

THE SILVER TIMES



FAYETTEVILLE CENTER FOR ACTIVE ADULTS

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

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

MAY & JUNE 2026



Thursday, May 28 12:30pm, Music with Jilissa Vellake, singer and passionate entertainer. Jilissa is dedicated to bringing music and nostalgia to life. With a focus on classic hits and timeless melodies, she creates a meaningful, feel-good experiences that celebrates the power of music. To listen to her music, look her up on Youtube.com



Friday, June 12 from 5:00-7:00 \$10.00

Make your reservation for dinner come and eat anytime between 5:00-7pm Once again the band "FOG" (Four Old Guys) are going to be playing for us during the picnic. They are just fantastic, great to listen to or even get up and dance to.



RUMMAGE SALE TIME

- Give your treasures new life with another, declutter, and support your center at the same time.
- **Accepting your no longer wanted, gently used, clean, items for our sale.**

IN-TAKE DATES FOR RUMMAGE SALE ITEMS

- | | |
|-------------------------|-----------------------|
| • Tuesday, 5/26, 1-3pm | Thursday, 6/4, 1-3pm |
| • Thursday, 5/28, 1-3pm | Monday, 6/8, 1-3pm |
| • Monday, 6/1, 1-3pm | Thursday, 6/11, 1-3pm |



ACCEPTABLE ITEMS:

- Home Décor
- Jewelry
- DVD movies
- Artwork
- Antiques
- Kitchenware & glassware
- Purses
- Collectibles
- Toys, Games, & Puzzles
- Holiday decorations
- Non-fabric Furniture
- Tools
- Sports equipment

ITEMS WE CANNOT

- ACCEPT:**
- Clothing
 - Books
 - Electronic Equipment
 - Exercise Equipment
 - Medical equipment or supplies
 - Tvs, Computers/ components
 - VHS or cassette tapes or accessories
 - Mattresses
 - Towels, Linens or Bedding
 - Any fabric covered furniture

Rummage Sale

6/26 5:30-7pm
pre-sale,
\$5.00 entry fee
6/27 10am-1pm
Come to shop our
gently used treasures.
1/2 price sale will take
place at the end of the
day.

Hotdogs, chips and
drinks will be available
for a small fee.

Volunteers needed for Rummage sale see Janet or Mary Kilpatrick

NEW PROGRAMMING/EVENTS

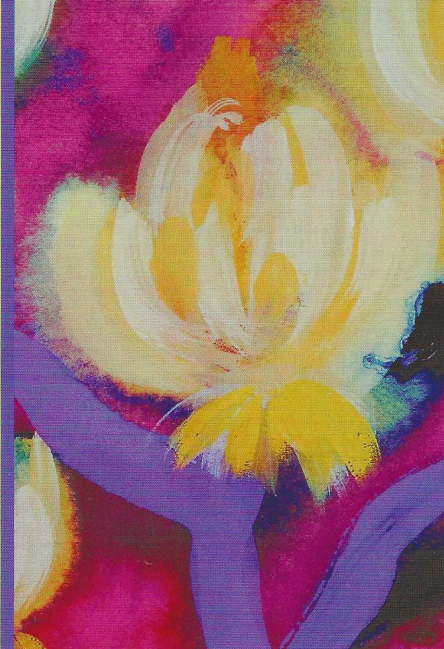
Fayetteville Center For Active Adults 9th Annual Art Show

**Saturday, May 16th
1-3pm**

Come and enjoy work
of these talented artists

315-637-9025.

Refreshments
Donations accepted



FREE CLASS **Senior Dance Aerobics** **for Fall Prevention**

Wednesdays at 10:15am Do you like music, moving to the rhythm of the beat? This is the class for you. Using upbeat music, this dance-like exercise can be done sitting or standing. Your instructor, Robin Ormsby, is from CARE at LeMoyne College. Sign up ASAP.

This is a fun class to join and it's FREE!



NEW TIMES!!!!!!

May & June Exercise Classes ALL

FREE

Mondays-

10:15am-10:45 Stretch & Strength

11:00 Chair yoga with Chris DeAmicis

Meditation On Mondays 12:45, completes your
Exercise and health routine.

Wednesdays-

10:30-11:15 Senior Dance Aerobics with Robin Ormsby

Fridays-

11:30-12:15 Stretch & Strength

12:30-12:45 Chair yoga with Kate

\$1 suggested donation per live class.

Let's Paint Some Pottery

This was so much fun the first time we did it that we are offering it again. Displayed in Parnell Hall are pieces we can select from to paint on **Friday, May 15th. 12:30** The projects range from \$10.00-up. Our instructor is Tamice owner of the Painted Turtle. We pick the project, the paint colors and do the painting, Tamice will fire them for us.



NEW YOGA CLASS

FRIDAYS 12:30pm

WITH KATE

DONATIONS

ACCEPTED



Monday Afternoon **Meditation**

Mondays 12:45pm we will learn the practice of relaxation and calm. In today's world it is hard to slow down and relax. Many of us need to learn how. A mind-body practice for training attention and awareness to achieve a mentally clear, calm, and stable state, often by focusing on breath, a mantra, or sensations to quiet distracting thoughts and reduce stress.





An Afternoon of Music with Salt City New Horizons Orchestra **Friday, June 5th 1:00pm FREE**

Join us for an afternoon of beautiful orchestral music. Desserts and beverages will be served. This concert is free to anyone to attend. Donations for the orchestra are suggested. Director Edie Rice Shillitoe, is a retired teacher. She created this all adult, including seniors, orchestra for those wanting to learn or advanced players wanting to play again. This is a beautiful organization that offers more than music to the community and their musicians.

Upstate Global Health Institute

(At Upstate Medical University)

Tuesday, June 9th come in anytime between 11-1:30 pm, for community health education.

The team will be sharing informational materials on topics such as C. diff and COVID treatment and prevention. A licensed healthcare provider will be present to answer questions related to these topics, and general information about current research studies will also be available for those who are interested in learning more. This will be an informal outreach visit where individuals are welcome to stop by the table, ask questions, and pick up educational resources as well as free giveaway items.



TECH SURVEY

We would like to start a scheduled tech fix-it or educational class. In order to do that, we need your input. If you would please fill out the survey located on our website. www.fayctractiveadults.org in the pop-up

FREE Bracelet Beading Class

Friday, June 19th at 1:00pm join us for a bead bracelet making class, led by Janet. Please bring a hand towel, small foam board, device to view instructional video on, and snack to share. Beads are provided.



alzheimer's
association®

Tues., May 19, 12:30pm General Education with the Alzheimer's Association

Education is very important when it comes to areas of risk factors, symptoms, current treatments and community support. Join us for this presentation that is relatable to care givers, loved ones, or general population. Learn what the next steps are you should take.

CRAFT ROOM IS NOW OPEN

We have sewing machines and fabric, paints, stamping supplies, yarn, beads, etc... Whatever you would like to try, we have the supplies. All we ask is for a donation to replenish the supply so others can enjoy as well. You can use the craft room anytime no one is occupying the space. Anytime on Friday 12:30pm is the best time it is available. Call for other times.

THE CRAFT ROOM

Book for Book Club

Tuesday, May 26, 12:45PM "The Best Minds" by Jonathan Rosen
NO BOOK CLUB IN JUNE

Annual Appeal 2026.

Hopefully you have received the Annual Appeal from FCAA in the mail. This year we are setting a goal of \$50,000 to help provide all the services we offer plus any new ones. In the past year we have tried many new programs including exercise, meditation and crafting. All have been donation only or free to our members. Being a small not-for-profit and dependent upon the community, raising funds has become a large part of the staff's and Board of Director's responsibility. In today's economy it is very difficult to continue to keep costs balanced. Prices continue to rise and products continue to shrink. Our commitment to you is strong.

We will continue to provide the best services at an affordable cost. Please help to continue the center's mission and invest in your senior center. Thank you for your time and consideration when you are donating to your favorite charity. Your support will guarantee your and our success.

Remember, it's not the size of the gift received, it's the part you play in the support of your Center. Whether you are here once in a while or everyday, every dollar helps.



Birthday Lunches are NOT for just our birthdays of the month, they are for EVERYONE!!!

Come and celebrate your friends, celebrate you, have a great meal, or enjoy the entertainment of the day. For \$8 you can't go wrong. You can enjoy a wonderful day with new friends, old friends, or trying something different or even out of your comfort zone. You will definitely not be disappointed, in fact, you might even end up trying more things we offer throughout the month. Join us, come and enjoy. Make sure to RSVP 24 hours ahead so we know you are coming.

GREAT DECISIONS

1918 • FOREIGN POLICY ASSOCIATION 2026 EDITION

-May, Tuesday 5, 12

Program starts at
12:45 pm
RSVP 315-637-9025

America's Global Role
Trump's Tariffs
U.S.-China Relations
Today's Nuclear Age
Ukraine and European Security
Multilateral Institutions
U.S. Engagement of Africa
The Future of Human Rights

Join our History Group. All you have to do is give Janet your email and we will inform you of upcoming history discussions. Don't forget our series "The French Village" continues on Thursdays. A historical look at one French village during WWII.

GAME TIME...

if you get all the answers correct, you get a free lunch. See Janet with what you think the answer might be and you will get a prize.

1. what takes 4+ weeks to compile?
2. What takes 3 days + to print, put together by several volunteers, and mail?
3. What has 500 + copies leave the building?
4. What is the most requested item from the office?
5. What might get overlooked by some?



THURSDAYS 10:30am

Poetry

My Grandmother's Closet

Grandmother Marsallo was quiet but commanded attention
At 5'9, very straight and quite attractive

She could have been a model for
Passenger ships carrying immigrants from Europe.
Full length dress, shawl with matching hat and hand muffler,
Her closet wasn't filled. But what was in there
Was stylish and uniquely "Catherine."

We knew she was more than just a mother of six children
But not much was ever discussed, until a daughter-in-law

Did some research on working women circa 1920.
Catherine was a seamstress at the Learbury Clothing Co.
And a working mother. That should have been enough
But she felt her fellow female workers were not being treated fairly-
What a surprise!!

So, in a quiet way, she organized the group. A very risky move at that time.
In her closet were notes from women expressing fear, excitement, concern, and unity.
They won their cause, while angering the male management –a sign of the times!
If we had been in her closet well before she passed away, there is no doubt
That these notes would have been a script for a Netflix documentary.
I doubt if we would have kept the Emmy in the closet. Mantel material—had there been a fireplace.
I often thought that she kept many secrets, good and bad, in her head,
But her closet was not the receptacle.
Always silence forever.

Written by Tony Marsallo

REMINDER Rummage Sale

**6/26 5:30-7pm pre-sale,
\$5.00 entry fee**

**6/27 10am-1pm
Come to shop our gently used
treasures.**

**1/2 price sale will take place at
the end of the day.**

**Hotdogs, chips and drinks will
be available for a small fee.**

**Check front page for donation
information or call 315-637-9025**

NEW website and email
www.fayctractiveadults.org

Email:
FCactiveadults@gmail.com

LOOK WHATS COMING UP IN 2026

- ♦ **May: Jill & Julie Class** Art Show 5/16
1-3pm,
- ♦ **June:** 6/5 Orchestra concert, summer Kick-off
cookout 6/12, Rummage sale see article
- ♦ **July:** Mystery Dinner 7/17
- ♦ **August:** Chicken BBQ 8/14
- ♦ **September:** Fayetteville Festival 9/19,
Spaghetti Dinner with live Music 9/25
- ♦ **October:** Annual Fundraiser 10/23
- ♦ **November:** Annual Thanksgiving Take out
dinner 11/24, Village Tree lighting 11/27
- ♦ **December:** Holiday Party/entertainment
12/11



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

Monday at the Movies 12:45pm
Wednesday at the Movies 12:45pm
Birthday Movie 12:45pm
POPCORN INCLUDED
DONATION WELCOMED

MONDAYS IN MAY

Mon., May 4 12:45pm, “Marty Supreme” R 150 Min. Starring Timothy Chalamet, A well-meaning but rather inept angel named Gabriel meddles in the lives of a struggling gig worker and a wealthy capitalist.

Mon., May 11, 12:45pm, “Reminders of Him” PG-13 114 Min. Starring Maika Monroe, Ten-year-old Aurora asks her hitman neighbor to kill the monster under her bed that she claims ate her family. To protect her, he must battle an onslaught of assassins while accepting that some monsters are real.

Mon., May 18 12:45pm, “Good Boy” PG-13 73 Min. Starring Shane Jensen, A loyal dog moves to a rural family home with his owner Todd, only to discover supernatural forces lurking in the shadows. As dark entities threaten his human companion, the brave pup must fight to protect the one he loves most.

NEW RELEASES, WEDNESDAYS IN MAY

Wed., May 6, 12:45 pm, “Solo Mio” PG 96 Min. Starring Kevin James Sarah Rector, an African-American girl born in Oklahoma Indian Territory in the early 1900s, believes there is oil beneath the barren land she's allotted, and her faith is proven right. As greedy oil sharks close in, Sarah turns to her family, friends, and some Texas wildcatters to maintain control of her oil-rich land, eventually becoming among the nation's first female African-American millionaires at eleven years old.

Wed., May 13, 12:45 pm, “Sheepdog” PG-13 1 hr 57 Min. Starring Vondie Curtis-Hall Decorated U.S. Army combat veteran Calvin Cole is court-ordered into treatment just as his estranged father-in-law, a retired Vietnam veteran newly released from prison, arrives at his doorstep. Forced to confront his long-buried past, Calvin finds support from his family and community-and begins an unexpected journey towards healing and post-traumatic growth.

Wed., May 20, 12:45 pm, “Sentimental Value” R, 133 Min. Starring: Stellan Skarsgard, an estranged father and once-celebrated director eager to reclaim his former glory, reconnects with his daughters Nora (Renate Reinsve) and Agnes (Inga Ibsdotter Lilleaas). When Gustav offers Nora the lead role in his new film, she refuses and learns he has given the part to a Hollywood star (Elle Fanning).

Wed., May 27, 12:45 pm, “Now You See Me: Now You Don't” PG-13 113 Min. Starring Jesse Eisenberg The Four Horsemen of magic reunite with a new generation of illusionists to perform mind-bending twists, turns, and reveals to take down their most ruthless adversary yet.

MAY 2026 BIRTHDAY

5-1 Karen Calenzo
 5-2 Barbara Forht
 5-3 Mark Sostrin
 5-4 Donald Dinero
 5-4 Diane Haller
 5-5 Mary Milioto
 5-5 Deborah Yedziniak
 5-6 Bill Alden
 5-6 Dan Elliot
 5-6 Monica Woods
 5-8 Dennis McAndrew
 5-10 David Hatch
 5-11 Pat Italiano
 5-12 Bernie Vause
 5-15 Susan Heimerman

5-15 Mary Henry
 5-15 Michele Middleton
 5-16 Margaret Jaconski
 5-17 Pat O'Connor
 5-18 Susan Gilbert
 5-19 Cindy Tzetis
 5-20 Candace O'Brien
 5-20 Lori Rupp
 5-21 Mark Matt
 5-22 Jill McAndrew
 5-22 Joan Nicholson
 5-24 Ray D'Hollander
 5-25 Joan Kinsella
 5-25 Scott Shablak
 5-26 Eileen Ponto
 5-27 Amy Himes
 5-28 Jim Williams





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Birthday Movie 12:45pm
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DONATION WELCOMED

MONDAYS IN JUNE

Mon., June 1, 12:45 pm, “Seven Days in Utopia” G 1Hr 38Min. Starring Robert Duvall. After a disastrous debut on the pro circuit, a young golfer finds himself unexpectedly stranded in Utopia, Texas and welcomed by an eccentric rancher.

Mon., June 8, 12:45 pm, “Jazz Singer” PG 1hr 52Min. Starring: Neil Diamond, Neil Diamond adds his own distinctive sounds to the classic role of a young Jewish cantor on the verge of a dream. It's the story of a man who forsakes the synagogue choir for a chance at rock superstardom. Defying his father, he turns his back on his marriage and community to team up with his new manager, Molly.

NEW RELEASE, WEDNESDAYS IN JUNE

Wed., June 3, 12:45 pm, “A Private Life” R, 1hr 47 Min Starring Jodi Foster, When renowned psychiatrist Lilian Steiner learns of the sudden death of a patient, she suspects murder. She mounts a private investigation, enlisting an odd assortment of quirky characters. Academy Award® Winner Jodie Foster shines in this frisky, feminist mystery.

Wed., June 10, 12:45 pm, “The Choral” R 136 Min. Starring Ralph Fiennes, As World War I rages on, Dr. Henry Guthrie takes over a British choral society that's lost most of its men to the army. The community soon discovers that the best response to the chaos of war is to make beautiful music together.

Wed., June 17, 12:45 pm, “Project Hail Mary” PG-13 157 Min. Starring Ryan Gossling Science teacher Ryland Grace wakes up on a spaceship light years from home with no recollection of who he is or how he got there. As his memory returns, he begins to uncover his mission: solve the riddle of the mysterious substance causing the sun to die out. He must call on his scientific knowledge and unorthodox ideas to save everything on Earth from extinction... but an unexpected friendship means he may not have to do it alone.

BIRTHDAY MOVIE: THURSDAY, June 18, 12:45pm, “Wuthering Heights” R, 136 Min. Starring Margot Robbie, Tragedy strikes when Heathcliff falls in love with Catherine Earnshaw, a woman from a wealthy family in 18th-century England.

JUNE 2026 BIRTHDAY

6-1 Kim Fagan
 6-1 Kevin Kelly
 6-3 Donna Lipton
 6-4 Raymond Cummings Jr.
 6-4 Maryjane Nathan
 6-5 Shymoon Hosein
 6-5 Kathy Rake
 6-6 Midge Regier
 6-7 Barbara Hanzalik
 6-7 Rosalia Kosar
 6-7 Mina Stachowiak
 6-10 Kuki Haines
 6-10 Kathleen Laubenstein
 6-10 Carole Wenthen
 6-11 Susan Tuch
 6-12 Patricia Lamb
 6-12 Sharon Parmley
 6-13 Christian Danaher

6-16 Patrick Goodwin
 6-16 Karen Saunders
 6-17 Bob Clark
 6-17 Marcelle Etringer
 6-17 Wally Meriam
 6-17 Jim Parmley
 6-18 Carol Falkowitz
 6-19 Nancy Sampson
 6-20 Sandra Tars
 6-21 Joan Hartman
 6-21 Chris O'Connor
 6-21 Karen Ziomek
 6-22 Diane Drake
 6-22 Judy Williams
 6-23 June Jesmail
 6-24 Bernard Forth
 6-27 Adrienne Laudin
 6-27 Keith Wolfe
 6-28 Sally Alden
 6-30 Sheila Sostrin
 6-30 Mary Frances Witte





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MENU

- **Mon-Thurs 12:00 Lunch \$7** **Always check for special events during the month as prices may change.**
- **Menu is subject to change! Dessert & Beverage included with lunch. Desserts \$1.00 w/o meal**
 - **Alternative meals available for food allergies, just ask ahead of time.**
 - **Lunch Take out available for an additional \$1.00 per meal.**
 - **Lunch starts promptly at NOON unless otherwise noted.**
- **PLEASE RESERVE YOUR MEAL 24 HOURS IN-ADVANCE 315-637-9025**

Sun	Mon	Tue \$7	Wed \$7	Thu \$7	Fri	Sat
					1 NO LUNCH	2
3	4 Chicken noodle soup Salad Smoothie Protein bar	5 Cinco de Mayo!! Taco Tuesday Chips and Salsa Fruit Dessert Beverage	6 Turkey Noodle Casserole Green beans Fruit Dessert Beverage	7 Grilled Antipasto cheese Sandwich Chips Fruit Dessert Beverage	8 NO LUNCH	9
10	11 Potato leek soup 1/2 Caprese sandwich Smoothie Protein Bar	12 Assorted Quiche Salad Fruit Dessert Beverage	13 Crispy Chicken Sandwich with cheese Cucumber tomato salad Fruit Dessert	14 Tuna Melt Veggie Straws Fruit Dessert Beverage	15 NO LUNCH	16 ART SHOW 1-3
17	18 Chicken Salad on Croissant Spinach Salad Smoothie Protein Bar	19 Bacon Cheese-burgers Waffle Fry Fruit Dessert Beverage	20 Hawaiian Ham & Cheese Sliders Chips Fruit Dessert Bevergae	21 Hot Dogs Fries Fruit Dessert Beverage	22 NO LUNCH	23
24/31	25 CLOSED	26 Pork Fried Rice Egg roll Fruit Dessert Beverage	27 Chili Concarne Salad Fruit Dessert Beverage	28 B'Day \$8 Meatloaf Mashed Pot/gravy Broccoli Roll Fruit B'day cake	29 NO LUNCH	30



Events

<u>S</u>	<u>Mon 10-3</u>	<u>Tues 10-3</u>	<u>Wed 10-3</u>	<u>Thurs 10-3</u>	<u>Fri 10-3:30</u>	<u>Sat</u>
					1 11-Card making 11:30 Strength and Stretch 12:30 Yoga Kate 12- Mah Jong 12:30 crafting time	2
3	4 10:15 Strength and Stretch 11:00- Yoga with Chris 12:00 Lunch 12:30-Inter Chess 12:45 Guided Meditation 1pm Beg Chess 12:45- Movie	5 10:15 Art Jill 10:30-Comp. Party Bridge 12-Lunch 12:45 Great Decisions class	6 10:15 Senior Dance Aerobics 10:30-Beginners Party Bridge 12-Lunch 12:45 Movie 12:45- Mexican Train	7 10:15 Art with Julie 10:30 Poetry 12-Lunch 12:30 Pitch 12:45 French Village	8 11-Card making 11:30 Strength and Stretch 12:30 Yoga Kate 12- Mah Jong 12:30 crafting time	9
10	11 10:15 Strength and Stretch 11:00- Yoga with Chris 12:00 Lunch 12:30-Inter Chess 12:45- Movie 12:45 Guided Meditation 1pm Beg Chess	12 10:15 Art Jill 10:30-Comp. Party Bridge 12- lunch 12:45 Great Decisions class	13 10:15 Senior Dance Aerobics 10:30-Beginners Party Bridge 12-Lunch 12:45 Movie 12:45- Mexican Train	14 10:15 Art with Julie 10:30 Poetry 12-Lunch 12:30 Pitch 12:45 French Village	15 11-Card making 11:30 Strength and Stretch 12:30 Yoga Kate 12- Mah Jong 12:30 Pottery Painting	16 Art Show 1-3pm
17	18 10:15 Strength and Stretch 11:00- Yoga with Chris 12:00 Lunch 12:30-Inter Chess 1pm Beg Chess 12:30 Grief Support 12:45 Guided Meditation 12:45- Movie 6 Board Meeting	19 10:15 Art Jill 10:30-Comp Party Bridge 12:00- Lunch 12:30 Alzheimer's presentation 6:45 Salt City Auto Modelers	20 10:15 Senior Dance Aerobics 10:30-Beginners Party Bridge 12-Lunch 12:45- Movie 12:45- Mexican Train	21 10:15 Art with Julie 10:30 Poetry 12-Lunch 12:30 Pitch 12:45 French Village	22 11-Card making 11:30 Strength and Stretch 12:30 Yoga Kate 12- Mah Jong 12:30 crafting time	23
24/3 1	25 CLOSED	26 10:15 Art Jill 10:30-Comp. Party Bridge 12-Lunch 12:45 Book Club 1-3 Rumage sale intake	27 10:15 Senior Dance Aerobics 10:30-Beginners Party Bridge 12-Lunch 12:45- Movie 12:45- Mexican Train	28 B'Day Cel. \$8 10:15 Art with Julie 10:30 Poetry 12- b'day Lunch Entertainer Jilissa Vellake 12:30 Pitch 1-3 Rumage sale intake	29 11-Card making 11:30 Strength and Stretch 12:30 Yoga Kate 12- Mah Jong 12:30 crafting time	30



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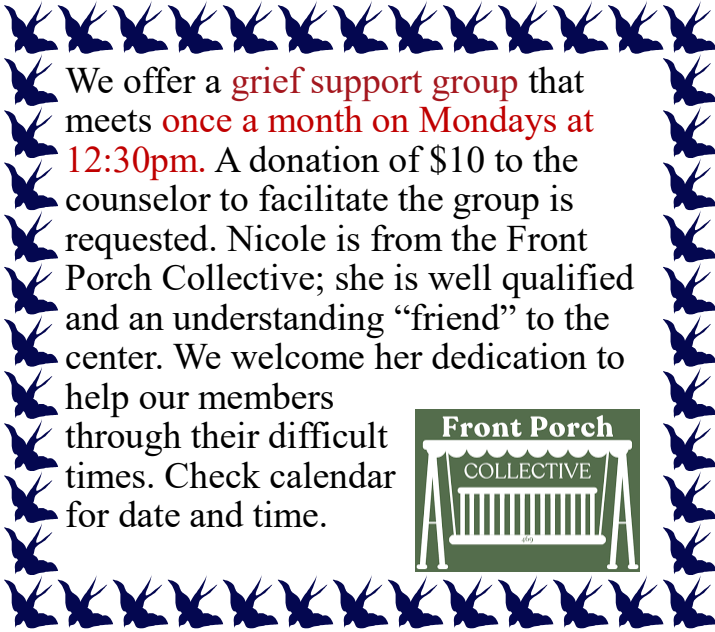
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Su	Mon	Tue \$7	Wed \$7	Thu \$7 12:30	Fri	Sat
	1 White Bean Soup Caesar salad Smoothie Protein Bar	2 Shepherds Pie Peas Fruit Dessert Beverage	3 Fish Sandwich Fries Fruit Dessert Beverage	4 Mac and Cheese Salad Fruit Dessert Beverage	5 Desserts and Beverages Free Orchestra performance 1:30pm	6
7	8 Turkey Club Green Goddess Salad Smoothie Protein Bar	9 Godfather Sandwich (mixed meat) Chips Fruit Dessert Beverage	10 Beef Stroganoff With Noodles Mixed Veggies Fruit Dessert Beverage	11 Mixed Veggie NAAN Pizza Salad Fruit Dessert Beverage	12 Community BBQ \$10 5-7 pm Hot Dogs/ Hamburgers Pasta Salad Baked Beans Watermelon Strawberry Shortcake	13
14	15 Creamy Mushroom Soup Italian Chopped Salad Smoothie Protein Bar	16 Sloppy Joe Seasoned Fries Fruit Dessert Beverage	17 Hot Dogs with all the fixings Pasta Salad Fruit Dessert Beverage	18 B'Day \$8 Ham Mashed Pot Baby Carrots Green Beans Roll B'Day cake	19 NO LUNCH	20
21	22 Turkey cranberry Pinwheel Sandwich 1/2 salad Smoothie Protein Bar	23 Goulash Salad Fruit Dessert Beverage	24 CLOSED for RUMMAGE SALE SET-UP	25 CLOSED for RUMMAGE SALE SET-UP	26 CLOSED FOR RUMMAGE SALE Pre-sale hours 5:30-7pm Entrance fee donation \$5.00	27 Rummage SALE 9-1pm
28	29 Marry Me Chicken Salad Sandwich Salad Smoothie Protein Bar	30 Cheese/ Hamburgers Mac Salad Fruit Dessert Beverage	1 BLT on white Chips Fruit Dessert Beverage	2 Egg/tuna salad sandwich Salad Dessert Beverage	3 CLOSED HAPPY 4th	



Events

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7	8 10:15 Strength and Stretch 11:00– Yoga with Chris 12:00 Lunch 12:45 Guided Meditation 12:45- Movie 12:30-Inter Chess 1pm Beg Chess 1-3 Rumage sale intake	9 10:15 Art Jill 10:30-Comp. Party Bridge 11-1:30 senior health education Upstate 12-Lunch	10 10:15 Senior Dance Aerobics 10:30–Beginners Party Bridge 12-Lunch 12:45– Movie 12:45– Mexican Train	11 10:15 Art with Julie 10:30 Poetry 12:00-Lunch 12:30 Pitch 12:45 French Village 1-3 Rumage sale intake	12 11–Card making 11:30 Strength and Stretch 12:30 Yoga Kate 12– Mah Jong 12:30 crafting time 5-7pm Community picnic with live band	13
14	15 10:15 Strength and Stretch 11:00– Yoga with Chris 12:00 Lunch 12:45 Guided Meditation 12:30-Inter Chess 1pm Beg Chess 6 Board Meeting	16 10:15 Art Jill 10:30-Comp Party Bridge 12:45 BINGO 6:45 Salt City Auto Modelers	17 10:15 Senior Dance Aerobics 10:30–Beginners Party Bridge 12-Lunch 12:45– Movie 12:45– Mexican Train	18 B'day Cel. \$8 10:15 Art with Julie 10:30 Poetry 12:00 B'day lunch 12:30Pitch 12:45Movie	19 11–Card making 11:30 Strength and Stretch 12:30 Yoga Kate 12– Mah Jong 1:00 Bracelet Class	20
21	22 10:15 Strength and Stretch 11:00– Yoga with Chris 12:00 Lunch 12:30-Inter Chess 12:30 Grief Support 12:45 Guided Meditation 1pm Beg Chess	23 10:15 Art Jill 10:30-Comp Party Bridge 12:00– Lunch	24 CLOSED FOR RUMMAGE SALE PREP	25 CLOSED FOR RUMMAGE SALE PREP	26 CLOSED FOR RUMMAGE SALE PREP Reopen 5:30 for pre-sale Entrance fee donation of \$5	27 Rummage Sale 9-1pm
28	29 10:15 Strength and Stretch 11:00– Yoga with Chris 12:00 Lunch 12:30-Inter Chess 12:45 Guided Meditation 1pm Beg Chess	30 10:15 Art Jill 10:30-Comp. Party Bridge 12-Lunch	1 10:30–Beginners Party Bridge 12-Lunch 12:45– Movie 12:45– Mexican Train	2 10:15 Art with Julie 10:30 Poetry 12:00Pitch 12:45 French Village	3 CLOSED HAPPY 4th	4



We offer a **grief support group** that meets **once a month on Mondays at 12:30pm**. A donation of \$10 to the counselor to facilitate the group is requested. Nicole is from the Front Porch Collective; she is well qualified and an understanding “friend” to the center. We welcome her dedication to help our members through their difficult times. Check calendar for date and time.



In Memory of our Deported members

Pat Petrulla, Karen Ziomek

May you rest in peace



A Word on Legacy or Planned Giving

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 3-5% 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 FCAA Board of Directors, or call Jan Lane at the Community Foundation, 315-883-5546**

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. Meetings are held at the Fayetteville Center for Active Adults on the **3rd Tuesday** of every month from **6:45 pm-9 pm**, and the next gatherings are scheduled for **May 19 and June 16**. It's all FREE, and if you have any questions, please call David Best at 315-663-7045, or talk to Janet.



To Our Membership,

The Center is more than a building—it’s a lifeline. It means connection instead of loneliness, hope instead of silence. Through your continued generosity and support we offer a variety of activities, community-based programming, and initiatives, as well as healthy meals for our 50+ population. We can’t do this alone. The saying “It Takes a Village” is more than figurative... Your donations are vital to our organization. Just a \$10 donation per household would put us well on our way to success.

In 2025, your generous donations brought kindness beyond measure to our members. Our heartfelt thanks to those who help our cause with a charitable donation.

Your financial support has helped us in the past year in so many ways, such as:

- Providing thousands of meals, educational programs, and social activities
- Offering new concepts in physical and mental health programs
- participation in several Community outreach projects

Please help us build a solid foundation for the changing needs of tomorrow. We invite you to stop by and see our home away from home. This year, The Board of Directors at the Fayetteville Center for Active Adults has established a goal of \$50,000 for our Annual Appeal Campaign.

We are thankful for **all** donations, no matter the level of giving.

You can truly make a difference in someone’s life.

The Center is a 501 (c) (3) Not-For-Profit Corporation

Warm Regards,

Barbara Arnold, Board Chair

Janet Best, Director

Please maintain this section for your records:

2026 Fayetteville Center for Active Adults Annual Appeal.

Tax ID # 16-1143963

Amount Donated \$ _____

Cut ----- *Cut*

**You can return your generous gift to us in the enclosed envelope or through our website:
www.fayctractiveadults.org**

Name (please print) _____

Address _____

Enclosed is my check made payable to Fayetteville Center for Active Adults

\$500(Gold)___ \$200(Silver)___ \$100(Copper)___ \$50(Nickel)___ other ___

Credit Card ___ VISA ___ MC ___ AMEX

Card # _____ CVC _____

ZIP _____ EXP _____

Signature _____



FAYETTEVILLE CENTER FOR ACTIVE ADULTS

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Interim Chairman:

Barbara Arnold

Secretary:

Patti Baker

John Disque

Barbara Hanzalik

Mary Kilpatrick

Jill McAndrew

Mark Olson

Stefano Selenu

Village Liaison:

Jane Rice

*Mayor:

Mike Small

*Financial Advisor:

Tina Leonard

"Profit and Sense"

Mission Statement

The Fayetteville Center for Active Adults 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.

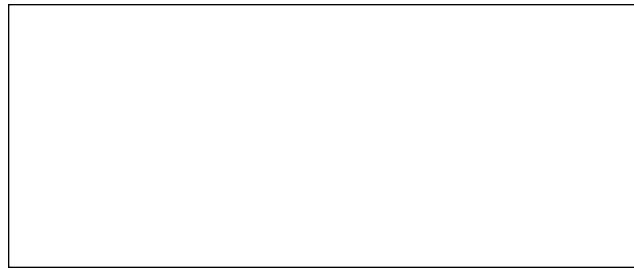
**584 E Genesee Street
Fayetteville, NY 13066
Phone: (315) 637-9025**

Hours: M-TH 10am-3pm Fri 10am-3:30pm

**Email: Fcactiveadults@gmail.com
Website: www.fayctractiveadults.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 6pm Mon., May 18 and June 15**

OFFICE HOURS MONDAY-THURSDAY 10-3pm FRIDAY 10-3:30pm



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Fayetteville Center for Active Adults
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