

**Sign ups begin
10:00 am
January 3rd**

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

January 1st-New Years Day
January 20th-Martin Luther King
February 17th-Presidents' Day

Youth Bureau, Parks & Recreation Staff

Teresa Roth, Director
Shannon Shoff
Jessica Soulier

CanTeen Staff

Wesley Sweetman
Kiera McShane
Krystina Gonzalez
Neo-Rose Edelstein McLeod

Park Staff

Bill Alley
Bill Lawrence
Mike Hogan
Jacob Bourdage
Kyle Ellis

CanTeen Spaghetti Dinner

The semi-annual fundraising spaghetti dinner will be served at the Cicero Fire Station 1 to benefit the Friends of the CanTeen. Please continue to support this event while enjoying a great pasta dinner with friends. And don't forget the ever popular dessert raffle! **Take out and eat in available!**

Date: Tentatively Saturday, March 22nd
Time: 4:00 pm - 6:30 pm
Cost: \$10.00 Advance/\$12.00 At Door



New Year Reminders!



With the New Year comes registration updates and non-resident renewals! Please call us and let us know if you no longer wish to receive the newsletter, have moved, go away for a specific newsletter mailing, or if your emergency contact has changed! If you are a non resident and wish to continue to be a member please pay your dues ASAP to continue receiving the newsletter.

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!



Inside this Issue:

Birthdays	page 2	Parks & Rec	page 10
Trips	page 3-4	Senior Center Info.	page 11
Center Happenings	page 5-9	Resources & Services	page 11-13
Forever Young Club	page 9	Sponsorships	page 14-15

Parks & Recreation Town Board Commission

Elaine Davis
Heather Wieland
Michael Folsom
Paul Welenc
Christine Scollay

Town Board
Mike Aregano, Town Supervisor
& Dept Liason

Mike Becallo, Councilor
Mike Mirizio, Councilor
Jonathan Karp, Councilor
Ashley Hogan, Councilor



January Birthdays

1st	Betty	Carlisle
1st	Kathy	Hayduke
1st	Patrice	Haywood
1st	Patricia	Kesselring
2nd	Joan	Kesel
2nd	Jackie	See
2nd	Pat	Sematoske
2nd	Carolyn	Smith
3rd	Jean	Pacer
3rd	Christina	Tartaro
4th	Lois	Dorschel
4th	Arlene	Fickett
5th	Juanita	Blaylock
5th	Sally	Huntington
5th	Lillian	Silva
7th	Patricia	Campolito
8th	Jean	Relyea
9th	Thomas	Trop
10th	Barbara	Rubenstein
11th	Judy	Massena
12th	James	Barney
12th	Mary Alice	Scheel
13th	Lyn	Atwood
14th	Ellen	Garland
14th	Debbie	Tropea
18th	Robert	Woodworth
23rd	Gary	Burns
24th	Fiorina	Colosi
24th	Reta	Fiacco
24th	Helen	Spooner
26th	Charlotte	Battes
26th	Michael	Biondi
26th	Mary	Boisey
26th	Kenneth	Kotwas
26th	Joseph	O'neill
27th	Carroll	VanTassel
28th	Laura	Griffis
29th	Ronald	Wade
30th	Michael	Ours
31st	Claudia	Brandl
31st	Kathleen	Champlin

February Birthdays

2nd	Shirley	Gigantelli
2nd	Ernie	Veri
3rd	Patrica	Becken
3rd	Carole	Blidstein
3rd	Johanne	Wilde
4th	Arlene	Sharpsten
5th	Christine	Blom
7th	Sam	Gendron
7th	Keith	Gilmer
7th	Michael	Gilmour
7th	Evelyn	Ginney
7th	Pam	Worlock
7th	Peter	Zuke
8th	Cindy	Kisselstein
8th	Dorothy	Kompf
8th	Cecilia	Sansone
11th	Nancy	Boutwell
11th	Jane	Fanning
12th	Anthony	D'Ambrosio
12th	Sandy	Latimer
12th	Josephine	Letendre
13th	Marlene	Basile
14th	Kate	Blundell
14th	Josephine	Kawryga
14th	Georgia	Russell
15th	Lauren	Lalley
15th	Patricia	Petrangelo
18th	Kenneth	Blechl
18th	Marjorie	Filipkowski
19th	Caroline	Iozzia
21st	Gloria	Byrnes
21st	Ann	Harrell
21st	Donna	LePage
21st	Rich	Nastasi
21st	Arthur	Russell
22nd	Donna	Snowberger
23rd	Mike	Zingaro
25th	Carol	Sowell
25th	Jack	Wickham
26th	Elaine	Suskin
27th	Sherie	Holmes
27th	Roslyn	Rosetta
28th	Richard	McLaughlin

March Birthdays

1st	Kendra	Brais
1st	Joyce	Morrison
1st	Kathy	Wadsworth
2nd	Linda	Latham
2nd	Joyce	Parkhurst
3rd	Al	Capria
3rd	Carl	Falter
3rd	Kim	Martin
4th	Carol	Rose
5th	Patricia	Laclair
6th	Kolan	Bisbee
6th	Kathy	Osborn
7th	Susan	Kelley
7th	Anne	Pierce
7th	Paul	VanAlmelo
8th	Donna	D'Ambrosio
8th	Cindy	Hind
9th	Ida	VanDeWalker
10th	Denise	Bliss
10th	Diana	Rockhill
11th	Gerald	Volz
11th	James	Willard
12th	Diane	Biondi
12th	Chance	Campolito
13th	Sandra	Poplawski
14th	Jack	Martin
14th	Margaret	Taylor
15th	Chuck	Kopf
16th	David	Brassard
16th	Michaelene	Hiltz
16th	Robert	Ours
17th	Kathleen	Dapson
17th	Donna	Gates
17th	Earnest	Specioso
18th	Pauline	Fortier
18th	Dale	Parker
20th	Joanne	Rachetta
20th	Dena	Thornsborough
21st	Dorothi	Cacciola
22nd	Cheryl	Garofalo
22nd	Sally	Sanfilippo
23rd	Dennis	Casey
23rd	Bill	Merritt
23rd	Gail	Sluzar

TRAVEL NEWS

March Birthdays Continued

24th	Andrew	Fiacco
24th	Karl	Wirt
25th	Mike	Denny
25th	Elise	LaValle
26th	Dorothy	Seeland
26th	Dolores	Terino
27th	Richard	Wheeler
28th	Jenny	Hammond
28th	Kathy	Schafer
28th	Shirley	Sherwin
28th	Barb	Volz
28th	Barbara	Woodworth
29th	Gifford	Gail
29th	Pat	Washo
30th	Claire	Cary



Celebrate your birthday during our monthly cake and entertainment! January 10th , February 14th, and March 14th

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:

Carolyn Rothenhoefer, Dena Thornsborough, Carlene Maloney, Jenny Hammond, Roslyn Rosetta, James Colvin, Cynthia Arroyo, Barbara Rubenstein, Donna Gates, Katie Desorbo, James Blackburn Sr, Diane Michela, Laurie Hare, Michaelene and Danial Hiltz, Lawrence Foisy, Nancy Albro, Anita Abert, Joan and David Kesel, Carole Blidstein, Thomas Trathen, Wanda and Pater Zuke, Jeanne and Carl Bargabos, Carolyn VanAllen, Sahar Sardo, Mary Lou Bender, and Deb Dolasinski

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

United Methodist Church Caring Support Group 2025 Bus Trips

**Lancaster PA to see "NOAH"
June 3rd thru 6th**



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

\$875.00 per double person

\$950 single

\$250 Deposit due asap

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

Travel with us to Ozark county to see shows including Dolly Parton Stampede, The Dutton Family, The Haygoods Family and Yakov Smirnoff comedy show. Also enjoy a cruise on the Branson Show boat, the Belle. Trip includes transportation, lodging, tickets to a minimum of 4 shows, 6 breakfasts, & 4 dinners!



\$1,500 per double person

\$1,947 single

\$300 Deposit due asap

Don't miss out on these fantastic trips!!

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

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.

Out to Lunch with Nancy

Beat the winter blues with some great food and even better company!!
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!

Flaming Grill Chinese Buffet

The Chinese believe that what you do at the beginning of a new year will affect your luck in the coming year. So wear your lucky color and let's celebrate the "Year of the Snake" at The Flaming Grill Chinese Buffet in Northern Lights Plaza!
244 Northern Lights Plaza, Syracuse, NY 13212

Date: Wednesday, January 29th
Chinese New Year

Time: Meet there @ 11:30 am
Cost: On your own

Rancho Viejo Mexican

Everyone loved this place the last time and they loved us, so let's head back for some delicious Mexican food!

5909 NY-31, Cicero, NY 13039
Date: Wednesday, February 26th

Time: Meet there @ 11:30 am
Cost: On your own

Burgers of Madison County

Did you know that inside Point Place Casino, Besides all the Slot Machines, this place serves the best burgers, Scratch made home-style recipes, soup, sandwiches, salads and more! Let's Go!

Date: Wednesday, March 26th
Time: Meet there @ 11:30 am
Cost: On your own

Movie Tavern

Movies are not listed yet but put your name on interest list so we may contact you with details as we have them.



Date: January and March TBD
Time: Depart Center @ TBD
Cost: TBD

EARLY BIRD BINGO @ Turning Stone

We will fight the cold by staying warm playing some games at the Turning Stone Casino. If you're a bingo enthusiast you can play



Early Bird Bingo beginning at 10:15 followed by a mini session at 11:15. Play what session you want or none at all and enjoy the casino! Don't forget to grab some lunch before we head out at 2pm.

Date: Thursday, February 20th
Time: Depart Center @ 8:30 am
Cost: \$11.00 (Transportation)



TRAVEL NEWS CONTINUED



CICERO SENIOR CENTER PRESENTS
BERMUDA & EASTERN CARIBBEAN
 WITH ROYAL CARIBBEAN CRUISE LINE ON THE LIBERTY OF THE SEAS
 10 DAYS / 9 NIGHTS ~ JULY 24 – AUGUST 2, 2025

DAY	PORT	ARRIVE	DEPART
1	Cape Liberty, NJ (Ny Metro)		4:00 PM
2	Cruising		
3	Royal Naval Dockyard, Bermuda	8:00 AM	4:00 PM
4	Cruising		
5	Philipsburg, St. Maarten	11:59 AM	7:00 PM
6	San Juan, Puerto Rico	7:00 AM	2:30 PM
7	Labadee, Haiti	9:30 AM	5:00 PM
8-9	Cruising		
10	Cape Liberty, NJ (Ny Metro)	7:00 AM	

Inside Cabin Category 4V \$1,385
 Outside Cabin Category 2D* \$2,323
 *Category 2D may have an obstructed view

Optional Travel Protection through Tripmate (details attached)		
Cabin Cat.	Basic	Deluxe
4V	\$114	\$162
2D	\$190	\$272
<i>Cost is per person, double occupancy and based on current rates on flyer</i>		

Rates are per person double occupancy and include cruise, port charges, and government fees.

PASSPORT REQUIRED

DEPOSIT POLICY: An initial deposit of \$350 per person double occupancy or \$700 per person single occupancy is required to secure reservations and assign cabins. Final payment is due by March 25, 2025. **These are the best rates around! Those who book early get the best prices, the best cabin locations, and their preferred dining times. [MAKE A RESERVATION](#) at grandamericantours.com.**

Itinerary and prices are subject to change.

FOR RESERVATIONS OR MORE INFORMATION PLEASE CONTACT
ALEX RYAN ~ (315) 452-3298

1/24/25 SU

ALASKA AUSTRALIA BAHAMAS BERMUDA CARIBBEAN CANADA DUBAI EUROPE HAWAII NEW ENGLAND PANAMA CANAL SOUTH AMERICA



*The pricing set forth on this promotional piece and the special offers, amenities, products or services described are the sole responsibility of the travel agency, not Royal Caribbean International. Contact your travel agency for additional information. Prices and itineraries are based on availability and subject to change without notice. ©2015 Royal Caribbean Cruises Ltd. Ships registered in the Bahamas. 15043386 • 4/24/15



CENTER HAPPENINGS

Ongoing Programs at the Center

PEACE Luncheons

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



Bunco



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

Day: Rotating Mondays

Time: 1:00 pm

Cost: \$3.00 Bunco

Team Trivia

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

Day: Rotating Mondays

Time: 1:00 pm

Cost: FREE



Movie Day



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

****NOTE NEW DAY AND TIME**

Dates: Monday, January 13th

Monday, February 3rd & 24th

Monday, March 10th & 24th

Time: 2:30 pm

Cost: FREE

Mahjong

Mahjong is a tile-based game of skill, strategy, calculation and chance.

Come observe and learn!

Day: Wednesdays

Time: 11:00 am – 2:30 pm

Cost: FREE



Pitch

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

Day: Every Tuesday

Time: 1:00 pm

Cost: \$3.00

ADDITIONAL DAY*

Day: Every Wednesday

Time: 3:00 pm

Cost: \$3.00



Phase 10

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

Day: Thursdays

Time: 1:00 pm

Cost: FREE



Bridge

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

Day: 2nd and 4th Thursday

Time: 1:00 pm

Cost: FREE



Knitting/Crocheting

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



Day: Thursdays

Time: 1:00 pm

Cost: FREE

Bingo

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

Day: Fridays

Time: 1:00 pm

Cost: 50¢ per card



Billiards Room

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



Days: Monday thru Friday

Hours: 10:00 am to 4:00 pm

Cost: FREE

CENTER HAPPENINGS CONTINUED

Entertainment & Birthday Celebrations

Sentimental Serenade

Our favorite performers are back!! They will be visiting the center to spread some New Years Cheer! Come join us for an entertaining afternoon! Entertainment to start at 1:00 pm, after the PEACE meal. We will also celebrate all those who were born in January with cupcakes and play a short game of bingo!!

Date: Friday, January 10th

Time: 12:00 pm Lunch

12:30 pm Birthday Social

1:00 pm Entertainment

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



Entertainment With "Power of Two"

Beat the winter blues and celebrate Valentine's Day with some musical entertainment!! Come ahead of time for a PEACE lunch followed by cake to celebrate birthdays!



Date: Friday, February 14th

Time: 12:00 pm Lunch

12:30 pm Birthday Social

1:00 pm Entertainment

2:15 Bingo

Cost: \$3.50 PEACE Lunch

Cupcake & Entertainment FREE

Irish Dancers

Everyone is Irish on St. Patrick's Day so dust off your dance shoes and kilts and join us for some shenanigans! Kids from Francis Academy will be in to perform Irish dances for us! Keep an eye out at the center for the official date and time for this event!!

Date: Friday, March 14th

OR Monday, March 17th

Time: ??? Entertainment

12:00 pm Lunch

12:30 pm Birthday Social

??? Bingo

Cost: \$3.50 PEACE Lunch

Cupcake & Entertainment FREE



CENTER HAPPENINGS CONTINUED

Center Events and Meals



Happy New Year Potluck Meal

It's a Holiday Potluck! Come One, Come All! Bring your favorite seasonal dish, some New Year cheer, and a healthy appetite! Stay after lunch for bingo!

Date: Friday, January 3rd

Time: 12:00 pm Lunch

Cost: Your Dish

Soup and Crock Pot

Did you know January is National soup and crockpot month?!

Let's celebrate with slow cooked food!

Date: Thursday, January 16th

Time: 12:00 pm

Cost: \$10.00



Beat the winter blues with a Game Day

Come play some board games with us!! Lets Dust off these old games and try them together!! After, enjoy a catered lunch with good company!

Date: Thursday, January 30th

Time: 10:30 am

Cost: \$12.00 (Lunch included)

Galentine's Day

Like Valentine's Day, but for the gals! This holiday falls on February 13th each year and is geared towards celebrating the women in your life. Best friends, sisters, moms, grandmas—you name it, it's your chance to show them just how much they mean to you. Which, of course, you can and should do every other day of the year, too, but it's extra fun when there's a day dedicated to it.

Date: Thursday, February 13th

Time: 12:00 pm

Cost: \$10.00



Annual Fish Fry

Come to the center on Ash Wednesday to "break bread" with your friends. We will be serving fried fish and homemade sides!

Date: Wednesday, March 5th

Time: 12:00 pm

Cost: \$10.00

First day of Spring

Celebrate the first day of spring with a spring inspired luncheon with friends!

Date: Thursday, March 20th

Time: 12:00 pm

Cost: \$10.00



CENTER HAPPENINGS CONTINUED

Fitness Programs

Strength and Balance

with Michele



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

Days: Mondays and Thursdays

Time: 9:00 am - 10:00 am

Cost \$40.00 for 3 months of classes

Yoga with Joan

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



Day: Tuesdays

Time: 9:00 am - 10:00 am

Cost \$35.00 for 3 month of classes

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

Grief Support Group

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

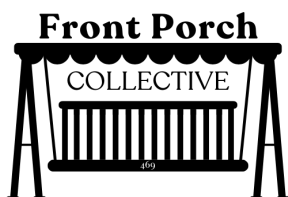
Nicole Kerekes is the Founder of Front Porch Collective, LLC, providing support services to adults experiencing grief. As a Certified Grief Educator, Nicole helps folks navigate grief using a come-as-you-are approach, meeting grieverers where they're at with compassion and understanding. Through 1-on-1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

Day: Friday

February 7th

Time: 10:00 am

Cost \$10.00 (or donation)



FOREVER YOUNG CLUB

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

Annual Meeting & Lunch

Enjoy a catered lunch as we kick off our annual meeting to discuss what everyone would like to do this year! *Membership Due*

Date: Thursday, January 23rd

Time: 11:00 pm

Cost: \$12.00 lunch, \$25.00 Dues

February Event TBD

During our meeting we will decide what we would like to do this month!

Date: Wednesday, February 19th

Time: TBD

Cost: TBD

March Event TBD

During our meeting we will decide what we would like to do this month!

Date: Thursday, March 13th

Time: TBD

Cost: TBD

Informative Presentation

Age Well and Stay Sharp!

Come join Syracuse University Speech Language Pathologists for a fun morning! We will play games, learn tips to stay healthy and keep your mind sharp. There will be prizes to win, free goodies to take home, and even a chance to contribute to research.



Don't miss out on this fun event – bring a friend and let's age well together!

Date: Friday, January 24th

Time: 10:00-11:30 AM

Cost: FREE

PARKS & RECREATION PROGRAMS

Cicero Youth Bureau, Parks & Recreation

WINTER NEWSLETTER

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 office located at Joseph F William Park or call 315-699-5233

REFUSE TO BE A VICTIM CLASS

SATURDAY, JAN. 18, 2025

10:00AM - 12:00PM

CICERO POLICE DEPARTMENT

FREE

One of the most important steps toward ensuring your own safety is having a personal safety strategy in place before you need it. Refuse To Be A Victim® program teaches the tips and techniques you need to be alerted to dangerous situations and to avoid criminal confrontation.



JANUARY GREETING CARD CRAFT!

THURSDAY, JAN. 16, 2025

6:00PM - 8:00PM

CICERO SENIOR CENTER

\$20.00 FOR 4 CARDS

Make 4 cards for \$20. All supplies included and all experience levels welcome! This class features a little bit of shine, with silver and rose-gold details and accents. These cards will be striking for any occasion. Many greetings to choose from!

BANFF MOUNTAIN FILM FESTIVAL

MONDAY, FEB. 3, 2025 AT 6:30PM

NORTH SYRACUSE JUNIOR HIGH SCHOOL

STUDENTS: \$15.00

GENERAL ADMISSION" \$25.00

The Banff World Tour celebrates amazing achievements in outdoor storytelling and filmmaking worldwide!

MARCH GREETING CARD CRAFT!

THURSDAY, MARCH. 13, 2025

6:00PM - 8:00PM

CICERO SENIOR CENTER

\$20.00 FOR 4 CARDS

Make 4 cards for \$20. All supplies included and all experience levels welcome! This class will get you in the mood for spring flowers and sunshine. Celebrate Spring, Easter, or Mothers Day.

MOMMY & ME VALENTINE'S DAY CRAFT!

FRIDAY, FEB. 7, 2025

6:00PM - 7:30PM

CICERO SENIOR CENTER

\$10.00/FAMILY

Join us for a cute Valentine craft for all ages! Make 5 large hearts or many small ones to share with classmates or coworkers. This is a beginner level craft with all supplies included.

CENTER INFORMATION

Join the Cicero Senior Center

Membership is free to Town of Cicero residents that have reached the age of 55. Seniors living outside of the town must pay a low annual membership fee of \$30.00 per individual or \$45.00 for a couple! (*This eliminates an additional charge to non-residents for trips and events.*) Fill out one of our registration forms to get on the quarterly newsletter mailing list. All trips are offered to members first. Events and celebrations at the Center are for members only. Occasionally, guests can attend events with prior approval from the Center Coordinator as space is limited.

Steering Committee

The Steering Committee meets monthly to keep our Center running smoothly. If you have any ideas, suggestions, or concerns, please feel free to attend our next meeting. Meetings are scheduled for 10:30 am on the third Tuesday morning of each month.

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

Bad Weather Closing

To be informed of the Center closing in the event of a storm, watch for scrolling cancellations or check online with local channels 3, 5, 9 & Spectrum News 10. PEACE meals are cancelled when the Syracuse City School District is closed. If weather is bad, please stay home where you feel safe.

Path of Love

This program is an opportunity to make a donation to the Senior Center by purchasing an engraved brick to be placed in a path entering our gazebo. This is a lovely way to pay tribute to family members or to leave a message for future generations. To place your order for a brick, simply call the Center at 315-452-3298 or stop by the Center. Cost per brick is \$50.00.

TRANSPORTATION INFORMATION

Syracuse Centro Call-A-Bus

Call-A-Bus provides origin-to-destination trips to eligible people with disabilities who would otherwise use Centro buses if it were not for their disabilities. To determine if you are eligible for Call-A-Bus, you must complete a written application, and it must be signed and verified by a healthcare professional of your choice. Fares range from \$2.00 to \$3.00. Contact: 315-442-3434

Syracuse Centro OSCAR

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

GoGoGrandparent

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

Area North Transportation Services (ANTS)

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

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

RESOURCES AND SERVICES



**Onondaga County
Office for Aging**
315-435-2362
www.ongov.net/aging

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.

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

RESOURCES AND SERVICES CONTINUED

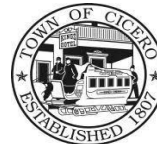


Meals on Wheels

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





Bob's Tree Service



Tree Trimming • Tree Removal Stump Grinding & Removal

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

315-575-1186

www.bobstreeandstump.com

WE OFFER SENIOR DISCOUNTS!



ALBERT A. STIRPE, JR.

MEMBER OF ASSEMBLY
127TH ASSEMBLY DISTRICT

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

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

EMAIL:
STIRPEA@ASSEMBLY.STATE.NY.US

SYRACUSE, NEW YORK
CLARK
EQUIPMENT RENTAL & SALES

In Support of the Cicero Senior Center



*In Support of the Cicero
Senior Center*

*Tracy M. Cosilmon
Cicero Town Clerk
315-699-8109*

clerk@ciceronewyork.net



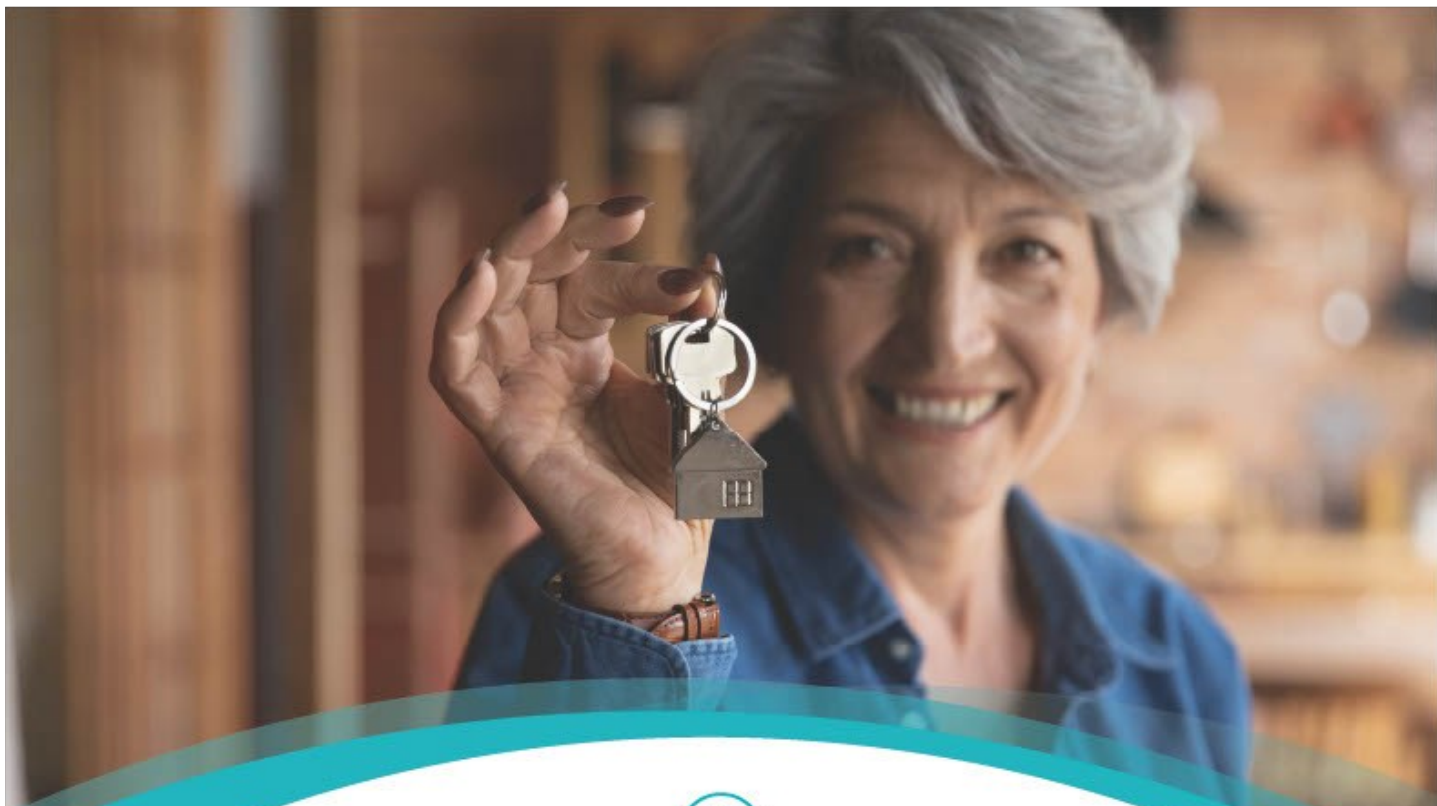
TOWN OF CICERO

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

Return Service Requested

Presort STD
US Postage Paid
Permit #235
Syracuse, NY

Dated Material Do Not Delay



January

February

March

2025