

Canton Woods Newsletter

August 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:

August is filled with many exciting events in addition to all our regular programs. Be sure to read your entire newsletter so you don't miss out on the fun.

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

Rotary Summer Senior Picnic!

Rotary Summer Senior (indoor) Picnic. Wednesday August 16 at Canton Woods. Reservations are required by August 11. Call the center to sign up.

Two free music programs!

Jerry Cali Wednesday August 9

Geoff Clough on Friday August 25
more details in this newsletter.

Looking ahead, Onondaga County Executive, Ryan McMahon will visit Canton Woods on Wednesday September 6 at 11:00am. Public Welcome.

Plan to join in the *Walk for the Woods 2023!* Thursday September 14, rain, or shine. Registration form in this newsletter!

See you at the Center!

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: The Car Show is back for another year!! Let's all cross our fingers for good weather. We appreciate everyone who is returning for another show. Please plan to attend and enjoy the beautiful cars, music from George Leija, and food to purchase from Canal Side Café and Bistro. Ice cream is available to purchase as well!! Other events are happening in August so make sure you check out the calendar and newsletter!!!

Joanie

Walmart:

FREE Eye glass tune-up!!!

Wednesday, August 30th from 11:00am-12:00pm. If you need your glasses tightened, re-adjusted or cleaned, please stop by. No appointment necessary.

Name That Tune with Geoff Clough!!!

Our Piano instructor will introduce CW to his Name That Tune program!!! Friday, August 25th at 11:00am. You won't want to miss it!!!!

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 in the garden. 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:

Hello Everyone!

Please do not forget we would love your extra vegetables from your garden, and a warm thank you for the fruit we have been receiving, our clients are loving it! September 30th our first **Barbecue Chicken Dinner** -12:00pm – Until Gone, ½ Chicken, Baked Beans, Homemade Mac - n- Cheese, Corn Muffin, and a delicious Brownie—All for \$14.00. Drive Thru Only!

August 17th we will be at the B'ville Diner as a 50/50 recipient for the evening - come and see the old cars!

November 4th- Drive Thru Turkey Dinner- More information to follow.

Sub Drivers needed Please Call 315-638-2171. Happy Summer

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

Neighborhood Advisor/Outreach Worker

I hope everyone is enjoying the fresh produce they are getting from the Farmers Market Coupons they received. You can also get reduced price produce through our produce box program which is available for \$16.00. Ask about it at the front desk.

You can use your Farmers Market Coupons to purchase the produce box!

Interfaith Works needs volunteers in the Baldwinsville area for their Senior Companions Program. This program provides visitors for isolated seniors who need social interaction. If you would be

interested in helping, please call 315-449-3552 ext. 224/110. It would be greatly appreciated!

Nancy Sullivan Neighborhood Advisor

National Grid Senior Advocate

Mary Beth Basha, will be at Canton Woods Wednesday **August 16th** from 12:30-2:00pm to answer any questions or issues you may have. Just stop in to see her.

B'ville Express

Help! We need you!

The B'ville Express needs volunteers drivers. Many seniors in Baldwinsville lack transportation and rely on our program to help them access essential services. Without the B'ville Express volunteer drivers, many of our senior friends go without groceries and healthcare.

Please help your senior neighbors and volunteer today.

Call Gina @ 315-638-4536.

I hope everyone is having a wonderful summer!

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, August 16th, 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: Lorette Panton, Fred Cossick, Sharon Richards, Linda Williamson, Esther Rosenfeld, Jack Schmidel.

Sympathy Cards were sent to: To the families of Marlene Engledrum, Galina Kass, Joanne Sant, and to Tom & Paula Machut for the loss of a family member.

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

**Canton Woods 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.**

August Birthdays

8/3 Margaret Detran

8/9 Linda Williamson

8/14 Betty Ball

8/17 Karen Cole

8/24 Della Falter

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.



JESSICAKES

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

Cost: \$20.50

**The order deadline is Friday, August
11th by 3:30pm.**

**The pick-up date is Wednesday,
August 23rd 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.

Notes from Canton Woods Activity Committee:

August 2023:

Already, we are in August. Things have been great at our Senior Center. We had the Lafayette band here on the July 11th. They, of course, were fantastic. We had about 50 people here to listen and sing. We did our Ice Cream social the same night and sold 31 chocolate sundaes. We are looking forward to all our activities in August- Hope to see you all then.

We got our Bingo players new cards- that made them happy. The cards they were playing with were probably the original cards from when the center opened!!

We are having Jerry Cali coming on August 9th at 11:00am. Come join us and stay for lunch. Make sure to make a lunch reservation at least 1 day in advance.

Terry Pelose won the CW Craft Sale Quilt!! Congratulations!!

Kathy Hogan

Tournaments for June 9 Ball Tournaments

6/2

1st Place: Frank O'Donnell

2nd Place: Nunzio LiPari

6/16

1st Place: Bill Sellin

2nd Place: Jerry Dingman

6/23

1st Place: Nunzio LiPari

2nd Place: Bill Bohemier

6/30

1st Place: Micky Bisha

2nd Place: Marshall DuBuc

Wii Bowling

6/5

1st Place: Mike Slaunwhite & Kathy Hogan

2nd Place: Mae Slaunwhite & Bob Hahn

6/12

1st Place: Jan Wojo & Mike Slaunwhite

2nd Place: Doug Clark & Cathy Spagnola

6/26

1st Place: Jan Wojo & Doug Clark

2nd Place: Bob Hahn & Bill Mills

Bean Bag Toss T'ment

6/9

1st Place: Marshall Dubuc & Don Varn

2nd Place: Kathy Hogan & Bill

Sellin

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! Mah Jong

Scrabble: Thursdays at 10:00am.

Blood Pressure Screening:

On **Tuesday, August 1st.**

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
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, August 1st & Tuesday, August 15th 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

Thank you from Yarn Crew

A huge thanks to those who attended our one day of craft sale at Canton Woods. A very successful sale netted us over \$700.00 that will go toward programs here at Canton Woods. Stay tuned for the next sale, which will be a two-day sale the weekend before Thanksgiving. The original date was the first weekend in December, but we decided to move it up so people could not only shop earlier, and we could include some things for Thanksgiving.

Progress Report from Yarn Crew

The yarn crew group has been busy working their fingers to the bone. We will be donating 21 lap robes, 16 eyeglass holders, and 97 baby hats to St. Joseph's Hospital. We could not do this without your donations of yarn. Thank you so much.

THANKS *Edwina*

Canton Creations

Moved to August 22nd

At 1:30pm

Concrete Orbs

Come on! You know you want to have a really unusual ornament in your garden or yard!

Making a cement orb is the way to do it. The class originally planned for July 11th did not have any members wanting to participate.

Don't you remember playing as a kid and making mud pies? This is a lot like it; take a trip back to your childhood. I will be teaching a class on how to make the cement orbs on Tuesday, August 22nd at 1:30. Please join me!!!

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 sheet strips 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

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

Book Club News

Despite repeated efforts to re-start a book club here at Canton Woods, it doesn't seem it's in the cards. I'm rethinking Book Club and will write more at a later date. *Edwina*

August 2023 Library News

I have a couple of recommendations to keep your cool

on these blistering hot days this summer! The Silent Patient by Alex Michaelides keeps your interest with its twists and turns. I had NO idea how it would end! A lighter mystery/light romance book is Someone Else's Shoes by Jo Jo Moyes. This book has a very, unique twist! Enjoy and stay in and stay Cool!! *Lorraine*

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

Tune-Up

Aging is like owning a classic car. In order to keep looking beautiful, you'll need more than a few tune-ups and a fresh coat of paint.

Canton Woods

AUGUST 2023

Monday		Tuesday		Wednesday		Thursday		Friday	
		8 Tai Chi 1 9 Yarn Crew 9:30 Yarn Crew 9:30 BP Screening 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Group		10 Mah Jong 2 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program		8 Tai Chi 3 9 Falls Education 10 Falls Class 10 Scrabble 1 Pitch		9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 BINGO 1 Pool T'ment 1 Hand & Foot	5
6	7 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling	8 Tai Chi 8 9 Yarn Crew 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Studio		10 Mah Jong 9 10:30 Adult Coloring 11-12 Your Favorite Tunes with Jerry Cali 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program		8 Tai Chi 10 9 Falls Education 10 Falls Class 10 Scrabble 1 Pitch		9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 BINGO 1 Pool T'ment 1 Hand & Foot	1 2
1 3	14 8:30-12 Open Rec 10:15-12 BUNCO 12 PEACE Lunch 1 Wii Bowling 5-7:30 CAR SHOW!	8 Tai Chi 15 9 Yarn Crew 9:30 BP Screening 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Group		16 9-3:30 AAA Defensive Driving Class 10 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 12:30-2 National Grid REpresentative 1 BINGO 1-3 Sharing Memories Writing Program 4 Rotary's Annual Senior Citizen Summer Picnic		17 8 Tai Chi 9 Falls Education 10 Falls Class 10 Scrabble 1 Pitch		18 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 Bean Bag T'ment 1 BINGO 1 Hand & Foot	1 9
2 0	21 8:30-12 Open Rec 10:15-12 BUNCO 12 PEACE Lunch 1 Wii Bowling 5-7:30 Car Show Raindate	8 Tai Chi 22 9 Yarn Crew 10 Falls Class 12 Dup Bridge 1:30 Canton Creations 2 Art Studio		23 10 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program		8 Tai Chi 24 9 Falls Education 10 Falls Class 10 Scrabble 1 Pitch		25 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 11 Name That Tune with Geoff Clough 12 PEACE Lunch 1 Pool T'ment 1 BINGO 1 Hand & Foot	2 6
2 7	28 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling	8 Tai Chi 29 9 Yarn Crew 10 Falls Class 12 Dup Bridge 2 Art Studio		30 10 Mah Jong 10:30 Adult Coloring 11-12 FREE Eye Glasses Tune up from Walmart 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program		8 Tai Chi 31 9 Falls Education 10 Falls Class 10 Scrabble 1 Pitch		Calendar subject to change	

Onondaga County Executive

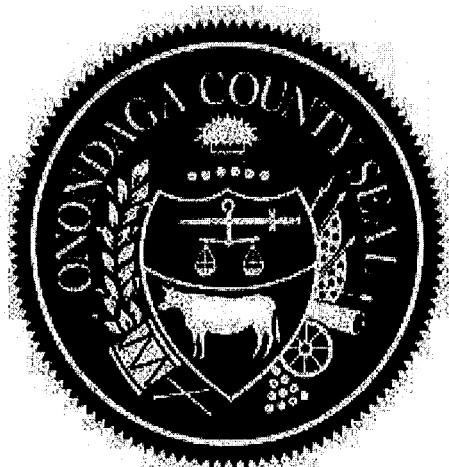
Ryan McMahon

will visit

**Canton Woods Senior Center
Wednesday**

September 6 at 11:00am

The Public is Welcome



Travel Reflections

Hello everyone, I hope you are enjoying this beautiful summer. It is hard to believe we are in our last month. I have had a lot of requests for a trip to New York City for Christmas. I have a great one planned for November 30 – December 1, 2023. We have tickets for the famous Radio City Rockettes. I saw the show last year and no matter how many times I see it, it still amazes me. There were a lot of changes from precious years along with the classic favorites. If you want to go, please sign up early so I will not have to cancel.

I still need people for the Lucille Ball trip on August 15. I will have to cancel by August 5 if I do not have enough for the trip to go.

Until then, take care and God Bless.

Love,
Jacki

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

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 Halc 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"

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.

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"

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.

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

THE BUDDY HOLLY CHRISTMAS SHOW | DECEMBER 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"

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

NEW YORK AT CHRISTMAS | NOVEMBER 30th - DECEMBER 1st, 2023

Nothing is more spectacular than Christmas in New York City! Join us for this 2 day/ 1 night tour to see the famous Radio City Rockettes at Radio City Music Hall. There will be free time for shopping or to purchase show tickets if you would like. The trip includes: deluxe Hale Transportation; 1 night in a hotel in Manhattan; Dinner, breakfast; Rockette tickets; all taxes and baggage handling. Escorted by Jacki Abbott.

NEW TRIP!

COST:

\$685 /per person

(Based on **double** occupancy)

COST:

\$835 /per person

(Based on **single** occupancy)

\$100 (non refundable) due now to sign up. Balance due October 1, 2023. Sign up any time at the center or send to Jacki @ 132 Plymouth Drive Syracuse, NY13206

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.

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



CENTER FOR
AGING RESOURCES
AND ENRICHMENT

Fall Prevention Program

This 6-week course has been created to educate individuals on fall risk factors and the modifications that can be made to decrease fall risk as well as ways to strengthen muscle groups and improve balance to decrease the likelihood of a fall occurring.



Classes will take place on Thursdays at 9am
starting July 20th-August 24th.

At Canton Woods

Contact us for more information!

Paul Musso, MSOT
mussopj@lemoyne.edu

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 go without groceries and healthcare because they lack transportation. If you would like to help your senior neighbors and friends-

PLEASE VOLUNTEER TODAY!

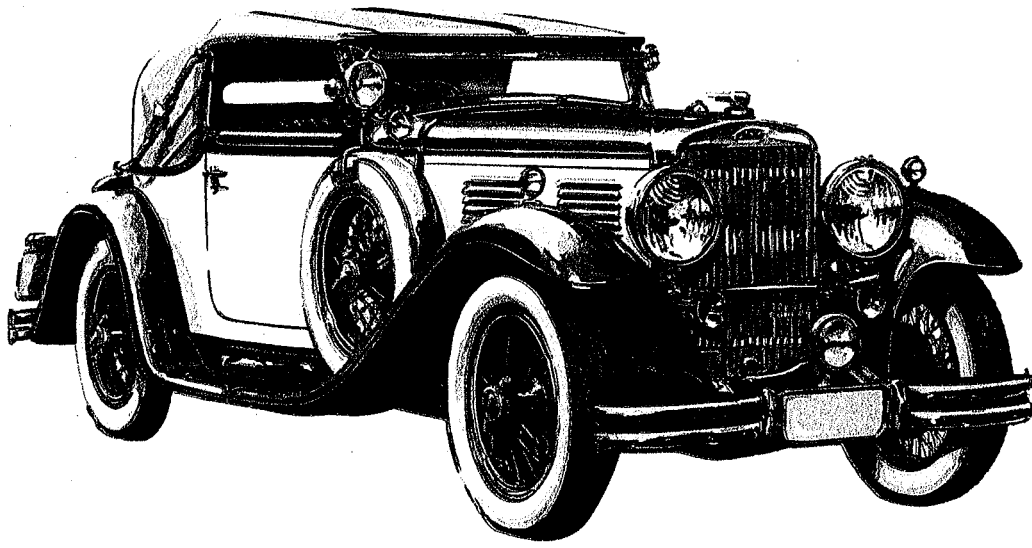


Volunteer as much or as little as you can. This is a rewarding volunteer opportunity that will help ensure our program will still be available as we enter our Golden Years!

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

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

The B'ville Express is funded through Onondaga Cty. Dept. of Adult and Long-Term Care Svc.



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

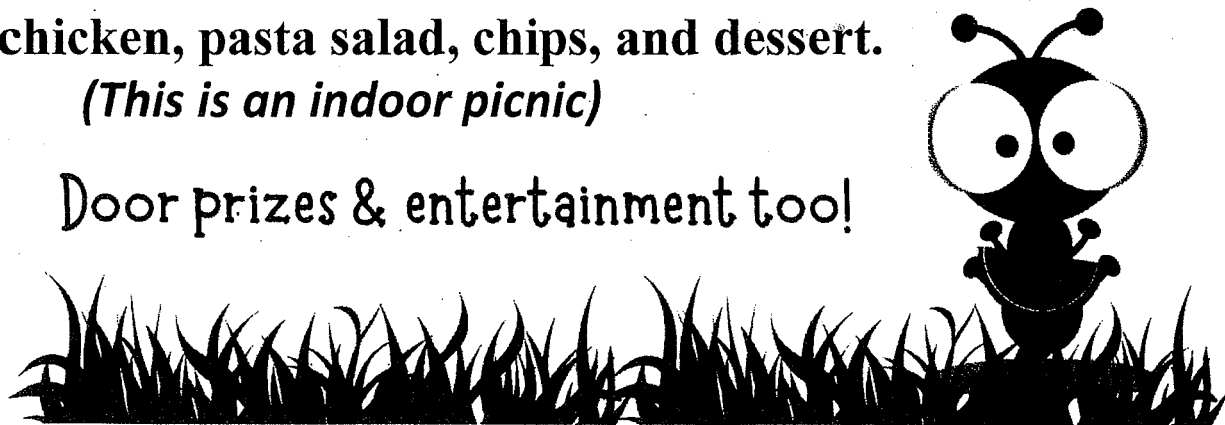
REGISTER BY FRIDAY, AUGUST 11

Menu:

Pulled chicken, pasta salad, chips, and dessert.

(This is an indoor picnic)

Door prizes & entertainment too!





Your Favorite Tunes with **Jerry Cali**

Will be here on Wednesday,
August 9th at 11:00am

Compliments of CWSAG

Please Join us for an Outside Concert and sign
up for lunch afterwards.



NAME THAT TUNE!!

With **Geoff Clough**

Friday, August 25th at 11:00am

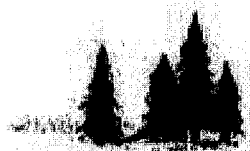
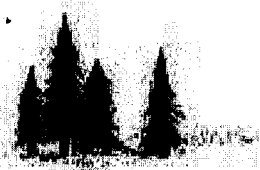
August '23

PEACE, INC. - FSD		SENIOR NUTRITION		OFFICE FOR AGING & YOUTH	
MONDAY		WEDNESDAY		FRIDAY	
		2		4	
		Shaved Corned Beef Sandwich on Rye Bread with 1,000 Islands Dressing Marinated Beets Fresh Orange		Mushroom Swiss Burger Seasoned Potato Cubes Coleslaw with Raisins Fresh Apple	
7		9		11	
Vegetable Lasagna Rolls Chef Salad Cantaloupe Crusty Italian Bread		Tuna Salad with Chopped Egg Served on Kaiser with Shredded Lettuce Cream of Cheddar Potato Soup Fresh Watermelon		Swedish Style Meatballs over Parslled Egg Noodles California Blend Vegetables Fresh Orange	
14		16		18	
Cranberry Walnut Chicken Salad Served on a Croissant Chunky Tomato Florentine Soup Fruit Cocktail		Chicken and Cheese Sandwich with Peppers and Onions Seasoned Potato Wedges Steamed Brussel Sprouts Tropical Fruit Salad		Grilled Marinated Chicken Breast Sandwich on a Whole Wheat Kaiser Shredded Lettuce, Tomatoes and Ranch Dressing Spring Vegetable Soup Fruit and Yogurt Parfait	
21		23		25	
Sloppy Joe on a Kaiser Roll New Potatoes Oven Roasted Brussel Sprouts Mango		Polynesian Pork with Seasoned Brown Rice Peas with Sauted Mushrooms Fresh Baked Peanut Butter Cookie		Glazed Home-Style Meatloaf O'Brien Scalloped Potatoes Capri Blend Vegetables Mandarin Oranges Fresh Baked Dinner Roll	
28		30			
Tropical Fruit Glazed Ham Yukon Gold Potatoes with Sliced Onions Oregon Blend Vegetables Fresh Cantaloupe Fresh Baked Whole Wheat Roll		Meatball Sub on a Whole Wheat Sub Roll Roasted Broccoli Florets Diced Mango			

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 Fee** \$7.00



Walk for the Woods

2023!

Canton Woods Senior Center

Celebrating National Senior Center Month

Walk for the Woods 2023!

Thursday September 14th

4:00pm

Rain or Shine

All proceeds benefit Canton Woods Senior Center

Registration Form

Name: _____

Address: _____

Phone: _____ Email: _____

Registration fee \$10.00 _____ Additional Donations \$ _____

T-Shirt size ___ small ___ medium ___ large ___ X-large ___ XX large ___ XXX large

All registered walkers will receive a FREE T-shirt when the walk concludes.

I am not able to walk but would like to order a Walk T-Shirt!

Small, Medium, Large, and X-Large \$12.00 XX Large and XXX-Large \$14.00

Please forward all registration fees, additional donations, and T-shirt orders to:

Canton Woods Senior Center 76 Canton St., Baldwinsville 13027

Make checks payable to: *Canton Woods Senior Center*

Thank you for supporting our Center!