

**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

January 1st-New Years Day
January 18th-MLK Jr Day
February 15-Presidents Day

**Youth Bureau,
Parks & Recreation Staff**

Teresa Roth, Director
Linda Adams
Danielle Kepler

CanTeen Staff

Toni'Lyn Brauchle
Amy Venditte

Park Staff

Bill Alley
Bill Lawrence
Mike Hogan

Wow, what a year 2020 was! As you make your New Year's wishes we would like you to know we have something to look forward to in 2021, **the Cicero Senior Center turns 30!** We will be planning events throughout the year to celebrate and remember what the Senior Center has meant to so many people over the past 30 years. We also look forward to be able to continue to provide seniors programming for hopefully many more years to come! See the next page for two programs we have planned for this quarter!



Also with the New Year comes registration updates! Please call us and let us know if you no longer wish to receive the newsletter, have moved, go away for specific newsletter mailing, or if your emergency contact is up to date!

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Parks & Recreation Commission

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Jonathan Karp, Councilor
Nancy White, Councilor



To celebrate and remember our 30th years as a Senior Center we will be putting together a time Capsule! A Time capsule is just what it sounds like—a capsule, or container, of some sort that is filled with things that are a sign of the times.

Items you could bring/send in:

- A letter/card with your thoughts and hopes for 2021.
- A small object that describes you!
- What is your favorite memory of the Senior Center.
- Pictures of past events/trips.
- Newspaper clippings you may have saved of the center!
- Drawings, samples of creative writing, something you made

Bring it in or send it to the center any time in the next few months!



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

This quarter is a Children's Book Drive for Griffin's Guardians

Griffin's Guardians is a recognized nonprofit organization, right here in Cicero, that provides support and financial assistance to children battling cancer in Central New York.

The goal of Griffin's Guardians is to spread awareness of Pediatric Cancer, to assist in funding research for Pediatric Cancer, to bring HOPE to families with children battling cancer in Central New York, and to provide these families with financial assistance to lessen the burden, during a time when they need to focus on family.

Griffin's Guardians was established by a local family after the loss of their 7 years old son to Pediatric Cancer.

When Griffin went to the clinic at Golisano for chemotherapy, he was able to pick a book out of the closet every time he was "poked". He loved it, and actually looked forward to seeing what was new in the closet. Griffin's Guardians works hand in hand with the child life specialist at Golisano Children's Hospital and the library, so they are always aware of the current needs of the children who visit the hospital.

So pick up a NEW children's book while you're out and about to support this wonderful program!

Books can be dropped off at the senior center between 10 am and 4 pm Monday through Friday. Book drive will run January through March!

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!



January Birthdays

| | | |
|------|------------|------------|
| 1st | Betty | Carlisle |
| | Hazel | Cushman |
| | Richard | Cushman |
| | Patrice | Haywood |
| | Marion | Lamie |
| 2nd | Joan | Meneilly |
| | Carolyn | Smith |
| 3rd | Jean | Acome |
| | Jean | Pacer |
| | Christina | Tartaro |
| 4th | Arlene | Fickett |
| 5th | Elizabeth | Fedele |
| | Sally | Huntington |
| | Lillian | Silva |
| | Diane | St. Onge |
| 9th | John | Bowman |
| | Thomas | Trop |
| 11th | Judy | Massina |
| 12th | Mary Alice | Scheel |
| 13th | Lyn | Atwood |
| 14th | Ellen | Garland |
| 17th | Joe | Marcoe |
| 18th | Robert | Woodworth |
| 20th | Marie | Cerio |
| 22nd | Susan | Bottino |
| | Shirley | Hammond |
| 23rd | Gary | Burns |
| 24th | Fiorina | Colosi |
| | Helen | Spooner |
| 25th | Helen | Smith |
| 26th | Charlotte | Battes |
| | Michael | Biondi |
| | Mary | Boisey |
| | Kenneth | Kotwas |
| 27th | Carroll | VanTassel |
| 29th | Carol | Short |
| 30th | Karen | Meiner |

February Birthdays

| | | |
|------|-----------|---------------|
| 1st | Susan | VanMaarseveen |
| 3rd | Patrica | Becken |
| 5th | Kathleen | Schussler |
| 6th | Maria | Fanizzi |
| 7th | Sam | Gendron |
| | Michael | Gilmour |
| | Pam | Worlock |
| 8th | Jerry | Parry |
| | Cecilia | Sansone |
| 9th | Virginia | Boak |
| | Beatrice | Reed |
| 12th | Sandy | Latimer |
| | Josephine | Letendre |
| 13th | Donald | LaMontagne |
| 14th | Kate | Blundell |
| | Daniel | Waser |
| 18th | Kenneth | Blechl |
| | Marjorie | Filipkowski |
| 21st | Gloria | Byrnes |
| | Ann | Harrell |
| | Donna | LePage |
| | Rich | Nastasi |
| | Arthur | Russell |
| 25th | Carol | Sowell |
| | Jack | Wickham |
| 28th | Richard | McLaughlin |

March Birthdays

| | | |
|------|----------|-------------|
| 1st | Kendra | Brais |
| | Joyce | Morrison |
| 2nd | Raymond | Meiner |
| | Joyce | Parkhurst |
| 3rd | Beatrice | Bowman |
| | Al | Capria |
| | Joanne | Heim |
| 4th | Carol | Rose |
| 5th | Carolyn | Casciere |
| | Patricia | Gonzales |
| 6th | Kolan | Bisbee |
| | Kathy | Osborn |
| 7th | Anne | Pierce |
| | Paul | VanAlmelo |
| | Rodney | Wallace |
| | Lori | Wyman |
| 8th | Richard | Sax |
| 9th | Lori | Freiburger |
| | Ida | VanDeWalker |
| 12th | Diane | Biondi |
| 13th | Sandra | Poplawski |
| 14th | Linda | Fiumara |
| | Kathleen | Harte |
| | Jack | Martin |
| | Margaret | Taylor |
| 16th | David | Brassard |
| 17th | Patricia | Roundy |
| 18th | Pauline | Fortier |
| 20th | Joanne | Rachetta |
| 21st | Dorothi | Cacciola |
| 22nd | Cheryl | Garofalo |
| | Sally | Sanfilippo |
| 23rd | Dennis | Casey |
| | Gail | Sluzar |
| | Lola | Zarins |
| 24th | Karl | Wirt |
| 25th | Elise | LaValle |
| 26th | Patricia | McGuinness |
| 27th | Richard | Wheeler |
| 28th | Shirley | Sherwin |
| | Barbara | Woodworth |
| 29th | Pat | Washo |
| 30th | Claire | Cary |



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 pm**

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**

Trivia Tuesday

Your brain needs exercise too, so lets put it to the test! Join us to play a variety of trivia and TV game shows!



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

Please sign up in advance!



Day: Fridays

Time: 1:00 pm

Cost: 50¢ per card

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 \$15 per month

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 pm

Cost \$30.00 for 3 months of classes

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 this meal will be collected at the door.



CENTER HAPPENINGS CONTINUED

“Art in the Afternoon”

Metal Etching on Tape

Artist Stephani Faulkner will be here to teach us this unique craft. You will each go home with a beautiful creation.



Date: Tuesday, January 12th

Time: 1:00 pm

Cost: FREE

Memory Boxes



Decorate a box to store your precious memories. Store those cards you can't throw away, letters from your love ones, trinkets that have meaning to you.

Date: Tuesday, February 9th

Time: 1:00 pm

Cost: \$15.00

Welcome Spring Banner

Welcome your family and friends at your door with a bright and cheery spring welcome sign.



Date: Tuesday, March 9th

Time: 1:00 pm

Cost: \$7.00

“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, January 26th

Tuesday, February 23rd

Tuesday, March 23rd

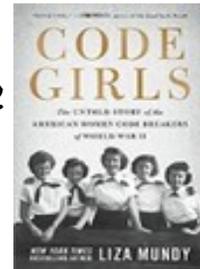
Time: 1:00 pm

Cost: FREE



Book Club

Code Girls: The Untold Story of the American Women Code Breakers Who Helped Win World War II by Liza Mundy



The Center will provide 9 copies of this book.

Sign-ups are required.

In the tradition of *Hidden Figures* and *The Girls of Atomic City*, *Code Girls* is the astonishing, untold story of the young American women who cracked key Axis codes, helping to secure Allied victory and revolutionizing the field of cryptanalysis.

Recruited by the U.S. Army and Navy from small towns and elite colleges, more than ten thousand women served as codebreakers during World War II. While their brothers and boyfriends took up arms, these women moved to Washington and learned the meticulous work of code-breaking. Their efforts shortened the war, saved countless lives, and gave them access to careers previously denied to them. A strict vow of secrecy nearly erased their efforts from history; now, through dazzling research and interviews with surviving code girls, bestselling author Liza Mundy brings to life this riveting and vital story of American courage, service, and scientific accomplishment.

Date: Every Other Wednesday

Pick up book starting January 13th

Starting January 20th

Time: 10:00 am

Cost: FREE

A note to our Non-resident friends 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 of us

returning to an increase in programs we offer 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!

CENTER HAPPENINGS CONTINUED

Guidelines coming to the center

It is a privilege to reopen for you all; however, there are guidelines that must be followed in order for the center to reopen and remain open for small programs. We understand that it is different, but we are here to help you through it all!

*MASKS MUST BE WORN AT ALL TIMES!

*No food is permitted in the building and will not be provided by the center.

*No drinks will be provided by the center. You may bring in your own individual drink that is not to be shared.

*You MUST sign up in advance to attend a program at the center as the number of people in the building at a given time will be limited.

*Upon entering you MUST use your key tag to sign in.

*Upon entering you will have your temperature taken by a staff person and answer the COVID health screening questions.

*Social distancing will need to be adhered to.

*All programs will have a start time and an end time. You will be allowed to enter the center 15 minutes before the start time. You will not be allowed in the building before or after the set time.

*Hand washing is encouraged and sanitizer is available and recommended when you can not wash your hands.

*No shared objects

*Staff will disinfect daily.

*You must contact the center if you have attended a program and have contracted COVID.

***IF YOU CAN NOT FOLLOW THESE GUIDELINES WE ASK THAT YOU NOT ATTEND PROGRAMS AT THE CENTER AT THIS TIME!**

Riddle Me This!

A man is sitting in a pub feeling rather poor. He sees the man next to him pull a wad of \$100 bill out of his wallet.

He turns to the rich man and says to him,

"I have an amazing talent; I know almost every song that has ever existed."

The rich man laughs.

The poor man says, "I am willing to bet you all the money you have in your wallet that I can sing a genuine song with a lady's name of your choice in it."

The rich man laughs again and says, "OK, how about my daughter's name, Joanna Armstrong-Miller?"

The rich man goes home poor. The poor man goes home rich.

What song did he sing?

What's a Grandmother? - A letter from a third grader

A grandmother is a lady who has no children of her own. She likes other people's little girls and boys.

A grandfather is a man grandmother. He goes for walks with the boys, and they talk about fishing and stuff like that.

Grandmothers don't have to do anything except to be there. They're so old that they shouldn't play hard or run.

It is enough if they drive us to the market where the pretend horse is, and have lots of dimes ready. Or if they take us for walks, they should slow down past things like pretty leaves and caterpillars. They should never say "hurry up."

Usually, grandmothers are fat, but not too fat to tie your shoes. They wear glasses and funny underwear. They can take their teeth and gums off.

Grandmothers don't have to be smart, only answer questions like, "Why isn't God married?" and "How come dogs chase cats?"

Grandmothers don't talk baby talk like visitors do, because it is hard to understand. When they read to us they don't skip or mind if it is the same story over again.

Everybody should try to have a grandmother, especially if they don't have a television, because they are the only grown-ups who have time.

-- Author Unknown --

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.

PEACE Luncheons

All Onondaga County senior residents, 60 and older are invited 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 skim or 2% milk, bread, fruit, and vegetables. Suggested donation of \$3.50 for this meal will be collected at the door and exact change would be helpful.

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

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.

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**

Riddle Answer:

"Happy Birthday"

This song can be sung with anyone's name in it.

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.

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).

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



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. Any questions can contact Catholic Charities directly at (315)454-0168.

Meals on Wheels

Those of you that can't make it to the Center for a PEACE lunch, you 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.



Home Repairs

Project Fix is a small in-home repair service for senior citizens, 60 years and older living in Onondaga County 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. Cost to you is materials and a donation for labor. Call Nancy Roberts at (315)362-7005

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Syracuse Call-A-Bus

Don't forget about this alternative to 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.

Information: 315-442-3434

Trip Requests/Confirmations: 315-442-3420

Cancellations: 315-442-3434

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.

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good neighbors ...
but now I have
great neighbors!



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William "Bill" Meyer
TOWN SUPERVISOR

8236 Brewerton Road
Cicero, New York 13039

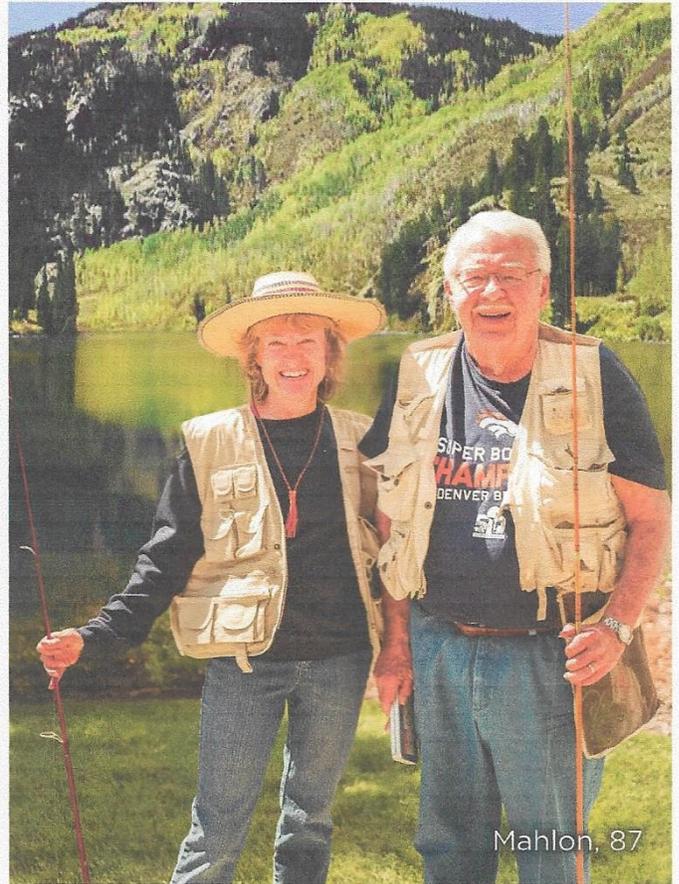
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**AAA Western and
Central New York**
5663 E. Circle Drive, Suite 300
Cicero, NY 13039
Branch: 315-452-3282



Mahlon, 87

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

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



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MEMBER OF ASSEMBLY
127TH ASSEMBLY DISTRICT

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FAX: 518-455-5523

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N. SYRACUSE, NEW YORK 13212
TELEPHONE: 315-452-1115
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www.lorettocny.org/locations/buckley-landing

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Loretto

Buckley Landing
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Town of Cicero
Senior Center
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Cicero, NY 13039

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Dated Material Do Not Delay



January
February
March
2021