

**Sign ups begin
10:00 am
June 26th**

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

Senior Center Staff

Alexandra Ryan
Nancy Noble
Alice Brown

Center Hours

10:00 am—4:00 pm

Center Closings

July 3rd-Independence Day
September 7th-Labor Day

*Youth Bureau, Parks &
Recreation Staff*

Tony Burkinshaw
Shannon Shoff
Jessica Soulier

CanTeen Staff

Wesley Sweetman
Kiera McShane
Krystina Gonzalez
Neo-Rose Edelstein McLeod

Park Staff

Bill Alley
Bill Lawrence
Mike Hogan
Jacob Bourdage
Kyle Ellis



**RED, WHITE, AND
BLUES FEST!**

THURSDAY, JULY 2, 6:00PM

SPECIAL PERFORMANCE BY
THE RIPCORDS
PLAYING 6:00PM - 8:00PM

* INFLATABLES * FOOD TRUCKS * MUSIC * YARD GAMES *

EVENTS TO FOLLOW
* BEACH BONFIRE * LATE NIGHT SPLASH PAD
* FAMILY MOVIE SHOWING *

JOSEPH F. WILLIAM MEMORIAL PARK
(7033 LAKESHORE RD, CICERO)

Inside this Issue:

Birthdays	page 2	Informative Pres.	Page 10
Trips	page 3-5	Around Town	page 11
Supervisor's Corner	page 5	Parks & Rec	page 12
Center Happenings	page 6-9	Senior Center Info.	page 13
Fitness	page 9	Resources & Services	page 14-15

*Parks & Recreation
Commission*

Michael Folsom, Chair
Christine Scollay, Co-Chair
Elaine Davis
Gretchen Walter
Paul Welenc

Town Board

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

BIRTHDAY CELEBRATIONS

Celebrate your birthday
during our monthly
cupcake and
entertainment!

July 17th

August 14th

September 18th



July Birthdays

6th	Karen	Rett
7th	Helen	Blechl
8th	Barbara	Navarra
9th	Janice	Becker
11th	Janet	Wiehle-Amond
13th	Carolyn	Powell
	Shirley	Singer
14th	Cynthia	Arroyo
	Maria	Suppa
15th	Angela	Kritzer
	John	Roche
21st	Patricia	Cawley
22nd	Judy	Holden
	Theresa	Pizzuti
23rd	Jo	Francis
	James	skelly
24th	Linda	Jackson
	Linda	O'Connor
	Carol	Szykowski
25th	Carrie	Hendrix
	Jones	Patricia
	Charles	Sorrendino
26th	Carole	Orso
	John	Ruggeri
	Linda	VanDusen
	David	Worlock
28th	Katie	Desorbo
	Joanne	Montpetit
	Beverly	Thomson
29th	Bruce	Blundell
31st	Dennis	Bloss
	Anne Marie	O'Connor

August Birthdays

1st	Kathleen	Colwell
2nd	Diane	Michela
	Linda	Orr
3rd	Ella Mae	Bombardo
	Gaetano	Fico
	Kathleen	Shattuck
	Christine	Wenger
	Gladys	White
4th	Lawrence	Crast
5th	Lynda	Loucks
	Richard	Shopland
	Mary	Sorrendino
6th	Mimi	Hoene
	Donna	Kinnetz
	John	Suflita
	Suzanne	Truax
	Teresa	Urbaetis
7th	Gretchen	Bova
	Phil	VanDewalker
8th	Wendy	Abbe
	Mary	Ilacqua
	Amelia	Nicoletti
11th	Donald	Knopp
	Joe	Snyder
13th	Diane	Clark
	Douglas	Klipphon
	Patricia	Valentine
14th	Beverly	Blaylock
15th	Mary Jane	Szczesniak
16th	Mary Anne	Gorski
	Edward	Sematoske
17th	Eugene	Carey
	Frances	Stiles
19th	Susan	McAllister
20th	Lisa	Nolan
21st	Dani	Weinstein
22nd	Vera	Cavallo
	Carol	Wahl
24th	Kurt	McAllister
	Mark	Steen
25th	Lisa	Watkins
26th	Pat	Bragman
27th	Walt	Barber
	John	Tomarchio
28th	Gail	Brennan
30th	Carole	Parsons
30th	Trudy	Winfield

September Birthdays

1st	Rita	Bunis
	Mary Jo	Roberge
2nd	Heidi	Angus
3rd	James	Colvin
	Cheryl	Durgee
4th	Don	Brodhead
5th	Suzanne	Ciferni
	Rocco	Morelli
	Joe	Soupup
6th	Kathy	Colvin
	Marilyn	Hilt
7th	Terrence	Stone
8th	Susan	Cass
10th	Patty	Crast
12th	Dee	Baker
	Mary	Cormier
13th	Nancy	Albro
14th	Murray	Kinnetz
16th	Beatrice	Owens
17th	Paula	Chudyk
	Janet	Travers
19th	Susan	Frank
	Cynthia	Lesperance
	Kathryn	Snyder
21st	Katie	Bloss
	Linda	Pearce
	Frank	Smith
	Merlene	White
22nd	Michael	Wasek
	Marie	Zingaro
23rd	Pat	Telesca
24th	Pat	Mercer
25th	Diane	Carrick
	Margaret	Goldych
27th	Thomas	Mattimore
28th	Carolyn	McFall
	Martha	White





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.

"9 to 5" @ Cortland Rep.

"Tumble outta bed and into this laugh-out-loud musical romp! Outrageously funny and fiercely empowering, 9 to 5 celebrates friendship, independence, and the moment a woman finally says, "Enough." It's 1980, and three sharp, capable coworkers -Violet, Judy, and Doralee – have had it with their sexist, egotistical, lying, hypocritical bigot of a boss. What begins as a wild daydream suddenly becomes a real plan for revenge ...and a whole new way of running the office. Fueled by camaraderie, courage, and a few accidental twists of fate, the women discover strength, confidence, and the leadership they've had all along!" We will have lunch at Dashers at before the show.



Date: Wednesday, July 8th
Time: Depart Center @ 10:45 am
Cost: \$78.00 (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 5th
Time: Depart Center @ 11:30 am
Cost: \$30.00 (Lunch on your own)

"Annie" @ Cortland Repertory Theatre



Join little orphan Annie as she breaks free from the tough streets of 1930's New York City and steps into a world of dazzling possibility. Armed with nothing more than pluck and grit, she dodges the wicked Miss Hannigan, rallies her fellow orphans, and starts a journey that brims with laughter, music, mischief, and pure theatrical magic. Joyful, uplifting, and irresistible, Annie is the feel-good blockbuster that will leave you grinning from ear to ear! Before the show we will be having lunch at Prandium Cafe & Eatery.

Date: Wednesday, August 12th
Time: Depart Center @ 10:45 am
Cost: \$62.00 (Includes transportation and ticket, lunch on your own)

3 Rivers Boat Cruise

"Ride the Seneca River from the Onondaga Lake Outlet, passing wildlife and the "front yards" of waterfront homes before arriving at a rare junction - where the Oneida, Seneca and Oswego rivers merge. This convergence made the area a major crossroads for Indigenous peoples, early settlers, and later, canal traffic. It's one of the few places in the U.S. where three navigable rivers come together. Price includes lunch. " Lunch Must be picked at sign ups.



Date: Thursday, July 16th
Time: Depart Center @ 11:30 am
Cost: \$75.00 (All inclusive)

TRAVEL NEWS

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: Thursday, September 3rd

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

Cost: \$5.00 (Transportation only)

Ontario Orchards & Rudy's



Let us head to Oswego for an afternoon in the sun. Take advantage of the weather as summer is coming to an end. We

will go to Rudy's for lunch and enjoy some time by the water. After lunch we will go to Ontario Orchards to browse their shop and pick up some baked goodies!

Date: Thursday, September 10th

Time: Depart Center @ 11:15 am

Cost: \$10.00 (Includes Transportation only)

Rock of Ages @ The REV

The ultimate tribute to 80's rock anthems and power ballads! Featuring a small-town girl, a city boy, some romance, and some of your favorite 80's hits, *Rock of Ages* is packed with energy, humor, and all the rock hits that defined a generation.



Before lunch we will have lunch at Ichiban Auburn.

Date: Wednesday, September 30th

Time: Depart Center @ 11:45 am

Cost: \$113.00 (All Inclusive)

OVERNIGHT TRIPS

collette

Aloha Hawaii

January 13-21, 2027



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

9 Days * 12 Meals

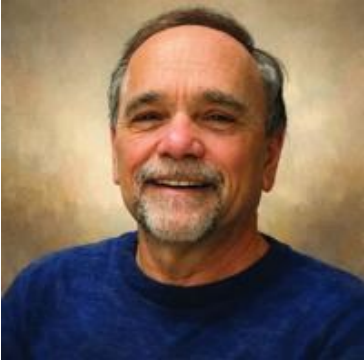
Embark with the Cicero Senior Center & Collette and escape the 'winter blues' in Jan. 2027 on a journey through the lush landscapes and vibrant culture of Kauai and Maui, where adventure meets tranquility! Drift down the serene Wailua River, explore the breathtaking Waimea Canyon, and immerse yourself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

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

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

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

SUPERVISOR'S CORNER



Summer is one of my favorite times of year, The long cold winter is finally behind us and the warmer temperatures give us the chance to be outdoors. Whether it's spending time tending to a garden, attending community events, or relaxing on the porch with a good book, this season brings so many ways to be in the sun.

Here in Cicero, besides barbecues and family get togethers, our town has many community activities to enjoy. Lakeside Summer Concert Series kicks off our nation's 250 birthday celebration. Remember to check out the Town of Cicero, NY Facebook page for updates on events.

For Town Staff though, there is no summer vacation. Our dedicated teams are working hard every day to keep our community safe, clean, and beautiful. For example, our Parks department is busy inspecting and repairing seasonal equipment, mowing, and maintaining the athletic fields, playgrounds, and picnic pavilions. The Highway department is out filling potholes and inspecting drains and culverts.

As Town Supervisor, I want to thank our staff for their hard work and dedication, and I also want to thank our residents for making Cicero such a great place to live. It truly takes a team effort to keep our Town running smoothly and looking its best year-round.

Wishing everyone a happy, healthy, and enjoyable summer!

— Rob Santucci, Town Supervisor

315-752-1180 x333



United Methodist Church Caring Support Group 2026 Bus Trips



Mackinac Island Sept 28th- Oct 3rd

Includes:

*Motorcoach transportation, 5 Nights lodging including 3 consecutive nights in Northern Michigan, 8 Meals: 5 breakfasts and 3 dinners, Guided tour of Mackinaw City, Visit to Mackinac Island, including a guided carriage tour, Boat ride through the Soo Locks and free time sightseeing in Sault Sainte Marie, Visit Mackinaw Crossings, Admission to Colonial Crossings, Gaming excitement at the Northern Michigan Casino

\$799 per Double Occupancy
\$1,004 Single Person
\$75 Deposit due at sign up

Lancaster-Sight and Sound November 10th-11th

Includes:

*Motorcoach transportation, one night lodging, one breakfast, one dinner, 2 shows-*Joshua* at sight and sound and American Theater Christmas, driver gratuity, luggage handling, and more.
Limited seating-sign up now

\$425 per Double Occupancy
\$525 Single Person
\$100 Deposit due at sign up

****For more information on both these trips and to sign up, please contact Mary Alice Scheel at 315-699-7181**

CENTER HAPPENINGS

Ongoing Programs at the Center

Bunco

Tournament style Bunco is a dice game where players compete in rounds to score points and win prizes. Bunco rotates every other Monday.

Day: Rotating Mondays

Time: 1:00 pm

Cost: \$3.00 Bunco



Team Trivia



Come flex your knowledge with team trivia where teams compete against each other on a variety of topics! No need to bring your own team, just join any table! Trivia rotates every other Monday.

Day: Rotating Mondays

Time: 1:00 pm

Cost: FREE

Game Day

Join us on **Mondays** to play table games. Have a game in mind that you'd like to play? Let us know and we will set up a table for you!

Day: Mondays

Time: 2:30 pm

Cost: FREE



Poker



Join us on Mondays to play Texas Hold'em poker.

Day: Mondays

Time: 2:30 pm

Cost: \$5.00

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



Mahjong

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

Day: Wednesdays

Time: 10:30 am

Cost: FREE



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

Men's group

Come for coffee and fellowship!

Day: Fridays

Time: 10:00 am

Cost: FREE



Bingo



Play 11 games with prize money!

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 Joe and Perry

Enjoy some musical entertainment with friends!! Come ahead of time for a PEACE lunch followed by cake to celebrate July birthdays! Stay after for a short game of bingo!

Date: Friday, July 17th

Time: 12:00 pm Lunch

12:30 pm Birthday Cupcakes

1:00 pm Entertainment

Cost: Suggested donation \$3.50 for PEACE meal

Cupcakes & Entertainment FREE



Entertainment with Jilissa Vellake

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

Day: Friday, August 14th

Time: 12:00 pm Lunch

12:30 pm Birthday Cupcakes

1:00 pm Entertainment

Cost: Suggested donation \$3.50 for PEACE meal

Cupcakes & Entertainment FREE

Entertainment with Rock Shadows

Let's welcome Mike back to entertain us and get ready for the summer season! Come ahead of time for a PEACE lunch followed by cupcakes to celebrate September birthdays! Stay after entertainment for a short game of bingo!

Day: Friday, September 18th

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 Senior Center, please be sure to introduce yourself and extend a friendly welcome!

Our newest members are:

Joe Soupup, Norma Odell, Scott Norton, Patricia Valentine, Holly Cerelli, Dani And Lee Weinstein, Nancy Sirianni, Michele Haydu, William Bittel, Gail Miah, Teresa Urbatis, Martiin Featherly, Ann and Michael Wasek, Laura An, Philomena Goodeve, Mary McAfee, Patricia Jones, MaryAnn York, Ron Revette, Denise Seltzer, Gretchen Bova, Debbie Tropea, Kathy McNulty, Janice Coffin, Gloria and James Byrnes, Shelly Episcopo and Pat Daboll.

CENTER HAPPENINGS CONTINUED

Center Meals and Events

PEACE Luncheons

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



Happy 250th Birthday America – Hot Dog Cookout



Hot Diggity Dog! July is the Birthday day of America and National Hot Dog Month! So grab your dog and add your own flair with all the toppings! Enjoy the cookout in our pavilion with all the fixings!

Date: Thursday, July 2nd

-Sign up by Monday June 29th

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 subs and sides followed by a make your own ice cream sundae bar with all the fixings!!

Date: Thursday, July 23rd

-Sign up by Monday, July 20th

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 20th

-Sign up by Monday, August 17th

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, September 4th

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 24th

-Sign up by Monday, September 21st

Time: 12:00 pm

Cost: \$10.00

CENTER HAPPENINGS *CONTINUED*

Fitness Programs

Aerobics



Join us for an online low impact aerobics and strength class on Mondays.

Days: Mondays

Time: 9:00 am - 10:00 am

Cost FREE

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 months



Core and Balance with Michele



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

Days: Thursdays

Time: 9:00 am - 10:00 am

Cost \$20.00 for 3 months

Forever Young Ladies Group

Forever Young is a group of fun-loving ladies that meet every month. There is an additional membership fee of \$25 to join which goes towards the annual Christmas Party!



Pottery and Lunch

First we will head to Fired Up Pottery Studio in Manlius to play with some clay! This will be a simple project for all skill levels. After we will head to lunch at Avicelli's Coal And Fired Kitchen.

Date: Thursday, July 30th

Time: Depart Center @ 9:00 am

Cost: \$30 (Includes class and transportation, lunch on your own)

Finger Lakes Rail Experience and Lunch at Mac's Drive-In

Departing from Waterloo, New York and throughout the Finger Lakes region, this vintage train excursions offer a one-of-a-kind way to explore the glacier-carved scenery of Ontario, Seneca, Yates, and Cayuga counties. Before our excursion we will enjoy lunch at Mac's Drive-In-**CASH ONLY**

Date: Thursday August 27th OR Friday August 28th (date TBD)

Time: Depart Center @ 10:15 am

Cost: \$40.00 (Includes transportation and rail ticket, Lunch on your own-**CASH ONLY**)



Off to the Races



Let's head back to Vernon Downs for Horse Races and Games! We will first have a light lunch followed by games or casino time. Afterwards there will be time to go to the Country Kitchen for some local goods or more casino time. The bus will pick you up and head over to the track for the races by 5:05 pm. Dinner will be at the track and we will then head home after the races.

Date: Friday, September 25th

Time: Depart Center at 11:00 am-approx. 10:00 pm

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

INFORMATIVE PRESENTATIONS

LIVING HEALTHY WITH A CHRONIC CONDITION



The Living Healthy with a Chronic Condition program helps you gain control over your health and improve your quality of life.

The program is available for seniors over 60 years old and/or caregivers over the age of 18 living in Onondaga County.

Consider the Living Healthy with a Chronic Condition program if you have a chronic condition such as:

- Diabetes
- Arthritis
- High blood pressure
- Heart disease
- Chronic pain
- Cancer
- Anxiety/Depression
- Asthma/COPD
- Other health conditions

The **Living Healthy with a Chronic Condition** is a six-session, peer-led health education program for people or caregivers with any type of ongoing health condition. The program complements the healthcare that the person may already be receiving. The purpose of the workshop series is to enhance one's skills and ability to manage his or her health and maintain an active and fulfilling lifestyle. Each participant receives the book, "Living a Healthy Life with Chronic Conditions" as well as other tools such as "Relaxation for the Mind and Body."

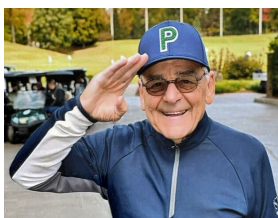
Dates: Thursdays, July 9th through August 13th

Time: 10:30 am—1:00 pm

Cost: FREE

**Registration is required so please stop by the center to sign up or call 315-452-3298.

Golf, Life and Longevity



Perry Noun has won scores of tournaments, has run his golf radio program for more than 25 years; has served as executive director of the Northeastern New York PGA Section (PGA of

America); is a member of the Golf Writers Association of America and has been involved in golf course management, marketing and consulting. And for a good part of that time, he also had a full-time job as president of PNA Associates, a real estate management development and consulting business. He credits the game of golf for his longevity. Come talk with Perry about his love of the game, learn some tricks of the trade and see what the lakeshore country club offers for golfers.

Date: Friday, July 10th

Time: 10:30 am

Cost: FREE

Page 10

Cicero Senior Center

Citizen Preparedness Course



With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. The NY Citizen Preparedness Training Program teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. The training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies.

Date: Thursday, September 3rd

Time: 11:00 am—12:00 pm

Cost: FREE

Town of Cicero Local Waterfront Revitalization Program

SHARE YOUR THOUGHTS!

SEND US A NOTE

Public comments regarding the LWRP can be submitted at any time over the course of this planning effort. Reach us via email at CiceroLWRP@gmail.com

TAKE THE SURVEY

Share feedback on uses, challenges, and opportunities along the Cicero waterfront.



Scan the QR code to take the survey.

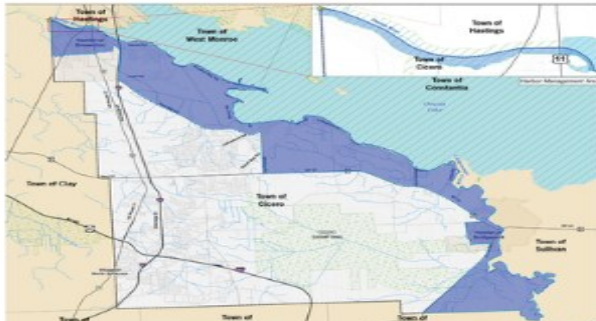
For more information and to stay up to date please visit the project website: SaratogaAssociates.com/CiceroLWRP

The Town of Cicero is expanding the Draft Local Waterfront Revitalization Program developed for the Hamlet of Brewerton to include the Town's entire waterfront.

This will include the Oneida River, Oneida Lake, and Chittenango Creek as well as the adjacent land areas. The goals are to address waterway issues, improve water quality, manage natural areas, guide development, protect sensitive resources, promote public waterfront access, and provide for redevelopment of underutilized waterfront areas.

WATERFRONT REVITALIZATION AREA

The Draft WRA is bordered by Orangeport Rd, NY-81, Mud Mill Rd, Whiting Rd, NY-31, and Minoa Rd.



Save \$\$\$ and Stretch Your Income

BENEFITS ENROLLMENT CENTER

You can save on:

- ☒ Food
- ☒ Healthcare
- ☒ Prescription Drugs

If you are:

- ☒ Over 65 years old OR
- ☒ Under 65 on SSDI for at least 24 months AND
- ☒ Have limited income



SCHEDULE A FREE, CONFIDENTIAL, & QUICK SCREENING TODAY!

InterFaith Works of CNY

OR

PEACE,

INC.

ASC@ifwcny.org
315-449-3552

BEC@peace-caa.org
315-470-3300



CALLING ALL ARTISTS!



THE CREATIVE ARTS CENTER IS NOW ACCEPTING ENTRIES FOR THE 2026 GREAT NEW YORK STATE FAIR

August 26 – September 7, 2026

Competitions include:

- **Arts and Crafts** (sewn, knitted, crocheted, needlepoint, etc.)
- **Fine Arts** (painting, drawing, sculptures, etc.)
- **Photography**
- **Poetry**

DEADLINE TO ENTER IS AUGUST 2, 2026.
VISIT NYSFAIR.NY.GOV FOR DETAILS.



For more information, please contact
The Creative Arts Center at
315-728-4328 or email us at
nysfcreativearts@agriculture.ny.gov

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

LAKESIDE SUMMER CONCERT SERIES!

THURSDAYS, JULY 2 - AUG. 6

6:00PM - 8:00PM

JOSEPH F. WILLIAM MEMORIAL PARK

JULY
2

THE RIPCORDS!

BLUES

GRUB ON THE RUN FOOD TRUCK & HAPPY SUN ICE CREAM

JULY
9

MOOD SWING!

VARIETY OF ROCK, COUNTRY, BLUES, & MOTOWN

GRUB ON THE RUN FOOD TRUCK & HAPPY SUN ICE CREAM

JULY
16

SURF SCHOOL!

BIG WAVE ROCK AND ROLL MUSIC

GRUB ON THE RUN FOOD TRUCK & HAPPY SUN ICE CREAM

JULY
23

THE STRANGERS!

SONG HITS FROM THE 60S TO NOW WITH A MODERN TWIST

JILLIE DOGS FOOD TRUCK & HAPPY SUN ICE CREAM

JULY
30

LETIZIA AND TODD HOBIN DUO!

FAVORITE SONGS OVER THE DECADES

GRUB ON THE RUN FOOD TRUCK & HAPPY SUN ICE CREAM

AUG.
6

COMMON CREED FEATURING LOREN BARRIGAR!

AMERICAN FOLK AND ACOUSTIC GUITAR

GRUB ON THE RUN FOOD TRUCK & HAPPY SUN ICE CREAM



SUNSET YOGA

WITH ALLISON AT
JOSEPH F. WILLIAM MEMORIAL BEACH

END YOUR DAY BY ENJOYING THE SUNSET ON
THE LAKE WITH GUIDED BREATHWORK AND
MOVEMENT.

YOGA BRINGS PEACE, CALM, AND CLARITY TO
THE MIND WHILE IMPROVING STRENGTH,
MOBILITY, AND FLEXIBILITY FOR THE
PHYSICAL BODY.

NO EXPERIENCE NECESSARY.

SESSION ONE:

MONDAYS, JUNE 29 - JULY 27

7:00PM - 8:00PM

FEE: \$60.00 (5 CLASSES)

SESSION TWO:

MONDAYS, AUG. 3 - AUG. 31

7:00PM - 8:00PM

FEE: \$60.00 (5 CLASSES)

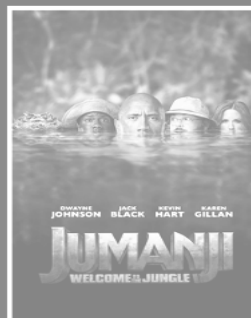
Family Movie Night!

WEDNESDAY, JULY 15, 8:00 PM

Joseph F. William Memorial Park
7033 Lakeshore Rd., Cicero, NY 13039

FREE!

DOUBLE FEATURE:



CENTER INFORMATION

Join the Cicero Senior Center

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

Steering Committee

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

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

Bad Weather Closing

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

Path of Love

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

TRANSPORTATION INFORMATION

Syracuse Centro Call-A-Bus

Call-A-Bus provides origin-to-destination trips to eligible people with disabilities who would otherwise use Centro buses if it were not for their disabilities. To determine if you are eligible for Call-A-Bus, you must complete a written application, and it must be signed and verified by a healthcare professional of your choice. Fares range from \$2.00 to \$3.00. Contact: 315-442-3434

Syracuse Centro OSCAR

OSCAR provides public transportation Monday - Friday between 7:00am and 7:00pm to/from origins and destinations within Onondaga County that are not serviced by Centro's regular route service. Eligible seniors must be pre-registered to participate in the OSCAR program. The OSCAR service cannot be used for medical transportation if the customer is eligible for Medicaid. Eligible seniors may receive (2) round trips per month or (4) one-way trips per month. To request an application, please call Centro's Specialized Transportation Department at (315) 442-3434,

GoGoGrandparent

A transportation partnership with New York State Office for the Aging & Uber/Lyft that makes it possible for seniors to book on-demand or scheduled rides, with just a phone call - no apps or smart phone required! You must live in Onondaga County and be age 60 years or older. The Onondaga Office for Aging will cover 100% of the cost of 2 round trip (or 4 one-way) rides per month, but first, you must be registered through our office. You may use this transportation service to go to Community Centers, visit loved-ones, fitness centers, medical appointments, shopping, volunteer activities and more! For more information or to register for this service please call 315-435-1400

Area North Transportation Services (ANTS)

The Catholic Charities Elderly Services program provides transportation for clients in Northern Onondaga County.

For more information regarding transportation for the ANTS program, call (315) 424-1810.

RESOURCES AND SERVICES



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

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

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

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

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

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

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

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

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

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

Neighborhood Advisor Program

If you are 60 years of age or older, you can receive assistance through the Neighborhood Advisor Program. Some available programs are Energy Grants (HEAP), Medicare, Financial Assistance, Medicaid, Health Services, Prescription Drugs, Home Care and Senior Groups. Contact Catholic Charities directly at (315)424-1810 with any questions.

Legal Aid Society of Mid NY

Legal Aid Society of Mid New York has qualifying programs to help regarding power of attorney, wills, health care proxies, Medicare/Medicaid, public assistance, housing issues, consumer issues and much more.

Call 315-703-6600 to make an appointment and

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)424-1810.

Medical Equipment

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



*In Support of the Cicero
Senior Center
Tracy M. Cosilmon
Cicero Town Clerk
315-699-8109
clerk@ciceronewyork.net*

RESOURCES AND SERVICES CONTINUED



Meals on Wheels

Those of you that can't make it to the Center for a PEACE lunch, may want to look into the North Area Meals on Wheels. They prepare and deliver 2 well-balanced and nutritious meals a day directly to the elder, disabled, and homebound in the area! The cost of the meals is minimal (\$10/day) and financial assistance may be available for those meeting the required guidelines. They can accommodate most special diets and allergies and meals can be provided on a short or long term basis. With meal service they also provide a most important health and safety check on clients. Call North Area Meals on Wheels at 315-452-1402 for more information.



We are a community oriented police department dedicated to the citizens who live and work in our community.

We offer the following services;

- Property and business checks
- Prescription drug & sharps disposal program
- Community education (active shooter, senior citizen safety/security)
- Senior Partnership program
- Volunteer in Police Services (become a volunteer!)

Visit us at www.ciceropd.us
or call 315-699-3677

for questions or more information

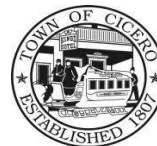
If anyone you don't personally know asks you to use a money wiring service to send cash to them, Stop and think, "Is this a scam?"

Because it usually is!

Before sending money, call the Cicero Police Department

Cicero Town Hall Phone Numbers

Cicero Town Hall
8236 Brewerton Rd.
Cicero, NY 13039
315-752-1180



Assessor's Office	Ext 500
Comptroller's Office	Ext 506
Town Clerk/Dog Control	Ext 501
Court	Ext 804
Receiver of Taxes	Ext 503
Supervisor	Ext 505
Zoning/Code Enforcement	Ext 504
Parks & Recreation	315-699-5233
Senior Center	315-452-3298
Teen Center	315-699-1391
Police Department	315-699-3677
Highway Department	315-699-2745

NOPL Libraries Program

The Northern Onondaga Public Libraries offer a host of fun and fascinating programs throughout the year. All are welcome to enjoy. Programs are free of charge unless otherwise listed. Visit www.nopl or give the library a call to sign up for any of the following programs:

- eBook program
- NOPL Book Discussion Groups
- Arts and Craft Projects
- NOPL knitting group
- Informative Lectures
- Beginning Internet Classes

For Your convenience there are three library branches in our community.

NOPL @ Cicero 699-2032
NOPL @ North Syracuse 458-6184
NOPL @ Brewerton 676-7484



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

Returned Services Requested

Presort STD
US Postage Paid
Permit #235
Syracuse, NY

Dated Material Do Not Delay



July
August
September
2026