

**Sign ups begin
10:00 am
January 2nd**

5924 Lathrop Dr.
Cicero, NY 13039
Tel: 315-452-3298
cicero.recdesk.com
ARyan@cicerony.gov

Senior Center Staff

Alexandra Ryan
Nancy Noble
Alice Brown

Center Hours

10:00 am—4:00 pm

Center Closings

January 1st-New Years Day
January 19th-Martin Luther King
February 16th-Presidents' Day

Youth Bureau, Parks & Recreation Staff

Tony Burkinshaw
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



Bad Weather Closing

*To be informed of Senior Center closings 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!



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.



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Parks & Recreation Commission

Michael Folsom, Chair
Christine Scollay, Co-Chair
Elaine Davis
Krissy Soboleski
Gretchen Walter
Paul Welenc
Heather Wieland

Town Board

Rob Santucci, Town Supervisor
Mike Becallo, Councilor
Jamie Pardee, Councilor
Chris Daniel, Councilor
Ashley Hogan, Councilor

BIRTHDAY CELEBRATIONS

Celebrate your birthday during our monthly cupcake and entertainment! January 16th, February 13th, March 20th

March Birthdays

January Birthdays February Birthdays

1st Betty Carlisle
Kathy Hayduke
Patrice Haywood
Patricia Kesselring
Terry Langdon
2nd Tammy Brodhead
Joan Kesel
Jackie See
Pat Sematoske
Richard Wahl
3rd Christina Tartaro
4th Lois Dorschel
Arlene Fickett
Dawn Hart
5th Sally Huntington
Lillian Silva
6th Catherine Kerr
8th Shari Clark
Jean Relyea
10th Barbara Rubenstein
11th Judy Massena
12th Mary Alice Scheel
13th Lyn Atwood
14th Ellen Garland
18th Mary Lou Bender
Robert Woodworth
19th Lynda Grecco
21st Lisa Liquori
23rd Gary Burns
Tim Gleason
24th Reta Fiacco
25th Joseph Caruana
26th Mary Boisey
Joseph O'Neill
27th Carroll VanTassel
28th Laura Griffis
30th Michael Ours
31st Claudia Brandl
31st Kathleen Champlin

2nd Shirley Gigantelli
Ernie Veri
3rd Carole Bildstein
4th Arlene Sharpsten
5th Christine Blom
7th Keith Gilmer
Michael Gilmour
Evelyn Ginney
Rachel Harry
Peter Zuke
8th Cindy Kisselstein
Dorothy Kompf
11th Nancy Boutwell
Jane Fanning
12th Sandy Latimer
Josephine Letendre
13th Marlene Basile
14th Josephine Kawryga
Nancy Rosa
15th Lauren Lalley
17th Carole McDonald
18th Kenneth Blechl
19th Caroline Iozzia
Mary Smith
20th Tracy Schenk
21st Ann Harrell
Donna LePage
Sharon Shafer
22nd Kathy Horner
Kathy Horner
Donna Snowberger
23rd Linda Oswald
Mike Zingaro
26th Vincenza Conklin
Elaine Suskin
27th Sherie Holmes
Roslyn Rosetta

March Birthdays

2nd Linda Latham
3rd Carl Falter
Kim Martin

5th Patricia Gonzales
Patricia Laclair
6th Kolan Bisbee
Kathy Osborne
7th Susan Kelley
Paul VanAlmelo
8th Donna Dambrosio
Cindy Hind
10th Denise Bliss
Diana Rockhill
11th James Willard
12th Linda Vanboden
13th Sandra Poplawski
15th Chuck Kopf
16th Robert Colwell
Robert Ours
16th Anne Marie Vick
17th Kathleen Dapson
Donna Gates
Earnest Specioso
18th Pauline Fortier
Dale Parker
19th Kurt Schultze
20th Joanne Rachetta
Dena Thornsborough
21st Sally Albrow
Patricia Bazydlo
Dorothea Cacciola
22nd Sally Sanfilippo
23rd Dennis Casey
24th Andrew Fiacco
Karl Wirt
25th Mike Denny
Elise LaValle
26th Cheryl Conley
Dorothy Seeland
Dolores Terino
Shelia Togias
28th Jenny Hammond
Patricia Jackson
Shirley Sherwin
Barb Volz
Barbara Woodworth
29th Gifford Gail
Pat Washo
30th Claire Cary

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!

Wild Horse Bar and Grill

Get your posse and mosey and lets on over to this country themed restaurant!

720 County Rte 37, Central Square, NY 13036

Date: Wednesday, January 21st

Time: Meet there @ 11:30 am

Cost: On your own

Ling Ling Asian Buffet

Let's celebrate Chinese New Year, together, the year of the horse!

604 S Main St, North Syracuse, NY 13212

Date: Wednesday, February 25th

Time: Meet there @ 11:30 am

Cost: On your own

Twin Trees III

Join us at this local pizza favorite!

310 N Main St, North Syracuse, NY 13212

Date: Wednesday, March 18th

Time: Meet there @ 11:30 am

Cost: On your own



Movie Tavern

Lets go to the movies!! We are planning to see the movie **Mercy**. *"In the near future, a detective (Chris Pratt) stands on trial accused of murdering his wife. He has 90 minutes to prove his innocence to the advanced A.I. Judge (Rebecca Ferguson) he once championed, before it determines his fate."*



Date: Thursday, January 29th

Time: Depart Center @ TBD

Cost: \$19.00 (includes transportation and ticket, lunch on your own)

EARLY BIRD BINGO @ Turning Stone

Early Bird Bingo!! Lets get lucky! Bingo starts at 10:15.



If Bingo is not for you...try your luck elsewhere in the casino. Lunch will be on your own. We will head back at 2:30

Date: Thursday, February 12th

Time: Depart Center @ 9:00 am

Cost: \$13.00 (Transportation only)

Movie Tavern



Off to the movies again! Planning to see **Project Hail Mary**. *"Ryland Grace, a middle school teacher, wakes up in a coma, 11.9 light-years from Earth, and is recruited for Project Hail Mary to save the sun."*

Date: Thursday, March 26th

Time: Depart Center @ TBD

Cost: \$19.00 includes transportation and ticket, lunch on your own)

OVERNIGHT TRIPS

ALASKA CRUISE LAND & RAIL

WITH PRINCESS CRUISES®
ON THE ISLAND PRINCESS®

11 DAYS / 10 NIGHTS

SEPTEMBER 6 – 16, 2026

Inside Cabin Category	ID	\$5,519
Outside Cabin Category	OC	\$6,099
Balcony Cabin Category	BD	\$6,669
Balcony Cabin Category	BC	\$6,729

Rates are per person double occupancy and include roundtrip airfare from Syracuse, cruise, port charges, government fees, taxes and transfers to/from ship.



An Alaska cruise, land, and rail vacation with Princess Cruises® on the Island Princess® offers a multi-faceted experience combining a scenic cruise to glaciers, a luxurious glass-domed train journey on the exclusive Princess® Rail Service to the interior, and stays at Princess Wilderness Lodges® near national parks. The cruise provides glacier viewing and wildlife opportunities, while the Direct-to-the-Wilderness® rail service connects you from the ship to the lodges, featuring guided narration, made-to-order dining, and open-air observation platforms to immerse you in the landscape and spot wildlife.



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

collette

Aloha Hawaii

January 13-21, 2027



***Double \$5,999 *Single \$7,799**

9 Days * 12 Meals

Embark with the Cicero Senior Center & Collette and escape the 'winter blues' in Jan. 2027 on a journey through the lush landscapes and vibrant culture of Kauai and Maui, where adventure meets tranquility! Drift down the serene Wailua River, explore the breathtaking Waimea Canyon, and immerse yourself in the history and heritage of the Iao Valley. Sample seasonal fresh fruit, discover the sustainable practices on a macadamia nut farm, and experience the warmth of Hawaiian hospitality at a traditional luau. Enjoy luxurious stays at premier resorts on Kauai and Maui, where you can relax on pristine beaches or embark on thrilling adventures. This tour offers a perfect blend of natural beauty, cultural connections, and relaxation!

Included in Price: Round Trip Group Transportation from Cicero Senior Center to Syracuse Airport, Round Trip Air from Syracuse Airport, Inter-flights from Lihue Municipal, Air Taxes and Fees/Surcharges, Hotel Transfers

Not included in price: Cancellation Waiver and Insurance of \$429 per person.

**Informative
Presentation
January 26th
@10:30 am**

For more information contact Alex at the Cicero Senior Center or check out trip details at
<http://gateway.gocollette.com/link/1328583>

CENTER HAPPENINGS

Ongoing Programs at the Center

PEACE Luncheons

Congregate meals are **Mondays, Tuesdays and Fridays at noon**. Meals are a suggested donation of **\$3.50** (or whatever you can afford). You must sign up a minimum of 24 hours ahead of time, stop by or call the center to sign up!



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 rotates every other Monday.

Day: Rotating Mondays

Time: 1:00 pm

Cost: FREE



Game Day



Join us on **Mondays** to play table games. We currently have a groups playing **Poker** and **Progressive Rummy**. Something else in mind? Let us know and we will set up a table for you!

Day: Mondays

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: 10:30 am

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: 2:30 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: 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

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

New Year's Name That Tune with Geoff Clough



Come for a PEACE meal and celebrate all those with birthdays in January. Afterwards stay for some fun entertainment with Geoff's name that tune show! We will end the day with a short game of bingo!

Date: Friday, January 16th

Time: 12:00 pm Lunch

12:30 pm Birthday Cupcakes

1:00 pm Entertainment

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

Winter Break 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 cupcakes to celebrate February birthdays! Stay after entertainment for a short game of bingo!



Day: Friday, February 13th

Time: 12:00 pm Lunch

12:30 pm Birthday Cupcakes

1:00 pm Entertainment

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



Francis Academy 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 and eye out at the center for the official date and time for this event!!



Celtic Entertainment with Merlyn Fuller



A center favorite, Merlyn is back to entertain us, this time with Irish and Scottish ditties and ballads for the St. Patrick's season! Come ahead of time for a PEACE lunch followed by cupcakes to celebrate March birthdays! Stay after entertainment for a short game of bingo!

Day: Friday, March 20th

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

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 2nd

Time: 12:00 pm Lunch

Cost: Your Dish



Soup and Crock Pot Lunch

Did you know January is National soup and crockpot month?! Let's celebrate with slow cooked food!

Date: Thursday, January 15th

Sign up by Monday, January 12th

Time: 12:00 pm

Cost: \$10.00

Annual Fish Fry

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

Date: Thursday, February 19th

Sign up by Friday February 13th

Time: 12:00 pm

Cost: \$10.00



Beat the winter blues with a Game Day



Come play group table games with us!! Favorites of Farkle and LCR will be available!! After, enjoy a catered lunch with good company!

Date: Thursday, February 26th

Sign up by Monday, February 23rd

Time: 10:30 am

Cost: \$15.00 (Lunch)

"Spring is near" luncheon

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

Date: Thursday, March 12th

Sign up by Monday, March 9th

Time: 12:00 pm

Cost: \$10.00



CENTER HAPPENINGS CONTINUED

Fitness Programs

Aerobics with Clement

A low impact aerobics and strength class on Mondays.

****NEW INSTRUCTOR****

Days: Mondays

Time: 9:00 am - 10:00 am

Cost \$20.00 for 3 months of classes



Yoga with Michele

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 \$30.00 for 3 month of classes

Core and Balance with Michele

A workout focused specifically on building core strength—the main source of balance in the body every Thursday.

Days: Thursdays

Time: 9:00 am - 10:00 am

Cost \$20.00 for 3 months of classes



**** \$5.00 Discount if you take all 3 classes****

Fall Prevention Program at Cicero Senior Center

Program runs every Thursday, 10:15-11:15

Starting March 5th- April 16th 2026

PROGRAM OFFERINGS:

- ✓ STRENGTHENING EXERCISES
- ✓ INFORMATIONAL HANDOUTS
- ✓ EVIDENCE-BASED PRESENTATIONS
- ✓ INDIVIDUALIZED RECOMMENDATIONS

CENTER HAPPENINGS *CONTINUED*

Forever Young Ladies Group

Forever Young 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 8th

Time: 11:00 pm

Cost: \$15.00 lunch, \$25.00 Dues

February Event TBD

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

Date: Thursday, February 5th

Time: TBD

Cost: TBD

March Event TBD

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

Date: Thursday, March 5th

Time: TBD

Cost: TBD



If you see a new face at the Senior Center, please be sure to introduce yourself and extend a friendly welcome!

Our newest members are:

Joseph and Irene Caruana, Jo Francis, Chester Cooper, Robin Avery, Barbara St.Denis, Terry and Kathryn Langdon, Dawn Hart, Cheryl Conley, Thomas and Debra Schunch, Valerie Hayes, Lawrence and Patty Crast, Don and Tammy Brodhead, Rosalie Barone, Lynda Grecco, Nancy Galipeau, Rachel Harry, Charles and Mary Sorrendino, Joyce VanVolkenburgh, Phil VanDewakler, Shelia Togias, Tina Lamica, Barbara Evanoff, Merlene White, Linda Orr, Carole McDonald, Holly Cerelli, Nicolas Capece, Lisa Watkins, Patrica Jackson, Howard Johnson, Tim Gleason, Linda Jackson, Beverly Thomson, Steven Felice and John Kozak!



What does a caterpillar do on Jan. 1st?

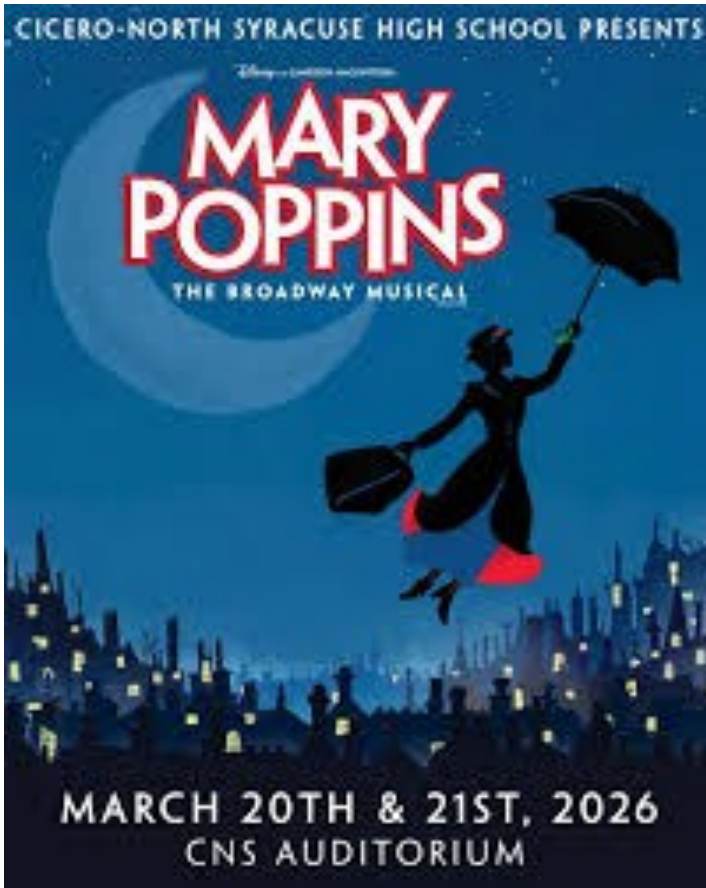
Turn over a new leaf!

Why should you invite a jeweller on New Year's Eve?

To ring in the new year!



AROUND TOWN



The Cicero North Syracuse High School will be performing *Mary Poppins* in March.

There will be a FREE showing for seniors on Thursday, March 19th at 5:00 pm!

Mary Poppins is the story of the Banks family who live in a big house in London on Cherry Lane. Things are not going well for the family, the children, Jane and Michael, are out of control and are in need of a new nanny. Jane and Michael have their own ideas about what sort of caretaker they should have, while their parents—and in particular Mr. Banks—are insistent on someone strict for the job. When a mysterious young woman named Mary Poppins appears at their doorstep, the family finds that she's the answer to their prayers, but in the most peculiar way. Mary Poppins takes the children on many magical and memorable adventures, but Jane and Michael aren't the only ones she has a profound effect upon. Even grown-ups can learn a lesson or two from the nanny who advises that "anything can happen if you let it."

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

Restorative Yoga

Restorative yoga is a restful practice that holds seated or lying down yoga poses for a longer duration, using assorted props (blankets, cushions, blocks) in order to fully support the body. The work emphasizes the meditative aspect of yoga, emphasizes stillness over movement, being over doing. As Michele guides you through 4 or 5 poses over the hour, Sue will play her live instruments - singing bowls, chimes, bells, drums, and more to enable you to further settle into the poses and into yourself. Class will be at the Senior Center.



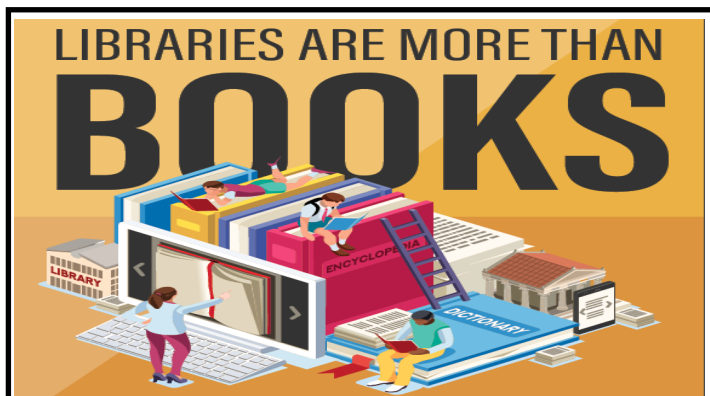
Dates: Monday, January 26th

Monday, February 9th

Time: 6:00 pm

Cost: \$15 Residents (per class)

\$20 Non-residents (per class)



These winter months are a great time to check out our local libraries which are more than just books!

Take an exercise class, join a book club, do a craft, knit with friends, write your legacy, listen to informative presentations and much more!

MONEY SAVVY

Home Energy Assistance Program (HEAP)

Now Open for 2025–2026

The Home Energy Assistance Program (HEAP), also known as LIHEAP, is a federally funded energy assistance program to help low-income families meet their home energy costs. The HEAP program consists of three components – Regular HEAP, Emergency HEAP, and Cooling.

HEAP Heating Equipment Repair and Replacement (HERR) benefit is not currently open. For assistance with heating equipment, you must apply for Emergency Temporary Assistance. HEAP is no longer administering Clean & Tune benefit.

The Regular HEAP benefit for the 2025–2026 season officially opened on December 1, 2025. Onondaga County DSS-ES is now accepting applications.

The Regular HEAP season is scheduled to run through April 7, 2026, or until funding is exhausted.

You can apply for HEAP online at www.mybenefits.ny.gov or in person at 421 Montgomery St 2nd floor Syracuse, NY 13202. The Office is open Monday through Friday 8am-4pm.

Who Is Eligible?

Eligibility for the program is based on income and one's housing situation. Individuals must:

*Either pay directly for heating costs or pay rent that includes heating costs

*Be a U.S. citizen or a qualified alien to apply

HEAP money is limited. The HEAP year generally begins in November and closes when the program funding is exhausted, which can be as early as mid-March.

Regular HEAP

There are no resource eligibility criteria for Regular HEAP. Regular benefits for households that pay directly for heat based on actual usage are paid directly to the vendor that supplies the household's primary source of heat. Amounts depend on income, age of household members, energy costs and one's shelter situation. Typically, it is a one-time only benefit during the program year.

Emergency HEAP

Emergency benefits are available for persons who are eligible for HEAP and have an energy-related emergency such as a power shutoff, less than ¼ tank oil, kerosene or propane, or have less than 10 days' supply of wood, pellets or coal. Applicant households must meet a resource test. Benefit amounts vary and typically, are a one-time only benefit during the program year.

If you have already exhausted your regular HEAP benefit, you may call the office to apply for Emergency HEAP by phone: (315) 435-2700

Cooling Assistance Benefit

If eligible, you may receive one Cooling Assistance benefit per applicant household for the purchase and installation of an air conditioner or a fan to help your home stay cool. You may not have already received a HEAP funded air conditioner within the past five years. Please contact local HEAP office for full eligibility requirements.

What to Expect

If you qualify your HEAP payment will be sent to your fuel/utility provider. It generally takes up to 3 months for the credit to appear on your bill.

After Hour Emergency

For after hour heating emergencies please call: [211CNY](tel:211) (formerly Helpline) by dialing 211 or 1-844-245-1922.



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, Marty Ferrell, Ellen Garland, Carolyn Gearty, Phima Niedzwiecki, Mark Steen, Barb Volz, Linley Willis and Elaine Davis as Parks and Rec Commission Liaison.

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)424-1810 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)362-424-1810.

Medical Equipment

Luther Memorial Church has a medical equipment storage closet available for the community. If you are in need of equipment, they may be able to help! Items are slightly used to new and include walkers, canes, crutches, wheel chairs, shower chairs, commodes and more! These items are available for use free of charge! Contact the church office Monday thru Friday, 9 am to 4 pm. (315) 458-1481.

FREE
COMPUTER HELP
NOPL BREWERTON
TUESDAYS, 10:30AM - 1:30PM

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.



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

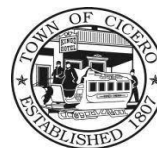
If anyone you don't personally know asks you to use a money wiring service to send cash to them, Stop and think, "Is this a scam?"

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	315-452-3298
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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Know your options for 2026!



*In Support of the Cicero
Senior Center*

Tracy M. Cosilmon

Cicero Town Clerk

315-699-8109

clerk@ciceronewyork.net



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

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

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January
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2026