



THE SENIOR ADVENTURER

CAMILLUS SENIOR CENTER NEWSLETTER

25 ½ First Street, Camillus, NY 13031 (315) 672-5820
PROGRAMS FOR SENIORS AGE 55+

Open Mon – Fri 9 am – 2 pm

Tricia Bacon, Senior Coordinator

November/December 2016

Jim Phillips, Voices & Vision Chairperson

tbacon@townofcamillus.com

Our newsletter is online at CamillusRecreation.com



THANKSGIVING LUNCHEON

Join us as we give thanks for the many blessings in our lives. Lunch will include turkey, stuffing, mashed potatoes, vegetables, and pumpkin pie. Entertainment by the “Twin Magicians” following lunch.

Friday, November 18

11:30 a.m.

\$2.75 suggested donation for seniors 60+ /
\$5.00 for guests under 60

\$1.00 donation at door for entertainment

Reservations required. Call 672-5820 or
672-3163 to register or sign the book.

Space is limited so register early



FOOD DONATION

We're collecting canned goods for St. Joseph's Food Pantry. Please bring your donation on 11/18.

HOLIDAY CONCERT

The 6th Grade Band from the West Genesee Middle School will be here to perform a lovely holiday concert for all seniors. Come for lunch and enjoy the free concert. Reservations for lunch needed by Wed. 12/14. (suggested contribution for lunch for those 60+ is \$2.75). Don't want lunch? That's ok – just come for the music at noon.

Friday, December 16

11:30 a.m. – 12:45 a.m.

VETERANS RECOGNITION

We will be honoring our veterans after lunch on:

Thursday, November 10th

12:45 p.m.

Patriotic songs by the Tom Dooley Choraliers

Sign up for lunch beforehand and stay for a short ceremony and music. All veterans are invited to attend. Call 672-5820



HOLIDAY PARTY

Friday, December 9

11:30 a.m. – 2:00 p.m.

Come celebrate the holidays surrounded by friends.

Enjoy a delicious lunch followed by a holiday show.

Entertainment by MasterWorks Chorale of CNY.

\$2.75 suggested donation for seniors 60+ /
\$5.00 for guests under 60

\$1.00 donation at door for entertainment

Reservations required. Call 672-5820 or
672-3163 to register or sign the book.

Space is limited so register early



HOLIDAY PORTRAITS

Professional photos make the perfect gift! Come and have Miles Studio photograph you in your holiday best! A variety of packages available.

Friday, December 9

Sitting times begin at 9:30 a.m.

**STRETCH, STRENGTHEN
& BALANCE**

**Tuesdays and Thursdays
(on-going)**

9:30 a.m. – 10:30 a.m.

NEXT SESSIONS:

November 1 – December 15

(no class 11/8 & 11/24)

December 20 – January 26

\$15 per person/ 6 week session (12 classes)

This program includes exercises to accommodate seniors of all ability levels. Strength & balance training exercises are done either in a seated position or standing with a chair.



HEAP Assistance and Application

The Home Energy Assistance Program (known as HEAP) is a federally funded program that helps folks with their electric and gas bill. If you are at least 60 years old and meet income guidelines (roughly \$2200 a month or less), stop by and talk to our Neighborhood Advisor on:

Monday, December 19

9:30 a.m. – 12 noon

Bring with you:

National Grid bill (or other utility company), proof of income, rent or mortgage verification, and a photo ID. No appointment necessary.

You Know You Are Over The Hill If:

1. You and your teeth don't sleep together
2. It takes two tries to get up from the couch
3. When Happy Hour is a nap
4. It takes longer to rest than it did to get tired
5. The pharmacist has become your new best friend
6. Getting lucky means you found your car in the parking lot
7. You sit in a rocking chair and can't get it going
8. You finally get your head together and your body starts falling apart

TREE LIGHTINGS

There are two tree lightings in our community!

The Town of Camillus will light the tree located in front of the Camillus Municipal Building on **Monday, November 28** at 7:00 p.m.



AND

The Village of Camillus will host their Annual Tree Lighting on

Saturday, December 10th beginning at 6:00 p.m. right here at the Camillus Senior Center!

Both events are FREE to attend. Special guest appearance by Santa! Refreshments provided.

SR CENTER MEETING

All seniors are invited to attend monthly meetings to learn about activities, events, and other happenings. Meetings are held on the **1st Monday of each month.**

2:00 p.m.

November 7– Dick Woodworth – Presidential Campaign Memorabilia

December 5 – Julia Graser - guide dog and service dog trainer

THERE WILL BE NO MEETING IN JANUARY DUE TO THE NEW YEAR HOLIDAY.

JEWELRY MAKING

Come make a 7" toggle bracelet or earrings with beads and wire. All supplies included.

Monday, November 28

9:30 a.m. – 11:00 a.m.

\$2.00 earrings or bracelet, per person, per class (give to instructor for supplies) –

\$4.00 for necklace

PLEASE register in advance by calling 672-5820.

Instructed by Alyson Esposito

PITCH

Tuesday afternoons

1:00 p.m. All are welcome



PINOCHLE

Wednesday mornings

10:00 a.m. All are welcome

BRIDGE

If you are interested in playing Bridge at the center please call the office at 672-5820.

POKENO

Pokeno is played at the senior center on the 1st and 3rd **Thursday** of every month at **1:00 p.m.** If you are interested in joining the group, contact Tricia in the office for more information.

BOX TOPS &

LABELS FOR EDUCATION

Please clip your Box Tops and Labels for Education. We will send them to our area schools. Collection containers are available on the senior center stage.



CARD STAMPING

Make beautiful homemade greeting cards using the rubber stamping technique. All materials provided.

Friday, December 2

9:30 a.m. – 11:00 a.m.

\$1.00 per person – 2 cards per class (give to instructor for supplies)

Please call 672-5820 to register

Instructed by Alyson Esposito



Like us on Facebook

CENTER CLOSINGS

The Senior Center will be closed:

Tuesday, November 8 – Election Day

Friday, November 11- Veterans Day

Thursday, November 24 - Thanksgiving

Friday, November 25 – Thanksgiving

Monday, December 26 – Christmas Holiday

NEIGHBORHOOD ADVISOR

Our Neighborhood Advisor from the Salvation Army, is here to help with SNAP & HEAP apps, phone discount, EISEP & other services.

1st Thursday of each month

11:30 a.m. – 12:30 p.m.

There is no charge for this service. You may reach a neighborhood advisor by calling 479-1358.

BINGO

3rd Monday of every month

1:00 p.m.

NOTE: THERE WILL BE NO BINGO IN JANUARY DUE TO THE MARTIN LUTHER KING HOLIDAY

GAME ROOM

Our game room has two pool tables, a ping pong table, puzzles and board games. You are welcome to come and play!

MAH JONGG

Friday mornings 9:30 a.m. – 12 noon

Experienced players welcome. No lessons provided.

DRAWING & PAINTING ART CLASS

Our Drawing and Painting class has been suspended until we can find an instructor. If you know of someone who might be qualified and interested, please let us know!

OPEN ENROLLMENT

From October 15 to December 7, people with Medicare can make changes to their health and prescription drug plans for the following year. Review your current plan and compare to other plans using Medicare's tools or by contacting the HIICAP counselors at the County's Office of Aging at 435-2362.

WALKING AT HIGH SCHOOL

During the winter (beginning Dec. 1), walking is available at West Genesee High School on **Tuesday and Thursday** evenings from 7:00 p.m. – 9:00 p.m. (not available on school holidays and special events) Walkers should have clean, dry sneakers and should enter the High School on the west side. Walking is available in the academic wing upstairs and down.

INCLEMENT WEATHER

In the event of inclement weather an announcement regarding cancellations will be available by calling the Senior Center Office at 672-5820. If the West Genesee School District closes, the center is closed. If PEACE lunch sites close (they close when City of Syracuse schools close) then there is no lunch program but other activities will be held at the center. The center will be open as usual on 1 or 2 hour delay days.

GIFT CERTIFICATES ARE AVAILABLE!

When friends or family members ask what you want for Christmas or your birthday, why not ask for a program gift certificate?

Have them call the office at 672-5820 or email tbacon@townofcamillus.com. We also have lunch punch cards – 10 lunches for \$27.50.

AARP TAX PREPARATION

AARP will be preparing tax forms at the Camillus Senior Center on **Tuesdays and Thursdays** beginning February 2nd. Tax preparers are available BY APPOINTMENT ONLY. To schedule an appointment, contact the Senior Center at **672-3163 or 672-5820**. Appointments will be made beginning January 3rd. No walk-ins please.



AFTERNOON ART

Join us for a fun and relaxing afternoon painting a beautiful winter scene. No artistic ability required! All participants will paint the same picture but give it their own twist. Instructor will give simple, step by step instructions. All supplies will be provided. Sample is on display at the center.

Wed, November 30

1:00 p.m. – 3:00 p.m.

\$25 per person

DAILY LUNCHES

Lunches are served at

12:00 noon Monday - Friday

Seniors age 60+ and their spouses of any age are eligible. Suggested contribution is only **\$2.75**. Guests under 60 are \$5

DOWNTON ABBEY SERIES – Season 1

Follow the lives of the British aristocratic Crawley family and their servants in the early 20th century.

Wed. December 14, 1:00 -3:00p.m.

Episodes 1 & 2

Wed. December 21, 1:00 – 3:00 p.m.

Episodes 3 & 4

Wed. December 28, 10:00 -11:00 a.m.

Episodes 5

Wed. December 28, 1:00 – 3:00 p.m.

Episode 6&7

YOUR YOGA

Come enjoy a basic yoga class that will focus on traditional yoga postures while connecting with your breath. This class will help you to build strength, increase flexibility and offer you the opportunity to reduce stress through complete relaxation that will purify and realign the body, mind, and spirit connection. Power Vinyasa Flow. Instructed by Terri Davis – Fatcheric, RYT w/YogaAlliance, CPR Certified.

Wednesdays, November 30 – January 4
(six weeks)

4:45 p.m. – 5:45 p.m.

NOTE: Class will be held at the Municipal Building, 2nd Floor, Turner Avenue Entrance

\$42 per person Town of Camillus residents, \$52 non residents

You will need a Yoga mat (blocks, straps, padding for knees or towel are optional)

SNOWMAN PIN

Create an adorable snowman pin for yourself or to give as a gift. Sample will be on display after 11/1.

Monday, December 5

9:30 a.m. – 10:30 a.m.

\$5.00 - to be given to

instructor Alyson Esposito

Call the office at 672-5820 to register



HOLIDAY CENTERPIECE

Make a beautiful centerpiece for your holiday table using evergreens and pinecones.

Wednesday, December 14

9:30 a.m. – 11:30 a.m.

\$5.00 – to be given to instructors Alyson Esposito and Kay Kerr

Call the office at 672-5820 to register



HOTEL SYRACUSE TOUR & LUNCH

Here's your chance to check out the recently renovated Hotel Syracuse! (now the Marriott Syracuse Downtown) We will have a guided tour and lunch.

Tuesday, December 6th

10:30 a.m. – 3:00 p.m.

\$35 per person (check only)

There is much walking and standing involved with this trip. Seniors with limitations must sign up with a companion who is willing and able to assist. Plated lunch will include roasted chicken breast, mashed potatoes, mixed greens, soda, coffee and dessert. A minimum of 25 people required to run this trip. Maximum is 40.

WICKED @ THE LANDMARK THEATER

Don't miss your chance to see this magical musical about two unlikely friends (The Wicked Witch of the West and Glinda the Good Witch) from the Land of Oz long before Dorothy arrives.



Thursday, March 16, 2017

12:45 p.m. – 6:00 p.m.

\$70.00 Town of Camillus

residents / \$80.00 for

non-residents (must be 55+)

Orchestra seating and school bus transportation. There is some walking involved in this trip and there are stairs to climb. Seniors with limitations must sign up with a companion who is willing and able to assist them.

Payment must be made by January 6th.

Once our order is placed and final payment is made with Famous Artists, the tickets are non-refundable unless a substitute can be found from the waiting list.

30 passengers maximum. Registration is on a first paid, first served basis. Your space will not be reserved without full payment.

BUNKO PARTY

Join us for this fun dice game. No skill required. Great chance to get out, meet friends and socialize. All supplies and refreshments provided. PRIZES!

4th Monday of month

November 21 and January 23

(no bunko in December)

1:00 p.m. – 3:00 p.m.

\$2.00 per person (CASH)

Why not sign up for lunch beforehand?

Suggested contribution for lunch (60+) is

\$2.75. Guests under 60 are welcome to

lunch for \$5.00. Call 672-5820 to sign up



INNER PEACE

My therapist told me the way to achieve true inner peace is to finish what I start. So far today, I have finished two bags of chips and a chocolate cake. I feel better already!

TAI CHI CHIH – Basic and Advanced

Tai Chi Chih is an inner discipline that brings about relaxation, stress relief, and a feeling of well-being. Wake up your body’s natural health!

Wednesday mornings

March 1 – April 19, 2017

10:45 a.m. – 11:45 a.m.

\$25 per participant

Led by: Neena Mitchell, accredited instructor



Try our “TEASER” class on Wednesday, March 1st at NO CHARGE! Call the office at 672-5820 to register.

POPCORN AND A MOVIE

1st Wednesday of the month at 1:00 p.m.

November 2, December 7, January 4

FREE – Fresh popped popcorn for everyone
Check back a week before Movie Day to see what’s playing!

*****CUT HERE*****

**CAMILLUS SENIOR CENTER
PROGRAM REGISTRATION FORM**



Name _____ Phone _____

Address _____ Zip _____

Emergency Contact _____ Phone _____

PROGRAM NAME _____ SESSION DATE/TIME _____

PROGRAM NAME _____ SESSION DATE/TIME _____

RELEASE: I hereby release the Town of Camillus and any of its staff or instructors from any responsibility or liability in connection with this activity. I give permission to a licensed physician or other hospital staff members to carry out emergency medical care deemed necessary to me when normal permission is unavailable. I certify that I am in good physical health and have no limitations other than those I have listed below which may predispose me to risk during this program. I also fully realize that I must provide proper hospitalization.

All participants should consult with physician before starting an exercise program

Signature

Date

Mail with check (payable to Town of Camillus Senior Center or to AARP for Driving class) to:
Camillus Senior Center, 25 ½ First Street, Camillus, NY 13031

Happy Birthday to Our Friends!



NOVEMBER

1 Betty Timmons
 1 Betty Werner
 2 Joe Chini
 3 Lee Dilger
 4 June Becksted
 4 Caroline Stanistreet
 7 Michele Pisik
 8 Anne Romano
 9 Lorna O'Toole
 9 Darlene Convertino
 10 Thomas Phillips
 11 Evon DeRoberts
 11 Linda Garner
 13 Shirley Menotti
 14 Nancy Kahn
 14 Shirley Fisher
 14 Barbara Fowler
 15 Anne Stott
 15 Bill Niedzwicki
 16 Richard Cizenski
 16 Thomas Collins
 16 Barbara Lind
 16 Kathy Vacco
 17 Neena Mitchell
 17 Flo Sadowski
 17 Inge Esslinger
 18 Janice Lio
 19 Marianne Wynne
 19 Joyce Fooks
 19 Mary Anne Barth
 20 Beverly Whelan
 22 Olive Falkner
 23 Phil Dardaris
 23 Rosemary LaPadula
 23 Margaret Wojcikowski
 24 Carol Takacs

25 Alan Crysler
 25 Michael Mulroy
 25 Chuck O'Connell
 25 Norma Ferguson
 25 Frances Bennie
 25 Lena DeSantis
 25 David Sequin
 25 Bertha Kempisty
 27 Barbara Brady
 27 Joy O'Donnell
 27 Donna Walto
 28 Carol Wisnoski
 28 Flora Bailey
 28 Evelyn DePan
 29 Annie Thornton
 29 Joan Neijstrom
 29 Ray Gould
 29 Beverly Davis
 29 Barbara Duesberg
 30 Leora Halpin

DECEMBER

2 John King
 2 Dorothea Heesemann
 2 Mickey Bienvenu
 3 Lorraine McClimans
 3 Carol Vallee
 5 Sofie Rahner
 5 Janet Crane
 6 Marty Cuddy
 6 Linda Paterniti
 6 Joe Padgett
 7 Virginia Christo
 7 Mary Clark
 8 Barbara Poppe
 8 Julia Graser
 9 Lillian Murray
 10 Marshall Debuc
 10 Alfred Tienken

11 Jude Priest
 11 Dick Canty
 11 Judy Kaspar
 12 Dennis DelleDonne
 12 Edna Mosher
 13 Terry Frank
 13 Don Volz
 14 Karen Osborne
 16 Charles Hall
 16 James Casey
 17 Shirley Kivari
 17 Richard Murray
 18 Susan Hartwell
 19 Patricia Bryerton
 19 Judy Johnson
 20 Dee Dominick
 20 Ted Evans
 20 Elaine Klocek
 20 Betty Worden
 22 Ruth Coe
 23 Carole Hackett
 23 Rodney Thomas
 24 Fay Craver
 24 Marie Jones
 24 Linda O'Brien
 25 Carol Vollmer
 27 Donna Simons
 27 Mary Kaisak
 28 Olin Hudson
 28 Constance Past
 29 Marjorie Follett
 29 Ann Normoyle
 29 Michele Judd
 29 Joanne Sitnik
 30 Barbara Popek
 30 George Warfield
 30 Gail Poulos
 30 Donna White
 31 Dennis Schuelke
 31 Myrna Evans
 31 Richard Milewski

CAMILLUS SENIOR CENTER **NOVEMBER** CALENDAR OF EVENTS 672-5820/672-3163

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 NEW SS&B 9:30 Bridge Ladies 10:00 V&V 10:35 PEACE Lunch 12 noon Bridge 12:30 Pitch 1:00	2 Pinochle 10 am PEACE Lunch 12 noon Movie 1 p.m.	3 SS&B 9:30 Neighbor Advisor 11:30 PEACE Lunch 12 noon Bridge 12:30 POKENO 1:00 Healthcare Planning 5:30 - 7	4 Mah Jongg 9:30 PEACE Lunch 12noon Bridge 12:30
7 PEACE Lunch 12noon Center Mtg 2:00 p.m.	8 CENTER CLOSED ELECTION DAY 	9 AARP Smart Driver 8:30 Pinochle 10 am PEACE Lunch 12 noon	10 SS&B 9:30 PEACE Lunch 12 noon Veterans Recognition with Tom Dooley Choraliers 12:45 Bridge 12:30	11 CENTER CLOSED VETERANS DAY 
14 PEACE Lunch 12noon	15 SS&B 9:30 Bridge Ladies 10:00 PEACE Lunch 12noon Bridge 12:30 Pitch 1:00	16 Pinochle 10 am PEACE Lunch 12 noon	17 SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30 POKENO 1:00	18 Mah Jongg 9:30 Thanksgiving Lunch 11:30 Entertainment 1:00 Bridge 12:30
21 PEACE Lunch 12noon Bingo 1:00	22 SS&B 9:30 PEACE Lunch 12noon Bridge 12:30 Pitch 1:00	23 Pinochle 10 am PEACE BRUNCH 10:30 Center Closes at 12 noon	24 CENTER CLOSED 	25 CENTER CLOSED THANKSGIVING
28 Jewelry Making 9:30 PEACE Lunch 12noon BUNKO 1-3 pm Tree Lighting at Municipal Bldg 7 pm	29 SS&B 9:30 PEACE Lunch 12noon Bridge 12:30 Pitch 1:00	30 Pinochle 10 am PEACE Lunch 12 noon Afternoon Art 1-3 Yoga at Town Hall 4:45		

CAMILLUS SENIOR CENTER **DECEMBER** CALENDAR OF EVENTS 672-5820/672-3163

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 SS&B 9:30 Neighbor Advisor 11:30 PEACE Lunch 12noon Bridge 12:30 POKENO 1:00	2 Card Stamping 9:30 Mah Jongg 9:30 PEACE Lunch 12noon Bridge 12:30
5 Snowman Pin 9:30 PEACE Lunch 12noon Center Mtg 2 p.m.	6 SS&B 9:30 Hotel Syracuse 10:30-3 PEACE Lunch 12noon Bridge 12:30 Pitch 1:00	7 Jewelry Making 10:00 Pinochle 10 am PEACE Lunch 12noon Movie 1 p.m. Yoga at Town Hall 4:45	8 SS&B 9:30 PEACE Lunch 12noon Bridge 12:30	9 Mah Jongg 9:30 Holiday Portraits 9:30 Holiday Party 11:30-2:00 Bridge 12:30
12 PEACE Lunch 12noon	13 SS&B 9:30 Bridge Ladies 10:00 PEACE Lunch 12noon Bridge 12:30 Pitch 1:00	14 Holiday Centerpiece 9:30 Pinochle 10 am PEACE Lunch 12noon Downton Abbey 1-3 Yoga at Town Hall 4:45	15 SS&B 9:30 PEACE Lunch 12noon Bridge 12:30 POKENO 1:00	16 Mah Jongg 9:30 PEACE Lunch 11:30 Holiday Concert 12:00 Bridge 12:30
19 HEAP 9:30 PEACE Lunch 12noon BINGO 1:00	20 SS&B 9:30 PEACE Lunch 12noon Bridge 12:30 Pitch 1:00	21 Pinochle 10 am PEACE Lunch 12noon Downton Abbey 1-3 Yoga at Town Hall 4:45	22 SS&B 9:30 PEACE Lunch 12noon Bridge 12:30	23 Mah Jongg 9:30 PEACE Brunch or Lunch? Bridge 12:30
26 CENTER CLOSED <i>Merry Christmas</i> 	27 SS&B 9:30 Bridge Ladies 10:00 PEACE Lunch 12noon Bridge 12:30 Pitch 1:00	28 Downton Abbey 10-11 Pinochle 10 am PEACE Lunch 12noon Downton Abbey 1-3 Yoga at Town Hall 4:45	29 SS&B 9:30 PEACE Lunch 12noon Bridge 12:30	30 Mah Jongg 9:30 PEACE Brunch or Lunch? Center Closes at 12 noon 