

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

5924 Lathrop Dr.
Cicero, NY 13039
Tel: 315-452-3298
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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 17th-MLK Jr Day
February 21st-Presidents' Day

**Youth Bureau,
Parks & Recreation Staff**

Teresa Roth, Director
Linda Adams
Danielle Kepler

CanTeen Staff

Amy Crowley
Wesley Sweetman

Park Staff

Bill Alley
Bill Lawrence
Mike Hogan
Jacob Bourdage



Let's Cruise to Bermuda!!

June 9th-14th, 2022

INTERIOR CATEGORY 4V \$916 PER PERSON DOUBLE
INTERIOR CATEGORY 4V \$1,493 SINGLE
OUTSIDE CATEGORY 4N \$971 PER PERSON PER DOUBLE
OUTSIDE CATEGORY 4N \$1,603 SINGLE
BALCONY CATEGORY 2D \$1,151 PER PERSON DOUBLE
BALCONY CATEGORY 2D \$1,963 SINGLE

***Interest Meeting January 14th @ 11:00 am, Info Page 4**



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 Town Board

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

Mike Aregano, Supervisor
Department Liaison
Mike Becallo, Councilor
Mike Mirizio, Councilor
Jonathan Karp, Councilor
Nancy White, Councilor

BIRTHDAY/ANNIVERSARY CELEBRATIONS



Celebrate your birthday during our monthly cake and entertainment!

January 7th, February 11th, March 18th

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!



January Birthdays

1st	Betty	Carlisle
1st	Patricia	Kesselring
2nd	Joan	Meneilly
2nd	Carolyn	Smith
3rd	Jean	Acome
3rd	Christina	Tartaro
4th	Arlene	Fickett
5th	Sally	Huntington
5th	Lillian	Silva
5th	Diane	St. Onge
7th	Margaret	Dennis
9th	John	Bowman
9th	Thomas	Trop
11th	Judy	Massina
12th	Mary Alice	Scheel
13th	Lyn	Atwood
13th	David	Nappi
14th	Ellen	Garland
17th	Joe	Marcoe
18th	Robert	Woodworth
19th	Sharon	OConnor
20th	Marie	Cerio
22nd	Susan	Bottino
23rd	Gary	Burns
24th	Fiorina	Colosi
24th	Helen	Spooner
25th	Helen	Smith
26th	Charlotte	Battes
26th	Michael	Biondi
26th	Mary	Boisey
26th	Kenneth	Kotwas
27th	Carroll	VanTassel
28th	Glee	Toney
29th	Carol	Short
30th	Karen	Meiner
30th	Michael	Ours
30th	Ann	Vogt

February Birthdays

1th	Susan	VanMaarseveen
3rd	Patrica	Becken
5th	Christine	Blom
5th	Kathleen	Schussler
6th	Maria	Fanizzi
7th	Sam	Gendron
7th	Michael	Gilmour
7th	Evelyn	Ginney
7th	Pam	Worlock
8th	Cindy	Kisselstein
8th	Jerry	Parry
8th	Cecilia	Sansone
9th	Virginia	Boak
12th	Anthony	D'Ambrosio
12th	Josephine	Letendre
12th	Sandy	Latimer
13th	Donald	LaMontagne
14th	Kate	Blundell
15th	Lauren	Lalley
18th	Kenneth	Blechl
18th	Marjorie	Filipkowski
21st	Gloria	Byrnes
21st	Ann	Harrell
21st	Donna	LePage
21st	Rich	Nastasi
21st	Arthur	Russell
25th	Carol	Sowell
25th	Jack	Wickham
26th	Elaine	Suskin
28th	Richard	McLaughlin

March Birthdays

1st	Kendra	Brais
1st	Joyce	Morrison
1st	Russell	Rhea
2nd	Linda	Latham
2nd	Raymond	Meiner
2nd	Joyce	Parkhurst
3rd	Beatrice	Bowman
3rd	Al	Capria
3rd	Joanne	Heim

March Birthdays, Continued

4th	Carol	Rose
5th	Patricia	Gonzales
6th	Kolan	Bisbee
6th	Kathy	Osborn
7th	Susan	Kelley
7th	Anne	Pierce
7th	Paul	VanAlmelo
7th	Rodney	Wallace
8th	Donna	D'Ambrosio
8th	Richard	Sax
9th	Ida	VanDeWalker
12th	Diane	Biondi
13th	Sandra	Poplawski
14th	Linda	Fiumara
14th	Kathleen	Harte
14th	Jack	Martin
14th	Margaret	Taylor
16th	David	Brassard
17th	Marguerite	Mcauliffe
17th	Patricia	Roundy
18th	Pauline	Fortier
18th	Dale	Parker
20th	Joanne	Rachetta
21st	Dorothei	Cacciola
22nd	Cheryl	Garofalo
22nd	Sally	Sanfilippo
23rd	Dennis	Casey
23rd	Gail	Sluzar
23rd	Lola	Zarins
24th	Karl	Wirt
25th	Elise	LaValle
26th	Patricia	McGuinness
26th	Dolores	Terino
27th	Richard	Wheeler
28th	Kathy	Schafer
28th	Shirley	Sherwin
28th	Barbara	Woodworth
29th	Laura	An
29th	Pat	Washo
30th	Claire	Cary

TRAVEL NEWS

IMPORTANT REGISTRATION AND PAYMENT INFORMATION

Early registration and payment are 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 to plan and meet 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 have to be cancelled.

Lunch Out

Join us for lunch out right here in the Cicero area! Always wanted to try a new restaurant but never knew what to order or who to go with you?! Now is the time! Lunch and transportation will be on your own, but we ask that you sign up at the center so reservations can be made with the restaurant ahead of time!



Brickhouse Cafe

5885 Circle Drive East, Cicero, NY 13039
(located Inside Driver's Village)
Date: Wednesday, January 19th
Time: Meet there @ 11:30 am
Cost: On your own

Modern Melt

7785 Frontage Rd Suite C, Cicero, NY 13039
(By Ollie's Plaza)
Date: Wednesday, February 16th
Time: Meet there @ 11:30 am
Cost: On your own

Flaming Grill Chinese Buffet

244 Northern Lights Plaza, Syracuse, NY 13212
(northern Lights shopping center)
Date: Wednesday, March 30th
Time: Meet there @ 11:30 am
Cost: On your own

Smokey Hollow Maple Syrup

The family has been making maple syrup as a hobby since 1975, starting with a wash tub and an open pit campfire. Each year the hobby became larger and larger with minor improvements along the way. It all started with one piece of equipment that would grow many times over. In 1986, they decided to move our hobby into a business called Smokey Hollow Maple Syrup.



Weather permitting we will be able to watch the process of making maple syrup!

Afterwards we will enjoy lunch and a little shopping at Bailiwick Market and Café.

Date: Wednesday, March 16th

Time: Depart Center at 10:00 am

Cost: \$11.00 (Lunch on your own)

REMINDER



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. Please give us time to post as it isn't often decided until staff reports. PEACE meals are cancelled when Syracuse City School District is closed. If weather is bad, please stay home where you are safe!

BERMUDA

FYC

Cruise with friends and Royal Caribbean line on
the Adventure of the Seas!

6 Days/5 Nights
June 9th - 14th, 2022

- Day 1-Cape Liberty, NJ
- Day 2-Cruising
- Day 3-Royal Naval Dockyard, Bermuda
- Day 4-Royal Naval Dockyard, Bermuda
- Day 5-Cruising
- Day 6-Cape Liberty, NJ

Rates include cruise, port charges, government fees, pre-paid gratuities and transportation to and from New Jersey.

	Double	Single
Inside Cabin 4V	\$916	\$1,493
Outside Cabin 4N	\$971	\$1,603
Balcony Cabin 2D	\$1,151	\$1,963

Deposit Policy: An initial deposit of \$200 per person double occupancy or \$400 per single person occupancy is required to secure reservations and assign cabins. **Final payment is due by February 11th, 2022.** These are the best rates around! Those who book early get the best prices, the best cabin locations, and preferred dining times.

Passport or ID and Birth Certificate needed!

For reservations or more information please contact Alex at the Senior Center or join us for an informative meeting on Friday January 14th at 11:00 am at the senior center.



Forever Young Club-FYC

The Forever Young Club is a group of fun loving ladies that meet every month for celebrations, trips, special luncheons, etc. There is an additional membership fee of \$25 to join this group.

Lunch and Annual Meeting

Come enjoy a catered lunch while our kick off our year discussing what everyone would like to do!

Membership Due

Date: Thursday, January 27th

Time: 11:30 am

Cost: \$8.00 Lunch, \$25.00 Dues

Dish to Pass and Games

Bring your "A game" for some friendly completion and favorite appetizer, snack, or dessert for lunch!

Date: Thursday, February 24th

Time: 11:00 am Games, 12:00 pm Lunch

Cost: Your Dish

Bowling at Flamingo Lanes & Lunch

Meet for a fun morning of bowling, then after we'll head out for lunch at Francesca's Italian Kitchen.



Flamingo: 7239 Oswego Rd, Liverpool

Francesca's: 207 Oswego St, Liverpool

Date: Thursday, March 24th

Time: Meet for bowling @ 10:00 am

Cost: On Your Own (\$3.25 per game, \$4.30 shoes)

A Warm Welcome To Our Newest Members!

Lynda DiPressi, Margarite MaAuliffe, Christine Blom, Nancy Chervinsky, Ann Vogt, Margaret Demi, Joseph McDonald, Joan Whiting, Carol Schneider, Roslyn Angarano, Michelle Suttoni, David Nappi, Evelyn Ginney, Betty Farr, Tina Tuffley, Laura An, Kathleen Dicosta, Mary Jane Szczeniak, Patricia Kesselring, Penelope Harper, Margaret Richardson, Russell Rhea, Susan Kelley, Mary Tyson, Olympia Lobdell, Andrea Marsh, Sharon O'Connor, Janice Becker, Barbara McDermott, Ellen Touhey, Kathleen Baldino, Charmaine Sackett, Lauren Lalley, Glee Toney, Bonnie Marcoccia, Dolores Terino, Cindy Kisselstem, Linda Lathom, Kathy Schafer, Robert Marsh, Martha Albanese, Barbara Ruskas, Kathy and Joe Snyder, Stanley and Roseanne Sobon, Donna and Tony D'Abrosio

CENTER HAPPENINGS

Ongoing Activities at the Center

Exercise: Mondays & Thursdays 9:00 am-10:00 pm

Pitch/Bunco: Rotating Mondays at 1:00 pm

Yoga: Tuesdays at 9:00 am – 10:00 am

Trivia: Tuesdays at 1:00 pm

Game Day: Tuesdays at 2:00 pm

Movie: Every Other Wednesday at 10:30 am

Mahjong: Wednesdays at 1:00 pm

Knitting/Crocheting: Thursdays at 1:00 pm

Art: Every Other Thursday at 1:00 pm

Bridge: 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 back! Monday, Tuesdays and Fridays served at noon. If you are not comfortable or unvaccinated, pick up is still available between 11:30 and noon at the kitchen door in the rear of the building. Suggested donation of **\$3.50** (or whatever you can afford) for the meal will be collected at the door. Must sign up ahead of time!



Billiards Room

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

Days: **Monday thru Friday**

Hours: 10:00 am to 4:00 pm

Cost: FREE



Cards and Dice

Pitch and Bunco rotate every other Monday. Come play these tournament style games and win some fun money!

Day: Rotating Mondays

Time: 1:00 pm

Cost: \$3.00



Game Day

Many games available, including **Dominos!**

Day: Tuesdays

Time: 2:00 pm

Cost: FREE



Trivia Tuesday

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

Day: Tuesdays

Time: 1:00 pm

Cost: Free



Lunch and Movie

Join us every other Wednesday to watch a newer released movie. The movie is free for anyone to watch. We are happy to announce we are bringing back pizza after the movie if you would like to stay! Suggest to us what movies you would like to watch!!

Dates: Wednesday, January 12th and 26th

Wednesday, February 9th and 23rd

Wednesday, March 9th and 23rd

Time: 10:00 am movie

12:00 pm lunch



Cost: \$6.00 (Lunch), Movie-FREE

Mahjong

Mahjong is a tile-based game of skill, strategy, and calculation and involves a degree of chance that was developed in China. Come observe and learn!



Day: Wednesdays

Time: 1:00 pm

Cost: FREE

Bridge

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

Day: Thursdays

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

We play 11 games and prize money is determined by whatever we bring in!

Day: Fridays

Time: 1:00 pm

Cost: 50¢ per card



CENTER HAPPENINGS CONTINUED

Happy New Year Dish To Pass & Entertainment

It's a Holiday Potluck! Come One, Come All! Bring your favorite seasonal dish, some New Year cheer, and a healthy appetite! Following lunch there will be musical entertainment with the Puma's!

Date: Friday, January 7th

Time: 12:00 pm Lunch

1:00 pm Entertainment

Cost: Your Dish



English High Tea Party

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

Date: Thursday, February 17th

Time: 12:00 pm

Cost: \$5.00



Show your ORANGE pride



Wear your SU orange gear to support the basketball team in their games versus Duke!

Dates: Friday, January 21st

Friday, February 25th

Chinese New Year Lunch

Let's bring in the Chinese New Year with a sampling of foods!

Date: Tuesday, February 1st

Time: 12:00 pm

Cost: \$5.00



Annual Fish Fry

Come to the center on Ash Wednesday to "break bread" with your friends. We will be serving our annual fish fry a little different this year, local caught fish and homemade sides cooked right here at the center!



Date: Wednesday, March 2nd

Time: 12:00 pm

Cost: \$10.00

National Wear Red Day

Friday, February 4th

On this day in February, which is considered American Heart Month, everyone across the country dons the color red in order to raise and spread awareness in hopes to help eradicate heart disease and stroke in millions of women all over the nation. So put on your reddest red — whether it be a lipstick, a pair of pants, or your favorite hat — and paint the city red.



Casino Day

Come play some casino style games with us! After, enjoy lunch with good company!

Date: Thursday, March 10th

Time: 10:30 am

Cost: \$8.00 (Lunch included)



March Madness

Selection Sunday is scheduled for March 13th and the First Four begins Tuesday, March 15. Let's hope Syracuse makes it in! Fill out a bracket and if there



is a SU game on during the day we will have a pizza party and cheer them on!

Date: March 15th - April 4th

Cost: \$1.00 bracket

Winter Break Entertainment

Beat the winter blues with some musical entertainment!!

Date: Friday, February 11th

Time: 12:00 pm PEACE Lunch

1:00 pm Entertainment

Cost: \$3.50 PEACE Lunch

Entertainment Free



Welcome Spring Entertainment

Let's say goodbye to winter and welcome spring with some musical entertainment!!

Date: Friday, March 18th

Time: 12:00 pm PEACE Lunch

1:00 pm Entertainment

Cost: \$3.50 PEACE Lunch

Entertainment Free



CENTER HAPPENINGS CONTINUED

"Art in the Afternoon"

Unfinished Wood Projects



Pick out something from the Wood Pile! We have loads of unfinished wooden crafts. There are picture frames, shadow boxes, a bird houses and more!

Date: Thursday, January 13th

Time: 1:00 pm

Cost: FREE

Valentine Wall/Dorr Hanger

Using a large embroidery hoop you can make a sweet sign for your door or wall. Come join us for a crafty afternoon!



Date: Thursday, February 3rd

Time: 1:00 pm

Cost: \$7.00

Button Tree



Create a canvas art piece featuring a unique tree with buttons. Make it your own by painting a background behind the tree or turning it into a family tree! If you have any buttons bring them in to use!

Date: Thursday, March 10th

Time: 1:00 pm

Cost: \$5.00

"Table Decorating"

Help us make unique table decorations for the Senior Center's tables for the month!

Dates: Thursday, January 27th

Thursday, February 24th

Thursday, March 31st



Time: 1:00 pm

Cost: FREE

Fitness Programs

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.

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.



Day: Tuesdays

Time: 9:00 am - 10:00 am

Cost: \$35.00 for 3 months of classes

New Year's Riddle Me This



Be The First To Match The Riddle To The Correct Answer.

- | | |
|--|------------------------------------|
| 1. — What do snowmen like to do on New Year's Eve? | A. Times Square |
| 2. — What is a cow's favorite holiday? | B. Cuz 9, 8, 7... |
| 3. — Why do you need a jeweler on New Year's Eve? | C. Hogs and kisses |
| 4. — Where can you practice math on New Year's Eve? | D. Close your eyes...I'm changing! |
| 5. — What ghosts say at midnight on December 31st? | E. Chill out |
| 6. — What did the farmer give his wife on New Year's Eve? | F. In the punch line |
| 7. — What should you never eat on New Year's Eve? | G. For Old Fangs Time |
| 8. — Why was 6 afraid of 9 on New Year's Eve? | H. Old St. Nickel |
| 9. — What is a corn's favorite holiday? | I. New Ears Day |
| 10. — How was Santa's performance at the comedy club on New Year's Eve? | J. Happy Eoo Year |
| 11. — Who's worth five cents on New Year's Eve? | K. Moo Year's Eve |
| 12. — Where are comedians at a New Year's Eve party? | L. They were let off |
| 13. — What did one traffic light say to the other traffic light on New Year's Eve? | M. Fire crackers |
| 14. — Why are there so many vampires out on New Year's Eve? | N. He sleighed the audience |
| 15. — What happened to the fireworks that were arrested on New Year's Eve? | O. To ring in the New Year |

TOTAL CORRECT: _____



**HAPPY
NEW
YEAR!**

Happy New Year!-How Did you ring in 2022? 9 New Year's Traditions From Cultures Around The World

Whether you're ringing in New Year's Eve from some exciting foreign country or at home with family and friends, you probably have a New Year's tradition or two. Common traditions throughout the United States include singing "Auld Lang Syne" to greet the New Year, and eating black-eyed peas for good luck.

Around the world, cultures welcome the change of the calendar with unique New Year's traditions of their own. Here are some of our favorite New Year's traditions around the world

Spain

In Spain, it is customary to eat 12 grapes – one at each stroke of the clock at midnight on New Year's Eve. Each grape represents good luck for one month of the coming year. In bigger cities like Madrid and Barcelona, people gather in main squares to eat their grapes together and pass around bottles of cava.

Colombia

In hopes of a travel-filled new year, residents of Colombia carry empty suitcases around the block. That's one New Year's tradition we can get behind!

Denmark

Residents of Denmark greet the New Year by throwing old plates and glasses against the doors of family and friends to banish bad spirits. They also stand on chairs and jump off of them together at midnight to "leap" into January in hopes of good luck.

Finland

In Finland, people predict the coming year by casting molten tin into a container of water, then interpreting the shape the metal takes after hardening. A heart or ring means a wedding, while a ship predicts travel and a pig declares there will be plenty of food.

Panama

To drive off evil spirits for a fresh New Year's start, it is tradition to burn effigies (muñecos) of well-known people such as television characters and political figures in Panama. The effigies are meant to represent the old year.

Scotland

During Scotland's New Year's Eve celebration of Hogmanay, "first-footing" is practiced across the country. The first person who crosses a threshold of a home in the New Year should carry a gift for luck. Scots also hold bonfire ceremonies where people parade while swinging giant fireballs on poles, supposedly symbols of the sun, to purify the coming year.

Philippines

You'll find round shapes all over the Philippines on New Year's Eve as representatives of coins to symbolize prosperity in the coming year. Many families display piles of fruit on their dining tables and some eat exactly 12 round fruits (grapes being the most common) at midnight. Many also wear polka dots for luck.

Brazil

In Brazil, as well as other Central and South America countries like Ecuador, Bolivia, and Venezuela, it is thought to be lucky to wear special underwear on New Year's Eve. The most popular colors are red, thought to bring love in the New Year, and yellow, thought to bring money.

Greece

An onion is traditionally hung on the front door of homes on New Year's Even in Greece as a symbol of re-birth in the New Year. On New Year's Day, parents wake their children by tapping them on the head with the onion.

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: Jackie Bashore, Elaine Bisbee, Mona Brown, Claire Cary, Elaine Davis, 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).

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 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, Reverse Mortgages, Elder Abuse, Defensive Driving and Medicaid/Medicare. 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)454-0168 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 (\$8/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.



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

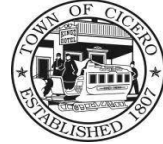
If anyone you don't personally know asks you to use a money wiring service to send cash to them, Stop and think, "Is this a scam?"

Because it usually is!

Before sending money, call the Cicero Police Department

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

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





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Keepsake
Village
at Greenpoint

Premier Memory Care
Liverpool, NY
(315) 308-0971

The *Hearth* at
Greenpoint

Premier Senior Living
Liverpool, NY
(315) 849-9273



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- *Companionship
- *Transportation to and from appointments
- *Errands Grocery store, prescriptions, shopping
- *Encourages Physical & Occupational Therapy
- *Personal Hygiene
- *Ambulation
- *Transferring
- *Many other services

If you have any questions, please call the office at (315) 474-0444 or email: Syracuse@ComfortKeepers.com.
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127TH ASSEMBLY DISTRICT

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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



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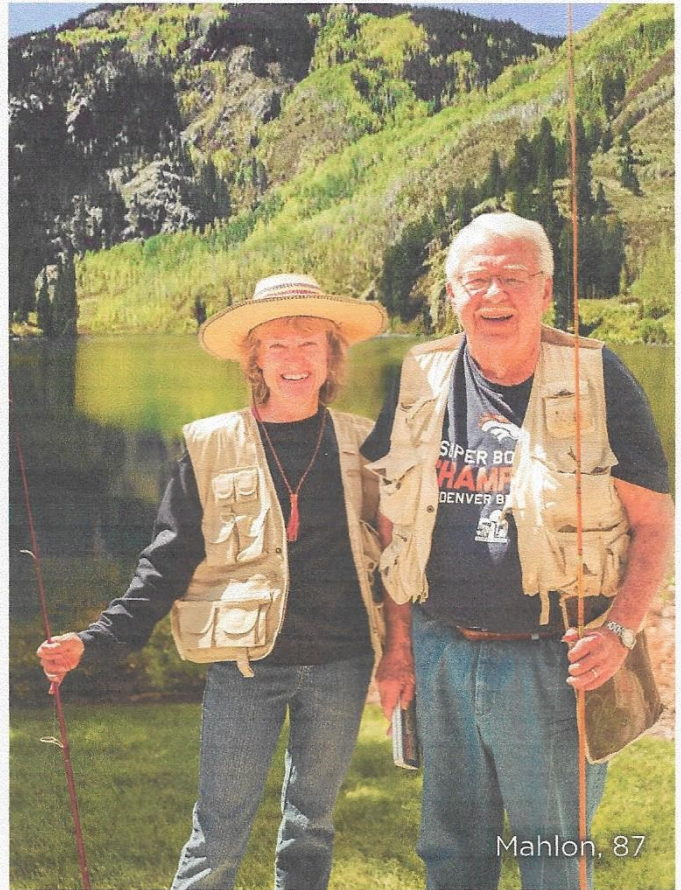
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Cicero, New York 13039

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

Online Tax Payment at www.ciceronewyork.net



Mahlon, 87

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

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



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

SENIOR MOMENTS



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Senior Center
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Cicero, NY 13039

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