

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

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**October, November,
December
2020 Newsletter**

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

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

Center Staff

Alexandra Ryan
Nancy Noble
Margaret Hauenstein

Center Hours

Varies, Please Call Ahead

Center Closings

October 12th– Columbus Day
November 3rd– Election Day
November 11th-Veterans Day
November 26th/27th-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
Linda Adams

CanTeen Staff

Toni'Lyn Brauchle
Amy Venditte

Park Staff

Bill Alley
Bill Lawrence
Mike Hogan
Zac Hyde

Guidelines for reopening

It is a privilege to reopen for you all; however, there are guidelines that must be followed in order for the center to reopen and remain open for small programs. We understand that it is different, but we are here to work you through it all!

***MASKS MUST BE WORN AT ALL TIMES!**

***No food is permitted in the building and will not be provided by the center.**

***No drinks will be provided by the center. You may bring in your own individual drink that is not to be shared.**

***You MUST sign up in advance to attend a program at the center as the number of people in the building at a given time will be limited.**

***Upon entering you MUST use your key tag to sign in.**

***Upon entering you will have your temperature taken by a staff person and answer the COVID health screening questions.**

***Social distancing will need to be adhered to.**

***All programs will have a start time and an end time. You will be allowed to enter the center 15 minutes before the start time. You will not be allowed in the building before or after the set time.**

***Hand washing is encouraged and sanitizer is available and recommended when you can not wash your hands.**

***No shared objects**

***Staff will disinfect daily.**

***You must contact the center if you have attended a program and have contracted COVID.**

***IF YOU CAN NOT FOLLOW THESE GUIDELINES WE ASK THAT YOU NOT ATTEND PROGRAMS AT THE CENTER AT THIS TIME!**

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

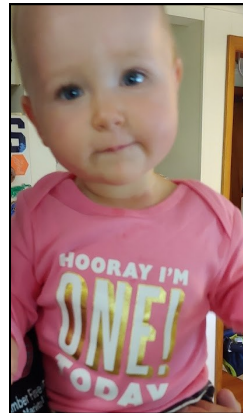


October
November
December
2020

Updates

A note from Alex

I am so happy to say the center is opening back up and get to see you all soon! With that in mind I just wanted to say we also understand that you may not be comfortable coming back to the center yet, and that's okay! We will continue to keep you updated on everything that is happening here and when you are comfortable coming back, we'll be here for you!! On a side note, I have been blessed to spend some extra time with my kids this summer making memories camping at some state parks we have never been to and just hanging out. The summer of 2020 will never be like any other! And now the older kids are back at school full time and somehow Amelia is



Welcome Teresa Roth, our new Parks Director!

I am happy to introduce myself as the new Parks & Recreation Director for the Town of Cicero. I currently reside in Liverpool with my husband Greg of 27 years, our 2 college-aged daughters (Lynsey and Meghan), and our Golden Retriever dog, Tucker. It will be nice to see some familiar faces, as I know some of you from my tenure as the Parks Director for the Village of North Syracuse over the past 15 years. I am very much looking forward to working with Alex, Margaret and Nancy to continue providing great programs, facilities and services to all of you. I hope to have the opportunity to meet with you in person once it is safe for your in-person meetings to return. Please let me know if I can be of assistance to any of you. Be well, stay active, and find things to smile about each day!



Dawn Retired!

After 35 years working for Parks & Rec, I am humbled to retire! I will remember all of the times I have been able to help out serving meals to the seniors. Even in the earlier years when I was able to bring my children to volunteer. I will remember and miss all of the seniors. My new job will involve spending more time with my 6 year old Grandson Corey. He is now in first grade and with all the changes in schooling, he goes to school two days a week and has 3 learning days at home that I will be there to help him with. I plan on enjoying that job as much as I have enjoyed the last 35 years with Parks & Rec.



Community Development Grant Update

We are happy to say the doorway project is done and looks great! We can't wait for you all to see it!

WE NEED YOUR HELP!!!

Cicero Drive-Thru Trick or Treat Halloween

The Town of Cicero and the Cicero Legion are sponsoring a Halloween Drive Thru to be held on Oct 24th from 1 pm to 4 pm for Cicero Residents and Legion families. We are hoping to give out approximately 250 goody bags of candy and treats. We are asking for treat donations to include any kind of **individually wrapped** candy, chips, pretzels, crackers but **cannot contain nuts**. Candy donation deadline is Oct 16th and can be dropped off at the Cicero Senior Center Monday Thru Friday from 10 am to 2 pm (Ring doorbell).

Want to be part of the event? We are also seeking volunteers to dress up and wave to families as they drive thru the parking lot!!

Call Linda Adams for more information at

315-699-5233 ext. 347.



Bob's Tree Service

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will keep your property looking it's best.

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In support of the
"Young at Heart Senior Center "
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315-699-8109
clerk@ciceronewyork.net

ROOM 656 LOB
ALBANY, NEW YORK 12248
TELEPHONE: 518-455-4505
FAX: 518-455-5523

7293 BUCKLEY ROAD, SUITE 201
N. SYRACUSE, NEW YORK 13212
TELEPHONE: 315-452-1115
FAX: 315-452-1119

ALBERT A. STIRPE, JR.

MEMBER OF ASSEMBLY
127TH ASSEMBLY DISTRICT

EMAIL:
STIRPEA@ASSEMBLY.STATE.NY.US

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- Spiritual services on site
- Onsite hair salon

View our virtual tour online at:
www.lorettoctny.org/locations/buckley-landing

Or call for a tour today! (315) 413-3772

Loretto Buckley Landing
7430 Buckley Road, North Syracuse, NY 13212 • (315) 413-3772 • www.lorettoctny.org

BIRTHDAY/ANNIVERSARY CELEBRATIONS



At this time we will not be celebrating birthdays with a cake monthly; however, we still want to acknowledge and wish a very happy and healthy birthday to all of you who have an upcoming birthday!



Mahlon, 87

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

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



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

September Birthdays

- 1st Margaret Brown
- 2nd Cindy Conklin, Kevin Lynch
- 3rd Aleen Moon, Jean Sager, Trudy Schnurr, Cheryl Durgee
- 4th Joyce Kittle
- 6th Elizabeth Jarrett
- 7th Beverly Hurst
- 8th Richard Cole, Kathleen Kotwas
- 9th Mary Jane Nasarenko
- 11th Mary Cole, Monica Kot, Jane Sherman
- 12th Janice Sax
- 13th Sonia McAvoy, Ronald Amyot, Mary Hock
- 14th Monika Loerzel, Murray Kinnetz
- 16th Beatrice Owens
- 17th Jeanne Mills
- 19th Floyd Proctor
- 21st Linda Pearce
- 23rd Samuel Tassone
- 24th Janet Snyder, Pat Mercer
- 25th Mary Youngman
- 26th Jackie Bashore
- 27th Thomas Mattimore
- 28th Martha White, Carolyn McFall
- 29th Barbara D'Ambrosio
- 30th Anna Garbin

October Birthdays

- 2nd James Wenger
- 3rd Janet Mahana
- 4th George Aspinall, Vicki Paries
- 5th Sue Woodworth, Susan Kempton
- 7th Virginia Weston, Sue Zinsmeyer
- 9th John McKiernan
- 12th Dorothy Abbey
- 13th Sharon Trudeau, Ted Viger
- 15th Phima Niedzwiecki, Ginnie Thompson
- 16th Angela Casey
- 17th Joyce Donegan
- 18th David Shaffer
- 19th Dorothy Parker, Toni Murphy, Mary Pomeroy
- 20th Helen Impelizzieri, Diana Webb
- 22nd Pamela Derocher
- 24th Barbara Carlough, Norma Morse
- 25th Barbara Freeman, Kathy Nastasi
- 28th Verna Lane, Sharon Condolore
- 29th Gayle Ross, Sherman Lewis
- 30th Jane Stam
- 31st Leo Navarra

December Birthdays

- 1st Lucille Snizek
- 4t Helen Liquori
- 7th Connie Izzo, Patricia Pultorak
- 8th Robert McCabe
- 9th Sharon Randles
- 12th Ken Isgar
- 14th John Francati, Andy Cerio, Penny Chase
- 16th Palma Sheer
- 17th Grace Fluno

- 18th Judy Wirt
- 21st John Schmidt
- 22nd Genevieve Swiader
- 24th David Brown
- 25th Edward Roundy, David Meek
- 27th Carolyn Bickom
- 30th Lynn Goodell
- 31st Stephen Frey, Rose Sinopoli

November Birthdays

- 1st Terry Hopkins, Elaine Bisbee
- 2nd Vincenza Russell
- 3rd Sheila Farley
- 5th Mary Wood, Joan Schneider, Vivian Waser
- 6th Sally Fazio, Jacqueline LaVeck
- 7th Ronald Poplawski
- 8th Barbara Tyler
- 10th Joyce Tily, Jeanette VanAlmelo, Paul D'Ambrosio
- 11th Georgina Pecori, Mary Lou Scott
- 12th Violet Aiello, Yvonne Starliper, Julie Klei, Richard Owens
- 13th Margitte Proctor
- 14th Marie Pollock, Barbara Jacobs, Donna Lyons
- 15th Rita Macko, Deborah VanSlyke
- 16th Helen Mueller, Janet Koelsch
- 17th Karen Gridley
- 18th Judy Schnorr
- 19th Oisin McGinty
- 22nd Harry Parody, Sandy Restani, Edward Szczesniak, Anne Jones, Michele McLaughlin
- 24th Diane Miesch, Marie Shaffer
- 25th Janice Coffin, Bruce Nelson
- 26th Eugene Gonzales, Carol Compton
- 27th Richard Webb, Jeanne Esce, Kathy Orlowski, Linda Eichler
- 28th Angie Howe
- 29th Ronald Gordon, Sue Elwood, Susan Hopkins
- 30th Geraldine Szkotak



CENTER HAPPENINGS

Reminder -all programs must be signed up for in advance! Please note programs are subject to change!

Ongoing Activities at the Center

PEACE Lunch To Go or Delivery:
Monday thru Friday **11:30-12:00**
(suggested donation \$3.50)

Exercise: Mondays and Thursdays
9:00 am – 10:00 pm

Yoga: Tuesdays **9:00 am – 10:00 pm**

Trivia: Every Other Tuesday at **1:00 pm**

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

Wednesday Walk: Wednesdays at **9:00 am**

Movie: Wednesdays at **1:00 pm**

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

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

Trivia Tuesday

Your brain needs exercise too, so lets put it to the test! Join us to play a variety of trivia and TV game shows!



Day: Every Other Tuesday
Starting October 6th

Time: 1:00 pm
Cost: Free

Wednesday Walk



Join us every Wednesday morning for a group walking program! If its nice we will walk outside the center, if not we will do a fun walk in place inside the center! Lets count our steps and try to get in 2 miles!

Day: Wednesdays starting October 7th

Time: 9:00 am
Cost: FREE

Movies

Join us every Wednesday for a movie Matinee! Suggest to us what movies you would like to watch!!

Day: Wednesdays starting October 7th

Time: 1:00 pm
Cost: FREE



Knitting/Crocheting



All levels welcome! Please let us know ahead of time that you are coming so we can make seating arrangements keeping social distancing in mind.

Day: Thursdays starting October 8th

Time: 1:00 pm
Cost: FREE

Bingo

Because Bingo has a large turn out, it will be divided into two groups You will be assigned to play every other Friday. You must sign up in advance!

Day: Fridays starting October 9th

Time: 1:00 pm
Cost: 50¢ per card



Aerobics with Michele

The Center will be bringing back our low impact aerobics class twice a week. With this class you can choose to stand or sit to your personal preference.



Depending on the level of interest, this class may be split into two 45 minute classes a day (9 am and 10 am) which is reflected in the monthly fee. Please call and reserve a spot for this class so we can determine how to move forward keeping everyone's safety in mind.

Day: Mondays and Thursdays
Starting October 5th

Time: 9:00 am - 10:00 am
Cost \$15 per month

Yoga with Joan



The Center is glad to welcome back our weekly yoga class. Depending on your comfort level, you can choose to be in a chair or on the floor. Please call to reserve your spot and NOTE THE TIME CHANGE!!

Day: Tuesdays starting October 6th

Time: 9:00 am - 10:00 pm
Cost \$30.00 for 3 months of classes

I've always had good neighbors ... but now I have great neighbors!

CALL TODAY!

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TOWN SUPERVISOR

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bmeyer@ciceronewyork.net

Tina Davidson-Deitz
Team Leader

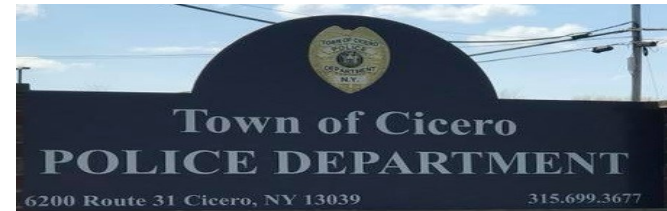
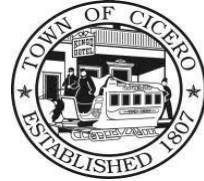
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FAX: 315-452-3207
tdavidson@nyaaa.com

AAA Western and Central New York
5663 E. Circle Drive, Suite 300
Cicero, NY 13039
Branch: 315-452-3282

RESOURCES AND SERVICES

Cicero Town Hall

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



The Cicero Police Department

A community oriented police department dedicated to the citizens who live and work in our community!

They 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
- Scam checks

Syracuse Call-A-Bus

Don't forget about this alternative to 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.

Information: 315-442-3434

Trip Requests/Confirmations: 315-442-3420

Cancellations: 315-442-3434

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.

CENTER HAPPENINGS

CONTINUED

"Art in the Afternoon"

Metal Etching on Tape

Artist Stephani Faulkner will be here to teach us this unique craft. You will each go home with a beautiful creation.



Date: Tuesday, October 13th

Time: 1:00 pm

Cost: \$12.00

Christmas Card Making

Come create some unique Christmas cards to give away to friends and family! Bring in old Christmas cards to repurpose!

Date: Tuesday, November 17th

Time: 10:00 am

Cost: FREE

Wooden Sign

Create a popular personalized wooden sign for your home or as a gift. All supplies will be provided.



Date: Tuesday, December 15th

Time: 1:00 pm

Cost: \$10.00

"Center Window Decorating"

To maximize our space inside the building, we will be taking the tables down for programs and therefore will not be doing center piece making. However we want to remain festive, so we would like your creative eye to decorate our windows! Join us once a month for this activity!

Date: Tuesday, October 27th

Tuesday, December 1st

Tuesday, Tuesday December 29th

Time: 1:00 pm

Cost: FREE

AROUND TOWN

Art Workshop

These workshops are sponsored by the Town of Cicero and held at the Senior Center. For more information or to register, go to cicero.recdesk.com/Community/Program. You can also contact the Recreation office/Linda Adams at 315-699-5233 ext. 347 or pick up a registration form at the senior center!



Join us for a **macramé leaf earring** workshop at the Cicero Senior Center. We will walk you step by step through creating your own fringed, macramé earrings. These

fashionable earrings will add a creative touch to every fall outfit.

Date: Friday, October 23rd

Time: 6:30 pm-8:00 pm

Cost: \$25.00 Resident, \$30.00 Non-resident

Project to be announced, check the website!

Date: Friday, November 13th

Time: 6:30 pm-8:00 pm

Historic Ghost Walk

Cicero Youth Bureau, Parks and Recreation partners with Fort Brewerton Historical Society to bring you our 1st annual aberration entertainment at Riverside Cemetery. Come join the ghost walk as we stroll through Riverside Cemetery to listen to intriguing vignettes honoring departed notables from the Brewerton area. All proceeds from the History Walk will be donated to the Fort Brewerton Historical Society. Register at cicero.recdesk.com or grab an application at the senior center.

Guidelines: Social distancing (unless same Family or Group) and a mask (when 6 feet is not possible) is required. No walk ups / late registrants. Must be present when your group is slotted to begin; no late arrivals and no Refunds given.

Date: Saturday, October 17th (rain date Oct 24th)

Time: 3:00 pm OR 4:00 pm

Cost: \$10.00

Location: 5505 Kathan Rd, Brewerton

Neighborhood Advisor Program

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

Meals on Wheels

Those of you that can't make it to the Center for a PEACE lunch, you 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.



Home Repairs

Project Fix is a small in-home repair service for senior citizens, 60 years and older living in Onondaga County 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. Cost to you is materials and a donation for labor. Call Nancy Roberts at (315)362-7005

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Director of Marketing

(315) 243-1443
parkpal@aol.com

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www.syracusesenior.com

AT HOME FUN

Scavenger Hunt

Collect the following items and bring them to the entrance of the Senior Center Monday Thru Friday (if no one is by the door, please ring door bell). Everyone who brings in all 12 different items will be rewarded! You have until **October 30th** to turn in your stash!!

1. something round
2. 5 leaves that look different
3. a piece of trash you can recycle
4. something brown
5. something very lightweight
6. a picture of an animal
7. an item smaller than your thumb
8. something that starts with 'M'
9. something that smells good
10. something that needs sun to live
11. something soft and fuzzy
12. a trinket



GOOD LUCK! AND HAVE FUN! CAN'T WAIT TO SEE HOW YOU DO!!!

Brain teaser game to stimulate your temporal lobes

Do you know where words are stored in your brain?

In your temporal lobe!

Here is a mental exercise whose aim is to stimulate the connections or associations between words in your temporal lobe.

Below is a pair of words. Your goal is to find a third word that is connected or associated with both of these two words.

For example, if the word pair is PIANO and LOCK. The answer is KEY. The word key is connected with both the word piano and the word lock: there are KEYS on a piano and you use a KEY to lock doors.

Ready to stimulate connections in your temporal lobes? Enjoy!

(Solutions are on page 7. Please don't check them until you have tried to solve all the pairs!)

1. FISH—VOICE
2. SHIP — CARD
3. TREE — CAR
4. SCHOOL — EYE
5. PILLOW — COURT
6. RIVER — MONEY
7. BED — PAPER
8. ARMY — WATER
9. TENNIS — NOISE
10. EGYPTIAN — MOTHER
11. SMOKER — PLUMBER
12. TINY—TIME



Riddle Me This

What is more powerful than God, More evil than Satan, poor people have it, rich people need and if you eat it you will die? Answer on page 7.

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.

PEACE Luncheons

All Onondaga County senior residents, 60 and older are invited Monday thru Friday for meal pick at the center from 11:30 am until noon for a well balanced meal. The meals are served with skim or 2% milk, bread, fruit, and vegetables. Suggested donation of \$3.50 for this meal will be collected at the door and exact change would be helpful. Preregistration is required for every PEACE Luncheon. We ask that you register at least one day in advance for each meal, and by noon on Friday for the Monday meal.

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.

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.

BRAIN TEASER ANSWERS

- | | |
|----------|------------|
| 1. BASS | 7. SHEET |
| 2. DECK | 8. TANK |
| 3. TRUNK | 9. RACKET |
| 4. PUPIL | 10. MUMMY |
| 5. CASE | 11. PIPE |
| 6. BANK | 12. MINUTE |

RIDDLE ANSWER: NOTHING

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.

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 (date subject to change, check with Coordinator).

Members: Jackie Bashore, Elaine Bisbee, Claire Cary, Elaine Davis, Shirley Hammond, Toni Mundstock, Mary Alice Scheel, Fran Stevens, Mary Wood, Lydia O'Connor (North Syracuse Central School District Board of Education Liaison), and Joanne Heim (Parks and Rec Commission Liaison).

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.