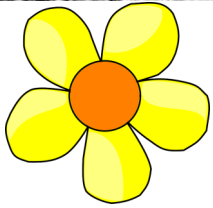


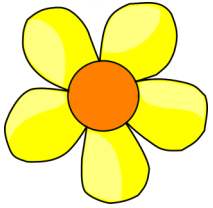


# The Beacon



# June

2022



### DOUG'S FISH FRY IS HERE AGAIN

Join us for Doug's Fish Fry on June 15th from 11am-6pm. Prices vary for food. This is a fundraiser so pass the word so we get a good turn out. If you need information you can go to Doug's website- [www.dougstogo.com](http://www.dougstogo.com) . There will be no lunch offered this day, you are welcome to order from the food truck and eat in the building or on the porch at noon.

### Buy 1 get 1, Bring a new friend to lunch on Tues., June 28 @12:00

Do you have a friend/neighbor, that is not currently a member of the FSC? Bring them today to join us for a lunch and fellowship. If they come as your guest, they can eat for free. Just make sure you call ahead to reserve for both of you. We look forward to welcoming your guest and learning more about each other.



### To Our Members-

Our Annual Appeal continues. Our current appeal is \$3,000 short of last year and approximately \$15,000 short of our goal. This is one of our most important fundraisers, as it supports our meals and programming. With prices on everything around us continuing to rise it is important that we reach this goal. For some, we are their daily source of nourishment, socialization, fellowship and education. It is vital that we maintain an affordable and sustainable way of life for our extended FSC family members. If you have contributed already, thank you from the bottom of our hearts, if you haven't, please consider lending a helping hand and donate. Any amount is more than appreciated.

Thank you so much.  
Janet Best, Director



Membership was due from January-March. Any of your friends that didn't renew will not be receiving a newsletter. If you know of anyone that has yet to fill out a form, please have them call the office at 315-637-9025.

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

OUR STAFF:  
Director/Kitchen : Janet Best  
Admin. Assistant: Gracie Redmond  
Jr. Assistant: Abbie Carlsen

## JOIN OUR NEW ART CLUB, SNACK 'N' PAINT

This group is offered every other week starting **Monday, June, 6 at 1pm. and Monday, June 20th 1pm**The first meeting is informational and will run approximately 20 minutes. Just like a sip and paint, you will paint a selected picture with the help of a leader. Member Sandy LaGaffe, will be your guide on how to paint this beautiful south western style painting. She will help you with every step. Your supplies will be furnished by the center but a small donation is always appreciated. Give your newly created artwork as a gift or hang it in your own home. Anyone can attend the group, all experience levels are welcome, even if you have never painted. Come have a cup of tea/coffee and a sweet snack and enjoy new found friendships.



The Greater Manlius Chamber of Commerce and The Village of Fayetteville once again are celebrating our community with the **Party in the Plaza** at Limestone Plaza, Canal Park, Fayetteville. The Senior Center will be attending and selling beverages and hold a 50/50 raffle, while you eat at your favorite food truck, listen to music, enjoy the company of friends and visit with local organizations or businesses.

**IT'S PARTY TIME**

Dates this year are:

- ⇒ Thursday, June 16 5:30-7:30pm
- ⇒ Thursday, July 14 5:30-7:30pm
- ⇒ Thursday, August 18 5:30-7:30pm

Starting in July we will be offering the **Smart Drivers Course with the Empire Safety Council**. Once completed you will receive 10% off your yearly car insurance. Instructor Mark Smith will be doing a one day course on **Saturday, July 16th from 8:30am-2:30pm.** You must register with The Fayetteville Senior Center, prepay the \$35.00 fee with a check made out to Empire Safety Council, arrive 15 minutes early to the class, and bring a snack and beverage for your breaks. There are no walk-ins for this class.

\*Class will fill quickly, please register as soon as possible.\*



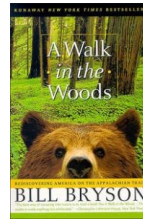
**Empire  
Safety  
Council**

## Tom Henry Presentation

Join us on Thurs, June 23rd at 12:30pm for the continuation of our conversation on Vietnam. Join us for lunch.

**\*\*MUST RSVP\*\***

## Book Club, Mon. June 13@ 1pm



The book we will be discussing is “A Walk in the Woods” by Bill Bryson.

**Tuesday, June 21st at 11am** we will be holding an open forum on Diabetes education with Dr. Michael Kuhn. Dr Kuhn is with the Family Medical group and encourages questions about your health needs. **Please register for the discussion** if interested and if staying for lunch, reserve by Friday, June 24th



## Medicare 101 presentation

**Monday June 27th @12:30**

If you would like an education on the ins and outs of original Medicare, Medicare Advantage plans, or Medicare Supplement/ Medigap plans, then this is the program is for you. There is ABSOLUTELY no sales in this program, it is educational only. Presented by John DeNigro of Health Share 360. He will discuss the different enrollment periods, aging into Medicare, the different parts of Medicare, having creditable coverage, prescription drug coverage, the many forms of extra help available from the county and state, and dual eligibility (Medicaid and Medicare) just to name a few.

## Chair Yoga DVD Class offered every Monday @10:30&Tuesday @1pm

Try our new chair yoga, now offered twice a week. Monday at 10:30am and Tuesday at 1pm. This class is **FREE** and can be done standing or in a chair. We follow the teaching of Chris DeAmicis, “Yoga for Aging Gracefully”



## Garden Plots

To all you gardeners, Courtesy of an Eagle Scout, we now have several more raised plots that will be fenced off by the spring. Gardens are free of charge as long as you are a village resident or a member of FSC. Water is provided as well as some tools. All you have to do is let the staff know and we will assign you a plot. Happy planting. 315-637-9025

**If you are interested in a late afternoon or early evening Tai Chi class, please let the staff know. We have been approached by an instructor and if interested, Call 315-637-9025 so we can plan for the right day and time.**





**LET'S SING HAS BEEN EXTENDED TO 3 DAYS A MONTH ON FRIDAY'S.**

Please welcome our new piano player Shirley Keech. She will be playing the opposite Friday's that Walt Price can't be here. Shirley was the pianist for Nostalgic Notes, a piano teacher, a pianist at Parkrose, and a music aficionado. We are honored to have her join our little family. **Music sing-a-longs are on Friday June, 3, 10, and 17 at 10:30am. Join us for lunch after at 12:00, \$5.00. See the menu for details. Don't forget to RSVP.**



Did you know we have exercise equipment available for your use? All you have to do is give us a call, sign up to use the treadmill or the recumbent bike and then come on in. Exercise is the first path to health and wellness. Why not start today, it's that easy.



**GAMES!!**  
**SIGN-UP REQUIRED**



**Bunco Buddies:** Meets once a month on Monday. This month's meeting is 6/20. Please call to RSVP

**Pitch Tuesday's:** Come play pitch with your friends every Tuesday at 11am, have lunch and play into the afternoon. Sign up required!

**Mexican Train Wednesday's:** 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.

**Hand and Foot Thursday's:** A fun card game similar to Canasta, easy to learn and fun for everyone! The group meets at 10am every Thursday. Call for more info.

**Mah Jong Friday's:** Come play Mah Jong Fridays at 12pm!

**Pinochle Friday's:** We have a group that plays at 10:30am on Fridays! Come join!

**Duplicate Bridge:** We have 2 different groups that play Monday, and Friday, call for info.

**Party Bridge:** 2 groups that play every Wednesday, call for info.

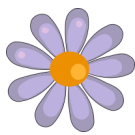
We have plenty all types of games available for use. If you have a group that needs a space, speak to Gracie or Janet about using one of our available rooms free of charge. We would love to have more groups use our facility.

**WE HOPE YOU HAVE HAD TIME TO READ THE CODE OF CONDUCT REFRESHER. THE CODE OF CONDUCT ALLOWS ALL TO RELAX KNOWING THAT THEY ARE TAKEN CARE OF WITH KINDNESS AND RESEPECT WHILE AT THE CENTER. THANK YOU SO MUCH FOR ALL YOUR UNDERSTANDING. IF THERE ARE ANY QUESTIONS PLEASE FEEL FREE TO CONTACT THE CENTER. 315-637-9025**

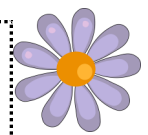


In Memory of our dearly departed members:

Victor DeBenedittis, Norma Garrecht, and Dorothy Heaney.



# \*\*\*JUNE MENU 2022\*\*\*



Sun	Mon	Tue \$5	Wed \$5	Thu \$5	Fri \$5	Sat	
			1 Hot Dog/Coney Fries Fresh Fruit Dessert	2 Cheeseburgers Fries Fresh fruit dessert	3 Chicken alfredo Fresh fruit Roll dessert	4	
5	6 <b>No Lunch</b>	7 Mac & Cheese Stewed Tomatoes Fresh Fruit Dessert	8 Spaghetti and meat sauce Salad Italian bread dessert	9 Grilled Pineapple chicken roll Salad Fresh fruit Dessert	10 Bacon & cheese Quiche Salad Fresh fruit dessert	11	
12	13 <b>No Lunch</b>	14 Meatloaf roasted potatoes Green beans Roll w/butter dessert	15 Lunch offered <u>ONLY</u> through <b>Doug's Fish Fry</b> <b>you can place</b> <b>order at 11:30</b> <b>for 12:00 lunch</b>	16 Tuna/Egg salad sandwich Chips Fresh Fruit dessert	17 <b>B'Day's</b> Apple butter pork chops rice Fresh fruit Dessert	18	
19	20 <b>No Lunch</b>	21 Grilled cheese sandwich salad Fresh fruit Dessert	22 Chicken salad chips fresh fruit dessert	23 Deli Sandwiches (Turkey, Ham or Roast Beef) Chips fresh fruit dessert	24 <b>\$10 Dinner</b> Turkey Breast & Gravy Mashed Potatoes Carrots Roll w/ butter dessert	25	
26	27 <b>No Lunch</b>	28 <b><u>New friend</u></b> <b><u>Lunch buy 1 get 1</u></b> Cheese Lasagna Salad Italian bread dessert	<ul style="list-style-type: none"> <li>• Menu subject to change!</li> <li>• Veggie Burger or Turkey Sandwich Substitute Meal available. Please reserve in advance!</li> <li>• If you have any food allergies let staff know ahead of time.               <ul style="list-style-type: none"> <li>• Take out available just ask!</li> </ul> </li> <li>• Lunch starts promptly at <b>noon</b> unless otherwise stated.</li> </ul> <p style="text-align: center;"><b>Call 637-9025 to reserve 24 hours ahead</b></p>				



# June 2022 Events



<u>Sun</u>	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>
			<b>1</b> 10:30– Party Bridge <b>12-Lunch</b> 12:30 –Movie <b>12:30– Mexican Train</b>	<b>2</b> 10- Hand & Foot <b>10– Crafting and Conversation</b> <b>12-Lunch</b> 1– Poetry	<b>3</b> <b>10:30– Let’s Sing</b> <b>10:30-Pinochle</b> 12– Mah Jong <b>12-Duplicate Bridge</b> 12-Lunch <b>12:30– Movie</b>	<b>4</b>
<b>5</b>	<b>6</b> 10– Duplicate bridge <b>10:30– Chair Yoga</b> <b>1pm– Art Club Meeting</b>	<b>7</b> <b>11-Pitch</b> 12-Lunch <b>1pm– Chair Yoga</b>	<b>8</b> 10:30– Party Bridge <b>12-Lunch</b> 12:30 –Movie <b>12:30– Mexican Train</b>	<b>9</b> 10- Hand & Foot <b>10– Crafting and Conversation</b> <b>12- Lunch</b> 1– Poetry	<b>10</b> <b>10:30– Let’s Sing</b> <b>10:30-Pinochle</b> 12– Mah Jong <b>12-Duplicate Bridge</b> 12-Lunch <b>1pm– Bingo</b>	<b>11</b>
<b>12</b>	<b>13</b> 10– Duplicate bridge <b>10:30– Chair Yoga</b> <b>1pm– Bunco</b> <b>1pm– Book Club</b>	<b>14</b> <b>11-Pitch</b> 12-Lunch <b>1pm– Chair Yoga</b>	<b>15</b> 10:30– Party Bridge <b>12-Lunch</b> 12:30 –Movie <b>12:30– Mexican Train</b>	<b>16</b> 10- Hand & Foot <b>10– Crafting and Conversation</b> <b>12-Lunch</b> 1– Poetry	<b>17</b> <b>10:30– Let’s Sing</b> <b>10:30-Pinochle</b> 12– Mah Jong <b>12-Duplicate Bridge</b> <b>12-Birthday Lunch</b> <b>12:30– Movie</b>	<b>18</b>
<b>19</b>	<b>20</b> 10– Duplicate bridge <b>10:30– Chair Yoga</b> <b>1pm– Art Club</b>	<b>21</b> <b>11-Pitch</b> 12-Lunch <b>11-Diabetes Seminar</b> <b>1pm– Chair Yoga</b>	<b>22</b> 10:30– Party Bridge <b>12-Lunch</b> 12:30 –Movie <b>12:30– Mexican Train</b>	<b>23</b> 10- Hand & Foot <b>10– Crafting and Conversation</b> <b>12-Lunch</b> <b>12:30– Tom Henry</b> 1– Poetry	<b>24</b> <b>10:30-Pinochle</b> 12– Mah Jong <b>12-Duplicate Bridge</b> <b>4-4:30 To-go Dinners</b>	<b>25</b>
<b>26</b>	<b>27</b> 10– Duplicate bridge <b>10:30– Chair Yoga</b> <b>12:30– Medicare Presentation</b>	<b>28</b> <b>11-Pitch</b> 12-Lunch <b>1pm– Chair Yoga</b>	<b>29</b> 10:30– Party Bridge <b>12-Lunch</b> 12:30 –Movie <b>12:30– Mexican Train</b>	<b>30</b> 10- Hand & Foot <b>10– Crafting and Conversation</b> <b>12-Lunch</b> 1– Poetry		

# WELCOME TO THE MOVIES

**Movies are free and open to anyone. Popcorn and beverage are provided.**



**Wed., June 1, 12:30pm, "The King's Man", R 131 Minutes Starring Ralph Fiennes**

In the early 1900s, a former army officer catches wind of a heinous plan formulated by Rasputin. Rasputin intends to build a formidable army of villains and plot a war to wipe out a population of millions. Eager to thwart Rasputin's plans, the officer takes on a young recruit to be his backup and forms a secret spy agency with the end goal of saving the world from behind the scenes.

**Wed., June 8 12:30pm, "Uncharted" PG-13, 116 Minutes Starring Tom Holland & Mark Wahlberg**

\$5 billion is on the line for treasure hunters Nathan Drake and Victor Sullivan. The treasure was lost over 500 years ago and was said to have come from the famed Portuguese explorer, Ferdinand Magellan. Drake and Sullivan must scour the globe to find the riches before Moncada can get to it first. Moncada thinks that the treasure should be inherited by him and his family and that no one else has a claim to it. What results is an action-packed race for a fortune that will change the lives of those who find it.

**Wed., June 15 12:30pm, "Tyson's Run" PG, 1 hour 43 Minutes Starring Major Dodson**

Tyson's Run is based on inspiring the true story of an autistic boy who takes on a challenging marathon. 15-year-old Tyson begins attending public high school for the first time, shaking up his being in a major way. After befriending champion runner Aklilu, Tyson decides to run a marathon in order to win his father's approval. In his journey of self-discovery, Tyson gains the courage and the faith to face life's adversities, and now he has newfound confidence in accomplishing difficult feats despite his disability.

**Wed., June 22, 12:30pm, "Everything Everywhere All at Once" R , 139 Minutes Starring Michelle Yeoh**

There are times when being everywhere at once and doing what seems impossible is the only solution to a problem. A woman who immigrated from China has no choice but to enter multiple realities. The protagonist has the ability to travel to many different universes. These universes are linked together by different versions of the lives she could have had. In order to save everyone else's life, she has to use this power.

**Wed., June 29, 12:30pm, "The Lost City" PG-13 , 112 Minutes Starring Tatum Channing & Sandra Bullock**

An introverted romance author goes on a book promotion tour with her cover model. During the tour, she is kidnapped by an over-the-top billionaire with a chip on his shoulder. Trying to prove he can be a real-life hero, he forces her to lead him on an adventure through the jungle in search of a treasure from her most recent novel. Her cover model, proving he isn't only a hero in the book, set out to save her.

## Friday Afternoon Classics, 12:30 pm free and open to everyone

**Friday. June 3, 12:30 pm "Coach Carter" PG-13 136 Minutes Starring Samuel L. Jackson**

Ken Carter is asked by his old high school to come back home and coach the boys basketball team after the program has gone downhill. He is not only unhappy about their play, but he also finds their academics to be unacceptable. Creating strict guidelines for the players, the young men at first rebel against their new coach but then discover his ideas work and get on board. After they begin to win, the team starts to slack off in their responsibilities and academics. Angered, Carter suspends the entire team and locks the doors to the gym until they improve. Carter must fight the anger of the entire community to teach the boys that they need to rely on more than just their athletic skills.

**Friday. June 17, 12:30 pm "The Thomas Crown Affair" R, 113 Minutes Starring Pierce Brosnan**

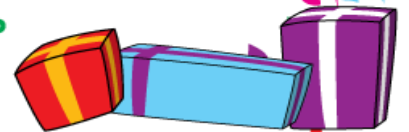
Beautiful art insurance investigator Catherine Banning is assigned to look into the slick heist of a priceless Monet from the Metropolitan Museum of Art. She quickly grows suspicious of impossibly charming billionaire art collector Thomas Crown. As she attempts to get closer to the dapper Crown, she soon begins to realize that he loves both fine art and a good thrill, making him the perfect suspect. Crown draws Catherine deeper into his world of glitz and glamour. Unexpected feelings begin to surface between the pair, and Crown is ultimately forced to choose between love and larceny.

# June Birthdays

Kevin Kelly	6/1	Dianne Drake	6/22
Carole Wenthen	6/10	Sibyl Smith	6/22
Howard Deutch	6/11	Joseph Kirchgessner	6/23
Sharon Parmley	6/12	Bernard Forth	6/24
Asher Greenhouse	6/15	Zygi Wychowski	6/26
Jim Parmley	6/17	Sally Alden	6/28
Chris O'Connor	6/21	Sandra Hicks	6/30



Happy Birthday!



**DID YOU KNOW THAT IF YOU COME TO THE BIRTHDAY CELEBRATION IN THE MONTH OF YOUR BIRTH, YOU GET A FREE LUNCH. JUST CALL A FEW DAYS BEFORE, TELL US IT'S YOUR BIRTHDAY AND WE WILL SIGN YOU UP FOR YOUR FREE LUNCH.**

**MAY'S BIRTHDAY LUNCH IS ON JUNE 17TH AT 12:00**

**Would you like to become a more integral part of the senior center?**

We are looking for some additional volunteers to help us with small events, fundraising, and promoting our center to the public. If you are interested in helping us become a better resource to the community, adding your talents to a program or just helping with small projects, we would love to add you to our little family. Just let Janet or Gracie know about your interest, times available, and frequency and we will get you going. If you are already a volunteer, **please remember to sign into the new 2022 Volunteer book each time you volunteer at FSC.** The binder is on the shelf outside the office in the card room.



For updates please check our website [www.faysrctr.org](http://www.faysrctr.org)



# Fayetteville Senior Center, Inc.

584 East Genesee Street

Fayetteville, NY 13066

315-637-9025

## Board of Directors:

### **Chair:**

Tony Marsallo

### **Secretary:**

Janet Callahan

### **Treasurer:**

Don Brown

Paulina Murray-Lee

Cindy Goldstein

Patsy Scala

Mike Small

Kevin Kelly

Barbara Arnold

Peter Bertone

Carol D'Angelo

Susan Goike

### **Mayor of**

Fayetteville:

Mark Olson

### **Village Liaison:**

Daniel Kinsella

### **Our Staff:**

**Ex. Dir./Kit. Mgr :**

Janet Best

**Admin. Asst.**

Gracie Redmond

Dear Fayetteville Area Friends and Neighbors,

During these challenging times, all of us who are affiliated with the Fayetteville Senior Center hope this letter finds you safe and well.

As Covid-19 continues to impact our lives, we are working hard to stay connected with our seniors who rely on us for social activities, nutritious meals, programs to enrich their mental and physical health and, above all, a sense of family.

Despite the pandemic, in 2021 we:

- **provided 120+ take-out meals each weekend till reopening and currently have our daily meal program up and running**
- **held our annual Mayor's Dinner and Chicken BBQ on a take-out basis serving over 500 people and held our first drive-thru Thanksgiving Dinner.**
- **provided educational talks, round table discussions and live entertainment in a Covid safe space.**
- **welcomed our members back to the newly renovated Center, with a new kitchen, and covered porch where they can sit and relax**
- **updated our website, allowing seniors to receive the latest Covid information and access relatable websites from the comfort of their homes**
- **provided a safe space for anyone that needed a friendly face**

Our seniors need the Center now more than ever, and we need YOU to continue to serve them. Covid has prevented us from holding our usual fundraisers, which are a key source of revenue for our programs.

Please consider a tax-deductible gift. You can donate online at [www.faysrctr.org](http://www.faysrctr.org) or you can send in your donation by mail.

Thank you for making a difference. We can't do it without you, and we deeply appreciate your donation.

Warm Regards,

Janet Best, Executive Director

Anthony Marsallo, Board Chair

**Please maintain this section for your records: 2022 Fayetteville Senior Center Annual Appeal**

Tax ID # 16-1143963

Amount Donated: \$ \_\_\_\_\_

**\*You can return your generous gift to us in the enclosed envelope:**

Name (please print) \_\_\_\_\_

Address \_\_\_\_\_

**Enclosed is my check made payable to Fayetteville Senior Center**

\$500 \_\_\_ \$200 \_\_\_ \$100 \_\_\_ \$50 \_\_\_ other \_\_\_

**OR: Credit Card \_\_\_ VISA \_\_\_ MC \_\_\_ AMEX**

Card # \_\_\_\_\_ CVC \_\_\_\_\_

ZIP \_\_\_\_\_ EXP \_\_\_\_\_

Signature \_\_\_\_\_



# FAYETTEVILLE SENIOR CENTER



## Board of Directors

Chairman: Tony Marsallo  
Secretary: Janet Callahan  
Treasurer: Don Brown

Paulina Murray-Lee  
Mike Small  
Patsy Scala  
Kevin Kelly  
Cindy Goldstein  
Peter Bertone

Barbara Arnold  
Carol D'Angelo  
Susan Goike  
\*Village Liaison:  
Dan Kinsella

If interested in joining our Board, please contact Janet or one of our Board members for information. Members are welcome to attend board meetings. Call for our next board meeting info.

## Mission Statement

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

584 E Genesee Street  
Fayetteville, NY 13066

Phone: (315) 637-9025

Email: [fayseniorcenter2@yahoo.com](mailto:fayseniorcenter2@yahoo.com)

Website: [FaySrCtr.org](http://FaySrCtr.org)



Forwarding Service Requested

US Postage  
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Permit No. 47  
Non-Profit  
Organization

Fayetteville Senior Center  
584 East Genesee Street  
Fayetteville, NY 13066