

Village of East Syracuse

Keener Senior Newsletter

Find us at Villageofeaststysyracuse.com

**Join us for lunch at the
Heman Street Apts. 121 E
Heman St, East Syracuse**

Stop by and visit us at the East Syracuse Senior Center located at the Heman Street Apartments, 121 E Heman St. (Heman Street School). Peace Incorporated will be providing lunch on Monday & Wednesday at 12:00. A **donation of \$2.75 is requested**. Call 952 – 0038 to put in your reservation.

Come Early – 9:30 Site opens

Before lunch join in on card games, Pitch & 31 are the favorites. Several tournaments are held each month. See schedule below. After lunch **bingo** is called – games are free – prizes are provided by the Village of East Syracuse -

December Events

December Menu

<p>Dec 7 Wed</p> <p>Chicken Riggie's Chef Salad, Diced peaches, bread Stick</p>	<p>Dec 12 Mon</p> <p>Oriental Beef & Vegetables, Brown Rice, Peach cobbler</p>
<p>Dec 14 Wed</p> <p>Sliced Roast Beef & Cheddar on a roll, tomato cucumber salad, fresh strawberries with whipped cream</p>	<p>Dec 19 Mon</p> <p>Cranberry walnut chicken salad, tomato Florentine soup, fruit cocktail</p>
<p>Dec 21 Wed</p> <p>Vegetable Lasagna Rolls, Chef Salad, Ice cream, Italian Bread</p>	<p>Dec 26 Mon</p> <p>Closed</p>
<p>Dec 28 Wed</p> <p>Maple glazed pork cutlet, macaroni salad</p>	

KEENER SENIORS – December Events

Dec 7	Wednesday	Pitch Tourney 10 am
Dec 12	Monday	31 Tourney 10am
Dec 14	Wednesday	Pitch Tourney 10am
Dec 19	Monday	Pitch Tourney 10am
Dec 21	Wednesday	Pitch Tourney 10 am Jack pot Bingo & Birthdays
Dec 28		No Tournament

Transportation will be provided to Bennett Manor residents who would like to come to the Keener Seniors luncheon. Cost is free. Call 952 – 0038 to reserve ride.

Lunch at Noon, Bingo at 12:40

Program is held on Monday & Wednesdays

Free Blood Pressure Screening

EAVES will take Blood pressure every Wednesday between 11:15 -12:00 at the Heman Street Apts.

Intergenerational Program at the Heman Street Apts.

Once a month a class of 2nd & 3rd graders from East Syracuse Elementary visit the Senior Center. Students sing songs, make crafts and interact with the senior group. A great time is had by all.

Senior Christmas Party

Thursday, **December 15th**, American Legion, 10:00 – 2:00 Cost \$12.00 includes Buffet Lunch, entertainment, gift for everyone. Call 952 – 0038 for more info

Monthly Pitch Tournament

Join the East Syracuse Parks & Recreation Department for a monthly pitch Party located on the 3rd floor of the Village office

When: Friday, January 20th

Where: 3rd Floor- Village office

Time: 10:00 – 2:00

Cost: \$4.00 VR, \$5.00 NR

Includes lunch, dessert, snacks refreshments, prizes

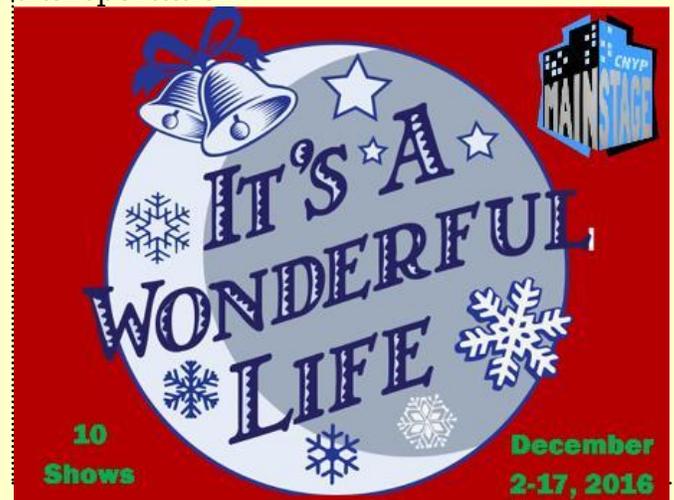
Call 952 – 0038 to register

Day Trips

The following trips are being offered in the Village of East Syracuse. Payment due at time of registration at Village office, 204 N Center St. Call 952-0038 for more information

Lights on Lake-Thursday, December 8th, \$2, VR, \$4 NR, Admission and bus transportation, Stop at Heids for dinner (own your own)

It's a Wonderful Life, Sunday, December 11th CNY Playhouse, \$13 Village Residents, 15.00 Non Residents, includes ticket to show & Bus transportation



Food \$en\$e is a program of the Food Bank of Central New York designed to help individuals and families stretch their food dollars by ordering quality food at low prices. This program is open to **anyone** and **everyone** that wants to save money on their monthly grocery bill! There are no income requirements. For more information, contact Tom Richardson at 952 – 0038 or email trichardson@villageofeastysyracuse.com.

