



EXCEPTIONAL  
**FAMILY**  
RESOURCES

# EXCEPTIONAL TIMES

Empowering People • Enhancing Lives

April 2025

[www.contactefr.org](http://www.contactefr.org)



# WELCOME

Dear EFR Community,

Happy spring! As the days grow longer and flowers begin to bloom, I'm thrilled to welcome you into a season full of growth, renewal, and connection. Over the coming weeks, our dedicated team has lined up a bouquet of activities designed to nourish your creativity, strengthen our bonds, and support your personal well-being:

- Creative Crafts Workshops to unleash your imagination
- Our lively Friday Night Dance series—get ready to move and groove!
- Energizing Fitness Classes for every level
- Practical Budget & Money Management Sessions to help you thrive financially
- Holistic Health & Wellness Classes to nurture mind, body, and spirit
- And of course, our beloved Annual Easter Egg Hunt, a springtime tradition for all ages!

None of this would be possible without the passion and commitment of our team—and the spirit of YOU, our incredible EFR family. I can't wait to celebrate these moments together, build new memories, and continue growing stronger as a community. Here's to a vibrant spring and the many joys it brings!

**Thank you for being a part of EFR!**

**BRUCE DRAKE**

Chief Executive Officer

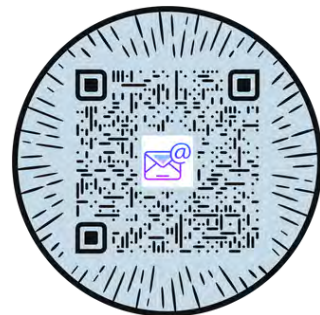
## CONTACT US

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](http://www.contactefr.org)





# WHAT'S HAPPENING THIS MONTH?

## FUNTASTIC FRIDAYS

4



### Elevate Fitness Class

April 4th | 10:00 am - 11:30 am

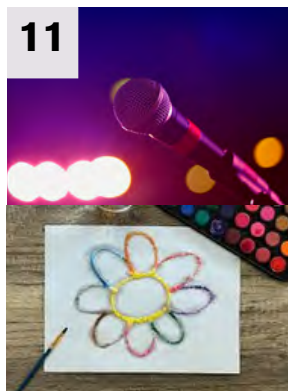


### Bingo

April 4th | 1:00 pm - 2:30pm



11



### Karaoke

April 11th | 10:00 am - 11:30 am

### Salt Art Craft with Brenda

April 11th | 1:00 pm - 2:30pm  
*Space is limited to 25 people.*

18



### Movie & Popcorn: How to Train Your Dragon

April 18th | 10:00 am - 11:30 am

### Yard Games & Basketball

April 18<sup>th</sup> | 1:00 pm - 2:30pm



25



### Brunch Potluck

April 25th | 10:00 am - 11:30 am

### Zumba

April 25th | 1:00 pm - 2:30 pm





KIDS NIGHT OUT PRESENTS


# Coaster Craft Night!

A horizontal illustration of a paintbrush with a wooden handle and a white ferrule. The brush head is dipped in pink paint, with a small puddle of paint visible at the tip.

**FRIDAY, APRIL 4TH  
5:00PM - 6:00PM**

**LOCATED AT THE EFR OFFICE  
1820 LEMOYNE AVE, SYRACUSE, NY 13208**

**PLEASE RSVP BY MONDAY, 3/31 TO  
[RECREATION@CONTACTEFR.ORG](mailto:RECREATION@CONTACTEFR.ORG)**



EFR IS EXCITED TO CONTINUE  
OUR 2025 KIDS NIGHT OUT  
PROGRAM. THESE EVENTS ARE  
OPEN TO CHILDREN SERVICED BY  
EFR AGE 6 - 12. ALL ATTENDEES  
MUST BE ACCOMPANIED BY A DSP,  
FAMILY MEMBER, OR OTHER  
NATURAL SUPPORT. EFR DOES NOT  
PROVIDE TRANSPORTATION TO  
THESE EVENTS.

**FREE!**



# WHAT'S HAPPENING THIS MONTH?



4

## Kids Night Out: Coaster Making Class

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



8

## Planned Parenthood: Health and Wellness Class

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



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## AmeriCU Budgeting & Money Management

April 14th | 4:00 pm - 5:00pm  
EFR Main Office 1820 Lemoyne Ave



18

## Friday Night Dance \$5.00

April 18th | 5:30 pm - 7:30pm  
SALTspace  
103 Wyoming Street



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## AmeriCU Budgeting & Money Management

April 21st | 4:00 pm - 5:00pm  
EFR Main Office 1820 Lemoyne Ave



22

## Planned Parenthood: Health and Wellness Class

April 22nd | 5:00 pm - 6:30pm  
EFR Main Office 1820 Lemoyne Ave



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## AmeriCU Budgeting & Money Management

April 28th | 4:00 pm - 5:00pm  
EFR Main Office 1820 Lemoyne Ave

# WHAT'S HAPPENING THIS MONTH?



## Bingo | Fulton Office

April 15th | 11:00 am  
2 Tower Drive Fulton, NY 13069



## Bingo | Syracuse Office

April 16th | 1:00 pm  
1820 Lemoyne Ave. Syracuse, NY 13208



## Drop-In Gaming Group | Every Wednesday

April 2<sup>nd</sup>, 9th, 16th, 23<sup>rd</sup>, 30th | 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

April 3rd, 10th, 17th, 24th, | 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](mailto:celebrations@contactefr.org).*



**SAVE THE DATE**

EFR IS INVITING YOU TO OUR FREE

# **EASTER EGG-STRAVAGANZA!**

**SATURDAY, APRIL 12TH**  
**10:00 AM - 12:00pm**  
Egg Hunt Starts at 10:15am

**Hoffman & Walsh Recreation Room**  
6 Stickley Drive Manlius, NY 13104

**RAIN OR SHINE, WE'LL BE HUNTIN' EGGS!**

Please be sure to dress appropriately for the weather  
and bring a bag/basket to collect your eggs in.

Easter Egg Hunt  
Refreshments  
Music  
Bracelet Making Station  
Relay Race  
Photos with the Easter Bunny  
and More!

**RSVP by Monday, April 7th to [recreation@contactefr.org](mailto:recreation@contactefr.org)**





**thrive**  
Adaptive Strength Program

**ELEVATE**  
FITNESS

**\$10 PER FITNESS CLASS!**

RSVPs by Monday each week to  
[recreation@contactefr.org](mailto:recreation@contactefr.org)

**LIVERPOOL LOCATION**

7455 Morgan Rd, Liverpool, NY 13090

Starting January 7th, 2025

Tuesdays & Thursdays  
at 1:00pm

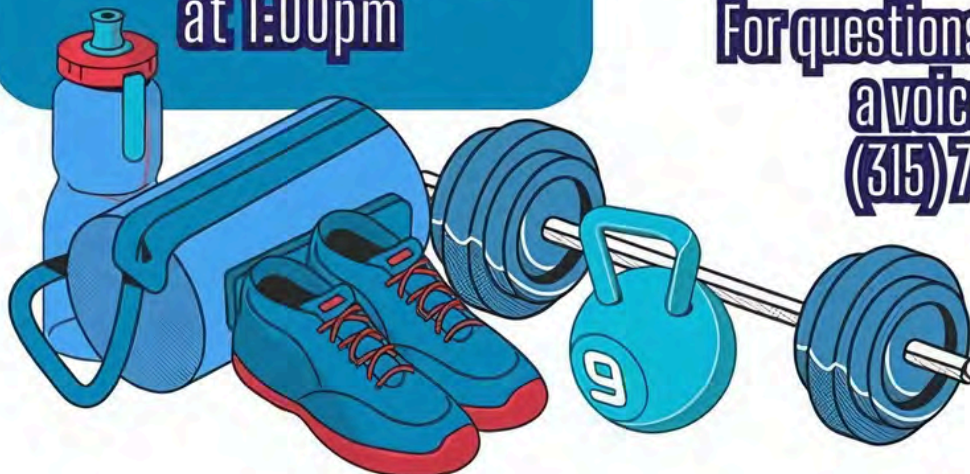
**DEWITT LOCATION**

5791 Widewaters Pkwy, Syracuse, NY 13214

Starting January 8th, 2025

Wednesdays & Fridays  
at 1:00pm

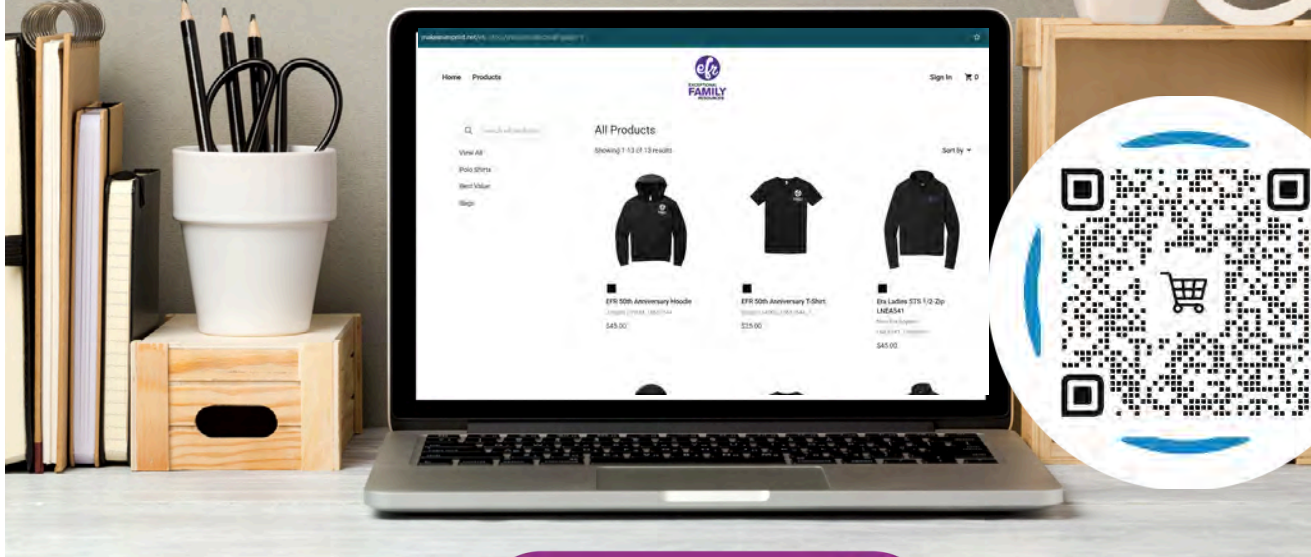
For questions, please leave  
a voicemail to  
(315) 707-7752







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# Exceptional Family Resources



## Walt Disney World

Epcot International Flower and Garden March 5 to June 2, 2025!

**SAVE UP TO \$100**

Orlando, FL

**BUY NOW**



## Chuck E Cheese **NEW!**

Where Fun Never Stops!

**SAVE UP TO 47%**

Nationwide

**BUY NOW**



## Regal Cinemas

Minecraft Movie Premieres Soon

**SAVE UP TO 44%**

Nationwide

**BUY NOW**



## Legoland New York

Opening April 10th

**SAVE UP TO 15%**

Goshen, NY

**BUY NOW**



## Luna Park Coney Island

Unleash the fun at Luna Park!

**SAVE UP TO 40%**

Brooklyn, NY

**BUY NOW**



## Disneyland

70 Years of Disneyland Magic!

**SAVE UP TO \$55**

Anaheim, CA

**BUY NOW**



## Six Flags

Endless thrills at Six Flags!

**SAVE UP TO 39%**

Nationwide

**BUY NOW**



## Madame Tussauds

Where legends come to life!

**SAVE UP TO 20%**

Nationwide

**BUY NOW**

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**Limited Time Offer**

**3 FEATURED OFFER**



OPENS  
MAY 22,  
2025

**TICKETS ON SALE** [Get Tickets](#)

**UNIVERSAL**  
ORLANDO RESORT

**LOOKING FOR MORE? BROWSE 500,000+ PERKS ON [WWW.FUNEX.COM](http://WWW.FUNEX.COM)**

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April 2025

949-367-1900

[help@funex.com](mailto:help@funex.com)





# Exceptional Family Resources



## Home Chef

Save 50% off your first 4 boxes of Home Chef!

[VIEW DEAL](#)



## Gabb

Free Gabb Watch 3E and Gabb phone 4, \$50 Gabb phone 4 pro

[VIEW DEAL](#)



## HP

Enjoy savings of up to 58% on top-rated picks!

[VIEW DEAL](#)



## PODS

Enjoy local and long distance deliveries with 20%

[VIEW DEAL](#)

**LOOKING FOR MORE? BROWSE 1,000+ PERKS WORLDWIDE**

## FEATURED OFFER



Active & Fit: Your Summer of Wellness Starts Now.

**Only \$28/month flat price!**



## HR Block

Tax Day April 15<sup>th</sup> \$25 off in-person tax prep at H&R Block

[VIEW DEAL](#)



## Embrace Pet Insurance

Save up to 25% on complete pet protection.

[VIEW DEAL](#)



## Talk Space

\$100 off your first month of therapy

[VIEW DEAL](#)



## Sam's Club

Enjoy savings of up to 60% on Sam's Club memberships with this limited-time deal!

[VIEW DEAL](#)

**LOOKING FOR MORE? BROWSE 500,000+ PERKS ON WWW.FUNEX.COM**



# Connect with Exceptional Family Resources on Social Media!

SCAN



1820 Lemoyne Ave  
Syracuse, NY 13208

315.478.1462

[www.contactefr.org](http://www.contactefr.org)



## Join Our Team!

Seeking exceptionally compassionate team members.

Apply online at [www.contactefr.org](http://www.contactefr.org)  
or call 315.930.2755



Artist: Zoe