

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

July & Aug 2026

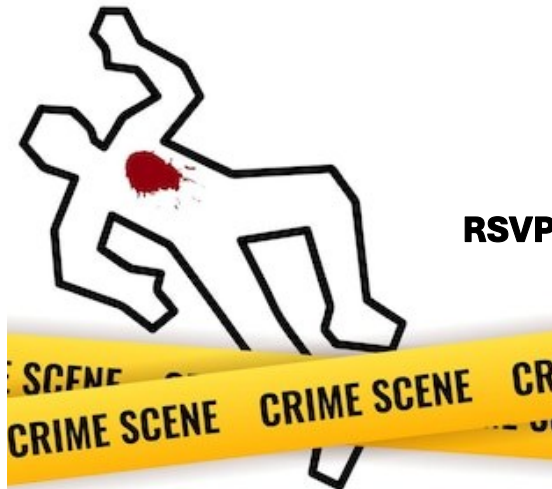
THE DINNER DETECTIVES MURDER MYSTERY SHOW AND DINNER

Time & Date: 5:30pm Friday, July 17

Cost: \$45 per person upon reservation

RSVP & Pmt. Due by Wed. 7/13 We need at least 60-70 people
signed up by July 13 to be able to do the show.

Menu: Appetizers, Salad, Orange Cranberry Pork Tenderloin,
Rice Pilaf, Green Beans, Roll, Fruit Salad, & Double baked pie
a la mode. **Vegetarian option Vegetable Lasagna in place of
Pork Loin. Please specify. If you have special dietary needs;
please let us know when reserving ticket.**



ANNUAL CHICKEN BBQ DRIVE THRU OPTION TO EAT IN **LIVE MUSIC**

Join us on Friday, August 14, 4-till gone.

- First come, first served, no reservation needed.
 - **MENU:** 1/2 BBQ chicken, Salt Potatoes, 1/2 Corn on the cob, watermelon, bottle of water, and dessert
- Come and eat on our porch, one of the tables in the grass, or bring your own picnic blanket.**
COME ONE, COME ALL TO SUPPORT THE FCAA
and enjoy a great meal and live Music with Jerry Cali, musician extraordinaire.



Scam Awareness Presentation for seniors & community

Join Officer Gabriella Weirman, Town of Manlius Police, for an hour long presentation on
Thursday, July 16th at 12:30pm.

Scams are fraudulent schemes designed to steal money, personal information, or access to accounts, often using impersonation, urgency, and fear, to trick individuals. We all know someone that has been affected by these kinds of crimes. Please RSVP and sign-up to educate yourself and a friend of the schemes we can all fall into.



Doug's Fish Fry To-Go Truck Monday, July 20 11-6pm.



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.

Annual Appeal UPDATE 2026

Dear Friends, I would like to thank everyone that has donated to the Annual Appeal. We are currently in 4th month of the campaign and, it has come to my attention that the importance of our annual campaign may not be totally understood. Contributions are the financial life blood of the center. The center fundraises 2/3 of our \$205,000 budget, 25% of that figure is our Annual Appeal.

These are a few of the things you as a donor support:

- everyday expenses including those invisible expenses
- year round programming, maintaining reasonably priced meals, free projects, and providing services vital for seniors and the community
- All the fun extras, special dinners, free birthday month lunches and cards, bands and free orchestra performances, and educational/historical presentations

Without funds, we risk our not being able to provide the space for gathering, meals, programming, plus the ability to repair equipment needed to operate.

Did you know the community also comes together each year to help us sustain our work by donating to our fundraisers, special dinners, and other events.

Please, we are 55% below our Appeal goal of \$50,000 for 2026. We appreciate all the support you can give.

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.

Thank you for your time. Jan

To Our Membership,

The Center is more than a building—it's a lifeline. It means connection instead of loneliness, hope instead of silence. Through your continued generosity and support we offer a variety of activities, community-based programming, and initiatives, as well as healthy meals for our 50+ population. We can't do this alone. The saying "It Takes a Village" is more than figurative... Your donations are vital to our organization. Just a \$10 donation per household would put us well on our way to success. In 2025, your generous donations brought kindness beyond measure to our members. Our heartfelt thanks to those who help our cause with a charitable donation.

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

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

Please help us build a solid foundation for the changing needs of tomorrow.

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

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

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

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

Warm Regards,

Barbara Arnold, Board Chair

Janet Best, Director

Please maintain this section for your records:

Fayetteville Center for Active Adults Annual Appeal. Tax ID # 16-1143963

Amount Donated \$ _____

2026

Cut ----- *Cut*

You can return your generous gift to us in the mail or by dropping it off to the office

Name (please print) _____

Address _____

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

\$500(Gold)

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

Credit Card ___ VISA ___ MC ___ AMEX

Card # _____ CVC _____ ZIP _____ EXP _____

Signature _____



NEW PROGRAMMING/EVENTS



Living Healthy with a Chronic Condition Self-Management Workshop

Upstate Medical University and Oasis Present

6 week course on self Management and care.

Course is on **Fridays 7/24 and 7/31, Fridays 8/7, 8/21, & 8/28, Friday 9/4 at 1:00pm.** All

Workshop materials are provided as well as a gift bag, the course is **FREE.**

You must attend all 6 weeks, this is a NYS Office of the Aging Course.

The course will address issues such as: Taking control, isolation, depression, medications, sleep, communicating with family/doctors, and planning for the future, etc.... Please RSVP by 7/21 so the presenter can have enough materials. Must have a **Minimum 10 participants to offer course.**

Book for Book Club books available from Janet

Tuesday, July 28, 12:45, "The Mitford Affair" by Marie Benedict

Tuesday, August 25, 12:45, "Never Give Up, A Prairie Family's Story" By Tom Brokaw

See Janet for book



alzheimer's
association®

Tues., August 18, 12:30pm General Education with the Alzheimer's Association

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

FREE CLASS

Senior Dance Aerobics for Fall Prevention

Wednesdays at 10:15am Do you like music, moving to the rhythm of the beat?

This is the class for you. Using upbeat music, this dance-like exercise can be done sitting or standing. Your instructor, Robin Ormsby, is from CARE at LeMoyne College.

Sign up ASAP.

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



Monday Afternoon Meditation with Janet will resume in July

Mondays 12:30pm 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.



FREE Rebroadcast of "Great Decisions"

Check calendar for times and series number. There will be no instructor present but discussion among the attendees is encouraged. Please be respectful.



Join our History Group. Give Janet your email and we will inform you of upcoming history discussions. Don't forget our series "The French Village" on Thursdays. A historical look at one French village during WWII. Check calendar for viewing times.

Looking forward to Sept. we will be having a presentation on President Grover Cleveland, **Tues. Sept. 8, 15, & 22 at 12:45.** From his early years in Fayetteville to his two presidential terms, this program will be an interesting walk through our history.



DID YOU KNOW???

- ♦ FCAA's building and property are owned and maintained by the Village of Fayetteville
- ♦ The Village of Fayetteville contributes to 1/3 of our annual budget each year
- ♦ We are responsible for 2/3 of our annual budget through the Annual Appeal and various fundraisers/ events
- ♦ The center does not receive any funds from the county, state, or federal government to support our programs. We do apply for grants when applicable
- ♦ The cottage and barn are owned by the Village of Fayetteville with the center receiving a small stipend to manage
- ♦ Village Trustee Jane Rice is our Liaison to the Village of Fayetteville.
- ♦ The Memory Garden is not maintained by the center, it is a separate entity

If you would like to know about other workings of the center, please feel free to ask.



CRAFT ROOM IS NOW OPEN

We have sewing machines and fabric, paints, stamping supplies, yarn, beads, etc... All we ask is for a donation to replenish the supply so others can enjoy as well. You can use the craft room anytime when no one is occupying the space. Scheduled time is available on Fridays. Call for other times.



Come Join us on Fridays for Card Making

Each Friday Barb Arnold shows us the wonderful world of creative card making. We make and take for home, the military services, those in need of a pick-me-up or for special occasions. Come and join us to meet new friends and to have a conversation and some fun, and it's FREE.

JULY 7 12:45, Free Flower Planting and Pot Decorating



Come join us for a fun afternoon,
RSVP by 7/2 this is mandatory
since items are supplied.

Let's Paint Some Pottery

Third offering. What a blast. Displayed in Parnell Hall are pieces we can select from to paint on
Monday, Aug. 17, 12:30 The projects range from \$14.00-up. **RSVP by Thurs., Aug. 13**



July 20th from 12:30-1:30 the Onondaga County Board of Elections will be at the center on our porch. Purpose of this visit is to provide information on ways of making voting easier for seniors, update addresses, and to provide the public with nonpartisan information on elections. There will be no particular party, no candidates, and no campaigning. Strictly voting information.

Front Porch

COLLECTIVE

GRIEF SUPPORT GROUP

meets **once a month on Mondays at 12:30pm**. A donation of \$10 to the counselor will be paid for by the center. 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.

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.



THURSDAYS
10:30am

Poetry

The Alphabet of Aging

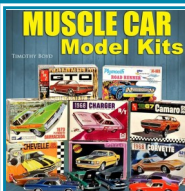
Heard at bridge-
One diamond, two clubs, pass, two hearts.
Seven tricks taken, down one.
Then-
CHF, CAD, LAD, CABG.
Can't see? AMD (wet or dry).
Can't hear? SNHL.
Can't deal? OA or RA.
Too much candy from Janet's bowl?
Beware the dreaded A1C.
Thus the primer of the aging.
Trying to play with luck and skill
The cards we are dealt.
As we trudge forward
To that which has euphemism
But no acronym.

Written by Margaret Taeler



In Memory of our Departed members

May you rest in peace
***Bernard Forth &
Lusia Beeks***



Salt City Auto Modelers

Remember building scale models as a kid? Well, some of us never gave up on this wonderful hobby, and that's where the Salt City Auto Modelers model car club comes in. We're a fun group of 10 or so that meet once a month for "show-n-tell", to share our scale modeling projects, and enjoy each other's company. Meetings are held at the Fayetteville Center for Active Adults on the **3rd Tuesday** of every month from **6:45 pm-9 pm**, and the next gatherings are scheduled for **July 21 & Aug. 19**. It's all FREE, and if you have any questions, please call David Best at 315-663-7045.



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

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

MONDAYS IN JULY

Mon., July 13 12:45pm, "The Book Club Murders" Thriller Mystery PG-13 1 hr 27 Min.
Starring Brittany Underwood, when her fellow bookclub members turn up dead, a woman sets out to unmask the killer, before her daughter becomes the next victim.
Mon., July 27 12:45pm, "Youngblood" DRAMA PG-13 104 Min. Starring Blair Underwood, Hockey prodigy Dean Youngblood joins the Hamilton Bulldogs and has to deal with toxic behavior during his journey to the National Hockey League draft.

NEW RELEASES, WEDNESDAYS IN JULY

Wed., July 1, 12:45 pm, "Finnegan's Foursome" COM R 2hr 05Min. Starring Ed Burns Two rival brothers and their adult children head to Ireland to honor their late father's final wish by scattering his ashes on the coastal golf course he adored. What starts as a clash of egos, old grudges and comic misadventures soon turns into a week of unlikely bonding and unexpected warmth.
Wed., July 8, 12:45 pm, "Soul on Fire" DRAMA PG 1 hr 52 Min. Starring William H Macy Soul on Fire is a 2025 American biographical drama film about John O'Leary, a real-life St. Louis native who survived fire burns which covered his entire body.
Wed., July 15, 12:45 pm, "Wake up Dead Man, A Knives out Movie" MYSTERY PG-13, 2hr 26min. Starring: Glenn Close, A baffling death inside a quiet church draws Benoit Blanc into a tense investigation where faith, secrets, and suspicion blur as a close community turns against itself.
Wed., July 22, 12:45 pm, "She Dances" COM/DR NR I hr 33 Min. Starring Ethan Hawke A struggling single father tries to reconnect with his distant teenage daughter while chaperoning her at a regional dance competition in the Southeast, facing his own insecurities.
Wed., July 29, 12:45 pm, "You, Me, and Tuscany" ROM-COM PG-13 105 Min. Starring Halle Bailey Anna impulsively jets off to Tuscany, Italy, to stay at a stranger's villa without permission. Caught inside the house by the man's mother, she convinces the woman that she's his fiancée. That little lie soon becomes a big problem when Anna develops a growing attraction to the stranger's handsome cousin.

BIRTHDAY MOVIE: THURSDAY, July 30, 12:45pm, "Remarkably Bright Creatures" PG-13, 1hr 53Min. Starring Sally Field, Through unlikely bonds formed during night shifts at a local aquarium, Tova, an elderly widow, learns of a life-changing discovery that may bring her joy and wonder once again.

July 2026 BIRTHDAY

7/1	Susan Ryan	7/13	Richard Stachowiak	7/29	Pat Gotschall
7/1	John Niland	7/14	Mary Price	7/29	Sammy Lui
7/2	Sara Reals	7/15	Katie Scott	7/29	Pam Ryan
7/2	Steffani Williams	7/16	Richard Heimerman	7/29	Susan M. Ryan
7/3	Walter Lui	7/16	Cathy Kirschenheiter	7/31	Donna McCann
7/5	Catherine Gale	7/16	Chuck Seereiter		
7/5	David Marshall	7/17	Eileen Deuell		
7/6	Lester Blauvelt	7/17	Felicia Hoover		
7/6	Jane Verbeck	7/17	Bill Hoyer		
7/7	Bertie Prockup	7/19	Ed Sullivan		
7/9	Pieter Keese	7/19	Elaine Hatch		
7/9	Cynthia McDonnell	7/20	Kim Hildreth		
7/10	Carol D'Angelo	7/22	Cindy Hewitt		
7/12	Angie Greene	7/22	Cheryl Noetscher		
7/13	Rick Gifford	7/23	Rosemary Reiss		
7/13	Walter Opello, Jr.	7/27	Stephen Trencansky		
		7/28	Marlene Stunzi		
		7/28	Mary Zemanick		





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TO MOVIE WEBSITE OR YOUTUBE, AND
VIEW THE TRAILER.**

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

MONDAYS IN AUG

Mon., Aug. 10, 12:45 pm, “Dreams” ROM-DR NR 1Hr 38Min. Starring Jessica Chastain. A powerful American socialite and an undocumented Mexican ballet dancer begin a dangerous affair. When he secretly crosses the U.S.-Mexico border, she takes desperate measures to protect their future together.

Mon., Aug. 24, 12:30 pm, “Hamilton” MUSIC/HIST PG-13 2 hr 30Min. Starring: Lin-Manuel Miranda, tells the story of Alexander Hamilton, the first Secretary of the Treasury of the United States. Told through music inspired by hip hop and R&B, Hamilton begins as an orphan eventually becoming a founding father of the United States .

NEW RELEASE, WEDNESDAYS IN AUG

Wed., Aug. 5, 12:45 pm, “Devil Wears Prada 2” COMEDY PG-13, 119 Min Starring Meryl Streep, Andy Sachs returns to Runway as Miranda Priestly navigates a new media landscape and Runway's position within. The duo reconnect with former assistant Emily Charlton, now the head of a luxury brand that possesses funding which could ensure Runway's survival.

Wed., Aug. 12, 12:45 pm, “A Great Awakening” DR/HIST PG-13 129Min. Starring John Paul Sneed, the true story of an unlikely friendship between the Reverend George Whitefield and Benjamin Franklin that resulted in one of the most defining moments in American history. The Reverend George Whitefield ignites the first Great Awakening, uniting an entire generation with his thundering and faithful sermons and proclamations of liberty. The founders discover true liberty cannot only be written into law - it must be awakened in the hearts of the people.

Wed., Aug. 19, 12:45 pm, “The Sheep Detectives” COMEDY PG 109 Min. Starring Hugh Jackman, George Hardy is a shepherd who reads detective novels to his beloved sheep every night, assuming they can't possibly understand. But when a mysterious incident disrupts life on the farm, the sheep realize they must become the detectives. As they follow the clues and investigate human suspects, they prove that even sheep can be brilliant crime-solvers.

Wed., Aug. 26, 12:45 pm, “In The Grey” R 1Hr 38Min. Starring Henry Cavill, A covert team of elite operatives embarks on a mission to steal back a billion-dollar fortune from a ruthless tyrant.

BIRTHDAY MOVIE: THURSDAY, Aug. 27, 12:45pm, “Michael” MUSIC/DR PG-13, 128 Min. Starring Jaafar Jackson, The story of pop superstar Michael Jackson -- from his extraordinary early days in the Jackson 5 to the visionary artist whose creative ambition fuels a relentless pursuit to become the biggest entertainer in the world.

August 2026 BIRTHDAY

8/1 Michael Collins
8/3 Robin LaVoie
8/5 Elaine Coppola
8/7 John Hunt
8/7 Robert Rumazza
8/8 Judith Friedman
8/8 Betty Fuda
8/8 Edward Henry
8/10 Vanessa Darmento
8/10 Dolly Monteleone
8/11 William Fiegel
8/11 Susan Heiligman
8/11 Susan Waterschoot
8/12 Maggie Reid
8/14 Diane Adams
8/14 Harold Gulliksen
8/14 Marsha Taylor
8/15 Ruth Perkins
8/15 Donna Shapiro

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8/25
8/25
8/27
8/30

Carol Hubbell
Victoria Elliot
Anne Barton
Robert Twichell
JoAnn Port
Carrie Hunt
Michael O'Neal
Ron Ziomek
John Klosowski
Marilyn Niland
Beverly Roet
Marilynn Schroeder
Ron Hebert



JULY

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MENU

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

Sun	Mon \$7	Tue \$7	Wed \$7	Thu \$7	Fri	Sat
			1 BLT on white Potato Salad Fruit Dessert Beverage	2 Egg/tuna sal- ad sandwich Chips Dessert Beverage	3 CLOSED HAPPY 4th	4
5	6 CLOSED	7 Chicken & Rice Casserole Roll Fruit Dessert	8 Meatball Sub Salad Fruit Dessert Beverage	9 Mac & Cheese Steamed Broccoli Fruit Dessert	10 No Lunch	11
12	13 1/2 turkey and avocado panini Salad Smoothie Protein bar Beverage	14 Taco Tuesday Chips/Salsa Fruit Dessert Beverage	15 Lasagna Salad Fruit Dessert Beverage	16 Grilled Cheese Tomato Soup Fruit Dessert Beverage	17 \$45 Murder Mystery Dinner 5:30	18
19	20 Chicken Caesar Salad Smoothie Protein bar beverage	21 Cheeseburgers Fries Fruit Dessert Beverage	22 Cuban Crunch Sandwich Chips Fries Fruit Beverage	23 Hot Dogs Baked Beans Fruit Dessert Beverage	24 No Lunch	25
26	27 1/2 Hum- mus sandwich Salad Smoothie Protein bar	28 Assorted Quiche Tom., moz., sal- ad Fruit Dessert beverage	29 Chili Salad Fruit Italian Bread Dessert Beverage	30 B'Day \$8 Chicken with Mushroom Dijon gravy Rice Green Beans Fruit B'day cake	31 No Lunch	



Events

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<u>S</u>	<u>Mon 10-3</u>	<u>Tues 10-3</u>	<u>Wed 10-3</u>	<u>Thurs 10-3</u>	<u>Fri 10-3:30</u>	<u>Sat</u>
			1 10:30–Beginners Party Bridge 10:30– Mexican Train 12-Lunch 12:45– Movie	210:15 Art with Julie 10:30 Poetry 12-Lunch 12:30 Pitch 12:45 French Village	3 CLOSED	4
5	6 CLOSED	7 10:15 Art Jill 10:30-Comp. Party Bridge 12-Lunch 12:45 replay of Great Decisions 1&2 12:45 flower pot planting	8 10:15 Senior Dance Aerobics 10:30–Beginners Party Bridge 10:30– Mexican Train 12-Lunch 12:45– Movie	9 10:15 Art with Julie 10:30 Poetry 12-Lunch 12:30 Pitch 12:45 French Village	10 10:15 Strength and Stretch 11:00– Yoga 11–Card making 12– Mah Jong 12:30 crafting time	11
12	13 10:15 Strength and Stretch 11:00– Yoga with Chris 12:00 Lunch 12:30-Inter Chess 12:45- Movie 12:30 Meditation 1pm Beg Chess	14 10:15 Art Jill 10:30-Comp. Party Bridge 12– lunch 12:00 Oasis presentation 12:45 replay of Great Decisions 3&4	15 10:15 Senior Dance Aerobics 10:30–Beginners Party Bridge 10:30– Mexican Train 12-Lunch 12:45– Movie	16 10:15 Art with Julie 10:30 Poetry 12-Lunch 12:30 Scam Presentation 12:30 Pitch	17 Opening at 4:30 for Murder Mystery Dinner	18
19	20 10:15 Strength and Stretch 11:00– Yoga with Chris 12:00 Lunch Doug's Fish Fry 12:30 Election Board program 12:30-Inter Chess 1pm Beg Chess 12:30 Grief Support 6 Board Meeting	21 10:15 Art Jill 10:30-Comp. Party Bridge 12:00– Lunch 12:30 BINGO 6:45 Salt City Auto Modelers	22 10:15 Senior Dance Aerobics 10:30–Beginners Party Bridge 10:30– Mexican Train 12-Lunch 12:45– Movie	23 10:15 Art with Julie 10:30 Poetry 12-Lunch 12:30 Pitch 12:45 BINGO	24 10:15 Strength and Stretch 11:00– Yoga 11–Card making 12– Mah Jong 12:30 crafting time 1:00 Oasis Pres.	25
26	2710:15 Strength and Stretch 11:00– Yoga with Chris 12:00 Lunch 12:30-Inter Chess 12:45- Movie 12:30 Meditation 1pm Beg Chess	28 10:15 Art Jill 10:30-Comp. Party Bridge 12-Lunch 12:30 Book Club	29 10:15 Senior Dance Aerobics 10:30–Beginners Party Bridge 10:30– Mexican Train 12-Lunch 12:45– Movie	30 B'Day Cel. \$8 10:15 Art with Julie 10:30 Poetry 12– b'day Lunch 12:30 Pitch 12:45 Movie	31 10:15 Strength and Stretch 11:00– Yoga 11–Card making 12– Mah Jong 12:30 crafting time 1:00 Oasis Pres.	



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S	Mon	Tue \$7	Wed \$7	Thu \$7	Fri	Sat
						1
2	3 Caprese Panini Salad Smoothie Protein bar	4. Chicken Pot Pie Salad Fruit Dessert Beverage	5 Sloppy Joe Fries Fruit Dessert Beverage	6 Assorted Pizza Salad Garlic knots Fruit Dessert Beverage	7 No Lunch	8
9	10 Chicken Caesar Salad Smoothie Protein bar	11 Taco Tuesday Chips and Salsa Fruit Dessert Beverage	12 Grilled Chicken Potato Salad Fruit Dessert Beverage	13 Tuna/Egg salad sandwich Chips Pickle Fruit Dessert Beverage	14 \$15 Chicken BBQ 4pm-Until Gone See cover for menu	15
16	17 Grilled veggie & cheese panini Smoothie Protein bar	18 Meatball Sub Fries Fruit Dessert Beverage	19 Bacon Cheeseburger Mac Salad Fruit Dessert Beverage	20 Mac & Cheese Spinach salad Fruit Dessert Beverage	21 No Lunch	22
23	24 Strawberry poppyseed salad with chicken Smoothie Protein bar	25 Baked Ham & Swiss Sandwich Chips Fruit Dessert Beverage	26 Manicotti Bread Salad Fruit Dessert Beverage	27 \$8 B'day Chicken Parm with Angel Hair Italian Bread Salad Fruit B'day cake Beverage	28 No Lunch	29
30	31 Southern Style Chicken Salad Veggie sticks Smoothie Protein bar					



Events

Pg.11

<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>
2	3 10:15 Strength and Stretch 11:00– Yoga with Chris 12:00 Lunch 12:30 Meditation 12:30-Inter Chess 1pm Beg Chess	410:15 Art Jill 10:30-Comp. Party Bridge 12-Lunch 12:45 replay of Great Decisions 5&6	510:15 Senior Dance Aerobics 10:30–Beginners Party Bridge 10:30– Mexican Train 12-Lunch 12:45– Movie	6 10:15 Art with Julie 10:30 Poetry 12:00-Lunch 12:30 Pitch 12:45 French Village	7 10:15 Strength and Stretch 11:00– Yoga 12– Mah Jong 12:30 crafting time 1:00 Oasis Pres.	1/8
9	10 10:15 Strength and Stretch 11:00– Yoga with Chris 12:00 Lunch 12:30 Meditation 12:45- Movie 12:30-Inter Chess 1pm Beg Chess	11 10:15 Art Jill 10:30-Comp. Party Bridge 12-Lunch 12:45 replay of Great Decisions 7&8	12 10:15 Senior Dance Aerobics 10:30–Beginners Party Bridge 10:30– Mexican Train 12-Lunch 12:45– Movie	13 10:15 Art with Julie 10:30 Poetry 12:00-Lunch 12:30 Pitch 12:45 Banking scam presentation	14 Opening at 3pm for chicken BBQ	15
16	17 10:15 Strength and Stretch 11:00– Yoga with Chris 12:00 Lunch 12:30 Pottery Painting 12:30-Inter Chess 1pm Beg Chess 6 Board Meeting	18 10:15 Art Jill 10:30-Comp Party Bridge 12:30 Alzheimer's Association 6:45 Salt City Auto Modelers	19 10:15 Senior Dance Aerobics 10:30–Beginners Party Bridge 10:30– Mexican Train 12-Lunch 12:45– Movie	20 10:15 Art with Julie 10:30 Poetry 12:00-Lunch 12:30 Pitch 12:45 French Village	21 10:15 Strength and Stretch 11:00– Yoga 12– Mah Jong 12:30 crafting time 1:00 Oasis Pres.	22
23	24 10:15 Strength and Stretch 11:00– Yoga with Chris 12:00 Lunch 12:30-Inter Chess 12:45- Movie 12:30 Grief Support 12:30 Meditation 1pm Beg Chess	25 10:15 Art Jill 10:30-Comp Party Bridge 12:00– Lunch 12:30 Book Club	26 10:30–Beginners Party Bridge 10:30– Mexican Train 12-Lunch 12:45– Movie	27 B'day Cel. \$8 10:15 Art with Julie 10:30 Poetry 12:00 B'day lunch 12:30Pitch 12:45Movie	28 10:15 Strength and Stretch 11:00– Yoga 12– Mah Jong 12:30 crafting time 1:00 Oasis Pres.	29
30	31 10:15 Strength and Stretch 11:00– Yoga with Chris 12:00 Lunch 12:30-Inter Chess 12:30 BINGO 1pm Beg Chess					



FAYETTEVILLE CENTER FOR ACTIVE ADULTS

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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
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Phone: (315) 637-9025

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

Email: Factiveadults@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., July 20 & Aug. 17

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



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