



The Beacon MARCH 2024



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

Important Updates/Events!!

- Mon.'s & Thurs.'s 10:30am Yoga (pg3)
- 3/3 4:00-5pm MAYOR'S TURKEY DINNER Drive-Thru
- 3/7 1:00pm Craft (pg2)
- 3/4 & 3/22 BINGO (pg2 check calendar for times)
- 3/4,3/11,3/18,3/25 1:00pm Chess (pg2)
- 3/7,3/14,3/21,3/28 12:30pm Pitch (pg 4)
- 3/12 12:30pm Hope for Bereaved (pg 4)
- 3/14 & 3/28 12:30pm Tech Help (pg2)
- 3/15 4:30-5pm St Patricks Day Dinner Drive-thru (pg2)
- 3/18 11am Book Club(pg.3)
- 3/19 6:45pm SCAM Club(pg3)
- 3/19 12:30pm Swamp Conservatory (pg 4)
- 3/22 11am "Conversations with Wise Women"(pg 4)
- 3/28 12pm B'day Movie "The Color Purple"(pg 6)



DEPUTY MAYOR MIKE SMALL Hosts: DRIVE-THRU MAYOR'S TURKEY DINNER

\$12

SUNDAY, MARCH 3RD

**Pick-up times: 4:00-5:00 pm for reserved,
5:00-5:30 pm for walk-ins**

This year, Deputy Mayor Mike Small and the Village of Fayetteville will be hosting the Mayor's Turkey Dinner. This annual fundraiser was started long ago by Former Mayor McIntosh, expanded by Former Mayor Mark Olson, and is an important fundraiser for FSC. This dinner has generated in excess of \$5000 in donations each year.

- **DINNER INCLUDES:** Roast Turkey, Mashed potatoes, gravy, squash, veggies, roll, cranberry sauce and choice of pie (you choose at pick-up)
 - **DONATION;** \$12 can be made thru cash, check or charge.
 - **RESERVE A DINNER BY 2/26 , PICK UP 4:00-5PM**
 - **WALK-INS WELCOMED 5-5:30PM,** Until gone
- your dinner will be brought to you in the comfort of your car, payment is due at pick-up (**reserved dinners must be picked up by 5pm**).

We are very thankful for the support of the greater Fayetteville area businesses and residents.

DON'T FORGET YOUR MEMBERSHIP RENEWAL

January is our renewal month. The membership dues are **\$25 per household** for anyone that wishes to belong to and participate at our center. If you haven't already done so, please submit your form. As of April your newsletter will end if you haven't renewed your membership.

Contact the center or go to our website www.faysrctr.org for a form.

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

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

Happy St. Patty's Day
Corned Beef and Cabbage
Reserved Drive-Thru Dinner

4:30-5:00pm

Come and pick-up a traditional Irish Meal

Date: Friday, March 15th

Menu: Corned Beef and Cabbage, Buttered Potatoes, Carrots, Irish Soda Bread, Fruit and an Dessert.

Cost: \$15

Reserve by: no later than Noon March 12th **with payment.**

RESERVATIONS ONLY NO WALK-INS

**Corned
Beef &
Cabbage
Dinner**



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**



TECH HELP!

Thursday, March 14 and March 28, 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.)



CRAFT DAY!!!!

Thurs., March 7, 1pm Join us to make 2 St Patty's gnomes. The class is a **\$5 donation**, all supplies are provided. **YOU MUST REGISTER BY 2/27 FOR THE CLASS !!!!**



Bingo 2X a month

Come join us for Bingo, with choice of prizes. Monday, March 4th 1pm and Friday March 22nd 10:30am

Check Calendar for times please RSVP so we can set up



JOIN US FOR CHESS!



Chess Club, **Monday's at 1pm**, . We have a couple beautiful Chess Sets. Now is the time to come on over to FSC, meet new people, play some chess and have a great time.



Do you know the benefits of chair yoga???

Increased blood flow, reduction of stress, increased flexibility and muscle strength are just a few benefits. Chair Yoga promotes cognitive, physical, spiritual and emotional wellbeing. You can also lose weight by burning fat so you can get yourself to a place of overall health. **JOIN US FOR CHAIR YOGA Monday & Thursday Mornings at 10:30am** we will offer Chris DeAmicis' video for chair yoga. We do hope you will join us on Monday and Thursday mornings to find your calm, reconnect and get some gentle stretching exercises.

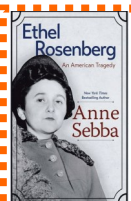


“Poetry: literature that evokes a concentrated imaginative awareness of experience or a specific emotional response through language chosen and arranged for its meaning, sound, and rhythm. “You don’t need to have experience to write your feelings, observations or views.” ***Join us Tuesdays at 12:30pm 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.***

Book Club

The next meeting will take place

Mon., March 18, 11:00am, “Ethel Rosenberg: An American Tragedy”, by Anne Sebba. Book is available from Janet. Join us for a great discussion



CLASS REMINDER FOR THOSE ALREADY SIGNED-UP IN PERSON FALL PREVENTION PROGRAM BY CARE (CENTER FOR AGING RESOURCES) Le Moyne College.

Last 3 weeks, program run by Occupational Therapists to educate older adults on the fall risk factors and modifications to decrease future falls.

Dates: Friday's March 1- March 15

Times: 11-12pm

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



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 **March 19**. It's all FREE, and if you have any questions, please call David Best at 315-663-7045, or talk to

Janet.



HOPE for Bereaved Presentation Tuesday, March 12, 12:30pm



HOPE for Bereaves mission is to provide support and service for grieving children and adults. We offer one-on-one peer counseling along with monthly support groups. Our purpose is to offer understanding, listeners, support, friendship and suggestions for coping and HOPE. We will talk the about the various elements of grief, the different types of grief we may experience in life and suggestions for how to travel this path. Discussions and Questions are encouraged.



Swamp Conservatory Presentation Tues., March 19, 12:30pm

Have you ever felt the soft downy feathers from a bird or seen the sharp teeth of a fox? Join Brianne Wilcox from the Great Swamp Conservancy (GSC) in a presentation that will not only talk about the many things the GSC offers but allows you to see and feel many items from nature.



PITCH IS BACK Thursday's at 12:30pm

If you don't know what pitch (High Low Jack) is, it is a card game that revolves around betting and trick-taking to score the most points. It can be played in partners or solo.

How you play is determined by the group. How about have lunch before? Only \$4.00 on Thursday with the exception of the birthday day (\$6). Come try this fun group with your friends. We will have someone available to help you learn if you don't already know the game.

CONVERSATIONS WITH WISE WOMEN Fri., March 22 11am

Join us the last Friday of every month at 11am, for chit-chat, conversations, and coffee. This Ladies group is meant to increase your knowledge, express your opinions, discuss topics of interest and enjoy each others company. The goal is to have a women's only space to celebrate and share our wisdom, talents, laugh a little, and of course support each other. There are some wonderful ladies here at the center, with vast abilities and wisdom. This should be an enjoyable get to know you, chat, relax and learn a few new things group. Can't wait to start!



IN PERSON EMPIRE SAFETY COUNCIL

ONE DAY SMART DRIVERS COURSE \$35, LUNCH AVAILABLE \$4

Thursday, April 18, 2024 8:30am-3:00pm arrive 15 min. early

Cost of the course \$35, send checks to FSC by 1/16 check made out to Empire Safety Council

Lunch is NOT included in price. A homemade lunch soup and salad, may be purchased at FSC for a donation of \$4. You must reserve by 4/16. If not purchasing a lunch, please bring a snack and beverage for yourself.

We do not take walk-ins for this class, please call 315-637-9025 to sign-up ASAP, it fills quickly



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.**

Wed., Mar. 6, 12:30 pm, "The Holdovers" R, 133 Min. Starring Paul Giamatti
COMEDY/DRAMA A curmudgeonly instructor at a New England prep school is forced to remain on campus during Christmas break to babysit the handful of students with nowhere to go. Eventually, he forms an unlikely bond with one of them — a damaged, brainy troublemaker — and with the school's head cook, who has just lost a son in Vietnam. A curmudgeonly instructor at a New England prep school is forced to remain on campus during Christmas break to babysit the handful of students with nowhere to go. Eventually, he forms an unlikely bond with one of them — a damaged, brainy troublemaker — and with the school's head cook, who has just lost a son in Vietnam.

Wed., Mar. 13, 12:30 pm, "Killers of the Flower Moon" R, 206 Minutes Starring Leonardo DiCaprio
DRAMA CRIME/HISTORY When oil is discovered in 1920s Oklahoma under Osage Nation land, the Osage people are murdered one by one until the FBI steps in to unravel the mystery.

Wed., Mar. 20, 12:30 pm, "My Sailor, My Love" PG-13, 141 Minutes Starring James Cosmo
DRAMA/ROMANCE: The thorny relationship between a woman and her retired father worsens after he becomes romantically involved with the housekeeper she hires for him.

Wed., Mar. 27, 12:30 pm, "Napoleon" R 158 Minutes Starring Joaquin Phoenix
DRAMA/HISTORY/WAR: An epic that details the checkered rise and fall of French Emperor Napoleon Bonaparte and his relentless journey to power through the prism of his addictive, volatile relationship with his wife, Josephine.

Thurs., Mar. 28, 12:30 pm, "The Color Purple" PG-13 141 Min. Starring Taraji Henson
DRAMA/MUSIC: A decades-spanning tale of love and resilience and of one woman's journey to independence. Celie faces many hardships in her life, but ultimately finds extraordinary strength and hope in the unbreakable bonds of sisterhood.

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

Mon., March 11, 12:30am, "84 Caring Cross Rd" 1hr 40min Starring: Ann Bancroft. True story of a transatlantic business correspondence about used books that developed into a close friendship.

Mon., March 25, 11:30pm "The Spirit of St. Louis" 2hr 15min Staring James Stewart
 Celebrate the historic May 20, 1927 flight of "The Spirit of St. Louis" with screen legend Jimmy Stewart aerial legend Charles Lindbergh.

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.

HOLIDAY IN JULY SALE



Do you have holiday items you are ready to part with? Are you starting to declutter and pare your holiday items down? We will take any holiday item off your hands. From Valentine’s Day to Christmas, Easter to Hannukah, anything that represents a holiday. If you have dishes with a Santa or a bowl with a flag on it, we would gladly accept it. (all items must be clean and fit in the guidelines for the sale)

Items can be dropped off at the center anytime during business hours from April 1st to July 3rd. The sale, “Holiday in July”, is planned for **Saturday, July 13th from 9-2pm. All proceeds will go to the senior centers entertainment and arts programs.**

As we get closer to the date, we will need people to price, display and categorize. Plus we will need people the day of the sale. All volunteer help is welcomed. Get your grandchildren

March Birthday Day Celebration Lunch (12pm)

- Lunch, **Thursday, March 28, at 12:00pm RSVP BY 3/26**
- **Movie “The Color Purple” 12:30pm**

Menu: Seasoned Grilled Pork Chops, Red beans and Rice, Fruit, roll, & B’d day cake

- Cost– **non-Birthday is a donation \$6. Birthday in March., FREE with birthday coupon (check your b’d day card you received)**
- ****There are NO TAKE-OUTS for this meal.**



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.



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.



MARCH Birthdays

Steve Nathan	3/1	Carol Louise	3/19
Michael Prockup	3/1	Steve Ekey	3/20
Niles Bell	3/2	Diane Davis	3/22
Annie Twichell	3/3	Paulina Murray-Lee	3/23
Jerry Klineberg	3/4	Christina Wueslin-Burr	3/24
Shirley Anderson	3/5	Sheila Coyne	3/25
Sue Goike	3/5	Steve Heffron	3/25
Diane Jecen	3/5	Sue Hoddinott	3/25
Melanie Comito	3/6	Susanne Dukell	3/26
Patti Baker	3/7	Wendy Braund	3/27
Hazel Curtis	3/7	Lisa Thomas	3/27
Carol Seiban	3/7	Pamela Baran	3/29
Rita Southwick	3/10	Carmella Ponticello	3/29
Spencer Brown	3/11	Joel Melnicoff	3/30
Yuan-Zong Lai	3/11	Joanie Allen	3/30
Nancy Walker	3/12		
Eugene Benham	3/13		
Robert Van Malgerghen	3/14		
Riva Wolken	3/16		
Jeanne Logergren	3/16		
Ed Zemanick	3/18		
Nassena Kerr	3/19		



Look for your **free birthday lunch** gift in your birthday card.

Happy Birthday!

WISH LIST

- Chocolate candy
- Small bags of ice
- Eggs
- Can's of white albacore tuna/ white chicken
- Kitchen garbage bags

- Small garbage bags
- Bags of potato chips

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.

To My FSC family and Friends,

By now, you all should have received FSC's Annual Appeal Letter. I can't express enough how important your support is. Being a small not-for-profit, raising funds are a large part of my everyday job. I want to be able to continue the current programming and expand services to accommodate **all** seniors 55+. FSC's target goal of \$30,000 helps to provide that. It is a vital part of the budget and without the funds, programming is affected. The meal program, for example, costs the center approximately \$20,000 a year to fund. This doesn't include kitchen staff or expenses for special community events. In today's economy, it is very difficult to continue to keep costs balanced.

As your Director my commitment to you is to provide the best services at the most reasonable cost to you. I am invested in you, your wellbeing and am conscience of your needs. Won't you help continue the centers mission and invest in your home away from home?

Thank you for your time and consideration when you are donating to your favorite charity. I appreciate all you do to help us succeed.

This Issue of the newsletter has a copy of the form on the back page.

As always,

Janet

A Life That Touches Others, Goes on Forever.

PLANNING A LEGACY



A Word on Legacy or Planned Giving

As people, we often long to make a connection to something bigger than ourselves. Your legacy will capture meaningful aspects of your unique personality and presence to preserve it for the benefit of those who will follow in your footsteps. Whether through work, family, or community, we all have the opportunity to leave a one-of-a-kind mark on the people and places around us. **A Legacy gift is a symbol of empathy, love and sharing and a smart way to pay it forward.** Please consider remembering your senior center in your Estate planning. A gift of 5% may seem small, but to an organization, it is a priceless donation. We can continue on, in your name, providing the services and programs you have enjoyed. **If you need any additional information you may speak with Janet, a member of the FSC Board of Directors, or call Jan Lane at the Community Foundation, 315-883-5546**

In Memory of our Dearly Departed members



May you rest in peace



MARCH 2024 MENU

Sun	Mon	Tue \$6 12pm	Wed \$6 12pm	Thu 12pm	Fri \$12 3:45-4pm p/u	Sat
					11 Fall prev. 12pm CLOSED FOR MAYORS DINNER PREP NO DINNER	2
3 Mayor's Dinner see article Pick up times	4 No Lunch	5 Taco Tuesday with the fix- ings Fruit Dessert	6 Goulash Roll Salad Fruit Dessert	7 White Chicken Chili Bread Salad \$4	8 Garlic Herb Baked Cod Rice Roasted Brussel Sprouts Fruit Roll Dessert	9
10	11 12:30Movie (bring your own lunch we supply dessert)	12 Biscuits & Sausage Gravy Scrambled Eggs Home fries Fruit	13 Chicken Caesar Salad Bread Fruit Dessert	14 Creamy Tomato Soup Bread Salad \$4	15 St Patrick's Day Drive Thru Dinner See article for menu 4:30-5pm	16
17	18 No Lunch	19 Turkey Club Sandwich Pasta Salad Fruit Dessert	20 Pulled Pork Sandwiches on roll Applesauce Dessert	21 Mediterranean Meatball Soup Bread Salad \$4	22 Lemon Butter Seared Salmon with Cherry Tomatoes Rice pilaf Roll Fruit Dessert	23
24/31	25 11:30Movie (bring your own lunch we supply dessert)	26 Chicken Pot Pie Salad Fruit Dessert	27 Mac & Cheese Salad Roll Fruit Dessert	28 B'Day \$6 Brined Grilled Pork Chops Red beans and Rice Fruit Dessert	29 CLOSED FOR GOOD FRIDAY	30

- **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**



March 2024 Events

Sun

Mon 10-3

Tues 10-3

Wed 10-3

Thurs 10-3

Fri 10-4

Sat

					1 11 Fall prev. 12pm CLOSED FOR MAYORS DINNER PREP	2
3 \$12 Drive-Thru Mayor's Turkey Dinner 4-5pm pick-up for reserved 5-5:30pm pick-up for walk-ins	4 10:30-Yoga 1-Chess Club 1-BINGO	5 10:15- Art Class 12-Lunch 12:30- Poetry	6 10:30- Party Bridge 12-Lunch 12:30- <u>Movie</u> 12:30- Mexican Train	7 10:30-Yoga 11:30-12:30 Lunch \$4 12:30 PITCH 1pm Craft	8 11-12Fall Prev 12- Mah Jong 3:45-4 Dinner	9
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17	18 10:30-Yoga 1-Chess Club 11- Book Club	19 10:15- Art Class 12-Lunch 12:30- Poetry 6:45 Salt City Auto Modelers	20 10:30- Party Bridge 12-Lunch 12:30- <u>Movie</u> 12:30- Mexican Train	21 10:30-Yoga 11:30-12:30 Lunch \$4 12:30 PITCH 1pm Swamp Conservatory	22 10:30 BINGO 11- Conversations w/ Wise Women 12- Mah Jong 3:45-4 Dinner	23
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Add Annual Appeal letter



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.

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,

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



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Fayetteville Senior Center
584 East Genesee Street
Fayetteville, NY 13066