

Welcome to a **new** Little Falls Business!  
**Discount Repair Shop (Auto)**

22 West Main St.

24-point inspection, oil change, and free tire rotation \$23.99  
or \$41.99 with synthetic oil.

Open M-F, 8:30am - 5:30pm. Sat. 9am - 1pm.

WALK-ABOUT  
*Wellness*

Proudly sponsored by

**LITTLE FALLS HOSPITAL**

140 Burwell St, Little Falls, NY 13365  
(315) 823-1000

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),  
[MyLittleFalls.com/ThinkLocal](http://MyLittleFalls.com/ThinkLocal) or "like us on Facebook  
@Think Local Little Falls.



WALK-ABOUT  
*Wellness*

**MAY 16TH**  
**THIRD THURSDAY**

Walk alone or with a group.  
Groups will meet at  
**That Little Place on Main**  
at **4:15pm & 5:15pm**

Walk, run, or drive, and visit  
the wellness enhancing  
businesses in Little Falls  
on Third Thursday.



WALK-ABOUT  
  
Wellness

WELLNESS BUSINESSES' SPECIALS

- 1** **Body Siense • 54 W Main St**  
CBD infused massage, \$85.00. And, retail CBD creams for maximum pain relief! **Open 9am - 7pm.**
- 2** **Tang Soo Do of Central NY • 80 W Main St**  
One Week FREE trial, if you sign up on TT, **4 - 7pm**
- 3** **Fitness Farmacy • 441 W Main St**  
Sign up for gym membership for \$20 (Savings \$10) on third Thursday! **Open 5am - 8pm.**
- 4** **Kress Physical Therapy • 175 W Main St**
- 5** **Yoga & Wellness • 27 W Main St**  
10 yoga classes for 10% off.
- 6** **Just Dance Studio • 525 Albany St**  
Sign up for any summer class or Camp to get \$5 off each class you register for. Also offering \$5 off any early bird registration for fall classes. Offers valid only through May 23rd. For more information email [justdancestudio1@gmail.com](mailto:justdancestudio1@gmail.com) or call 315.269.5721.
- 7** **Community Co-op • 589 Albany St**  
Offering reduced pricing on a selection of products that support women's health and wellness! **Open 9:30 am - 8:00pm.**
- 8** **Little Falls Fire Department • 659 E Main St**
- 9** **Little Falls YMCA • 25 Jackson St**
- 10** **Pilates Contrology Studio • 608 E Main St**  
Offering 1-on-1 Authentic Classical Pilates Lessons. The FIRST lesson is always FREE! Call 845-282-4206 for appt.
- 11** **CrossFit PSE • 586 E Main St**  
FREE one month membership to the gym, and a raffle for a "fitness" basket at the gym. **Open until 7:30pm.**

**LITTLE FALLS HOSPITAL  
WELLNESS PROGRAM**  
Build Strength • Improve Balance  
Decrease Your Chance of Falling

**WELLNESS HOURS**  
Monday – Friday 7:00 am – 4:00 pm  
Silver & Fit Participants

WALK-ABOUT  
*Wellness*

MAY 16TH  
THIRD THURSDAY

3-MILE WALK

Follow the numbers to  
start and end here.  
THAT LITTLE PLACE ON MAIN



Bring a refillable water bottle.  
Walk alone or with a group.

- Refill water bottles at the Yoga & Wellness water station.
- Stop and get your blood pressure checked at the Little Falls Fire Department.

SPONSORED BY LITTLE FALLS HOSPITAL

- 1** **Body Siense • 54 W Main St**  
Tara Arduini, LMT • Andrea Boshart, LMT • Becky Case, LMT  
Natasha Millman, LMT • Lindsey Dillenbeck, LMT • Shelby Graves, LET • Sara Dipaolo, LMT
- 2** **Tang Soo Do of Central NY • 80 W Main St**  
Michael Molinaro, 7th Degree Master • Christa Molinaro, 3rd Degree Master & LMT • Thomas Molinaro, 3rd Degree Master  
Zack Coffin, 3rd Degree Master • Joseph Roy, 2nd Degree Master • Tucker Lester, 2nd Degree Master • Kirk Coffin, 2nd Degree Master • Brady Izzo, 1st Degree Master • Sean Green, 1st Degree Master
- 3** **Fitness Farmacy • 441 W Main St**  
Krista Kozma, M.ED, LMT, CPT • Mel Zorbrist, CPT • Calee Zennamo, PT • Robin Klimacek, PT • Joy Presta, PT • Anislee Looman, PT • Bre Keblish, PT • Lisa Petrie, LMT, PT  
Renee Perch, PT • Alyssa Papaleo, DPT
- 4** **Kress Physical Therapy • 175 W Main St**  
Kevin Kress, DPT • Alyssa Papaleo, DPT • Sean Pirnie, PTA  
Heather Raymond, PTA
- 5** **Yoga & Wellness • 27 W Main St**  
Marchell Scarano, MT, CYI, PT • Justina Franco, CYI • Lisa Gallagher, CYI • Fred Ulrich, Master Tai Chi • Shi Heng Shan, Kung Fu Master • Carol Parks, ST
- 6** **Just Dance Studio • 525 Albany St**  
Alicia Dodge, Dance Instructor • Hope Miller, Dance Instructor
- 7** **Community Co-op • 589 Albany St**
- 8** **Little Falls Fire Department • 659 E Main St**
- 9** **Little Falls YMCA • 25 Jackson St**  
Cheryl Liddon, PT • Michelle Burton, PT • Katy Trombley, PT • Dawn Zitoli, PT • Bart Carrig, CT  
Jeff Whittman, CT • John Cotter, NT • Daisy Null, CT  
Rita Rose, CT • Lisa Sarto, Aquatics • Barb Smith, Aquatics
- 10** **Pilates Controllogy Studio • 608 E Main St**  
Nannette de Clairmont-Forteza, CPI
- 11** **CrossFit PSE • 586 E Main St**  
Toni Licari, CF-L1 • Caitlin Handy, CFT • Sue Wallace-Eaton, CFT • Scott Seeberger, ST • Lisa Lauritsen, Yoga

This 3-mile walk takes you on route to visit and collect information on the diverse health and wellness businesses.

Walkers who visit every business will be entered in a drawing to win a gift basket with products and gift certificates from participating businesses. Be sure to ask businesses to hole punch the number for their business in the squares to the right of the map.



# THURSDAY'S SPECIALS

ONLY VALID ON THIRD THURSDAY



**American Legion:** Stop in for happy hour, we have added new drinks. **4 - 7pm.**

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

**Bonita's Sandwich Chef:** New flavors, salsas, jams, relishes. All natural, homemade buy 4 at regular price of \$5.95 each get 5th free. Stop in and enjoy our soft serve ice cream, sundaes or a shake. **7:30am - 6pm.**

**Café at the Stone Mill:** Grilled organic chicken and mixed green salad with grape tomatoes, English cucumbers, tricolored Holland peppers, with port wine balsamic reduction, \$11. **Open 10am - 7pm.**

**Canal Side Inn:** Panseared sushi grade yellow fin tuna with sautéed baby spinach and roasted peppers served over saffron white rice, \$24. **Open 5 - 10pm.**

**Chickweed:** Buy a Lotion Bar and receive a FREE Healthy Healing Lip Balm! **10am - 5pm.**

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

**Italian Feast:** Try our new cauliflower crust pizza!! \$10.50. Add a topping for \$.75. **Open 4 - 10pm.**

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

**Joyful's Vintage Designs:** 10% off any item of \$20.00 or more. **10am - 5pm.**

**Little Falls Antique Center:** 10% off all purchases of \$20 or more. **10am - 5pm.**

**Little Falls Fuel:** Filling 20lb. propane tanks, \$12.49 plus tax. **8am - 5pm.**

**Little Falls Lumber:** Spring is here! Time to fix that deck or let's build a new one. Save 10% of all in stock decking material. Also Little Falls Lumber is collecting old cell phone for CELL PHONES FOR SOLDIERS. Just drop off old cell phones at Little Falls Lumber. Anytime!!!!!! **Open 8am - 5pm.**

**Mel's Place:** Cut and eyebrow wax, \$20. Call for an appointment, 315-868-3184.

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

**Pohligns:** 20% off on any Benjamin Moore Natura premium paint. "Our Greenest Paint". Zero emissions after 4 hours. **8am - 6pm.**

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

**Showcase Antiques of CNY:** Happy Spring! Enjoy 15% off of any item priced \$25 or more, just mention Third Thursday. **10am - 5pm.**

**Travelodge:** Dinner Special, Turkey Stuffed Peppers with salad bar \$9.95. **5 - 9pm.**

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

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



# THIRD THURSDAY **EVENTS**

**Van Meter & Van Meter, LLC:** Financial Wellness is important too. Please join Chris & Dave Van Meter for a complimentary breakfast at Bonita's Sandwich Chef for an open discussion of 10 Terms Every Investor Should Know. Reservations are required. Call 315-823-9200 to make yours. **8:30am - 9:30am**

Securities offered through Cadaret Grant and Co, Inc. member FINRA/SIPC, Van Meter & Van Meter, LLC and Cadaret Grant are separate entities.

**410 Collective, Prima Donna's  
Café at Stone Mill, & more**  
Canal Place Street Party and Sidewalk Sale!  
**Noon - 5:30pm**

**Ann Street Liquor**  
Wine is very healthy.  
**Stop in for the  
FIRST WINE TASTING OF THE YEAR**  
**4 - 6pm.**

**Little Falls Public Library**  
"Make a Bracelet"  
This activity is for age 11+. Spaces are limited, registration is required. **Free.**  
**4 - 6pm.**

**Meeples Mug House**  
We get physical with Twister!  
And hula hooping outside!  
Meeples Mug House is a board game café offering paninis, mug cakes, & café beverages.  
**Open 5pm - 9pm.**

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

**Story Hour for Adults**  
NEW LOCATION NEXT to MVCA  
ARTDOOR GALLERY • 407 Canal Place  
Do you have a doily or pillow case or quilt made by an ancestor with her own hands? Do you know her story? Do you know her whole story?

Bob Gassman reads an Isak Dinesen story that speaks about the record, too often erased or never recorded, of the lives of women.  
**5:30 - 6:30pm.**

