

Canton Woods Newsletter

October 2022

Canton Woods Staff

Ruth Troy: Director

Joan Ferstler: Assistant Director

Phone (315) 638-4536

Open: 8:00am-4:00pm

Visit Canton Woods on the Village of
Baldwinsville Website

www.baldwinsville.org

Canton Woods operates under a three-way municipal agreement between the towns of Lysander and Van Buren, and the Village of Baldwinsville.

Neighborhood Advisor

Nancy Sullivan

B'ville Express

Gina Carroll

The Neighborhood Advisor Program and B'ville Express are funded by the Onondaga County Department of Adult and Long-Term Care Services.

The Village of Baldwinsville Mask Policy:
The wearing of masks in village owned buildings (including Canton Woods Senior Center) is at the OPTION of the individual entering the building.

Un-Vaccinated persons or persons who decline to show proof of vaccination:
must socially distance, they may not participate in activities where social distance cannot be maintained.

Important Reminder

**Medicare Open enrollment period
October 15- Dec 7, 2022!**

Director's Note:

September was a very busy month at the center.

Canton Woods Golf Tournament!
The tournament was a great success!

Kudos to Kathy Hogan and Evelyn Nelson
Co-chairs of Canton Woods first Golf
Tournament. Well done!

Walk for the Woods 2022! The
walk was sponsored by Michel Tax
Services, McHarrie Life, and
Overhead Door!

Thank you to our sponsors and everyone
who participated. It was a perfect fall
morning, no rain in sight!

*(Walk for the Woods T-Shirts for sale at
the center)*

**See you at *Walk for the Woods*
2023!**

It is time to get your annual flu shot!
**Flu Shot Clinic at Canton
Woods, sponsored by Rite Aid.**
Friday, October 14th 9:00am-
12:00pm. Please bring your insurance
information and your Covid shot record.
This is an indoor clinic. Covid booster
and shingles immunization will also

be available. Take time to take care of your health.

Many of our fitness programs return in the fall. This is a great time to add some exercise to your day. Look at the many options and decide which is best for you!

Be sure to enjoy all the vibrant colors and flavors of Fall!

Welcome Autumn!

Ruth

Assistant Director: This Halloween we are hosting a get together complete with Halloween costumes, goodies, surprises and musical entertainment by pianist John Vona. Please sign up for a PEACE lunch for Monday, October 31st. You will need to sign up by Friday, October 28th before 12:00pm. Menu in this newsletter. The music will start at 11:00am, lunch at 12:00pm. John is a wonderful musician, and you can sing along with all your favorites. Please plan to join us, you can come for just the music if you wish. October is a wonderful month! We can have hot weather or snow and everything in between. Lots of festivities are held in October, so please get out and enjoy everything you can. Happy Halloween!!!

Joanie

Canton Woods Board Fund Raising Committee

Canton Woods 1st Annual Golf Outing was a tremendous success! 76 Golfers came together for a fun day of golf, lunch, and prizes. Through the support of our hole sponsors, the donations of local merchants and the generosity of our golfers; funds were raised to support our Senior Center. We would like to thank the committee that

made this event happen: Kris Wierzbicki, Peggy Colosimo, and Linda Williamson. A big thank you to our volunteers: Ed Barlow, Tom Spagnola, and Mike Williamson. Thanks also to Canton Woods staff, Ruth Troy, and Joan Ferstler for their support.

Looking forward to next year!

Co-Chairs: Kathy Hogan and Evie Nelson

MOW:

Hello Everyone,

We hope everyone had a great summer. We are looking for some sub drivers for once in a while during the winter. We have Syracuse books for 2023, for sale \$25.00. We will be participating on October 7th with Cirquedvin at Fireside Inn, we are the charity of the night. Our annual fundraiser letter will be out in early November, this letter's proceeds help us feed our seniors. Remember we still participate at the Bottle Redemption return in Tops Plaza, just return your bottles and say they are for Meals on Wheels.

Happy Halloween!

Donna & Jessica **315-638-2171**

Neighborhood Advisor / Outreach

Fall is here and anyone who has received their HEAP application in the mail is welcome to make an appointment with me if they need help filling it out. You will not receive notification of your benefit until November of how early you get your application sent in.

We held a vaccine clinic in September and have another scheduled for the 14th of this month. It will run from 9:00am until 12:00pm noon. In addition, to the usual senior Flu Shots,

you will be able to get the Shingles vaccine and Pfizer Covid boosters. You will need to bring your insurance information and your Covid card if you are planning to get the Covid booster. Medicare open enrollment is coming soon. If anyone is considering a change and would like to speak with someone about their options just let me know and I will make a referral for you to meet with the HIICAP representative from the county.

Take care. *Nancy Sullivan*

B'VILLE EXPRESS

Do you have a procedure scheduled? Were told by the doctor that you cannot drive yourself to the procedure? **THE B'VILLE EXPRESS CAN HELP!**

We have access to a free transportation program funded through the Onondaga County Dept. of Adult & Long Term Care Services. You do not have to be a registered rider with B'ville Express to utilize this free transportation program. You only need to be 60 years or older and need transportation to a procedure. All transportation needs for this program can only be accessed through the B'ville Express. If you are having a procedure that requires somebody to accompany you, please call Gina @ 315-638-4536 to schedule.

Do you need a ride to a regular doctor's appointment? Call the B'ville Express @ 315-638-4536 to register for our free senior

transportation program. Our program requires you to be 60yrs or older and be fully vaccinated and reside in the Towns of Lysander or Van Buren.

Gina Carroll

*Transportation Coordinator/
B'ville Express*

Harvest Time!

Canton Woods Garden: The summer season is well behind us now. We all enjoyed fresh produce from Canton Woods garden thanks to Bert Mead's hard work and dedication.

Thank you to Onondaga County Healthy Schools and Communities for supporting the garden.



Halloween Party Celebration

Monday, October 31st from 11:00am-12:00pm Just before Lunch so make sure you sign up for lunch and enjoy Halloween with other seniors. Please wear your favorite costume, your name will go in a drawing for a prize!!

Thank you to our generous concert sponsors!

**Barnes Memorial, Belle Tours,
Falardeau Funeral Home, Red Mill
Manor, and the Canton Woods
Board!**

**AAA DEFENSIVE DRIVER COURSE
AT CW!! The next class is
Wednesday. October 19th 9:00am-
3:30pm. Cost is \$29.00 per person.
*Make checks payable to AAA.
Checks and Money Orders Only!***

AAA Defensive Driving course is a six-hour course sponsored by AAA and approved by NYS Department of Motor Vehicles. Participants must be 55 years of age or older. You may bring a lunch or pre-order lunch at the center (\$3.50 for those 60+ nutrition program registration required). Participants should bring their unexpired driver's license and a pen. Class size is limited, early registration is recommended. Phone registration will NOT be accepted. Next class is Wednesday, October 19th. **Payment must be made when you sign up.** Questions? Call the center at (315) 638-4536.

Open Rec on Monday & Friday

Mornings is the perfect time to practice pool, play a game of checkers or cards with a friend or a friendly game of pitch or poker.

National Grid Consumer

Advocate will be available by calling our Neighborhood Advisor, Nancy Sullivan. If you have questions about your National Grid account, we can seek out help for you.

Sunshine Lady

Janet Wojnovich is the **Sunshine Lady** for Canton Woods. Janet would like to hear from you if you know of someone who is not feeling well, had a hospital stay, or has had a family member pass away. Please call **Janet at 315-638-2957** or let the Staff or Office Volunteers know too!!

Get well or thinking of you cards sent to: Doris Bulova, Kathy McLaggan, Farah Aarrons, Pat White.

Memorial Giving

Canton Woods is giving you the opportunity to donate to the Center through Memorial Giving.

Enclosed is my gift of \$ _____

In Memory of _____

Your name _____

Your address _____

Make checks payable to Canton Woods Senior Center, Inc.

Send to:

Canton Woods Senior Center
76 Canton St. Baldwinsville, NY
13027

PEACE LUNCH

The congregate senior lunch program has resumed indoor dining. Canton Woods now has the PEACE Lunch hot meal served in the dining room for fully vaccinated individuals. You will be asked to show proof of vaccination. Please plan to arrive between 11:30 and 11:45am. Meal

served at 12:00pm.

The Take-Away meal is also available for those who are unvaccinated or who prefer not to dine inside. Please plan to drive up between 11:15 and 11:45am.

You must make a reservation for both lunch programs.

Lunch is available Monday Wednesday and Friday.

We are continuing to add to our birthday list so please call or e-mail your birthday month and day.
jferstler@baldwinsville.org
(315) 638-4536.

October Birthdays

10-9 Mike Doran
10-11 Edwina Hay
10-16 Dottie Fegley, Rita Seitzer
10-19 Jean Gentilcore
10-20 Mary Hendel
10-23 Monique Finan
10-31 Darla Wood



On your birthday, (or very very close), stop
by Jessicakes

3 Marble St. Baldwinsville
for a FREE birthday cupcake!
Jessicakes 315-484-8228

Ice Cream

Thank you for all the Byrne Dairy receipts!
Please keep them coming. Sometimes you

have to ask for one! Note: we cannot use
gas receipts.

Food Bank of CNY

The Food Bank of CNY can help you
receive Food Stamps/ SNAP.
Please call (315) 437-1899 ext. 224 to set
up an appointment or contact Nancy, CW's
Outreach Worker (315) 638-4536.

**Food Sense program helps stretch
your food buying dollars and is open to
everyone and available each month.**

**Call the center to request the
October Package List.**

Cost: \$20.50

**The order deadline is Friday, October
14th by 3:30pm.**

**The pick-up date is Wednesday,
October 26th from 11:30am-12:30pm**

Free Legal Services

Legal services are available at
Canton Woods on several Tuesdays
in the calendar year. **The next
available appointments will be on
Tuesday, October 11th.** Call the
center to make an appointment (315)
638-4536. (11:30-3:00pm) Please
tell the receptionist if you are a
returning client. You must be a
resident of Onondaga County and at
least 60 years old to participate in
this program.

**Smartphone, iPad, Tablet or
Laptop Computer Assistance
offered by Nadine Kerr, B'ville
Family & Consumer Science
Teacher. Tech support is back!
Tuesday, October 18th at 2:00pm.**

Call the center 315-638-4536 to
make a reservation.

**Notes from Canton Woods
Activity Committee:
October 2022
Happy October**

We want to thank everyone
for their donations of cans and
bottles. We do appreciate it.

**Starting October 1st, we will
be running a 50/50 raffle. We will
draw it on Friday, October 28th at
1:00pm.**

Halloween Party, Monday at
11:00am. Music by John Vona,
Cider, Donuts, and a drawing.
Lunch will follow for anyone
interested. Please sign up for Lunch
if interested.

Kathy Hogan

Tournaments in August

*Please remember to arrive 10 to 15
minutes before the beginning of
each game. Thank you!*

8 Ball

8/12

1st place: Frank O'Donnell & Kathy
Hogan

2nd place: Dave Au & Dave Hardy

8/26

1st Place: Nunzio Lipari & Della
Falter

2nd Place: Dave Hardy & Jack
Schmidel

9 Ball

8/5

1st place: Kathy Heintz
2nd place: Bill Sellin

8/19

1st place: Frank O'Donnell
2nd place: Jack Schmidel

Wii Bowling

8/1

1st place: Tom Spagnola & Bob
Hahn

2nd place: Jan Wojo & Barb
DiSanto

8/8

1st place: Kathy Hogan & Avis
Neupert

2nd place: Kathy Heintz & Tom
Spagnola

8/15

1st place: Cathy Spagnola & Bob
Hahn

2nd place: Peggy Ford & Kathy
Heintz

8/22

1st place: Kathy Heintz & Cindy
McCaffery

2nd place: Cathy Spagnola & Joan
Ferster

8/29

1st place: Bob Hahn & Tom
Spagnola

2nd place: Jan Wojo & Peggy Ford

IMPORTANT REMINDER!

**Please arrive 10- 15 minutes
before your game is scheduled to
start. This is a courtesy to all the
other players and helps things go
more smoothly. Thank you**

Bunco at Canton Woods!

Friday, October 28th

10:15am-12:00pm. This is a fun fast moving dice game. Give it a try. We need at least 12 players to make the game really fun. Please call the center to sign up!

BINGO!!! Come join the fun!

BINGO! Wednesdays and Fridays at 1pm.

Pitch is every Thursday at 1:00pm!

Call to sign up, double check the calendar.

Wii Bowling T'ments: Every

Monday, at 1:00pm. We welcome more Wii Bowlers. Call to sign up.

Needed: Wii Bowlers!! Come check our big screen tv's!!!

Duplicate Bridge Tuesday at 12:00pm
Party Bridge Wednesday at 12:15pm

Mah Jong Monday mornings at 10:00am!

Blood Pressure Screening:

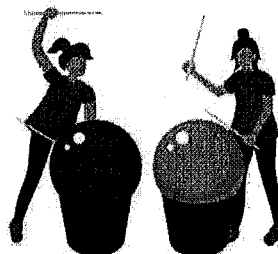
On Tuesday, October 18th
from 9:45am – 11:00 am.

Stay fit & Well at Canton Woods!
Try one of these fun fitness classes!

CW Aerobics Exercise Class is back!

Aerobics work out designed for seniors on Tuesday and Thursday at 9:15am. Charges payable to the instructor. Get moving to upbeat music for a fun work out.

Senior Cardio Ball Drumming



Facilitated by Arlette, Fridays at 9:30am.

Equipment is provided.

This is a low impact exercise class using music, large exercise ball and drumsticks to move to the beat!!

Falls Prevention Class

Classes are on Tuesdays and Thursdays at 10:00 a.m. **FREE!** This class is taught by retired physical therapist Julie Hall. Work on your core, and balance and feel the benefit in your daily activities.

Kripalu "Chair Optional" Yoga lead by Yvonne Martin Certified Kripalu Yoga Teacher:

Classes held Tuesday mornings at 11:15am See attached flyer. Donation to the instructor. Look at the flyer inside this newsletter for future dates.

Tai Chi Classes (Yang short form)

Classes are held Tuesdays and Thursdays at 8:00 a.m. Charges are payable to instructor. Please check the calendar for dates.

Art Group

Art group will meet in person on Tuesday October 4th, & Tuesday October 18th at 2pm.

How about getting together for Adult Coloring!?

Adult coloring can reduce stress and anxiety, increase mindfulness, and it's fun. Try it!

Wednesdays at 10:30am.

Sharing Memories Writing Program!

Every Wednesday at 1:00pm.

Facilitated by Tina Trainham. Please come with writing material and your memories!

Crafty Corner

If you have donated to

YARN CREW

I have pondered long enough about how to write this article and decided enough procrastination, today was the day.

Volunteering at Canton Woods has given me a different perspective on things, and I want to share my thoughts.

I organize the Yarn Crew which is a group of lovely ladies and one wonderful gentleman. We operate primarily from the donations given to us by the

community...yarn, needlework, fabric, items for macrame, silk flowers, and all sorts of craft items. We make things for donations to St. Joes and Menorah Park.

We also have a craft sale in December and just this year had our first in July. We could not do it without the generous donations we get. So here is the point I wanted to make...

I am in awe of the kind donations we get. I never know what I am going to find in the storeroom. You would think it was my

birthday, the way I open the bags and "ohhh" and "ahh" over everything. Yet, there are times when I must stop and say a little silent prayer. Many donations are a result of house cleaning after a great sadness... a loved one has died. Enclosed many times I find half-finished projects, a sock just ready to have the heel turned, a beautiful cowl that just needs a few rows done, baby sweaters and blankets meant for a new arrival, fabric half sewn into the outfit. Seeing all these things makes me sad. I know from experience how much work and love goes into those homemade items. I also know handwork is a dying art. Someone worked on those projects out of love and now this project sits in my storeroom. What happens to it? If there are projects that I think I can finish, I will complete them. Depending on how much the project is completed, I ravel out the yarn and the Yarn Crew will use it making a donated item. Many times, I just give a silent moment of gratitude. In my small way, I try to give tribute to the anonymous person who made it because I know I am looking at hard work, time, effort, and most of all LOVE.

Edwina Hay

Yarn Crew Reports In

The members of yarn crew continue to try new things in preparation for the Christmas craft sale...yes, I said Christmas. A place to find handmade gifts at great prices...wind spinners, crocheted bowl cozies, aprons, and ruanas (capes) made from donated fabric are just some of the newer items we present this year.

Donations have poured in and the stockroom is bursting at the seams... so I put out a plea on Facebook asking if anyone needed anything. So many times art teachers are the victims of budget cuts and I wanted to support them by sharing our bounty. A former student who teaches is creating student seating for reading

nooks. She is making seating from milk crates with fabric covered foam cushions. Canton Woods provided the fabric so she can cover the cushions. As her former teacher, I loved it that Canton Woods, through the generous donations from the community, was able to help out. I also gave her burlap, upholstery fabric, macrame cord, and other craft items so she could spread the wealth. Donations of lap robes and walker bags were also delivered to another former student of mine who works at Menorah Park. Donations to St. Joseph's will also be delivered this week.

Canton Creations... third Tuesday of the Month 4-5:30pm
Please sign up at the center...

SEPTEMBER

The group learned how to braid using a Japanese method called Kumihimo. By using a foam disk and silk cord beautiful bracelets and necklaces can be created.

OCTOBER CRAFT

October craft will be a repeat of the mosaic class. This was a very popular class, and it was requested to do a repeat because Christmas is coming and these creations make really beautiful gifts. Because it is kind of messy, we will be doing it outside if it isn't too cold. If the weather doesn't cooperate, we will move inside and be very careful.

Those who are doing this for the first time you will need to bring...

9x12 or smaller picture frame with glass
E6000 glue

Paper towels, paper towels, paper towels

Gloves if you want to protect your hands

Glass cleaner

A smile

Glass and grout will be supplied
Class on October 18 at 4pm.
Class limit 12 No Fee

NOVEMBER CRAFT

Danish Neisse Christmas Craft...Santa Logs. I have included a link <http://smartgirlsdry.com/christmas> Samples will be on display at the center. These Santa's can be big enough to greet your company on the front porch or your entryway. Or.. make them smaller to fit on the mantle of your fireplace. Great as gifts.

I will supply a variety of logs or if you want your own specific type and know someone with a chainsaw; bring in a log of your choice.

Paint and embellishments will be provided unless you want certain types of ribbon which you can bring in for yourself.

Eyes can be painted. We have google eyes if you would rather use those.

We will use pompoms or wooded beads for noses

You should bring..

A variety of artists paint brushes

No class limit No cost

Book Club News

I do not read the books for the book club because of my restless leg syndrome. I listen to them on long trips. Listening to this book with a lot of oral Spanish made it a teeny bit hard at first because I couldn't keep the characters straight... once I was able to get past that hurdle it was full speed ahead.

The Spanish Daughter was written because the author was researching inventions patents which were created by women. The inspiration for the characters was because it was a woman who invented a cocoa grinder. A young woman, Puri, finds it necessary to impersonate her murdered husband while traveling to Central America from Spain. Her father, the owner of the prestigious cocoa plantation, has passed away and she has been summoned for

the reading of the will. Her husband's murder was a mistake; she was the intended victim. In Central America she meets her step siblings... her father's other family only to discover she is the sole heir of the plantation.

Believe it or not Chocolate candy has not been around a long time. The main character introduced her new family to the sweet delights of chocolate that has been sweetened and milk is added. The bean is no longer bitter. Puri still disguised as her husband shares her knowledge of sweet chocolate which she learned from her grandmother.

In an attempt to discover the murderer who originally intended to kill Puri, the main character, disguises herself as her husband. Despite the authors description of Puri, as a big boned woman, I found it hard to believe that her deception lasted as long as it did. She/he had to thwart the advances of prostitutes and the expectations of other men. A reader would find it humorously ironic that she was amazed at the differences in expectations of men and women. She was appalled at the double standard.

The one particular conversation that we remember and were hoping to discuss with in the group was the concept of "goodness"? What is it to be truly a good person? If someone does something knowing they will be praised for it, is that truly goodness? What motivates a person to be good and are people born with it or is it something that develops? This would have been great for a topic of discussion, however with one other person in the book club meeting there can't be a whole lot of back and forth with differing points of view.

Many of the minor characters in the novel became major characters and there was a lot of deception among them. Near the end of the novel, the murderer is discovered, and the plantation is ruined due to fungus which destroys everything and leaves her no better off than her stepsiblings. Puri uses her resources from previous relationships and eventually finds success in a chocolate business.

While discussing the book a visitor popped in to chat with us. I had asked her to come and pick up some art supplies I wanted to share with her daughter, a former student. She

suggested our next book, MAGPIE MURDERS by Anthony Horowitz. She highly recommended it and may even join us via ZOOM since she will be in Arizona for the winter months. We will meet **October 18th at 2:00pm** in the library.

PLEASE COME BACK TO BOOK CLUB OR TRY IT OUT FOR THE FIRST TIME!!!!

October 2022 Library News

Recently, an anonymous donor donated a wonderful selection of current, hardcover books for Canton Woods Library. Thank You!! Although not all the books were able to be catalogued due to duplication or age, most of these books are on the New Books section and able to be read by our patrons! Your generosity is most helpful to this collection. Again, thank you so much!! Enjoy!!

In the Unlikely Event (Blume, J.)
Damnation Spring (Davidson, A.)
Killers of the Flower Moon (Grann, D.)
The Wife Between Us (Hendricks, G.)
Squeeze Me (Hiaasen, C.)
The Family Upstairs (Jewell, L.)
Invisible Girl (Jewell, L.)
The Family (Krupitsky, N.)
The Couple Next Door (Lapena, S.)
Once There Were Wolves (McConaghy, C.)
The Broken Girls (St. James, S.)
The Sun Down Motel (St. James, S.)
The Tea Girl of Hummingbird Lane (See, L.)

Bottle & Can Drive McBride's Bottle Return

Your nickels will add up to help your Center.

There are now two ways to contribute! The Canton Woods Board, and Senior Activity Committee have an ongoing bottle and can collection program. Any bottles or cans

placed in the bottle and can collection boxes at the center are returned for the deposit. The funds benefit you through your Senior Activity Committee.

In addition to the collection program at the center, you and your family members may return bottles and cans to McBride's Bottle and Can Return, 80 Smokey Hollow Rd.

Let the clerk know you are donating your returns to Canton Woods Senior Center. They will credit the amounts to Canton Woods Senior Center account.

Thank you for participating in these fundraising events.

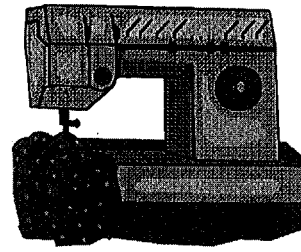
Seeking Volunteers to Video Government and Civic Events

PAC-B TV, Baldwinsville's Public Access Television Station, Needs Your Help

PAC-B TV is unique as the only community access channel in Central New York. Our mission is to tell the stories of Baldwinsville, Lysander, and Van Buren by broadcasting local government meetings and civic events. We also provide residents with a platform to produce and air shows for the benefit of the community.

Videography volunteers are the backbone of our organization, allowing us to fulfill our mission. PAC-B provides all the equipment, training, and support necessary to be successful. Volunteers can work as little as one evening a month. There is no easier and better way to be active in the Baldwinsville community than working with PAC-B TV. To learn more, contact Skip Lockwood, Executive Director, at skip@pacbtv.org or call 202-841-3166. For more information on PAC-B and our broadcast schedule, visit our website at www.pacbtv.org.

Your old sewing machine!



Your old sewing machine can get a new life!

Newer and older, working or not, in or out of cabinet, we can resurrect it!

The Refugee Sewing Program teaches lifelong skills to new Americans. They need machines to continue using those skills. If you have a sewing machine taking up space, call 315-559-3991 for a Canton Woods participant to pick up, and give it new life. Thank you!

Weather Related Closings

1. **Canton Woods is closed** when the Village of Baldwinsville is closed (use your best judgment regarding your safety).
2. There is **NO PEACE Lunch** when the Syracuse City Schools are closed.
3. **Meals on Wheels is closed** if the Baldwinsville and/or Liverpool schools are closed.
4. **B'ville Express** will not pick up riders if the Baldwinsville Schools are closed. It is the rider's responsibility to cancel any appointments for that day.

Wanted



Canton Woods

85+ Birthday Celebration Lunch

Monday, November 7th

from 11:00am-12:00pm

Let's celebrate everyone who has reached the milestone of their 85+ Birthday and beyond. PEACE lunch is CW's treat for that day! Please sign-up by Tuesday, November 1st 2022 before 3:00pm.

Travel Reflections

Hi everyone! We have three big trips planned for September and October. This newsletter was due when we were in Maine. I will comment on the trip and Pacific Northwest for the November newsletter.

I have put together Cape Cod and Mackinac Island for 2023. Check out the details as both are great trips. Mackinac Island is an island in Michigan where the movie "Somewhere in Time" was filmed. There are no cars and you have to travel around the island by horse and buggy. Truly a trip one must do at least once in a lifetime.

Belle Tours LLC will sponsor a concert with Jon Vona on October 31st at the Center. He is a talented entertainer and I am sure you will enjoy his music. Contact me for info.

Until next month, take care and God Bless.

Love,
Jacki

Contact me for the trip of your life!
(315) 415-0040

Day Trips!

HOLLY JOLLY CHRISTMAS – December 8, 2022 Thursday

Music is a wonderful way to celebrate the magic of Christmas. Join us for a day out to Rochester to the Shadow Lake Golf and Racquet Club where we enjoy the talented Sam De Leo. Sa will delight us with some of our favorite Christmas tunes. Before the show we will enjoy a luncheon at the club. Selections include: 1) Prime Rib; 2) Chicken French, or 3) Baked Haddock.

COST: \$113 per person payable to "BELLE TOURS LLC". BUS PICK-UPS: Larkin St @ 10:30 AM, Canton Woods @ 11:00 AM - Return home about 4:45 PM. SIGN UP AT THE CENTER OR SEND TO JACKI AT 132 PLYMOUTH DRIVE SYRACUSE, NY 13206. **PLEASE ARRIVE 10 MINUTES BEFORE DEPARTURE.**

Overnights!

LANCASTER "DAVID" - November 8 - 10, 2022

The Sight and Sound Theatre has a brand new show for our enjoyment. "DAVID", Master poet. Fearless Warrior. Anointed King. After unprecedented victories lead to devastating failures, this passionate warrior will face the biggest battle of all: the one within himself. This trip will include: Deluxe Hale transportation; two nights at the Eden Resort; tickets to the American Music Theatre for their "Home for the Holidays" Christmas Show; Tickets for David; Buffet luncheon and show at the Dutch Apple Theatre where we will enjoy "Saturday Night Fever"; Dinner at Greenfield Restaurant; dinner at Hometown Kitchen; 2 breakfasts; visit to Kitchen Kettle Village and Bird in Hand Farmers Market; all gratuities. Fully escorted by Jacki Abbott.

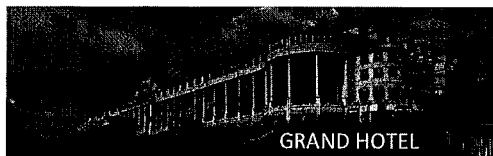
COST:
\$690 /per person
(Based on double occupancy)
\$795 /per person
(Based on Single occupancy)
\$655 /per person
(Based on triple occupancy)

A deposit of \$100 (Non-refundable) due to sign up. **Balance due NOW.** Checks payable to "BELLE TOURS LLC". Sign up at the center or call Jacki @ 315-415-0040 or mail to 132 Plymouth Drive Syracuse, NY 13206.

SIGN UP ANYTIME AT THE CENTER or SEND TO JACKI ABBOTT – 132 PLYMOUTH DRIVE – SYRACUSE, NY 13206

MACKINAC ISLAND & MICHIGAN TOUR

Canton Woods Senior Center/Belle Tours LLC

JUNE 5th - 10th, 2023**NEW TRIP!**

GRAND HOTEL



MACKINAC ISLAND



CASTLE FARMS

Join us on this 6 day/5 night tour to beautiful Mackinac Island. Our tour begins with a stop to Castle Noel in Medina, Ohio. This is America's largest indoor year-round Christmas Movieland prop and costume collection. Then it's on to Thunder Bay Resort in Northern Michigan. The next day we will arrive in Mackinac Island for two nights.

This trip includes: Deluxe Hale Transportation; 5 nights hotel accommodations; (2 nights on the Island); 4 dinners; 3 breakfasts; 1 lunch at the Grand Hotel on Mackinac Island; a horse drawn tour of Mackinac Island; A visit to the Rouge Plant in Dearborn, MI; Visit to Castle Farms in Charlevoix, MI; All taxes and gratuities.

COST:

\$1,845 /per person(Based on **double** occupancy)

COST:

\$2,265 /per person(Based on **single** occupancy)

COST:

\$1,755 /per person(Based on **triple** occupancy)**NEW TRIP!****CAPE COD & NANTUCKET****SEPTEMBER 11th - 15th, 2023**

YARMOUTH BEACH



CHATHAM



PROVINCETOWN

Join us as we travel to the sandy shores of Cape Cod. Extending some 70 miles into the sea, the Cape is home to both nature beauty and quaint villages.

This trip includes: Deluxe Hale transportation; 4 nights at the Blue Water Resort located on South Yarmouth Beach; Guided tour of Provincetown along scenic Route 6A; Visit to the Cape Cod National Seashore Visitor's Center; Admission on a Whale Watch Excursion OR a Dune Tour; Guided Escort to the Island of Nantucket; Round trip Ferry passage to Nantucket; Guided tour of Chatham; Admission on a Seal Watch excursion; Admission on a cranberry bog tour at A.D Makepeace; 4 breakfasts; 1 boxed lunch; 3 dinners (one with entertainment); 1 Lobster Dinner (other choices available); all meal taxes and gratuities.

COST:

\$1,585 /per person(Based on **double** occupancy)

COST:

\$2,015 /per person(Based on **single** occupancy)

COST:

\$1,445 /per person(Based on **triple** occupancy)

A deposit of \$300 is needed to sign up. (\$100 non refundable). Second deposit of \$300 is due July 10th, 2023. All payable to "Belle Tours LLC".

SIGN UP ANYTIME AT THE CENTER or SEND TO JACKI ABBOTT – 132 PLYMOUTH DRIVE – SYRACUSE, NY 13206

PLEASE HELP!!

The ***B'ville Express*** Senior Transportation program
DESPERATELY NEEDS drivers!

We provide transportation to the seniors of Baldwinsville, helping them access essential services. Many of our seniors cannot get to crucial appointments because they lack transportation. If you would like to help your senior neighbors and friends

PLEASE VOLUNTEER TODAY!



Our volunteers average 3 hours per week. This is a rewarding volunteer opportunity that will help ensure our program will still be available as we enter our Golden Years!

To volunteer, please call Gina @ 315-638-4536.

Operated out of Canton Woods Senior Center, 76 Canton St, Baldwinsville NY

CANTON WOODS

Chair Yoga with Yvonne



Instructor: Yvonne Martin, RYT 500
Certified Kripalu Yoga Teacher
Owner: YLMYoga, LLC
e-mail: martins@twcny.rr.com
cell: 315-484-9183

FALL 2022

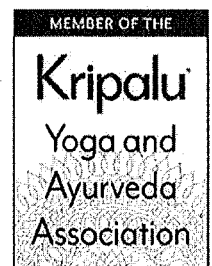
TUESDAYS: September 20 - November 15

45 minute classes: 11:10am-11:55am

Cost: OPTIONAL & CONFIDENTIAL

This is a drop-in class - any questions, call the front desk (315-638-4536)

- ☯ A gentle, fun practice that encourages mindfulness and compassionate self-awareness.
- ☯ Need to move more? Looking for relief from daily aches and pains? Yoga may be the answer. Yvonne will guide you through breathing exercises to de-stress; slow stretches to improve range of motion; postures to help make your body strong and balanced; and meditation techniques to relax the mind and sharpen mental focus.
- ☯ New to Yoga? Come give it a try.
Absolutely no experience necessary.
Everyone welcome!



October '22

PEACE, INC. - FSD	SENIOR NUTRITION
MONDAY	WEDNESDAY
3	5
Roasted Chicken with Garlic Herb Gravy Apple and Celery Stuffing Buttery Peas and Pearl Onions Apricot Halves	All American Cheese Burger Seasoned Potato Wedges Blended Vegetable Slaw Johnny's Apple Cobbler
10	12
Indigenous Peoples' Day	Chicken Ala King over Biscuit Steamed Asparagus Strawberry Ice Cream
17	19
Oriental Beef and Vegetables over Sesame Brown Rice Macadamia Nut Cookie	Vegetable Lasagna Rolls Chef Salad Cantaloupe Crusty Italian Bread
24	25
South Western Style Grilled Chicken Chuckwagon Corn Oven Roasted Red Skin Potatoes Mandarin Oranges	Italian Style Meatballs and Marinara Served over Spaghetti Italian Green Beans Diced Pineapple Crusty Italian Bread
31	
Syracuse's Famous Chicken Riggle's Greens and Beans Juicy Diced Peaches	

All Meals Include: Coffee, Tea, Milk
Bread, and Margarine

Menus meet 1/3 of RDA
Menu is Subject to Change

OFFICE FOR AGING & YOUTH
FRIDAY
7
Beef Chili Con Carne Romanine and Mandarin Orange Salad Fruit Cocktail Honey Corn Bread Muffin
14
Glanelli Sweet Italian Sausage Served with Shells and Marinara Sauce Italian Blended Vegetables Mandarin Oranges
21
Chicken Breast Strips served in a Cheesy Alfredo Sauce Served over Bowtie Pasta Steamed Broccoli Jell-O with Whipped Topping
28
Beef Bourguignon Served over Buttered Egg Noodles Lemon Garlic Green Beans Fresh Strawberries with Whipped Topping Fresh Baked Whole Wheat Dinner Roll

Suggested Contribution:
\$3.50

Canton Woods

October 2022

<u>Monday</u>		<u>Tuesday</u>		<u>Wednesday</u>		<u>Thursday</u>		<u>Friday</u>	
									1
2	3 8:30-12 Open Rec 10 Mah Jong 12 PEACE Lunch 12:30 Wii Bowling 1-4 Open Needleworkers	4 8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class DVD 11:10 Chair Yoga 12 Dup Bridge 2 Art Group	5 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	6 8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class DVD 1 Pitch	7 8:30-12 Open Rec 9 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 8 Ball T'ment 1 BINGO				8
9	10 Indigenous Peoples Day Columbus Day The Center is Closed	11 8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 12 Dup Bridge	12 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	13 8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch	14 8:30-12 Open Rec 9-12 Vaccine Clinic 9 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 9 Ball T'ment 1 BINGO				1 5
1 6	17 8:30-12 Open Rec 10 Mah Jong 12 PEACE Lunch 12:30 Wii Bowling 1-4 Open Needleworkers	18 8 Tai Chi 9:15 CW Exercise 9 Yarn Crew 9:30 Canasta & Rummikub 9:30 BP Screening 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Book Club 2 Art Group 2 Tech Support 4-5:30 Canton Creations	19 9:30-3:30 AAA Defense Driving Class 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	20 8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch	21 8:30-12 Open Rec 9 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 8 Ball T'ment 1 BINGO				2 2
2 3 3 0	24 8:30-12 Open Rec 10 Mah Jong 12 PEACE Lunch 1 Wii Bowling 1-4 Open Needleworkers 31 8:30-12 Open Rec 10 Mah Jong 11-12 Halloween Party with Music by John Vona 12 PEACE Lunch 1 Wii Bowling 1-4 Open Needleworkers Happy Halloween	25 8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge	26 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	27 8 Tia Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch	28 8:30-12 Open Rec 9 Senior Ball Drumming Exercise Class 10:15-12 Bunco 12 PEACE Lunch 1 9 Ball T'ment 1 BINGO Calendar Subject to Change				2 9