

# Canton Woods Newsletter

## February 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](http://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.



### FREE COVID TEST KITS

Are again available on

<https://www.covid.gov/tests>

**Each household is eligible for 4 tests.**

### *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.

## Director's Note:

**"Music and Message"** is the popular weekly series from Hendricks Chapel that features musical performances and spoken reflection from diverse religious and spiritual perspectives. These gatherings seek to nurture the soul and ignite the spirit. **Everyone is welcome.**

**February is Black History Month, Enjoy a free concert!**

**February 26, 2023, at 4:00pm – 5:00pm**

**At Syracuse University's, Hendricks Chapel**

**Call for more information  
315.443.2901**

Student organists and choral ensembles celebrate Black History month with a concert of uplifting music in a variety of styles including Carl Haywood's stirring organ toccata on "We Shall Overcome."

## *February is National Heart*

*Month* Take steps to take care of your heart. To help prevent heart disease,

- Eat healthy
- Get active
- Stay at a healthy weight
- Quit smoking and stay away from secondhand smoke
- Control your cholesterol and blood pressure
- Drink alcohol only in moderation
- Manage stress



Canton Woods has several fitness programs designed for older adults. Find the one that works for you and start moving.

**National Wear Red Day is Friday February 3rd!** Wear Red and support Women's Heart health! ( Your name will be put into a drawing for a prize! )

Join us for the special programs for Valentine's Day ! Read more in your newsletter

*Happy Valentine's Day!*

*Ruth*

## Assistant Director:

February is the month for Patriotism and Romance. President's Day and Valentine's Day. The center is closed on Monday, February 20<sup>th</sup> for President's Day. However, we are celebrating Valentine's Day for two days, check out the information below and February's calendar. Please join us for all the fun!!

*Joanie*

## *Valentine's Day*

**Monday, February 13<sup>th</sup>** please join us starting at 10:00am for a Valentine's Hello and Treat from Canton Woods Activity Committee and get your name into a drawing for a \$50.00 gift certificate from Tassone's. Stay for a concert of Love Songs and other favorites from Baldwinsville's own George Leija. Finish off the morning by staying for lunch, Pot Roast Lunch. Gift card drawing will be held at 12:30pm.

**Tuesday, February 14<sup>th</sup> Valentine's Day,** please wear Red or Pink to have your name put into a drawing for a little sweet treat. At 3:00pm please join us for some ice cream and we will draw for the treats and CW Activity Committee's 50/50 drawing.

### **Line dancing is Back!**

Mondays, 1:30-2:30pm. Cost \$3.00 per class payable to the instructor. **First class on Monday February 27.** Please join us for new dance moves, exercise, and most importantly **FUN!**

**LITTLE WOMEN THE MUSICAL** comes to Baker High School! The Baldwinsville Teachers 'Association is providing **FREE** tickets to the Baker High School Musical. The show is **Little Women**. This is a matinee at 1:00pm Sunday, March 12<sup>th</sup>. Call the center to reserve a ticket and let us know if you would like to take the bus from Canton Woods to the high school. There is a limited number of tickets available.

### **February 21<sup>st</sup> from 12:30-1:30pm**

*Tina Saxby* Independent Medicare Broker will be at Canton Woods to assist you with any Medicare issues or questions you might have.

### **MUSIC IN MARCH!**

#### **Save the Dates:**

Wednesday, March 15<sup>th</sup> at 11:00am

**Bare Bones Trombone Quartette**

**Concert sponsored by the Baldwinsville Public Library!**

Friday, March 17<sup>th</sup> St. Patrick's Day at 11:00am

**Merlyn of Merry Mischief Musical** Entertainment Irish Tunes and More.

Both dates please stay for Lunch!!!

### **MOW:**

Hello Everyone!

We are preparing for our winter weather as it approaches. Many drivers are leaving for the south.

MAY 6<sup>TH</sup>

HATS & HORSES

KENTUCKY DERBY LADIES TEA

1:00-5:00PM

76 CANTON ST.

CHANCES TO WIN FOR THE BEST

DERBY HAT, 50/50 DRAWINGS,

PRIZES FOR BETS ON HORSES.

DERBY THEMED FOOD AND

DESSERT WILL BE SERVED. MANY

RAFFLES!! ENTERTAINMENT BY

HARMONY KATZ.

ALL PROCEEDS GO TO Meals on

Wheels. Tickets on sale March 1<sup>st</sup> at MOW

office. Tickets are \$10.00 each. Wear your

hat and party dress if you like!

Happy Valentine's Day!

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

### **Neighborhood Advisor/Outreach**

**Worker** I hope everyone is doing well. I am still able to take HEAP applications, but time is running out so please call soon for an appointment if you want to apply. We are expecting March 31st to be the application closing date.

Winter is a good time to reorganize and dispose of things we no longer need. I recently found out Staples has a free "Tech Take Back" program. This program takes back most electronics but I don't see televisions on the list so it would probably be best to call and verify that they take the items you want to drop off. The good thing is if you have a cell phone and

can add the Staples app, you can get cash rewards. They also have a shredding program. You feed your documents into a locked bin, and they are sent to the shredding company. The cost is \$0.99 per pound. Again, if you download their app the first 5 pounds are free.

For those of you thinking about income taxes, we have heard that the Baldwinsville Library will be having some appointments with an AARP preparer. Just call for an appointment early as there may be limited appointments available. PEACE also has a program for people who earn under \$57,000. You can call 315-634-3756 to learn more or schedule an appointment.

### **National Grid Senior Advocate**

Mary Beth Basha, will be at Canton Woods **Wednesday, February 15th** from 12:30-2:00pm to answer any questions or issues you may have. Just stop in to see her.

### **February 2023 B'ville Express Newsletter**

Winter has been mild but is still here presenting treacherous road conditions causing closings and delays. The B'ville Express will be closed if the Baldwinsville School District is closed due to inclement weather, When there is a 1- or 2 hour delay in the school district, all morning rides will be cancelled and the B'ville Express program

will not be open until noon on this day. If schools remain open during inclement weather, our volunteer drivers reserve the right to cancel any scheduled rides if they are concerned with safely transporting our seniors.

**The B'ville Express program will be closed February 20, 2023, in observance of Presidents Day.**

**I would like to thank our volunteer drivers for their self-less dedication transporting the seniors of Baldwinsville.** Many seniors lack transportation and are not able to get to the doctors or grocery store. Because the volunteer drivers of the B'ville Express donate their time, their vehicle and their own gas, our senior friends do not have to go without groceries or medical care. **B'ville Express would like to welcome our new volunteer drivers:**

Charlie Ebner  
David Herlan  
Mary Ellen Pasternak  
Richard Pasternak  
Dan Pease  
Beth Walsh  
Peter Hansen

**With only 17 volunteer drivers, 883 rides were provided in 2022, volunteering close to 2700 hours of their own time to the**

**seniors of Baldwinsville!**  
**AWESOME JOB!!**

Currently we have 132 seniors receiving transportation from 17 volunteer drivers of the B'ville Express Program-with even more new registrations coming in every week. Our program is in desperate need of volunteer drivers to help ensure the B'ville Express program will be able continue to serve our senior friends and neighbors of Baldwinsville.

\*\*If you have an interest in helping your fellow senior community members, please contact the Transportation Coordinator Gina @315-638-4536 to volunteer. If you want to help our seniors but cannot volunteer, the B'ville Express welcomes your donation to help offset the cost of gas to our volunteer drivers. All donations received are used to purchase gas gift cards and given directly to our drivers.

Mail checks payable and mail to:  
B'ville Express, CWSC  
76 Canton Street  
Baldwinsville, NY 13027.

*Happy Valentine's Day!!*

*Gina Carroll*  
Transportation Coordinator  
B'ville Express

**AAA Defensive Driving course (returning in 2023)** 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, March 22nd, 2023. **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.

**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:** Dave Hardy, Frank Lushia, Bob Sheehan, Avis Neupert, Kathy Momper, Mary DeLawyer, Susette West

**Sympathy Cards** were sent to the families of Thelma Dausman, Harry Zylka, and Mary Dow.

### 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

### 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 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](mailto:jferstler@baldwinsville.org)

(315) 638-4536.

### February Birthdays

2/11 Annette Celestian

2/14 Sarah Lee

2/15 Dave Au

2/17 JoAnn Mathieson, Margaret Durant

2/20 Debbie Au



**JESSICAKES**

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

3 Marble St. Baldwinsville

for a FREE birthday cupcake!

Jessicakes 315-484-8228

### 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 February Package List.**

**Cost: \$20.50**

**The order deadline is Friday, February 10<sup>th</sup> by 3:30pm.**

**The pick- up date is Wednesday, February 22<sup>nd</sup> from 11:30am-12:30p**

**Smartphone, iPad, Tablet or Laptop Computer Assistance offered by Nadine Kerr, B'ville Family & Consumer Science Teacher. Thursday, February 16<sup>th</sup> at 2:00pm.** Call the center 315-638-4536 to make a reservation.

### **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, February 7<sup>th</sup>.**

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.

### **Mexican Train Dominoes**

Join the fun on Friday, February 10th 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.

### **Piano lessons!**

The current session of piano lessons is full. For those of you who are in this first session, just a reminder, the class meets Mondays at 10:00am. Geoff Clough is the teacher.

### **Notes from Canton Woods Activity Committee:**

Hi All: Welcome to February our shortest month. We are having a two-day celebration for Valentine's Day. Monday and Tuesday; Check the Valentine Note in this newsletter. Lots of room for Pitch. Come join us—have a good February!

*Kathy Hogan*

### **Tournaments in December**

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

#### **9 Ball**

**12/2**

1<sup>st</sup> place: Nunzio Lipari

2<sup>nd</sup> place: Don Varn

#### **9 Ball**

**12/16**

1<sup>st</sup> place: Nunzio Lipari

2<sup>nd</sup> place: Nick Peluso

#### **9 Ball**

**12/30**

1<sup>st</sup> place: Bill Sellin

2<sup>nd</sup> place: Frank O'Donnell

#### **8 Ball**

**12/9**

1st place: Kathy Hogan & Bill

Sellin

2nd place: Frank O'Donnell & Don

Varn

#### **Wii Bowling**

**12/5**

1<sup>st</sup> place: Sue Stapleton & Gloria

Saccone

2<sup>nd</sup> place: Mike Slaunwhite & Barb DiSanto

12/12

1<sup>st</sup> place: Cathy Spagnola & Kathy Hogan

2<sup>nd</sup> place: Kathy McGlaggan & Gloria Saccone

12/19

1<sup>st</sup> place: Mae Slaunwhite & Louise Barrone

2<sup>nd</sup> place: Mike Slaunwhite & Peggy Ford

## **Bunco at Canton Woods!**

**Friday, February 24<sup>th</sup>**

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. Plan to come in and enjoy a few laughs while playing this lively game.**

**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** Monday mornings at 10:00am!

**Blood Pressure Screening:**

On Tuesday, February 14<sup>th</sup>.

**Valentine's Day get your Blood Pressure Checked out on Heart Day!**  
from 9:30am – 11:00 am.

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

***CW Aerobics Exercise Class is back! Join Cathy for this cardio workout to your favorite music***

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. **Calling all Past Exercise participants, We need you Back!!! Pease Return to the Class!!! And new exercisers too!! Cathy gives you a fun and challenging workout!!**

**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. 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 instructor. Please check the calendar for dates.

### **Art Group**

Art group will meet in person on Tuesday February 7th, & Tuesday February 21st 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**

Yarn crew has been working away in my absence...

Since the mitten supply was in short supply the ladies are working as a group learning to crochet mittens. I was hoping to get some inspiration from the Beach Market that is at the beach weekly, but due to all sorts of issues the Beach Market is not at Coquina Beach this year. Some would say that it has been cold here, but I have no complaints. I was walking on the beach in shirtsleeves and met a woman wearing a down coat and wool hat pulled way down on her head. We northerners are of hearth stock!

Thank you to Marcella and Rita for holding down the *Edwina Hay*

### **Book Club News**

**Book Club** is taking a break. There will be changes in April. I will be away this winter. *Edwina*

### **February 2023 Library News**

Small Print:

Choice (N. Roberts)

The Whittiers (D. Steel)

Distant Thunder (S. Woods)

Audio Books:

The Sixth Man (D. Baldacci)

Tiger's Claw (D. Brown)

The English Girl (D. Silva)

The English Spy (D. Silva)

The Bone Labyrinth (J. Rollins)

### **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.

**PAC-B TV** is Seeking Volunteers to Video Government and Civic Events  
PAC-B TV, Baldwinsville's Public Access Television Station, Needs Your Help  
To learn more, contact Skip Lockwood, Executive Director, at [skip@pacbtv.org](mailto:skip@pacbtv.org) or call 202-841-3166.

## Wanted

Your old sewing machines!  
Your old sewing machine can get a new life! 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!



# Canton Woods

## FEBRUARY 2023

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	
			<b>1</b> 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	<b>2</b> 8 Tai Chi 9:15 CW Exercise 10 Falls Class 1 Pitch	<b>3</b> 8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 8 Ball T'ment 1 BINGO <b>Heart Health Day</b> <b>Wear Red</b>	<b>4</b>
<b>5</b>	<b>6</b> 8:30-12 Open Rec 10 Mah Jong 12 PEACE Lunch 1 Wii Bowling	<b>7</b> 8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 9:30 Blood Pressure Screening 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Group	<b>8</b> 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	<b>9</b> 8 Tai Chi 9:15 CW Exercise 10 Falls Class <b>10 Cribbage</b> 1 Pitch	<b>10</b> 8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class <b>10:30 Mexican</b> <b>Train</b> 12 PEACE Lunch 1 BINGO 1 9 Ball T'ment	<b>1</b> <b>1</b>
<b>1</b> <b>2</b>	<b>13</b> 8:30-12 Open Rec 10 Mah Jong <b>10 Valentine's</b> <b>Hello</b> <b>11 Love Songs</b> <b>with</b> <b>George Leiga</b> 12 PEACE Lunch 1 Wii Bowling	<b>14</b> 8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 9:30 BP Screening 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Studio <b>3 Valentine's Ice</b> <b>Cream Social</b>	<b>15</b> <b>9-3:30 AAA Driving</b> <b>Course</b> 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge <b>12:30-2 National Grid</b> <b>Representative</b> 1 BINGO 1-3 Sharing Memories Writing Program	<b>16</b> 8 Tai Chi 9:15 CW Exercise 10 Falls Class 1 Pitch <b>2 Tech Support</b>	<b>17</b> 8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 8 Ball T'ment 1 BINGO	<b>1</b> <b>8</b>
<b>1</b> <b>9</b>	<b>20</b> <b>President's Day</b>  <b>The Center is Closed</b>	<b>21</b> 8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge <b>12:30-1:30 Medicare</b> <b>Broker</b> 2 Art Group	<b>22</b> 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	<b>23</b> 8 Tai Chi 9:15 NO CW Exercise 10 Falls Class 1 Pitch	<b>24</b> 8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class 10:15-12 BUNCO 12 PEACE Lunch 1 9 Ball T'ment 1 BINGO	<b>2</b> <b>5</b>
<b>2</b> <b>6</b>	<b>27</b> 8:30-12 Open Rec 10 Mah Jong 12 PEACE Lunch 1 Wii Bowling 1:30 Line Dancing	<b>28</b> 8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Studio				

# Travel Reflections

Hello everyone, I hope everyone is staying warm and cozy in this cold weather. I will be in Florida until February 11th. I am looking forward to the spring and getting back on the road again with my folks from canton Woods Senior Center. There is still room on the Atlantic City trip and we need 6 more people for Mackinac Island. If you are interested in either trip, please sign up now so we do not have to cancel these two fun trips!

The Ireland trip is a go for July 22nd - 31st, 2023. I have 5 people so far and would love to have a few more join us. Spotlight on San Antonio, November 5th - 9th, 2023, is also this year and there is room on that trip too. Call or message me for additional information.

Until next month, take care and God Bless.

Love,  
**Jacki**



## Upcoming Overnight Trips!

**SHADES OF IRELAND | JULY 22-31, 2023**

**ROME & THE AMALFI COAST | SEPTEMBER 20-29, 2023**

**BEST OF ITALY – ROME, FLORENCE & VENICE | OCTOBER 8-19, 2023**

**SPOTLIGHT ON SAN ANTONIO | NOVEMBER 5-9, 2023**

2023

2024

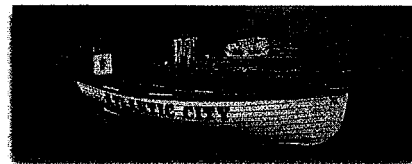
**TROPICAL COSTA RICA | FEBRUARY 22- MARCH 1, 2024**

**BOUNTIFUL BRAZIL CRUISE ON THE OCEANIA | MARCH 5-15, 2024**

**EXPLORE SWITZERLAND, AUSTRIA & BAVARIA | APRIL 17- 26, 2024**

ALL FLYERS AVAILABLE AT THE CENTER OR CALL JACKI @ 315-415-0040

### **ATLANTIC CITY MAY 8th - 10th, 2023**



Spring is in the air and the Jersey Shore will be beautiful! Join us for a three-day trip to the Resorts Casino and Hotel for 2 nights/3 days. This trip includes: deluxe Hale transportation; 2 nights at the Resorts Hotel; drivers gratuity; baggage handling; \$20 coin bonus and (2) \$20 meal vouchers.

COST:  
**\$390 /per person**  
(Based on **double** occupancy)

COST:  
**\$510 /per person**  
(Based on **single** occupancy)

A deposit of \$150 is due to sign up. Balance due April 1st, 2023. All checks payable to "Belle Tours LLC". I will have to cancel by April 1st if I do not have 25 people. If you are interested, please sign up as soon as possible.

For further information, call Jacki @ (315) 415-0040. Payment can be made at Canton Woods Senior Center or sent to Jacki Abbott at 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 5<sup>th</sup> - 10<sup>th</sup>, 2023**

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)

A deposit of \$600 is needed to sign up. Final payment due April 5<sup>th</sup>, 2023. All payable to "Belle Tours LLC".

**CAPE COD & NANTUCKET**

**SEPTEMBER 11<sup>th</sup> - 15<sup>th</sup>, 2023**

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 10<sup>th</sup>, 2023. All payable to "Belle Tours LLC".

**ADRIATIC & IONIAN PORTRAIT w/ OCEANIA CRUISES on the OCEANIA RIVIERA**

**OCTOBER 24<sup>TH</sup> - NOVEMBER 4<sup>TH</sup>, 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**

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

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

# CANTON WOOD

## 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*

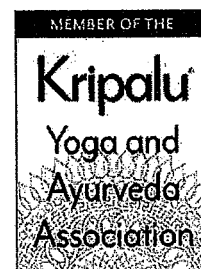
## WINTER-SPRING 2023

**TUESDAYS: January 17 - May 2 (no class March 28)**  
**45 minute classes: 11:10am-11:55am**

**Cost: OPTIONAL & CONFIDENTIAL**

This is a drop-in class - any questions, feel free to call Yvonne or the front desk (315-638-4536)

- ॐ A gentle, fun practice that encourages mindfulness and compassionate self-awareness.
- ॐ 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.
- ॐ New to Yoga? Come give it a try. Absolutely no experience necessary. Everyone welcome!



# February '23

P.E.A.C.E., INC. - FSD		SENIOR NUTRITION		OFFICE FOR AGING & YOUTH	
MONDAY		WEDNESDAY		FRIDAY	
			1		3
			All American Cheese Burger Seasoned Potato Wedges Blended Vegetable Slaw Johnny's Apple Cobbler		Gianelli Sweet Italian Sausage Served with Shells and Marinara Sauce Italian Blended Vegetables Fresh Pear Italian Bread
6	Chicken Cordon Bleu Casserole Winter Blend Vegetable Banana	8	Shaved Cornd Beef and Swiss Cheese on Rye Bread with 1,000 Island's Dressing Steamed Cabbage, Carrots and Potatoes Diced Pears	10	Oven Roasted Turkey Sage Gravy Home Style Mashed Potatoes Glazed Baby Carrots Juicy Diced Peaches Fresh Baked Whole Wheat Roll
13	Beef Pot Roast with Gravy Smashed Red Skin Potatoes California Blend Vegetables Pineapple Tidbits Fresh Baked Whole Wheat Roll	15	South Western Style Grilled Chicken Chuckwagon Corn Oven Roasted Red Skin Potatoes Fruit Cocktail Fresh Baked Dinner Roll	17	Chicken Breast Strips served in a Cheesy Alfredo Sauce Served over Bowtie Pasta Steamed Broccoli Jell-O with Whipped Topping Fresh Baked Dinner Roll
20	President's Day Agency Closed	22	Vegetable Lasagna Rolls Chef Salad Cantaloupe Crusty Italian Bread	24	Golden Battered Cod Filet Red Skin Potato Wedge 4 Way Mixed Vegetables Chocolate Ice Cream
27	Syracuse's Famous Chicken Riggles Greens and Beans Juicy Diced Peaches Soft Italian Bread				

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

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

Suggested Contribution:  
\$3.50

Printed For 9705

# Canton Woods Food Sense February 2023 Order Form

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Food Sense is open to Everyone! To order Food Sense

1. Mail / drop off a check / money order PAYABLE to: *CW Food Sense to Canton Woods Senior Center, 76 Canton St. Baldwinsville New York 13027*

2. You may pay with EBT, cash, or check call the center (315) 638-4536 for more information. *Be sure to mail early, well in advance of the deadline.*

**February Package** Number of Packages \_\_\_\_ x \$20.50 = Pkg. Total \$ \_\_\_\_\_

- 1lb Marinated Pork Pieces
- 1lb Ground Beef
- 13oz Loop Kielbasa
- 1lb Fish Sticks
- 1.8lb avg Boneless Chicken Breast
- 13oz Cheese Pierogi
- 8oz Mild Cheddar Cheese
- 1lb Frozen Diced Potatoes
- 15oz Applesauce
- 1lb White Rice
- 2 Fresh Produce

## **February Specials:**

\_\_\_\_\_ 1. **St. Louis Style Ribs (1pc) 4.5 (avg) for \$7.50:** The pork ribs are a St. Louis style rib, that is not fully cooked, and average 4.5 lbs per order.

\_\_\_\_\_ 2. **Stuffed Chicken, 2lbs for \$8.50:** The chicken breasts are stuffed with apples and cranberries.

\_\_\_\_\_ 3. **French Fries, 5lbs for \$6.50:** The French Fries are ready to cook and can be used in the oven or fryer.

\_\_\_\_\_ 4. **Shrimp Scampi, 24oz. for \$6.00:** The Shrimp Scampi is a complete meal with shrimp, linguini pasta, and vegetables in a creamy garlic sauce.

\_\_\_\_\_ 5. **Lasagna Roll-Ups, 42oz for \$6.50:** The cheese lasagna roll-ups are stuffed with ricotta and Romano cheese and are over two and a half pounds.

\_\_\_\_\_ 6. **Meatloaf, 2lbs for \$10.25:** The meatloaf is a traditional meatloaf made with 100% ground beef.

Specials Total \$ \_\_\_\_\_

Order Grand Total \$ \_\_\_\_\_

**IMPORTANT DATES: PLEASE NOTE OUR ORDER DEADLINE WILL NOW BE FRIDAY**

Order Deadline date: **Friday, February 10th, 2023** Pick update: **Wednesday,**

**February 22nd, 2023. (from 11:30am- 12:30pm)**

Thank you for your patience.