

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

Jan. & Feb.

Fall Prevention Program

Program runs every Thursday 11:30-12:30
Starting January 15th. February 26th 2026

**Sign Up
To Save Your Spot
It's Free to join!**

PROGRAM OFFERINGS:

- ✓ STRENGTHENING EXERCISES
- ✓ INFORMATIONAL HANDOUTS
- ✓ EVIDENCE BASED PRESENTATIONS
- ✓ INDIVIDUALIZED RECOMMENDATIONS

Did you know?

More than 1/4 Americans 65+ fall each year! Falls are the leading cause of fatal & nonfatal injuries among the older population!

A 7-week in-person program run by occupational therapists to educate older adults on fall risk factors and modifications to decrease future falls!



THE AMERICAN REVOLUTION by KEN BURNS

Join us on January 6, 8, 13,15, 20 & 22

“THE AMERICAN REVOLUTION” BY KEN BURNS !!! 10 years in the making. All 6 episodes will be aired and discussion encouraged. Ken Burns has won numerous awards for past presentations, but this is slated to be his seminal contribution to understanding how our past history is tied in closely to contemporary events.

- 1. “In Order to be Free”
- 2. “An Asylum for Mankind”
- 3. “The Times That Try Men’s Souls”
- 4. “Conquer be a Drawn Game”
- 5. “The Soul of America”
- 6. “The Most Sacred Thing”

This is a great feature to bring family and friends to, to reestablish and understand our history and the men behind our democracy. Please join us and have lunch beforehand to discuss the series and formulate friendships.

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.

A note to membership:

Transition of Board Leadership and a change in some programming

After careful consideration, and due to increasing family health responsibilities and my own health needs, I will be resigning from the Board no later than February 28, 2026.

My focus now is on bringing in new board members who can help guide the Center into its next chapter and to provide a smooth, organized transition so the Center is positioned for a strong future with new energy and direction. I will be stepping down from leading exercise and sewing classes at the end of December. A decision will be made by the class whether they want to alternate leading the class or would prefer to watch a video. As always, the Craft Room is available for self-directed use during open hours.

I'm truly grateful for the opportunity to serve and for the support, kindness, and encouragement I've received from our members.

Thank you,
Arlene



PRE-VALENTINE'S DAY LUNCHEON

Join us on **Feb. 13th at 12:00** \$10.00 for a fun filled lunch of good food great music, and friendship. We will enjoy a delicious lunch of : Chicken Marsala over noodles, green beans almondine, roll, Fruit, Special Dessert, Beverage.

with entertainment by musician extra ordinaire Jerry Cali. “He has been performing as a self-contained one man musical experience for many years.” Jerry has played he numerous times and it is always such a pleasure to have someone so talented play for us.



NEW PROGRAMMING/EVENTS



NEW HISTORY ROUND TABLE GROUP

We have a very active group of History buffs among us. If you are interested in joining this newly formed group, all we need is your email. You will be emailed when series, discussions, or new presentations will be scheduled. This way, you have the newest information available. We would like to invite you to participate in our lunch program, it isn't mandatory, but it gives us a chance to discuss the upcoming event of the day or future events you would like to see. It is only \$7 for a homemade lunch with beverage and dessert. Again, it isn't mandatory to attend anything we offer.



A French Village continuation of film/series
Please check calendar for times and dates. This series follows the life of small town France during WWII. Based on true facts.

Educational, Historical, and moving.

READERS THEATER

Tues. 2/17 12:45

Janet is starting a reader's theater in February. A Reader's Theater is where participants read scripts aloud, focusing on vocal expression, emotion, and interpretation rather than memorization, costumes, or elaborate sets. First meeting will be to discuss types of readings, days we will meet, and if we would like to present our new found skills during a special event. **EVERYONE** is welcome. This is an extremely fun way to express yourself and form a new group.

CRAFT

Do you need any craft items for a project? We have an abundance of yarn, fleece, and beads available. Some of these items we have in abundance. Janet can show you all we have and what's available to you.



SUPPLIES

gather - create - inspire -



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, Jan. 16 at 11am, Friday, Feb 20 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).

Alzheimer's Education Program

Join us on **Tuesday February 10, 2026 at 12:30 pm** for a General Awareness Presentation by the Alzheimer's Association, Central New York Chapter. This 30-minute program features information about the Alzheimer's Association, facts and figures, core programs and services, and ways to get involved in the mission. This presentation will help you understand the disease, what resources are available, and where to turn for support.



Wednesday Morning Meditation

Wednesdays at 11:00am 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.

ADJUSTMENT TO TIMES

Jan. & Feb Exercise CLASSES

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

10:15am-11:15am 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.

11:15am-12:00pm Chair yoga Yoga Mondays with Chris DeAmicis, **\$1 donation per live** class. Friday's with DVD free.

INFORMATION PAGE

Pg. 3

MONDAYS ARE CHANGING!!!!

Starting Jan. 5, we will be offering a healthy lunch at 12pm on Mondays. We have a very active exercise program and this is the perfect compliment to keep you going. Plus, movie goers can get a lunch before the movie at 12:45. Lunches will include: a healthy salad, sandwich, or soup, a choice of two different smoothies as your fruit, and a granola, yogurt or energy bar as a dessert. Cost will be \$7.00 and you do **need to reserve by Friday** to get a lunch on Monday. Dennis has established a wonderful array of foods to prepare for this. If you go to a gym, they usually have an associated café or bar , you will spend more than \$7 for just the smoothie. **EVERYONE IS WELCOME**, even if you just want to try the lunch. We are including in this newsletter a **free Monday** lunch coupon for you to try a lunch in Jan. or Feb.

It will be
well worth
the trip

SEE EXAMPLES
OF MENU
OPTIONS
POSTED ON
BULLETIN
BOARD AT
CENTER

**Prepaid Lunch Card
Monday Lunch in Jan. Or Feb.
Make Sure to
RSVP By the Friday before**



Please make sure
to reserve the
Friday before

Cut out and bring to
center when eating on a
Monday



We are actively seeking new Board Members to help lead the Center for Active Adults into its next chapter. As we work to expand programming, extend hours, and bring new energy to the Center, we are looking for individuals—especially in the 35–60 age range—who bring experience in areas such as community engagement, marketing, fundraising, financial, legal, operations, program development, or leadership. We believe that welcoming younger voices and fresh perspectives will help ensure a vibrant and sustainable future for our Center. Serving on a nonprofit board is an excellent professional development opportunity. Board members strengthen valuable skills such as strategic planning, budgeting, teamwork, decision-making, and community leadership—skills that are highly transferable to many careers. Board service demonstrates initiative, responsibility, and a commitment to community, all of which stand out on resumes and in professional networks. It can be a meaningful way to grow while contributing to a cause that makes a real difference. If you know someone (maybe a family member or professional service provider) who has a passion for community, enjoys being part of a dynamic team, and is interested in helping shape the growth of the Center. We encourage you to reach out to them and let us know. No prior board experience required. A commitment to innovation and collaboration is far more important.

Thank you for your help.

Annual Appeal 2026.

Within the month of February/early March, you should receive FCAA's Annual Appeal Letter in the mail. 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. Our target goal of \$35,000 will help provide all the services we offer plus any new ones. Without the Annual Appeal, programming gets affected in many ways. 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 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.



The Mayor's Turkey Dinner is coming on Sunday, March 1, 2026. Keep your calendars open for this great fundraiser that the Village and Mayor Mike Small will be hosting for us. More details in the next newsletter.

“OUT TO LUNCH BUNCH”

Calling all foodies..... We are looking for someone to start and plan a new program. Fridays at 1pm we would like to have an “out to lunch” group. The group plans where to eat each Friday. It can be an existing group of friends, a new group of friends or individuals that just want to join together to form new friendships. Meet, talk and make new friends. This group is all about food and friendship. Please let Janet know if you are interested, **first meeting to determine program will be Fri. Jan. 30. 1pm at FCAA**



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.

CHANGES TO THE DINNER PROGRAM FOR JANUARY / FEBRUARY

With the coming of winter weather, the slow down of participation, and Janet's injury, we have decided to suspend the dinner program for everyone's safety, until the warmer months. There will be some changes that will be coming to the layout of the menu and some new prospects of healthier choices. The lunch schedule will remain the same on Tuesday and Wednesday with a full lunch. Dinners may or may not be reintroduced after our reevaluation. We are doing our due diligence to give you the meals you would like to have while still making it cost effective, without any cost increases and still fulfilling our mission of fellowship and connection. Please, if you have any questions, do not hesitate to ask either Janet or Dennis. We strive to meet your needs.

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 Days



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.

WEEKLY PROGRAMS

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

MONDAY

Strength and Stretch: Mondays 10:15-11:15 increase you stamina, flexibility, and balance

YOGA: Mondays 11:15-12:00 chair yoga with Chris DeAmicis

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

American Revolution: Tuesday 12:45 January 6, 13, and 20 12:45

Party Bridge: Tuesday 10:30 Competitive group

WEDNESDAY

Morning Meditation Relaxation: every Wed. at 11:00am. New, Open to all learn calm and personal peacefulness

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

CARE Fall Prevention Class Thurs. 11:30 – 12:30 class at FCAA, sign-up required. **Must attend all 7 weeks of the session**

American Revolution: Thursday 12:45 February 8, 15, and 22

FRIDAY

Strength and Stretch: Friday 10:15-11:15 increase you stamina, flexibility, and balance

YOGA: Friday 11:15-12:00 chair yoga DVD By Chris DeAmicis

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

MONTHLY PROGRAMS

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

MONDAY

Board Meeting: Monday, Jan. 19, 6pm, **Monday, Feb 16, 6 pm.** Monthly accounting of the business Members welcome to attend

Grief Group: Monday, Jan. 26, 12:30pm, **Monday, Feb. 23, 12:30 pm.** You are not alone. Group is a support for anyone affected by a personal loss of any kind. \$10 donation **Group held in private on outdoor porch, in case of rain, it will be held in front room (craft room) with closed doors**

TUESDAY

BINGO Tuesday, Feb 3 12:45 prizes, join us for a rousing game of BINGO

Alzheimer's Educational Program: Tuesday, Feb 10 12: 30

Reader's Theater Meeting: Tuesday, Feb 17 12:45

Book Club: 12:45 Tuesday, 1/27 "Astor" by Anderson Cooper, Tues., 2/24 "We Were the Lucky Ones" Georgia Hunter

Salt City Auto Modelers: Tuesday, Nov. 18, 6:45pm, Tuesday, Dec. 16, 6:45pm local model group build, show , or enjoy the craft of expert design.

THURSDAY

French Village: Thurs., February 5, 12, and 19 , Series following a village and Characters through WWII

B'Day Celebration: Combined Dec. & Jan. Thursday, 1/29, 12:30 lunch, **Movie(1pm)** movie "Downton Abbey: The Great Finale" Thursday, Feb. 26, 12:30pm lunch **Live Music(12:45)** Dale Randall

FRIDAY

YOGA: Friday 10:15-11:15 chair yoga DVD By Chris DeAmicis

Strength and Stretch: Friday 11:15-12:00 increase you stamina, flexibility, and balance

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

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

Valentine's Day: 12:00 2/13 \$10 see cover for details.

BIRTHDAYS FOR THE MPNTH OF JAN. & FEB.

JAN. BIRTHDAY

| | | | |
|-------------------|------|---------------------|------|
| Kathy Gemmell | 1-1 | Laurie Leonard | 1-22 |
| Madeline Bort | 1-2 | Ed Ryan | 1-23 |
| Kay A. White | 1-3 | Steven Schroeder | 1-23 |
| Diana Shepard | 1-4 | Cora Reals | 1-23 |
| Clarence Taylor | 1-4 | Kip Williams | 1-23 |
| David Chin | 1-5 | Alberto Bianchetti | 1-25 |
| Lyn Maxon | 1-5 | Peg McCarthy | 1-25 |
| Christa DeBottis | 1-5 | Elaine Peterson | 1-25 |
| Linda Sofranko | 1-6 | Doris Leombrone | 1-25 |
| Bruce Irvine | 1-9 | Paul Tracy | 1-26 |
| George Anderson | 1-11 | Elizabeth Wychowski | 1-26 |
| Laurel Huff | 1-11 | Lois Powers | 1-29 |
| Herbert May | 1-11 | Karen Meiner | 1-30 |
| Pettie Rein | 1-12 | Elaine Corcoran | 1-30 |
| Michael Spillane | 1-13 | Quintin Haney | 1-31 |
| Paul Iaconis | 1-14 | | |
| Shirley Novak | 1-16 | | |
| Leo Zacharek | 1-16 | | |
| Teresa Smith | 1-17 | | |
| Richard Greene | 1-17 | | |
| James Tickell | 1-18 | | |
| Susan King | 1-20 | | |
| Ann Morales | 1-20 | | |
| Debra Terwilliger | 1-20 | | |



**DEC AND JAN WILL BE CELEBRATED
TOGETHER ON 1/29 12:30pm**

FEB. BIRTHDAY

| | | | |
|----------------------------|------|---------------------|------|
| Joyce Lennon | 2-2 | Annette Danaher | 2-14 |
| Michelle Montroy | 2-2 | Debra Saucke | 2-15 |
| Cecilia Mulvey | 2-2 | David Friedman | 2-16 |
| Carole Bildstein | 2-3 | Barbara Madden | 2-16 |
| Karen Dawson | 2-3 | Sherry Chin | 2-16 |
| Anne Brandolini | 2-4 | Sharon Kelly | 2-17 |
| Robert Kopp | 2-5 | John Martin | 2-19 |
| Greg Long | 2-7 | Kay Faus | 2-20 |
| Cathleen Brown | 2-7 | Bill Lindberg | 2-20 |
| Major J. Robert Stewart Jr | 2-7 | Elizabeth Levernosh | 2-25 |
| Marcia Anderson | 2-8 | John Price | 2-25 |
| John Kirschenheiter | 2-8 | Katherine O'Connor | 2-27 |
| Carol Braund | 2-9 | Tony Marsallo | 2-28 |
| Martha Lacy | 2-10 | | |
| Susan Powers | 2-10 | | |
| Wally McRae | 2-10 | | |
| Judy Melnicoff | 2-11 | | |
| Larry Novak | 2-11 | | |
| Jeff Hemsley | 2-12 | | |
| Ed Wortley | 2-12 | | |
| Ronald Bort | 2-13 | | |
| Mary Kay Moore | 2-13 | | |
| James Mostrom | 2-13 | | |
| Marilyn McCabe | 2-14 | | |



Dec & Jan. 1/29 Birthday Celebration Lunch & Movie

RSVP BY 1/26 *Menu: see Calendar for Menu.*

BIRTHDAY MOVIE:

THURSDAY, Jan. 29, 1:00pm, "Downton Abbey: The Great Finale"

PG, 123 min. Starring Michelle

Dockery, DRAMA/ROMANCE: When Mary finds herself at the center of a public scandal and the family faces financial strife, the entire household grapples with the threat of social disgrace. The Crawleys must embrace change as the staff prepares for a new chapter with the next generation leading Downton Abbey into the future.

Values

Some look at life as a book
With chapters and page turns
occasionally, I do, too

Mostly I view my life story in filmstrips
Rewinding and replaying memories in my mind,
Often mentally splicing,
Leaving unpleasant parts on the
Cutting room floor.

I value friendships
That have stood the test of time
And welcome new ones
Being especially grateful for
Those who appear in my life
Unexpectedly in a time of need

I value family ties
Though complicated at times,
Forgiving faults, as I do mine

I enjoy new lives brought into the fold
While reminiscing childhood memories
With siblings as we age and runout of time.

I value experiences with children
who invite me to their teas
Or write stories or draw pictures just for me
And those who score at games
Who glance my way to make sure I
Witness and cheer.

Feb. Birthday Celebration Lunch

lunch, **Thursday, Feb. 26, at 11:00pm** **RSVP BY 2/23** *Entertainment by Musician Dale Randall Menu: see Calendar for Menu.*

Cost—*non-birthday is a donation \$8.* Birthday in Feb., FREE with birthday coupon (check the b'day card you received) ****There are NO TAKE-OUTS for this meal****

PLEASE NOTE!

THURSDAY LUNCHES IN JAN. & FEB.
ARE SCHEDULED FOR **12:30pm**
DUE TO FALL PREVENTION CLASS

I value

The warmth of the sun
fall colors
Bird songs
A gentle breeze
Campfires

The ability to laugh and cry
Knowing right from wrong
And the list goes on...

It's safe to say I value
Life in my own way

While learning to share and be open about things
That cause me dismay...
Life is a balance of good and bad
A juggling act, at best
I'll never be too old to learn new things
And appreciate everything I have.

Linda Sofranko

Poetry

THURSDAYS 10:30am



| |
|--|
| NEED COMPUTER HELP? We have a computer, Chromebook and a tablet available for use in Parnell Hall. There is no sign up sheet, they are hooked up to WiFi, and available for email, website look-ups, and "office tasks". |
| Great opportunity to play games, research items, write your letters and print your reports. Come on in. If you need help, Just Ask!!! |
| If there are any specific problems you may be having, we have someone that could help you, just ask. |



NOW SHOWING

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 JAN

Mon., Jan 5, 12:45pm, “The Roses” R 1hr45m Min. Starring Olivia Coleman: Life seems easy for picture-perfect couple Ivy (Olivia Colman) and Theo (Benedict Cumberbatch): successful careers, a loving marriage, great kids. But beneath the façade of their supposed ideal life, a storm is brewing – as Theo’s career nosedives while Ivy’s own ambitions take off, a tinderbox of fierce competition and hidden resentment ignites.

Mon., Jan 12, 12:45pm, “The Woman in Cabin 10” PG 1hr 35 M Starring: Kiera Knightly On a lavish yacht for an assignment, a journalist sees a passenger go overboard. But when no one believes her, she risks her life to uncover the truth.

Mon., Jan 26, 12:45pm, “The Swimmers” Starring: Manal Issa From war-torn Syria to the 2016 Rio Olympics, two young sisters embark on a risky voyage, putting their hearts and their swimming skills to heroic use.

NEW RELEASES, WEDNESDAYS IN JAN

Wed., Jan 7, 12:45 pm, “Eleanor the Great” PG-13, 1hr 38m Starring June Squibb After the death of her oldest friend, 94-year-old Eleanor Morgenstein moves from Florida to New York City for a fresh start

Wed., Jan 14, 12:45 pm, “The Bold and Bountiful Journey” R, 1hr 49m Starring: Colin Farrell Through a surprising twist of fate, single strangers Sarah and David get to relive important moments from their respective pasts, illuminating how they got to where they are in the present.

Wed., Jan 21, 12:45 pm, “The Senior” PG 1hr 39m. Starring Michael Chiklis At age 59, Mike Flynt may be too old to be on a college football field, but not too old to feel the weight of unfinished business. After nearly four decades, he returns to his alma mater to take the hit that changed everything.

Wed., Jan 28, 12:45 pm, “My Mom Jane” R 1hr 45min Starring: Mariska Hargitay: Mariska Hargitay's journey to understand and embrace the public and private legacy of her mother, Hollywood icon Jayne Mansfield.

BIRTHDAY MOVIE: THURSDAY, Jan. 29, 12:45pm, “Downton Abbey: The Great Finale” PG, 123 min. Starring Michelle Dockery, DRAMA/ROMANCE: When Mary finds herself at the center of a public scandal and the family faces financial strife, the entire household grapples with the threat of social disgrace. The Crawleys must embrace change as the staff prepares for a new chapter with the next generation leading Downton Abbey into the future.



Winter can be lonely, dark, and depressing. A time to utilize our services and programs. The center is a great way to escape those dreary days. Come see a movie, enjoy a lunch, or bring friends and start a new group. We are always open to new ideas, programs, and a hosting new groups. It's a great way to cure the blues of winter and welcome in the warmth of spring. Join us and find out just how much you can gain in your life by just stopping by for a conversation or some great food. Let us be your sunshine to get through the Winter months.



NOW SHOWING

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 RELEASE, MONDAYS IN FEB.

Mon., Feb 2, 12:45 pm, "A Little Prayer" R 1hr 31min Stars Jane Levy. A heart-tugging drama about finding kindred spirits in unexpected places, A Little Prayer is a sensitive and searching portrait of a Southern family.

Mon., Feb 9, 12:45 pm, "Christy" R 135 Min Starring: Sydney Sweeney Christy Martin never imagined life beyond her small-town roots in West Virginia—until she discovered a knack for punching people. Fueled by grit, raw determination, and an unshakable desire to win, she charges into the world of boxing under the guidance of her trainer and manager-turned-husband, Jim. But while Christy flaunts a fiery persona in the ring, her toughest battles unfold outside it—confronting family, identity, and a relationship that just might become life-or-death.

Mon., Feb 23, 12:45 pm, "Preparation for the Next Life" R 1hr. 56 min. Starring: Fred Hechinger A Uyghur woman moves to New York City where she finds herself laboring in Chinatown's underground kitchens. She fatefully encounters Skinner, a young American soldier who's just returned from three tours in the Middle East. As they start to fall in love, they discover the possibility of a better life together than the ones they believed they were destined to live alone.

NEW RELEASE, WEDNESDAYS IN FEB.

Wed., Feb 4, 12:45 pm, "When Fall is Coming" NR, 1hr 32min Starring Helene Vincent Michelle, a well-behaved grandmother, lives quietly in a Burgundy village near her friend Marie-Claude. Valérie visits on All Saints' Day to drop Lucas off for vacation. Unexpected events disrupt their plans.

Wed., Feb 11, 12:45 pm, "The Appleton Ladies Potato Race" PG-13, 156min. Starring: Robyn Nevin Penny returns to her childhood home of Appleton, where she starts a cultural war after she learns their world-famous potato race awards the women's first place prize a fraction of the men's first place prize. **Wed., Feb 18, 12:45 pm, "Good Night and Good Luck"** PG 1hr 30Min. Starring George Clooney

When Senator Joseph McCarthy begins his foolhardy campaign to root out Communists in America, CBS News impresario Edward R. Murrow (David Strathairn) dedicates himself to exposing the atrocities being committed by McCarthy's Senate investigation. Murrow is supported by a news team that includes long-time friend and producer Fred Friendly (George Clooney). The CBS team does its best to point out the senator's lies and excesses, despite pressure from CBS' corporate sponsors to desist.

Wed., Feb 25, 12:45 pm, "My Mother's Wedding" R, 96min. Starring: Scarlett Johanson Three sisters return to their home for the third wedding of their twice-widowed mother. But the mother and daughters are forced to revisit the past and confront the future, with help from a colorful group of unexpected wedding guests.



Let's Talk Movies. ANYONE is welcome to our movies. We have recently changed our movies on Monday to reflect the needs of our members. New release movies will be offered on both Monday and Wednesday. Each will be very different and appeal to different people. Our movies are free, no reservation needed for the movie, just lunch if you want to eat with us. You also get free popcorn/beverage. It's getting cooler out, come on over and watch something you might not normally go to the movies to see, meet new people, and of course enjoy what our facility has to offer. We can't wait to welcome you.



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 cancellations **must be** made by 10:30am you need to talk to staff when doing so.

MENU

THURSDAY LUNCHES ARE SCHEDULED FOR 12:30

- Tues. -Fri. 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**

| S | Mon | Tue \$7 | Wed \$7 | Thu \$7 12:30 | Fri | Sat |
|----|--|---|---|--|---|-----|
| | | | | 1 CLOSED FOR NEW YEAR | 2 NO LUNCH/ DINNER | 3 |
| 4 | 5 Mondays will be a variety of New foods. List is posted at the center . It is suggested you sign up ahead of time but not necessary. (MONDAY ONLY) | 6 Lasagna Salad Fruit Dessert Beverage | 7 BLT on Toast Chips Fruit Dessert Beverage | 8 Grilled ham and Cheese Chips Fruit Dessert Beverage | 9 NO LUNCH/ DINNER | 10 |
| 11 | 12 Mondays will be a variety of New foods. List is posted at the center . It is suggested you sign up ahead of time but not necessary. (MONDAY ONLY) | 13 Quiche Salad Fruit Dessert Beverage | 14 Chili Salad Roll Fruit Dessert | 15 Crispy Chicken Sandwich Waffle Fries Fruit Dessert Beverage | 16 NO LUNCH/ DINNER | 17 |
| 18 | 19 CLOSED Martin Luther King Day | 20 Taco Tuesday with fixings with rice and beans Fruit Dessert Beverage | 21 Ground Beef Stroganoff Green Beans Roll Fruit Dessert Beverage | 22 Pizzaria Pizza Caesar Salad Fruit Dessert Beverage | 23 NO LUNCH/ DINNER | 24 |
| 25 | 26 Mondays will be a variety of New foods. List is posted at the center . It is suggested you sign up ahead of time but not necessary. (MONDAY ONLY) | 27 Chicken Noodle Soup Salad Fruit Dessert Beverage | 28 Chopped Italian Meat Sandwich Chips Fruit Dessert Beverage | 29 B'day \$8 Lasagna Salad Italian bread Fresh fruit B'day cake Beverage | 30 1pm "Out to lunch Bunch" MTG | 31 |

January

Events

Pg.11

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

| | | | | | | |
|----|--|--|--|--|--|----|
| | | | | 1 CLOSED FOR NEW YEAR | 2 10:15 Strength and Stretch 11:15 Yoga DVD 11—Paper Crafting 12—Mah Jong 12:30 Sewing | 3 |
| 4 | 5 10:15 Strength and Stretch 11:15—Yoga with Chris 12:00 Lunch 12:30-Inter Chess 1pm Beg Chess 12:45- Movie | 6 10:15 Art Jill 10:30-Comp. Party Bridge 12-Lunch 12:45 American Rev | 7 10:30—Beginners Party Bridge 11—Meditation 12-Lunch 12:45— Movie 12:45— Mexican Train | 8 10:15 Art with Julie 10:30 poetry 12:30-Lunch 12:30 Pitch 12:45 American Rev | 9 10:15 Strength and Stretch 11:15 Yoga DVD 11—Paper Crafting 12—Mah Jong 12:30 Sewing | 10 |
| 11 | 12 10:15 Strength and Stretch 11:15—Yoga with Chris 12:00 Lunch 12:30-Inter Chess 1pm Beg Chess 12:45- Movie 12:45 BINGO | 13 10:15 Art Jill 10:30-Comp. Party Bridge 12-Lunch 12:45 American Rev | 14 10:30—Beginners Party Bridge 11—Meditation 12-Lunch 12:45 Movie 12:45— Mexican Train | 15 10:15 Art with Julie 10:30 Poetry 11-12:30 Fall prevention 12:30-Lunch 12:30 Pitch 12:45 American Rev | 16 10:15 Strength and Stretch 11:15 Yoga DVD 11—Card Class 12—Mah Jong 12:30 Sewing | 17 |
| 18 | 19 CLOSED Martin Luther King Day | 20 10:15 Art Jill 10:30-Comp Party Bridge 12:00— Lunch 12:45 American Rev 6:45 Salt City Auto Modelers | 21 10:30—Beginners Party Bridge 11—Meditation 12-Lunch 12:45— Movie 12:45— Mexican Train | 22 10:15 Art with Julie 10:30 Poetry 11-12:30 Fall prevention 12:30-Lunch 12:30 Pitch 12:45 American Rev | 23 10:15 Strength and Stretch 11:15 Yoga DVD 11—Paper Crafting 12—Mah Jong 12:30 Sewing | 24 |
| 25 | 26 10:15 Strength and Stretch 11:15—Yoga with Chris 12:00 Lunch 12:30-Inter Chess 12:30 Grief Support 1pm Beg Chess | 27 10:15 Art Jill 10:30-Comp. Party Bridge 12-Lunch 12:45 Book Club “Astor” | 28 10:30—Beginners Party Bridge 11—Meditation 12-Lunch 12:45— Movie 12:45— Mexican Train | 29 B'Day Cel. \$8 10:30 Poetry 11-12:30 Fall prevention 12:30— b'day Lunch 12:30 Pitch | 30 10:15 Strength and Stretch 11:15 Yoga DVD 11—Paper Crafting 12—Mah Jong 12:30 Sewing 1pm out to lunch bunch meeting | 31 |



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 cancellations **must be** made by 10:30am you need to talk to staff when doing so.

MENU

THURSDAY LUNCHES ARE SCHEDULED FOR 12:30

- Tues. -Fri. 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 | 2 Mondays will be a variety of New foods. List is posted at the center . It is suggested you sign up ahead of time but not necessary. (MONDAY ONLY) | 3 Chicken Caesar Salad Italian bread Fruit Dessert Beverage | 4 Goulash Salad Fruit Dessert Beverage | 5 Fish and Chips Fruit Dessert Beverage | 6 1pm "Out to lunch Bunch" | 7 |
| 8 | 9 Mondays will be a variety of New foods. List is posted at the center . It is suggested you sign up ahead of time but not necessary. (MONDAY ONLY) | 10 Creamy Tomato Soup and Grilled Cheese Fruit Dessert Beverage | 11 Macaroni and Cheese Spinach Salad Fruit Dessert Beverage | 12 Sloppy Joe on Bun Mini Tater Tots Fruit Dessert Beverage | 13 \$10 Valentines day Party see article for menu. RSVP by 2/10 Music by Jerry Cali | 14 |
| 15 | 16 CLOSED Presidents Day | 17 White Chicken Chili Salad Fruit Dessert Beverage | 18 Toscana Soup with sausage Bread sticks Caesar Salad Fruit Dessert Beverage | 19 Bacon Cheese Burgers Fried Fruit Dessert Beverage | 20 1pm "Out to lunch Bunch" | 21 |
| 22 | 23 Mondays will be a variety of New foods. List is posted at the center . It is suggested you sign up ahead of time but not necessary. (MONDAY ONLY) | 24 Hot Ham & Cheese Sliders Chips Fruit Dessert Beverage | 25 Chicken Enchilada Verde Rice and beans Fruit Dessert Beverage | 26 B' Day \$8 Honey Glazed Pork Roasted Baby Potatoes Broccoli Fruit B'day Cake | 27 1pm "Out to lunch Bunch" | 28 |
| | | | | | | |



Events

Pg.13

S

Mon 10-3

Tues 10-3

Wed 10-3

Thurs 10-3

Fri 10-3:30

Sat

| | | | | | | |
|----|--|---|--|---|---|----|
| 1 | 2 10:15 Strength and Stretch 11:15- Yoga with Chris 12:00 Lunch 12:45- Movie 12:30 -Inter Chess 1pm Beg Chess | 3 10:15 Art Jill 10:30-Comp. Party Bridge 12-Lunch 12:45 bingo | 4 10:30 -Beginners Party Bridge 11- Meditation 12-Lunch 12:45- Movie 12:45- Mexican Train | 5 10:30 Poetry 11-12:30 Fall prevention 12:30-Lunch 12:30 Pitch 12:45 French Village | 6 10:15 Strength and Stretch 11:15 Yoga DVD 11-Paper Crafting 12- Mah Jong 12:30 Free Sew Time 1pm out to lunch bunch | 7 |
| 8 | 9 10:15 Strength and Stretch 11:15- Yoga with Chris 12:00 Lunch 12:45- Movie 12:30 -Inter Chess 1pm Beg Chess | 10 10:15 Art Jill 10:30-Comp. Party Bridge 12-Lunch 12:30 Alzheimer's Education | 11 10:30 -Beginners Party Bridge 11- Meditation 12-Lunch 12:45- Movie 12:45- Mexican Train | 12 10:15 Art with Julie 10:30 Poetry 11-12:30 Fall prevention 12:30-Lunch 12:30 Pitch 12:45 French Village | 13 10:15 Strength and Stretch 11:15 Yoga DVD 11-Paper Crafting 12 Valentine's Day lunch with music 12- Mah Jong 12:30 Free Sew Time | 14 |
| 15 | 16 CLOSED PRESIDENTS DAY 6pm Board Meeting | 17 10:15 Art Jill 10:30-Comp Party Bridge 12:00- Lunch 12:45 Reader's Theater Meeting 6:45 Salt City Auto Modelers | 18 10:30 -Beginners Party Bridge 11- Meditation 12-Lunch 12:45- Movie 12:45- Mexican Train | 19 10:15 Art with Julie 10:30 Poetry 11-12:30 Fall prevention 12:30 lunch 12:30 Pitch 12:45 French Village | 20 10:15 Strength and Stretch 11:15 Yoga DVD 11-card class 12- Mah Jong 12:30 free sew time 1pm out to lunch bunch | 21 |
| 22 | 23 10:15 Strength and Stretch 11:15- Yoga with Chris 12:00 Lunch 12:45 -Movie 12:30 -Inter Chess 12:30 Grief Support 1pm Beg Chess | 24 10:15 Art Jill 10:30-Comp Party Bridge 12:00- Lunch 12:45 Book Club "We Were the Luck Ones" | 25 10:30 -Beginners Party Bridge 11- Meditation 12-Lunch 12:45- Movie 12:45- Mexican Train | 26 B'day Cel. \$8 10:15 Art with Julie 10:30 Poetry 11-12:30 Fall prevention 12:30 b'day lunch 12:30 Pitch | 27 10:15 Strength and Stretch 11:15 Yoga DVD C 11-Paper Crafting 12- Mah Jong 12:30 free sew time 1pm out to lunch bunch | 28 |
| | | | | | | |

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

Barbara Olum, Hal Roethel, Vern Kessler & Bernie Bugin

Thank you for your donation in memory:

For Hal Roethel.

Stu and Linda Bruce

For Vern Kessler.

Laura Milioto, Mary Milioto, Susan Waterschoot, Judy and Richard

Warner, Daniel and Kristen Lounsberry, Paula Telmosse, Riva Wollen, and Carole Leo

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 **Jan. 20 & Feb. 17**. 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

Chairman:
Arlene Pritzker

Secretary:
Patti Baker
Tony Marsallo

Barbara Arnold
Barbara Hanzalik
Mary Kilpatrick
Jill McAndrew
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: 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.

January & February Meetings are 6pm Mon., Jan. 18 & Feb. 16

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

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584 East Genesee Street
Fayetteville Center for Active Adults