

Canton Woods Newsletter

July 2023

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.

Director's Note:

Summer is a busy season at Canton Woods. We are looking forward to some of our annual fund-raising events. These are fun ways to support the center. Look for more details in this newsletter.

Canton Woods Car Show is Monday
August 14 (rain date of August 21)

Walk for the Woods Thursday
September 14, rain, or shine.

Save the Date!

Rotary Summer Senior Picnic!

Rotary Summer Senior (indoor) Picnic.
Wednesday August 16 at Canton Woods.

Reservations are required.

This month we have two free concerts!

July 11 at 7pm, the Lafayette
Community Band and Larry Sarafini on
July 19th 11:00am

Be sure to read your entire newsletter.
There are a lot of exciting events and
programs coming up. See you at the
Center!

Happy Independence Day!

Ruth

Summer Temperatures

The air conditioning is on at the senior center. If you are usually chilly in air conditioning, please remember to bring a sweater.

Baldwinsville Farmers Market is open for the season!

The Baldwinsville Farmers Market takes place from 3 to 7 pm Tuesdays at Baldwin Canal Square (behind the B'ville Diner). Weather permitting. You can expect produce vendors, artisans and crafters. Be sure to stop by and enjoy farm fresh produce.

Assistant Director:

I have a note from one of our seniors, Dick Stafford, that I would like to pass on. Veterans: Please consider signing up for the HONORFLIGHT Program. It is a rewarding experience.

To sign up you can go to:

HonorFlightsSyracuse.org

The Honor Flight program is run by all volunteers, who do a fabulous job. The many supporters of this program deserve a HUGE Thank You.

A day with other veterans, sharing stories, visiting memorials in Washington is an experience you will never forget. Sign up now. Their phone number is 855-433-5633 if you have any questions.

I wish my father was alive to go on this trip. He was a WWII Navy veteran and passed before this program really got so popular. He would have loved the experience.

Please check out this "back to normal" newsletter for everything going on in July. Ice Cream Social & Lafayette Community Band Tuesday, July 11th starting at 6:00 pm; Band at 7:00pm see enclosed flyer for details. Happy 4th everyone!!!

Joanie

Hand and Foot Anyone?

Hand and Foot is a spinoff of an old time favorite card game, *canasta*. We play Hand and Foot every Friday at 1:00pm. Anyone interested in playing Hand and Foot is asked to call the center to sign up. 315-638-4536.

Line dancing!

To Resume in the Fall.

Canton Woods Garden is planted and growing very well.

Huge thanks to Bert Mead and the team that has been working hard this spring. All gardens require time and tending. If you would be interested in helping with Canton Woods garden, please call the center (315) 638 4536.

MOW:

Happy July 4th Everyone,

We will be at the Staples in Clay July 22nd 10:00am-3:00pm for a resource fair there will be food trucks and all organizations will have door prizes. August 17th we will be 50/50 recipient for the B'ville car show it is from 4:00-8:00pm. Come and enjoy the cars.

Look for a chicken barbecue drive thru in September! More details at a later date.

Have a great and safe summer and stay cool. We are here if you need meals. Just a phone call away. We would love all your leftover fresh veggies and fruit.

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

Neighborhood Advisor/Outreach Worker

I know many of you are anxious about the Farmers Market Coupon distribution. Sadly, I do not have training scheduled yet so there is no distribution date available for me to pass on, however you may call and sign up to receive a notification call so that you can get the date when it is set. Please remember though that this does not guarantee you will get coupons as they are given out on a first come first served basis on distribution day.

When you are out and about enjoying nature in this lovely weather we are having, please be aware of ticks! Dress in long sleeves and pants that are tucked in when hiking on nature trails. Also do a thorough body inspection when you go inside. You

may want to consider a safe insect repellent as well even in your yard or local parks.

Nancy Sullivan Neighborhood Advisor

National Grid Senior Advocate

Mary Beth Basha, will be at Canton Woods Thursday **July 20th** from 12:30-2:00pm to answer any questions or issues you may have. Just stop in to see her.

B'ville Express

The B'ville Express **NEEDS YOUR HELP!** Our program has an **URGENT NEED** for volunteer drivers. Many of our senior neighbors lack transportation, therefore going without medical attention or groceries. Through volunteer drivers, the B'ville Express arranges transportation for the seniors of Baldwinsville registered with the program, helping them access the essential services.

THE NEED FOR VOLUNTEER DRIVERS IS CRUCIAL.

Please help our senior friends and volunteer today—call Gina @ 315-638-4536.

COVID UPDATE: At this time, the B'ville Express does not require senior riders to be fully vaccinated. The only requirements for participation in our program is to be 60 years of age or older, reside in the Town of Van Buren or Town of Lysander and are able to ambulate independently. Our volunteer drivers reserve the right to ask senior riders to wear a mask during transportation.

As a reminder, The B'ville Express does not operate when Canton Woods is closed. The center will be closed July 4, 2023 in observance of Independence Day.

If you ever have any questions or need transportation of any kind, please always call me first. I may be able to help!

Enjoy your summer and stay safe!

Happy 4th of July!!

Gina Carroll

Transportation Coordinator

B'ville Express

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 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, July 12th, 2023. Payment must be made when you sign up.** Questions? Call the center at (315) 638-4536.

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 / Thinking of You cards were sent to: Kathy Heintz, Theresa Gross, Joe Moncada.

Sympathy Cards were sent to Tom & Sharon Quilter, Ray Hokanson, and Terrence May for the passing of family members.

Memorial Giving

Canton Woods is giving you the opportunity to donate to the Center through Memorial Giving. Any gifts totaling \$200.00 in one person's name will enable Canton Woods to add their name to the memorial plaque in the foyer.

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

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.

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. *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 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 on 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.

June Birthdays (Belated)

6/5 Theresa Fenton

6/6 Al Jenner

6/8 Dave Herlan

6/18 Bruce Barnes, Carol Fairbank

6/26 Nick Peluso

July Birthdays

7/3 Janice Jenner

7/16 Paula Machut

7/18 Dick Wrona

7/26 Avis Neupert

7/31 Phil Seitzer



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

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

Mexican Train Dominoes

Join the fun every Friday at 10:30am. Learn to play Mexican Train Dominoes. This is a fun game that is very easy to learn. Call the center to sign up.

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 July Package List or find it on the Village of Baldwinsville Website.

Cost: \$20.50

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

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

Smartphone, iPad, Tablet or Laptop (Apple Products only) Computer Assistance offered by Nadine Kerr, B'ville Family & Consumer Science Teacher. Nadine is taking the summer off. Call the center 315-638-4536 for future dates.

Free Legal Services

Legal services are available at Canton Woods on several Tuesdays in the calendar year. No appointments until September. Call the center to make an appointment (315) 638-4536. (11:30-3:30pm) 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.

Tom Machut won the **Father's Day** gift certificate sponsored by CWSAC.

Bobbie Cooper won the CWSAC **50/50** supporting the 2nd Annual Golf Tournament.

Notes from Canton Woods Activity Committee:

Happy July 2023

Well another successful Golf Tournament is in the books. Eighty players, weather was perfect, food was fantastic. Thank you to all that were involved.

Our Father's Day celebration was also a success. We had about 40 people – Jilisa Vellake—sang for us—she was wonderful.

Let's going on. Check your newsletter for upcoming events—Lafayette Community Band on July 11th with ice cream. See the flyers in this newsletter.

Kathy Hogan

Tournaments for April & May. 9 Ball Tournaments

4/7

1st Place: Paul Dreher-Wiberg

2nd Place: Kathy Heintz

4/14

1st Place: Jerry Dingman

2nd Place: Micky Bisha

4/21

1st Place: Frank O'Donnell

2nd Place: Nick Peluso

4/28

1st Place: Paul Dreher-Wiberg

2nd Place: Jack Schmidel

Wii Bowling

4/3

1st Place: Jan Wojo & Kathy Heintz

2nd Place: Ed Barlow & Louise
Barone

4/10

1st Place: Kathy Hogan & Bob
Hahn

2nd Place: Gloria Saccone & Mike
Slaunwhite

4/24

1st Place: Sue Stapleton & Bob
Hahn

2nd Place: Kathy Heintz & Bill
Mills

9 Ball Tournaments

5/5

1st Place: Kathy Heintz
2nd Place: Dave Au

5/12

1st Place: Nunzio Lapari
2nd Place: Micky Bisha

5/19

1st Place: Nunzio Lapari
2nd Place: Marshall DuBuc

5/26

1st Place: Marshall DuBuc
2nd Place: Dave Au

Wii Bowling

5/1

1st Place: Kathy Hogan & Bill Mills
2nd Place: Sue Stapleton & Deborah
McGavin

5/8

1st Place: Cathy Spagnola & Sue
Stapleton

2nd Place: Bill Mills & Kathy
Hogan

5/15

1st Place: Kathy Heintz & Jan Wojo
2nd Place: Cathy Spagnola & Kathy
Hogan

5/22

1st Place: Jan Wojo & Bab Hahn
2nd Place: Kathy Heintz & Gloria
Saccone

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

Bean Bag Toss

Third Friday of the month at
1:00pm. Please call the center to
sign up!! Lots of fun competition.

Bunco at Canton Woods!

Bunco is moving to *Monday*
mornings, the 2nd and 3rd Mondays at
10:15am-12:00pm. This is a fun fast
moving dice game. Give it a try.

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.

Lots and Lots of fun come check it out!

Duplicate Bridge Tuesday at 12:00pm

Party Bridge Wednesday at 12:15pm

If you are a Bridge player, please think about joining our games!!!!

Mah Jong Wednesday mornings at 10:00am!

Scrabble: Thursdays at 10:00am.

Blood Pressure Screening:

On Tuesday, July 11th.
from 9:30am – 11:00 am.

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

CW Aerobics Exercise Class! Join Cathy for this cardio workout to your favorite music.

Aerobics work out designed for seniors on Tuesday and Thursday at 9:15am. To resume in the Fall.

Senior Cardio Ball Drumming

Facilitated by Arlette,

Fridays at 9:15am.

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. (Julie takes the summer off, but we have her leading the class on DVD). You will 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 the instructor. Please check the calendar for dates.

Art Group

Art group will meet in person on Tuesday, July 11th & Tuesday, July 25th 2023 at 2pm. Art Studio on the other Tuesdays of the month at 2:00pm.

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!

Yarn Crew

We will report on the craft fair from June in the next newsletter, since the deadline for the newsletter is before the fair has taken

place. We are excited about adding a new sale. It gives us the opportunity to make a different variety of items.

THANKS *Edwina*

Canton Creations

Canton Creations... the group met and made beautiful yard art from plates, candles, vases, tea pots and other items that mostly came from thrift stores. The attendees had so much fun creating flowers and sculptures.

Next Craft Group:

The next craft meeting will be in keeping with the yard art theme. We will be making concrete orbs. This is an extremely messy project and we will be working outside. There are several things that you are going to have to bring some of which you will have at your house just laying around. Please be sure to wear clothes and shoes you never want to wear again or that you keep just for this particular project if you decide to do it again.

Supplies:

You will need to bring, and this may not be a complete list, so be sure to check at the center itself. I will provide the Portland cement.

A package of clothesline or a bedsheet or two that can be ripped into strips.

A small tarp or plastic to protect the ground

A small basin to soak the clothesline, or a sheets in the concrete.

Gloves... this project can certainly ruin a manicure.

A large Beachball that can be blown up or a huge punch ball balloon that can be blown up. Both will be popped and destroyed at the end.

A lawn chair in case you need to sit down because this can kill your back.

If you have a 5 gallon pail at home, it will help to set your balloon or beach ball in this when you wrap the clothesline around it.

Scissors

Rags/towels

Patience... wrapping the balls/ balloons is not that easy at first because everything is so slippery.

Plans I have previously made necessitate changing the date to **JULY 11 at 1:00.**

Book Club News

Until Book Club fully gets underway, and I can synchronize with the newsletter properly, I will be unable to get a report on the June book club meeting. I am hoping for some lively discussion or good discussion on The Personal Librarian.

Our next book to read will be The Thread Collectors by Shaunna J. Edwards and Alyson Richman. **The Date for July is Thursday (for July only) 13th at 1:30pm.**

July 2023 Library News

Five-Star Weekend (E. Hildebrand)

23rd Murder Club (J. Patterson)

Cross Down (J. Patterson)

Identity (N. Roberts)

The Wedding Planner (D. Steel)

Good night, Irene (L. Urrea)

Near Miss (S. Woods)

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.

Senior Humor

I've sure gotten old! I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia. Have poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends. But, thank God, I still have my driver's license.



Canton Woods

JULY 2023

<u>Monday</u>		<u>Tuesday</u>		<u>Wednesday</u>		<u>Thursday</u>		<u>Friday</u>	
									1
2	3 8:30-12 Open Rec 12 NO PEACE Lunch 1 Wii Bowling	4 Happy Independence Day The Center is Closed		5 10 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program		6 8 Tai Chi 10 Falls Class 10 Scrabble 1 Pitch		7 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 BINGO 1 Pool T'ment 1 Hand & Foot	8
9	10 8:30-12 Open Rec 10:15-12 BUNCO 12 PEACE Lunch 1 Wii Bowling	11 8 Tai Chi 9 Yarn Crew 9:30 BP Screening 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1:30-4 Canton Creations 2 Art Group 6 CWSAC Ice Cream Social 7 Lafayette Community Band		12 9-3:30 AAA Defensive Driving Class 10 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program		13 8 Tai Chi 10 Falls Class 10 Scrabble 1 Pitch 1:30 Book Club (this month only) B'ville Diner Car Show		14 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 Pool T'ment 1 BINGO 1 Hand & Foot	15
16	17 8:30-12 Open Rec 10:15-12 BUNCO 12 PEACE Lunch 1 Wii Bowling	18 8 Tai Chi 9 Yarn Crew 11:10 Chair Yoga 10 Falls Class 12 Dup Bridge 2 Art Studio 1:30-4 Canton Creations		19 10 Mah Jong 10:30 Adult Coloring 11 Music Larry Sarafini & Son Ice Cream Treats Compliments of Wegmans 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program		20 8 Tai Chi 10 Falls Class 10 Scrabble 12:30-2 National Grid Representative 1 Pitch		21 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 Bean Bag T'ment 1 BINGO 1 Hand & Foot	22
23	24 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling	25 8 Tai Chi 9 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Group 2 Book Club		26 10 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program		27 8 Tai Chi 10 Falls Class 10 Scrabble 1 Pitch		28 9:15 Drumming 10:30 Mexican Train 12 PEACE Lunch 1 Pool T'ment 1 BINGO 1 Hand & Foot	29
30	31 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling								

Travel Reflections

Hello everyone, I hope you are all enjoying this glorious summer. We had a great day out to the Resort World Casino where we saw an awesome show, "Oh what a night", a tribute to Frankie Valli and the Four Seasons. We had a full bus and everyone loved the show. Our trip to Mackinac island was wonderful too! It truly is a step back in time as there are no vehicles allowed on the island. We enjoyed a luncheon at the famed Grand Hotel where the movie "Somewhere in time" was filmed. A visit to the rouge Factory was a treat. We watched a Ford F-150 truck being assembled. We went to Thunder Bay resort where we took a horse and buggy ride to view the elks in the woods. it was a jam packed trip and I had a wonderful group of folks with me.

We need people for the Cape Cod trip. I will have to cancel by July 15th if I do not have 25 people. If you are interested, please sign up soon. The day trips are filling up fast so sign up if you are interested.

Until then, take care and God Bless.

Love,
Jacki

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

GEMS ALONG THE MOHAWK - HERKIMER DIAMOND MINE

JULY 20, 2023 - THURSDAY

This Day Out takes us to Herkimer where we will board the Lil Diamond for a 90 minute tour on the historic Erie Canal which includes a trip through Lock 18. Following the boat ride we will enjoy a delicious dinner at the nearby Waterfront Grill. Lunch includes Turkey, mashed potato and stuffing. We will have time to shop at the Specialty Center with 70 NY legacies under one roof. After lunch we will drive to the Herkimer Diamond Mine where we will have the opportunity to "pan for gold". Trip includes: deluxe Hale transportation; boat ride; luncheon; admission to the Diamond Mine and all gratuities including driver.

COST: \$133 per person payable to "Belle Tours LLC"

NEW TRIP!

BUS PICK - UPS: depart Larkin St @ 9:30 am; Depart Canton Woods @ 10:00 am. Please arrive 10 minutes before departure. Arrive home about 5 pm. This trip will be cancelled by June 20th if I do not have enough people.

LUCILLE BALL MUSEUM & NATIONAL COMEDY CENTER

AUGUST 15, 2023 - TUESDAY

Our Day Trip takes us to Jamestown NY for an afternoon full of fun with the Queen of comedy, Lucille Ball. Our visit will take us back to the hilarious Lucy & Desi show. Our lunch will be in the Tropicana Room. Following the luncheon we will visit the interactive National Comedy Center. It's an afternoon of nostalgia and laughter. Trip includes: deluxe Hale transportation; tickets to both Lucille Ball Museum and the National Comedy Center; lunch at the Tropicana Room; all taxes and gratuities including drivers tip.

COST: \$170 per person payable to "Belle Tours LLC"

NEW TRIP!

BUS PICK - UPS: depart Larkin St @ 6:30 am; Depart Canton Woods @ 7:00 am. Please arrive 10 minutes before departure. Arrive home about 9 pm.

30TH ANNIVERSARY MYSTERY TRIP

THURSDAY, SEPTEMBER 7, 2023

Mystery Trip?

Can you believe it's my 30th anniversary at Canton Woods Senior Center? I have planned a fun Mystery trip for you to help me celebrate. No clues, except there will not be a boat ride.

COST: \$125 per person payable to "Belle Tours LLC"

BUS PICK-UPS: depart Larkin St @ 7:30 am; Depart Canton Woods @ 7:50 am. Please arrive 10 minutes before departure. Arrive home about 6 pm.

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

RAQUETTE LAKE DAY OUT | OCTOBER 11, 2023 – WEDNESDAY

We cannot resist "Leaf Peeping" in the picturesque Adirondack Mountains in the fall. This day trip takes us back to view the breathtaking scenery and historic Great Camps of the Adirondacks' largest natural lake. Welcome aboard the W.W. Durrant and enjoy the leisurely boat ride as well as their delicious luncheon. We will have time to visit the Old Forge Hardware store on our way home. Trip includes: Deluxe Hale transportation; Boat ride, luncheon; all taxes and gratuities including driver.

COST: \$138 per person payable to "Belle Tours LLC"

NEW TRIP!

BUS PICK – UPS: depart Larkin St @ 7:30 am; Depart Canton Woods @ 8:00 am. Please arrive 10 minutes before departure. Arrive home about 6pm after a rest stop on the way home.

THE BUDDY HOLLY CHRISTMAS SHOW | DECEMEBER 7th, 2023 – THURSDAY

Come celebrate the holiday season with this holiday tribute to Buddy Holly. This show is full of charisma and high energy to get you in the Christmas spirit. Hear the classic holiday songs as well as Buddy's greatest hits. This show will have you rockin' around your Christmas tree and dancing up the aisles. It is sure to be a rockin' good time! Trip includes: deluxe Hale transportation; \$25 slot bonus; \$5 food & show; all taxes and gratuities including bus driver. Escorted by Jacki

COST: \$105 per person payable to "Belle Tours LLC"

NEW TRIP!

BUS PICK – UPS: depart Larkin St @ 8:30 am; Depart Canton Woods @ 9:00 am. Please arrive 10 minutes before departure.

A WASHINGTON D.C. ADVENTURE

4 DAYS/3 NIGHTS - April 8th - 11th 2024

The Cherry Blossoms will be out when we visit our nations' capital. Join us on this 4 day/3 night tour of Washington D.C. This trip includes: Deluxe motor coach transportation; 3 nights hotel accommodations; 3 breakfasts; 1 fantastic Potomac Lunch cruise; 3 sumptuous Dinners at fine local restaurants; Guided Tour of Washington D.C including a guided illumination Tour of the Washington monuments at night time; visit to Arlington Cemetery with a tram ride; self guided tour of all Washington monuments; visit to the Smithsonian National History Museum; all taxes, meal gratuities & baggage handling; drivers gratuity; Fully escorted by Jacki Abbott.

NEW TRIP!

COST:

\$985 /per person

(Based on **double** occupancy)

COST:

\$1,230 /per person

(Based on **single** occupancy)

All payable to "BELLE TOURS LLC" \$150 non refundable. A deposit of \$150 is needed to sign up. Balance due February 5, 2024. Sign up any time at the Center or send to Jacki @ 132 Plymouth Drive, Syracuse, NY 13206

ADRIATIC & IONIAN PORTRAIT w/ OCEANIA CRUISES on the OCEANIA RIVIERA OCTOBER 24TH - NOVEMBER 4TH, 2024

This 12 day/ 11 night cruise takes us to: Venice, Italy; Koper, Slovenia; Dubrovnik, Croatia; Corfu, Greece; Katakolon, Greece; Cruising the Ionian Sea; Vallette, Malta; Messina, Sicily; Sorrento/Capri, Italy and Rome, (Civitavecchia), Italy. Tour includes: Round trip airfare from Syracuse, One night Pre-cruise, cruise, port charges, government fees, taxes and transfers to and from ship.

COST:
\$5,771 /per person
(BALCONY CABIN)
Category B2

COST:
\$5,821 /per person
(BALCONY CABIN)
Category B1

COST:
\$6,071 /per person
(CONCIERGE BALCONY CABIN)
Category A2

COST:
\$6,121 /per person
(CONCIERGE BALCONY CABIN)
Category A1

***ALL DOUBLE OCCUPANCY**

Prices also include free internet as well as a choice of * FREE - \$600 shipboard credit or FREE

6 Shore excursions or FREE Alcoholic beverage package (beer, wine, champagne w lunch and dinner). A deposit of \$850 per cabin is needed to sign up or \$1,700 per person single occupancy is required to secure reservations and assign cabins. Final payment is due by June 25, 2024. Deposits may be charged to Grand American Tours or checks sent to Belle Tours LLC. A full detailed itinerary is available at Canton Woods Senior center or call Jacki @ 315-415-0040 THOSE WHO BOOK EARLY GET THE BEST PRICES, THE BEST CABIN LOCATIONS, AND THEIR PREFERRED DINING TIMES.

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

Produce Boxes

Produce Boxes Delivered to Canton Woods



\$16
for a half
bushel box of
fresh and
local produce from
Emmi's Farms

Order
Today!

Produce Delivery Dates:

Thursdays:

July 13

July 27

August 10

August 24

September 14

September 28

October 5

Order and pre pay for your produce box
No later than the Monday before the
delivery date.

Any Questions

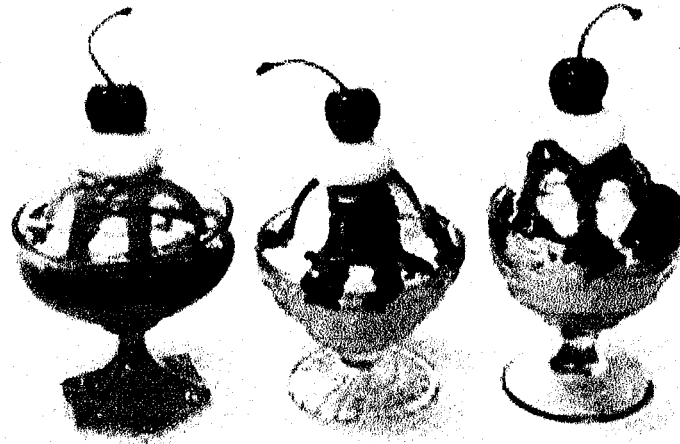
Call the Center 315 638-4536

Cash and carry only.

Thank you!



ongovhealth
Onondaga County
Health Department
ongov.net/health • facebook.com/ongovhealth



Ice Cream Social

July 11th at 6:00pm

Lafayette Community Band at
7:00pm

\$5.00

Please sign up and pre-pay by
Monday July 10th at 12:00pm



shutterstock · 350251484

Lafayette Community Band

Tuesday, July 11th

7:00pm at CW

**Monetary donations to support the band
accepted at the concert.**



Musical favorites by

Larry Sarefini & Son

Wednesday, 19th

At 11:00am.

In the Gazebo area weather permitting.

Treats by Wegmans!

Protection from Property & Mortgage Fraud

Sign Up for This FREE Service from Your Onondaga County Clerk – Lisa Dell

The Onondaga County Clerk is now offering a free service that helps protect residents from potential property and mortgage fraud. **PropertyCheck** will automatically alert you of any recordings regarding the property you specify.

Register for PropertyCheck in 4 easy steps:

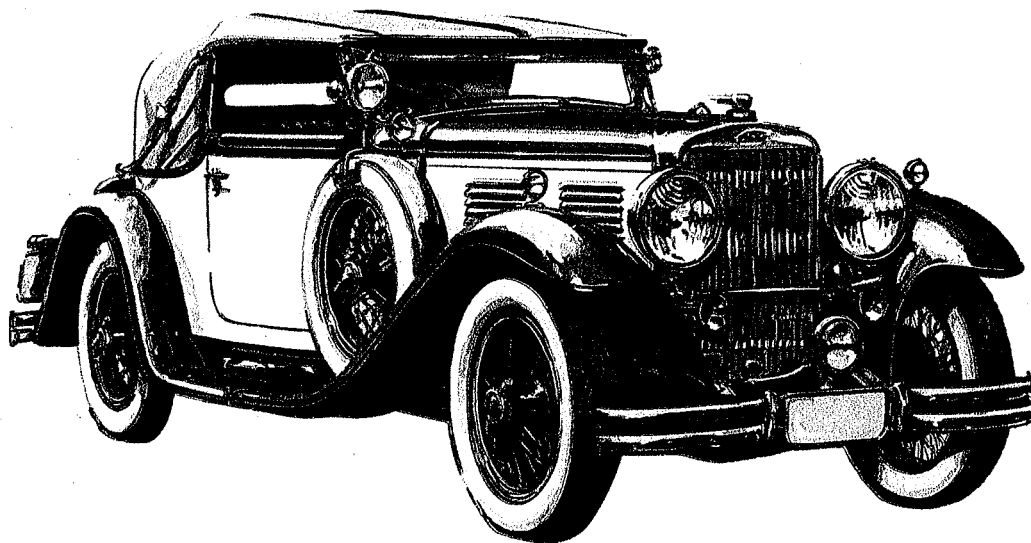
- 1) Sign up at the website listed below:
<https://cotthosting.com/NYOnondagaExternal/Sentry/Home.aspx>
- 2) Select how you would like to receive notifications
- 3) Enter the property owner's name
(as it appears on the official record)
- 4) Click CREATE MY SUBSCRIPTION
- 5) Link to website is also available on homepage at:
www.ongov.net/clerk



PropertyCheck Now Available

Onondaga County Clerk - Lisa Dell

<https://cotthosting.com/NYOnondagaExternal/Sentry/Home.aspx>



Canton Woods 13th Annual Car Show

August 14th 5:00pm-7:30pm

Canton Woods 76 Canton St.

Baldwinsville, N.Y. 13027 638-4536

The evening will include: Beautiful Cars & Trucks,
Tasty Summer Food to purchase

Prizes, Raffles, ***Musical Entertainment from
B'ville's own George Leija & Fun!***

Entry forms available at Canton Woods & on the Village of Baldwinsville
website-- Entry fee \$10. for each car entered.

Car Show winners to be announced at 7:00pm

Categories for Car Show: Oldest entry, Fans Favorite, Senior
Activity Committee's Choice

Rain Date: Monday August 21, 2023

Please come and enjoy the family event at Canton Woods!

Annual ^{Baldwinsville} Rotary
**SENIOR CITIZEN
SUMMER PICNIC**

Join Us August 16, 2023

Canton Woods Senior Center at 4pm

FREE for all senior citizens living in
the greater Baldwinsville area

Register with _____ Canton Woods
by calling (315) 638-4536

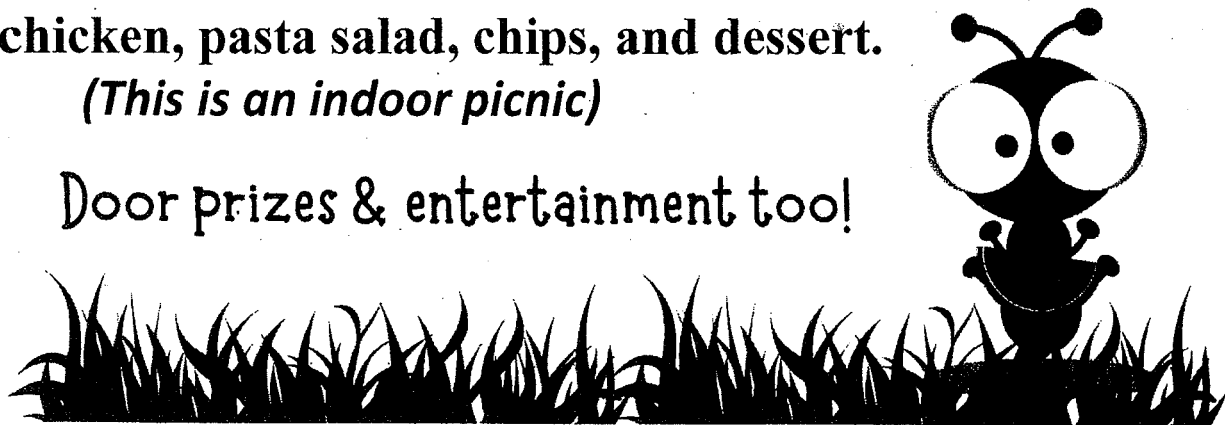
REGISTER BY FRIDAY, AUGUST 11

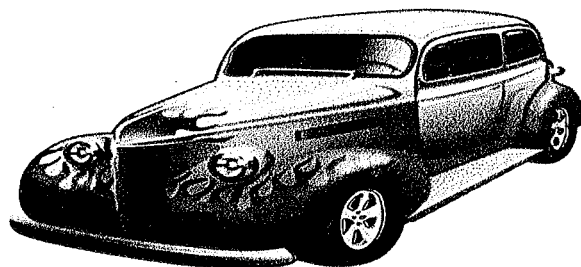
Menu:

Pulled chicken, pasta salad, chips, and dessert.

(This is an indoor picnic)

Door prizes & entertainment too!





Canton Woods 13th Annual Car Show

August 14th 5:00-7:30pm

At Canton Woods

76 Canton St. Baldwinsville, N.Y. 13027

315-638-4536

Entry Form:

Name:

Address:

Phone:

Cell:

E-mail:

Vehicle Make:

Vehicle Model:

Vehicle Year:

Vehicle Name:

Entry Fee: __\$10.00 per entry

The evening will include Food For Sale, Entertainment,
Prizes and Raffles!

Car Show winners announced at approximately 7:00pm

Categories for Car Show: Oldest Entry, Fans Favorite, &
Senior Activity Committee's Choice.

Rain Date: Monday August 21, 2023

No Alcoholic Beverages on Canton Woods Property.

Please come and enjoy this family event at Canton Woods!

RED MILL MANOR

♦ SENIOR INDEPENDENT LIVING ♦

Visit Red Mill Manor to Play Pitch!

**Come join us at Red Mill Manor to
compete in a Pitch League!**

4 Syracuse St, Baldwinsville, NY 13027

\$2.00 entry fee and winner gets the prize!

We will be playing 1:45pm - 3:45pm

July 11th 2023

July 25th 2023

August 8th 2023

August 22nd 2023

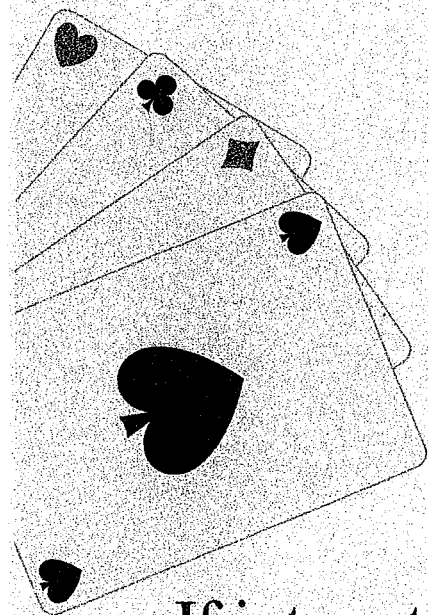
September 5th 2023

September 19th 2023

If interested please call Lucy at (315) 706 - 3876
or email at lucy@redmillmanor.com

to sign up!

Maximum of 20 people!



July '23

PEACE, INC. - FSD		SENIOR NUTRITION		OFFICE FOR AGING & YOUTH	
MONDAY		WEDNESDAY		FRIDAY	
3		5		7	
Agency Closed		Gianelli Sweet Italian Sausage Served with Shells and Marinara Sauce Italian Blended Vegetables Diced Pears Italian Bread		Beef Bourguignon Served over Buttered Egg Noodles Lemon Garlic Green Beans Fresh Strawberries with Whipped Topping Fresh Baked Whole Wheat Dinner Roll	
10		12		14	
Syracuse's Famous Chicken Riggie's Greens and Beans Juicy Diced Peaches Fresh Baked Dinner Roll		Salt City Fried Chicken Black Beans and Rice Country Blend Vegetables Mandarin Oranges		Bacon and Tomato Chicken Salad On Croissant Strawberry Feta Spinach Salad Served with Balsamic Vinaigrette Juicy Diced Peaches	
17		19		21	
Italian Style Meatballs and Marinara Served over Spaghetti Four Way Mixed Vegetable Diced Pears Fresh Baked Crusty Italian Bread		Classic Philly Style Cheese Steak Sandwich with Peppers and Onions Sweet Potato Fries Steamed Brussel Sprouts Fresh Baked Peanut Butter Cookie		Slow Cooked Pork and Gravy Home Style Mashed Potatoes Four Way Mixed Vegetables Diced Pears	
24		26		28	
Sliced Roast Beef and Cheddar on a Whole Wheat Kaiser Tomato Cucumber Salad with Tortellini Apple		Meat Lasagna Marinara Sauce Citrus Tossed Salad with Poppy seed Dressing Cantaloupe Crusty Italian Bread		Turkey Deluxe Sandwich on Rye With Lettuce, Tomato and Bacon Mayo Chunky Basil Tomato Soup Fresh Strawberries with Whipped Topping	
31					
Breaded Chicken Breast Filet Served on a Whole Wheat Bun Topped with Sliced Tomatoes and Lettuce Home-style Potato Salad 4 Way Mixed Vegetables Fresh Melon					

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

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

Suggested Contribution:
\$3.50

Guest Meal:
\$7.00