

**Sign ups begin
10:00 am
June 27th**

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

July 4th-Independence Day
September 1st-Labor Day

Youth Bureau, Parks & Recreation Staff

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

**HOW
ARE YOU
SPENDING
YOUR**

Summer

Cookouts

**Summer
Concerts**

**Day
Trips**

Beaches

**This
Way
to
the
FUN**

Inside this Issue:

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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

Mike Aregano, Town Supervisor
& Dept Liason
Mike Becallo, Councilor
Mike Mirizio, Councilor
Jonathan Karp, Councilor
Ashley Hogan, Councilor

BIRTHDAY CELEBRATIONS

September Birthdays

July Birthdays

3rd	Bill	Proctor
6th	Priscilla	Fuller
	Alice	Lipovsky
	Karen	Rett
7th	Helen	Blechl
8th	Pauline	McGrath
	Barbara	Navarra
9th	Janice	Becker
10th	Pryce	Fegley
11th	Janet	Wiehle-Amond
13th	Carolyn	Powell
	Shirley	Singer
14th	Cynthia	Arroyo
	Walter	Oberton
	Maria	Suppa
15th	Angela	Kritzer
	John	Roche
16th	Majorie	Canino
19th	Linda	Proctor
20th	Lee	Hunter
21st	Patricia	Cawley
	Judy	Holden
22nd	Theresa	Pizzuti
23rd	Karen	Byrne
	James	skelly
24th	Linda	O'Connor
	Carol	Szykowski
25th	Carrie	Hendrix
	Bob	Parkhurst
26th	Pat	Favalo
	Carole	Orso
	John	Ruggeri
	Linda	VanDusen
	David	Worlock
28th	Katie	Desorbo
	Joanne	Montpetit
29th	Paul	Chapman
30th	Frances	Harris
31st	Dennis	Bloss
	Anne Marie	O'Connor

August Birthdays

1st	Kathleen	Colwell
	Alice	Shafer
2nd	Diane	Michela
	Ann	Woods
3rd	Ella Mae	Bombardo
	Gaetano	Fico
	Kathleen	Shattuck
	Christine	Wenger

August Birthdays

3rd	Gladys	White
5th	Lynda	Loucks
	Richard	Shopland
6th	Mimi	Hoene
	Donna	Kinnetz
	John	Suflita
	Suzanne	Truax
7th	Gretchen	Bova
8th	Wendy	Abbe
	Mary	Ilacqua
	Amelia	Nicoletti
	Rose	Parry
9th	Bonnie	Trop
	Joan	Whiting
11th	Joe	Snyder
12th	Jacques	Battes
	Wayne	Chase Sr.
13th	Diane	Clark
	Judy	Parkhurst
15th	Mary Jane	Szczesniak
16th	Mary Anne	Gorski
	Edward	Sematoske
17th	Eugene	Carey
18th	Gail	Chase
	Robert	Kline
19th	Sue	Denny
	Susan	McAllister
20th	Edward	Arseneau
	Lisa	Nolan
22nd	Vera	Cavallo
	Larchie	Dalin
	Carol	Wahl
24th	Brenda	Kennedy
	Jeanne	Maddox
	Kurt	McAllister
	Mark	Steen
25th	Donnalee	Littleboy
	Gail	Proctor
27th	Walt	Barber
	Alice	Smith
	John	Tomarchio
28th	Deborah	Denson
	Harriet	Gordon
	Donna	Tripp
30th	Bret	Guilford
	Carole	Parsons
	Trudy	Winfield
31st	Patricia	Dumais

1st	Rita	Bunis
	Valda	Ours
	Mary Jo	Roberge
2nd	Heidi	Angus
	Cindy	Conklin
	Kevin	Lynch
3rd	James	Colvin
	Cheryl	Durgee
	Jean	Sager
	Trudy	Schnurr
	Mary	Tyson
5th	Suzanne	Ciferni
6th	Kathy	Colvin
	Deborah	Filosi
	Marilyn	Hilt
7th	Terrence	Stone
8th	Susan	Cass
9th	Mary Jane	Nasarenko
10th	Amy	DiCesare
11th	Jane	Sherman
	Dee	Baker
13th	Nancy	Albro
	Edward	McCarthy
14th	Murray	Kinnetz
	Monika	Loerzel
15th	Brigitte	Holik
16th	Garry	Canino
	Beatrice	Owens
17th	Janet	Travers
19th	Susan	Frank
	Floyd	Proctor
	Kathryn	Snyder
21st	Katie	Bloss
	Linda	Pearce
	Frank	Smith
22nd	Ralph	DiCesare
	Marie	Zingaro
23rd	Samuel	Tassone
	Pat	Telesca
24th	Pat	Mercer
	Janet	Snyder
25th	Diane	Carrick
	Margaret	Goldych
	Mary	Youngman
27th	Thomas	Mattimore
	Shirley	Webb
28th	Carolyn	McFall
	Martha	White
29th	Barbara	D'Ambrosio
	Jo	Eells
30th	Anna	Garbin



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.

Finger Lakes Gaming & Race Track

A day at the Racetrack! We will head a bit west and spend the afternoon betting the ponies and or trying our luck at the games. Lunch will be on your own at one of the eateries. Racing starts at 1pm.

Date: Wednesday, July 9th

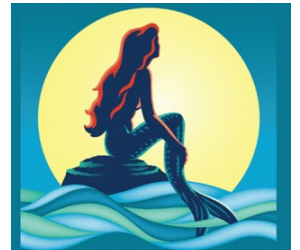
Time: Depart Center @ 10:30 am

Cost: \$22.00 (Lunch and gambling on your own)



The Little Mermaid @ Cortland Repertory

Join us Under the Sea for this enchanting love story! Ariel, the youngest daughter of King Triton, dreams of living on land after rescuing the dashing Prince Eric from a shipwreck. In her quest to



become part of his world, Ariel strikes a perilous deal with the sea witch Ursula, trading her tail for legs – but the consequences of this bargain are far from simple. With the help of her quirky friends – from both above and below the surface – Ariel navigates a series of challenges to reclaim her voice and protect her loved ones. Filled with unforgettable songs, including *Kiss the Girl*, *Poor Unfortunate Souls*, and *Part of Your World*, this magical "tail" is a glorious experience for all ages! Before the show we will enjoy lunch at Sweet Basil.

Date: Wednesday, August 13th

Time: Depart Center @ 11:00 am

Cost: \$65.00 (Includes ticket and transportation, lunch on your own)

Seneca River Boat Tour



Cruise the Seneca River with a refreshing cocktail or mocktail and soak in the summer vibes, check out the wildlife and the "fronts"

of some riverfront homes. We will enjoy a delicious early lunch before tour at Pasta's on the Green.

Date: Wednesday, July 16th

Time: Depart Center @ 10:30 am

Cost: \$80.00 (All Inclusive)

Syracuse Mets Game

Play Ball! Let's head to a Syracuse Mets vs Charlotte Knights (the Triple-A affiliate of the Chicago White Sox) game for the afternoon. We will enjoy the game at table tops seats (with backs) and restaurant like service right to your seat!



Date: Wednesday, August 6th

Time: Depart Center @ 11:30 am

Cost: \$30.00 (Lunch on your own)

New York State Fair



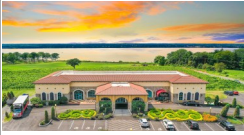
Let us drive you to the fair and avoid the parking! Seniors 65 years of age and over are admitted free every day of the New York State Fair. Herman's Hermits will be performing at 1 pm!

Date: Tuesday, August 26th

Time: Depart @ 10:30 am/Pick up @ 3:00 pm

TRAVEL NEWS CONTINUED

Ventosa Vineyards



Lets pretend we are in Tuscany for an afternoon. We will travel to Ventosa's and have a wonderful buffet lunch. Our lunch will include Salad, Pizza, Sandwiches and chips. Those who choose can take part in a group wine tasting. A elegant afternoon overlooking the vineyard & Seneca Lake. On our way back we will stop for ice cream and shopping at Sauders Market.

Date: Wednesday, September 10th

Time: Depart Center @ 11:00 am

Cost: \$48.00 (Includes transportation and lunch, wine tasting on your own)

Italian Festival

Hop on the bus and head for an afternoon at the Festa Italiana! This three day event in downtown Syracuse that brings families together. Enjoy activities including food, specialty vendors, bocce, music, and dancing.

Date: Friday, September 12th

Time: Depart Center @ 11:00 am

Cost: \$5.00 (Lunch on your own)



The Hello Girls

@ Syracuse Stage



A heroic new musical about connection in a time of conflict. 1918. As the world plunges further into unprecedented catastrophe, Grace Banker works as a telephone operator in New York City, proving herself more than capable in a male-dominated industry. But when the U.S. Army recruits her to lead a group of women directing communications on the frontlines in France, she and her fellow "Hello Girls" will have to prove themselves again and again if they are to convince the top brass—and the country—that they belong in the fight. This new American musical reminds us that in the battle against hopelessness and hate, no weapon can match the power of the human spirit. Before the show enjoy lunch at Phoebe's.

Date: Wednesday, September 17th

Time: Depart Center @ 11:00 am

Cost: \$83.00 (All Inclusive)

collette Southern Charm

April 28 – May 4, 2026



Book by Oct, 28 2025 and save \$50 per person!

Double \$3,699

Single \$4,699

7 Days • 9 Meals: 6 Breakfasts, 3 Dinners

HIGHLIGHTS... Historic Charleston, Choice on Tour: Walking Tour or Fort Sumter Cruise in Charleston, Boone Hall Plantation & Gardens, Savannah, Choice on Tour: Savannah Trolley Tour or Haunted Savannah Walking Tour, St. Simons Island, Jekyll Island

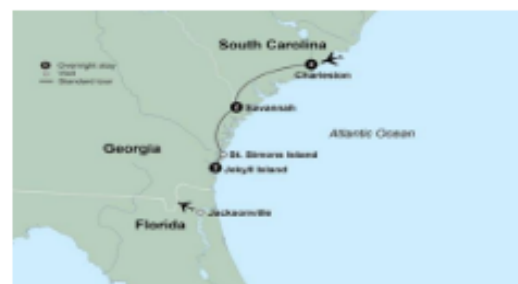
INCLUDED IN PRICE: Round Trip group transfer from Cicero Senior Center to SYR Airport, Round Trip Air from Syracuse International, Air Taxes and Fees/Surcharges, Hotel Transfers

ITINERARY AT A GLANCE

Days 1, 2 Emeline Hotel Charleston, Charleston, South Carolina

Days 3, 4 Cambria Savannah Historic District, Savannah, Georgia

Days 5, 6 Jekyll Island Club, Jekyll Island, Georgia



For more information visit Alex at the Cicero Senior Center or go to <https://gateway.gocollette.com/link/132846>

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 rotates 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!

Dates: Monday, July 7th and 21st
Monday, August 4th and 18th
Monday, September 8th and 22nd
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: 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

Entertainment with "Paul Davie"

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 July with cupcakes and play a short game of bingo!!



Date: Friday, July 18th

Time: 12:00 pm PEACE Lunch
12:30 pm Birthday Social
1:00 pm Entertainment
2:15 Bingo

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

PEACE Chicken BBQ Lunch and

Entertainment with "The Harmony Katz"

Join us in the pavilion for a BBQ lunch provided by PEACE. On the menu is their delicious BBQ chicken and all the picnic sides! Then let us celebrate all those who have birthdays in August with cupcakes! Afterwards enjoy entertainment at 1:00 pm!

Day: Friday, August 15th

-Sign up by Tuesday, August 12th

Time: 12:00 pm Lunch
12:30 pm Birthday Cupcakes
1:00 pm Entertainment

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



The Harmony Katz
Singing Memories to Life in 4-Part Harmony

Entertainment with "Scattered Flurries"

Come early for PEACE Luncheon at noon, then celebrate all those who have birthdays in September with cupcakes! Afterwards enjoy entertainment, followed by a short game of bingo!!



Date: Friday, September 19th

Time: 12:00 pm PEACE Lunch
12:30 pm Birthday Social
1:00 pm Entertainment
2:15 Bingo

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

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:

Tom and Mary Pat Boak, Donna Kingdeski, Carol Burchim, Jean Brooks, Lisa Liquori, Laurie Champlin, George and Cindy Sobus, Edward McCarthy, Shari Clark, Michael Bernied, Carol Szykowski, Cheryl Wihelm, Richard Shopland, Ted and Kathy Andolina, Christopher Wilson, and Tracy Victoria Schenk



CENTER HAPPENINGS CONTINUED

Center Events and Meals

Hot Dog Cookout



Hot Diggity Dog! July is National Hot Dog Month. So, grab your dog and add your own flair with all the toppings on this American classic!! Enjoy the cookout in our pavilion with all the fixings!

Date: Thursday, July 3rd

-Sign up by Monday, June 30th

Time: 12:00 pm Lunch

Cost: \$10.00

Ice Cream Sundae Luncheon

I scream, you scream! We all scream for ice cream! July is national ice cream month so come enjoy a light lunch followed by a make your own ice cream sundae bar with all the fixings!!

Date: Thursday, July 24th

-Sign up by Monday, July 21st

Time: 12:00 pm

Cost: \$10.00



Labor Day Potluck



Celebrate the last days of summer with good food and great company! Bring your favorite dish to share followed by bingo! **There is NO PEACE Meal this day!**

Date: Friday, August 29th

Time: 12:00 pm

Cost: Your Dish

Autumn Solstice Lunch

Help us greet the first days of autumn with delicious homemade comfort food! Enjoy great company and some tastes of fall!

Date: Thursday, September 18th

-Sign up by Monday, September 15th

Time: 12:00 pm

Cost: \$10.00



Pizza Party



Who doesn't love pizza with friends?! We plan to have pizza, wings, salad and dessert! Afterward we will play bingo! **There is NO PEACE Meal this day!**

Date: Friday, September 26th

-Sign up by Wednesday, September 24th

Time: 12:00 pm

Cost: \$10.00

CENTER HAPPENINGS CONTINUED

Fitness Programs

Aerobics with Michele

A low impact aerobics and strength class on Mondays.

****Instructor may change****

Days: Mondays

Time: 9:00 am - 10:00 am

Cost \$20.00 for 3 months of classes



****NOTE PRICE
CHANGES****



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 @ Cicero Senior Center

Program runs every Thursday 10:15-11:15am
from 8/27/25-9/18/25

Free to join!

care

Cicero Senior Center
Adults, Resources
And Information

LE MOYNE

Cicero Senior Center & Foundation



A 7-week in-person program
run by occupational therapists
to educate older adults on fall
risk factors and modifications to
decrease future falls!

Did you know?

More than 1/4 Americans 65+ fall each
year! Falls are the leading cause of fatal &
nonfatal injuries among the older
population!

PROGRAM OFFERINGS:

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

CENTER HAPPENINGS CONTINUED

Informative Presentations

ARISE open Doors Programs



The Open Doors program helps people move from institutions, like nursing homes and intermediate care facilities, to a home in

the community. This program helps states shift Medicaid long-term care services and supports to people living in the community.

Through our Transition Centers and Peer Outreach and Referral Program, we will work with you to make that move happen.

Come learn more about this program!

Date: Friday, July 18th

Time: 11:00 am

Cost: FREE

Aurora for Vision and Hearing loss

Are you having trouble with your vision or hearing? Maybe you can't see to do things at your home, that you use to be able to do before? Aurora of CNY can help! We are a not-for-profit organization that has been here for 109 years. Come to this presentation that will be filled with information to help you. They will be demonstrating Assistive audible devices that can help you with everyday tasks. For those people that qualify, there are free programs from the State that we can help you with. Please don't live isolated. They can help you improve your life and offer Support Groups in Oswego, Onondaga and Cayuga Counties. Let them inspire you and bring you HOPE and ENCOURAGEMENT! If you have questions, you may call Aurora at 315-422-7263.

Date: Friday, August 1st

Time: 10:30 am

Cost: FREE



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!

Meier's Creek and Critz Farms

First we will head to Meier's Creek Brewing company for a delicious lunch on the patio. After we will head to Critz farms where we will be able to walk the sunflower maze (\$5), pick blueberries (\$3/pint), or sample some hard cider (\$)



Date: Thursday, July 31st

Time: Depart Center @ 11:00 am

Cost: \$10.00 (Transportation only.)

Lunch and all activities are on your own)

Saranac Tour

Join us in Utica for a VIP tour of F.X. Matt Brewery. Visit one of America's oldest family-owned breweries and enjoy award-winning beverages in their 1888 Tavern or Biergarten. The tour includes a 45 minute behind-the-scenes tour of the brewery, a tasting in their aging cellars, and ends with a complimentary pint or flight of beer. Before the tour we will enjoy lunch on site at their tavern.

Date: Friday, August 22nd

Time: Depart Center @ 10:30 am

Cost: \$52.00 (All Inclusive)



Erie Canal Fall Sight Seeing

We will head to Herkimer for lunch at Gems Along the Mohawk. Afterwards take a journey through history on the calm waters of the Erie Canal while enjoying the spectacular scenery of New York's beautiful Mohawk Valley. Join a United States Coast Guard licensed captain aboard Lil' Diamond II and enjoy a few entertaining tales of the canal. The thrill of the voyage is being raised and lowered over 20 feet in an Erie Canal lock!



Date: Thursday, September 25th

Time: Depart Center @ 10

Cost: \$65.00 (All Inclusive)

PARKS & RECREATION PROGRAMS

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

Cicero Parks & Recreation FREE Summer Concert Series



Join us each Thursday evening from 6-8 PM for
concerts and food trucks in the park. Please bring a
lawn chair or blanket for seating.

July 3rd at William Park

Mood Swing-variety of rock, jazz, country, blues

July 10th at William Park

Surf School-soft and soulful rock

July 17th at Riverfront Park

In Too Deep-Funk Rock

July 24th at William Park

The Strangers-mix of classic & forgotten songs

July 31st at William Park

Bob Holz and A Vision Forward-jazz & soft rock

August 7th at William Park

Unparallel-alternative rock & variety cover party

August 14th at William Park

Brian Thomas and The Strikes-folk

August 21st at William Park

The Nelson Brothers-classic country

Keep an eye out for these other local summer concerts!

***The Village of North Syracuse** sponsors the
Lonergan Summer Concert Series! All concerts are
FREE to attend and will be held outdoors at
Lonergan Park on Wednesday evenings. Concerts
start at 6 pm, during the summer months.

***The Town of Clay's** Summer Concert Series
takes place at the Ernest N. Casale Amphitheater
located in Clay Park Central off Wetzel Road. They
are held Tuesdays starting at 6:30 pm and have food
and novelty trucks which will change with each
concert!

Intro to Kayaking for Adults

Are you interested in kayaking, but unsure where to
start? Join us for our introduction to kayaking
taught by an ACA Instructor.

Learn various paddle strokes, turning & stopping
your boat, and of course, boating safety. Partici-
pants will earn a Level I Certificate of Completion.
Kayaking is also a great form of exercise!
Equipment provided, but please feel free to bring
your own.

Dates: Thursday, August 7th

Thursday, August 14th

Thursday, August 21st



Time: 12:00 pm

Cost: \$120.00 Residents, \$130 Non-resident

Sunrise Yoga

Start your morning with yoga on the beach at
William Park! A guided meditation and gentle
stretches to awaken your mind, body, and spirit.

Days: Thursdays Thru July 31st

Time: 11:00 am

Cost: \$10.00 per class

Sunset Yoga

End your day by enjoying the sunset, the lake, and
guided breath work and movement at William Park.
Yoga brings peace, calm, and clarity to the mind
while improving strength, mobility,
and flexibility for the physical body.

Days: Mondays Thru September 1st

Time: 7:30 pm

Cost: \$10.00 per class



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, July 14th

Monday, August 11th

Time: 7:00 pm

Cost: \$15 Residents, \$20 Non-residents (per class)

MONEY SAVVY-FOODSENSE



What is it?

Food \$ense is a program of Food Bank of Central New York. The goal is to help individuals and families stretch food dollars and to decrease the need for emergency food.

Who is eligible?

Anyone who needs to stretch their food dollars can participate. It's a food buying club, you are not required to show proof of income.

How does it work?

It's simple. Once each month, participants register in their community at a local host site. Cost is \$20.50 per unit. Cash or EBT cards are accepted (no checks). There is no limit to the number of units that an individual or family may buy. Packages are picked up near the end of the month at your local site on distribution day.

What is in a unit?

Ten to twelve food items including fresh fruits & vegetables, meats, and grocery staples. Each month the food package will change. The retail value of the food package will depend largely on where you price it out. Those living in small towns and rural areas will see larger savings than those shopping in cities. Many participants find their package is worth about \$35-\$40.

Please see below for Food \$ense sites in Onondaga County or stop by the center for help signing up.

Baldwinsville	Canton Woods Senior Center	76 Canton St.	Avis Neupert	(315) 638-4536
Brewerton	Brewerton Food Pantry	5395 Orangeport Rd.	Deb Lombard	(315) 439-0589
Camillus	Camillus Senior Center	27 First St.	Tricia Bacon	(315) 672-5820
Dewitt	Town of Dewitt	5400 Butternut Dr.	Shannon Shoff	(315) 446-3910 ext:9
Liverpool	Church of Christ	4268 Wetzel Rd.	Joann Steeger	(215) 219-5056
Salina	Town Justice	201 School Rd.	Barbara Spears	(315) 424-1810
Syracuse	Access CNY	1603 Court St.	Nikki Bomasuto	(315) 410-3384
Syracuse	Café Sankofa	2323 S. Salina St.	Arlaina Harris	(315) 283-0629
Syracuse	St. Mark's Church	1612 West Genesee St.	Jim Miller	(315) 422-4818
Syracuse	Northeast Community Center	716 Hawley Ave.	Lief Frymire	(315) 472-6343 ext: 230
Syracuse	University United Methodist Church	324 University Ave.	Galyn Murphy-Stanley	(315) 475-7277

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.

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

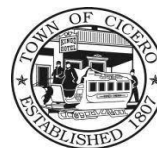
If anyone you don't personally know asks you to use a money wiring service to send cash to them, Stop and think, "Is this a scam?"

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	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





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!



In Support of the Cicero Senior Center

This space is available for advertisement!

For more information
call the Center at 315-452-3298.



*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

Returned Services Requested

Presort STD
US Postage Paid
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Syracuse, NY

Dated Material Do Not Delay



July
August
September
2025