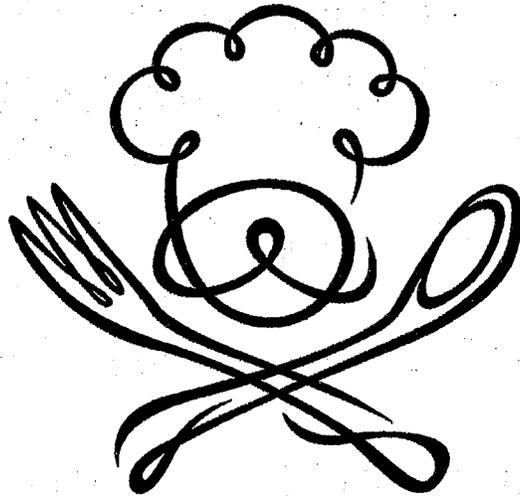


**Baldwinsville Community
Band**

Wednesday, March 11th at 7:00pm

At Canton Woods

**Monetary donations accepted for the
Band!**



Chef Barbara Moul

Sponsored by CW Senior Activity Group

Thursday, April 2nd at 3:00pm

At Canton Woods

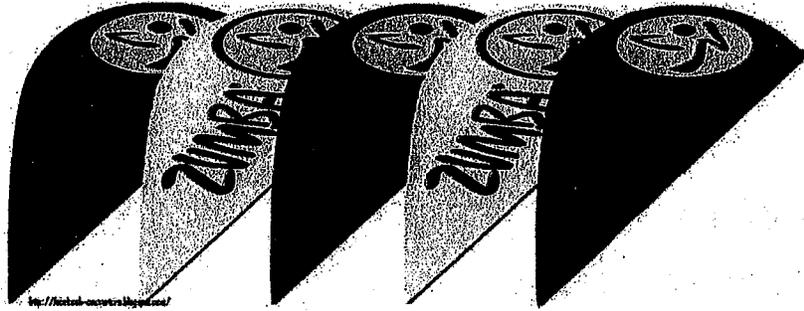
New Ideas! Chef's Choice

Food Samples will be passed out!

Please call to let us know you are coming

315-638-4536.

Limit of 25 participants.



Zumba Gold

GET GROOVING AT YOUR OWN PACE

Instructor: Susan Petrilli

An easy to follow program that lets you move to the beat, at your own speed.

It's an invigorating, community oriented dance-fitness class that feels fresh, feels invigorating, and most of all fun!

ZUMBA Gold classes provide modified low-impact moves for all levels yet specifically designed for the active older adult, and beginners.

Join us Wednesday Morning at 9:30am for 45 minutes of fun!

Classes \$5.00 each pay as you go! Payable to the instructor.

Check calendar for dates!