

Sign ups begin
10:00 am
April 5th

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

May 27th—Memorial Day
June 19th—Juneteenth

**Youth Bureau, Parks
& Recreation Staff**

Teresa Roth, Director
Linda Adams
Jessica Soulier

CanTeen Staff

Wesley Sweetman
Kiera McShane
Tori Dwyer

Park Staff

Bill Alley
Bill Lawrence
Mike Hogan
Jacob Bourdage
Kyle Ellis



POWERED BY CONNECTION: MAY 2024

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). The 2024 theme is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. There is a vital role that connectedness plays in supporting independence and aging in by combatting isolation, loneliness, and other issues.

Join us in promoting the benefits of connecting with others. 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
- *Sip tea at our spring tea party
- *Watch a movie and have lunch
- *Celebrate monthly birthdays with cupcakes and entertainment
- *Attend the CNY Senior Expo May 29th at the regional market to find other ways in the community to be connected– see page 14
- ***Details of these offerings and more inside this newsletter***

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**Parks & Recreation
Commission**

Lori Lake-Toms, Chairperson
Ruth Beasley, Vice Chairperson
Jim Corl, Jr
Elaine Davis
Heather Wieland
Michael Folsom
Paul Welenc

Town Board

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

BIRTHDAY/ANNIVERSARY CELEBRATIONS

April Birthdays

1st	Sarah	Evans
	Phil	Reitz
2nd	Michael	Gafrancesco
3rd	Sandra	Muratore
6th	Nancy	Jacques
7th	Wayne	Montpetit
8th	RoseAnn	DeFeo
	Linda	McCaffrey-Militi
	Frances	Smith
9th	Helen	Byrnes
	Linley	Willis
10th	Darlene	Lacey
11th	Marty	Ferrell
12th	Pat	Campbell
	Brenda	Littlejohn
	Florence	Sacco
13th	Phyllis	Fickett
15th	Sandy	Grosso
	Thomas	Schneider
16th	Pat	Burns
	Francis	Szkotak
17th	Karen	Putt
18th	William	Roberge
19th	Anthony	Gonzalez
20th	George	Wasickanin
21st	Patti	Michael
22nd	Rita	DiRienz
	Tina	Gallo
	Helen	Martin
	Toni	Mundstock
	Thomas	Sansone
	James	Smith
	Edward	Woodworth
23rd	Patricia	Chase
	MaryAnn	Oriend
	George	Robson
24th	Sharon	Davis
24th	Annette	Vicik
26th	Steven	Vicik
27th	Michael	Copperwheat
28th	Thomas	Cullivan
29th	Martha	Albanese
	Elaine	Davis
30th	Patricia	Cancredi
	Terry	Klause
	David	Long
	Maria	Owens



Celebrate your birthday during our monthly cake and entertainment!

April 12th, May 10th and June 7th

If your name is missing, be sure to let us know. Also, let us know if you are celebrating an anniversary that you would like us to announce!



May Birthdays

1st	Peter	Ferstler
	Steven	Short
2nd	Annamaria	Repko
	Dorothy	Reynolds
3rd	Dorothy	Race
4th	Terry	Baldwin
5th	Joy	Constantine
6th	Candi	Nelson
8th	Lois	Favalo
	Nancy	Redmond
10th	Shari	Gamlen
	Rosi	Jordan
11th	Fred	Cumoletti
12th	Steven	Leyden
13th	Madeleine	Cammarano
	Carolyn	Ginestro
	Karen	Roder
14th	Barbara	McDermott
	Lee	Sherman
15th	Thomas	Harte
16th	James	Byrnes
	Janet	Reitz
	Herbert	Smithson
19th	Dorothy	Belanger
21th	Ellen	Tuohey
23rd	Ronald	Lambrych
	Rita	Martin
24th	Babara	Ruskas
25th	Duane	Whittaker
27th	Carolyn	Gearty
28th	Joan	Middleton
29th	Madelynn	Hilt
30th	Karen	Lumb

June Birthdays

2nd	Sue	Wickham
4th	Ronald	Kochanwowski
	Robert	Marsh
	Dick	Sharpsten
5th	John	Pultorak
7th	Patricia	Wheeler
8th	Robert	Koegel
10th	Olympia	Lobdell
13th	Jean	Halpern
	Paul	Hammond
14th	Lydia	O'Connor
	Thomas	Thorn
15th	Shirley	Pererican
	Yvonne	Zacharek
17th	Charolte	Carananna
	Nancy	Mack
	Dolores	Oberton
18th	Patricia	Copperwheat
	David	Gosek
	Joyce	VanAtta
19th	Evelyn	McDermott
20th	Julie	Chiarizia
21st	Dorothy	Capria
	Charles	Paries
22nd	Elizabeth	Barmonde
	Mary	Corapi
	Carm	Frasca
	Rose	Stone
23rd	Paula	Behm
	Joan	Cumoletti
	Gertrude	Joss
25th	Louis	Bottino
26th	Joni	Koegel
27th	Jeffery	Jessie
28th	Jean	White
30th	Mary	Amyot



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.

"Leading Ladies" @ Theodore's Restaurant



First, enjoy the all-you-can-eat Buffet featuring carved roast beef, roast turkey, roast ham with raisin sauce, sausage with peppers and onions, mashed potatoes, dressing and gravy, garden rice with almonds, oven

roasted potatoes, assorted vegetables, assorted pastas, chef salad, rolls, dessert, coffee, tea and 2 glasses of wine!

After filling your bellies, sit back and enjoy "Leading Ladies". Set in the 1950s, Leading Ladies focuses on two English Shakespearean actors, Jack and Leo, who find their careers in a rut. They are currently performing "Scenes from Shakespeare" on the Moose Lodge circuit in the Amish country of Pennsylvania. When they hear that an old lady in York, PA is about to die and leave her fortune to her two long lost English nephews, however the actors resolve to pass themselves off as her beloved relatives and get the cash. Hilarity ensues when it turns out the relatives are actually nieces and not nephews. Things get even more complicated when Leo falls madly in love with the old lady's vivacious niece, Meg, who's engaged to the local minister.

Date: Friday, April 19th

Time: Depart Center @ 11:00 am

Cost: \$52.00 (All Inclusive)



Maple Syrup & Music Show @ The Golden Horseshoe



Let's welcome spring with some music and maple syrup! We will start by exploring the barn and all their activities including wagon rides and bingo! A pancake breakfast with all the fixings including the farms' maple syrup!

After you feed your appetite, sit back and enjoy some great fun and country music performed by Donna and the Mystics.

Date: Thursday, April 25th

Time: Depart Center @ 10:15 am

Lunch @ 12:30 pm

Show @ 1:45 pm—3:30 pm

Cost: \$64.00 (All Inclusive)



Rosamond Gifford Zoo



It's senior day at the zoo!!

Join us for a special experience at the Rosamond Gifford Zoo. There will be zoo keeper talks and access

to senior-specific exhibitors as we tour the zoo and walk the scenic Wildlife Trail.

Afterwards we will head over to the Limp Lizard for lunch!

Date: Wednesday, May 8th

Time: Depart Center @ 9:45 am

Cost: \$12.00 (Lunch on your own)



TRAVEL NEWS CONTINUED

Tribute to the Temptations @ Turning Stone

This award-winning production delivers the authentic sound of The Temptations presenting all the greatest hits in the original keys, musical arrangements and choreography that will take you right back to circa 1964. Close your eyes and be transported back to the 'front row seat' experience of seeing The Temptations for the first time. You'll see authentic classic costumes and the flawless choreography that you remember from The Temptations. This show brings powerhouse vocals of your favorite Temptations songs such as *My Girl, Ain't Too Proud To Beg, Beauty's Only Skin Deep, Just My Imagination, The Way You Do The Things You Do, and I Wish It Would Rain*. Their smooth choreography and charismatic personalities are sure to fill your heart and soul with flashbacks of your favorite moments and treasured memories, just the way you felt that very first time.



Trip will also include \$25 slot play and \$5 food credit. ***Please bring Turning Stone Rewards card number when signing up for this trip!**

Date: Tuesday, May 21st

Time: Depart Center @ TBD

Cost: \$69.00 (Includes transportation, Show, \$25 Slots voucher & \$5 Food voucher)

Seneca Canal Boat Tour

We will start our afternoon with a buffet style lunch at the Tiki Bar overlooking Seneca Lake. Enjoy hot dogs, hamburgers and sides. The bar will be open if you're looking for a summer cocktail. Then set off on a narrated tours of the Cayuga-Seneca Canal all the way to Lock 4 in Waterloo. We will experience the beautiful Cayuga-Seneca Canal while our knowledgeable Captain talks about the history of the canal and fun facts along the way. If we are lucky, we will see some cool wildlife along the way. Bring your sunscreen!



Date: Thursday, June 20th

Time: Depart Center @ 10:45 am

Cost: \$72 (All Inclusive-Bar on your own)

My Fair Lady @ Cortland Repertory Theatre

One of the greatest musicals of all time! Eliza Doolittle is a young flower seller with an unmistakable Cockney accent which seemingly keeps her in the lower rungs of Edwardian society. When Professor Henry Higgins tries to teach her how to speak like a proper lady, an unlikely friendship begins to flourish. Features one of musical theatre's greatest scores, including *Wouldn't It Be Lovely?, With a Little Bit of Luck, The Rain in Spain, I Could Have Danced All Night, On the Street Where You Live, Get Me to the Church on Time, and I've Grown Accustomed to Her Face*.



Before the show enjoy lunch at Harry Tony's restaurant in downtown Cortland!

Date: Wednesday, June 12th

Time: Depart Center @ 11:00 am

Cost: \$96 (All Inclusive)

United Methodist Church Caring Support Group Bus Trip to Lancaster Pa, to see "Daniel" May 8th-11th

Travel to see this one-of-a-kind show, Daniel, at Sight and Sound Theatre! Trip includes transportation, lodging, tickets to Daniel and 2 other local shows, 3 breakfasts, 3 dinners, 1 lunch, soft pretzel factory tour, driver gratuity and much more!



\$810.00 per double person

\$944 single

\$250 Deposit due asap

For more information contact

Mary Alice Scheel

At 315-699-7181

CENTER HAPPENINGS

Ongoing Activities at the Center

Exercise: Mondays & Thursdays 9:00 am-10:00 am
Trivia/Bunco: Rotating Mondays at 1:00 pm
Yoga: Tuesdays at 9:00 am – 10:00 am
Pitch: Tuesdays at 1:00 pm
Movie: Every-other Wednesday at 10:00 am
Mahjong: Wednesdays at 1:00 pm
Knitting/Crocheting: Thursdays at 1:00 pm
Art: Every-other Thursday at 1:00 pm
Bridge/Phase 10: Thursdays at 1:00 pm
Bingo: Fridays at 1:00 pm
Billiards: Monday thru Friday 10:00 am- 4:00 pm



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 ahead of time!

Bunco and Trivia

Bunco and Trivia rotate every other Monday. Start your week out with some tournament-style bunco or team trivia.



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



Lunch and Movie

Join us these Wednesdays to watch a newly released movie. Join us after the movie for order out lunch!

Dates: Wed, April 3rd and 17th
Wed, May 1st and 15th
Wed, June 5th and 26th

Time: 10:00 am movie, Lunch to follow

Cost: \$9.00 (Lunch), Movie-FREE



Mahjong

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



Day: Wednesdays

Time: 1:00 pm

Cost: FREE

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

BRIDGE 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 que sticks available for use.

Days: Monday thru Friday

Hours: 10:00 am to 4:00 pm

Cost: FREE



CENTER HAPPENINGS CONTINUED

Entertainment & Birthday Celebrations

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.



Date: Friday, April 12th

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

Cost: \$3.50 PEACE Lunch
Cupcakes & Entertainment FREE

Entertainment

With "Rhythm N' Shoes"

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



Date: Friday, May 10th

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

Cost: \$3.50 PEACE Lunch
Cupcake & Entertainment

Summer Picnic @ William Park & Entertainment w/ Marty

Join us on the lake at William Park to welcome summer. Bring your own lunch or we'll bring it for you! We will have cupcakes to celebrate all the June birthdays. Afterwards enjoy some entertainment!!

MUST SIGN UP BY WEDNESDAY

JUNE 5th FOR THE MEAL!!

Day: Friday, June 7th

Time: 12:00 pm Lunch
12:30 pm Birthday Social
1:00 pm Entertainment

Cost: \$8.00 Lunch (Sub, Salads, Chips & Drinks)
Cupcake & Entertainment FREE



Center Events and Meals

Solar Eclipse Watch Party & Dish to Pass

A total solar eclipse will take place at the Moon's ascending node on Monday, April 8, 2024, visible across North America and dubbed the Great North American Eclipse by some of the media! In the Cicero area the partial phase is expected to start around 2:09 pm and Total eclipse around 3:22 pm. Totality is estimated to last just over 2 minutes in our area!



Let's come together to watch this once in a lifetime experience! We will host a dish to pass followed by some trivia and games as we wait for the natural phenomenon to occur!! **GLASSES PROVIDED!**

Date: Monday, April 8th

Time: 12:00 pm Lunch

Cost: Your Dish

TV Games Shows and Lunch



Come on down and enjoy a morning of TV games shows played in group format! Afterwards join us for a nice spring lunch!

Date: Wednesday, April 24th

Sign up by Monday, April 22nd

Time: 10:30 am Games

12:00 pm Lunch

Cost: \$10.00

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 16th

Sign up by Monday, May 13th

Time: 12:00 pm

Cost: \$8.00

CENTER HAPPENINGS CONTINUED

Kentucky Derby Day



Grab your hat and place your bets!!
Come join us as we roll the dice and
race our very own horses! Don't forget
to wear your hat for the hat contest!!
Join us after for a PEACE lunch.

Date: Friday, May 3rd

Time: 11:00 am Races

12:00 pm PEACE Lunch

Cost: \$1.00 Racing Bets

Food Truck and Outdoor Games

The new pavilion here at the center will be ready for
us to use! Let's break it new with yard games! We
have corn hole, ladder ball and bocce
ball for you to play! Byblos Food truck
will be here for you to buy lunch,
offering delicious Mediterranean food!
There may be other food trucks joining
in, check the center for updates!



Date: Thursday, June 13th

Time: Food Truck 11:00 am—1:30 pm

Games All Day

Cost: On you own

Fitness Programs

Strength and Balance w/ Michele



Michele offers a low impact aerobics
and strength class on Mondays and a
core and balance class on Thursdays!
and 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



***\$10 Discount if you take both classes!**

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!

Craft and Lunch



Plans are still being finalized but
the hope is that we will head to
lunch locally and then do a craft
with a local craft company. Once
plans are made expect a phone
call with final details!

Date: Thursday, April 11th

Time: Depart Center @ 11:30 am

Cost: TBD

Lilac Festival

It's Rochester's annual Lilac Festival!
Also it's Seniors Day! There will be
special entertainment on Center
Stage, special discounts, delicious
food, crafters, and plenty of time to
stroll through the gardens and enjoy
the scents of the lilacs!



Date: Tuesday, May 14th

Time: Depart Center @ 9:00 am—Approx. 3:30 pm

Cost: \$15.00 (Lunch on your own)

Flowers and Lunch



Get creative with a patio planter
potting workshop followed by
lunch at a 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, June 6th

Time: Depart Center @ 10:30 am

Cost: \$35.00 (Lunch on you own)

CENTER HAPPENINGS CONTINUED

Art in the Afternoon

Join us for easy DIY crafts for \$6.00! These crafts are based off supplies we already have and the dollar store to keep the cost down for a fun quick craft for you to enjoy or give to a friend or loved one! Afterwards stay for a PEACE Luncheon followed by Bingo!!

Elegant Spring Centerpiece

Date: Friday, April 26th
Time: 10:30 am - 11:30 am
Cost \$6.00



Crate Wall or Counter Decor

Date: Friday, May 17th
Time: 10:30 am - 11:30 am
Cost \$6.00

Clothespin Flag Wreath

Date: Friday, June 14th
Time: 10:30 am - 11:30 am
Cost \$6.00



FREE COMPUTER HELP

NOPL BREWERTON
TUESDAYS, 10:30AM - 1:30PM

Operate Devices

- Use a desktop, laptop, tablet, or smartphone
- Upload a document to a USB drive
- Connect to a wireless network

Navigate the Internet

- Create and use an email account
- Find and apply for jobs
- Stay connected with friends and family

Use Software

- Work on Microsoft Office or Google Docs
- Create a resume or cover letter

Welcome

New Members

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:

Brenda Littlejohn, Elizabeth Barmonde, Nancy Boutwell, Kathleen Shattuck, Ronald and Eliane Kochanowski, Ruth Stuetzlem Ella Mae Bombardo, Tina Gallo, Duane Whittaker, Terry Slaon, Kelly Kenneweg, Ken Fickett, Barbara Connell, Mike and Sue Kelly, Dorothy Gilmer, Harry and Kathy Hayduke, Alice Shafer, Jean Halpern, James Skelly, and Pat Telesca.



Bob's Tree Service



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

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www.bobstreeandstump.com

WE OFFER SENIOR DISCOUNTS!

Looking for you Input!!

Cicero Senior Center
Wednesday, April 10
9:30 - 11 am

Register Today!

Scan this code
or contact Olivia at
opagano@ifwcny.org
(315) 449-3552 x 210



<https://forms.office.com/r/2h3gbJw6dP>

All participants
receive a
\$25 gift card!

Community Convenings on Aging

Who Should Attend? Older adults, caregivers, and anyone within our community who loves and cares about older people.

What Are We Doing? During Community Convenings, we will discuss:

- Our community's strengths
- Challenges people face as they age
- Services and support older adults need
- Your ideas to improve aging in our community.

Why You Should Join Us? The Greater Syracuse Aging Coalition wants to know more about the needs of older adults in our community. Our goal is to increase social connections and equity for older adults.



The Syracuse Metropolitan Transportation Council is currently in the process of creating a new 2050 Metropolitan Transportation Plan.

SCAN THE QR CODE TO

This plan describes the current state of our surface transportation system, examines anticipated trends, and lays out a vision for the future of our region's transportation system.



LEARN MORE & TAKE OUR SURVEY

WWW.SMTCMPO.ORG/MTP2050

Tell us where you encounter issues in the transportation system now and your suggestions for improving the system in the future. This feedback will help us identify priorities for transportation investment over the next **25 years**.

CICERO PARKS & REC PROGRAMS



To sign-up for these program go to www.cicero.recdesk.com/community/program, grab a registration form from the senior center or Cicero Parks and Recreation's new office at Joseph F William Park or call 315-699-5233

Cicero Parks & Recreation 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.

June 13th

The Barndogs at William Park

June 20th

Fab Cats at William Park

June 27th

Party Nuts at William Park

July 4th-NO CONCERT

July 11th

Mr Monkey at William Park

July 18th

Baby Boomers Band *at Riverfront Park*

July 25th

Time Trax at William Park

August 1st

The Monterays at William Park

August 8th

Ponytail James at William Park

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 take place at the Ernest N. Casale Amphitheater located in Clay Park Central off Wetzels Road. They are held Tuesdays starting at 6:30 pm and have food and novelty trucks which will change with each concert!

Zumba with Kat



Zumba classes combine Latin and international music and dance to create a dynamic calorie-burning workout for people of all fitness levels and age groups. This effective fitness system features

aerobic training that is a fusion of slow and fast rhythms to tone and sculpt your body. classes are open to individuals of all abilities.

Tuesdays, 6:00-7:00 PM @ Smith Rd Elementary

April 9-May 7 (5 classes)

\$50 Residents | \$60 Non Residents

Try Archery for Adults

Try Archery is a one day class for adults ages 18 and older. This low commitment, 1.5 hour class is a great opportunity to explore recreational archery. Your instructor, Charlie Kline holds a USA Archery Certification as well as being Safesport Trained. This class walks participants through the fundamentals of the sport. Look for Archery Development classes for more in depth archery training.



June 1st or August 3rd

12:00 PM -1:30 PM

Gateway Park, 7900 St Francis Dr., Bridgeport

\$35.00 Resident, \$40.00 Non-resident

Women's Straight Shooters Archery Workshop

June 8th or 15th

August 10th, 17th or 24th

12:00 PM -1:30 PM

Gateway Park, 7900 St Francis Dr., Bridgeport

\$35.00 Resident, \$40.00 Non-resident

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), Jan Fulkerson, Carolyn Gearty, Carrie Hendrix, Toni Mundstock, Rose Parry and Joan Middleton.

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.

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 315-452-3298. 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.

Informative Presentations

We often hold presentations on topics such as VA benefits, Elder Law, Wills and Trusts, Elder Abuse, Medicaid/Medicare and much more. Have ideas of other topics you would like to know more about? Let us know. Call the center or look for flyers of upcoming topics of discussion.

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



**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. 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.

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

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
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 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



CNY Senior Housing & Information Expo

May 29, 2024
9am - 1pm

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

Free

Presented by:



Coordinated by:



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

Easy free parking, door prizes, and giveaways...

Live Music:

Stage Sponsor:



This space is available for advertisement!

For more information
call Nancy at 315-452-3298.



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



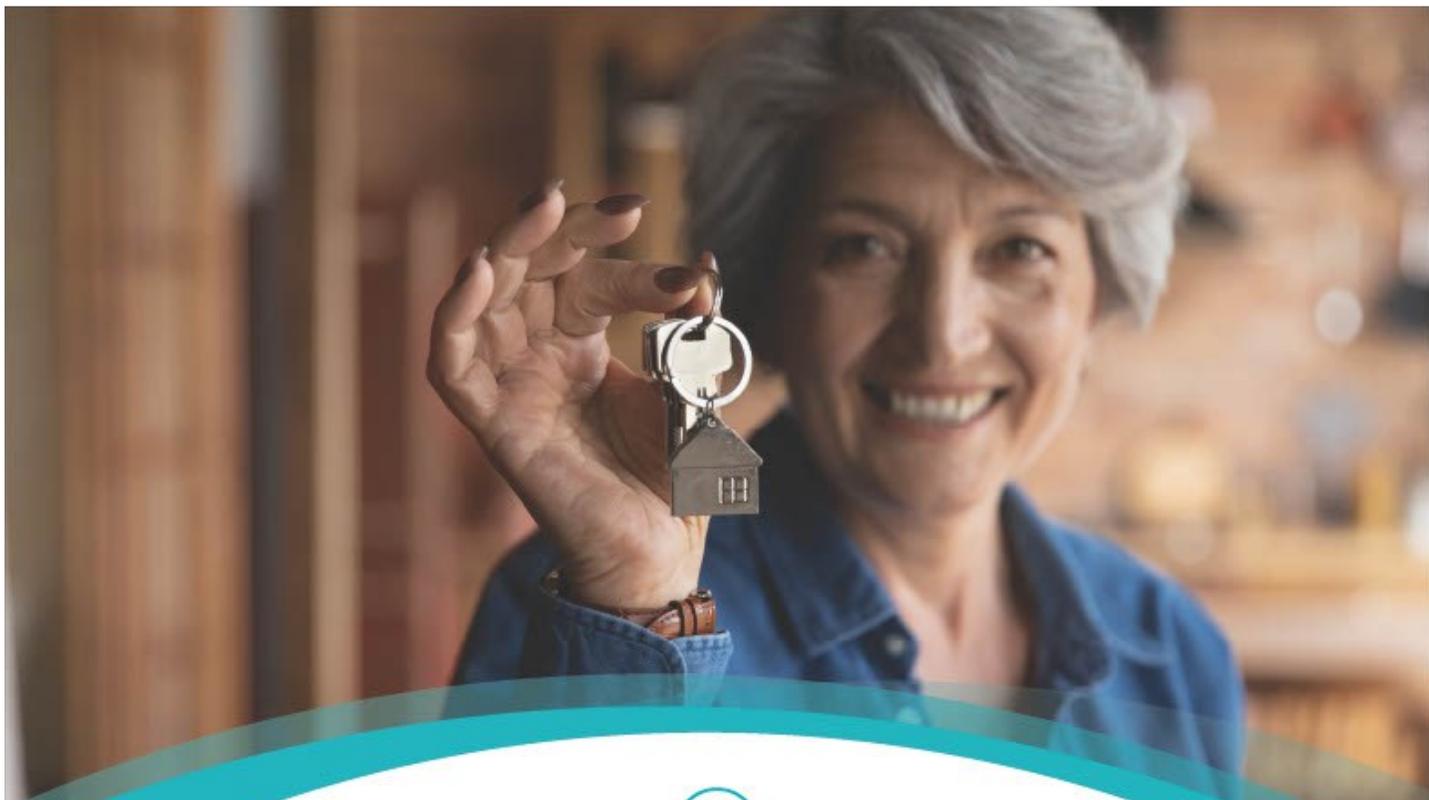
TOWN OF CICERO

Nicole M. Walsh
RECEIVER OF TAXES

8236 Brewerton Road
Cicero, New York 13039

Bus. (315) 699-2756
Fax (315) 699-9562
nwalsh@ciceronewyork.net

Online Tax Payment at www.ciceronewyork.net



PARKROSE ESTATES

A GRACE MGMT COMMUNITY

Welcome Home!

At Parkrose Estates, we want to help you live life to the fullest. Grab a cup of coffee with friends old and new at our cafe, focus on your health in our fitness center, and relax with a good book in our library. You'll find what you're looking for at Parkrose Estates.

- Choice of studio and one-bedroom apartment styles
- Housekeeping and maintenance services provided
- Many utilities included, with individually controlled heating and air conditioning
- 24-hour emergency call system
- Manicured courtyards and spacious gathering and seating areas
- Coffee Café, Theater, and Community Store
- Library with computer access
- Fitness Center
- Beauty Salon/Barber Shop with Day Spa

Call (315) 757-4423 to schedule a personalized visit.

**It's not like home.
It *is* home.™**



7251 Janus Park Drive • Liverpool, NY 13088 • (315) 757-4423 • www.ParkroseEstates.com



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

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Dated Material Do Not Delay



April
May
June
2024