



The Beacon February 2024

Hours are now Mon.-Thurs., 10-3pm and Fri. 10-4pm

DINNER P/U 3:45-4PM

Membership renewal. Make sure you fill out membership form on back page and return to FSC

Important Updates/Events!!

- Mon.'s & Thurs.'s 10:30am Yoga (pg2)

- 2/1 10:30am Craft (pg2)
- 2/5 11am-6pm Doug's To-go (pg5)
- 2/5 & 2/23 BINGO (pg2 check calendar for times)
- 2/5, 2/12, 2/19, 2/26 Chess (pg2)
- 2/2, 2/9, 2/16, 2/23, 3/8, 3/18, 3/22 11-12pm Fall Prevention (pg3)
- 2/6 12:30 pm Touching Hearts (pg2)
- 2/8 & 2/22 12:30pm Tech Help (pg3)
- 2/13 12:30pm JRC HomeCare (pg3)
- 2/14 12:00pm Valentines Day
- 2/19 1pm Book Club (pg.2)
- 2/20 6:45pm SCAM Club (pg3)
- 2/20 12:30pm Tom Henry
- 2/29 12pm B'day (pg 5)

Series on Hamas and Israel Conflict

Part 2-Tuesday, Feb. 20 12:30pm

Tom Henry/Steve Nathan will continue January's presentation on the conflict in Palestine, Israel, and the Gaza strip. The program will be presented with historical and current up to date information.

Questions, discussion and peaceful observations, are encouraged.



VALENTINE'S DAY LUNCHEON

(bring a non-member friend for 1/2 price)

DATE: Wednesday, Feb. 14th

TIME: 12pm

COST: \$8 RSVP **with PAYMENT** by 2/9

PLACE: FSC Parnell Hall

MENU: Buttermilk Glazed Chicken, Baked Potato, Seasoned Green Beans, Fruit, Roll, & Dessert

MOVIE: "Shelter in Solitude" By Cazenovia actress Siobhan Fallon Hogan See pg 4

Bring a friend for 1/2 price today. Don't forget to RSVP ahead.



IT'S MEMBERSHIP RENEWAL TIME

Our membership dues are **\$25 per household** for anyone that wishes to belong to and participate at our center. Each year renewal is from January-March so that we can correctly update our list and view any changes. **Even if nothing has changed**, you need to fill out a form. A new data base is created every year. The form is located on the inside back of this newsletter. Please make sure you register so you can still be a part of our programming.

FAYETTEVILLE SENIOR CENTER
584 EAST GENESEE STREET
FAYETTEVILLE, NY 13066
(315) 637-9025

OUR STAFF:
Director: Janet Best
Kitchen: Dennis Murphy
Housekeeper: Annie Twichell



New Lunch Program on Thursday's



Introducing **"Soup and Salad"** Thursday's

- **Special price of \$4.00**
- Meal includes: Homemade Soup, Salad, Bread and Beverage
- **Open seating between 11:30am and 12:30pm**
- reservations are still needed in advance
- ONLY on THURSDAY'S
- Excluding Birthday Thursday's

JOIN US FOR CHESS!



Chess Club, **Monday's at 1pm**, . We have a beautiful Chess Set donated by Dr. Steven Merrill. If you have any interest, now is the time to come on over to FSC, meet new people, play some chess and have a great time.

CRAFT DAY!!!!

Thurs., Feb 1 10:30am Join us to make a Heart Tote bag. The class is a **\$5 donation**, all supplies are provided. **YOU MUST REGISTER BY 1/30 FOR THE CLASS !!!!**



Touching Hearts at Home Tues., Feb 6th 12:30pm

Join Tess Kenney, Community Relations Mgr. for a program about care and your loved ones. We all age in different ways, with different needs, at different times. When friends and family can't be there, we can. Learn more about our services and how we treat each client as the individual that they are.

Book Club

The next meeting will take place **Mon., Feb 19, 1pm**, **"The Lost Girls of Paris"**, by Pam Jenoff
Book is available from Janet.
Join us for a rousing discussion

Bingo 2X a month

Come join us for Bingo, with choice of prizes.
Monday, Feb 5th 1pm and Friday Feb. 23 10:30am

Check Calendar for times.
Please **RSVP** so we can set up

JRC HomeCare LLC Tues., Feb. 13th 12:30pm

Kaleigh Cullen, Owner and manager, would like to acquaint you with her company. Care givers are matched individually with the client. From the start of the day to meals prepared right at home, light Housekeeping, or errands, JRC HomeCare is there for you. Let JRC relieve your stress and help your loved one with daily living.



YOGA Monday & Thursday Mornings at 10:30am we will offer Chris DeAmicis' video for chair yoga. We do hope you will join us on Thursday mornings to find your calm, reconnect and get some gentle stretching exercise.

Welcome to our joint program with Upstate Oasis

IN PERSON FALL PREVENTION PROGRAM BY CARE (CENTER FOR AGING RESOURCES) Le Moyne College.

7 week program run by Occupational Therapists to educate older adults on the fall risk factors and modifications to decrease future falls.

- Strengthening exercises
- Informational handouts
- Evidence-based presentations
- Individualized recommendations

Dates: Friday's February 2– March 15

Cost: FREE To senior center members, donation for non-members

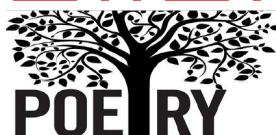
Times: 11-12pm

Location: Parnell Hall, Fayetteville Senior Center

Contact for more information – 315-445-6059 Paul Musso OTR/L

FEEL BETTER. BE IN CONTROL. PUT LIFE BACK IN YOUR LIFE!

You can register at the Senior Center just ask for Janet.



“Poetry: literature that evokes a concentrated imaginative awareness of experience or a specific emotional response through language chosen and arranged for its meaning, sound, and rhythm. “You don’t need to have experience to write your feelings, observations or views.” ***Join us Tuesdays at 12:30pm for our ongoing Poetry class. You don’t need to know how to write, you can come hear the ideas, make a new friend or, listen to the stories.***



TECH HELP!

Thursday, February 8 and February 22 12:30-1:30pm

Looking for some help with using your computer, cell phone, or tablet? Need some guidance with basic email, Internet searches, photos, Zoom calls, or other online tasks? David Best will be here twice a month to offer assistance with whatever tech questions you may have (please, no device repairs). Please feel free to drop in anytime between 12:30-1:30 **(please do not bring items that need repair.)**



Salt City Auto Modelers

Remember building scale models as a kid? Well, Some of us never gave up on this wonderful hobby, and that's where the Salt City Auto Modelers model car club comes in. We're a fun group of 10 or so that meet once a month for "show-n-tell", to share our scale modeling projects, and enjoy each other's company.

While the focus is on cars and trucks built from plastic model kits, we appreciate any sort of miniatures. The club has no dues, officers, or formalities, and ALL are welcome. Of course, adults are encouraged to bring the youngsters as we're always anxious to share our love of the hobby with the next generation.

Meetings are held at the Fayetteville Senior Center on the 3rd Tuesday of every month from 6:45pm-9pm, and the next gathering is scheduled for **February 20**. It's all FREE, and if you have any questions, please call David Best at 315-663-7045, or talk to Janet.





WELCOME TO THE MOVIES, New Release Movie,
Wednesday's 12:30pm, POPCORN INCLUDED

DONATION WELCOMED

Movies are open to everyone.
Popcorn and beverage are provided.

**TO PREVIEW THE MOVIE, PLEASE GO TO MOVIE WEBSITE
 OR YOUTUBE, AND VIEW THE TRAILER.**

Wednesday, Feb. 7, 12:30 pm, “Priscilla” R, 110 Min. Starring Cailee Spaeny
ROMANCE/THRILLER When teenage Priscilla Beaulieu meets Elvis Presley at a party, the man who is already a meteoric rock-and-roll superstar becomes someone entirely unexpected in private moments: a thrilling crush, an ally in loneliness, a vulnerable best friend.

Wednesday, Feb. 14, 12:30 pm, “Shelter in Solitude” R, 110 Minutes Starring Siobhan Fallon Hogan **COMEDY/DRAMA** A death row prisoner with 10 days left to live forms an unlikely bond with a washed up country singer turned prison guard. *(local production by Cazenovia resident Siobhan Fallon Hogan)*

Wednesday, Feb. 21, 12:30 pm, “Never Give Up” PG-13, 1hr 20 Minutes Starring Harrison Stone **DRAMA/FAMILY:** Brad Minns is a walking miracle, deaf since the age of three, Minns became the world's best deaf tennis player in a comeback match that's never been equaled on the Olympic, Collegiate, or Professional Stage. But this is more than a story about perseverance and overcoming obstacles, it's a story of faith and God helping us to do our best against all odds. Minns' story is not just about tennis, but learning how to put your trust in God and never give up no matter what you face.

Wednesday, Feb. 28, 12:30 pm, “Wonka” PG 117 Minutes Starring Timothy Chalamet **COMEDY/FAMILY/FANTASY:** Willy Wonka chock-full of ideas and determined to change the world one delectable bite at a time is proof that the best things in life begin with a dream, and if you're lucky enough to meet Willy Wonka, anything is possible.

**CLASSIC MOVIE MONDAY. BRING YOUR OWN LUNCH, WE’LL
 SUPPLY THE DESSERT (popcorn & beverage too)**

Mon., Feb 12, 11:30am, “The Best Years of our Life” 2hr 50min Starring: Myrna Loy.
 Three World War II veterans return home to small-town America to discover that they and their families have been irreparably changed.

Mon., Feb 26, 12:30pm “The Philadelphia Story” 1hr 52min Staring Katherine Hepburn A rich girl has doubts on the eve of her second marriage when her first husband shows up and an honest reporter is there to get the story.

Mexican Train Wednesdays: Come play this creative domino game **every** Wed. at 12:30pm. If you would like to have lunch ahead of time with your friends, call to sign up.

Party Bridge: 1 group that plays every Wednesday, 10:30am, call for info.

Mah Jong Fridays: Come play Mah Jong Fridays at 12pm!

Member Game of Choice Day: 12:30 Thursdays. Bring in a group, choose your game (Uno, Scrabble, Cards, or board games) and play till 3pm.

We have plenty of all types of games available for use. If you have a group that needs a space, speak to Janet about using one of our available rooms free of charge. We would love to have more groups use our facility.

February Birthday Day Celebration Lunch (12pm)



- Lunch, **Thursday, February 29, at 12:00pm** **RSVP BY 2/26**
- **Menu: Hot Turkey Sand., Stuffing, Mixed veggies, Fruit, Birthday cake.**
- Cost– **non-Birthday is a donation \$6. Birthday in Feb., FREE**
- ****There are NO TAKE-OUTS for this meal.**



★ Enjoy your lunch or dinner with **DOUG'S FISH FRY TO-GO. Monday, February 5 from 11-6pm** No reservations are needed, just come on over to our parking lot, order and receive your food.



★ Prices are: Fish: Sandwich, \$10.10 Dinner with fries and coleslaw \$16.65.
 ★ Shrimp: Portion \$13.27, Dinner with fries and coleslaw \$19.85
 ★ Scallop: Portion \$17.20, Dinner with Fries and coleslaw \$23.77



DINNER PICK-UP ON FRIDAYS IS 3:45-4PM FOR EVERYONE. PLEASE BE HERE A LITTLE EARLY AND PARK IN THE PARKING LOT. NO NEED TO LEAVE YOUR VEHICLE WE WILL BRING DINNER TO YOU.




FAYETTE SENIOR CENTER

PREPAID LUNCH CARD

6 Days-Donation \$30
(Buy 5 get one free)
 XXXXXX

Did you know the most economical way to purchase a regular lunch at FSC is to buy a Lunch Card for \$30. You get 6 lunches for the cost of 5. Get one today for yourself or for a friend. It's a great buy.



IMPORTANT INFORMATION, PLEASE READ!!!!

Anyone that would like to have lunch/dinner, **MUST SIGN-UP EACH** time you would like a meal. **There is a sign-up book in Parnell Hall.** It is located on the black table by the serving table, it is labeled with the dates and the meal offered. If you would like a meal, If you do not sign-up, you will have to wait to see if there is enough for you.

*****NEW POLICY*****

Starting in February, we are asking for special event meals to be paid in-advance. There will be a reserve by date as well as a pay by date listed in the article. If we don't receive the funds before the meal, you will receive a call a few days ahead, to make sure you are still coming. Hopefully this will end any no-show meals from being made and wasted. Thank you for your cooperation.

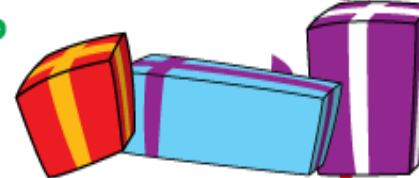


February Birthdays

Jeff Hemsley		Kay Faus	2/20
Mary Nitzberg	2/1	John Pease	2/23
Celia Mulvey	2/2	Fred Wenthen	2/24
Michelle Montroy	2/2	Kathy O'Connor	2/27
Karen Dawson	2/3		
Robert Kopp	2/5		
Russell Wood	2/5		
John Kirschenheiter	2/8		
Greg Long	2/7		
Robert Stewart	2/7		
Carol Braund	2/9		
Martha Lacy	2/10		
Judy Melnicoff	2/11		
Ed Wortley	2/12		
Ronald Bort	2/13		
Jim Mostrom	2/13		
Debra Saucke	2/15		
Barbara Madden	2/16		
Bill Lindberg	2/20		



Happy Birthday!



WISH LIST

- Paper towels
- Toilet paper
- Tissues
- Chocolate candy
- Cake, brownie, cookie mixes
- Frozen veggies
- White Bread
- Bags of Potato chips
- Mayonnaise

- Ketchup
- Eggs

We thank you for any items that are donated. It takes a village to operate a center such as ours and we are proud to call you our members.

February 2024 MENU

Sun	Mon	Tue \$6 12pm	Wed \$6 12pm	Thu 12pm	Fri \$12 3:45-4pm p/u	Sat
				1 Cream of Butternut Squash Soup Salad Bread Beverage \$4	2 Maple Salmon Rice Pilaf Asparagus Fruit Roll Dessert	3
4	5 11am-6pm Doug's Fish Fry to-go truck	6 Taco Tues. Fruit Dessert	7 Tuna/Egg or Ham Salad Sand. Peas & Carrots Fruit Dessert	8 Turkey Tortellini Soup Salad Bread Beverage \$4	9 Baked Honey Mustard Chicken Mashed Potatoes Green Beans & Almonds Fruit/Roll Dessert	10
11	12 Dessert, popcorn and beverage for movie	13 Philly Cheesesteak Fries Fruit Dessert	14 V'Day Lunch Buttermilk Glazed Chicken Rice Green beans Fresh fruit Roll Dessert \$8	15 Creamy Corn Chowder Salad Bread Beverage \$4	16 Grilled Meatloaf Burgers with toppings Roasted Corn Coleslaw Fruit Dessert	17
18	19 No Lunch	20 Grilled Cheese Waffle Fries Salad Fruit Dessert	21 Beef Goulash Salad Fruit Roll Dessert	22 Southern Ham with Black Eyed Peas and Salad Bread Beverage \$4	23 Healthy Lasagna Salad Bread Fruit Dessert	24
25	26 Dessert, popcorn & beverage for movie	27 Mixed Quiches Hash Browns Fruit Dessert	28 Healthy Chicken & Broccoli Stir Fry Rice Fruit Dessert	29 B'Day Cel. \$6 Hot Turkey Sandwich Stuffing Mixed Veggies Fruit Birthday Cake		

- Tues. \$ Wed. Lunch \$6.00 **Soup and Salad Thurs. \$4**
 - Friday's are \$12.00. check calendar for special meal prices.
 - **Menu subject to change!**
 - Vegetarian Meal available as substitute!
 - **If you have any food allergies, let staff know ahead of time.**
 - Take out available just ask!
 - **Lunch starts promptly at noon unless otherwise noted.**
 - All lunches are homemade and recipes available
- Call 637-9025 to reserve 24 hours ahead**



February 2024 Events



S

Mon 10-3

Tues 10-3

Wed 10-3

Thurs 10-3

Fri 10-4

Sat

				<p>1 10:30-Yoga 11:30-12:30 Lunch \$4 12:30 your choice of games</p>	<p>2 10:30 Craft 11-12Fall Prev 12- Mah Jong 3:45-4 Dinner</p>	3
4	<p>5 10:30-Yoga 11am-6pm Doug's Fish Fry to-go truck 1-BINGO 1-Chess Club</p>	<p>6 10:15- Art Class 12-Lunch 12:30- Poetry 12:30 Touching Hearts Pres.</p>	<p>7 10:30- Party Bridge 12-Lunch 12:30- Movie 12:30- Mexican Train</p>	<p>8 10:30-Yoga 11:30-12:30 Lunch \$4 12:30 your choice of games 12:30 Tech Help</p>	<p>9 11-12Fall Prev 12- Mah Jong 3:45-4 Dinner RSVP & Pay. for 12/14</p>	10
11	<p>12 10:30-Yoga 11:30Movie (bring your own lunch we supply dessert) 1-Chess Club</p>	<p>13 10:15- Art Class 12-Lunch 12:30- Poetry 12:30 JRC HomeCare Pres.</p>	<p>14 Valentine's Day Lunch 10:30- Party Bridge 12-Lunch 12:30- Movie 12:30- Mexican Train</p>	<p>15 10:30-Yoga 11:30-12:30 Lunch \$4 12:30 your choice of games</p>	<p>16 11-12Fall Prev 12- Mah Jong 3:45-4 Dinner</p>	17
18	<p>19 10:30-Yoga 1-Chess Club 1- Book Club</p>	<p>20 10:15- Art Class 12-Lunch 12:30- Poetry 12:30 Tom Henry/Steve Nathan 6:45pm Salt City Auto Modelers</p>	<p>21 10:30- Party Bridge 12-Lunch 12:30- Movie 12:30- Mexican Train</p>	<p>22 10:30-Yoga 11:30-12:30 Lunch \$4 12:30 your choice of games 12:30 Tech Help</p>	<p>23 10:30am BINGO 11-12Fall Prev 12- Mah Jong 3:45-4 Dinner</p>	24
25	<p>26 10:30-Yoga 12:30 Movie (bring your own lunch we supply dessert) 1-Chess Club</p>	<p>27 10:15- Art Class 12-Lunch 12:30- Poetry RSVP for 12/29</p>	<p>28 10:30- Party Bridge 12-Lunch 12:30- Movie 12:30- Mexican Train</p>	<p>29 B'DAY 10:30-Yoga 12-B'DayLunch \$6 12:30 your choice of games</p>	<p>1 Closed for Mayor's Dinner Preparations</p>	

A message to our valued members
From the Fayetteville Senior Center Board of Directors
2024 Annual Appeal

Our Annual Appeal, which is the financial backbone to the continued success of The Fayetteville Senior Center, has now begun. This stream of donations, legacy gifting and other methods of charitable support has allowed us to offer quality programs and events over many years. Our goal is to be able to adapt to the ever-changing needs of our senior members and tailor our programs and activities in a fun and enjoyable way. So far, we have been successful in doing this. A quick look at the newsletter/monthly calendar shows the extent of our efforts and how we are listening to your suggestions.

We have set a goal this year of \$30,000 in new donations and gifts, all of which will be used to help fund our meal program, staffing and the activities many of you have been participating in. There is a positive spirit throughout the Center, and we have been encouraged by the many new members who are visiting us on a regular basis.

Our best “sales pitch” in asking for your financial support is to invite you to stop by, with a friend or two to have lunch and participate in some of the many daily activities. Take an active role and help us to improve on activities that will benefit both you and others. Your lifelong experiences and personal journeys are what make The Fayetteville Senior Center a special place.

We are prepared to discuss charitable contributions and gifting programs that may offer some benefit to you and your family, while certainly helping our cause. The Fayetteville Senior Center is a 501 (c) 3 not-for-profit corporation.

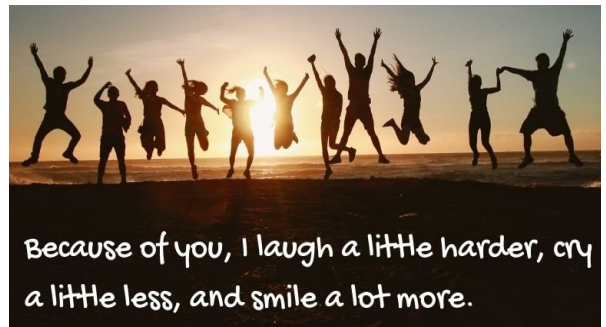
Finally, as you consider financially supporting our many community resources, we hope The Fayetteville Senior Center is high on your list. As always, our board members and director are always available to discuss your suggestions and individual needs.

In Memory of our Dearly
Departed members

Peter Olson



May you rest in peace



Snow Days

It's that time of year again!! Remember if the Fayetteville-Manlius School District is closed, the Fayetteville Senior Center will be closed. **Please watch your television for the school closing scroll at the bottom of the screen.** If there is a delay or it is a regular day off for the school district then please call the center to make sure we're here. Generally, we are open if there is only a delay.

Illness Reminder

Out of consideration for everyone, please stay home if you are coughing, sneezing, or have a sore throat. The flu and covid, are extremely contagious and you should stay at home for at least 36 hours after symptoms have subsided. Staff may ask you to wear a mask or leave if they have concerns for the health of yourself or others. We will all be here upon your return to full health.



Add Annual Appeal letter

Add Membership form



FAYETTEVILLE SENIOR CENTER



Board of Directors

Chairman: Tony Marsallo

Secretary: Janet Callahan

Treasurer: Don Brown

Barbara Arnold

Peter Bertone

Kevin Kelly

Susan Goike

Mary Kilpatrick

Paulina Murray-Lee

Ryan Smith

***Village Liaison:**

Jane Rice

***Deputy Mayor:**

Mike Small

Mission Statement

The Fayetteville Senior Center meets the challenges facing the senior community by offering social activities, education, health and recreational programs, nutritional programs and other activities in friendly comfortable surroundings.

584 E Genesee Street
Fayetteville, NY 13066

Hours: M-TH 10am-3pm Fri 11am-4pm

Phone: (315) 637-9025

Email: fayseniorcenter2@yahoo.com

Website: FaySrCtr.org

If interested in joining our Board, please contact Janet or one of our Board members for information. Members are welcome to attend board meetings. Meetings are the third Monday of every month,



Forwarding Service Requested

US Postage
Paid
Permit No. 47
Non-Profit
Organization

Fayetteville Senior Center
584 East Genesee Street
Fayetteville, NY 13066