

**Sign ups begin**  
**10:30 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 2nd-Labor Day

### *Youth Bureau, Parks & Recreation Staff*

Teresa Roth, Director  
Linda Adams  
Jessica Soulier

### *CanTeen Staff*

Wesley Sweetman  
Kiera McShane  
Tori Dwyer  
Krystina Gonzalez

### *Park Staff*

Bill Alley  
Bill Lawrence  
Mike Hogan  
Jacob Bourdage  
Kyle Ellis



**\$25 For 25**

### **SUPPORT THE CANTEEN**

- ★ **25 YEARS** OF BUILDING RELATIONSHIPS
- ★ **25 YEARS** OF LEADERSHIP TRAINING
- ★ **25 YEARS** OF TEEN SUPPORT BY PROVIDING A  
SAFE LOCATION/ACTIVITIES/OPPORTUNITIES  
AND RECREATION

Your gift of **\$25** to the Friends of the CanTeen is one way of showing your support for this vital community program. Our goal for 2024 is **\$25,000** to keep the CanTeen growing strong for another 25 years!

**DONATE ONLINE AT CANTEENCNY.COM**  
**OR MAIL CHECK PAYABLE TO "FRIENDS OF THE CANTEEN" TO**  
**6046 ROUTE 31, CICERO, NY 13039**

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### *Parks & Recreation Commission*

Lori Lake-Toms, Chairperson  
Ruth Beasley, Vice Chairperson  
Jim Corl, Jr  
Elaine Davis  
Heather Wieland  
Michael Folsom  
Paul Welenc

### *Town Board*

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

# BIRTHDAY/ANNIVERSARY CELEBRATIONS

Celebrate your birthday during  
our monthly cake and  
entertainment!  
July 5th, August 16th,  
And September 20th

## August Birthdays

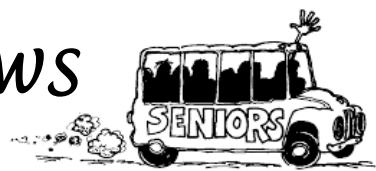
## September Birthdays

### July Birthdays

2nd Harold Mundstock  
5th Paula Beirne  
6th Priscilla Fuller  
Alice Lipovsky  
7th Helen Blechl  
8th Pauline McGrath  
Barbara Navarra  
9th Janice Becker  
11th Janet Wiehle-Amond  
13th Carolyn Powell  
14th Walter Oberton  
Maria Suppa  
15th Angela Kritzer  
John Roche  
16th Majorie Canino  
19th Linda Proctor  
20th Lee Hunter  
21st Patricia Cawley  
Dave Eells  
22nd Judy Holden  
Kelly Kenneweg  
Ginny Latz  
Theresa Pizzuti  
23rd Karen Byrne  
James skelly  
24th Linda O'Connor  
25th Carrie Hendrix  
Bob Parkhurst  
26th Pat Favalo  
Carole Orso  
John Ruggeri  
Linda VanDusen  
David Worlock  
28th Joanne Montpetit  
29th Bruce Blundell  
Paul Chapman  
30th Frances Harris  
31st Mary Barkley  
Dennis Bloss  
Anne Marie O'Connor

1st Alice Shafer  
2nd Ann Woods  
3rd Ella Mae Bombardo  
Paul Goletsas  
Kathleen Shattuck  
Christine Wenger  
Gladys White  
5th Lynda Loucks  
7th Gretchen Bova  
8th Donna Cooper  
Mary Ilacqua  
Amelia Nicoletti  
Rose Parry  
9th Bonnie Trop  
Joan Whiting  
11th Joe Snyder  
12th Jacques Battes  
Wayne Chase Sr.  
John Gorman  
13th Judy Parkhurst  
15th Mary Jane Szczesniak  
16th Mary Anne Gorski  
Edward Sematoske  
17th Charmaine Sachett  
18th Gail Chase  
Robert Kline  
19th Sue Denny  
Susan McAllister  
20th Edward Arseneau  
Lisa Nolan  
22nd Vera Cavallo  
Keitha Mazza  
24th Jeanne Maddox  
Kurt McAllister  
Mark Steen  
25th Janice Fulkerson  
Donnalee Littleboy  
26th Pat Bragman  
27th Walt Barber  
Alice Smith  
28th Deborah Denson  
Harriet Gordon  
Donna Tripp  
29th Reba Spencer  
30th Bret Guilford  
Carole Parsons  
31st Patricia Dumais

1st Rita Bunis  
Valda Ours  
Mary Jo Roberge  
2nd Heidi Angus  
Cindy Conklin  
Kevin Lynch  
3rd Cheryl Durgee  
Jean Sager  
Trudy Schnurr  
Mary Tyson  
4th Joyce Kittle  
5th Suzanne Ciferri  
6th Deborah Filosi  
Marilyn Hilt  
8th Susan Cass  
9th Mary Jane Nasarenko  
10th Amy DiCesare  
11th Jane Sherman  
12th Dee Baker  
13th Ronald Amyot  
14th Murray Kinnetz  
Monika Loerzel  
16th Garry Canino  
Beatrice Owens  
17th Janet Travers  
19th Susan Frank  
Floyd Proctor  
Kathryn Snyder  
21st Katie Bloss  
Linda Pearce  
22nd Ralph DiCesare  
Marie Zingaro  
23rd Samuel Tassone  
Pat Telesca  
24th Pat Mercer  
Janet Snyder  
25th Diane Carrick  
Mary Youngman  
27th Thomas Mattimore  
Shirley Webb  
28th Carolyn McFall  
Martha White  
29th Barbara D'Ambrosio  
Jo Eells  
30th Anna Garbin



## "Elvis" @ The Golden Horseshoe

A show you won't want to miss! Tom Gilbo (as Elvis) brings back all the favorite songs you'll remember and Elvis Presley. Tom will entertain you from start to finish as you shake, rattle and roll the afternoon away!



Before the show take some time to check the unique things at Southern Tier Stables such as "The wagon ride to turn back time", the Farmall tractor display, the Mystic Music Museum, the agricultural museum featuring a stage coach, sleighs and much more! You can also sit and enjoy the scenic view of the horses or play some bingo!

Lunch is herbed chicken with all the fixings.

**Date: Thursday, July 18th**

Time: Depart Center @ 10:15 am

Lunch @ 12:30 pm

Show @ 1:45 pm—3:30 pm

Cost: \$60.00 (All Inclusive)

## "Newsies" @ The Rev



Inspired by the real-life Newsboys Strike of 1899, Newsies celebrates the power of the human spirit! Jack Kelly and his ragtag team of newsies make a meager living selling newspapers on the streets of New York City. But when the prices of "papes" are hiked and the newsies are hung out to dry,

there is nothing left to do but "open the gates and seize the day!" Led by charismatic Jack and independent, young newspaper reporter Katherine Plumber, the newsies form a union and organize a strike. Can a group of smart, tenacious, idealistic newsboys win against a foe as powerful as acclaimed publishers Joseph Pulitzer and William Randolph Hearst? Winner of two Tony awards for Best Score and Best Choreography, Newsies is perfect for the entire family and a spectacular example of Broadway song and dance at its best. Before the show enjoy lunch at Seb's Green Shutters.

**Date: Thursday, July 25th**

Time: Depart Center @ 10:30 am

Cost: \$85.00 (Lunch on your own)

## 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.

## "Beauty and the Beast" @ Cortland Repertory Theatre

"Be Our Guest" and join us in this enchanted "tale as old as time!" Based on the Academy Award-winning film, this stage adaptation includes all those wonderful songs and characters your family knows and loves! The story of Belle, a



young woman in a provincial town, and the Beast, who is really a young prince trapped under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end, and he will be transformed into his former self. But time is running out! If the Beast does not learn his lesson soon, he and his household will be doomed for all eternity! Before the show we will have lunch at Dashers Corner Pub. While we dine enjoy their unique décor which incorporates the original bar and back bar from 1905 with other local antiques, artwork and photographs of and from the Homer area. Original light fixtures hang above the bar and a circa 1865 hand crank cocktail mixer that was unearthed in the basement's dirt floor.

**Date: Wednesday, August 14th**

Time: Depart Center @ 11:30 am

Cost: \$93.00 (All Inclusive)



# TRAVEL NEWS CONTINUED

## Uncle Sam Boat Tour



"Turn a mid-day meal into a memorable occasion with a Thousand Islands luncheon cruise, combining the "2 Nation Tour" with a delectable luncheon

onboard one of Uncle Sam's triple-deck vessels. Enjoy a leisurely cruise through the enchanting channels of the Thousand Islands and learn about the region's rich history from a knowledgeable tour guide while enjoying a sumptuous lunch. Afterward, get up close to the spectacular scenery and magnificent island homes. Lunch buffet will include herb grilled chicken, deli platter with Kaiser rolls, baked ziti, macaroni or potato salad, garden salad and dessert. Of course we will stop for ice cream on the way back to the center!

**Date: Wednesday, August 21st**

**Time: Depart Center @ 10:00 am**

**Cost: \$70.00 (All Inclusive)**

## "Country With a Twist" @ The Golden Horseshoe

A show you won't want to miss! You'll get the best of county plus 50's and 60's music with Donna and the Mystics! Be sure to wear your hat and boots or poodle skirts and saddle shoes and get ready to boot scoot!



Before the show, take time to check out some unique things at Southern Tier Stables such as "The wagon ride to turn back time", the Farmall tractor display, the Mystic Music Museum, the agricultural museum featuring a stage coach, sleighs and much more! You can also sit and enjoy the scenic view of the horses or play bingo! Lunch will be pork with all the fixings.

**Date: Thursday, September 19th**

**Time: Depart Center @ 10:15 am**

**Cost: \$60.00 (All Inclusive)**

## "May We All" @ The Rev

A new country music musical! *May We All* brings together several storylines about facing the music, rebuilding and starting over.



Set in Harmony, TN, a town more than ready for its facelift, this heartfelt, funny new musical follows the dreams and aspirations of an up and coming country singer, her empty nester parents, an unrequited love story and a small town on the brink of change and revitalization. Featuring the music of Florida Georgia Line, Kenny Chesney, Miranda Lambert, Dolly Parton, Little Big Town, Old Dominion, Brooks & Dunn, Keith Urban, and many more. Also, introducing two original songs co-written by Florida Georgia Line's Brian Kelley and Tyler Hubbard, debuting exclusively via *May We All*. Before the show enjoy lunch at the Springside Inn. To Include choice of chicken stuffed with house made stuffing topped with gravy, roast sirloin of beef with mushroom gravy or baked cod with lemon butter. All dinners come with roll & butter, garden salad, sautéed seasonal vegetables, mashed potatoes and dessert.

**Date: Tuesday, September 24th**

**Time: Depart Center @ 11:15 am**

**Cost: \$115 (All Inclusive)**

## United Methodist Church Caring Support Group Bus Trip to Branson, MI September 30th-October 6th

Travel with us to Ozark county to see shows including Dolly Parton Stampede, The Dutton Family, The Haygoods Family and Yakov Smirnoff comedy show. Also enjoy a cruise on the Branson Show boat, the Belle.

Trip includes transportation, lodging, tickets to a minimum of 4 shows, 6 breakfasts, & 4 dinners!

**\$1,500 per double person**

**\$1,947 single**

**\$300 Deposit due asap**



For more information contact  
**Mary Alice Scheel**  
**At 315-699-7181**

# TRAVEL NEWS CONTINUED



## CICERO SENIOR CENTER PRESENTS: "CANYON COUNTRY FEATURING ARIZONA, UTAH & LAS VEGAS"

Experience America's canyons and venture through a world of colorful vistas and the neon-lit spectacle of Las Vegas. Take time to shop in Sedona's marketplace and travel through Kaibab National Forest. Relax in the stillness and natural beauty of nature at the Lake Powell Resort for two nights. Enjoy a rafting adventure that floats down the Colorado River with stops at some of its most awe-inspiring sights, including Horseshoe Bend. Take an afternoon cruise during your stay at Lake Powell. Climb aboard Zion National Park's open-air tram and wind your way alongside the Virgin River. Enjoy a night along the lively Las Vegas strip. From the legendary Grand Canyon to the vibrant valleys of Zion, take in America's most beautiful landscapes with the Cicero Senior and Collette in 2025!

**collette**

For full trip details, visit:

<https://gateway.gocollette.com/link/1269100>

TRAVEL WITH US!

MAY 2 - 9, 2025

DOUBLE \$3,999

SINGLE \$4,999

HOMETOWN

PICKUP, FLIGHTS  
FROM SYRACUSE  
AND TOUR  
INCLUDED!

JOIN US FOR A  
SPECIAL TRAVEL  
PRESENTATION ON:  
JULY 17 AT 11:00AM

FOR MORE  
INFORMATION & TO  
RSVP TO THE  
EVENT CONTACT:  
ALEXANDRA RYAN  
(315) 452-3298



# CENTER HAPPENINGS

## Ongoing Activities at the Center

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

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

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

**Pitch:** Tuesdays at 1:00 pm

**Movie:** Every-other Wednesday at 10:00 am

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

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

**Art:** Every-other Thursday at 1:00 pm

**Bridge/Phase 10:** Thursdays at 1:00 pm

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

**Billiards:** Monday thru Friday 10:00 am- 4:00 pm



## 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 ahead of time!

## Bunco and Trivia

**Bunco and Trivia** rotate every other Monday. Start your week out with some tournament-style bunco or team trivia.



**Day: Rotating Mondays**

**Time: 1:00 pm**

**Cost: \$3.00 Bunco, Trivia 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**



## Lunch and Movie

Join us these Wednesdays to watch a newly released movie. Join us after the movie for order out lunch!

**Dates: Wed, July 10th and 31st**

**Wed, August 14th and 28th**

**Wed, September 11th and 25th**

**Time: 10:00 am movie, Lunch to follow**

**Cost: \$9.00 (Lunch), Movie-FREE**



## Mahjong

Mahjong is a tile-based game of skill, strategy, calculation and chance. Come observe and learn!



**Day: Wednesdays**

**Time: 1:00 pm**

**Cost: FREE**

## Phase 10

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

**Day: Thursdays**

**Time: 1:00 pm**

**Cost: FREE**

## Bridge

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



**Day: 2nd and 4th Thursday**

**Time: 1:00 pm**

**BRIDGE 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

### *Hot Dog Cookout and Entertainment with "Rock Shadows"*

Hot Diggity Dog! July is National Hot Dog Month. So, grab your dog and toppings and add your own flair on this American classic! Enjoy the cookout in our new pavilion with all the fixings! After lunch we will celebrate all those who have birthdays in July and enjoy some entertainment!

**There is no PEACE Meal this day!**

**Date:** Friday, July 5th

**-Sign up by Monday July 1st**

**Time:** 12:00 pm Lunch

12:30 pm Birthday Cupcakes

1:00 pm Entertainment

**Cost:** \$10.00

Cupcakes & Entertainment FREE



### *PEACE Chicken BBQ Lunch Entertainment with "Clear"*

Join us in our new pavilion for a BBQ lunch provided by PEACE. On the menu is BBQ chicken, baked beans, tomato cucumber salad, watermelon and lemonade! Then let us celebrate all those who have birthdays in August with cupcakes! Afterwards enjoy entertainment with the band at 1:00 pm!



**Day:** Friday, August 16th

**-Sign up by Tuesday, August 13th**

**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

### *Entertainment with "Rhythm N' Shoes"*

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!!

**Day:** Friday, September 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



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:

Janet Travers, Josephine Kawryga, Mary Barkley, Diana Rockhill, Mary Ann and Edwin Gorski, Thomas and Anne Marie O'Connor, Marilyn Hilt, Charles Kopf, Charlie Kopf, Heidi Angus, Diane Lee, Dennis Kraeger, Gretchen Bova, Jean Relyea, Pam Ross, Kurt McAllister, and Ane Marie Geiss

# CENTER HAPPENINGS CONTINUED

## Center Events and Meals

### *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: Wednesday, July 24th**

**-Sign up by Monday, July 22nd**

Time: 12:00 pm

Cost: \$10.00

### *Luau Party*

Palm trees and sandy beaches might be far away, so we're bringing the taste of the tropics to you to celebrate this day. Put on your wildest Hawaiian wear and don't forget your leis!



**Date: Thursday, August 29th**

**-Sign up by Monday, August 26th**

Time: 12:00 pm

Cost: \$10.00

### *Pizza Party!*

Let's celebrate Labor day with a pizza party! We hope to have pizza, wings, salad and dessert! Afterward we will play bingo!



**There is no PEACE Meal this day!**

**Date: Friday, August 30th**

**-Sign up by Wednesday, August 28th**

Time: 12:00 pm

Cost: \$10.00

### *Autumn Solstice Lunch*

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



**Date: Thursday, September 26th**

**-Sign up by Monday, September 23rd**

Time: 12:00 pm

Cost: \$10.00

## 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!

### *Vernon Downs*

Let's head back to Vernon Downs for Horse Races and Games!



#### **Tentative Schedule:**

Depart Center at 10:30 am

11:30 am Light lunch

12:30-2:00 pm Fun games with Alex or Casino

2:00 pm Casino Time or County Kitchen

3:30 pm Pick up at Casino to go to Track

4:00 pm Races Begin

6:00 pm Dinner at the race track

7:00 pm (Approx.) Head back to Cicero

**Date: Friday, July 12th**

Time: Depart Center at 10:30 am—approx. 8:00 pm

Cost: \$55.00 (All inclusive except your own slot \$)

### *Mets Baseball Game*



Play Ball! Let's head to a Syracuse Mets vs Worcester Red Sox (the Triple-A affiliate of the Boston Red 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 7th**

Time: Depart Center @ 11:15 am

Cost: \$30.00 (Lunch on your own)

### *Dairy Tour and Lunch*



**TRINITY VALLEY**  
COUNTRY STORE & DAIRY

Head to Trinity Valley for a unique experience that will educate us on farming, dairy practices, and enjoy a chocolate milk sample while we watch a video on how these

delicious products are made behind the scenes!

After, we will head to The Exchange Restaurant and Bakery in Homer for a delicious meal!

**Date: Thursday, September 5th**

Time: Depart Center @ 9:30 am

Cost: \$20.00 (Lunch on you own)



# CENTER HAPPENINGS CONTINUED

## Fitness Programs

### *Strength and Balance w/ Michele*



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

**Days: Mondays and Thursdays**

**Time: 9:00 am - 10:00 am**

**Cost \$40.00 for 3 months of classes**

### *Yoga with Michele*

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

**Day: Tuesdays**

**Time: 9:00 am - 10:00 am**

**Cost \$35.00 for 3 month of classes**

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



"The Summit Federal Credit Union will be presenting on

**"Empowering Seniors Against Fraud"** at the Cicero Senior Citizens Center on **Monday, August 12th from 10:30am- 11:30am**. Fraud and identity theft targeting senior citizens is an increasingly widespread occurrence. This seminar will discuss ways fraudsters reach out to and attempt to defraud and scam the elderly population within the communities The Summit serves. We will give you strategies and information on how to minimize your risk of becoming a victim. We will discuss current trends and recent examples of fraudulent activity so you can be more aware to better protect yourself and your personal information."

## Fall Prevention Program @ Cicero Senior Center

Program runs every Tuesday 10:15-11:15am  
from 8/20/24 to 10/1/24

**Free to join!**

**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!



**care** CENTER FOR  
AGING RESOURCES  
AND ENRICHMENT

LE MOYNE  
Greatness meets Goodness®



### **PROGRAM OFFERINGS:**

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

**Contact us with any questions:**



Office: 315-445-6059



Paul Musso OTR/L [mussopj@lemoyne.edu](mailto:mussopj@lemoyne.edu)

# CICERO PARKS & REC PROGRAMS

## Cicero Parks & Recreation



### 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 4th-NO CONCERT

#### July 11th

Mr Monkey at William Park

#### July 18th

Baby Boomers Band *at Riverfront Park*

#### July 25th

Time Trax at William Park

#### August 1st

The Monterays at William Park

#### August 8th

Ponytail James at William Park

To sign-up for these program go to [www.cicero.recdesk.com/community/program](http://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

### Try Archery for Adults

Try Archery is a one day class for adults ages 18 and older. This low commitment, 1.5 hour class is a great opportunity to explore recreational archery. Your instructor, Charlie Kline holds a USA Archery Certification as well as being Safesport Trained. This class walks participants through the fundamentals of the sport. Look for Archery Development classes for more in depth archery training.



#### August 3rd

12:00 PM -1:30 PM

Gateway Park, 7900 St Francis Dr., Bridgeport  
\$35.00 Resident, \$40.00 Non-resident

### Women's Straight Shooters Archery Workshop

August 10th, 17th or 24th

12:00 PM -1:30 PM

Gateway Park, 7900 St Francis Dr., Bridgeport  
\$35.00 Resident, \$40.00 Non-resident

PROCEEDS  
TO  
BENEFIT  
THE  
CANTEEN

## HUGE COMMUNITY GARAGE

# SALE

Saturday  
**JULY 13**  
9AM-3PM



LOCATION: CNS HIGH SCHOOL PARKING LOT  
FOOD TRUCKS ON SITE  
VENDORS NEEDED

## LONERGAN CONCERT SERIES

Wednesday Nights / 6 to 8 pm  
Loneragan Park (524 S. Main St)

**June 12 - A Night of Jazz**  
C-NS Vocal Jazz & Jazz Ensemble

**June 19 - CNS Marching Band**

**June 26 - Syracuse Highland Pipe Band**

**July 3 - Mood Swing**

**July 10- SRB Trio**

**July 17 - Nelson Brothers**

**July 24 - TJ Sacco Band**

**July 31 - The Strangers**

**August 7 - DeSantis Orchestra**

**August 14 - Letizia & The Z Band**

SPONSORED BY:

# 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), Jan Fulkerson, Carolyn Gearty, Carrie Hendrix, Toni Mundstock, Rose Parry and Joan Middleton.

## *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 315-452-3298. 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, Wills and Trusts, Elder Abuse, Medicaid/Medicare and much more. 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](http://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.

## *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: 315-442-3434**

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

for questions or more information

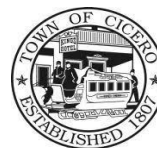
If anyone you don't personally know asks you to use a money wiring service to send cash to them, Stop and think, "Is this a scam?"

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](http://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



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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 Cicero Senior Center*



*In Support of the Cicero  
Senior Center*  
**Tracy M. Cosilmon**  
*Cicero Town Clerk*  
**315-699-8109**  
[clerk@ciceronewyork.net](mailto:clerk@ciceronewyork.net)



### TOWN OF CICERO

**Nicole M. Walsh**  
RECEIVER OF TAXES

8236 Brewerton Road  
Cicero, New York 13039

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Fax (315) 699-9562  
[nwalsh@ciceronewyork.net](mailto:nwalsh@ciceronewyork.net)

Online Tax Payment at [www.ciceronewyork.net](http://www.ciceronewyork.net)





## PARKROSE ESTATES

A GRACE MGMT COMMUNITY

# Welcome Home!

At Parkrose Estates, we want to help you live life to the fullest. Grab a cup of coffee with friends old and new at our cafe, focus on your health in our fitness center, and relax with a good book in our library. You'll find what you're looking for at Parkrose Estates.

- Choice of studio and one-bedroom apartment styles
- Housekeeping and maintenance services provided
- Many utilities included, with individually controlled heating and air conditioning
- 24-hour emergency call system
- Manicured courtyards and spacious gathering and seating areas
- Coffee Café, Theater, and Community Store
- Library with computer access
- Fitness Center
- Beauty Salon/Barber Shop with Day Spa

**Call (315) 757-4423 to schedule a personalized visit.**

**It's not like home.  
It *is* home.™**



7251 Janus Park Drive • Liverpool, NY 13088 • (315) 757-4423 • [www.ParkroseEstates.com](http://www.ParkroseEstates.com)



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

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