

# For and About Senior Citizens

## Fulton Senior Citizens

We certainly have been having some lovely summer weather. Hope you have all had a chance to enjoy it.

The dance June 10 had fair attendance. We had some more delicious refreshments during intermission. Thanks to our wonderful volunteers. Many thanks to you great volunteers.

There will be no dance July 4, Thursday. The next dance will be July 18, Thursday at 7:30 to 10:30 p.m.

The birthday dinner is July 11, at 6 p.m. That's our regular covered dish dinner. Also bring your own table setting.

July 10 we go to Lakeside Theater in Oswego to see *Grand Hotel*. We will leave City Hall at 10:30 a.m. This includes lunch, program and bus. That's \$26.

July 17, a coach will take us to Skaneateles. We will have a short mystery trip first. Lunch will be at the Summit with an appetizer, followed by a relaxing boat ride. Then we have

some free time to walk around. Then dessert at Sherwood Inn.

July 29 is the boat ride from Phoenix to Baldwinsville. Mr. Conroy will narrate the trip which is always interesting. Also we will go through some locks. We leave Fulton City Hall at 2 p.m. by bus. Then the bus picks us up at Baldwinsville. Here we go out for dinner which is on your own.

Aug. 13-14 it's off to Strasburg, Pa. to see that amazing program of *Noah*. We will also go to Longwood Gardens. Another spectacular sight will be the Living waters.

Sept. 23-26 it's off to Wildwood, N.J. There'll be a trip to Atlantic City - you can also do the boardwalk and other sightseeing. They also have a beautiful Botanical Garden. Your dinners will be with entertainment. Breakfasts are also included.

Your money for the July trip is also due.

Call 592-2110 for extra information and reservations.



### June birthdays

Members of the YMCA water walking and arthritic group celebrating June birthdays included, from left, (front row) helper Masako Licourt, Ralph Stamp, Mary Jane Burnham, instructor Shirley Cianfarino; and (back row) Alice Ward, Clair Bowe, and June Buffman.

-Valley News photo by Marcia E. Skramko

## This week at Towpath Towers

Welcome to the Towers. We are in the process of planting the flowers and re-seeding the grass areas. It will soon be time to congregate in the outdoors if the weather ever warms up enough for setting out in the night time.

The 4th of July is just a week away. Let's hope we can have plenty of celebrating and don't forget the fireworks. Both the young and old enjoy the fireworks.

Our hospital list consist of Bernadine Boyce, Mary Jessmore, and Kay Pickrell. They are in Fulton Memorial. Mary Halstead is in St. Joseph's Hospital in Syracuse again. Helen Fikes has returned home. Let all of us pray for them to get well soon.

The upcoming birthday list is the following: Elizabeth Bergman and Steve Nalle, July 1; Ester Hall, July 4; and Ruth Rosa, July 7. Happy birthday to all of you and hope each of you enjoy the holiday with a lot of enjoyment. Happy birthday from all of us at the Towers.

Richard and Corrine Wilcox will celebrate their wedding anniversary July 6. Happy anniversary from all of us. We hope you will enjoy many more.

Elida Skinner has a granddaughter and husband in the Saudi Arabia area where the bombing occurred. As of this time she has not received any word of their welfare. Let us pray for Elida and her granddaughter's family that some information will be coming forth soon and they will be alright. God be with them through this suspense. God be with everyone.

- Submitted by, Ken Ellis

### Scriba seniors plan trip

The Scriba Seniors will be going to the New York State Fair Tuesday, Aug. 27. Bus will leave at 10 a.m. and will return around 8 p.m. Admission is free. Cost of transportation is free for residents and \$4 for non-residents. Sign-up begins Aug. 1 with a deadline of Aug. 16.

## Michaud Memos

We are excited about summer being here. We have lots of outside plans, now all we can do is hope that mother nature cooperates with us so that we can enjoy them.

Happy birthday goes out to the following residents for the month of July: Gladys Crandall July 1; Marion Wescott July 5; David Jodway July 9; Isabele Dingle July 9; Doris Chase July 14; Frank Price July 16; John Trepasso, July 18; Frances Hotaling July 19; Sarah Kaiser July 23.

Upcoming events for the month include: July 15, Scuderville Band; July 16, block party with Sound Junction; July 24, summertime picnic; July 26, monthly birthday party; and July 31, ice cream social.

Welcome to our home goes out to the following new residents: Frances Plummer, room 214 B; Julia Gorthy, room 211 B; and Frances Falanga, room 107 B.

-Submitted by, Anita Friot  
Activities Assistant

## Palermo Senior Citizens

Palermo senior citizens met at the church June 19 for a covered dish dinner and business meeting. Five birthdays were celebrated: Rosalind Wallace, Lila Youngs, Verna Murphy, Dora Merritt, and Ed Thompson, all had June birthdays. Cecil Mattonen made the cake. Election of officers were held with the following results: president, Harland Wallace; vice president, Warren Wanser; secretary, Dawn Ryder; treasurer, Fran Perth; chaplin, Lois Johnson; sunshine committee, Ellen Wanser; and tour guide, Martha Haas.

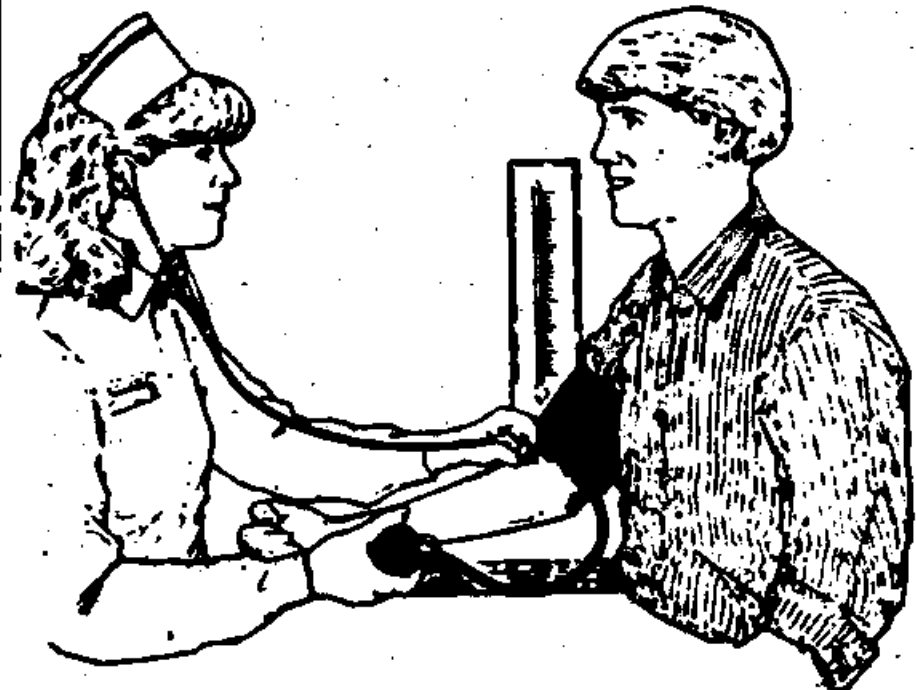
One member, Margaret Hinman,

and one former member, Lois Hough, are both recovering after recent illnesses. Cards were signed and sent to them.

The boat trip to Skaneateles Lake July 9 and tour of a handbag factory is set. The bus will leave the Palermo church at 9 a.m. sharp and there will no stop in Fulton. Return to the church should be at 4 p.m.

Our next meeting is Wednesday, July 17 at noon and we would like to enlarge our membership. Come and join us at any meeting. Membership is \$1 per year and a dinner collection of 50 cents per meeting.

## \*FREE\* BLOOD PRESSURE SCREENING



**Friday**  
**July 5, 1996**  
**10 a.m. - 11 a.m.**

Nearly 20 million Americans are unaware they have high blood pressure, since the disease has no symptoms. Millions more do not use the medication and diet that are necessary to control this disease. These people risk heart attack, strokes, and kidney disorders. Protect yourself with a simple check.



**Frank Badagnani, R.Ph.**  
**Fran Badagnani, R.Ph.**  
200 E. Broadway  
across from Wendy's  
**593-8378**  
M-F 9:30-6; Sat. 10-1

## SNS Menu

Senior Nutrition Service Menu for the Week

Senior Nutrition Services provide hot meals, transportation and the opportunity for companionship to Oswego County Senior Citizens. For information and reservations call: Fulton, 592-3408; Oswego, 343-0232; Pulaski, 298-5020; Central Square, 676-4210; Phoenix, 695-4841; Hannibal, 564-5471; Mexico, 963-7757; Parish, 625-4617.

### Menu for the week:

Monday, July 1	Italian Bean Soup
Tuesday, July 2	Seafood Salad
Wednesday, July 3	Sweet-N-Tangy Chicken Filet
Thursday, July 4	(frozen) Meatloaf with Gravy
Friday, July 5	Knockwurst with Sauerkraut



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