

# 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

# Mar. & Apr. 2026

## MAYOR'S ANNUAL DRIVE THRU TURKEY DINNER

**DATE:** March 1, 2026

**PICK-UP TIME:** **4:00-5:00 pm** for **reserved**,  
**5:00-5:30 pm** for **walk-ins**



This annual fundraiser was started long ago by Former Mayor McIntosh, expanded by Former Mayor Mark Olson, and now continued by Mayor Mike Small. This is an important fundraiser for FCAA, generating in excess of \$5000 in donations each year. It involves the help of several local businesses, the employees of the Village of Fayetteville, the staff and Board of Directors of FCAA, and of course the commitment of Mayor Small to our Seniors.

- **DINNER INCLUDES:** Roast turkey, mashed potatoes, stuffing, gravy, squash, veggies, roll, cranberry sauce and choice of pie (you choose at pick-up)
- **DONATION: \$15** can be made thru cash, check or charge.
- **RESERVE A DINNER BY 2/26, PICK UP 4:00PM-5:00PM**
- **WALK-INS WELCOMED 5:00PM-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)***.

## Annual Appeal 2026.

Hopefully you have received the Annual Appeal from FCAA in the mail. This year we are setting a goal of \$40,000 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 a 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.**

THE  
ANNUAL  
MEETING  
OF MEMBERS

**Make Your Voice Heard!** Please join us for our **Board of Directors Annual Meeting for the Members** on **Tuesday, April 28th. Lunch at 12pm, the meeting begins at 12:30pm. RSVP by 4/25.**

We will be providing a **FREE lunch at noon menu: Chicken & Rice Soup, Salad, Fruit, Dessert for those who attend the meeting.** We will be discussing future fundraisers and events for the center, reports from the committees, as well as the center's Annual Budget and election of new board members. Attendees will be able to meet with members of our Board of Directors following the meeting to discuss concerns or ask any questions you might have.

## 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.



# NEW PROGRAMMING/EVENTS

## St. Patrick's Day Luncheon performance by McDonald

### Irish School of Dance

Join us **Tuesday, March 17th** at **11:45 AM \$15.00 RSVP by 3/13** for a lovely Luncheon, appetizers, Irish Music and Dance. Let's liven up our day and come together to celebrate and enjoy ourselves.

Menu: **Corned Beef and Cabbage, Potatoes, carrots, Fruit, Irish Soda Bread & Irish American apple pie**  
**SORRY NO TAKEOUTS FOR THIS MEAL**

## "Finding Your Story" Workshop

Tuesday April 21 12:45

RSVP by 3/27 No writing experience needed, be your own personal storyteller. Your instructor Jen Shulman with gentle encouragement and expertise will make your journey fun and fulfilling.

Jennifer Shulman is a researcher, consultant, and author. Whether she is writing fiction, presenting focus group findings, or ghost writing a memoir, her goal is the same – to weave together a compelling narrative.

## GREAT DECISIONS

1918 • FOREIGN POLICY ASSOCIATION

2026 EDITION

-March, Tuesday 10, 24, & 31, Thurs. 19

-April, Tuesday 7 & 14,

-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

## Sit and Groove - Aerobics

Starting **March 4th at 10:30**

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 offering a trial 4 week class for \$20. if we can get at least 10 people we will continue to offer permanently.

**Class can be done sitting or standing.**

## NEW TIMES!!!!!!

### Mar & Apr Exercise CLASSES

**10:15am-10:45 Stretch & Strength** 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, free. Class is done to a YouTube Video.

**Chair yoga 11:00** Yoga Mondays with Chris DeAmicis, **\$1 donation per live** class. Friday's with DVD free. Stay for lunch and Meditation On Mondays to complete your Exercise and health routine.



## Doug's Fish Fry To-Go Truck **Tues., April 14, 11AM-6pm.**

The senior center is able to partner with Doug's to receive a portion of the profit. The more they sell, the more we make. Tell your friends and family to come on over and have a great meal. **NO SIGN-UP NECESSARY**

**Current prices and food available will be listed at the trailer when you order. Prices and combinations of food are subject to change.**



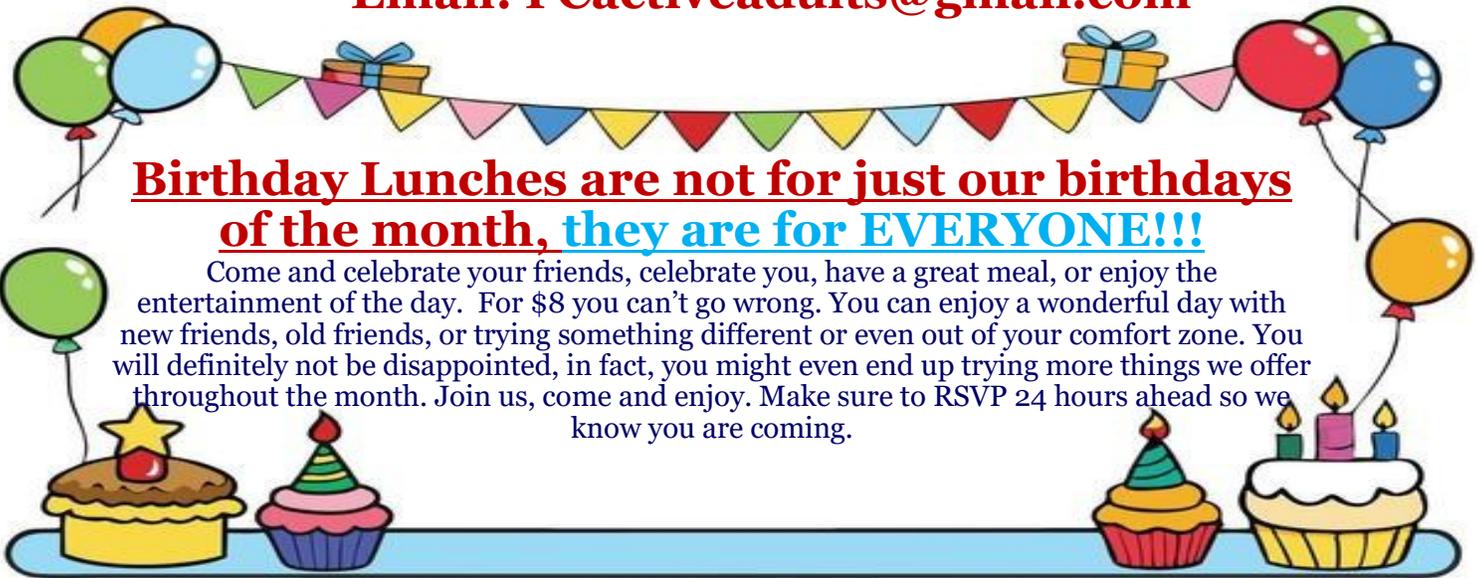
## IT'S MEMBERSHIP RENEWAL TIME

Our membership dues are **\$30 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 so we have the most current information in case of emergency.**

The form is located on the inside back of this newsletter.

Please make sure you register so you can still enjoy our programming.

**NEW website and email**  
**Www.fayctractiveadults.org**  
**Email: FCactiveadults@gmail.com**



## **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.



We are now offering lunches on Monday. They are healthy lunches right after our exercise programs and before our new Meditation program. This lunch is designed to replenish your energy and provide healthy choices at an affordable price. Check out the menu and events calendars for Mondays. You may just find something new you would like to try. Remember to sign up by Friday so we have enough..



### **CARD CLASSES / FRIDAY PAPER CRAFTING**

**NO EXPERIENCE IS NEEDED!**

We have a new crafting room. Come and check it out, learn, and make some new friends. Join us for a cup of coffee, tea or cocoa, make something, or bring your own crafts and have a little fun.

#### **\*\*\*NEW CARD CLASS:**

**11am-Card Craft time** Join Barb Arnold in the art of card making. Friday, March 13 at 11am, Friday, April 17 at 11am, you will receive a five card packet to create your own cards. Donation of \$5 is suggested. Everyone is welcome. Sign up in office.

#### **12:30- Sewing Group**

Free instruction if needed. Free Supplies, sewing machines ready for use, bring your own project or for a **\$10 donation** you can do one of our class projects (everything needed is provided).

## WEEKLY PROGRAMS For more info. call 315-637-9025 or check website

### MONDAY

**Strength and Stretch:** Mondays 10:15-10:45 increase you stamina, flexibility, and balance

**YOGA:** Mondays 11:00-12:00 chair yoga with Chris DeAmicis

**Guided Meditation:** Mondays 12:45

**Monday Movies:** Mondays 12:45 classic and musicals **FREE** popcorn/beverage offered

**Beginner and Intermediate Chess:** Mondays 12:30 Intermediate, 1pm Beginner

### TUESDAY

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

**Great Decisions Class:** Tuesday March 10, 24, & 31 Tuesday, April 7 & 14, Tuesday, May 5 & 12

**Party Bridge:** Tuesday 10:30 Competitive group

### WEDNESDAY

**Sit and Groove:** every Wed. at 10:30am. New, RSVP to attend first class.

**Mexican Train Wednesdays:** every Wed. at 12:45pm. Come play this creative domino game

**Party Bridge:** Wednesdays 10:30am. Beginners group

**New Release Movies:** Wednesdays 12:45 **FREE** Popcorn/Beverage offered

### THURSDAY

**Julie Watercolor Class:** Thursdays 10:15am 6 weeks. Must sign up. Check calendar for dates

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

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

**Readers Theater:** 12:45pm All Thursdays but B'Day

**Great Decisions Class:** Thursday March 19

### FRIDAY

**Strength and Stretch:** Friday 10:15-10:45 increase you stamina, flexibility, and balance

**YOGA:** Friday 11:00-12:00 chair yoga DVD

**Friday Crafting Corner:** Fridays 11am Cards, 12:30 sewing **NO EXPERIENCE NEEDED.**

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

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

### MONDAY

**Board Meeting:** Monday, Mar 16, 6pm, Monday, Apr 20, 6 pm. Monthly accounting of the business Members welcome to attend

**Grief Group:** Monday, Mar 23, 12:30pm, Monday, Apr, 20, 12:30 pm. You are not alone. Group is a support for anyone affected by a personal loss of any kind. \$10 donation **is held in front room (craft room) with closed doors**

### TUESDAY

**Book Club:** Tues., March 31, 12:45 "Dinners with Ruth" by Nina Totenberg Tues., 4/28 12:45 "By the Fire We Carry" Rebecca Nagle

**St. Patricks Luncheon and Irish Dancers:** Tues., March 17 11:45am

**Annual Meeting:** Tues., April 28, 12:00 lunch, 12:30 meeting. lunch is free for those who attend.

**Salt City Auto Modelers:** Tuesday, Mar 17, 6:45pm, Tuesday, Apr 21, 6:45pm local model group build, show, or enjoy the craft of expert design.

### THURSDAY

**BINGO** Thursday March 12 & April 14

**French Village:** Apr., 2, 16, & 23 Series following a village and Characters through WWII

**B'Day Celebration:** March, Thursday, 26, 12:00 lunch, **Movie(12:45pm)** movie "Wicked For Good" Thursday, April 30, 12:00pm lunch **Movie(12:45)** movie "Song, Sung, Blue"

### FRIDAY

**Pottery Painting:** March 20, 12:45

**Sinus Massage Intro:** April 24, 12:00pm

### SUNDAY

**Mayor's Drive Thru Turkey Dinner:** Sun., March 1, 4-5 RSVP pick up 5-5:30 walk-ins welcome

## **BIRTHDAYS FOR THE MONTHS OF MAR. & APR.**

### **MAR. BIRTHDAY**

3/1 Mary Kathryn Grossman  
 3/1 Stephen Nathan  
 3/1 Mike Prockup  
 3/2 Niles Bell  
 3/3 Suzanne Gilson  
 3/3 Brian North  
 3/3 Cindy Perrine  
 3/3 Annie Twichell  
 3/4 Jerry Klineberg  
 3/5 Shirley Anderson  
 3/6 Melanie Comito  
 3/6 Arlene Lance  
 3/6 Mariana Mangan  
 3/7 Patricia Baker  
 3/7 Hazel Curtis  
 3/7 Carol Seiban  
 3/7 Susan Vollmer  
 3/8 Charles Evans  
 3/9 Thomas Barbato  
 3/11 Spencer Brown  
 3/11 Raymond Colton  
 3/12 Nancy Walker  
 3/13 Caroline Davidson  
 3/15 Patricia Antonucci

3/16 Jeanne Lagergren  
 3/16 Patricia Nardella  
 3/16 Riva Wollen  
 3/18 Ed Zemanick  
 3/19 George Gay  
 3/22 Christina Wuerslin-Burr  
 3/22 Diane Davis  
 3/23 David Loftus  
 3/23 Paulina Murray-Lee  
 3/25 Sheila Coyne  
 3/25 Deanna Johnston  
 3/26 Ella Loftus  
 3/27 Wendy Braund  
 3/27 Lisa Thomas  
 3/28 Tessa Careaga  
 3/28 Peter Laudin  
 3/29 Pam Baran  
 3/29 Don Young  
 3/30 Joel Melnicoff



### **APR. BIRTHDAY**

4/1 Irene Bahouth  
 4/1 Bob Myers  
 4/1 Ann Van Malderghem  
 4/2 Cindy Chermak  
 4/2 Margaret Reagan  
 4/3 Janis Martin  
 4/4 Sharon Gifford  
 4/4 Steve Plank  
 4/6 Dan Barton  
 4/6 Michael McCabe  
 4/9 Martin Morganstein  
 4/9 Cynthia Seibel  
 4/10 Art Etringer  
 4/10 Susan Goldner  
 4/11 James Hickey  
 4/11 Barbara Sullivan  
 4/12 BJ Brang  
 4/13 Elizabeth Beeks  
 4/13 Bernie Schneider  
 4/14 Laura Stonefoot  
 4/14 Robert Van Maldeghem  
 4/15 Jeff Shapiro  
 4/16 Kerry Johnson  
 4/18 Walt Price

4/18 Arlene Pritzker  
 4/18 Joseph Roth  
 4/20 Sharon Casper  
 4/20 Mary Jane Trencansky  
 4/21 Marilyn Beattie  
 4/21 Lillian Krenick  
 4/22 Al Hanzalik  
 4/22 Karen Wortley  
 4/23 Ruth Buchanman  
 4/23 Cliff Buckley  
 4/23 Carol Gavan  
 4/23 Margie May  
 4/24 Bobbie Hampson  
 4/25 Charles Bodhead  
 4/26 Mary Anne Corasaniti  
 4/26 Alice Heffron  
 4/26 Kathy Miller  
 4/26 Jean Quadrini  
 4/29 Sandra Mulhern  
 4/29 William Olin  
 4/29 Joan Stephenson





# Poetry

## From Doing to Being

Each morning I wake up and put on my makeup and then I  
Fake left, go right and head for the front door, bypassing  
my office.

Sure there are emails, zoom calls, documents to review  
But today, I'm putting on my shades, adding a bounce to  
my step

And morphing into Tony Manero (Travolta/Saturday Night  
Fever)

With no particular place to go, but I feel the energy to keep  
on movin on.

I'm saying HI to everyone hand slapping the cute little kids,  
And waving to cars while rapidly fun punching the air. Two  
steps forward

One step back, a little side shuffle and a real attitude.  
Hey! You lookin at me? **Yes, I am crazy.** Get on board  
and feel the breeze, get in step with me and we'll start a  
flash mob.

We're not the only ones who need escape. WOW! Now  
there are 20 of us.

Voila! That phone is recording us, we'll be posted on social  
media

And become viral sensation. Merch galore, thousands of  
followers, Interviews with  
David Muir, Jimmy Fallon, National Public Radio and of  
course Rolling Stone Magazine.

I need a manager. A stylist and certainly a beefy security  
team. Please pass the shrimp

And some more Dom Perignon. How does my hair look  
from the right side?

You know! This is a lot more exciting than stepping into my  
office, I can dig it!

*\*\*You may find yourself behind the wheel of a large automo-  
bile and you may find yourself in a beautiful house with a  
beautiful wife and you may ask yourself well...how did I get  
here? Inspiration from the Talking Heads—of course\*\**

By Tony Marsallo



THURSDAYS 10:30am

### Illness Reminder

Out of consideration for all our members and staff, please stay home if you are coughing, sneezing, or have a sore throat. The flu and/or covid, is extremely contagious and you should stay at home for at least 36 hours once 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.



### Snow Day

It's that time of year again!! Remember if the Fayetteville-Manlius School District is closed, the Fayetteville Center for Active Adults 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. We are open if there is a delay.

### LOOK WHATS COMING UP IN 2026

- ◆ **March:** Mayor's Annual Turkey Drive Thru Dinner 3/1, St Pat's Day Tues., 3/17
- ◆ **April:** Volunteer appreciation luncheon, Annual Meeting luncheon, TBA
- ◆ **May:** **Jill & Julie Class** Art Show 5/16 1-3pm, summer Kick-off cookout 5/29.
- ◆ **June:** Rummage sale details TBA
- ◆ **July:** Mystery Dinner
- ◆ **August:** Chicken BBQ 8/14
- ◆ **September:** Fay. Festival 9/19, Spaghetti Dinner
- ◆ with live Music 9/25
- ◆ **October:** Annual Fundraiser TBA
- ◆ **November:** Annual Thanksgiving Take out dinner 11/24, Village Tree lighting 11/27
- ◆ **December:** Holiday Party/entertainment 12/11
- ◆ Many, many more monthly programs TBA





**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**

## **NEW RELEASES, MONDAYS IN MAR**

**Mon., Mar. 2, 12:45pm, “Good Fortune” R 97 Min. Starring Keanu Reeves,** A well-meaning but rather inept angel named Gabriel meddles in the lives of a struggling gig worker and a wealthy capitalist.

**Mon., Mar. 9, 12:45pm, “Dust Bunny” R 106 Min. Starring Sigourney Weaver,** 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., Mar.16, 12:45pm, “Rebuilding” PG 96 Min. Starring Josh O’Connor,** After wildfires take his ranch, a cowboy named Dusty winds up in a FEMA camp, finding community with others who lost homes, including his daughter and ex-wife.

**Mon., Mar.23, 12:45pm, “Eternity” PG-13 114 Min. Starring Elizabeth Olsen,** In an afterlife where souls have one week to decide where to spend eternity, Joan is faced with the impossible choice between the man she spent her life with and her first love, who died young and has waited decades for her to arrive.

**Mon., Mar.30, 12:45pm, “Fackham Hall” R 97 Min. Starring Damian Lewis,** A new porter embarks on an unlikely relationship with the youngest daughter of a prominent English family. Simultaneously, rivalries are spilling over in the Davenport family, led by the Lord and Lady as they also weather the epic failure of the wedding of their eldest daughter to her caddish cousin.

## **NEW RELEASES, WEDNESDAYS IN MAR**

**Wed., Mar. 4, 12:45 pm, “Sarah’s Oil” PG 103 Min. Starring Zach Levi** 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., Mar.11, 12:45 pm, “The Roofman” R 126 Min. Starring Channing Tatum** A former Army Ranger and struggling father turns to robbing McDonald's restaurants by cutting holes in their roofs, earning him the nickname "Roofman." After escaping prison, he secretly lives inside a Toys 'R' Us for six months, surviving undetected while planning his next move. But when he falls for a divorced mom drawn to his undeniable charm, his double life begins to unravel, setting off a compelling and suspenseful game of cat and mouse as his past closes in.

**Wed., Mar. 18, 12:45 pm, “Rental Family” PG-13 110. Min. Starring Brendan Fraser** An American actor in Tokyo struggles to find purpose until he lands an unusual gig: working for a Japanese 'rental family' agency, playing stand-in roles for strangers. As he immerses himself in his clients' worlds, he begins to form genuine bonds that blur the lines between performance and reality.

**Wed., Mar. 25, 12:45 pm, “Truth & Treason” PG-13 121 Min. Starring Ewan Horrocks** When loyalty to country becomes loyalty to a lie, one teen risks everything to expose the truth. With the Gestapo closing in, he must decide what it really means to be a good German.

**BIRTHDAY MOVIE: THURSDAY, March 26, 12:45pm, “Wicked for Good” PG, 137 min. Starring Arianna Grande,** As an angry mob rises against the Wicked Witch, Glinda and Elphaba will need to come together one final time. With their singular friendship now the fulcrum of their futures, they will need to truly see each other, with honesty and empathy, if they are to change themselves, and all of Oz, for good.



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

## **NEW RELEASE, MONDAYS IN APR.**

**Mon., Apr. 13, 12:45 pm, “Merrily We Roll Along” PG-13 145 Min. Starring Daniel Radcliffe.** Franklin Shepard is a talented Broadway composer who abandons his theater career and all his friends in New York in order to produce films in Los Angeles. The story begins at the height of his Hollywood fame and moves backwards in time, showing snapshots of the most important moments in Frank's life that shaped the man he is today. A live recording of the 2024 Tony Award-winning Broadway revival of Stephen Sondheim and George Furth's musical, filmed at the Hudson Theatre in New York City.

**Mon., Apr. 20, 12:45 pm, “Is This Thing On?” R 121 Min. Starring: Laura Dern,** As their marriage quietly unravels, Alex faces middle age and an impending divorce, seeking new purpose in the New York comedy scene while Tess confronts the sacrifices she made for their family—forcing them to navigate co-parenting, identity, and whether love can take a new form.

**Mon., Apr. 27, 12:45 pm, “Now You See Me, Now Your Don’t” PG-13 113 Min. Starring: Jesse Eisenberg,** The original Four Horsemen reunite with a new generation of illusionists to take on powerful diamond heiress Veronika Vanderberg, who leads a criminal empire built on money laundering and trafficking. The new and old magicians must overcome their differences to work together on their most ambitious heist yet.

## **NEW RELEASE, WEDNESDAYS IN APR.**

**Wed., Apr. 1, 12:45 pm, “Ella McKay” PG-13 115 Min Starring Jaime Lee Curtis,** An idealistic young politician juggles familial issues and a challenging work life while preparing to take over the job of her mentor, the state's longtime incumbent governor.

**Wed., Apr. 8, 12:45 pm, “Blue Moon” R, 100 Min. Starring: Ethan Hawke,** On the evening of March 31, 1943, legendary lyricist Lorenz Hart confronts his shattered self-confidence in Sardi's bar as his former collaborator Richard Rodgers celebrates the opening night of his ground-breaking hit musical 'Oklahoma!'.

**Wed., Apr. 15, 12:45 pm, “Nuremberg” PG-13 148 Min. Starring Russell Crow,** In postwar Germany, an American psychiatrist must determine whether Nazi prisoners are fit to go on trial for war crimes, and finds himself in a complex battle of intellect and ethics with Hermann Goring, Hitler's right-hand man.

**Wed., Apr. 22, 12:45 pm, “Springsteen: Deliver Me From Nowhere” PG-13, 120 Min. Starring Jeremy Allen White,** Bruce Springsteen, a young musician on the cusp of global superstardom, struggles to reconcile the pressures of success with the ghosts of his past.

**Wed., Apr. 29, 12:45 pm, “Hamnet” PG-13, 126 Min. Starring: Jessie Buckley** The powerful story of love and loss that inspired the creation of Shakespeare's timeless masterpiece, Hamlet.

**BIRTHDAY MOVIE: THURSDAY, April 30, 12:45pm, “Song Sung Blue ” PG-13, 133 Min. Starring Hugh Jackman,** Based on a true story, two down-on-their-luck musicians form a joyous Neil Diamond tribute band, proving it's never too late to find love and follow your dreams.



Please do not leave a message on the answering machine or in an email. Reservations made by talking with a staff member or by stopping by. Any cancelations **must be** made by 10:30am you need to talk to staff when doing so.

# 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 Mayor's dinner \$15. RSVP	2 Creamy Potato soup Salad Smoothie Energy Bar Beverage	3 Bacon Cheeseburger Waffle Fries Fruit Dessert Beverage	4 Cream of tomato Soup Gourmet Salad Fruit Dessert Beverage	5 Tuna/Egg Salad Sandwich Chips Fruit Dessert Beverage	6 No Lunch	7
8	9 Turkey apple Gouda Panini Smoothie Energy Bar Beverage	10 Taco Tuesday Chips/Salsa Rice/Beans Fruit Dessert Beverage	11 Jan's Chicken Salad Sandwich Chips Fruit Dessert Beverage Jan's cooking	12 Creamy Zucchini soup Italian Bread fruit Dessert Beverage Jan's cooking	13 No Lunch	14
15	16 Strawberry Summer Salad 1/2 tomato & grilled cheese Smoothie Energy Bar	17 ST PATS \$15 LUNCH Corned Beef and Cabbage, Potatoes, carrots, Fruit, Irish Soda Bread & Irish American apple pie	18 Ham and Potato Casserole Green Beans Fruit Dessert Beverage	19 Build your Naan Pizzas variety of toppings Salad Fruit Dessert Beverage	20 No Lunch	21
22	23 Caprese Sandwich Grilled corn salad Smoothie Energy Bar Beverage	24 Breaded Chick- en Sandwich w/aged Cheddar Chips Fruit Dessert Beverage	25 Hot Dogs all fixins Baked Beans Fruit Dessert Beverage	26 B'Day \$8 Cheese Lasagna, Salad Italian Bread Fruit B'Day Cake	27 No Lunch	28
29	30 Healthy Taco Salad Smoothie Energy bar Beverage	31 Baked Ziti Salad Bread Fruit Dessert beverage				

# MARCH

# Events

S      Mon 10-3      Tues 10-3      Wed 10-3      Thurs 10-3      Fri 10-3:30      Sat

<p><b>1</b>  <b>Mayors Drive thru Turkey Dinner 4pm-5pm RSVP</b></p>	<p><b>210:15 Strength and Stretch</b>  <b>11:00– Yoga with Chris</b>  <b>12:00 Lunch</b>  <b>12:30-Inter Chess</b>  <b>12:45 Guided Meditation</b>  <b>1pm Beg Chess</b>  <b>12:45- Movie</b></p>	<p><b>3 10:15 Art Jill</b>  <b>10:30-Comp. Party Bridge</b>  <b>12-Lunch</b></p>	<p><b>4 10:30–Beginners Party Bridge</b>  <b>10:30 Sit and Groove</b>  <b>12-Lunch</b>  <b>12:45– Movie</b>  <b>12:45– Mexican Train</b></p>	<p><b>510:15 Art with Julie</b>  <b>10:30 Poetry</b>  <b>12-Lunch</b>  <b>12:30 Pitch</b>  <b>12:45 Reader’s Theater</b></p>	<p><b>6 10:15 Strength and Stretch</b>  <b>11:00 Yoga DVD</b>  <b>11– Crafting</b>  <b>12– Mah Jong</b>  <b>12:30 Sewing</b></p>	<p><b>7</b></p>
<p><b>8 DAY LIGHT SAVINGS</b></p> 	<p><b>9 10:15 Strength and Stretch</b>  <b>11:00– Yoga with Chris</b>  <b>12:00 Lunch</b>  <b>12:30-Inter Chess</b>  <b>12:45 Guided Meditation</b>  <b>1pm Beg Chess</b>  <b>12:45- Movie</b></p>	<p><b>10 10:15 Art Jill</b>  <b>10:30-Comp. Party Bridge</b>  <b>12-Lunch</b>  <b>12:45 Great Decisions class</b></p>	<p><b>13 10:30–Beginners Party Bridge</b>  <b>10:30 Sit and Groove</b>  <b>12-Lunch</b>  <b>12:45 Movie</b>  <b>12:45– Mexican Train</b></p>	<p><b>12 10:15 Art with Julie</b>  <b>10:30 Poetry</b>  <b>12-Lunch</b>  <b>12:30 Pitch</b>  <b>12:45 Reader’s Theater</b></p>	<p><b>13 10:15 Strength and Stretch</b>  <b>11:00 Yoga DVD</b>  <b>11-Card Class</b>  <b>12– Mah Jong</b>  <b>12:30 Sewing</b></p>	<p><b>14</b></p>
<p><b>15</b></p>	<p><b>16 10:15 Strength and Stretch</b>  <b>11:00– Yoga with Chris</b>  <b>12:00 Lunch</b>  <b>12:30-Inter Chess</b>  <b>12:45- Movie</b>  <b>12:45 Guided Meditation</b>  <b>1pm Beg Chess</b>  <b>6 Board Meeting</b></p>	<p><b>17 10:15 Art Jill</b>  <b>10:30-Comp. Party Bridge</b>  <b>12- St Pats Lunch</b>  <b>12:30 Irish Dancers</b></p> <p><b>6:45 Salt City Auto Modelers</b></p>	<p><b>18 10:30–Beginners Party Bridge</b>  <b>10:30 Sit and Groove</b>  <b>12-Lunch</b>  <b>12:45 Movie</b>  <b>12:45– Mexican Train</b></p>	<p><b>19 10:15 Art with Julie</b>  <b>10:30 Poetry</b>  <b>12-Lunch</b>  <b>12:30 Pitch</b>  <b>12:45 Great Decisions class</b>  <b>12:45 Reader’s Theater</b></p>	<p><b>20 10:15 Strength and Stretch</b>  <b>11:00Yoga DVD</b>  <b>12– Mah Jong</b>  <b>12:30 Pottery Painting RSVP by 3/16</b></p>	<p><b>21</b></p>
<p><b>22</b></p>	<p><b>23 10:15 Strength and Stretch</b>  <b>11:00– Yoga with Chris</b>  <b>12:00 Lunch</b>  <b>12:30-Inter Chess</b>  <b>1pm Beg Chess</b>  <b>12:30 Grief Support</b>  <b>12:45 Guided Meditation</b>  <b>12:45- Movie</b></p>	<p><b>24 10:15 Art Jill</b>  <b>10:30-Comp Party Bridge</b>  <b>12:00– Lunch</b>  <b>12:45 Great Decisions class</b>  <b>10:30 BINGO</b></p>	<p><b>25 10:30–Beginners Party Bridge</b>  <b>10:30 Sit and Groove</b>  <b>12-Lunch</b>  <b>12:45– Movie</b>  <b>12:45– Mexican Train</b></p>	<p><b>26 B’Day Cel. \$8</b>  <b>10:15 Art with Julie</b>  <b>10:30 Poetry</b>  <b>12– b’day Lunch</b>  <b>12:45 Movie</b>  <b>12:30 Pitch</b></p>	<p><b>27 10:15 Strength and Stretch</b>  <b>11:00 Yoga DVD</b>  <b>11-Crafting</b>  <b>12– Mah Jong</b>  <b>12:30 Sewing</b></p>	<p><b>28</b></p>
<p><b>29</b></p>	<p><b>30 10:15 Strength and Stretch</b>  <b>11:00– Yoga with Chris</b>  <b>12:00 Lunch</b>  <b>12:30-Inter Chess</b>  <b>12:45 Guided Meditation</b>  <b>1pm Beg Chess</b></p>	<p><b>31 10:15 Art Jill</b>  <b>10:30-Comp. Party Bridge</b>  <b>12-Lunch</b>  <b>12:45 Book Club</b>  <b>12:45 Great Decisions class</b></p>				



Please do not leave a message on the answering machine or in an email. Reservations made by talking with a staff member or by stopping by. Any cancelations **must be** made by 10:30am you need to talk to staff when doing so.

# 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.**

Sun	Mon	Tue \$7	Wed \$7	Thu \$7 12:30	Fri	Sat
			1 Cheese Ravioli with Sauce Italian Bread Salad Fresh Fruit Dessert	2 Cream of Mushroom Soup Grilled Cheese Fruit Dessert Beverage	3 <b>CLOSED FOR GOOD FRIDAY</b>	4
5	6 <b>CLOSED FOR EASTER</b>	7 Chicken pot Pie Caesar Salad Fruit Dessert Beverage	8 Spaghetti and Meat sauce Salad Fruit Dessert Beverage	9 Baked Potato Bar with Toppings Fruit Dessert Beverage	10 <b>No Lunch</b>	11
12	13 Cream of butternut Squash Soup 1/2 Turkey Sandwich Smoothie Energy Bar Beverage	14 2 options <b>Doug's Fish Fry or</b> Egg or Tuna Sandwich Chips Fruit Dessert Beverage	15 Hot Ham Sliders Potato Salad Fruit Dessert Beverage	16 Sloppy Joes Fries Fruit Dessert Beverage	17 <b>No Lunch</b>	18
19	20 Fall Salad with Cranberry vinaigrette Smoothie Energy Bar Beverage	21 Variety Quiche Spinach Salad Fruit Dessert Beverage	22 Pulled pork sandwich Corn Bread Coleslaw Fruit Dessert Beverage	23 Baked Mac & Cheese Salad Fruit Dessert Beverage	24 <b>No Lunch</b>	25
26	27 Chicken Caesar Salad Smoothie Energy Bar Beverage	28 ANNUAL MTG. <b>Chicken and Rice Soup Salad</b> Fruit Dessert Beverage	29 BLT Pasta Salad Fruit Dessert Beverage	30 B'Day \$8 <b>Meatloaf Baked Potato Gr beans Fresh Fruit Roll w/butter B'Day Cake</b>		



# 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>
			<b>1 10:30–Beginners Party Bridge</b> <b>10:30 Sit and Groove</b> 12-Lunch <b>12:45– Movie</b> 12:45– Mexican Train	<b>2 10:15 Art with Julie</b> <b>10:30 Poetry</b> <b>12:00-Lunch</b> <b>12:30Pitch</b> 12:45 French Village 12:45 Reader’s Theater	3  CLOSED FOR GOOD FRIDAY	4
5	6  CLOSED FOR EASTER	<b>7 10:15 Art Jill</b> <b>10:30-Comp. Party Bridge</b> 12-Lunch <b>12:45 Great Decisions class</b>	<b>8 10:30–Beginners Party Bridge</b> <b>10:30 Sit and Groove</b> 12-Lunch <b>12:45– Movie</b> 12:45– Mexican Train	<b>9 10:15 Art with Julie</b> <b>10:30 Poetry</b> <b>12:00-Lunch</b> <b>12:30 Pitch</b> 12:45 Radon Presentation 12:45 Reader’s Theater	<b>10 10:15 Strength and Stretch</b> <b>11:00 Yoga DVD</b> <b>11- Crafting</b> <b>12– Mah Jong</b> <b>12:30 free sew time</b>	11
12	<b>13 10:15 Strength and Stretch</b> 11:00– Yoga with Chris 12:00 Lunch <b>12:45 Guided Meditation</b> <b>12:45- Movie</b> <b>12:30-Inter Chess</b> <b>1pm Beg Chess</b>	<b>14 10:15 Art Jill</b> <b>10:30-Comp Party Bridge</b> 12:00– Doug’s Fish Fry <b>12:45 Great Decisions class</b> 12:45 BINGO	<b>15 10:30–Beginners Party Bridge</b> <b>10:30 Sit and Groove</b> 12-Lunch <b>12:45– Movie</b> 12:45– Mexican Train	<b>16 10:15 Art with Julie</b> <b>10:30 Poetry</b> <b>12:00 lunch</b> <b>12:30 Pitch</b> 12:45 French Village 12:45 Reader’s Theater	<b>17 10:15 Strength and Stretch</b> <b>11:00 Yoga DVD</b> <b>11-card class</b> 12– Mah Jong <b>12:30 free sew time</b>	18
19	<b>20 10:15 Strength and Stretch</b> 11:00– Yoga with Chris 12:00 Lunch <b>12:45-Movie</b> <b>12:30-Inter Chess</b> 12:30 Grief Support 12:45 Guided Meditation <b>1pm Beg Chess</b> 6 Board Meeting	<b>21 10:15 Art Jill</b> <b>10:30-Comp Party Bridge</b> <b>12:00– Lunch</b> <b>12:45 Writing your own story</b> 6:45 Salt City Auto Modelers	<b>22 10:30–Beginners Party Bridge</b> <b>10:30 Sit and Groove</b> 12-Lunch <b>12:45– Movie</b> 12:45– Mexican Train	<b>23 10:15 Art with Julie</b> <b>10:30 Poetry</b> <b>12:00Pitch</b> 12:45 French Village 12:45 Reader’s Theater	<b>24 10:15 Strength and Stretch</b> <b>11:00 Yoga DVD</b> <b>12:00 Basics sinus massage</b> <b>11-Crafting</b> 12– Mah Jong <b>12:30 free sew time</b>	25
26	<b>27 10:15 Strength and Stretch</b> 11:00– Yoga with Chris 12:00 Lunch <b>12:45- Movie</b> <b>12:30-Inter Chess</b> 12:45 Guided Meditation <b>1pm Beg Chess</b>	<b>28 10:15 Art Jill</b> <b>10:30-Comp. Party Bridge</b> 12-Lunch 12:45 Book Club	<b>29 10:30–Beginners Party Bridge</b> <b>10:30 Sit and Groove</b> 12-Lunch <b>12:45– Movie</b> 12:45– Mexican Train	<b>30 B’day Cel. \$8</b> <b>10:15 Art with Julie</b> <b>10:30 Poetry</b> <b>12:00 B’day lunch</b> <b>12:30Pitch</b> <b>12:45Movie</b>		



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 Departed members

**May you rest in peace**  
*John Jaconski, Frances Daly and Ana Corona*



## 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 **6:45pm-9pm**, and the next gathering is scheduled for **Mar. 17 and Apr. 21**. It's all FREE, and if you have any questions, please call David Best at 315-663-7045, or talk to Janet.



# 2026 Membership

Registrant #1: \_\_\_\_\_

Mos & Day Birth: \_\_\_\_\_

Registrant #2: \_\_\_\_\_

Mos & Day Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip code: \_\_\_\_\_ Phone #: \_\_\_\_\_

Email Address \_\_\_\_\_

**We offer a variety of activities, please check any you may be interested in:**

Art Classes

Tech Classes

Exercise Classes

Book Club

AARP Classes

Card Games

Board Games

Movies

Suggestions

**If you wish to volunteer at the Center, please check any you may be interested in:**

Help with Newsletter

Present a Program

Handyman Work

Gardening

Work at Special Events

Other

**Emergency Contact and Phone #:**

**Registrant #1 Signature:**

**Registrant #2 Signature**

**\$30 per household/per year**



# FAYETTEVILLE CENTER FOR ACTIVE ADULTS

## Board of Directors

### Interim Chairman:

Barbara Arnold

### Secretary:

Patti Baker

Barbara Hanzalik

Mary Kilpatrick

Jill McAndrew

Stefano Selenu

Arlene Pritzker

### 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., Mar. 16 & Apr. 20**

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



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