

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

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**Center Staff**

Alexandra Ryan  
Nancy Noble  
Margaret Hauenstein

**Center Hours**

Varies, Please Call Ahead

**Center Closings**

October 11th-Columbus Day  
November 2nd-Election Day  
November 11th-Veterans Day  
November 25th-Thanksgiving  
November 26th-Thanksgiving Obs.  
December 24th-Christmas Obs.  
December 31st-New Year's Obs.

**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

We are excited to invite all of you to the Senior Center October 29th to celebrate our 30th anniversary and see all of the updates! More information on page 6!



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 GiGi's Playhouse!**



GiGi's Mission and Purpose: To change the way the world views Down syndrome and to send a global message of acceptance for all. See page 8 for more information!

**CanTeen Spaghetti Dinner**

It's Back !! The annual fundraising spaghetti dinner will be served at the Senior Center by the Friends of the CanTeen. Please continue to support this event while enjoying a great pasta dinner with friends. And don't forget the ever popular dessert raffle!

**Take out and eat in available!**

**Date: Saturday, October 23rd**

**Time: 3:00 pm - 6:30 pm**

**Cost: \$5.00 Advance/\$8.00 At Door**



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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

# BIRTHDAY/ANNIVERSARY CELEBRATIONS



Celebrate your birthday during our monthly cake and entertainment!

October 29th, November 12th, December 17th

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!

## October Birthdays

2nd	James	Wenger
3rd	Janet	Mahana
4th	George	Aspinall
	Vicki	Paries
5th	Susan	Kempton
	Sue	Woodworth
7th	Virginia	Weston
	Sue	Zinsmeyer
9th	John	McKiernan
10th	Kathleen	DiCosta
12th	Dorothy	Abbey
13th	Sharon	Trudeau
	Ted	Viger
15th	Phima	Niedzwiecki
16th	Angela	Casey
18th	David	Shaffer
19th	Toni	Murphy
	Dorothy	Parker
	Mary	Pomeroy
20th	Helen	Impelizzieri
	Diana	Webb
21st	Roslyn	Angarano
22nd	Pamela	Derocher
24th	Norma	Morse
25th	Barbara	Freeman
	Kathy	Nastasi
27th	Nancy	Chervinsky
28th	Sharon	Condolore
	Verna	Lane
29th	Sherman	Lewis
	Gayle	Ross
31st	Leo	Navarra

## November Birthdays

1st	Elaine	Bisbee
	Terry	Hopkins
2nd	Vincenza	Russell
3rd	Sheila	Farley
	Chantana	Taranto
5th	Joan	Schneider
	Mary	Wood
6th	Sally	Fazio
	Jacqueline	LaVeck
7th	Ronald	Poplawski
8th	Barbara	Tyler
10th	Paul	D'Ambrosio
	Joyce	Tily
	Jeanette	VanAlmelo
11th	Georgina	Pecori
	Mary Lou	Scott
12th	Violet	Aiello
	Julie	Klei
	Richard	Owens
	Yvonne	Starliper
13th	Margitte	Proctor
14th	Barbara	Harshberger
	Barbara	Jacobs
	Donna	Lyons
	Marie	Pollock
15th	Deborah	VanSlyke
16th	Janet	Koelsch
	Helen	Mueller
18th	Judy	Schnorr
	Michelle	Suttoni
19th	Oisin	McGinty
22nd	Anne	Jones
	Michele	McLaughlin
	Sandy	Restani
	Edward	Szczesniak
24th	Penelope	Harper
	Diane	Miesch

## November Birthdays continued

24th	Marie	Shaffer
25th	Janice	Coffin
	Bruce	Nelson
26th	Carol	Compton
	Eugene	Gonzales
27th	Linda	Eichler
	Jeanne	Esce
	Kathy	Orlowski
	Richard	Webb
28th	Angie	Howe
29th	Sue	Elwood
	Ronald	Gordon
	Susan	Hopkins
30th	Geraldine	Szkotak

## December Birthdays

1st	Lucille	Snizek
4th	Helen	Liquori
7th	Connie	Izzo
	Patricia	Pultorak
8th	Robert	McCabe
9th	Sharon	Randles
12th	Betty	Farr
	Ken	Isgar
14th	Andy	Cerio
	Penny	Chase
	John	Francati
16th	Palma	Sheer
18th	Judy	Wirt
20th	Tina	Tuffley
24th	David	Brown
25th	David	Meek
	Edward	Roundy
27th	Carolyn	Bickom
30th	Lynn	Goodell
31st	Stephen	Frey
	Joseph	McDonald
	Carol	Schneider
	Rose	Sinopoli



# 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 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 have to be cancelled.

### A Day in Pompey

Start our day with a table at the farm enjoying the views and lunch at Heritage Hill Brewhouse. They cook everything from scratch using beef from their own farm. Enjoy simple pub-style menu items in a relaxed fun atmosphere with amazing views.



Then it's off to Springside Farm to "Harvest Your Memories at the Pumpkin Patch!" Each fall, they offer fun that goes beyond simply picking 35+ varieties of pumpkins. The "Maze Park Pass" (additional \$10) lets you

enjoy unlimited access to the corn maze, petting zoo, wagon rides and more! Enjoy homemade goods from the commercial kitchen, or peruse the gift shop for seasonal goods and alpaca products!

**Date: Friday, October 15th**

Time: Depart Center at 11:00 am

Cost: \$13.00

(Lunch, Pumpkins and "Park Pass" on your own)

### Fall Foliage Ride and 1890 House

We will travel the back roads and enjoy the fall colors on our way to Greek Peak for lunch at Carvers Steakhouse. Following lunch we will head to the 1890 House in Cortland. This grand limestone mansion, built by successful industrialist Chester F. Wickwire, is a symbol of the grandeur of the Victorian and Gilded ages. The lavish interiors of the 30-room mansion feature parquet floors, jewel-like stained-glass windows, ornate decorative stenciling, and oak and cherry woodwork. \*Only the first floor is accessible.

**Date: Thursday, November 4th**

Time: Depart Center at 11:00 am

Cost: \$21.00 (Lunch on your own)



### Oneida Community Mansion House

The Oneida Community was a religiously centered utopian group, whose members shared all aspects of their lives and work. At their high point, the Community included nearly 300 persons, and they referred to their 93,000 square foot residence as their Mansion House. Today, the Mansion House is a National Historic Landmark and presents programs, tours and exhibits.



This tour is a walking tour and there are stairs to get in to the mansion. There is an elevator to get to the top floor, but a few stairs after that.

Following the tour, we will have lunch on your own at Madison Bistro, a local farm to table restaurant.

**Date: Wednesday, November 17th**

Time: Depart Center @ 9:00 am

Cost: \$23.00 (lunch on own)

### "Matilda" at Syracuse Stage and Phoebe's

We will enjoy a delicious lunch at Phoebe's Restaurant in Syracuse then walk right across the street to Syracuse Stage to watch a performance of "Matilda". Inspired by the twisted genius of Roald Dahl, this Tony Award-winning musical is a captivating treat that revels in the anarchy of childhood, the power of imagination, and the inspiring story of a girl who dreams of a better life. (There's also a gloriously vile villain, Miss Trunchbull.) Packed with high-energy dance numbers, catchy songs, and featuring an unforgettable little girl with astonishing wit, intelligence, and psychokinetic power, *Matilda* is a joyous girl power romp.

**Date: Wednesday, December 1st**

Time: Depart Center at 11:45 am

Cost: \$83.00 (All Inclusive)



**Everson Museum Festival of Trees & Light**

This year's event will include performances, films, and art-making activities for all ages, as well as a stunning display of large, beautifully decorated trees. New this year, the Festival will include a Holiday Art Market, featuring artist-made wares and locally sourced products to meet all your gift-giving needs. The Everson's new restaurant will offer a variety of tasty refreshments throughout the Festival. There will be no sit down meal with this trip, so plan to snack here or eat ahead of time.

Best of all the Cicero Senior Center will have a tree on display at the Museum!

More information to come as scheduled events are posted

**Date:** Thursday, December 16th  
**Time:** Depart Center at 12:30 pm  
**Cost:** \$15.00



**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.

**Vernon Downs Horse Races**



We are excited to head back to Vernon Downs for Horse Races and Games!

This year the bus will be available for those who wish to go for the day and return to the senior center after the races! There is also still the option to stay overnight.

**Tentative Schedule:**

Depart Center at 11:00 am  
 12:00 pm light lunch (soup and sandwich)  
 1:30-3:30 pm Fun games with Alex  
 3:30-5:30 pm Casino Free Time  
 6:00 Dinner at the race track (pre order)  
 6:10 Races begin  
 10:00 pm (Approx.) Head back to Cicero OR head to hotel and casino

**Date:** Friday, October 22nd

**Time:** Depart Center at 11:00 am  
**Cost:** \$35.00 Lunch, Dinner and Games  
 \$39.00 Double room  
 \$64.00 Single Room

**Holiday Shopping**

We will travel to Ontario to do some shopping. With three shops (LW Emporium, The Whistle Stop Antiques and The Feathered Nest) in walking distance from each other, you're sure to check off someone on your list or for the annual gift exchange! After a full day of shopping, we will stop for a bit to eat on the way back.

**Date:** Tuesday, November 23rd

**Time:** Depart Center at 8:30 am  
**Cost:** \$10.00 (lunch & Shopping on your own)

**Christmas Party**

Meet at Spinning Wheel Restaurant for a delicious meal, followed by \$10 gift exchange and company of good friends!



**Date:** Wednesday, December 22nd

**Time:** Meet at Spinning Wheel 12:30 pm (7384 Thompson Rd, North Syracuse)  
**Cost:** Your \$10.00 gift for exchange

**HOLIDAY EVENTS**

**Holiday Tree Lightings and Parade**

**Cicero-**The 2021 Holiday Drive Thru is scheduled for **Saturday, December 11th from 6pm-8pm at the MACC, 5575 Meltzer Court.** The Senior Center will be participating in the event, look out for more information at the center!

**Village of North Syracuse-**The Holiday Parade is scheduled for **Sunday, December 5th at 5:00 pm** with tree lighting to follow. The Center will be participating in the parade. If you would like to ride the bus or walk, please sign up in advance!!

**Brewerton-**The 2021 Tree Lighting at the Brewerton Fire Department is **TBD**, check the center for updates.





# CENTER HAPPENINGS

## Ongoing Activities at the Center

**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:** Tuesdays at 1:00 pm

**Game Day:** Tuesdays at 2:00 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 10:00 am- 4:00 pm

## PEACE Luncheons

**Congregate meals are back! Monday, Tuesdays and Fridays served at noon.** If you are not comfortable or unvaccinated, pick up is still available between 11:30 and noon at the kitchen door in the rear of the building. Suggested donation of **\$3.50** (or whatever you can afford) for the meal will be collected at the door. Must sign up ahead of time!



## Billiards Room

The billiard room is open for daily use with 2 tables and many cue sticks are available for use.

**Days:** Monday thru Friday

**Hours:** 10:00 am to 4:00 pm

**Cost:** FREE



## 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 **Dominos!**

**Day:** Tuesdays

**Time:** 2:00 pm

**Cost:** FREE



## Trivia Tuesday

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

**Day:** Tuesdays

**Time:** 1:00 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, October 6th and 20th

Wednesday, November 3rd and 17th

Wednesday, December 1st, 15th and 29th

**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 needd 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



# CENTER HAPPENINGS CONTINUED

## Open House and 30th Anniversary Celebration

Join us at the Center for a day of celebrating! The building will be open for those who wish to have a tour and see all the recent renovations made possible through Community Development Grants and the Support of the Town of Cicero. Lunch will be provided at no cost, but please sign up ahead of time so we can order appropriately. Following lunch we will have cake and recognize all those who have made it possible to get to where we are today! Then enjoy an hour of entertainment!



**Day: Friday, October 29th**

Time: 10:00 am Doors open for tours  
12:00 pm Lunch (signup in advance)  
1:00 pm Cake and Appreciations  
1:30 pm Entertainment

Cost: FREE

## Harvest Brunch

We will be baking up some favorite brunch items for our annual "day before thanksgiving get together"! Sign up by November 19th!



**Date: Wednesday, November 24th**  
Time: 11:00 am  
Cost: \$6.00

## Center Holiday Decorating

Come help "deck" the Center with Christmas decorations while listening to Christmas music!



**Date: Friday, December 3rd**  
Time: 10:30 am

## Holiday Entertainment

Come join us for a PEACE holiday meal followed by an entertaining afternoon! We will also celebrate all those who were born in December with cake!



**Date: Friday, December 17th**  
Time: 12:00 pm Peace Meal  
1:00 pm Entertainment  
Cost: \$3.50 PEACE meal

## Dish to Pass

### Birthday Celebration and Veterans Appreciation

Come reminisce with fellow Veterans and enjoy some good home cooked food of all varieties! There will be NO PEACE MEAL this day. Please sign up with what you will bring to avoid duplicates.

Bingo after lunch!

**Date: Friday, November 12th**

Time: 12:00 pm  
Cost: Your Dish



### PEACE Thanksgiving Meal and Entertainment

Come for PEACE's annual Thanksgiving meal with all the fixings. Afterwards, enjoy entertainment at 1:00 pm, followed by a short game of bingo!! Must sign up by November 12th for meal.



**Date: Friday, November 19th**  
Time: 12:00 pm Lunch  
1:00 pm Entertainment  
Cost: \$3.50 PEACE meal

### Mrs. Claus at the Center

Mrs. Claus will make her annual stop at the center to hand out all the gifts you bring for our gift exchange! Bring a \$5.00 wrapped gift and specify on the gift if it's meant for woman, man or either.

**Date: Monday, December 20th**

Time: 12:30 pm  
Cost: \$3.50 PEACE Meal & \$5.00 Gift



### Happy New Year Dish To Pass & Entertainment

It's a Holiday Potluck! Come One, Come All! Bring your favorite seasonal dish, some New Year cheer, and a healthy appetite! Following lunch there will be musical entertainment!



**Date: Friday, January 7th**  
Time: 12:00 pm Lunch  
1:00 pm Entertainment  
Cost: Your Dish

# CENTER HAPPENINGS CONTINUED

## "Art in the Afternoon"

### Fall Door Decoration

With items found at the Dollar Store we will make a Fall door decoration that your friends will envy.

**Date: Thursday, October 7th**

Time: 1:00 pm

Cost: \$5.00



### Cloth Covered Photo Album



This handcrafted album can be filled with photos or your favorite recipes. What a great gift idea! Bring in your phone and we can help you download some of those pictures you have on

your phone to a Drug Store of your choice.

\*Additional charge to store for prints

**Date: Thursday, November 4th**

Time: 1:00 pm

Cost: \$3.00

### Handmade Holiday Greeting Card

We will gather together to make a few all time favorite Holiday Cards to send to your friends and family.



**Date: Thursday, December 9th**

Time: 1:00 pm

Cost: \$5.00

## "Table 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!

**Dates: Thursday, October 21st**

**Thursday, November 18th**

**Thursday, December 23rd**

Time: 1:00 pm

Cost: FREE

## Everson Tree Decorating

The Senior Center will be partaking in the Everson Museum Festival Tree and Lights! We will be creating a tree to submit to the Festival of Trees at the museum. Let us know if you have a tree to donate! This will be an ongoing project during the months of October and November. Participants are needed for various tasks including creating the ornaments, decorating the ornaments and going to the Museum to do the actual decorating of the tree.



Starting in October the center will have various raffles to offset the cost for this project. Your help is much appreciated.

Dates: Wednesday, October 13<sup>th</sup> \*1:00 pm

Wednesday, October 27<sup>th</sup>

Wednesday, November 10<sup>th</sup>

Wednesday, November 24<sup>th</sup>

Date TBD to decorate at Everson

Time: 10:00- 12:00

Cost: FREE

## 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

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

**We don't stop playing because  
we grow old; we grow old  
because we stop playing.**

George Bernard Shaw

# GIGI'S GIVE BACK

Through free programs and through their Generation G Campaign for global acceptance, they EMPOWER families by maximizing opportunities for daily achievement and lasting acceptance. To ensure lasting acceptance, they show the world what individuals with Down syndrome are truly capable of achieving as students, co-workers, volunteers, friends, and valued members of their communities.

## Wish List

### PROGRAMMING SUPPLIES:

- Liquitex Basics acrylic paint
- Paint brushes (all sizes)
- Duck Tape
- Disposable round table cloths
- Painters tape
- Bulk quantity Scotch laminating pouches – 8.5 x 11
- 6" x 9" clasp envelopes
- Disposable gloves

### SNACKS:

- Juice boxes
- Gluten-free snacks
- K-cups

### OFFICE SUPPLIES:

- Stamps
- Copier paper
- #10 security envelopes
- Address labels (Avery 5160 size)
- Sheet protectors
- Scotch tape

### CLEANING SUPPLIES:

- Disinfecting wipes or spray
- Swiffer dusters
- Swiffer Wet-Jet pads
- Swiffer Wet-Jet liquid solution
- Paper towels
- Toilet paper (small rolls)
- Tissues
- Rubber gloves

### GIFT CARDS:

- Wegmans
- Amazon
- Target
- Walmart
- Office Max
- Staples

Bring any of the items on the wish list to the Center from now until our Christmas Party on December 17th!

# AROUND TOWN

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 visit Cicero Parks and Recreation's new office at Joseph F William Park!

## Fall Festival

9:00 AM-3:00 PM

The annual Fall Festival in Bridgeport is back! Mark your calendar for Saturday, Oct 2nd. The Festival will be held at the Bridgeport Fire Department.

Come enjoy the fun with over 60 vendors to include crafts, bake-sale, food, Farmer's Market and more. Cicero Youth Bureau, Parks & Recreation will have a table with free crafts and activities for the kids.



## REFUSE TO BE A VICTIM

One of the most important steps toward ensuring your own safety is having a personal safety strategy in place before you need it. NRA's **Refuse To Be A Victim**® program teaches the tips and techniques you need to be alerted to dangerous situations and to avoid criminal confrontation.

Date: Nov 16

Time: 6:00-8:00 PM

Location: Cicero Senior Center

Age: 18+

Instructed by Cicero Police Department

This program is FREE but limited to Cicero Residents



# 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, Mona Brown, Claire Cary, Elaine Davis, 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](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)454-0168 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. 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](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







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- \*Errands Grocery store, prescriptions, shopping
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- \*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](mailto:Syracuse@ComfortKeepers.com).

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Director of Marketing

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MEMBER OF ASSEMBLY  
127<sup>TH</sup> ASSEMBLY DISTRICT

ROOM 656 LOB  
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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](mailto: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](mailto: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](mailto:bmeyer@ciceronewyork.net)



**TOWN OF CICERO**

Nicole M. Walsh  
RECEIVER OF TAXES

8236 Brewerton Road  
Cicero, New York 13039

Bus. (315) 699-2756  
Fax (315) 699-9562  
[nwalsh@ciceronewyork.net](mailto:nwalsh@ciceronewyork.net)

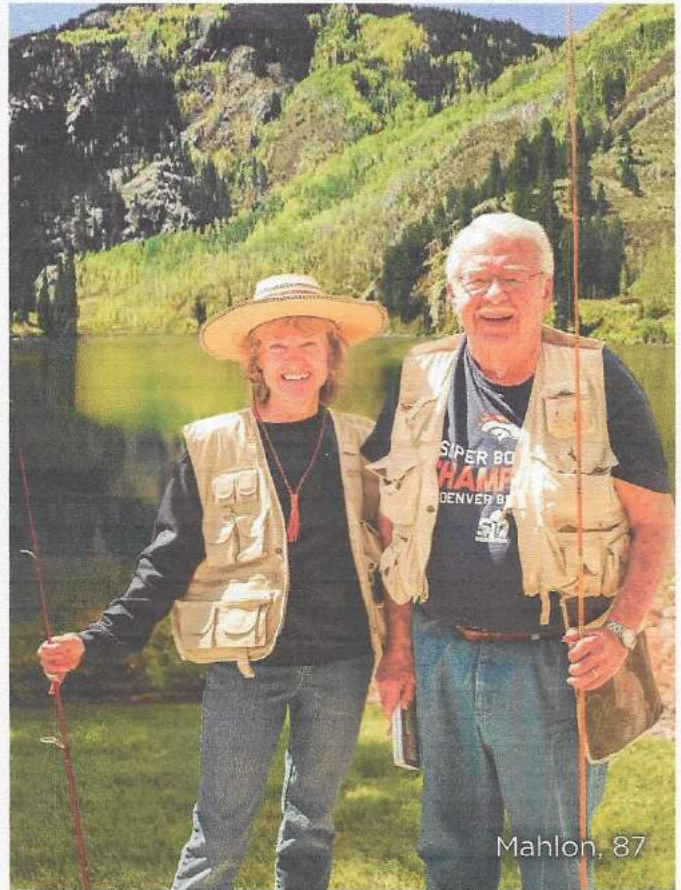
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*Some people are lucky enough to spend their weekends fishing.  
Mahlon's lucky enough to spend his life that way.*

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.



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