



SUMMER 2019 NEWSLETTER

Let's Get Walking!

Join the Good Life Adventures Walking Club to stay fit and meet new friends!

Mondays and Thursdays, 8:00 AM – 9:00 AM
Optional coffee to follow.

Destiny USA – Meet at main entrance near Panera and Customer Service.

Walk at your own pace!

Being healthy and fit will ensure you are able to see and enjoy everything on our travel adventures – and walking is a low-risk, easy way to start!

A regular walking program can:

- » Reduce your risk of coronary heart disease and stroke
- » Improve your blood pressure, blood sugar levels and blood lipid profile
- » Maintain your body weight and lower the risk of obesity
- » Enhance your mental well-being
- » Reduce your risk of breast cancer, colon cancer and osteoporosis
- » Reduce your risk of Type 2 diabetes
- » Receive a complimentary T-shirt

There are so many benefits for such a simple activity. So grab your sneakers and let's get walking!

To join our walking club, call **315-671-5924** or email agualtieri@geddesfederal.com.

"Take me out to the Ball Game"

Good Life Member Drawing

For two Box Tickets with parking pass to the July 23, 2019, Syracuse Mets vs Indianapolis baseball game at 6:30 PM. The Box Tickets provide access to an air-conditioned Luxury Suite including food and beverages.

To enter, email Ann Marie: agualtieri@geddesfederal.com. Include: Name, Phone #, and type "Syr. Mets" in the body or subject of the email.

Some particulars:

- Contest participants must be 21 years or older.
- No purchase or transaction necessary. A purchase or transaction will not improve your chance.
- Do not need to be a customer of Geddes Federal.

Drawing to be held on July 16, 2019.



Take a Stroll Down Salina Street

August 27, 2019

Many Central New Yorkers have fond memories of coming to Syracuse and taking in the shops, sights and sounds of Salina Street. Come and stroll down memory lane with other Good Life members as we reminisce about past times in downtown Syracuse and take a backroom tour of the Magic Toy Shop and Syracuse China exhibits.

Onondaga Historical Association

321 Montgomery Street
Syracuse, NY 13202
10:00 AM – 12:00 PM

Optional lunch* to follow at A Mano Restaurant (formerly Fabio's), 344 S. Warren Street, Syracuse.

Please RSVP by August 1, 2019, to Ann Marie at **315-671-5924** or agualtieri@geddesfederal.com.

Please note: OHA recommends parking in the garage on the corner of Fayette Street and Montgomery Street (entrance is on Fayette Street between State and Montgomery Street) on weekdays. Metered street parking is also available.

*Lunch cost will be on your own.

A Banking History Moment

SINCE 1949

Geddes Federal Savings and Loan has been an active member of the community it serves for nearly 70 years. Three generations of families have entrusted Geddes Federal Savings and Loan with their hard-earned money and looked to us for mortgages and home improvement loans when they became homeowners. Our products and services have evolved over the years to meet the needs of our customers, but our commitment to customer service has remained the same. Geddes Federal strives to make every experience customers have even better than the last.

Find out what true community banking is all about. Experience the Geddes difference.

Thank you for being a part of the Geddes Federal family.



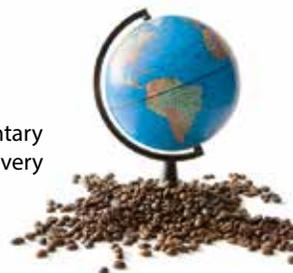
Coffee Makes the World Go 'Round

Join Good Life Adventures for complimentary coffee and Danishes the first Tuesday of every month, beginning September 3, 2019!

9:00 AM – 10:00 AM

Contact Ann Marie at **315-671-5924** for location.

Stay up to date on activities, chat with members, meet new friends and bring what is next on your bucket list. We hope to see you there!



Pioneer Woman & Magnolia Market

November 4-8, 2019

Fans of the Food Network and HGTV will love this tour of the hometowns and film site locations of two popular TV shows! Start in Pawhuska, Oklahoma, the charming hometown of Ree Drummond, also known as "The Pioneer Woman." Then head to Waco, Texas, where Chip and Joanna Gaines of "Fixer Upper" call home. As carefree as a tumbleweed on the prairie, you've got a chance to shop and explore the sites you've seen on television.

Tour Highlights:

- » Full day in Pawhuska, home of The Pioneer Woman
- » Will Rogers Memorial Museum
- » Visit the Immaculate Conception Church
- » Tour the Osage Historical Museum
- » Shop at Ree Drummond's Pioneer Woman Mercantile
- » Tour and lunch at Dallas' Southfork Ranch
- » Free time at Magnolia Market at the Silos
- » Guided Waco City tour
- » Tour the Dr. Pepper Museum

Our package includes:

- » Round-trip airfare from Syracuse
- » Four nights of first-class lodging
 - Two nights in Tulsa, OK
 - Two nights in Waco, TX
- » Four hotel breakfasts
- » One lunch
- » Four dinners including:
 - Picnic at Will Rogers' birthplace
 - Family-style dinner at the Pioneer Woman Mercantile
 - Dinner at 1424 Bistro
- » Luggage handling
- » All taxes and tips
- » Motor coach transportation in OK and TX

Pricing per person:

- » \$2,325 Double Occupancy
- » \$2,225 Triple Occupancy
- » \$2,125 Quadruple Occupancy
- » \$2,725 Single Occupancy

Non-Members Welcome – Add \$50

\$500 per person deposit due with reservation. Final payment due by September 19, 2019.

Travel insurance is available – \$129 per person for double, triple and quadruple occupancy; \$153 for single occupancy.

For more information, please call Ann Marie at **315-671-5924** or email agualtieri@geddesfederal.com.

Good Life Adventures Golf Outing

Hit the links with Good Life Adventures! Join us for this fun, nine-hole "Captain and Crew" format golf outing. Sign up as a four-person team or individual and we'll place you on a team.

Tuesday, September 10, 2019

Green Lakes State Park Golf Course
7900 Green Lakes Road
Fayetteville, NY 13066

Registration: 9:00 AM
Golf: 10:00 AM
Lunch at Brian's Landing: 1:00 PM

If you have dietary restrictions or allergies, please let us know at time of registration.

Good Life Adventure Member Cost: \$45.00 includes golf, cart, lunch, contests and prizes.

Non-Member Cost: \$55.00 includes golf, cart, lunch, contests and prizes

Lunch Only: \$25.00, includes soft drink, coffee or tea

Register by September 4, 2019.

Call Ann Marie at **315-671-5924** or email agualtieri@geddesfederal.com.



Member Coffee Hour

Tuesday, July 9
Solvay Library Community Room
615 Woods Road, Solvay

Join us to learn how to protect yourself from scams and fraudsters when using your computer, followed by an update on our upcoming adventures.

9:30 AM – 10:00 AM – Safety Tips While on Your Computer, presented by Aaron Case, Geddes Federal Assistant Director of Information Technology

10:00 AM – 10:30 AM – Upcoming adventures update and casual conversation

Please RSVP to Ann Marie at **315-671-5924** or agualtieri@geddesfederal.com.



Refer a new member
and receive

\$25 off your next
adventure!

