

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**

October 14th– Columbus Day  
November 5th– Election Day  
November 11th–Veterans Day  
November 28th/29th–Thanksgiving  
December 24th-1/2 Christmas Eve  
December 25th–Christmas  
December 31st-1/2 New Years Eve  
January 1st–New Years Day

**Youth Bureau, Parks & Recreation Staff**

Teresa Roth, Director  
Shannon Shoff  
Jessica Soulier

**CanTeen Staff**

Wesley Sweetman  
Kiera McShane  
Krystina Gonzalez

**Park Staff**

Bill Alley  
Bill Lawrence  
Mike Hogan  
Jacob Bourdage  
Kyle Ellis



**Bridgeport Fall Festival**



Please consider donations of homemade baked goods to be dropped off at the Senior Center October 3rd and 4th which will be sold at the Festival on October 5th to benefit the Center!!

**Spaghetti Dinner to Benefit the CanTeen**

This spaghetti dinner will be held at the Cicero Fire Department Station One (on the corner of 31 and 11) and is sponsored in part by the Cicero Fire Department and Town Supervisor Mike Aregano. 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, November 9th**  
Time: 4 pm - 6:30 pm  
Cost: \$8.00 Advance/\$10.00 At Door

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**Parks & Recreation Town Board Commission**

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

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

# BIRTHDAY CELEBRATIONS



Celebrate your birthday during our monthly cake and entertainment!

October 25th, November 22nd, And December 20th.

## October Birthdays

2nd	Angie Barber	Michael Frasca
	Martha Kenyon	Elsa LaManna
	James Wenger	
4th	Steve Emerson	Vicki Paries
	June Stevenson	
5th	Susan Kempton	Sue Woodworth
6th	Gary Beirne	
7th	Sue Zinsmeyer	
9th	Dorothy Gilmer	John McKiernan
10th	Flora Dailey	Kathleen DiCosta
12th	Dorothy Abbey	
15th	Phima Niedzwiecki	
16th	Angela Casey	Patricia Parzynski
18th	David Shaffer	
19th	Mary Pomeroy	Sharon Thomson
20th	Helen Impelizzieri	Diana Webb
21st	Linda Hance	
22nd	Pamela Derocher	
26th	Rose Jessie	
27th	Nancy Chervinsky	
28th	Sharon Condolore	Lynn Hughes
	Verna Lane	
29th	Jerome Brislin	Sherman Lewis
	Gayle Ross	Joyce Smith
31st	Leo Navarra	

## November Birthdays

1st	Elaine Bisbee	Terry Hopkins
3rd	Sheila Farley	
5th	Dennis Kraeger	Joan Schneider
6th	Sally Fazio	Jacqueline LaVeck
7th	Phil Eisenman	Ronald Poplawski
	Roseanna Sobon	
8th	Barbara Tyler	
10th	Paul D'Ambrosio	Judy Fico
	Joyce Tily	Jeanette VanAlmelo
11th	Mary Lou Scott	
12th	Julie Klei	Rosann Leyden
	Richard Owens	
13th	Margitte Proctor	
14th	Donna Egan	Barbara Jacobs
	Donna Lyons	Marie Pollock
15th	Willie Rudy	
16th	Helen Mueller	
17th	Kathleen Reed-Buck	
18th	Judy Schnorr	Michelle Suttoni
19th	Mary Pelton	Pam Ross
	Ruth Stuetzle	
21st	Anne Ruggeri	
22nd	Anne Jones	Jacque Miller
	Sandy Restani	Edward Szczesniak
23rd	Joanne Patten	
24th	Stephen Dudley	Penelope Harper
	Diane Miesch	Marie Shaffer
25th	Ronald Gordon	
26th	Carol Compton	Eugene Gonzales
	Mame Reynolds	
27th	Linda Eichler	Kathy Orlowski

## November Birthdays

*Continued*

27th	Richard Webb
28th	Chele Stirpe
29th	Sue Elwood
	Cindy Hall
30th	Jimmie Reese
	Geraldine Szkotak

## December Birthdays

1st	Lucille Snizek	Joan Woznica
2nd	Kathleen Crouse	Minnie Jordan
3rd	Kathy Roche	
4th	Barbara Connell	
5th	Margaret Witkop	
6th	Terry Sloan	
7th	Connie Izzo	Patricia Pultorak
	Sharon Seymour	
8th	Susan Feng	
9th	Sharon Randles	
10th	Christopher Mekker	
12th	Elizabeth Fecht	Betty Farr
	Mary Horton	Ken Isgar
13th	Brenda Baxter	
14th	Penny Chase	
16th	Robert Gosart	Palma Sheer
	Judy Wirt	
18th	Judy Wirt	
19th	Deborah Degeneffe	
20th	Tina Tuffley	
21st	Patricia Cousineau	Elaine Kochanowski
22nd	Nathan Marra	
23rd	Mary Mura	
24th	David Brown	
25th	David Meek	
27th	Carolyn Bickom	
29th	Nilsa Mariano	Dorothy Sperato
	Lynn Goodell	
30th	Lynn Goodell	
31st	Martin Dorschel	Stephen Frey
	Rose Sinopoli	Annette Wasickanin

# TRAVEL NEWS

## 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.

### Fish Hatchery

Fall has arrived! Let us enjoy some foliage as we travel to Altmar to visit the Salmon River Fish Hatchery. October is spawning time so we will tour the facility. After our tour we will head to Pulaski for lunch at Mill House Market. Check out the menu online they have many options!

**Date: Wednesday, October 16th**

Time: Depart Center @ 9:30 am

Cost: \$16.00 (Lunch on your own)



### Cicero Parks Tour

Join us on a parks tour of Cicero. Many of you may not know all of the parks and areas that are in our little town. Our very own Bill Alley, Head of Parks and Recreation Maintenance, will be our guide for the day. We will also stop at the one room school house for a tour! After he shows us around we will stop for lunch at Twin Trees.

**Date: Thursday, November 7th**

Time: Depart Center @ 10:30 am

Cost: \$27.00 (All Inclusive)



### Dial M for Murder at Syracuse Stage



Margot and Tony live a seemingly charmed married life in 1950's London. But not all is as it appears: Margot, desperate to return to her idyllic domesticity, has ended a lengthy affair with a dazzling American lover even as she's being blackmailed by someone threatening to expose her indiscretion to her husband. But Tony already knows, and has a plot of twisted revenge on his mind. Adapted from Frederick Knott's original made famous by Alfred Hitchcock's film, Jeffrey Hatcher's taut adaptation keeps the twists coming until the very end.

Before the show we will enjoy dinner at Phoebe's.

**Date: Wednesday, October 23rd**

Time: Depart Center @ 11:30 am

Cost: \$75.00 (All Inclusive)

### M.O.S.T.

First we will head to the Museum of Science and Technology for a IMAX show, "Space: The New Frontier". An entire generation came of age with the indescribable awe of landing on the Moon — and the ensuing Golden Age of Space has changed our world forever for the better. More than 50 years later, what is the next step for humankind? A second golden age of space has quietly dawned on us, with new hope for humanity as a spacefaring species.



Afterwards we will enjoy lunch at Pastabilities.

**Date: Thursday, November 21st**

Time: Depart Center @ 10:00 am

Cost: \$16.00 (Lunch on your own)



# TRAVEL NEWS CONTINUED

## "Cinderella" at Syracuse Stage

The wondrous musical from Rodgers and Hammerstein proves that dreams do come true – if only we dare to wish – with the beloved songs "In My Own Little Corner," "The Prince is Giving a Ball," and "Impossible/It's Possible."



Based on the 1957 television film starring Julie Andrews, this enchanted production of the enduring fairytale updates the classic story for modern audiences while retaining the original charm and magic, and features additional music from the celebrated 1997 version starring Brandy and Whitney Houston.

Before the show we will enjoy lunch at Phoebe's.

**Date: Wednesday, December 4th**

Time: Depart Center @ 11:30 am

Cost: \$75 (All Inclusive)

## Lights on the Lake and Heid's

We will once again be offering a trip to see the *Lights on the Lake* for our annual tradition. First we will go to Heid's for dinner then head over to the lake to drive through the lights!



**Date: Wednesday, December 18th**

Time: Depart Center at 4:30 pm

Cost: FREE Transportation, Dinner on your own



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

TRAVEL WITH US!

MAY 2 - 9, 2025

DOUBLE \$3,999

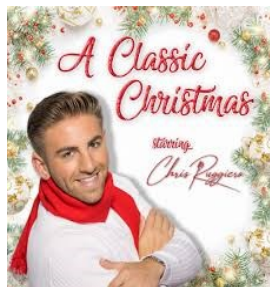
SINGLE \$4,999

HOMETOWN  
PICKUP, FLIGHTS  
FROM SYRACUSE  
AND TOUR  
INCLUDED!

JOIN US FOR A  
SPECIAL TRAVEL  
PRESENTATION ON:  
OCTOBER 5<sup>th</sup>  
@ 10:30 AM

FOR MORE  
INFORMATION & TO  
RSVP TO THE  
EVENT CONTACT:  
ALEXANDRA RYAN  
(815) 452-8298

## "A Classic Christmas" at Turning Stone



Let's prepare our hearts for Christmas with the Classic Christmas Spectacular. This show combines the hottest hits from the 50's and 60's along with the classic Christmas songs that you know and love; *Sleigh*

*Ride, Marshmallow World, Have Yourself a Merry Little Christmas, along with these oldies such as Unchained Melody, Betcha By Golly Wow, and Hold Me, Thrill Me, Kiss Me.* Featuring PBS-TV star Chris Ruggiero!

**Date: Thursday, December 12th**

Time: Depart Center @ 9:30 am

Cost: \$65.00 (Includes transportation, ticket to show, \$25 slot free paly, \$5 food credit)

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!

For full trip details, visit:

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

# CENTER HAPPENINGS

## Ongoing Programs at the Center

### PEACE Luncheons

Congregate meals are **Mondays, Tuesdays and Fridays at noon**. Pick up is still available for those that want it between 11:30 am and noon at the kitchen door in the rear of the building. Suggested donation of **\$3.50** (or whatever you can afford). Must sign up a minimum of 24 hours ahead of time!



### Bunco



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

**Day: Rotating Mondays**  
**Time: 1:00 pm**  
**Cost: \$3.00 Bunco**

### Team Trivia

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

**Day: Rotating Mondays**  
**Time: 1:00 pm**  
**Cost: FREE**



### Movie Day



Join us these **Mondays** to watch a newly released movie. Join us before the movie for a peace meal at noon followed by short game of trivia!

**\*\*NOTE NEW DAY AND TIME**

**Dates: Monday, October 7th and 28th**  
**Monday, November 18th**  
**Monday, December 2nd, 16th and 30th**

**Time: 2:30 pm**  
**Cost: FREE**

### Mahjong

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



**Day: Wednesdays**  
**Time: 11:00 am – 2:30 pm**  
**Cost: FREE**

### Pitch

Come join us for an afternoon of trick taking card fun! This is played tournament style, no need for a partner as you will draw randomly for one.

**Day: Every Tuesday**  
**Time: 1:00 pm**

**Cost: \$3.00**

**\*ADDITIONAL DAY\*\***

**Day: Every Wednesday**  
**Time: 3:00 pm**  
**Cost: \$3.00**



### Phase 10

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

**Day: Thursdays**  
**Time: 1:00 pm**  
**Cost: FREE**



### Bridge

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

**Day: 2nd and 4th Thursday**  
**Time: 1:00 pm**  
**Cost: FREE**



### Knitting/Crocheting

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



**Day: Thursdays**  
**Time: 1:00 pm**  
**Cost: FREE**

### Bingo

Play 11 games with prize money determined by what we bring in!

**Day: Fridays**  
**Time: 1:00 pm**  
**Cost: 50¢ per card**



### Billiards Room

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



**Days: Monday thru Friday**  
**Hours: 10:00 am to 4:00 pm**  
**Cost: FREE**

# CENTER HAPPENINGS CONTINUED

## Entertainment & Birthday Celebrations

### *Oktoberfest*

Good times are near! Grab your lederhosen and yodel your way over to the center for fun and good cheer at our Oktoberfest party! Enjoy some traditional German food then be entertained by Bavarian Dancers and music! Afterwards, play a short game of bingo.

**Date:** Friday, October 25th

**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



### *PEACE Thanksgiving Meal and Entertainment with "Clear"*

Come for PEACE's annual Thanksgiving meal with all the fixings. Afterwards, celebrate all those who have a birthday in November with cupcakes and entertainment, followed by a short game of bingo!!

**Day:** Friday, November 22nd

**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



### *PEACE Holiday Meal and Entertainment with "Live Wire"*

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 cupcakes and play a short game of bingo!!

**Day:** Friday, December 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



### *Sentimental Serenade*

Our favorite performers are back!! They will be visiting the center to spread some New Years Cheer! 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 January with cupcakes and play a short game of bingo!!

**Date:** Friday, January 10th

**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



# CENTER HAPPENINGS CONTINUED

## Center Events and Meals

### *Murder Mystery Luncheon*



Join us For a Murder Mystery Masquerade! Dress up in your favorite costume and help solve a haunting Halloween whodunit!

This is an interactive event where you will have a role assigned to you and investigate the mystery! After we figure out "who dunnit" we will enjoy a delicious lunch.

**Date: Thursday, October 31st**

**-Sign up by Monday, October 28th**

Time: 11:00 am

Cost: \$10.00

### *Harvest Brunch*

We will be baking up some favorite brunch items for our annual day before thanksgiving get together!



**Date: Wednesday, November 27th**

**-Sign up by Monday, November 25th**

Time: 11:00 am

Cost: \$8.00

### *Boxing Day Luncheon*



Boxing Day is a centuries-old gift-giving day that originated in Britain. Boxing Day traditions! During the Victorian Era, the upper class would

box up leftover food, money, or goods and give them to their tradesmen as well as their servants for reliable service all year. The custom arose because servants, who would have to wait on their masters on Christmas Day, had the next day off. They were given gifts from their masters and would go home to visit their families. Today, Boxing Day is just a day to relax after the festivities of Christmas and it's all about the left overs! So today come on over for a left over themed lunch and relax with us!

**Date: Thursday, December 26th**

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

Time: 12:00 pm

Cost: \$10.00

## Potluck Meals

### *Friendsgiving*

Let's gather, feast and give thanks together! Bring your favorite dish or dessert to share. After lunch, stay for a game of bunco!



**Date: Monday, November 25th**

Time: 12:00 pm Lunch

Cost: Your Dish

### *Happy New Year*



It's a Holiday Potluck! Come One, Come All! Bring your favorite seasonal dish, some New Year cheer, and a healthy appetite! Stay after lunch for bingo!

**Date: Friday, January 3rd**

Time: 12:00 pm Lunch

Cost: Your Dish

### **Medicare Open Enrollment Period (ACEP)**

This Annual Coordinated Election Period is the time when Medicare beneficiaries can add, change, or drop their Medicare Part D or Medicare Advantage plan coverage for the next year. The AEP starts on October 15th through December 7th of each year with coverage - or plan changes - taking effect on January 1st of the new year. Office of aging will be here to give a short presentation on this. Afterwards you can set up a time to meet with them to answer all your questions related to your current coverage and assist you with the many forms of extra help that are available!

**Dates: Tuesday, October 22nd**

Time: 11 am-11:30 am Presentation

Cost: FREE

### *Family & Friends CPR*

This course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR, and mild and severe airway block for adults, children, and infants. Upon completion you will receive a certificate of participation (note this is not a completion card).



**\*\*PLEASE SIGN UP IN ADVANCE**

**Date: Friday, November 15th**

Time: 10:00 am

Cost: FREE

# 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! 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!**

### *Grief Support Group*

Join us at our NEW monthly Grief Group led by Certified Grief Educator, Nicole Kerekes. Find comfort and support with others who understand. Share and be heard, witness each other in grief, and receive support on your healing journey. Recommended \$10 donation but all grievers are welcome, no matter their ability to donate. Sign up today, space is limited.

Nicole Kerekes is the Founder of Front Porch Collective, LLC, providing support services to adults experiencing grief. As a Certified Grief Educator, Nicole helps folks navigate grief using a come-as-you-are approach, meeting grievers where they're at with compassion and understanding. Through 1-on-1 and group sessions, grievers are provided space to share stories of loss, have their grief witnessed, and explore strategies for growth and finding purpose in life after loss.

**Day:** Fridays

**October 18th**

**November 8th**

**December 13th**

**Time:** 10:00 am

**Cost** \$10.00 (or donation)



## 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!

### *The Lake House at Sylvan Beach and Grace Tyler Estate Winery*



We will enjoy lunch at the Lake House and a little gambling time! Afterwards we will head for a fall scenic trip around the lake to Grace Tyler Winery for samples and enjoy the view.

**Date:** Thursday, October 10th

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

**Cost:** \$10.00 (Lunch on your own)

### *Holiday Shopping*

We will travel to Lyons to visit *The Christmas Store of NY*, Upstate New York's ONLY year-round Christmas store. It boasts over 7,000 sq. ft. of everything Christmas through three historic properties in the Downtown Historic District. Their year-round displays featuring over forty fully decorated Christmas trees in various themes to provide you plenty of inspiration to help create your own magic scenes. After we will travel to Potters Farm to Fork for lunch. On our way home we will swing into Giancarelli Farm Winery and Distillery for some samples.



**Date:** Thursday, November 14th

**Time:** Depart Center at 9:30 am

**Cost:** \$12.00 (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:** Thursday, December 19th

**Time:** Meet at Spinning Wheel 12:00 pm

(7384 Thompson Rd, North Syracuse)

**Cost:** Your \$10.00 gift for exchange



# CENTER HAPPENINGS CONTINUED



Bankers Life professionals will be here to answer any of

the questions that you may have regarding Medicare and the 2025 Inflation Reduction Act, Retirement Planning/Investing, Life Insurance, Long Term Care, etc. They would love to provide you the info you may need in the near future.

**Date: Friday, November 22nd**

Time: 11:00 am

Cost: FREE



CarFit is a safety program that runs vehicle owners and their cars through a 12-point checklist to assess the fit of a driver's car for safety settings. Created through a partnership between AAA, AARP and the American Occupational Therapy Association (AOTA), CarFit helps promote conversations between older drivers and their families about driving safety and help seniors improve the "fit" of their vehicles.

Cicero Volunteers in Police Service invites you to join us to at one of the two next Cicero CarFit event being held on Wednesday, September 25 9:00 am to 11:00 am OR Wednesday, October 16 9:00 am to 11:00 am at Cicero Senior Center, 5924 Lathrop Dr, Cicero, NY 13039.

At the event, you'll see first-hand how trained technicians help drivers with the comfort and safety settings in their car including:

- \*A clear line-of-sight over the steering wheel;
- \*Adequate space between the front air bag/steering wheel and the driver's breastbone; properly adjusted head restraints;
- \*Proper positioning on gas and brake pedals;
- \*Proper seat belt use and fit, and safe positioning of mirrors to minimize blind spots.

Appointments are 15 to 20 minutes in length. To make an appointment please contact:

Beverly Cadwell, Cicero VIPS

Phone: (315) 263-2022

Email: [ciceroval@ciceronypd.gov](mailto:ciceroval@ciceronypd.gov)

**CNY Retirement Showcase**

Free

Presented by:  
**KinneyDrugs®**

**Thursday, October 3, 2024, 9am - 1pm**  
CNY Regional Market, E - Shed, 2100 Park Street, Syracuse

We will be showcasing the attractions, classes, volunteer opportunities, part-time jobs, experiences, travel, and living options for retirees in Central New York.

**Easy free parking and door prizes...**

**Live Music:**  
POWER OF TWO

**Stage Sponsor:**  
Community Living CLA Advocates

**Event Sponsors:**  
United Healthcare (There for what matters®), Velocity CLINICAL RESEARCH, Humana.

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:  
Kurt McAllister, Mischelle Sturn, Linda Hance, Linda Graves, Dorothy Kompf, Anthony and Patricia Campolito, Kathy Colvin, Bernice Rowland, Wendy Abbe, Ameigh and Christopher Mekker, Suzanne Traux, Judy and Gaetano Fico, Gail and Bill Proctor, Carolyn Rothenhoefer and Shirley Singer.



# PARKS & RECREATION PROGRAMS

2024  
FALL  
FLYER

REGISTER ONLINE  
CICERO.RECDESK.COM



## CICERO YOUTH BUREAU, PARKS & RECREATION 315-699-5233



### BRIDGEPORT FALL FESTIVAL

COME VISIT OUR BOOTH AT THE BRIDGEPORT FALL FESTIVAL FOR FREE CRAFTS AND GAMES.

- SAND ART
- PUMPKIN DECORATING
- BOWLING
- BEAN BAG TOSS
- TATTOO STATION

The Senior Center will participate by providing a baked goods sale at the Festival! Please drop off any baked good donations to the Senior Center October 3rd or 4th!!

BRIDGEPORT FIRE DEPARTMENT. OCT 5TH | 9:00-3:00



### TRUNK OR TREAT

JOIN US FOR OUR 1ST ANNUAL TRUNK-OR-TREAT  
OCT 25TH | 6-8 PM

CICERO RESIDENTS ONLY

PRIZES FOR BEST COSTUME AND BEST PUMPKIN

BRING A DECORATED PUMPKIN TO LINE OUR PUMPKIN PATH

LOCATION: PLANK ROAD PARK, 5471 MUDMILL ROAD, CICERO

REGISTRATION IS REQUIRED TO PARTICIPATE. REGISTRATION OPENS SEPT 1ST

VENDORS NEEDED TO DECORATE YOUR TRUNK AND HAND OUT CANDY

The Senior Center will participate by decorating the bus and handing out goodies to the kids!



### ADULT RECREATIONAL VOLLEYBALL

WEDNESDAYS SEPT 18TH-DEC 18TH | 5-8 PM

MUST BE 16 YEARS OF AGE OR OLDER. ALL SKILL LEVELS WELCOME

\$130 FOR ALL 13 WEEKS

LOCATION: BELIEVER'S CHAPEL, 7912 THOMPSON RD, CICERO

REGISTRATION REQUIRED

### *Holiday Tree Lightings and Parade*

**Cicero**-The 2024 Tree Lighting at the Cicero Fire Department is scheduled for Saturday, December 7th from 4 pm-6 pm, Tree Lighting at 5 pm.

**Village of North Syracuse**-The Holiday Parade is scheduled for Sunday, December 8th 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 2024 Holiday Tree Lighting will be held at the Brewerton Fire Department December 8th at 6 pm.



# 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, and Rose Parry.

## *Bad Weather Closing*

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

## *Path of Love*

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

# TRANSPORTATION INFORMATION

## *Syracuse Centro Call-A-Bus*

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

## *Syracuse Centro OSCAR*

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

## *GoGoGrandparent*

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

## *Area North Transportation Services (ANTS)*

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

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

# RESOURCES AND SERVICES



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

FREE

# COMPUTER HELP

NOPL BREWERTON

TUESDAYS, 10:30AM - 1:30PM

### Operate Devices

- Use a desktop, laptop, tablet, or smartphone
- Upload a document to a USB drive
- Connect to a wireless network

### Navigate the Internet

- Create and use an email account
- Find and apply for jobs
- Stay connected with friends and family

### Use Software

- Work on Microsoft Office or Google Docs
- Create a resume or cover letter

# RESOURCES AND SERVICES CONTINUED

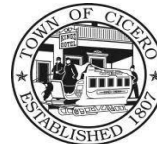


## Meals on Wheels

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.

## 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



*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

## 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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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

SYRACUSE, NEW YORK  
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EQUIPMENT RENTAL & SALES

*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)*



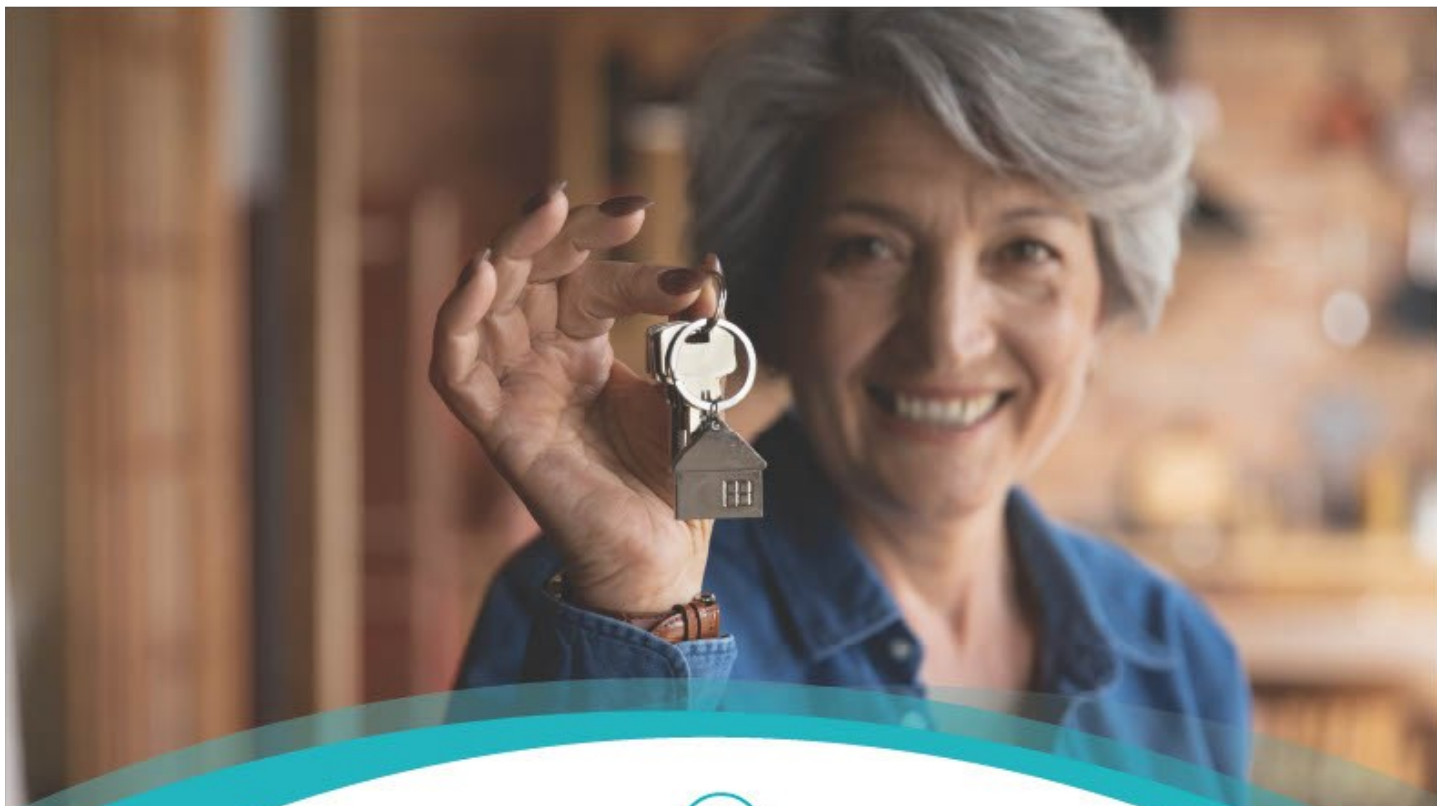
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## PARKROSE ESTATES

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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*December*  
*2024*