



THE SENIOR ADVENTURER

CAMILLUS SENIOR CENTER NEWSLETTER

27 First Street, Camillus, NY 13031 (315) 672-5820
PROGRAMS FOR SENIORS AGE 55+
Open Mon – Fri 9 am – 3:30 pm

Teresa Roth, Senior Coordinator
Mary Sacco, Assistant

January/February 2026
troth@townofcamillus.com



Our newsletter is online at www.CamillusRecreation.com & www.townofcamillus.com

AARP TAX PREPARATION

AARP volunteers will be preparing tax forms at the Camillus Senior Center beginning in February.

Tax preparers are available BY APPOINTMENT ONLY. To schedule an appointment, contact the Senior Center at (315) 672-5820. Appointments can be made **beginning January 2nd** for Tuesdays & Thursdays in February, March, and April. No walk-ins permitted.



MOVIE MATINEES

Join us on the first (usually) Wednesday of each month for movie viewing, popcorn and fun! FREE but donations appreciated

Wed, January 7 and
Wed, February 4
1:00 p.m.

Check back the Friday or Monday before Movie Day to see what's playing!



BOOK CLUB

Consider joining our Book Club that meets on the Third Tuesday of each month at 10:45 a.m. There will be thoughtful and engaging discussion over the following books/novels:

January – Ask Not: The Kennedy's and the Women They Destroyed

February – The Five Wishes of Murray McBride

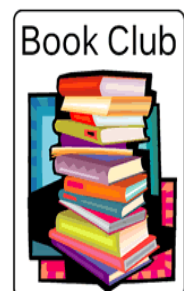
March – The Irish Goodbye: A Novel

April – The Tea Girl of Hummingbird Lane

May – Wives Like Us

June – The Listeners

July – Listen for the Lie



FITNESS CLASSES

STRETCH, STRENGTHEN & BALANCE

Exercises for all ability levels & done either in a seated position or standing with a sturdy chair. *Please bring stretch band and/or hand weights.*

Tuesday and Thursday mornings

9:30 a.m. – 10:30 a.m.

SSB1 – December 30 – February 10 (no class on 1/1)

SSB2 – February 17 – March 26

\$20 per 6-week session - Missed classes will not be made up



POWER HOUR

An energetic fitness class that consists of 30 minute warm up and aerobic dance followed by a half hour of strength and flexibility training.

Please bring stretch band and/or hand weights.

Wednesday and Friday mornings

9:30 a.m. – 10:30 a.m.

PH1 – December 31 – February 6

PH2 – February 18 – March 27

\$20 per 6-week session Missed classes will not be made up



CARDIO DRUMMING

Cardio drumming is a popular fitness activity that combines music and drumming to stay fit and have fun. Using a stability ball in a bucket and drumsticks you will enjoy beating, dancing and laughing with a combination of easy to follow steps while drumming to the beat of the music. All equipment will be provided. Wear comfortable clothing and footwear and bring a water bottle. Drumming can be done either standing or in a seated position.

CD1: January 6 – February 10

CD2: February 17 – March 24

Tuesday mornings (6 sessions)

11:00 a.m. – 11:45 a.m.

\$25 per session (min of 8 to hold class)



CHAIR YOGA

Improve your balance, posture, strength, stamina, flexibility – even your breathing! Tone your body, improve your breathing, and calm & clear your mind.

Monday mornings (6 sessions)

February 2 – March 16 (no class 2/16)

9:30 a.m. – 10:30 a.m.

\$20 per person

Students should bring a yoga mat to secure their chair.



MORE PROGRAMS

COMPUTER HELP/DIGITAL LITERACY

Got questions regarding your electronic devices – laptops, tablets, smartphones, cellphones? A volunteer from CNY Digital Literacy can teach you how to operate your device, navigate the internet, use an email account, set up a patient portal, use software and so much more!

FREE OF CHARGE

Tuesdays, 11am – 2:00pm
January 13th & 27th and
February 10th and 24th



Half hour time slots are available. Sign up in the office for your appointment.

AAA DEFENSIVE DRIVING COURSE

Learn defensive driving techniques to keep you safe on the road and receive a reduction on your car insurance. Four classes will be offered this year. You only attend one class, and the certification is good for 3 years.

DC1 – Wednesday, April 1st

DC2 – Thursday, May 21st

DC3 – Wednesday, July 8th

DC4 – Thursday, October 15th

9:00am – 3:30pm (½ hour for lunch)

**YOU MUST BE HERE FOR THE
ENTIRE CLASS**

\$39 per person (must be 55+). Make checks payable to AAA. You may bring a lunch or order lunch at the center (see PEACE lunch program for details). Participants should bring their unexpired driver's license and a pen, and may want to bring a drink and/or snack.

Class size is limited, so early registration is recommended. Phone registration will NOT be accepted. Payment must accompany registration form.

Fall Prevention Program

Program runs every Wednesday 10:45-11:45
Starting January 14th- February 25th 2026

**Sign Up
To Save Your Spot
It's Free to join!**



J. Ryan McMahon, II
County Executive

In Partnership with Onondaga County
Department of Adult and Long Term Care Services

care CENTER FOR
AGING RESOURCES
AND ENRICHMENT



careatlemoyne.com

PROGRAM OFFERINGS:

- ✓ STRENGTHENING EXERCISES
- ✓ INFORMATIONAL HANDOUTS
- ✓ EVIDENCE BASED PRESENTATIONS
- ✓ INDIVIDUALIZED RECOMMENDATIONS

Did you know?

More than 1/4 Americans 65+ fall each year! Falls are the leading cause of fatal & nonfatal injuries among the older population!

**A 7-week in-person
program run by
occupational
therapists to educate
older adults on fall
risk factors and
modifications to
decrease future falls!**

WALKING AT HIGH SCHOOL

Walking is available at West Genesee High School.

**Tuesday and Thursday evenings,
January 6 – March 26** (no charge & not on school holidays, snow days and special events) 6:30 p.m. – 8:30 p.m.

Walkers should have clean, dry sneakers and should enter the High School on the west side (near bus garage). Walking is available in the academic wing downstairs only.



CARDS & GAMES

BRIDGE

If you are interested in playing Bridge at the center on Thursday afternoons, please call the office at (315) 672-5820. Substitutes are needed.



PITCH or SPADES

Looking for something fun to do in the afternoon? Stop by the center for an exciting time playing pitch or spades.

Tuesday afternoons

12:45 p.m.

All are welcome

MEXICAN TRAIN DOMINOES

Join us for a fun afternoon playing the dominoes game of Mexican Train.

Tuesdays

12:45 p.m. – 3:00 p.m.

Come early and have lunch!

(Call in advance to order)



HAND & FOOT CARD GAME

Come try this fun card game that is similar to Canasta.

Fridays at 12:30 p.m. (except on party days or when center closes early)



MAH JONGG

Friday mornings

9:30 a.m. – 12 noon

BUNKO

Join us for this fun dice game. Great chance to get out, meet friends and socialize. All supplies provided. PRIZES!

2nd & 4th Mondays of month (usually)

1:00 p.m. – 3:00 p.m.

\$2.00 per person (CASH)

Call (315) 672-5820 to sign up.

Sign-up for lunch & enjoy a delicious meal beforehand.



TRIVIA DAY

Teams or tables will compete against each other to answer a variety of trivia questions.

Wednesday, January 28

Wednesday, February 25

12:30 p.m. – 1:00 p.m.

No charge

Sign-up for lunch & enjoy a delicious meal beforehand.



CORNHOLE

Friday afternoons 1:00 p.m.

(except on party days or when center closes early)

FREE

This is a fun and exciting game to play for seniors of all ages and ability levels. No experience needed. All equipment will be provided.



SUPER BINGO

Join us for an exciting afternoon playing Bingo! Prizes will be awarded.

1st Monday of each month (except for holidays)

Monday, January 5

Monday, February 2

1:00 p.m. – 3:00 p.m.

\$1 per board – we provide the bingo chips



Wii BOWLING

Join us for a fun morning of bowling!

We will play at the Senior Center and use the Wii interactive game system and TV.

No experience needed

Fridays

11:00 a.m. - 12 noon

FREE – program will be held in upstairs classroom – there are 5 stairs to climb or you may use the chair lift



FOR YOUR INFORMATION

PARKING CHALLENGES

During the winter months, parking in the large lot (which is not owned by the town) can be challenging as there are more vehicles than usual in the parking spaces.



Tenants from the adjacent apartment building also park in the lot during winter. To maximize the space, **please park as close as possible to other vehicles. You may even want to consider carpooling.** Please note that parking is not allowed in front of the senior center at any time of year. Parking is also not allowed in front of the dumpster or blocking the curb cut. If necessary, parking is available in Munro Park (next to tennis courts on Leroy St) which is just a short walk to our front doors. **Your cooperation is greatly appreciated.**

LEGAL ASSISTANCE

John Hubert, an attorney from Legal Aid Society, will be here to offer assistance, advice or referral in the following areas: Medicaid and Medicare denials and coverage disputes; Advanced directives such as wills, health care proxies, living wills, and powers of attorney; Legal problems concerning public benefits including social security, SSI, and veterans benefits; Consumer matters such as collections or debt issues; and Housing related concerns such as landlord/tenant disputes.

**Thursdays, January 15th
& February 19th**

10:30 a.m. – 2:30 p.m.

Appointments are required and can be made in person in the senior center office or by calling (315) 672-5820. (No Charge)



FOR YOUR SAFETY

During winter months, please wear your boots and carry in your sneakers or shoes. Thank you.



CENTER CLOSINGS:

The center will be closed:

Thurs. January 1 – New Year's Day

Mon. January 19 – MLK Day

Mon. February 16 – Presidents' Day



E-MAILING LIST

We can email our newsletter to you. If interested, leave your email address with the office staff.



NEIGHBORHOOD ADVISOR

Our Neighborhood Advisor, Kristin Kadaji, from the Salvation Army can help you remain independent and living in your own home. She can help with SNAP & HEAP apps, phone discount, EISEP, Medicare savings programs & other services.

4th Thursday of every month

11:00 a.m. – 12:30 a.m. January session to include a short talk on healthy relationships. There is no charge for this service.



EXTENDED TRIPS WITH COLLETTE

PAINTED CANYONS OF THE WEST

APRIL 26 - MAY 4, 2026

Trek across the Southwest as you take in the sienna-colored canyons, towering spires, desert landscapes found in Utah's five national parks. This trip is full but you can be put on a wait list if interested. <https://gateway.gocollette.com/link/1282964>.

Document party on April 8th at 1pm for those traveling on this trip.

ALASKA DISCOVERY LAND AND CRUISE JULY 28 - AUGUST 9, 2026

Traverse the Pacific coast by land and sea aboard a Holland America Cruise Line ship on a breathtaking journey that takes you from Alaska to Vancouver. Experience Alaska's diverse culture and rich history. Ride a luxury domed railcar from Denali to Talkeetna, soak in views of the incredible landscapes. Travel deep into Denali National Park for the best opportunities to view the region's wildlife. Cruise through Glacier Bay and the Inside Passage, taking in rugged natural wonders. Explore Alaska's gorgeous capital, Juneau. Visit Ketchikan, the "Salmon Capital of the World." This is Alaska as you always imagined.



Inside Double \$7,069, Ocean-view Double \$7669,
Veranda Double \$8569

Check out the website at

<https://gateway.gocollette.com/link/1282721>

DISCOVER THE ALPINE COUNTRIES

SEPTEMBER 19 - 30, 2026

The highlights of this exciting trip include visiting Vienna, Austria, Schonbrunn Palace, Salzburg, Munich, Oberammergau, Linderhof Palace, the Black Forest, Freiburg, Lucerne and attending a Classical Concert and a Danube Cruise.

Informational Presentation: Wednesday, February 11th at 1pm

Double \$5499, Single \$6699 (if booked by 3/20/26) Check out the website at

<https://gateway.gocollette.com/link/1282744>

UPCOMING TRIPS FOR 2027:

- DISCOVER LONDON & PARIS – APRIL 17 – 25, 2027
- CANADIAN ROCKIES & GLACIER NATIONAL PARK – AUGUST 2027



LOOK FOR MORE INFORMATION IN THE COMING MONTHS!

BUS DAY TRIPS

Our Trip Committee is finalizing plans for several day trips throughout the year. Announcements will be published in the next newsletter and emailed when finalized. You won't want to miss out on the great trips that will be offered in 2026!



NUTRITION & HEALTH

DAILY LUNCHES

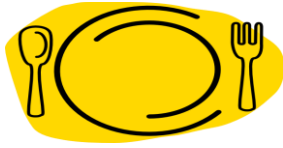
Lunches are served at
12:00 noon

Monday – Friday

Seniors age 60+ and their spouses of any age are eligible. Suggested contribution is only **\$3.50**. Guests under 60 are \$7.00. Reservations are required by noon of the business day before you plan to attend. Call the office at (315) 672-5820.

Meal Cancellations

If you are unable to keep your lunch reservation, please call and cancel as soon as possible. We may be able to find someone else to take your place so that PEACE does not lose money.



NUTRITION EDUCATION

A registered dietician will be here from the Food Bank of Central NY to share important nutrition information. A recipe featuring a seasonal fruit or vegetable will be prepared and sampled with the group.

**Mon. February 23rd
at 10:45 a.m. * FREE ***

To register, call the
office at (315) 672-5820



FOOD SENSE

This food buying co-op is available to anyone who wants to save money on their groceries.

Monthly units of 12 staple grocery items cost only \$20.50. Rotating monthly specials can be purchased in addition to the basic unit.



Orders may be placed at the senior center Mondays - Fridays 9:00 am - 3 pm or on distribution days. (These orders must be paid with exact cash or using an EBT card) Online orders may be placed at <https://foodsense.foodbankcny.org/>. You will be asked to enter your credit or debit card information.

Food pick up is on the 4th Wednesday of each month (generally) from 2:30 p.m. – 4:00 p.m. Anyone can participate in this program. **THERE ARE NO AGE OR INCOME REQUIREMENTS.** Stop by the center to pick up the monthly Food Sense flyer which lists the items to be included in the package as well as specials or visit our website at www.camillusrecreation.com.

EDUCATIONAL TALK

“Neural & Muscular Function across the Adult Lifespan”

This is put on by representatives from the Neural Health Research Lab at Syracuse University.

**Wednesday, January 21st
12:45 – 1:45pm**

We will talk about muscle health and weakness, fall risk, the neural causes of those, and research that is currently being done.



MEDICARE COUNSELING

Angela Pulis, an independent Medicare broker, is here to answer your Medicare related questions, research which plan is best for you and assist with enrollment.

**Thursdays, January 8th & February 12th
10:30am – 2:30pm**

There is no charge for
her service and no
appointment is necessary.



FUN DURING LUNCH

Superbowl Lunch with Trivia – Friday, February 6th. Wear your favorite team's colors.

Valentine's Day – Friday, February 13th. Wear red.

Chinese New Year – Tuesday, February 17th. Come celebrate the year of the horse.

Everyone who participates in a theme day will be entered in a drawing for prizes!

ART and CRAFTS PROGRAMS

WINTER ART CLASS

We will be drawing and painting winter trees, drawing portraits and still life. Instructed by Christine Patsos.

Thursday afternoons

January 15th – March 5th

1:00 p.m. – 3:00 p.m.

(8 weeks) \$60.00



Supplies needed: Good quality drawing paper, a range of drawing pencils, erasers, and colored pencils.

Class will be limited to 15 students. Please register by 1/8. Class will be held in upstairs classroom – there are 5 stairs to climb or you may use the chair lift.

GREETING CARD CLASS

Make two beautiful Easter/Spring greeting cards with instructor Lynn Renshaw. Participants will be using stamps, inks, colored pencils, die cuts, and embellishments. ALL supplies will be provided. No experience is needed. Sample cards will be provided but there is much flexibility to make each card your own!

Wednesday, March 11th

10:00am – Noon

\$10.00 for 2 cards

Advanced registration is required. Class size is limited to 10.



MAKE AND TAKE Barn Quilt Square Wall Decor

Wednesday

March 4th

10:00

\$30

**Call the Camillus Senior
Center to make your
reservation.**

315 672-5820

Deadline is Feb. 13th



PROGRAM REGISTRATION

When registering for a program that requires payment, please complete a Registration Form and submit payment. We accept cash, checks and credit cards.

CREDIT CARD PAYMENTS are accepted, however, each transaction is assessed a charge.



REFUND POLICY

- All requests must come directly to the Center Office
- No refunds after a program has started
- Any expenses incurred on behalf of the participant will not be refunded.
- Refunds are non-transferable.
- Cancellations received on the day of the trip/program or a "no show" will not be refunded.
- Refunds may take up to 4 weeks to process.

INCLEMENT WEATHER

In the event of inclement weather, an announcement regarding cancellations will be available by calling the Senior Center Office at (315) 672-5820 or at Channel 9. 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 2 hour delay days.



WHO IS NOREPLY@RECDESK.COM?

If you have registered for a paid program at the senior center and we have your email on file in our registration system, you will receive a confirmation email and payment receipt (if applicable) from noreply@recdesk.com.

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

CAMILLUS SENIOR CENTER PROGRAM REGISTRATION FORM



Name _____ Home Phone _____ Mobile _____

Address _____ Zip _____

Email Address _____

Emergency Contact _____ Phone _____

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.

For Office Use:
Payment ID#

Participants should consult with physician before starting an exercise program

Signature

Date

Mail with check payable to Camillus Senior Center (unless driving class make payable AAA)
to: Camillus Senior Center, 27 First Street, Camillus, NY 13031

CAMILLUS SENIOR CENTER **JANUARY** CALENDAR OF EVENTS (315) 672-5820





MONDAY

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

			1 CENTER CLOSED 	2 Power Hr 9:30 Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12noon Hand & Foot Cards 12:30 Cornhole 1:00
5 No Chair Yoga PEACE Lunch 12noon SUPER BINGO 1:00	6 SS&B 9:30 NEW Cardio Drum 11:00 PEACE Lunch 12noon Mexican Train 12:45 Pitch 12:45	7 Power Hr 9:30 PEACE Lunch 12noon Movie Matinee 1 p.m.	8 SS&B 9:30 PEACE Lunch 12 noon Medicare Counseling 12:30 – 2:30 Bridge 12:30	9 Power Hr 9:30 Mah Jongg 9:30 Wii Bowling 11:00 Hand & Foot Cards 12:30 Cornhole 1:00
12 No Chair Yoga PEACE Lunch 12noon BUNKO 1-3 pm 	13 SS&B 9:30 Cardio Drumming 11:00 Digital Literacy 11-2 PEACE Lunch 12noon Mexican Train 12:45 Pitch 12:45	14 Power Hr 9:30 Fall Prevention Workshop 10:45-11:45 PEACE Lunch 12noon	15 SS&B 9:30 Legal Aid 10:30 - 2:30 PEACE Lunch 12 noon Bridge 12:30 New Drawing Class 1:00 	16 Mah Jongg 9:30 Power Hr 9:30 Wii Bowling 11:00 PEACE Lunch 12noon Hand & Foot Cards 12:30 Cornhole 1:00 FS Deadline (in house) 3pm
19 CENTER CLOSED  Food Sense On-line Deadline 11:59pm	20 SS&B 9:30 Book Club 10:45 Cardio Drumming 11:00 PEACE Lunch 12noon Mexican Train 12:45 Pitch 12:45	21 Power Hr 9:30 Fall Prevention Workshop 10:45-11:45 PEACE Lunch 12noon Neural & Muscular Function Talk 12:45	22 SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30 Drawing Class 1:00 Neighborhood Advisor 11-12:30	23 Power Hr 9:30 Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12noon Hand & Foot Cards 12:30 Cornhole 1:00
26 No Chair Yoga PEACE Lunch 12noon BUNKO 1-3 pm	27 SS&B 9:30 Cardio Drumming 11:00 Digital Literacy 11-2 PEACE Lunch 12noon Mexican Train 12:45 Pitch 12:45	28 Power Hr 9:30 PEACE Lunch 12noon Fall Prevention Workshop 10:45-11:45 Trivia 12:30 Food Sense Pick Up 2:30-4:00	29 SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30 Drawing Class 1:00	30 Power Hr 9:30 Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12noon Hand & Foot Cards 12:30 Cornhole 1:00

CAMILLUS SENIOR CENTER **FEBRUARY** CALENDAR OF EVENTS (315) 672-5820

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 New Chair Yoga 9:30 PEACE Lunch 12noon SUPER BINGO 1:00</p> 	<p>3 SS&B 9:30 Cardio Drum 11:00 PEACE Lunch 12noon Mex Train 12:45 Pitch 12:45</p>	<p>4 Power Hr 9:30 Fall Prevention Workshop 10:45-11:45 PEACE Lunch 12noon Movie Matinee 1pm</p>	<p>5 SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30 Drawing Class 1:00</p>	<p>6 Mah Jongg 9:30 Last Power Hour Wii Bowling 11:00 Superbowl PEACE Lunch & Trivia 12 noon Hand & Foot Cards 12:30 Cornhole 1:00</p>
<p>9 Chair Yoga 9:30 PEACE Lunch 12noon BUNKO 1-3 pm</p>	<p>10 Last SS&B LAST Cardio Drum 11:00 Digital Literacy 11-2 PEACE Lunch 12noon Mexican Train 12:45 Pitch 12:45</p>	<p>11 No Power Hr Fall Prevention Workshop 10:45-11:45 PEACE Lunch 12noon Alpine Countries Trip Presentation 1pm</p>	<p>12 No SS&B PEACE Lunch 12 noon Bridge 12:30 Medicare Counseling 12:30 – 2:30 Drawing Class 1:00</p>	<p>13 Mah Jongg 9:30 No Power Hour 9:30 Wii Bowling 11:00 PEACE Lunch 12 noon Hand & Foot Cards 12:30 Cornhole 1:00 Food Sense Deadline 3pm</p>
<p>16 CENTER CLOSED</p>  <p>Food Sense On-line Deadline 11:59pm</p>	<p>17 <i>Chinese New Year</i> New SS&B 9:30 Book Club 10:45 NEW Cardio Drum 11:00 PEACE Lunch 12noon Mexican Train 12:45 Pitch 12:45</p>	<p>18 New Power Hr 9:30 Fall Prevention Workshop 10:45-11:45 PEACE Lunch 12noon</p>	<p>19 SS&B 9:30 Legal Aid 10:30 - 2:30 PEACE Lunch 12 noon Bridge 12:30 Drawing Class 1:00</p>	<p>20 Mah Jongg 9:30 Power Hour 9:30 Wii Bowling 11:00 PEACE Lunch 12 noon Hand & Foot Cards 12:30 Cornhole 1:00</p>
<p>23 Chair Yoga 9:30 Nutrition Ed 10:45 PEACE Lunch 12noon BUNKO 1-3 pm</p>	<p>24 SS&B 9:30 Cardio Drum 11:00 Digital Literacy 11-2 PEACE Lunch 12noon Mexican Train 12:45 Pitch 12:45</p>	<p>25 Power Hr 9:30 Fall Prevention Workshop 10:45-11:45 PEACE Lunch 12noon Trivia 12:30 Food Sense Pick Up 2:30-4</p>	<p>26 SS&B 9:30 Neighborhood Advisor 11-12:30 PEACE Lunch 12 noon Bridge 12:30 Drawing Class 1:00</p>	<p>27 Mah Jongg 9:30 Power Hour 9:30 Wii Bowling 11:00 PEACE Lunch 12 noon Hand & Foot Cards 12:30 Cornhole 1:00</p>
