birthdays, Cont. June Birthdays

28th	Bernice	Rowland	1st	Carlene	Maloney
29th	Martha	Albanese	2nd	Sue	Wickham
	Elaine	Davis	4th	Ronald	Kochanowski
	Laurie	Hare		Robert	Marsh
30th	Patricia	Cancredi		Dick	Sharpsten
	Terry	Klaisle	5th	John	Pultorak
	Maria	Owens	6th	M. Paula	Gilmour
			7th	Patricia	Wheeler
			8th	Robert	Koegel
			10th	Olympia	Lobdell
			13th	Jean	Halpern
				Paul	Hammond
			14th	Thomas	O'Connor
				Thomas	Thorn
			15th	Shirley	Pererican
				Rita	Schmidt
				Yvonne	Zacharek
			17th	Nancy	Mack
				Dolores	Oberton
			18th	David	Gosek
				Joyce	VanAtta
			20th	Julie	Chiarizia
			21st	Dorothy	Capria
			21st	Charles	Paries
			22nd	Mary	Corapi
				Carm	Frasca
				Rose	Stone
			23rd	Paula	Behm
				Joan	Cumoletti
				Gertrude	Joss
				Tom	Pearce
			26th	Joni	Koegel
			28th	Carolyn	VanAllen
			30th	Mary	Amyot

## May Birthdays

1st	Peter	Ferstler
	Steven	Short
2nd	Annamaria	Repko
	Dorothy	Reynolds
3rd	Dorothy	Race
4th	Terry	Baldwin
5th	Joy	Constantine
6th	Carol	Fegley
7th	Jeanne	Bargabos
8th	Lois	Favalo
	Nancy	Redmond
10th	Rosi	Jordan
11th	Fred	Cumoletti
13th	Madeleine	Cammarano
	Carolyn	Ginestro
	Karen	Roder
14th	Barbara	McDermott
	Lee	Sherman
16th	James	Byrnes
	Janet	Reitz
	Herbert	Smithson
21st	Ellen	Tuohey
23rd	Ronald	Lambrych
	Rita	Martin
24th	Babara	Ruskas
25th	Duane	Whittaker
27th	Carolyn	Gearty
30th	Karen	Lumb

# TRAVEL NEWS

## IMPORTANT REGISTRATION AND PAYMENT INFORMATION

Early registration and payment is necessary to ensure the success of a trip. Registration and payment information will be listed with each trip outline. Early registration and prompt payment helps us plan and fulfill down-payment obligations. **Registration for programs and trips will not be accepted without payment. If you don't have payment with you, you can put your name on the wait list. Trip payments are non-refundable unless we can fill your spot.** If a sufficient number of participants have not registered by the deadline, the trip may be cancelled.

### Carole King Tribute @Turning Stone



"Tapestry, the Carole King Songbook" is the premier musical tribute to Carole King. Experience the legendary album LIVE in concert! This show captures the essence and vibe of a 1970's Carole King concert, playing homage to her iconic album. The show will bring to life many beloved songs from the Broadway musical smash, "Beautiful" and includes her top hits such as "I Feel The Earth Move", "It's Going To Take Some Time", "One Fine Day", "It's Too Late", "Up On The Roof", and "You've Got A Friend" to name a few. Enjoy lunch and time to gamble! **Please bring your turning stone card member number at time of sign up!!**

**Date: Thursday, April 24th**

Time: Depart Center @ 9:30 am \*pool room door

Cost: \$65.00 (Includes transportation, ticket to show, \$25 slot free play & \$5 food credit)

### Sense and Sensibility @ Syracuse Stage

**SENSE AND SENSIBILITY**



A day at the theater...Join us for a Classic! "Sense and Sensibility" by Jane Austen is a story about the Dashwood sisters, Elinor and Marianne, who must learn to balance sense and sensibility to find happiness in a society where love is ruled by money. The story takes place in late 18th-century England and follows the sisters as they experience love, loss, and heartbreak. Before the show we will have lunch at Phoebes.

**Date: Wednesday, April 30th**

Time: Depart Center @ 10:30 am

Cost: \$80.00 (All Inclusive)

### "Plaza Suite" @ Theodore's Restaurant



"Plaza Suite", a three-act comedy by Neil Simon, which opened on Broadway in 1968 at the Plymouth theatre in New York City, is being presented by Present Company Productions at Theodore's restaurant. Enjoy the all-you-can-eat buffet before the show, consisting of carved roast beef, turkey and ham, sausage, mashed potatoes, roasted potatoes, rice, veggies, assorted pasta dish, chef salad, rolls, dessert, coffee and tea and complimentary wine.

**Date: Friday, May 16th**

Time: Depart Center @ 11:15 am

Cost: \$52.00 (All Inclusive)

### Sackets Harbor Tour



Enjoy a spring day participating in The Sackets Harbor Experience Tour! Visiting Sackets Harbor Battlefield State Historic Site and the United Presbyterian Church. When we arrive in Sackets Harbor we will shop a little on Main St and then have lunch at the Whiskey Coop. We will then take a short walk over to the visitor center to be greeted by our tour guide and get a 3 hour tour of the historical sites of this beautiful community on our bus.

**Date: Thursday, May 22nd**

Time: Depart Center @ 9:45 am \*Pool room door

Cost: \$68.00 (All Inclusive)



# TRAVEL NEWS CONTINUED

## Jesus Christ Superstar @ The Rev Theater



An afternoon out! Lets have lunch at Auburn's New Hope Mills Café. Look around their little shop and then head over the theater to see "Jesus

Christ Superstar! Written by the award-winning team of Time Rice and Andrew Lloyd Webber, the iconic, thrilling rock opera with a worldwide fan base is based on the last week of Jesus' life and has wowed audiences for over 50 years

**Date: Wednesday, June 4th**

Time: Depart Center @ 10:45 am

Cost: \$97.00 (Lunch on your own)

## Taste of Syracuse

Hop on the bus to get dropped off at the Taste of Syracuse for lunch!! The Taste of Syracuse is a

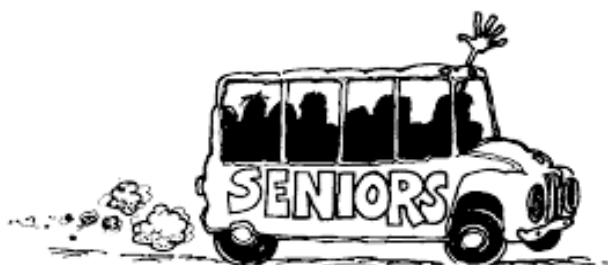


legendary festival located in Syracuse, NY. Considered Syracuse's "kick off" of the summer, the Taste has been an annual festival for 25+ years. Celebrate local food, business, music and more in the heart of downtown Syracuse spanning from Clinton Square to the Chase Building. Treat yourself to \$2 samples from a variety of local restaurants while you jam out to great music across 3 stages!

**Date: Friday, June 6th**

Time: Depart Center @ 10:45 am

Cost: \$5.00 (Lunch on your own)



## Hello Dolly @ Cortland Repertory

This beloved Broadway classic overflows with charm, humor, and unforgettable songs!

Dolly Gallagher Levi is a lively matchmaker with a knack for meddling in matters of the heart.

With a twinkle in her eye, she decides to take her

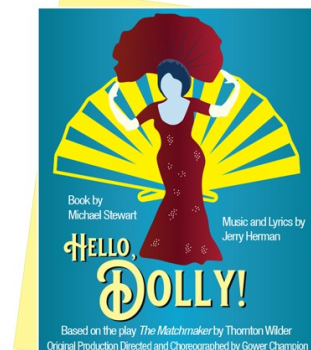
talents to new heights by pursuing wealthy "half-a-millionaire" Horace Vandergelder for herself!

Brimming with laughs, romance, and high-energy dancing, this musical showcases some of the most iconic songs in theatre history, including "Before the Parade Passes By", "Put On Your Sunday Clothes", and that joyful title tune! Prepare to be dazzled by this boisterous and heartfelt classic! Before the show we will enjoy lunch at The Exchange.

**Date: Wednesday, June 11th**

Time: Depart Center @ 11:15 am

Cost: \$85.00 (All Inclusive)



If you see a new face at the Center, please be sure to introduce yourself and extend a friendly "Young At Heart" welcome!

Our newest members are:

Joan Garcia, Kimberlee Meyer, Sally Albro, Richard and Carol Wahl, Robert and Kathleen Colwell, John Tomarchio, Terrence Stone, Eugene Carey, Brigitte Holik, Frank and Mary Smith, Tom Pearce, Pryce and Carol Fegley, Brenda Kennedy, Karen Rett, Donna Austin, Patricia Bazydlo, Diane Clark, & Kurt and Lisa Schultze.

Hey!  
**WELCOME**  
We're very  
**GLAD**  
you're here!

# CENTER HAPPENINGS

## Ongoing Programs at the Center

### PEACE Luncheons

Congregate meals are **Mondays, Tuesdays and Fridays at noon**. Pick up is still available for those that want it between 11:30 am and noon at the kitchen door in the rear of the building. Suggested donation of **\$3.50** (or whatever you can afford). Must sign up a minimum of 24 hours ahead of time!



### Bunco



Tournament style Bunco is a dice game where players compete in rounds to score points and win prizes. Bunco rotates every other Monday.

**Day: Rotating Mondays**  
Time: 1:00 pm  
Cost: \$3.00 Bunco

### Team Trivia

Come flex your knowledge with team trivia where teams compete against each other on a variety of topics! No need to bring your own team, just join any table! Trivia rotates every other Monday.

**Day: Rotating Mondays**  
Time: 1:00 pm  
Cost: FREE



### Movie Day



Join us these **Mondays** to watch a newly released movie. Join us before the movie for a peace meal at noon followed by short game of trivia!

**Dates: Monday, April 7th and 21st**  
**Monday, May 5th and 19th**  
**Monday, June 9th and 23rd**

Time: 2:30 pm  
Cost: FREE

### Mahjong

Mahjong is a tile-based game of skill, strategy, calculation and chance. Come observe and learn!



**Day: Wednesdays**  
Time: 11:00 am – 2:30 pm  
Cost: FREE

### Pitch

Come join us for an afternoon of trick taking card fun! This is played tournament style, no need for a partner as you will draw randomly for one.

**Day: Every Tuesday**  
Time: 1:00 pm

Cost: \$3.00

**\*ADDITIONAL DAY\*\***

**Day: Every Wednesday**  
Time: 2:30 pm  
Cost: \$3.00



### Phase 10

Phase 10 is the Rummy-type card game with a twist! Be the first player to complete 10 varied phases.

**Day: Thursdays**  
Time: 1:00 pm  
Cost: FREE



### Bridge

Come play this team, trick taking game. Partners are not needed but tables of 4 are required, so call to save your spot.

**Day: 2nd and 4th Thursday**  
Time: 1:00 pm  
Cost: FREE



### Knitting/Crocheting

All levels welcome! Enjoy the company of others in this social knitting group!

**Day: Thursdays**  
Time: 1:00 pm  
Cost: FREE



### Bingo

Play 11 games with prize money determined by what we bring in!

**Day: Fridays**  
Time: 1:00 pm  
Cost: 50¢ per card



### Billiards Room

The billiard room is open for daily use with 2 tables and many cue sticks available for use.

**Days: Monday thru Friday**  
Hours: 10:00 am to 4:00 pm  
Cost: FREE



# CENTER HAPPENINGS CONTINUED

## Entertainment & Birthday Celebrations

### *Entertainment with "Rock Shadows"*

Come join us for an entertaining afternoon! Entertainment to start at 1:00 pm, after the PEACE meal. We will also celebrate all those who were born in April with cupcakes and play a short game of bingo!!

**Date:** Friday, April 11th

**Time:** 12:00 pm PEACE Lunch  
12:30 pm Birthday Social  
1:00 pm Entertainment  
2:15 Bingo

**Cost:** Suggested donation \$3.50 for PEACE meal  
Cupcakes & Entertainment FREE



### *Entertainment With "Live Wire"*

Enjoy some musical entertainment with friends!! Come ahead of time for a PEACE lunch followed by cake to celebrate birthdays! Stay after for a short game of bingo!

**Date:** Friday, May 9th

**Time:** 12:00 pm PEACE Lunch  
12:30 pm Birthday Social  
1:00 pm Entertainment  
2:15 Bingo

**Cost:** Suggested donation \$3.50 for PEACE meal  
Cupcake & Entertainment FREE



### *Name That Tune w/ Geoff Clough*

Come participate in the iconic music guessing game, "Name That Tune!" Enjoy a Peace lunch and celebrate birthdays beforehand. As always a short game of bingo will follow entertainment.

**Date:** Friday, June 27th

**Time:** 12:00 pm PEACE Lunch  
12:30 pm Birthday Social  
1:00 pm Entertainment  
2:15 Bingo

**Cost:** Suggested donation \$3.50 for PEACE meal  
Cupcakes & Entertainment FREE



## CNY Senior Housing & Information Expo

**May 22, 2025**  
**9am - 12pm**

**CNY Regional Market, F - Shed**  
**2100 Park Street, Syracuse**

**Free**

**Presented by:**

**Velocity**  
CLINICAL RESEARCH



Enjoy the games and music while you plan your next adventure in living, discover how to stay in your home as long as possible, or find programs and services you didn't even know you wanted.

# CENTER HAPPENINGS CONTINUED

## Center Events and Meals

### *Easter Brunch*

It's almost Easter and we'd love to see you! Come enjoy a spread of brunch foods with friends before the long weekend!



**Date:** Thursday, April 17th  
**Sign up by Monday, April 14th**  
**Time:** 12:00 pm  
**Cost:** \$8.00

### *Kentucky Derby Day*

Grab your hat and place your bets!! Come join us as we roll the dice and race our very own horses! Join us after for a PEACE lunch.

**Date:** Friday, May 2nd  
**Time:** 11:00 am Races  
12:00 pm PEACE Lunch  
**Cost:** \$1.00 Racing Bets  
\$3.50 PEACE Lunch



### *Memorial Day Potluck*

Celebrate the unofficial start to summer with good food and great friends!! Afterwards stay for Bingo!!



**Date:** Friday, May 23rd (There will be NO PEACE meal this day)  
**Time:** 12:00 pm  
**Cost:** Your Dish

### *Spring English High Tea Party*

A traditional tea party is a perfect setting for a spring afternoon. Tasty finger sandwiches, delicious treats and of course tea will be served!

**Date:** Thursday, May 15th  
**Sign up by Monday, May 12th**  
**Time:** 12:00 pm  
**Cost:** \$10.00



### *Juneteenth Luncheon*

A traditional Juneteenth spread consists of barbeque and red foods, come join us in honoring this holiday.



**Date:** Wednesday, June 18th  
**Sign up by Friday, June 13th**  
**Time:** 12:00 pm  
**Cost:** \$10.00

### *Hot Dog Cookout*

Hot Diggity Dog! July is National Hot Dog Month. So, grab your dog and add your own flair with all the toppings on this American classic!! Enjoy the cookout in our pavilion with all the fixings!

**Date:** Thursday, July 3rd  
**Sign up by Monday June 30th**  
**Time:** 12:00 pm Lunch  
**Cost:** \$10.00





# CENTER HAPPENINGS CONTINUED

## Fitness Programs

### *Strength and Balance with Michele*



Michele offers a low impact aerobics and strength class on Mondays and a core and balance class on Thursdays! You can choose to stand or sit to your personal preference.

**Days: Mondays and Thursdays**

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

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

### *Yoga with Joan*

A weekly yoga class. Depending on your comfort level, you can choose to be in a chair or on the floor.



**Day: Tuesdays**

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

**Cost \$35.00 for 3 month of classes**

**\*\$5 Discount if you take both classes!**

### *Grief Support Group*

Join us for this Grief Group led by Certified Grief Educator, Nicole Kerekes. Find comfort and support with others who understand. Share and be heard, witness each other in grief, and receive support on your healing journey. Recommended \$10 donation but all grieverers are welcome, no matter their ability to donate.

Nicole Kerekes is the Founder of Front Porch Collective, LLC, providing support services to adults experiencing grief. As a Certified Grief Educator, Nicole helps folks navigate grief using a come-as-you-are approach, meeting grieverers where they're at with compassion and understanding. Through 1-on-1 and group sessions, grieverers are provided space to share stories of loss, have their grief witnessed, and explore strategies for growth and finding purpose in life after loss.

**Day: Friday**

**April 25th**

**June 20th**

**Time: 10:00 am**

**Cost \$10.00 (or donation)**



## Forever Young Club

The Forever Young Club is a group of fun-loving ladies that meet every month. There is an additional membership fee of \$25 to join which goes towards the annual Christmas Party!

### *Alpaca's and BBQ*

First we will head for a private tour of Seven Acres Alpacas in Phoenix, NY where we will learn all about this animal which is regarded as the cutest of the camel family! Afterwards we will head to Baldwinsville for lunch at the Angry Smokehouse.



**Date: Thursday, April 10th**

**Time: Depart Center @ 10:30 am**

**Cost: \$16.00 (Lunch on your own)**

### *Flowers and Lunch*

Get creative with a patio planter potting workshop followed by lunch at Crazy Daisy's. You will be able to pick 3 plants of your choice to place in a provided pot with fresh soil and fertilizer. Afterwards enjoy lunch with friends on the porch!

**Date: Thursday, May 8th**

**Time: Depart Center @ 10:30 am**

**Cost: \$35.00 (Lunch on you own)**

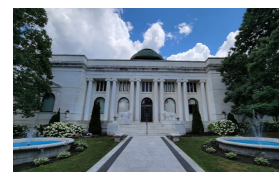


### *A day in Watertown*



We will start the day with a guided tour of Watertown's Zoo New York at Thompson Park.

This 1 hour tour will take us through the Zoo with a zoo educator to learn about the animal residents, their homes, and their lives. Then we will head to the historic Crystal restaurant for lunch. The Crystal is Watertown's oldest restaurant, which opened in 1925! After lunch we will head just down the road to the Flower Memorial Library. Here we will get a guided tour of this historical library that at its dedication in 1904 was called "the most beautiful library in the Untied States"!



**Date: Thursday, June 26th**

**Time: Depart Center @ 9:30 am**

**Cost: \$25.00 (Lunch on your own)**



# AROUND TOWN

## United Methodist Church Caring Support Group 2025 Bus Trips

### Lancaster, PA – “NOAH” June 3rd thru 6th

Travel to see this one-of-a-kind show, Noah, at Sight and Sound Theatre! Trip includes transportation, lodging, tickets to Noah and other local shows, 3 breakfasts, dinners, local tours, driver gratuity and much more!



\$875.00 per double person  
\$950 single  
\$250 Deposit due asap

### Branson, MO October 6th thru 12th



Travel to Ozark county to see shows including Dolly Parton Stampede, The Dutton Family, The Haygoods Family and Yakov Smirnoff comedy show. Also enjoy a cruise on the Branson Show boat, the Belle.

Trip includes transportation, lodging, tickets to a minimum of 4 shows, 6 breakfasts, & 4 dinners!

\$1,500 per double person  
\$1,947 single  
\$300 Deposit due asap

Don't miss out on these fantastic trips!!

For more information on both of these trips, please contact  
Mary Alice Scheel at  
315-699-7181



## Cicero Parks & Recreation FREE Summer Concert Series

Join us each Thursday evening from 6-8 PM for concerts and food trucks in the park. Please bring a lawn chair or blanket for seating.

**July 3rd** at William Park

*Mood Swing*-variety of rock, jazz, country, blues

**July 10th** at William Park

*Surf School*-soft and soulful rock

**July 17th** at Riverfront Park

TBA

**July 24th** at William Park

*The Strangers*-mix of classic & forgotten songs

**July 31st** at William Park

*Bob Holz and A Vision Forward*-jazz & soft rock

**August 7th** at William Park

*Unparallel*-alternative rock & variety cover party

**August 14th** at William Park

*Brian Thomas and The Strikes*-folk

**August 21st** at William Park

*The Nelson Brothers*-classic country

**August 28th** at William Park

TBA

## Keep an eye out for these other local summer concerts!

\*The Village of North Syracuse sponsors the Lonergan Summer Concert Series! All concerts are FREE to attend and will be held outdoors at Lonergan Park on Wednesday evenings. Concerts start at 6 pm, during the summer months.

\*The Town of Clay's Summer Concert Series takes place at the Ernest N. Casale Amphitheater located in Clay Park Central off Wetzel Road. They are held Tuesdays starting at 6:30 pm and have food and novelty trucks which will change with each concert!

# PARKS & RECREATION PROGRAMS

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 Cicero Parks and Recreation's office located at Joseph F William Park or call 315-699-5233



Cicero Youth Bureau, Parks & Recreation



## SPRING & SUMMER NEWSLETTER

### UPCOMING PROGRAMMING

#### RESTORATIVE YOGA

MONDAYS, 4/14, 5/12, & 6/16

6:00PM - 7:00PM

CICERO SENIOR CENTER

RES: \$15.00 / NR: \$20.00

Restorative yoga is a restful practice that holds seated or lying down yoga poses for a longer duration, using assorted props (blankets, cushions, blocks) in order to fully support the body. The work emphasizes the meditative aspect of yoga, emphasizes stillness over movement, and being over doing.



#### BOATER'S SAFETY COURSE

TUES. & WED. MAY 13TH & 14TH, 2025

6:00PM - 9:00PM

SOUTH BAY FIRE DEPARTMENT

FEE: \$35.00

Did you know that all operators of motorized watercraft vessels are required to have a boater's safety class by Jan 1, 2025?



#### GREETING CARD WORKSHOP

THURS. MAY 15TH

6:00PM - 8:00PM

CICERO SENIOR CENTER

FEE: \$20.00 (4 CARDS)

"Buzzing To Say Hi" themed workshop.

All supplies included!

All experience levels welcome!



# MONEY SAVVY-PARKS AND REC



**New York State Golden Park Program:** If you are a New York State resident age 62 or above, on many weekdays (except holidays), you can obtain free vehicle access to state parks, boat launch sites, and arboretums as well as fee reduction to state historic sites and state-operated golf courses. Simply present your currently valid New York State Driver License or New York State Non-Driver Identification Card at the park entrance. No application is required as your NY State Driver's License/Non-Driver ID Card serves as your pass. For more information, visit the New York State Parks website <https://parks.ny.gov/admission/golden-park-program.aspx>.

**America the Beautiful Senior Pass:** Seniors who are U.S. citizens or permanent residents of at least 62 years can purchase a lifetime pass to national parks, federal recreational lands, national monuments, national historic sites, recreation areas, and national wildlife refuges for \$80. An annual pass is also available for seniors for \$20 and is good for one year from date of issuance. For more information, visit the U.S. National Park Service website. To find a National Park Site in New York State, visit <https://www.nps.gov/state/ny/index.htm>.

**New York State Hunting & Fishing Licenses:** Hunting, fishing, and trapping licenses are discounted to \$5 for seniors of at least 70 years. A lifetime sporting license or lifetime freshwater fishing license is \$65. Bow-hunting and muzzle-loading licenses are free. For more information, visit the NYS Department of Environmental Conservation website <https://dec.ny.gov/places-to-go/outdoor-recreation-discounts>.



Onondaga County has 13 County Parks and each park has it's perks for senior citizens! The following parks have discounts and specific programs for seniors 62 and up with ID.

**Free admission for seniors 62 & up every Friday at:**

Beaver Lake Nature Center, Jamesville Beach Park (\*Admission charged during peak beach season) , Oneida Shores Park (\*Admission charged during peak beach season) , Pratt's Falls Park and Rosamond Gifford Zoo.

**Beaver Lake Nature Center**

Join the Friends of Beaver Lake Nature Center for \$35 per senior couple or \$25 for an individual.

**Carpenter's Brook Fish Hatchery**

Time Out to Fish Program Late May - Early August, Open for senior use. Hatchery staff will provide initial instruction with bait and all equipment supplied. Reservations required.

**Jamesville Beach Park**

\$2.00 per vehicle beach admission Monday-Thursday (except holidays.)

\$21.00 Senior Beach Season Pass (valid at both Jamesville Beach & Oneida Shores)

**Oneida Shores Park**

\$2.00 per vehicle beach admission Monday-Thursday (except holidays.)

\$21.00 Senior Beach Season Pass (valid at both Jamesville Beach & Oneida Shores)

\$4.00 for boat launch Monday-Thursday (except holidays.)

**Onondaga Lake Park**

Free rental of the Willow Bay Shelter, Monday-Thursday (except holidays.) Call (315) 451-6249 for reservations.

\$4.00 for boat launch Monday-Thursday (except holidays.)

**Rosamond Gifford Zoo**

\$5.00 admission March - December \$2.50 admission January & February

Discounts on Friends of Rosamond Gifford Zoo membership. Click here for information.

**Prices and programs offered subject to change.**

# 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 \$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.

## *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:** Elaine Bisbee, Claire Cary, Elaine Davis (Parks and Rec Commission Liaison), Ellen Garland, Carolyn Gearty, Carrie Hendrix, Toni Mundstock, Phima Niedzwiecki and Rose Parry.

## *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.

# TRANSPORTATION INFORMATION

## *Syracuse Centro Call-A-Bus*

Call-A-Bus provides 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. Fares range from \$2.00 to \$3.00. Contact: 315-442-3434

## *Syracuse Centro OSCAR*

OSCAR provides public transportation Monday - Friday between 7:00am and 7:00pm to/from origins and destinations within Onondaga County that are not serviced by Centro's regular route service. Eligible seniors must be pre-registered to participate in the OSCAR program. The OSCAR service cannot be used for medical transportation if the customer is eligible for Medicaid. Eligible seniors may receive ( 2 ) round trips per month or ( 4 ) one-way trips per month. To request an application, please call Centro's Specialized Transportation Department at (315) 442-3434,

## *GoGoGrandparent*

A transportation partnership with New York State Office for the Aging & Uber/Lyft that makes it possible for seniors to book on-demand or scheduled rides, with just a phone call - no apps or smart phone required! You must live in Onondaga County and be age 60 years or older. The Onondaga Office for Aging will cover 100% of the cost of 2 round trip (or 4 one-way) rides per month, but first, you must be registered through our office. You may use this transportation service to go to Community Centers, visit loved-ones, fitness centers, medical appointments, shopping, volunteer activities and more! For more information or to register for this service please call 315-435-1400

## *Area North Transportation Services (ANTS)*

The Catholic Charities Elderly Services program provides transportation for clients in Northern Onondaga County.

For more information regarding transportation for the ANTS program, call (315) 424-1810.



# RESOURCES AND SERVICES



**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. Contact Catholic Charities directly at (315)454-1810 with any questions.

## *Legal Aid Society of Mid NY*

Legal Aid Society of Mid New York has qualifying programs to help regarding questions on Power of Attorney, Wills, Health Care Proxies, Medicare/ Medicaid, Public Assistance or other public benefits. **Call 315-703-6600 to make an appointment and see if you qualify.**

## *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.

## *Medical Equipment*

Luther Memorial Church has a medical equipment storage closet available for the community. If you are in need of equipment, they may be able to help! Items are slightly used to new and include walkers, canes, crutches, wheel chairs, shower chairs, commodes and more! These items are available for use free of charge! Contact the church office Monday thru Friday, 9 am to 4 pm. (315) 382-6638

FREE

COMPUTER HELP

NOPL BREWERTON

TUESDAYS, 10:30AM - 1:30PM

# RESOURCES AND SERVICES CONTINUED

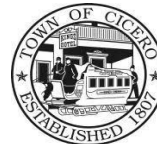


## Meals on Wheels

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. They prepare and deliver 2 well-balanced and nutritious meals a day directly to the elder, disabled, and homebound in the area! The cost of the meals is minimal (\$10/day) and financial assistance may be available for those meeting the required guidelines. They can accommodate most special diets and allergies and meals can be provided on a short or long term basis. With meal service they also provide a most important health and safety check on clients. Call North Area Meals on Wheels at 315-452-1402 for more information.

## Cicero Town Hall Phone Numbers

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



Assessor's Office	Ext 500
Comptroller's Office	Ext 506
Town Clerk/Dog Control	Ext 501
Court	Ext 804
Receiver of Taxes	Ext 503
Supervisor	Ext 505
Zoning/Code Enforcement	Ext 504
Parks & Recreation	315-699-5233
Senior Center	31-452-3298
Teen Center	315-699-1391
Police Department	315-699-3677
Highway Department	315-699-2745



*We are a community oriented police department dedicated to the citizens who live and work in our community.*

*We offer the following services;*

- Property and business checks
- Prescription drug & sharps disposal program
- Community education (active shooter, senior citizen safety/security)
- Senior Partnership program
- Volunteer in Police Services (become a volunteer!)

Visit us at [www.ciceropd.us](http://www.ciceropd.us)  
or call 315-699-3677

**for questions or more information**

If anyone you don't personally know asks you to use a money wiring service to send cash to them, Stop and think, "Is this a scam?"

Because it usually is!

Before sending money, call the Cicero Police Department

## NOPL Libraries Program

The Northern Onondaga Public Libraries offer a host of fun and fascinating programs throughout the year. All are welcome to enjoy. Programs are free of charge unless otherwise listed. Visit [www.nopl](http://www.nopl) or give the library a call to sign up for any of the

following programs:

eBook program

NOPL Book Discussion Groups

Arts and Craft Projects

NOPL knitting group

Informative Lectures

Beginning Internet Classes

For Your convenience there are three library branches in our community.

NOPL @ Cicero 699-2032

NOPL @ North Syracuse 458-6184

NOPL @ Brewerton 676-7484







# Bob's Tree Service



## Tree Trimming • Tree Removal Stump Grinding & Removal

Maintain healthy trees and a beautiful lawn  
Affordable trimming and quick tree removal  
will keep your property looking it's best.

# 315-575-1186

[www.bobstreeandstump.com](http://www.bobstreeandstump.com)

**WE OFFER SENIOR DISCOUNTS!**

SYRACUSE, NEW YORK  
**CLARK**  
EQUIPMENT RENTAL & SALES

*In Support of the Cicero Senior Center*

This space is available for advertisement!  
For more information  
call the Center at 315-452-3298.



*In Support of the Cicero  
Senior Center  
Tracy M. Cosilmon  
Cicero Town Clerk  
315-699-8109  
clerk@ciceronewyork.net*



ALBERT A. STIRPE, JR.

MEMBER OF ASSEMBLY  
127<sup>TH</sup> ASSEMBLY DISTRICT

ROOM 656 LOB  
ALBANY, NEW YORK 12248  
TELEPHONE: 518-455-4505  
FAX: 518-455-5523

7293 BUCKLEY ROAD, SUITE 201  
N. SYRACUSE, NEW YORK 13212  
TELEPHONE: 315-452-1115  
FAX: 315-452-1119

EMAIL:  
STIRPEA@ASSEMBLY.STATE.NY.US

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

Returned Services Requested

Presort STD  
US Postage Paid  
Permit #235  
Syracuse, NY

Dated Material Do Not Delay



*April*  
*May*  
*June*  
*2025*