

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

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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!



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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.canteencny.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. 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. 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 let's 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 !

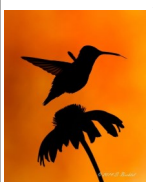


Date: Tuesday, June 1st

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,
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

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



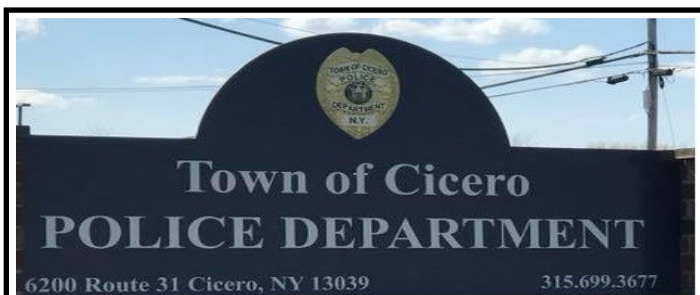
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www.bobstreeandstump.com

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

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- Community education
 - *active shooter, senior citizen safety/security
- Senior Partnership program
- Volunteer in Police Services
- Scam checks

Visit www.ciceropd.us or call 315-699-3677

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



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TOWN SUPERVISOR

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bmeyer@ciceronewyork.net



TOWN OF CICERO

Nicole M. Walsh
RECEIVER OF TAXES

8236 Brewerton Road
Cicero, New York 13039

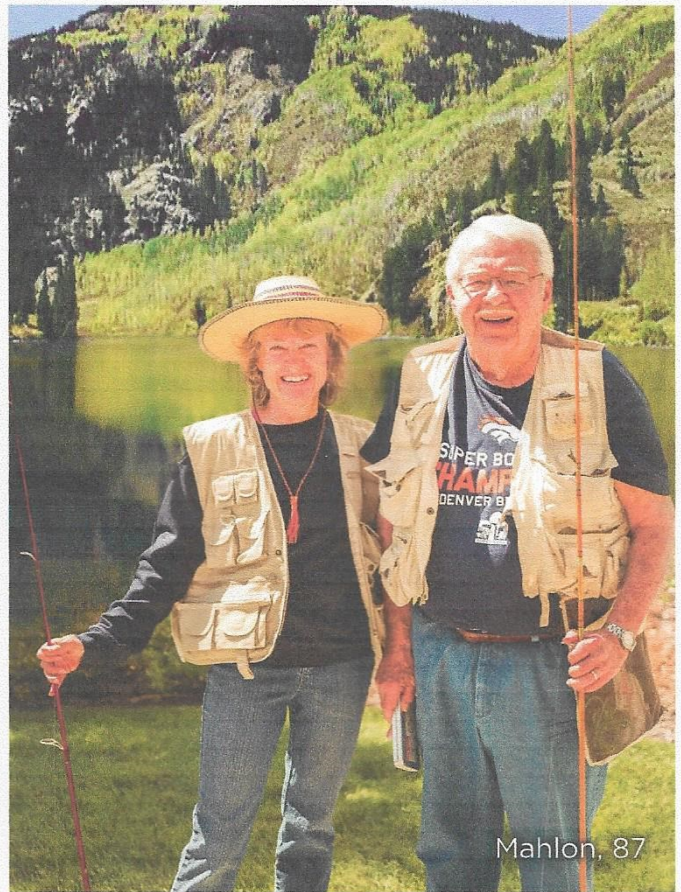
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Vern Conway
President

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*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