

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

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ARyan@ciceronewyork.net

Center Staff

Alexandra Ryan
Nancy Noble
Margaret Hauenstein

Center Hours

Varies, Please Call Ahead

Center Closings

July 5th-Obvs Independence Day
September 6th-Labor Day

**Youth Bureau,
Parks & Recreation Staff**

Teresa Roth, Director
Linda Adams
Danielle Kepler

CanTeen Staff

Toni'Lyn Brauchle
Amy Crowley

Park Staff

Bill Alley
Bill Lawrence
Mike Hogan
Zac Hyde

In coordination with our 30th anniversary, we will be giving back every quarter throughout the year to a local organization to help support their cause!



**This quarter we are supporting
Helping Hounds Dog Rescue!**

Helping Hounds Dog Rescue moved to the Cicero area last year (7268 Caswell Ave, North Syracuse) and provides a compassionate approach to dog rescue by matching homeless dogs from overcrowded shelter systems with loving homes. They are a non-profit organization funded by donations, fundraisers and adoption fees. They are always in need of supplies, please can bring items to the center through



August and we will take them to the rescue! See page 2 for their wish list of items!

CONSTRUCTION NOTE!!

We have received a grant to finish last years project and add a few more enhancements as well. As a result, the center may be at limited use for a time period during the summer. Please see center for updates!!



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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, Dept. Liaison
Mike Becallo, Councilor
Judy Boyke, Councilor
Jonathan Karp, Councilor
Nancy White, Councilor

SUPPORT HELPING HOUNDS DOG RESCUE

Wish List

The rescue are in constant need of the following items at the Rescue. Items in **BOLD** and Underlined are things they are in particular need of at this time.

- **Dry Dog Food - Adult, Puppy, and Small Bites.** (Please avoid Purina, Pedigree and Beneful)
Preferred brands are;
Tractor Supply Company - 4 Health
Authority or Simply Nourish - Petsmart's store brands
Nutro
Blue Buffalo
Any good quality food will be accepted
- **Canned Dog Food (preferably the paste or pate style)**
- Martingale/ No-Slip Collars - All Sizes
- 6' Leashes
- **Paper Towels**
- Swiffer Duster Refills
- Swiffer Wet Sweeper Refills
- Dishwasher Pods
- 3M Doodlebug Scrub Pads
- Clorox Wipes
- Medium and Large Nitrile Exam Gloves
- Dog Toys
- Postage Stamps
- K-cup coffee
- Copy Paper
- Ledger Sized Copy Paper (11x17)
- Yellow Copy Paper
- Gift Card. Preferred stores are;
Staples
Mother Nature's Pet Supply
Petco
PetSmart
Tractor Supply Co
Home Depot



BIRTHDAY/ANNIVERSARY CELEBRATIONS



Celebrate your birthday during our monthly cake and entertainment!
 July 30th, August 27th and September 24th
 If your name is missing, be sure to let us know. Also, let us know if you are celebrating an anniversary that you would like us to announce!



July Birthdays

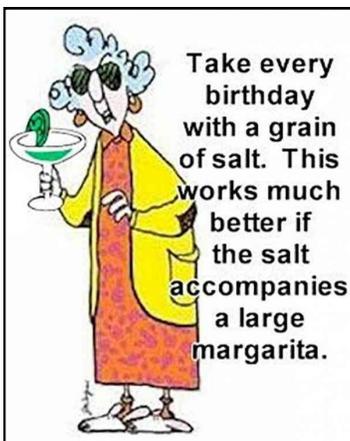
2nd	Harold	Mundstock
6th	Priscilla	Fuller
	Alice	Lipovsky
7th	Helen	Blechl
8th	Barbara	Navarra
11th	Margaret	Meacham
13th	Carolyn	Powell
	James	Warwick
14th	Walter	Oberton
	Maria	Suppa
15th	Wendy	Ellis
18th	Jeanne	Pierce
19th	Linda	Proctor
20th	Lee	Hunter
21st	Patricia	Cawley
22nd	Scott	Chesbro
	Mary	Dewey
	Judy	Holden
	Theresa	Pizzuti
25th	Carrie	Hendrix
	Bob	Parkhurst
26th	Pat	Favalo
	Carole	Orso
	Linda	VanDusen
	David	Worlock
28th	Virginia	Unger
29th	Bruce	Blundell
	Paul	Chapman
	Ronald	Davies
30th	Frances	Harris

August Birthdays

2nd	Ann	Woods
3rd	Paul	Goletsas
	Christine	Wenger
4th	Christine	Garofalo
6th	Connie	Smithers
7th	Diane	Gorman
	Sue	Richards
8th	Donna	Cooper
	Gerald	Harshberger
	Rose	Parry
9th	Bonnie	Trop
	Joan	Whiting
12th	Jacques	Battes
	Wayne	Chase Sr.
	John	Gorman
13th	Otto	Deisinger
	Judy	Parkhurst
	Gilbert	Shelton
16th	Edward	Sematoske
18th	Gail	Chase
	Robert	Kline
19th	Helen	Paige
20th	Edward	Arseneau
	Jacqueline	Mineker
21st	Alpha	Fountain
	Sallyanne	Pelmear
22nd	Vera	Cavallo
24th	Jeanne	Maddox
25th	Janice	Fulkerson
26th	Pat	Bragman
28th	Deborah	Denson
	Harriet	Gordon
29th	Anita	Fini
	Susan	Stampp
	Marsha	Taylor
	Reba	Spencer
30th	Carole	Parsons
31st	Patricia	Dumais
	Helen	Stone

September Birthdays

1st	Margaret	Brown
2nd	Cindy	Conklin
	Kevin	Lynch
3rd	Cheryl	Durgee
	Jean	Sager
	Trudy	Schnurr
4th	Joyce	Kittle
7th	Beverly	Hurst
8th	Richard	Cole
	Kathleen	Kotwas
9th	Mary Jane	Nasarenko
11th	Mary	Cole
	Monica	Kot
	Jane	Sherman
12th	Janice	Sax
13th	Ronald	Amyot
	Mary	Hock
	Sonia	McAvoy
14th	Murray	Kinnetz
	Monika	Loerzel
16th	Beatrice	Owens
19th	Floyd	Proctor
21st	Linda	Pearce
23rd	Samuel	Tassone
24th	Pat	Mercer
	Janet	Snyder
25th	Mary	Youngman
26th	Jackie	Bashore
27th	Thomas	Mattimore
28th	Carolyn	McFall
	Martha	White
29th	Barbara	D'Ambrosio
30th	Anna	Garbin



TRAVEL NEWS

IMPORTANT REGISTRATION AND PAYMENT INFORMATION

Early registration and payment are necessary to ensure the success of a trip. Registration and payment information will be listed with each trip outline. Early registration and prompt payment helps us to plan and meet down payment obligations. **Registration for programs and trips will not be accepted without payment. If you don't have payment with you, you can put your name on the waiting list. Trip payments are non-refundable unless we can fill your spot.** If a sufficient number of participants have not registered by the deadline, the trip may have to be cancelled.

Cruise Skaneateles Lake

"Cruise" with Nancy this summer!

We will head to Skaneateles to have lunch at the Sherwood Inn then walk just across the street to take a boat ride with Mid Lakes Navigation for a guided 1 hour tour of the Lake. Afterwards we will have time to check out local goods at the Farmers Market, take home some fresh veggies or delicious desserts!



Date: Thursday, July 22nd

Time: Depart Center at 11:00 am

Cost: \$40.00 (Lunch on your own)

Clayton Island Cruise on the St. Lawrence River



We will head Clayton NY for Brunch and to check out the local Farmers Market to browse and purchase produce,

homemade foods as well as arts and crafts. It's then a short drive to Board the Night Heron for a two hour and 45 minute tour meandering among the islands. On this unique glass-bottomed boat we will learn about the fish and wildlife that share the river. Peer through the glass at an underwater ship wreck, the topography of the river bottom, one of the region's largest underwater shoals and dock cribs left over from the Gilded Age. Spend an hour exploring Rock Island State Park and climb to the top of its historic 1847 lighthouse for an unparalleled view of the St. Lawrence River.

Date: Thursday, August 26th

Time: Depart Center at 8:30 am

Cost: \$50.00 (Lunch on your own)

Wild Animal Park

The Outings will be "WILD" with Margaret this summer!



Located on 14 acres just north of the village of Chittenango, The Wild Animal Park is a zoo that provides a unique opportunity for visitors to learn about variety of animals with a wide range of domestic and exotic animals from all over the world. After our visit with the animals we will head out for Lunch at The Yard Grill at Green Lakes!

Date: Wednesday, July 28th

Time: Depart Center at 9:30 am

Cost: \$28.00 (Lunch on your own)

A Day in Cazenovia



Stone Quarry Hill Art Park offers visitors an unparalleled experience that is at once, serene yet stimulating, self-directed yet suggestive, familiar yet thought-provoking. You will be able to see the majority of the sculptures walking around the Vista Trail (a .25 mile gravel trail) and Secret Garden areas. Let's explore!

Next stop, Surrounded by apple orchards and rolling hills, **The Shoppes at Johnny Appleseed** beckons tourist and locals alike with its relaxing atmosphere and over 55 vendors offering well made home déco, gifts and accessories. Enjoy lunch at the on-site eatery, **Apple hill Kitchen**, where Chef Patrick Gilmore serves up a selection of homemade food, such as soups, sandwiches and delicious pastries.

Date: Wednesday, August 18th

Time: Depart Center @ 9:30 am

Cost: \$19.00 (Lunch on your own)

TRAVEL NEWS CONTINUED

Fairies and Wild Wings at Mendon Ponds



Wild Wings is a not for profit educational organization which includes birds of prey facility and the Mendon Ponds Park Nature Center. They care for permanent injured and non-releasable animals which are unable to survive on their own in the wild. We will have the opportunity to meet owls up close and learn about their amazing features!

We will also have time to enjoy the outdoors at the center. On the Birdsong Fairy Trail there are around 40 fairy homes to discover, each with their own unique design and personality. It is a short route is a 3/4-mile trek on "the square," an easy walk; over gently rolling terrain. Sharon's Sensory Garden is a unique sensory garden that has over 170 feet of plant exposure designed for visitors to touch, tear, and smell the plant life.



After we will head back to Victor for lunch on your own at City Tavern.

Date: Monday, September 13th

Time: Depart Center at 8:15 am

Cost: \$28.00 (Lunch on your own)

Almost Heaven



Travel to Auburn for lunch then head to The Rev Theater (formally Merry-Go-Round) to see John Denver's songbook comes alive in this nostalgic and beautiful tribute to the man and his love of Mother Earth. John Denver emerged onto the '60s folk scene, climbed to '70s superstardom and enjoyed a blazing career throughout the '80s and '90s. This nostalgic musical tribute features Denver's greatest hits such as "Country Roads," "Rocky Mountain High," "Annie's Song," "Leavin' On A Jet Plane" and many more. Denver was a humanitarian, activist and even poet laureate. *Almost Heaven* will most definitely put some sunshine on your shoulders.

Date: Wednesday, September 29th

Time: Depart Center at 11:00 am

Cost: \$98.00 (All Inclusive)

Taste of Syracuse Presents: Picnics at the Park!



Enjoy food, music, the open air, and the beauty of the lake at Picnics at the Park! Let's meet up for a beautiful lunch each **Thursday throughout the Summer 11am-2pm at**

Onondaga Lake Park (field behind Griffin's Visitor Center).

Bringing some of your favorite elements from Taste of Syracuse to Picnics at the Park. Each week during the summer, you'll be able to enjoy a rotating selection of food trucks (featuring \$1 samples and full menus) during your lunch hour! They'll also have some of your favorite local musicians from the Taste of Syracuse providing great ambiance for your picnic!

July 8th

Local Music: Colin Aberdeen

July 15th

Local Music: Michael Crissan

July 22nd

Local Music: Tim Herron

Kids Entertainment: Royal Promise

July 29th

Local Music: Jess Novak

August 5th

Local Music: No Promises

August 12th

Local Music: Mcardell & Westers

August 19th

Local Music: Bill Ali from Scars & Stripes

Kids Entertainment: Royal Promise

August 26th

Local Music: Just Joe

September 2nd

Local Music: Just Joe

If you would like to attend one of these days, let us know! We will put a list out and car pool from the center to picnic together!

Date: Thursdays

Time: Meet at the Center to car pool at 11 am

Cost: On Your Own

CENTER HAPPENINGS

Ongoing Activities at the Center

PEACE Lunch To Go or Delivery:

Monday thru Friday **11:30-12:00**
(suggested donation \$3.50)

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

Pitch/Bunco: Rotating Mondays at **1:00 pm**

Yoga: Tuesdays at **9:00 am – 10:00 am**

Trivia: Every Other Tuesday at **12:30 pm**

Game Day: Tuesdays at **1:30 pm**

Movie: Every Other Wednesday at **10:30 am**

Mahjong: Wednesdays at **1:00 pm**

Knitting/Crocheting: Thursdays at **1:00 pm**

Art: Every Other Thursday at **1:00 pm**

Bridge: Thursdays at **1:00 pm**

Bingo: Fridays at **1:00 pm**

Billiards: Monday thru Friday **1:00 pm - 4:00 pm**

Cards and Dice

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

Day: Rotating Mondays

Time: 1:00 pm

Cost: \$3.00



Game Day

Many games available, including Center favorite **Dominos!** Also available is the **Pinochle** group.

Day: Tuesdays Starting June 1st

Time: 1:30 pm

Cost: FREE



Trivia Tuesday

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

Day: Every Other Tuesday

July 6th and 20th

August 3rd, 17th, and 31st

September 14th and 28th

Time: 12:30 pm

Cost: Free



Lunch and Movie

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

Dates: Wednesday, July 14th and 28th

Wednesday, August 11th and 25th

Wednesday, September 8th and 22nd

Time: 10:30 am movie

12:00 pm lunch

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



Mahjong

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



Day: Wednesdays

Time: 1:00 pm

Cost: FREE

Bridge

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

Day: Thursdays

Time: 1:00 pm

Cost: FREE



Knitting/Crocheting

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



Day: Thursdays

Time: 1:00 pm

Cost: FREE

Bingo

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

Day: Fridays

Time: 1:00 pm

Cost: 50¢ per card



Billiards Room

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



Days: Monday thru Friday

Hours: 1:00 pm to 4:00 pm

Cost: FREE

CENTER HAPPENINGS CONTINUED

PEACE Luncheons

Monday thru Friday frozen meal pick up at the center from 11:30 am until noon for a well balanced meal. Preregistration is required 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 the meal will be collected at the door.

A this time PEACE has not changed to congregate meals, however on occasion they do have a fresh meal on the menu and you are more than welcome to order it and eat it at the center. Check the monthly schedule and pre-register for a luncheon!



Fitness Programs

Aerobics with Michele

The Center offers a low impact aerobics class twice a week. With this class you can choose to stand or sit to your personal preference.

Day: Mondays and Thursdays

Time: 9:00 am - 10:00 am

Cost \$40.00 for 3 months of classes



Yoga with Joan and Michele



The Center is pleased to offer our weekly yoga class. Depending on your comfort level, you can choose to be in a chair or on the floor.

Day: Tuesdays

Time: 9:00 am - 10:00 am

Cost \$30.00 for 3 months of classes

Wednesday Walk

Every other Wednesday we will meet up and walk a local trail to enjoy the fresh air and good company! Walking trails will be posted ahead of time at the center!

Day: Every Other Wednesday
July 7th & 28th

August 4th and 18th

September 1st, 15th and 29th

Time: 9:00 am Meet at Center

Cost: Free



Special Summer Events

Lunch @ William Park Sponsored by Brookdale Followed by Birthday Celebration & Entertainment with the Band "Clear"

Join us at William Park for a FREE lunch of wraps and chips brought to us by Brookdale Senior Living. Then let us celebrate all those who have birthdays in July with cake! Afterwards enjoy entertainment with "Clear" at 1:00 pm!

Day: Friday, July 30th

Time: 12:00 pm Lunch (Must sign up in advance)

12:30 pm Birthday Cake

1:00 pm Entertainment

Cost: FREE



Lunch @ Skyway Park

Sponsored by Keepsake Village

Birthday Celebration and Ice Cream sponsored by United Healthcare Entertainment To Be Announced

Join us at Skyway Park for a Lunch brought to us by Keepsake Village. Then let us celebrate all those who have birthdays in August with cake and Ice Cream! Afterwards enjoy entertainment at 1:00 pm.

Day: Friday, August 27th

Time: 12:00 pm Lunch

12:30 pm Birthday Cake

1:00 pm Entertainment

Cost: FREE

Catered Lunch & Birthday Celebration @ Center Followed by Entertainment with "Rock Shadows"

Join us at the Center for a catered lunch. Then let us celebrate all those who have birthdays in September with cake! Afterwards enjoy entertainment with "Rock Shadows" at 1:00 pm, followed by a short game of bingo!!

Day: Friday, September 24th

Time: 12:00 pm Lunch

12:30 pm Birthday Cake

1:00 pm Entertainment 2:15 Bingo

Cost: \$8.00 for lunch

FREE Cake and Entertainment



CENTER HAPPENINGS CONTINUED

"Art in the Afternoon"

Puzzle Piece Refrigerator Magnet



Using large puzzle pieces we will make one of a kind magnets or ornaments to hang anywhere in your home. Make these sweet handmade gifts or keep them for yourself.

Date: Thursday, July 15th

Time: 1:00 pm

Cost: \$2.00

Wire Wrapped Tree Sun Catcher

Brighten up even the most dreary day with these wire and bead sun catchers for your window! It is easier than you might think!



Date: Thursday, August 12th

Time: 1:00 pm

Cost: \$8.00

Hand Crafted Tote Bag



Paint, markers, stencil, sew... the possibilities are endless on how you can decorate your tote bag!

Date: Thursday, September 9th

Time: 1:00 pm

Cost: \$6.00

"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: Thursday, July 29th

Thursday, August 26th

Thursday, September 23rd

Time: 1:00 pm

Cost: FREE

Forever Young Club-FYC

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

Picnic and Mini Golf

We meet at Big Don's Wild River for a catered sandwich picnic under the pavilion then enjoy a fun filled mini golf game. You may join us for both of these events or just one. Please bring your own drink and sign up ahead of time.



Don's-8408 Button Rd, Cicero

Date: Thursday, July 8th

Time: Meet at Don's @ 12:00 pm

Cost: \$6.00 Lunch

Mini Golf On Your Own-\$8

Hot House Brewing at Barone's Garden

We will travel just down the road to Barone's Garden for a tour of the green houses and lunch at their bistro. We will also have the opportunity to sample some of the beer they make right on site and shop the store full of local goodies. Please sign up ahead of time and pre order your lunch. They have a small parking lot so please car pool if possible.

Barone's-6200 S Bay Rd, Cicero

Date: Thursday, August 12th

Time: Meet the at Gardens at 11:30 am

Cost: On Your Own

Helping Hounds Dog Rescue Collection

Encourage and collect donation items for Helping Hounds Dog Rescue (see wish list). We will take all of the donations to the rescue to drop them off and get a tour and volunteer our time to either walk dogs, throw balls, or another project they have for us! After volunteering we will grab lunch at the Spinning Wheel

HH-7268 Caswell Ave, North Syracuse
SW-7384 Thompson Rd, North Syracuse

Date: Thursday, September 16th

Time: 9:30 am

Cost: Your Donation & Lunch On Your Own



AROUND TOWN

To sign-up for these program go to www.cicero.recdesk.com/community/program, grab a registration form from the senior center or visit Cicero Parks and Recreation's new office at Joseph F William Park!

Sunset Yoga

Yoga lessons instructed by Allison Woznica will be held outdoors on the grass at William Park on Lakeshore Rd. All abilities are welcome.



Allison's motto is "No flexibility? No problem. The only flexibility required is your mind."

There are 2 sessions available, each with 6 classes. Tuesday evenings from 7-8 PM.

Class dates are: July 13 thru August 17.

OR

Wednesday evenings from 7-8 PM.

Class dates are: July 14 thru August 18.

\$60 resident, \$70 Non-resident

Beginner Belly Dance



Meets at William Park, 7033 Lakeshore Road, Cicero on Saturday mornings from 10AM-11AM. Class dates are: August 7th, 14th, 21st and 28th

Join Liz of Emerald Starling Belly Dance to learn the basics of a fun, follow-along style dance that pulls inspiration from middle Eastern, North African, Indian, and Flamenco styles. Dance has been shown to improve cardio, strength, flexibility, memory and brain health in adults.

\$50 Resident, \$55 Non-resident

Cicero Summer Concerts

Cicero Parks and Recreation Department is pleased to announce the return of our concert series this summer!



The concert series was made possible by a CNY Arts grant and partnership with Cicero and Brewerton NOPL. We will be adding Food Truck vendors to our Concert series this year for the first time. Concerts will be held on Thursday evenings at William Park for July 15 and July 22 and at Riverfront Park in Brewerton for the July 29, Aug 5, and Aug 12 concerts.

July 15th, 6:00-7:30 @William Park

Mark Rust Family Show

Food by Bella Domani

July 22nd, 6-8 PM @ William Park

Letizia & the Z Band

Food by Razzle Dazzle Italian Ice

July 23rd, 7-8 PM @ Riverfront Park

Marc Berger

July 29th, 6-8 PM @ Riverfront Park

Jake+Mike

Food by Oompa Loomyas

Aug 5th, 6-8 PM @ Riverfront Park

Matt Chase & Thunder Canyon

Food by Angry Pig BBQ

Aug 12th, 6-8 PM @ Riverfront Park

Baby Boomers



The Village of North Syracuse is proud to announce 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. Please note Village concerts are alcohol free and family friendly. A Food truck is usually on site. Rain cancellation is on the following Thursday.

July 7th-SRB Trio

July 14th-Tangled Roots

July 21st-Nelson Brothers

July 28th-Letizia and the Z Band

August 4th-The Strangers

August 11th-Fab Cats

August 18th-DeSantis Orchestra

August 25th-Thunder Canyon

CENTER INFORMATION

Join the Cicero Senior Center

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

Steering Committee

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

Members: Jackie Bashore, Elaine Bisbee, 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).

Path of Love

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

Cicero Express - Bus Information

The Cicero Express will pick up Town of Cicero residents on Mondays and Fridays. Everyone agrees this is a great asset to our Town residents and a transportation bargain at \$3.00 per person. If you need a ride please reserve your seat at least one day in advance by contacting the Center at 452-3298. Always check with the Senior Center for schedule changes. The bus run may be cancelled if we do not have enough riders on any given day.

***Restart of this service is yet to be determined**



Bad Weather Closing

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

Informative Presentations

We often hold presentations on topics such as VA benefits, Elder Law, Reverse Mortgages, Elder Abuse, Defensive Driving and Medicaid/Medicare. Have ideas of other topics you would like to know more about? Let us know. Call the center or look for flyers of upcoming topics of discussion.

Medical Forms

Have you updated your medical form lately? A staff member can assist you in updating your information anytime. It is very important that these forms are kept current. We care about your health and safety. Don't forget to inform us of your change of address.

E-Mail or US Mail?

We are e-mailing the quarterly newsletter to those preferring to eliminate some of the paper in their lives. Another great advantage of e-mail is the ability to receive our newsletter when you're out of town so you won't miss out on upcoming events and trips. If you are leaving town for an extended period, please notify us. Newsletters are not forwarded by the U.S. Postal Service, and we are charged for each piece returned to us. Our mailings take place in March, June, September and December. If your newsletter is returned to us more than once, we will take you off our mailing list. However, you can always drop-in and pick up a newsletter.

RESOURCES AND SERVICES



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

The Onondaga County Office for Aging is one of 59 Area Agencies on Aging in New York State and is part of the national aging network. Their aim is to be a focal point for information, advocacy, and coordination of eldercare services. Some of their services are listed below.

Caregiver Services - Provides respite programming, information and assistance, and support and discussion groups. It also offers the "Institute for Caregivers" – classes for current and future caregivers that inform on relevant topics.

Community Services - Provides information and referrals related to home repairs, legal services, senior center activities, health promotion initiatives, transportation options and shopping services. It also includes the Neighborhood Advisor Program.

Energy Programs - The Home Energy Assistance Program (HEAP) offers heating and cooling assistance to income eligible seniors.

Health Insurance - The Health Insurance Information, Counseling & Assistance Program (HIICAP) offers free and unbiased information.

Home Care - Expanded In-Home Services for the Elderly Program (EISEP) - A sliding-scale, fee-based program that provides non-medical home care for frail individuals. It also includes case management and respite care options.

Nutrition Services - Provides nutritious meals and nutrition education through home delivered meals, senior dining sites and nutrition counseling. The unit also manages the annual "Senior Farmers Market Nutrition Program."

NY Connects - Provides information and assistance on long term care services for persons of any age.

Long Term Care Services - Offers medically based home care for children and adults who receive Medicaid.

Neighborhood Advisor Program

If you are 60 years of age or older, you can receive assistance through the Neighborhood Advisor Program. Some available programs are Energy Grants (HEAP), Medicare, Financial Assistance, Medicaid, Health Services, Prescription Drugs, Home Care and Senior Groups. There is currently a vacancy for the Neighborhood Advisor in the Cicero area. Contact Catholic Charities directly at (315)454-0168 with any questions.

Legal Aid Society of Mid NY

A representative from Legal Aid Society of Mid New York will be at the Senior Center beginning at 10:00 am on the date listed below. **Call the center to make an appointment** regarding questions on Power of Attorney, Wills, Health Care Proxies, Medicare/ Medicaid, Public Assistance or other public benefits.

Date: Thursday, September 2nd

Cost: Free

Home Repairs

Project Fix is a small in-home repair service for senior citizens, 60 years and older living in Onondaga County. This is funded through Catholic Charities, NYS Office for Aging and Onondaga County Department of Adult and Long Term Care Services. They can help you with plumbing, electrical and carpentry services. Cost to you is materials and a donation for labor. Call Nancy Roberts at (315)362-7005.

Syracuse Call-A-Bus

Don't forget about this alternative for your transportation needs. Call-A-Bus is a paratransit service providing origin-to-destination trips to eligible people with disabilities who would otherwise use Centro buses if it were not for their disabilities. To determine if you are eligible for Call-A-Bus, you must complete a written application, and it must be signed and verified by a healthcare professional of your choice. This process may take several weeks. To request an application, please contact your local Call-A-Bus office Monday - Friday. 8:00 am - 5:00 pm. Fares range from \$2.00 to \$3.00. Your trip reservationist can tell you the exact rate of your trip at the time you make your reservation.

Contact Information: 315-442-

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. 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 for more info.



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	699-5233
Senior Center	452-3298
Teen Center	699-1391
Police Department	699-3677
Highway Department	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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- *Errands Grocery store, prescriptions, shopping
- *Encourages Physical & Occupational Therapy
- *Personal Hygiene
- *Ambulation
- *Transferring
- *Many other services

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

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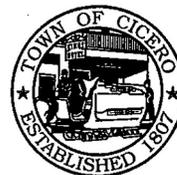
MEMBER OF ASSEMBLY
127TH ASSEMBLY DISTRICT

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

In support of the
"Young at Heart Senior Center"
TRACY M. COSILMON
CICERO TOWN CLERK
315-699-8109
clerk@ciceronewyork.net



TOWN OF CICERO

William "Bill" Meyer
TOWN SUPERVISOR

8236 Brewerton Road
Cicero, New York 13039

Bus. (315) 752-1180 ext. 334
Fax (315) 699-0039
bmeyer@ciceronewyork.net



TOWN OF CICERO

Nicole M. Walsh
RECEIVER OF TAXES

8236 Brewerton Road
Cicero, New York 13039

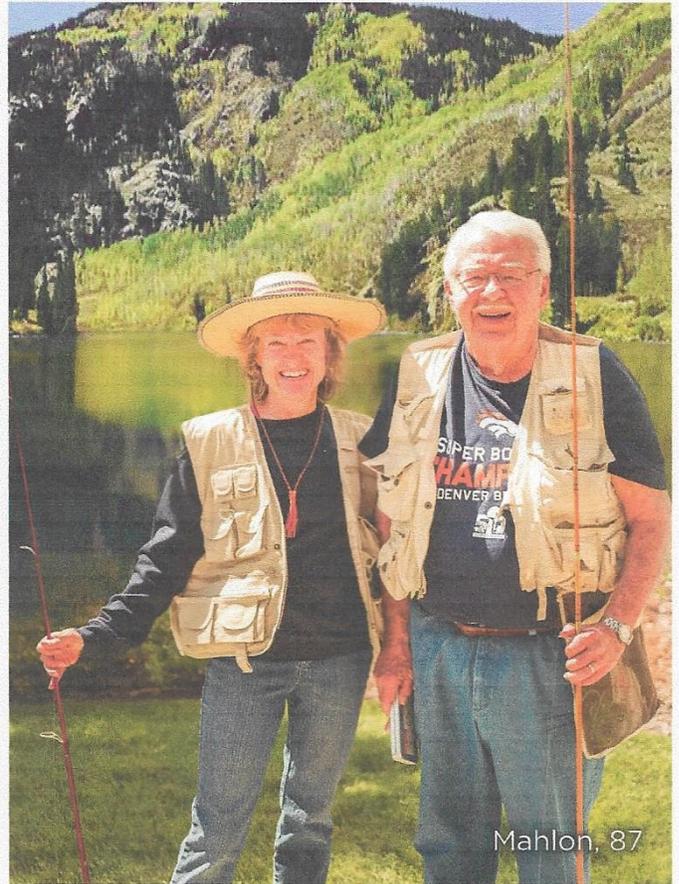
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315-699-4224 fax
www.aero-marina.com



Mahlon, 87

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

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



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

Town of Cicero
Senior Center
5924 Lathrop Dr.
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