

## Events Around the City

**Chicken and Biscuits Dinner**  
**@ Emmanuel Episcopal Church**  
\$10.00 Adults kids 5 & under free,  
Eat In, Take out, free local Deliveries,  
Call 315-823-1323 day of dinner  
4:00 - 7:00 pm or sold out

**Create A Vision Board @ Little Falls Public Library**  
Using magazine cut-outs and poster board, you can  
create a vision board to bring focus to your New Year's  
Resolutions. FREE, supplies provided.  
4:00 pm

**Story Hour for Grownups @ Gansevoort House Books**  
Flash! The Flash Fiction writing group of Little Falls will  
explain their writing processes and read their recent short  
works. Mike Cecconi will lead the evening.  
5:30 pm - 6:30 pm

**Turkey Bowling @ RD's Gorge View Lanes**  
Bowl 3 games, only pay for two.  
5:00 pm - close

Third Thursday events are made possible by the Co-Sponsorship of the  
City of Little Falls Tourism Committee and the Little Falls Family YMCA  
through its Summer Music program.



*This project is made possible with funds from the  
Decentralization Program, a regrant program of the  
New York State Council on the Arts with the support of  
Governor Andrew Cuomo and the New York State  
Legislature and administered by CNY Arts.*

For a complete listing visit [www.shoplittlefallsny.com](http://www.shoplittlefallsny.com) or "like us on  
Facebook @ Think Local Little Falls.

## Fresh Start For the New Year

JANUARY 17<sup>TH</sup>  
THIRD THURSDAY

# Happy New Year!



Wellness, Beauty, and  
Home Improvement  
Specials!



## Home Improvement

### George Lumber

Hardwood pellets

\$5.50 per bag, \$265.00 per ton if picked up.

7:30 am - 4:30 pm

### Little Falls Fuel

Filling 20lb. propane tanks, \$11.49 plus tax.

8:00 am - 5:00 pm

### Little Falls Lumber

Huge saving on all winter supplies in stock.

Shovels, snow racks, salt and sand.

Stop in to the lumber yard and see our selection.

7:00 am - 5:00 pm

### Pohligns

Receive 20% off on any

BENJAMIN MOORE FRESH START PRIMER,

for your painting projects to start off the New Year !!!!!

8:00 am - 6:00 pm

### Showcase Antiques

Make a New Year's Resolution to declutter...WE BUY OLD STUFF all year, it's never too cold for a house call!

Wish us a Happy New Year on 3rd Thursday and we'll discount items over \$20, 15% just for you!!!

10:00 am - 5:00 pm

## Merchant Specials

**410 Collective:** Plan for a healthier you: Meal planners, weekly planners, all planners, 10% off for 3<sup>rd</sup> Thursday. Open 10am - 5pm.

**Always Treasured:** 10% off all sales! 10am - 5pm.

**Ann Street Liquor:** Select wines, 10% off. 9am - 9pm.

**Coco Bazaar:** Scarves, hats, mittens and gloves, 15% off! Open 4 - 7pm.

**Copper Moose:** \$1 off all 27 craft beer and cider taps 4pm till close.

**Ed's Pizza:** \$10 lg cheese pizza. 11am-2pm, 4pm-10pm.

**Happen Inn:** \$2.50 domestic beers and pints, 75¢ wings, eat in only, 6 - 11pm.

**Paca Gardens:** 1 FREE pair of alpaca socks (\$16.95 value) with any before tax purchase of regular priced merchandise of \$50 or more. Open 10am - 6pm.

**PrimaDonna's:** Cardigans, \$20 for the month of Jan. On 3<sup>rd</sup> Thurs., spend \$10 and receive double rewards.

**RD'S Redemption Center:** 6¢ per return. 8am - 5pm.

**Ruggiero's Trattoria:** To All Our Local Merchants- A Happy Healthy New Year! Looking Forward To Seeing You in 2019!

**Shops @ 25 W:** 10% off all purchases of \$20 or more.

**Coffee House @ the Stone Mill:** Roast pork tenderloin with roasted cinnamon apples, apple cider demi-glaze, over sweet potato puree, \$10.

**Travelodge:** Meatloaf Dinner Special \$9.95 from 5-9 pm.

**Valley Cinema:** Family year round passes, \$200.

**Venue299 (former DeCarlo):** Your event venue. Coming soon!

## Wellness

### **Fitness Pharmacy**

Challenge Accepted-6 week challenge  
(nutrition & fitness guidance)

\$250- includes all group fitness & gym access.

### **Pilates Contrology Studio**

Offering 1 on 1 Authentic Classical Pilates Lessons

The FIRST lesson is always FREE!

Call 845-282-4206 for appt.

### **Tang Soo Do of CNY**

1 Week FREE trial, if you sign up on TT, 4 - 7pm

### **Yoga & Wellness**

New classes added. Kombucha on tap. 10% off a 10  
class package if you sign up on Third Thursday.

## Healthy Eats

### **Bonita's Sandwich Chef**

*NEW MENU ITEM* - Fresh vegetables with grilled  
chicken and saffron rice, \$7.50.

Available during regular business hours.

7:30 am - 6:00 pm

### **Community Co-op**

Featuring a healthy and happy company, Nature's Path.

Pop in for sales and samples of their new products.

9:30 am - 8:00pm

### **Italian Feast**

Grilled chicken salad with apples and walnuts  
or Cajun shrimp spinach salad. Both only \$11.

4:00 - 10:00 pm

## Beauty

### **Astarte Collective**

Fresh start, Fresh Face!

\$10 chair facials include head and shoulder massage!

2:00 - 7:00 pm

### **Body Siense**

Detox and freshen up!

Detoxing sauna session and ionic footbath, followed by a  
full manicure and pedicure! \$105.

Call 315 - 985 - 8556.

### **Chickweed**

Start a new, natural face routine.

Purchase Face Silk and Cleansing Grains for only \$20.

10:00 - 5:00 pm

### **Kathy's Professional Hair Designs**

A new you with a new do at Kathy's.

Mention this special and receive  
\$5.00 off a shampoo, cut and style.

9:00 am - 4:00 pm

### **Mel's Place**

Color refresh (only) with cut, \$45.

10:00 am - 8:00 pm



Compiled By  
LittleFallsNY.com  
1998 - 2018