

**Sign ups begin  
10:00 am  
September 29th**

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 9th-Columbus Day  
November 7th-Election Day  
November 10th-Veterans Day Obs  
November 23rd/24th -Thanksgiving  
1/2 Day December 22nd-Xmas Eve Obs  
December 25th-Christmas  
1/2 Day December 29th-N.Y.'s Eve Obs  
January 1st-New Year's Day

**Youth Bureau, Parks & Recreation Staff**

Teresa Roth, Director  
Linda Adams  
Jessica Soulier

**CanTeen Staff**

Wesley Sweetman  
Kiera McShane

**Park Staff**

Bill Alley  
Bill Lawrence  
Mike Hogan  
Jacob Bourdage  
Kyle Ellis

**CanTeen Spaghetti Dinner**

The semi-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, November 4th**  
Time: 3:30 pm - 6:30 pm  
Cost: \$7.00 Advance/\$10.00 At Door



**Bridgeport Fall Fest**



We are looking for donations of homemade baked goods to be dropped off at the Senior Center September 28th and 29th which will be sold at the Festival on September 30th to benefit the Center!!

Hello, my name is Alice Brown. I am the new Activity Assistant. I am excited to be part of the center and looking forward to getting to know you all. A little about me....Faith and Family are my everything. I love my Lord and Savior and try to live each day in his grace ,mercy and truth with a thankful heart. My family and I live in Brewerton. I have lived in Brewerton most of my years. We have two teenage sons. Wow life is busy with those guys and their activities but wouldn't have it any other way. Most of our family is in the area so we are blessed with the ability to spend time with them as well. I love to travel and experience new things. I have been blessed to have been many places and looking forward to many more. I am in love animals of all kinds. I enjoy playing games....So I think I will fit right in ! Thank you for all the warm welcomes so far.



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**Parks & Recreation Commission**

Lori Lake-Toms, Chairperson  
Ruth Beasley, Vice Chairperson  
Tracy Blair-Funnell  
Jim Corl, Jr  
Elaine Davis  
Heather Wieland

**Town Board**

Mike Aregano, Town Supervisor & Department Liaison  
Mike Becallo, Councilor  
Mike Mirizio, Councilor  
Jonathan Karp, Councilor  
Nancy White, Councilor

# TRAVEL NEWS



## CICERO SENIOR CENTER PRESENTS: "SPOTLIGHT ON SOUTH DAKOTA"

Discover the spirit of the American West and come to know the legends of the past. Discover the stories of the Lakota and Sioux through a Native American chronicler. See Crazy Horse Memorial, the world's largest mountain sculpture still in progress. Visit iconic Mt. Rushmore. Journey through the natural beauty of Badlands National Park and stop to browse at Wall Drug. Explore historic Deadwood, the former home of Wild Bill Hickok and Calamity Jane. Choose how you delve into the local history, with a tour of the Adams Museum in Deadwood or at the exhibit *Tatanka: Story of the Bison*. Travel the backcountry of Custer State Park on a Jeep safari. Marvel at Devils Tower, the country's first National Monument. Rapid City is your gateway into wild landscapes and historical landmarks!

For full trip details, visit: [gateway.gocollette.com/link/1199045](https://gateway.gocollette.com/link/1199045)



TRAVEL WITH US!  
JUNE 7 – 13, 2024

DOUBLE \$3,299  
SINGLE \$3,899

HOMETOWN PICKUP,  
FLIGHTS FROM  
SYRACUSE AND  
TOUR INCLUDED!

JOIN US FOR A  
SPECIAL TRAVEL  
PRESENTATION ON:

OCTOBER 27 AT  
10:30AM

FOR MORE  
INFORMATION & TO  
RSVP TO THE EVENT:

Alex Ryan

(315) 452-3298  
[aryan@cicerony.gov](mailto:aryan@cicerony.gov)

# BIRTHDAY/ANNIVERSARY CELEBRATIONS

Celebrate your birthday during our monthly cake and entertainment!

*November Birthdays Cont.*

October 13th, November 17th, December 15th

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	Angie	Barber
2nd	Michael	Frasca
2nd	Sharon	Keating
2nd	Martha	Kenyon
2nd	James	Wenger
4th	George	Aspinall
4th	Steve	Emerson
4th	Vicki	Paries
4th	June	Stevenson
5th	Susan	Kempton
5th	Sue	Woodworth
6th	Gary	Beirne
7th	Sue	Zinsmeyer
9th	John	McKiernan
10th	Flora	Dailey
10th	Kathleen	DiCosta
12th	Dorothy	Abbey
13th	Sharon	Trudeau
15th	Penny	McCarthy
15th	Phima	Niedzwiecki
16th	Angela	Casey
16th	Patricia	Parzynski
18th	David	Shaffer
19th	Toni	Murphy
19th	Mary	Pomeroy
19th	Sharon	Thomson
20th	Helen	Impelizzieri
20th	Diana	Webb
22nd	Pamela	Derocher
25th	Barbara	Freeman
25th	Kathy	Nastasi
27th	Nancy	Chervinsky
28th	Sharon	Condolore
28th	Lynn	Hughes
28th	Verna	Lane
29th	Jerome	Brislin
29th	Sherman	Lewis
29th	Gayle	Ross
31st	Leo	Navarra

## *November Birthdays*

1st	Elaine	Bisbee
1st	Terry	Hopkins
3rd	Sheila	Farley
5th	Joan	Schneider
5th	Mary	Wood
6th	Sally	Fazio
6th	Jacqueline	LaVeck
7th	Ronald	Poplawski
7th	Roseanna	Sobon
8th	Barbara	Tyler
10th	Paul	D'Ambrosio
10th	Joyce	Tily
10th	Jeanette	VanAlmelo
11th	Mary Lou	Scott
12th	Julie	Klei
12th	Richard	Owens
12th	Yvonne	Starliper
13th	Margitte	Proctor
14th	Donna	Egan
14th	Barbara	Jacobs
14th	Donna	Lyons
14th	Marie	Pollock
15th	Willie	Rudy
16th	Janet	Koelsch
16th	Helen	Mueller
18th	Judy	Schnorr
18th	Michelle	Suttoni
19th	Mary	Pelton
22nd	Anne	Jones
22nd	Michele	McLaughlin
22nd	Jacque	Miller
22nd	Sandy	Restani
22nd	Edward	Szczesniak
23rd	Joanne	Patten
24th	Penelope	Harper
24th	Diane	Miesch
24th	Marie	Shaffer
25th	Ronald	Gordon
25th	Bruce	Nelson
26th	Carol	Compton
26th	Eugene	Gonzales
26th	Mame	Reynolds

27th	Linda	Eichler
27th	Kathy	Orlowski
27th	Richard	Webb
28th	Angie	Howe
28th	Chele	Stirpe
29th	Sue	Elwood
29th	Cindy	Hall
29th	Susan	Hopkins
30th	Jimmie	Reese
30th	Geraldine	Szgotak

## *December Birthdays*

1st	Lucille	Snizek
1st	Joan	Woznica
2nd	Kathleen	Crouse
2nd	MInnie	Jordan
3rd	Kathy	Roche
4th	Helen	Liquori
5th	Margaret	Witkop
7th	Connie	Izzo
7th	Patricia	Pultorak
8th	Susan	Feng
9th	Sharon	Randles
12th	Betty	Farr
12th	Elizabeth	Fecht
12th	Ken	Isgar
14th	Penny	Chase
14th	John	Francati
16th	Robert	Gosart
16th	Palma	Sheer
17th	Carole	Kirwan
18th	Judy	Wirt
19th	Deborah	Degeneffe
20th	Tina	Tuffley
21st	Patricia	Cousineau
22nd	Nathan	Marra
23rd	Mary	Mura
24th	David	Brown
25th	David	Meek
27th	Carolyn	Bickom
29th	Dorothy	Sperato
30th	Lynn	Goodell
31st	Martin	Dorschel
31st	Stephen	Frey
31st	Rose	Sinopoli
31st	Annette	Wasickanin



## 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 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.

### *Fall in Cazenovia*



Let us begin the day enjoying the gorgeous fall foliage as we make our way out to Critz Farm in Cazenovia. There we can pick up some apples for our favorite

fall recipes, maybe pumpkins for some fall decorating, make friends with some farm animals and if feeling adventurous try some of the hard ciders in the tasting room. Then we will make our way to Meier's Creek Brewing Company for Lunch. After lunch we will make a stop at the Nelson Farms Country Store. There are many unique local treasures there!

**Date: Wednesday, October 11th**

**Time: Depart from Center at 10:00 am**

**Cost: \$16.00 (Includes transport, Lunch and purchases are on your own. Bring cash for lunch)**

### *Syracuse Stage Presents "Lady Day at Emerson's Bar and Grill"*

This musical Chronicles Billie Holiday's life story through the songs that made her famous.

1959, in a small, intimate bar in Philadelphia, Holiday puts on a show that unbeknownst to the audience, will leave them witness to one of the last performances of her lifetime. One of the greatest jazz and blues singers of all-time shares her loves and losses through her poignant voice and moving songs, including: "Strange Fruit," "God Bless the Child," "When a Woman Loves a Man," and "Ain't Nobody's Business if I Do." Before the show enjoy lunch on your own at Jammers.

**Date: Wednesday, October 25th**

**Time: Depart from the Center @ 11:30 am**

**Cost: \$53.00 (Includes transportation and ticket)**



### *Gourd Nightlights*

As we near Thanksgiving let us take a ride out to Ithaca. We will enjoy a bit more of the fall color on our way to our November adventure. The first stop in Ithaca will be lunch at Ithaca Ale House. Looks to be a great place for seasonal offerings.



After we fill our bellies we will head over to Gourdlandia. There we will make a beautiful nightlight out of a gourd. Start thinking now of a design you would like to try! After our festive experience is finished we will head back to the center with of course one final Ice cream stop! We will finish our day with Purity Ice Cream.

**Date: Wednesday, November 8th**

**Time: Depart from Center at 10:00 am**

**Cost: \$61.00**

**(Includes transportation and Nightlight-Lunch and Ice Cream on your own-cash is best)**

### *Experience the M.O.S.T*

The Milton J. Rubenstein Museum of Science & Technology is a hands-on science and technology museum for people of all ages.

Join us as we Discover, Learn & Play! Experience science like



never before in the National Grid ExploraDome as we view Serengeti on an African Safari that you will never forget! This multi-million dollar theatre and planetarium allow visitors to immerse themselves through vibrant colors, out-of-this-world surround sound, and a screen spanning beyond your vision. Afterwards we will take a short 2 block walk to Pastabilites for lunch!

**Date: Thursday, November 30th**

**Time: Depart Center @ 9:00 am**

**Cost: \$27.00 (Includes transportation, Museum admission & ExploraDome, lunch on your own)**

*The Buddy Holly Holiday Tribute Show at Turning Stone*

Let's celebrate the holiday season with this holiday tribute to Buddy Holly. This show is full of charisma, and high energy, to get you into the holiday spirit. Hear the classic holiday songs like



"Rockin' Around the Christmas Tree", "Jungle Bell Rock", "Blue Christmas", and "Run Run Rudolph" along with Buddy Holly's greatest hits like, "Peggy Sue", "Oh Boy", and "That'll Be The Day". This show will have you rockin' around your Christmas tree and dancing up the aisles. It will be a rockin' good time. Trip will also include \$25 slot play and \$5 food credit. **\*Please bring Turning Stone Rewards card number when signing up for this trip!**

**Date:** Thursday, December 7th

**Time:** Depart Center @

**Cost:** \$

*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!

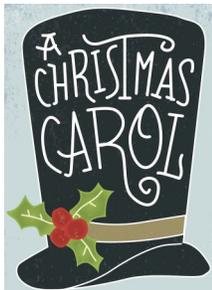
**Date:** Wednesday, December 20th

**Time:** Depart Center at 4:30 pm

**Cost:** FREE Transportation, Dinner on your own

*Syracuse Stage Presents "A Christmas Carol"*

A Christmas Carol shines a light on the power of kindness and love in this uplifting tale of Ebenezer Scrooge and his journey to redemption. As the weather turns cold, audiences will warm their hearts along with the memorable cast, the lush and joyous Candlelight Carol, and the awe-inspiring 2 Ring Circus. Before the show we will enjoy lunch at Phoebe's.



**Date:** Wednesday, December 27th

**Time:** Depart Center @ 11:45 am

**Cost:** \$88.00 (All Inclusive)



At the end of every year InterFaith Works pulls a list of families they have resettled into the Syracuse area from all around the world. The list includes the family's country of origin, number of family members, ages, and gender. They then ask our community to provide gift baskets for families so that they can feel welcomed by their community members. Their new American clients are overwhelmed and pleased when they receive a basket catered to them, especially during cold months when most have never experienced such weather. The children really enjoy the candy, toys, and books. The adults enjoy lap blankets, candy, tea, and cookies. Once they receive the donated items, they create the gift basket specifically for each family and our case workers deliver the baskets.

The following are items we will be collecting:

- Tea Pots
- Tea and Honey
- Blankets/Throws
- Chocolates/candy
- Hand Lotion
- Cookies
- Crackers
- Jelly and Jam
- Board Games
- Gift Cards
- Sports balls
- Piggy Banks



# CENTER HAPPENINGS

## Ongoing Activities at the Center

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

**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 10:00 am

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

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

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

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

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

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



## PEACE Luncheons

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

## Bunco and Trivia

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



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

## Pitch

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

**Day:** Every Tuesday  
**Time:** 1:00 pm  
**Cost:** \$3.00



## Lunch and Movie

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

**Dates:** Wed, October 4th & 18th  
Wed, November 1st & 15th  
Wed, December 6th & 20th

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

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



## Mahjong

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



**Day:** Wednesdays

**Time:** 1:00 pm

**Cost:** FREE

## Phase 10

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

**Day:** Thursdays

**Time:** 1:00 pm

**Cost:** FREE



## Bridge

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



**Day:** 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

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 que sticks available for use.

**Days:** Monday thru Friday

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

**Cost:** FREE



# CENTER HAPPENINGS CONTINUED

## Entertainment & Birthday Celebrations

### Entertainment with "Rhythm N' Shoes"

Come early for PEACE Luncheon at noon, then celebrate all those who have birthdays in October with cupcakes! Afterwards enjoy entertainment, followed by a short game of bingo!!



**Date:** Friday, October 13th  
**Time:** 12:00 pm Lunch  
12:30 pm Birthday Social  
1:00 pm Entertainment  
2:15 Bingo  
**Cost:** \$3.50 PEACE Lunch  
Cupcake & Entertainment FREE

### PEACE Thanksgiving Meal and Entertainment with "Live Wire"

Come for PEACE's annual Thanksgiving meal with all the fixings. Afterwards, enjoy birthday cupcakes and entertainment at 1:00 pm, followed by a short game of bingo!! Must sign up by November 14th for meal.

**Date:** Friday, November 17th  
**Time:** 12:00 pm Lunch  
12:30 pm Birthday Social  
1:00 pm Entertainment  
2:15 Bingo  
**Cost:** \$3.50 PEACE meal  
Cupcakes & Entertainment FREE



### PEACE Holiday Meal and Entertainment with "Clear"

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!!



**Date:** Friday, December 17th  
**Time:** 12:00 pm Lunch  
12:30 pm Birthday Social  
1:00 pm Entertainment  
2:15 Bingo  
**Cost:** \$3.50 PEACE Lunch  
Cupcake & Entertainment FREE

### Sentimental Serenade

Our favorite performers are back!! 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 12th  
**Time:** 12:00 pm Lunch  
12:30 pm Birthday Social  
1:00 pm Entertainment  
2:15 Bingo  
**Cost:** \$3.50 PEACE Lunch  
Cupcake & Entertainment FREE

## Meals Hosted by the Center

### Oktoberfest

Good friends, good food, good times are here, It's time for Oktoberfest so get out your lederhosen and head over for some Bavarian-style food! Sign up by October 16th!

**Date:** Thursday, October 19th  
**Time:** 12:00 pm  
**Cost:** \$8.00



### Harvest Brunch



We will be baking up some favorite brunch items for our annual "day before thanksgiving get together"! Sign up by November 20th!

**Date:** Wednesday, November 22nd  
**Time:** 11:00 am  
**Cost:** \$8.00

### Chriamahannakwanzika

This December, people all over the world will be celebrating the likes of Christmas, Hanukkah and Kwanzaa: formally joined together in the snazzy term of Chriamahannakwanzika! Come enjoy traditional foods from each Holiday!

Sign up by December 18th!  
**Date:** Thursday, December 21st  
**Time:** 12:00 pm  
**Cost:** \$8.00



# CENTER HAPPENINGS *CONTINUED*

## *Intergenerational Toddler Time*

Toddler Time with Torrie is coming to the Senior Center once a month to bring the Young to the "Young at Heart". Kids will enjoy an organized playdate with other kids as well as interacting with the Seniors at the Cicero Senior Center. This multigenerational program will be packed full of crafts, snacks, games, music, and more for you to help out with.

**Dates:** Friday, October 6th  
Friday, November 3rd  
Friday, December 8th  
Friday, January 5th

**Time:** 9:00 am - 10:30 am

**Cost** Free for Seniors



## *Welcome Jaelynn Eva*



She finally made her appearance on September 2nd weighing 8 pounds 4 ounces and 20 inches long! Amelia is thrilled to be a big sister and is always wanting to help

out and be near her sister. Amelia turned 4 on September 12th, just 10 days after her sister was born and we celebrated by going to the zoo.



Oldest sister Naomi quickly drove home from SUNY Canton to meet her newest sister. Landon and Leila enjoyed a few days home with Jaelynn before heading back to high school at Innovation Tech in the 10th grade! I am doing great and enjoying my time with my girls! Thank you all again for your



support and wonderful gifts! See you in November!!  
~Alex & Family

## *Fitness Programs*

### *Aerobics with Michele*



A low impact aerobics class twice a week. 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*

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

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:

Ernie Veri, Donna Snowberger, Jimmie Reese, Patricia Parzynski, Gladys White, Marcia Long, Lucille Tartanto, Lynette Parker, Penny McCarthy, Lynn Hughes, Sandy Grosso, Katie and Denny Bloss, Mike and Marie Zingaro, Susan Feng, Earl George, Carol Kirwan, Julie Bland, Lisa Nolan, Steven and Annette Vicik, Joseph O'Neill, Tim and Sharon Keating, Marlene Basile, Teri Lohm, Elsa Lamanna, Steve Emerson, Yvonne Zacharek, Dorothy Seeland

# Informative Presentations



Cicero Police will be at the center for a variety of training. Part of it will be the Car Fit Program. The program is designed to help older drivers find out how well they currently fit their personal vehicle, to highlight actions they can take to improve their fit, and to promote conversations about driver safety and community mobility. Trained volunteers will help fit you to your cars correctly for example, mirrors, seat, steering wheel, then drive a short distance in the parking lot with a few cones. They will also be discussing accident prevention and the recent trend in the increase of senior driver accidents. Someone from the county elder abuse committee will also be here to answer questions you may have. Stay after for a PEACE meal!



**Date:** Friday, October 20th  
**Time:** 9:00 am  
**Cost:** FREE

## Senior Fair in a Bag

Nancy Aureli, Founder and President of Community Living Advocates, will be in with to hand out goodie bags full of information you would receive at a traditional senior fair.

**Date:** Friday, November 17th  
**Time:** 11:30 AM  
**Cost:** FREE



## Legal Services



John Murphy is the owner/attorney at Safe Harbor Wills and Trusts located on Buckley Road in Syracuse.

This law firm limits its practice to only a few areas: estate planning, Medicaid, probate, and guardianships. John will be discussing the importance of getting your estate planning in place prior to a crisis, the differences between Wills and Trusts, and other documents you should have in place to help your family and to protect your home and life savings.

**Date:** Friday, December 8th  
**Time:** 11:00 AM  
**Cost:** FREE

# FOREVER YOUNG CLUB

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.

## Lunch Out at Olive Garden

Head to Olive Garden in Clay for good food and great company! Meet there are noon but please let Claire know ahead of time so she can make reservations!



**Date:** Thursday, October 5th  
**Time:** Meet at Olive Garden at Noon  
**Cost:** On your own

## 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 to the center at Orbakers Drive-In.

**Date:** Thursday, November 16th  
**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:** Thursday, December 14th  
**Time:** Meet at Spinning Wheel 12:00 pm (7384 Thompson Rd, North Syracuse)  
**Cost:** Your \$10.00 gift for exchange

# AROUND TOWN

## Fall Festival

September 30th  
9:00 AM-3:00 PM

Mark your calendar for the Annual Fall Festival, 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. **The Senior Center will participate as we have in past years by providing a baked goods sale at the Festival! Please drop off any baked good donations to the Senior Center September 28th or 29th!** Cicero Youth Bureau, Parks & Recreation will have a table with free activities for the kids.



## CNY Medicare/Insurance Symposium

Free

October 10, 2023  
9am - 1pm

CNY Regional Market, E - Shed  
2100 Park Street, Syracuse

Presented by:

**aetna**  
medicare solutions

Do you have questions about Medicare or another kind of insurance? Stop out and talk with the experts from insurance carriers, brokers, and non-profits.

We will also have speakers on many insurance topics  
and door prizes...

Coordinated by:  
 Community Living  
CLA  
Advocates



## Holiday Tree Lightings and Parade

**Cicero**-The 2023 Tree Lighting at the Cicero Fire Department is scheduled for **Saturday, December 9th from 4 pm-6 pm, Tree Lighting at 5 pm.**

**Village of North Syracuse**-The Holiday Parade is scheduled for **Sunday, December 3rd 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 2023 Holiday Drive Thru will be held at the Brewerton Fire Department **December 3rd at 6 pm.**

NYS SENATOR

**JOHN W. MANNION**

is hosting a

**SENIOR FAIR**

WEDNESDAY, OCTOBER 11  
10:00AM - 2:00PM

OCC: SRC ARENA  
4585 WEST SENECA TPKE  
SYRACUSE, NY 13215

MARK YOUR CALENDARS!

SENIOR RESOURCES!

Stay Tuned!



### You pay into it, why not get something out of it?

Most people are not aware that there are small fees added to their larger utility company (National Grid, NYSEG, etc.) bills that are specially used for the New York State grant program.

Empower+ is a program through NYSERDA that gives you a grant for **free insulation** (up to \$10,000) to make your house more comfortable and energy efficient, and saves you money on utility bills.

**Some homes are automatically qualified for the free grant if: someone in your household receives HEAP or SNAP, or if you live at a geographically approved address.** To check your address, click here: <https://www.nyserda.ny.gov/ny/empower>

Look at the chart below to see if you would qualify.

	HOUSE HOLD SIZE									
	1	2	3	4	5	6	7	8	9	10
Max gross annual income*	\$34,224	\$44,760	\$55,296	\$65,820	\$76,356	\$86,892	\$88,860	\$90,840	\$92,808	\$94,788

\*Onondaga county, other counties may differ slightly

We're the team to call.  
Our name says it all!  
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Cicero, NY 13039  
315-455-9376  
Info@getzerodraft.com  
www.getzerodraft.com

# CENTER INFORMATION

## *Join the Cicero Senior Center*

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

## *Steering Committee*

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

**Members:** Elaine Bisbee, Claire Cary, Elaine Davis (Parks and Rec Commission Liaison), Jan Fulkerson, Carolyn Gearty, Carrie Hendrix, Toni Mundstock, Rose Parry, Mary Alice Scheel, and Lydia O'Connor (North Syracuse Central School District Board of Education 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 315-452-3298. Always check with the Senior Center for schedule changes. The bus run may be cancelled if we do not have enough riders on any given day.

**\*Restart of this service is yet to be determined**



## *Bad Weather Closing*

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

## *Informative Presentations*

We often hold presentations on topics such as VA benefits, Elder Law, 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. 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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127<sup>TH</sup> ASSEMBLY DISTRICT

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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:  
[STIRPE@ASSEMBLY.STATE.NY.US](mailto:STIRPE@ASSEMBLY.STATE.NY.US)



*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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**Nicole M. Walsh**  
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