



EXCEPTIONAL
FAMILY
RESOURCES

EXCEPTIONAL TIMES

Empowering People • Enhancing Lives

February 2025



WELCOME

Dear EFR Community,

As we step into February, I am filled with gratitude and hope. Your unwavering support continues to inspire us as we work together to create lasting change. Whether through your dedicated work with our families, donations, volunteering or simply spreading the word, each effort strengthens our mission and propels us forward.

This month, let's reflect on the power of community. Every small act, when multiplied, has the potential to transform lives. Let's keep that energy alive as we look ahead to even more opportunities to make a difference.

Thank you for being a part of EFR!

BRUCE DRAKE

Chief Executive Officer

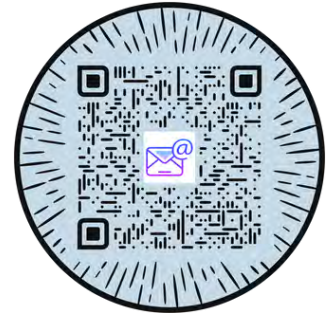
CONTACT US

1820 Lemoyne Avenue
Syracuse, NY 13208

315.478.1462

ARE YOU A MEMBER OF
OUR EMAIL LIST?
SIGN UP TODAY AND
GET THE LATEST
UPDATES.

[CLICK HERE](#)



Let's connect



FIND US ONLINE

www.contactefr.org



WHAT'S HAPPENING THIS MONTH?

FUNTASTIC FRIDAYS

7



Karaoke

February 7th | 10:00 am - 11:30 am



Yarn Wrapped Hearts

February 7th | 1:00 pm - 2:30pm

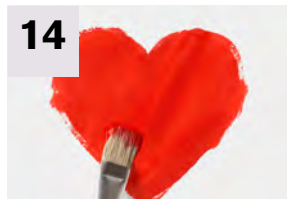
Space is limited to 25 people.

Participants must RSVP for all Funtastic Friday activities, so we may plan accordingly.

Failure to RSVP may prevent participation in the scheduled activities for that day.

Please RSVP by Tuesday of each week to celebrations@contactefr.org.

14



Valentine's Day Painting

February 14th | 10:00 am - 11:30 am

Space is limited to 25 people.



Gnomeo & Juliet Movie & Popcorn

February 14th | 1:00 pm - 2:30pm

21



Brunch Potluck

February 21st | 10:00 am - 11:30 am



Bingo

February 21st | 1:00 pm - 2:30pm



28



Air Dry Clay Craft

February 28th | 10:00 am - 11:30 am

Space is limited to 25 people.



Zumba

January 24th | 1:00 pm - 2:30 pm



**WHAT'S HAPPENING
THIS MONTH?**

thrive
Adaptive Strength Program

ELEVATE
FITNESS

\$10 PER FITNESS CLASS!

RSVPs by Monday each week to
recreation@contactefr.org

LIVERPOOL LOCATION

7455 Morgan Rd, Liverpool, NY 13090

Starting January 7th, 2025

Tuesdays & Thursdays
at 1:00pm

DEWITT LOCATION

5791 Widewaters Pkwy, Syracuse, NY 13214

Starting January 8th, 2025

Wednesdays & Fridays
at 1:00pm

For questions, please leave
a voicemail to
(315) 707-7752



WHAT'S HAPPENING THIS MONTH?



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Kids Night Out: Luv Handlz Frozen Yogurt & Arcade Games

February 4th | 5:00 pm - 6:30 pm
EFR Main Office 1820 Lemoyne Ave



7

Superbowl Tailgate Party

February 7th | 4:30 pm - 6:30pm
Redeemer Church 7565 Morgan Rd.



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Planned Parenthood: Health and Wellness Class

February 11th | 5:00 pm - 6:30pm
EFR Main Office 1820 Lemoyne Ave

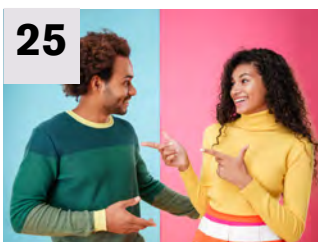


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Friday Night Dance \$5.00

February 21st | 5:30 pm - 7:30pm
Redeemer Church 7565 Morgan Rd.

25



Planned Parenthood: Health and Wellness Class

February 25th | 5:00 pm - 6:30pm
EFR Main Office 1820 Lemoyne Ave



WHAT'S HAPPENING THIS MONTH?



Bingo | Fulton Office

February 18th | 11:00 am

2 Tower Drive Fulton, NY 13069



Bingo | Syracuse Office

February 19th | 1:00 pm

1820 Lemoyne Ave. Syracuse, NY 13208



Drop-In Gaming Group | Every Wednesday

February 12th, 19th, 26th | 11:00 am - 2:00pm

Soule Branch Library , 101 Springfield Rd.

Bring your library card to check out a game or feel free to bring your own game.



Let's Go Bowling | Every Thursday

February 6th, 13th, 20th, 27th | 11:00 am - 1:00 pm

Flamingo Bowl, 7239 Oswego Rd. Liverpool

Fee: \$2.95 per game, plan for 2-3 games.

Be sure to bring enough money for games played and any snacks you wish to purchase.

Space is limited be sure to RSVP!

Please RSVP by Monday of each week to celebrations@contactefr.org.



**FROZEN YOGURT
AND UNLIMITED
ARCADE GAMES!**



**kids night
OUT!**

tuesday, february 4th
5:00pm - 6:30pm

luv handlz

2500 james street
syracuse, ny 13206



**PLEASE RSVP BY FRIDAY, 1/31 TO
RECREATION@CONTACTEFR.ORG**

Connect with Exceptional Family Resources on Social Media!

SCAN



1820 Lemoyne Ave
Syracuse, NY 13208

315.478.1462

www.contactefr.org



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Artist: Zoe