

THE SILVER TIMES



FAYETTEVILLE CENTER FOR ACTIVE ADULTS

584 EAST GENESEE STREET
FAYETTEVILLE, NY 13066

OUR STAFF:

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

MAY 2025

COME CHECK OUT OUR NEW FLYER STATION. FURTHER DETAILS ABOUT EVENTS AND NEW PROGRAMS ARE AVAILABLE!

Dear Members, the appearance of the newsletter is changing. In July/August, we will be going to a bi-monthly newsletter. The rising cost of the postage, paper, and printing, has become a burdensome cost for the center.

Changes you will notice in the next two months:

- Cover will have upcoming special events, fundraisers, or special messages.
- New programming will be on page 2
- Page 3 will be your information page
- Weekly programs are listed on page 4, monthly on page 5 with birthdays
- Page 6 is movies for Monday and Wednesday
- Page 7 & 8 are your calendars
- Page 9 is memorials
- Page 10 is the back page

If you need any additional information on a program, you can call, pick up a flyer, or check the website for program descriptions.



PRESENTING THE SPIRIT OF SYRACUSE CHORUS DINNER/ CONCERT MAY 16, DINNER 5:30pm \$25.00 per

Join the award-winning Spirit of Syracuse Chorus for an evening of acappella favorites to support the Fayetteville Senior Center! Music will include traditional American barbershop, contemporary favorites, and everything in-between all sung in 4-part harmony by the Spirit of Syracuse Chorus. This family-friendly event welcomes music-lovers of all ages and singing along is highly encouraged!

Menu includes: Fresh Salad, Chicken Marsala on Spaghetti, Side of Carrots, Fruit salad, Roll, and Assorted Cheesecake

RSVP with payment no later than May 14th. Sign up early!!

Thank you to Jill McAndrew, Chorus member and FCAA Board Member for the center for making this possible



RUMMAGE



FOR CHARITY

Friday, June 27 5-7PM \$5 ENTRANCE FEE

Saturday, June 28 8-2PM FREE

Items and Volunteers Needed!!!

Accepting Items from May 1, 10-11:30 and 12:45-3pm till June 24th M-F

We will be accepting gently loved, clean, sellable items. We will need volunteers for intake, pricing, set-up, working the sale, and clean-up. All positions will be posted on the bulletin board outside the office. All you have to do is sign your name, phone number where you can be reached, how you would like to help, and when you would like to help. Please See Janet if you need any other information.

315-637-9025 Sign up is on the bulletin board.

NEW PROGRAMMING/EVENTS

Defensive Driving Classes

AARP SMART DRIVERS COURSE

JUNE 12-13, 11AM-2:30PM

The Senior Center has partnered up with AARP offering the Smart Drivers defensive driving course. This course is designed to reintroduce good driving habits that might've been lost over the years, explain new car features, and deduct 10% off of your insurance for a three year period. After 18 months it can also reduce points on your license. We have a brand new instructor, Bob McMahon. Bob is a member of our center and was willing to take the hours of training to become a volunteer for AARP. We are very happy to have him here and provide this valuable service. **AARP members \$31.95 and for non-members \$34.95. You must call 637-9025 to register and PAY The course checks need to be written out to AARP not the center. Lunch will be available at noon if you wish to participate. Lunch donation of \$6. Reservations due 24 hours in advance**



CENTER FOR
AGING RESOURCES
AND ENRICHMENT

7 WEEK FALL PREVENTION CLASS AT FSC

Tues., June 10 1:15pm, CARE, a program from Le Moyne

College and the Office of the Aging, are sponsoring this **FREE 7 week course** in fall prevention **AT FSC**. Thru Education and Exercise, Paul Musso and Meghan Winje from LeMoyne, will be presenting proactive as opposed to reactive fall prevention. You will receive an individual fall assessment as well as an exercise program.

This program builds on the previous class. You need to attend all 7 classes to get the full benefit. If not attending you must call. Please call 315-637-9025 to sign up We need 10 to have the class SIGN UP TODAY!!!!



Heroic Women of New York-Three Part Series

1. Thurs., May 8th, 12:30, Susan B. Anthony & Elizabeth Cady Stanton Documentary and discussion
2. Thurs., May 15th, 12:30, Matilda Joslyn Gage presenter Ciarral Eaton, Oper. Dir., Gage House Inspiration for The Matilda Effect
3. Thurs., May 22, 12:30, Frances Perkins Documentary followed by Q&A with Mary Reid, Program and Operations Associate at the Frances Perkins Center



Exercise protects against anxiety, depression, reduces stress, improves sleep and digestion, and boosts self-esteem. It's wise to speak with your doctor before starting any exercise program **Our Classes will be all inclusive** meaning that you will be shown variations allowing you to sit to exercise or stand to exercise, whichever fits your fitness level and interest best.

Mon & Fri. 10:15am-11:45am Chair yoga is a gentle, beginner-friendly variant of yoga that offers a safe, supportive way to get some of the many benefits of yoga. Our class will be seated or with the use of a chair for balance while standing. We won't be doing any exercises on the floor

11am-11:30pm Stretch & Strength is a program designed to help adults of all fitness levels become more active, energized and empowered to sustain independent lives. Participants are led through a brief warm up, strength training, stretching, balance exercises and a cool down.

11:45pm-12:15pm Tai Chi gentle low impact exercise that combines slow flowing movements with focused breathing

12:30pm-1:30pm Wii Sports Monday Only During a Wii game, players hold the Wii Remote (looks like a tv remote) to control actions in the game shown on a tv screen by mimicking real-life movements (such as swinging a tennis racket or rolling a bowling ball)

OPEN TO ALL

8th Annual Fayetteville Center for Active Adults Art Show

**Art work by
FCAA Tuesday Art Class**

Saturday, May 31st,
Exhibit open from 1-3PM

Fayetteville Center for Active Adults
(Formerly known as the Fayetteville Senior Center)

584 E. Genesee St
315-637-9025

ANNUAL APPEAL MAY UPDATE

By now, you all should have received FSC's Annual Appeal Letter in the mail. We can't express enough how important your support is to continue the programming of the center. Being a small not-for-profit in today's world is a very difficult. Currently we have raised \$16,000 of our goal of \$35,000. Only thirty nine households in our membership, out of 343, have donated to our campaign. All donations count and help us to continue our mission in serving the senior population. This year, in our June Newsletter, we will be listing our supporters by level of giving. Each and every one of you is appreciated for your donation. We are invested in you, your wellbeing and are committed to meeting 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 donating to your favorite charity please think of us. Please go to www.faysrctr.org for your Annual Appeal Donation Form. Thank you

LOOK WHATS COMING UP IN 2025

- ♦ **May: 5/16** Spirit of Syracuse Chorus & dinner, **5/31** Jill's Class Art Show
- ♦ **June: 6/27 & 28** Rummage Sale, **6/20** Summer Kick-off cookout
- ♦ **July: TBA** Harvey's Beer Garden
- ♦ **August: 8/6** Car Model Swap Meet and Car Show **8/15** Chicken BBQ
- ♦ **September: 9/20** Fay. Festival , **9/26** Murder Mystery Dinner
- ♦ **October: 10/24** Annual Fundraiser
- ♦ **November: 11/25** Thanksgiving Take out, **11/28** Village Tree lighting
- ♦ **December: 12/12** Holiday Party/ entertainment

**RUMMAGE SALE DONATIONS ACCEPTED MAY 1-JUNE 24, SEE LIST BELOW BEFORE BRINGING ITEMS
PLEASE CALL 315-637-9025**

RUMMAGE SALE LIST ACCEPTED ITEMS

- Dvd's
- Household goods
- Toys and games
- Pictures
- Antiques
- Purses
- Books
- Pots and pans

- Seasonal items
- Outdoor games, bikes, tools etc...
- If in doubt **CALL**

NOT ACCEPTED

- Mattresses
- Bedding/pillows, rugs,
- Exercise equipment
- Food items
- Open items
- Clothing, Shoes

- Electronics
- Dirty or moldy smelling items
- Broken or unusable items

We have the right to refuse items if they are broken, in disrepair, dirty, unsellable, or have any odors. These items will be returned to you.

WEEKLY PROGRAMS For further details call 315-637-9025 or check website

MONDAY

YOGA: Mondays 10:15-10:45 chair yoga

Strength and Stretch: Mondays 11-11:30 increase you stamina, flexibility, and balance

Tai Chi: Mondays 11:45-12:15 flowing movements, low impact

Wii Bowling: Mondays 12:30-1:30 join the group to have fun. Can be done sitting or standing

Monday Movies: Mondays 1:30 classic and musicals **FREE** popcorn/beverage offered

TUESDAY

Jill's Art Class: Tuesday 10:15 6 week session perfecting whatever form of art medium you would like to learn or expand on.

Party Bridge: Tuesday 10:30 Competitive group

WEDNESDAY

Mexican Train Wednesdays: every Wed. at 12:30pm. Come play this creative domino game

Party Bridge: Wednesdays 10:30am. Beginners group

New Release Movies: Wednesdays 12:30 **FREE** See list on page 6 Popcorn /Beverage offered

THURSDAY

Julie Watercolor Class: Thursday 10:15 6 week session will begin with a focus on color theory and brushstrokes.

Poetry: Thursday 10:30 no experience needed, ideas provided, come and write or just listen

Thursday Pitch: every Thursday 12:30 Card game involving Hi-Low-Jack

FRIDAY

YOGA: Friday 10:15-10:45 chair yoga

Strength and Stretch: Friday 11-11:30 increase you stamina, flexibility, and balance

Crafting for a Cause/ Card Making: Fridays 11AM

Tai Chi: Friday 11:45-12:15 flowing movements, low impact

Mah Jong Fridays: Mah Jong Fridays at 12pm! All levels welcome.

"Carnation, Lily, Lily, Rose"

Twilight the magical time between day and night
Two little girls setting Japanese lanterns alight
Is a garden party about to begin?
Will there be dining accompanied by violin?
I have a vivid imagination I suppose
Is one girl Lily? The other Rose?
Can you smell the sweet perfume?
From so many flowers all in bloom?
Are the girls allowed to stay up late
And in the festivities partake?
Such an enchanting scene
Softly lit, is it a dream?



Poem: Kay Faus

"CRAFTING FOR A CAUSE" and "Cards For Kindness"

We have teamed up with the Ronald McDonald House and Creative Kindness.com Group meets (5/2, 5/9, 5/16, 5/30) Fridays at 11am, let's sit together, enjoy each others company while providing some much needed comfort and support to others.

THERE IS NO EXPERIENCE NEEDED!

Join us for a cup of coffee, tea or cocoa, and meet new people, help some people in need or just bring your own crafts and have a little fun.

WE NEED YOU!!

If you have a project started and don't have motivation to finish it, bring it with you.

We are currently in need of candy to fill our candy bowls. We have so many people occupying the building that the candy has become a very popular item that disappears rapidly. We just can't seem to catch up. Any candy is welcomed, hard candy and chocolate are the most popular.



MONTHLY PROGRAMS For further details call 315-637-9025 or check website

MONDAY

BINGO with Noble: Join Noble Companion for a short presentation, **BINGO** and Dessert Monday, May 12, 12pm **Bring a lunch**

Grief Support with Nicole: Monday, May 19 12:30 Find comfort and Support with others

Board Meeting: Monday, May 19 6pm monthly accounting of the business

TUESDAY

Edward Jones: Tuesday, May 6, 12:00 Charitable Giving

The Hearth: Tuesday, May 6, 12:30 learn about your options for care

Onondaga PT: Tuesday, May 13, 12:30 Arthritis Talk Treatments, plans of action and PT

French Village: Tuesday, May 20, 12:30 Continuation of our WWII Series film

Salt City Auto Modelers: Tuesday, May 20, 6:45 local model group build, show, or enjoy the craft of expert design.

Dr. Tice Superintendent of FM Schools: Tuesday, May 27, 12:15 State of our Schools after the vote

French Village: Tuesday, May 27, 1:00 Continuation of our WWII Series film

THURSDAY

D Day Presentation, Part 2: Thursday May 1, 12:30 Leadership, specific plans of action, and tactics on the beaches of Normandy

History Presentation on Susan B Anthony & Elizabeth Cady Stanton: Thursday, May 8, 12:30

History Presentation on Matilda Gage: Thursday, May 15, 12:30

History Presentation on Frances Perkins: Thursday, May 22, 12:30

Birthday Celebration with Piano Entertainment: Thursday, May 29 12:30 sounds of Mike Burns

FRIDAY

Book Club: Friday, May 9 1:00 "Sisters of Mokama" By Jyoti Thottam

Spirit of Syracuse Chorus Dinner and Concert: Friday, May 16, Dinner at 5:30 pm concert to follow

\$25

Women of Wit and Wisdom (WWW): Friday, May 30, Let's plant some flowers for ourselves to take

MAY BIRTHDAY

Barbara Forth	05/02
Mark Sostrin	05/03
Diane Haller	05/04
Christine Young	05/04
Mary Milioto	05/05
Bill Alden	05/06
Daniel Elliot	05/06
Monica Woods	05/06
Janet Shaw	05/07
David Hatch	05/10
Pat Italiano	05/11
Bernadette Vause	05/12
Cheryl Matt	05/14
Susan Hemmerlein	05/15
Michele Middleton	05/15
Margaret Jaconski	05/16
Pat O'Connor	05/17
Susan Gilbert	05/18
Lori Rupp	05/20
Mark Matt	05/21
Joan Nicholson	05/11

Joan Kinsella	05/25
Scott Shablak	05/25
Eileen Pronto	05/26
Amy Himes	05/27
Charles Moore	05/29
Elaine Foley	05/30
Arnie Rubenstein	05/30



May Birthday Celebration Lunch & Entertainment

Lunch, **Thursday, May 29, at 12:00pm**

RSVP BY 5-27 Menu: see Menu Calendar.

Cost- **non-birthday is a donation \$8.**

Birthday in May, FREE with birthday coupon (check the b'day card you received)

****There are NO TAKE-OUTS for this meal****



Monday at the Movies 1:30pm
Wednesday at the Movies 12:30pm
POPCORN INCLUDED
DONATION WELCOMED
Movies are open to everyone.

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

MONDAY

MAY IS THE BEST OF PAUL NEWMAN MONTH SERVING PAUL NEWMAN POPCORN

Mon., May 5, 1:30pm, “Fat Man and Little Boy” PG-13 2hr 13Min Starring: Paul Newman. In the remote desert of New Mexico, "The Manhattan Project" is materializing -- the World War II effort to build the atomic bomb. Oscar-winner Paul Newman (Hud, Nobody's Fool) stars as General Leslie Groves, the military man in charge of a massive project that will produce two weapons: "Fat Man" and "Little Boy". Dwight Schultz (The Temp, Star Trek: First Contact) is J. Robert Oppenheimer, the brilliant scientist attempting to bring the startling mission to fruition. And Bonnie Bedelia, John Cusack, Laura Dern and Natasha Richardson co-star in this "stunning profoundly moving" film (Michael Medved, Sneak Previews) that re-creates one of history's most compelling chapters one that resulted in the mushroom-shaped specter that changed the world forever.

Mon., May 12, 1:30pm, “Cool Hand Luke” PG-13 2 hr. 01 min. Starring: Paul Newman A gutsy prison inmate refuses to yield to authority.

Mon., May 19, 1:30pm, “The Verdict” R 2hr 08Min Starring: Paul Newman An explosive lawsuit presents a small-time lawyer with a chance to redeem his once-promising career.

WEDNESDAY

NEW RELEASE WEDNESDAY

Wed., May 7, 12:30 pm, “Mother of the Bride” PG, 90 min. Starring: Brooke Shields
COMEDY: Lana's daughter Emma returns from abroad and drops a bombshell: she's getting married. In Thailand. In a month! Things only get worse when Lana learns that the man who captured Emma's heart is the son of the man who broke hers years ago.

Wed., May 14, 12:30 pm, “Green and Gold” PG-13, 95 Min. Starring Craig T. Nelson
DRAMA: With American farms disappearing, a fourth-generation dairy farmer and his granddaughter fight to preserve their way of life. Facing foreclosure, they wager everything on their beloved Green Bay Packers in a Hail-Mary effort to save their little chunk of dirt.

Wed., May 21, 12:30 pm, “The Friend” R 120 Min. Starring Naomi Watts
DRAMA: Writer and teacher Iris finds her comfortable, solitary New York life thrown into disarray after her closest friend and mentor bequeaths her his beloved 150 lb. Great Dane. The regal yet intractable beast, named Apollo, immediately creates practical problems for Iris, from furniture destruction to eviction notices, as well as more existential ones. Yet as Iris finds herself unexpectedly bonding with Apollo, she begins to come to terms with her past, and her own creative inner life in this story of healing, love, and friendship.

Wed., May 28 12:30 pm, “The Amateur” Pg-13 123 Min. Starring Rami Malek
DRAMA: After his life is turned upside down when his wife is killed in a London terrorist attack, a brilliant but introverted CIA decoder takes matters into his own hands when his supervisors refuse to take action



MENU

- **Tues. –Thurs. 12:00 Lunch \$6, Friday 4:00-4:15 Dinner \$14 take-out**
- **Always check for special events during the month as prices may change.**
- **Menu is subject to change! Beverages included with lunches. Desserts \$1.00 extra**
 - **Alternative meals available for food allergies, just ask ahead of time.**
 - **Lunch Take outs available for an additional \$1.00 per meal.**
 - **Lunch starts promptly at NOON unless otherwise noted.**

Sun	Mon	Tue \$6	Wed \$6	Thu \$6	Fri \$14 p/u 4-	Sat
				1 Chicken Salad on Croissant Chips Fruit	2 Lasagna with Meatballs Salad Fruit Italian Bread/ Garlic Bread Dessert	3
4	5 Movie Popcorn & Beverage	6 BLT Mac salad Fruit	7 Shepard Pie Salad Fruit	8 Choice of Quiche Salad Fruit	9 BBQ Pork Spare Ribs Mashed Pot Roasted Carrots Fruit Corn Bread Dessert	10
11	12 Movie Popcorn & Beverage	13 Tuna/Egg salad Sandwich with lettuce and tomato Chips fruit	14 Bacon Cheeseburgers Waffle fries Fruit	15 Grilled Cheese Choice of soup Tomato/Chicken Noodle Fruit	16 IN HOUSE NO TAKE OUT Spirit of Syracuse Chorus Dinner & Show See Article for details \$25	17
18	19 Movie Popcorn & Beverage	20 hot dogs with all the fixings Beans fruit	21 Meatball Sub Salad Fruit	22 Sloppy Joes Chips Fruit	23 CLOSED	24
25	26 CLOSED	27 Chicken Caesar Salad Italian Bread Fruit	28 Sausage Peppers and Onions Pasta Salad Fruit	29 b'day \$8 Meat loaf with gravy Mashed Pot Peas Fruit BDay Cake	30 Chicken with Roasted Red Pepper Sauce Broccoli Rice Fruit Dessert	31



Events

Pg.8

S

Mon 10-3

Tues 10-3

Wed 10-3

Thurs 10-3

Fri 10-4

Sat

				1 10:15 Art with Julie 10:30 Poetry 12:00 Lunch 12:30 Pitch 12:30 D'Day Pres. Part 2	2 10:15 Yoga 11- Strength Class 11:45 Tai Chi 11-Crafting for a cause 12- Mah Jong 4-4:15 Drive thru Dinner	3
4	5 10:15 Yoga 11- Strength CLASS 11:45 Tai Chi 12:30 Wii Bowling 12:30-Inter Chess 1pm Beg Chess 1:30- Movie	6 10:15 Art Jill 10:30-Comp. Party Bridge 12-Lunch 12-Edward Jones 12:30 pres. the Hearth	7 10:30- Beginners Party Bridge 12-Lunch 12:30- Movie 12:30- Mexican Train	8 10:15 Art with Julie 10:30 Poetry 12-Lunch 12:30 Pitch 12:30 Susan B Anthony/ Elizabeth Cady Stanton	9 10:15 Yoga 11- Strength Class 11:45 Tai Chi 11-Crafting for a cause 12- Mah Jong 1pm Book club 4-4:15 Drive thru Dinner	10
11	12 10:15 Yoga 11- Strength CLASS 11:45 Tai Chi 12:30 Wii Bowling 12 Noble Comp BINGO 12:30-Inter Chess 1pm Beg Chess 1:30- Movie	13 10:15 Art Jill 10:30-Comp Party Bridge 12:00- Lunch 12:30 Onondaga PT	14 10:30- Beginners Party Bridge 12-Lunch 12:30- Movie 12:30- Mexican Train	15 10:30 Poetry 12:00 Lunch 12:30 Pitch 12:30 Matilda Gage	16 10:15 Yoga 11- Strength Class 11:45 Tai Chi 11-Crafting for a cause 12- Mah Jong 5-Spirit of Syracuse Dinner and Concert	17
18	19 10:15 Yoga 11- Strength CLASS 11:45 Tai Chi 12:30 Wii Bowling 12:30 Grief Support 12:30-Inter Chess 1pm Beg Chess 1:30-Movie Monday 6pm Board Meeting	20 10:15 Art Jill 10:30-Comp Party Bridge 12:00- Lunch 12:30 A French Village 6:45 Salt City Auto Modelers	21 10:30- Beginners Party Bridge 12-Lunch 12:30- Movie 12:30- Mexican Train	22 10:30 Poetry 12:00 Lunch 12:30 Pitch 12:30 Frances Perkins	23 CLOSED	24
25	26 CLOSED Memorial Day	27 10:15 Art Jill 10:30-Comp Party Bridge 12:00- Lunch 12:15 Visit Dr. Tice FM Schools 1:00 A French Village	28 10:30- Beginners Party Bridge 12-Lunch 12:30- Movie 12:30- Mexican Train	29 10:15 Art with Julie 10:30 Poetry B'Day \$8 12-Lunch Music by Mike Burns 12:30 Pitch	30 10:15 Yoga 11- Strength Class 11:45 Tai Chi 11-Crafting for a cause 12- Mah Jong 1pm WWW 4-4:15 Drive thru Dinner	31 Tues. Art Class Art Show 1-3



In Memory of our Dearly Departed members

May you rest in peace

***Russ Wood, Richard Gingold, Bob Racey,
Fred Wenthen & Judith Baumler***



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 FSC Board of Directors, or call Jan Lane at the Community Foundation, 315-883-5546**



FAYETTEVILLE CENTER FOR ACTIVE ADULTS

Board of Directors

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Jane Rice

**Mayor: Mike*

Small

Mission Statement

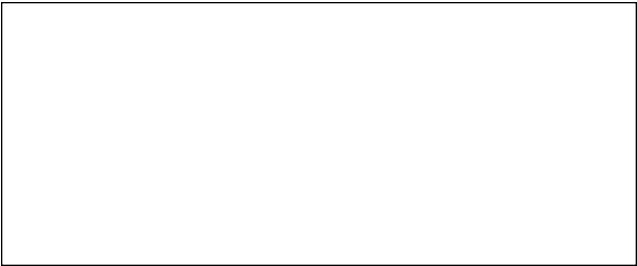
The Fayetteville Center for Active Adults meets the challenges facing the senior community by offering social activities, education, health and recreational programs, nutritional programs and other activities in friendly, comfortable surroundings.

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

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

**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.
*May Meeting is 6pm Mon., May 19, 2025***



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Organization

Fayetteville Center for Active Adults
584 East Genesee Street
Fayetteville, NY 13066