

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

5924 Lathrop Dr.  
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**

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

### **Town Board**

Bill Meyer, Supervisor  
Mike Becallo, Councilor  
Judy Boyke, Councilor, Dept. Liaison  
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 let's 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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## The Cicero Police Department

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

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

Visit [www.ciceropd.us](http://www.ciceropd.us) or call 315-699-3677

## 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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TOWN SUPERVISOR

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Tina Davidson-Deitz  
Team Leader

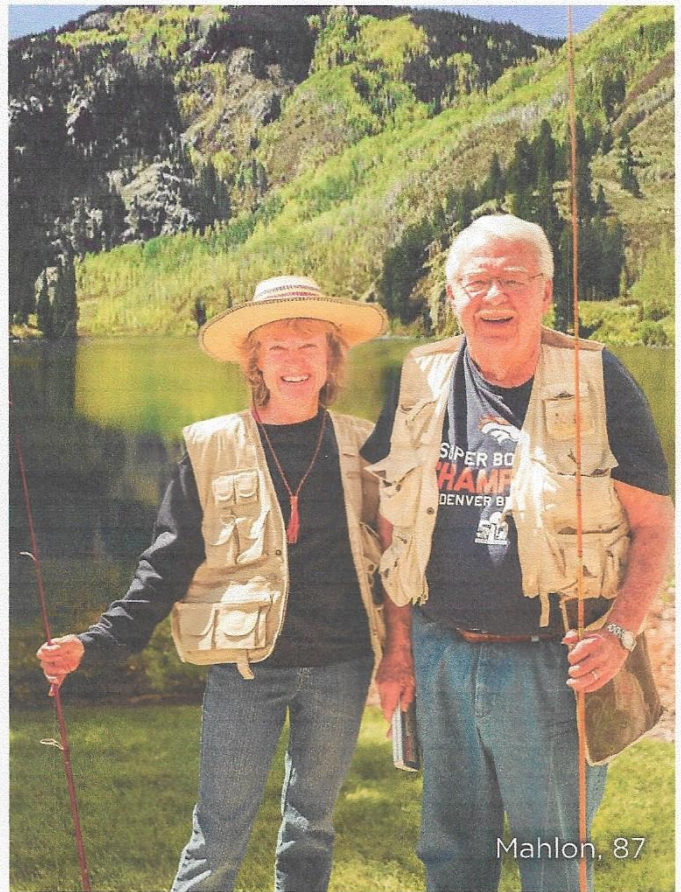
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Central New York  
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Cicero, NY 13039  
Branch: 315-452-3282





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  
127<sup>TH</sup> ASSEMBLY DISTRICT

ROOM 656 LOB  
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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](mailto:STIRPEA@ASSEMBLY.STATE.NY.US)

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View our virtual tour online at:  
[www.lorettocny.org/locations/buckley-landing](http://www.lorettocny.org/locations/buckley-landing)

Or call for a tour today! (315) 413-3772

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

Return Service Requested

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Permit #235  
Syracuse, NY

Dated Material Do Not Delay



*January*  
*February*  
*March*  
*2021*