

Canton Woods Newsletter

October 2021

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 We want to continue to bring folks together at the senior center safely. We are using the resources and tools we have available to keep the center open and operating for your enjoyment. We need your cooperation in this effort.

PLEASE NOTE

When you visit the center for the first time you need to sign a waiver and you need to show Proof of Vaccination.

CDC recommends all Onondaga County residents - *vaccinated and unvaccinated* - should wear masks indoors.

The Village of Baldwinsville is requiring face masks be worn by everyone inside this building, Canton Woods Senior Center.

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

Thank you for your cooperation.

Walk for the Woods 2021! Thank you to everyone who walked or donated to the Walk for the Woods 2021. Special thanks to our sponsors, Michel Tax Services and Overhead Door! See you at Walk for the Woods 2022!

Congratulations Baldwinsville Meals on Wheels! 50 Years of Service! Thank you!

Fall is a glorious time of year in central New York! Be sure to get out and take in the colors and sample the tastes of the season. It will lift your spirits!

Happy Fall!
Ruth

Assistant Director: Every week when I walk into the YARN CREW storeroom at Canton Woods, I am usually in for a surprise. People leave donations of all different types so looking through boxes and bags is like Christmas morning for me. Recently, I went into the storeroom and there was a huge plastic bag left in the room. I opened it up and to my amazement, inside there were so many beautiful afghans that I was left speechless (for me that is unheard of, but don't worry, it didn't last long). Someone put so much work and effort into the Afghans. At first no one at the center was able to remember who made this donation, but after a little investigating the mystery was solved. It was Carol Lang! Please know we are just so thankful to have these afghans and appreciate your work. They will make their way to various places to warm the hearts of those who need them. We also plan to save a couple to have at our Christmas Craft sale either to sell or to raffle. They are so beautiful. The colors are cheerful and bright, and believe me while showing them to the group, no one could agree on which one was the most beautiful because the next one I pulled out of the bag was just as beautiful as the one before it!

Thank you, *Joanie*

Neighborhood Advisor / Outreach Worker

Important dates: Medicare Open Enrollment period from October 15

-December 7, 2021! If you are considering a change, it is a good time to start investigating your options. You will be getting mail from all the health insurance companies offering all kinds of new plans. Please know that you do not need to change if don't want to, but if you want to make a change, I can refer you to someone to help you make a good choice.

Well, it is autumn and time to prepare for winter. You should be thinking about getting your flu shots and your Covid 19 booster. There is no online registration for the booster, you just call or show up at a pharmacy or see your doctor.

Some of you have already received your recertification forms for HEAP. If you need help with those forms, give me a call and I will be happy to help. Others of you may need to do a new application. If that is the case for you, I can help you any time after the 1st of October. Please call for an appointment so you don't have to wait and bring an ID, proof of income, proof of rent payment, and a current National Grid bill.

Stay well and enjoy this glorious time of year! *Nancy Sullivan*

B'ville Express is now **OPEN** and accepting ride requests. Due to COVID, there are new guidelines that must be followed by all. **ALL RIDERS MUST BE VACCINATED TO USE THE PROGRAM.** Prior to using the program, a home visit must be made so I can verify your vaccination status and your current mobility status. If you have not received a home visit, please make sure to call me @315-638-4536 to schedule one ***as soon as possible*** so you can receive rides. If you have received a home visit from me and are approved to use our program, you can now call to schedule rides. Please remember to call 7 days prior to your need for a ride. All riders and drivers must wear a mask while being transported. All our drivers have been vaccinated. If you are **MEDICAID ELIGIBLE**, please utilize the **Medicaid free transportation** for medical appointments as the number of drivers we currently have is very limited.

If you have not been vaccinated and need transportation you can utilize the **OSCAR free senior ride program**. Their number is 315-442-3434. Make sure to ask for the OSCAR program specifically. If you are having any type of procedure, please call me as I do have access to a ***free ride program for procedures only.***

Gina Carroll
Transportation Coordinator

MOW: Happy Fall Everyone,
Yes, our gala is postponed, our Board decided it's for the safety of everyone. We are proud helping to feed our seniors for 50 years now.
We are selling the 2022 Syracuse coupon books.
Thanks to everyone for all your support. We are here if you need a meal.
Happy Halloween!
Sincerely,
Donna and Jeff

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.

Upstate Mobile Mammography Van returns to Canton Woods. **Thursday October 14 from 10:00am- 3:00pm.** Women 40 years of age or older are eligible to use the van if they have not had a mammogram in the past year and show no signs of symptoms of breast cancer. Pre-registration is required. Call 315 464 2582 or online www.upstate.edu/noexcuses to make an appointment.

McHarrie Towne invites you to join your friends and neighbors for a fund-raising walk to support two charities which are near and dear to the McHarrie Towne community's heart, Annals Angels and 13thirty Cancer Connects. The walk is at Mcharrie Towne Wednesday October 20 from 2pm-3pm, finishing with cider and donuts at the McHarrie Towne Pavilion. You may also choose to walk any time, any place at your convenience. There is a minimal registration fee of \$5.00. Registration forms will be available at the Canton Woods or call McHarrie Towne at (315)638-1127

Flu Shot Clinic at Canton Woods, sponsored by Rite Aid. Friday, October 22nd at 9:00am - noon. Please bring your insurance information and if this is your first time back to Canton Woods, please bring your Covid Vaccine proof. Masks are required. This is an indoor clinic.

Halloween is in the air! Stop by the center on Friday October 29 from 10:30am- 12:00pm. The Senior Activity Committee will have some treats for you. You can also enter your name into the Halloween drawing for gift cards!

Open Rec on Monday & Friday Mornings includes time to practice pool, play a game of checkers or cards with a friend or a friendly game of pitch of poker.

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

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

Memorial Giving

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

Enclosed is my gift of \$ _____

In Memory of _____

Your name _____

Your address _____

Make checks payable to Canton Woods Senior Center, Inc.

Send to: Canton Woods Senior Center

76 Canton St. Baldwinsville, NY 13027

PEACE LUNCH

The congregate senior lunch program has resumed indoor dining. Canton Woods now has the PEACE Lunch hot meal served in the dining room for *fully vaccinated individuals. You will be asked to show proof of vaccination.*

The Take- Away meal will also continue for those who are unvaccinated or who prefer not to dine inside at this time.

You must make a reservation for both lunch programs.

Lunch is available Monday Wednesday and Friday.

October Birthdays:

As you know we are updating our birthday list so please call or e-mail your birthday month and day.

jferstler@baldwinsville.org/

(315) 638-4536.

October Birthdays

10/11 Edwina Hay

10/ 16 Dottie Fegley



JESSICAKES

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

by Jessicakes

3 Marble St. Baldwinsville

for a FREE birthday cupcake!

Jessicakes 315-484-8228

Ice Cream

Thank you for all the Byrne Dairy receipts! Please keep them coming. Sometimes you have to ask for one! Note: we cannot use gas receipts.

Food Bank of CNY

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

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

Call the center to request the October Package List.

Cost: \$20.50

The order deadline is Friday October 15 by 3:30pm.

The pick-up date is Wednesday, October 27.

11:30am-12:30pm

Produce Box

A budget friendly food opportunity from Onondaga County Creating Healthy Schools and Communities! A half bushel box of fresh seasonal produce from Emmi's Farm Market for \$10.00! Just order and pay for your produce box at the front desk **before 1:00pm on Tuesday, October 12 Delivery to the center on **Friday, October 15**, 10:30am – 2:30pm. Get fresh produce, at a great price right here at Canton Woods. ***You may use your Farmers Market Coupons for this produce box!!!!*****

Smartphone, iPad, Tablet or

Laptop Computer Assistance offered by Nadine Kerr, B'ville Family & Consumer Science Teacher. If you need help figuring out how to use the calendar, email or going online she is very familiar with Apple devices as well. Bring your devices and any questions (it is a good idea to write them down). Unfortunately, Nadine cannot help with a Trac Phone.

Nadine is at *Canton Woods Monday October 4th from 2:45pm - 3:45pm.*

Please call-in advance to schedule an appointment 315-638-4536.

Free Legal Services

Legal services are available at Canton Woods on several Tuesdays in the calendar year. The next available appointments will be **October 12th**. Call the center to make an appointment (315) 638-4536. You must be a resident of Onondaga County and at least 60 years old to participate in this program.

BINGO!!!

BINGO! Wednesdays and Fridays at 1pm.

Tournaments in August

8 Ball 8/6

1st place: Kathy Heintz & Kathy Hogan

2nd place: Nunzio Lipari & Dave Hardy

9 Ball 8/20

1st place: Frank Lushia

2nd place: Dave Au

Bean Bag

8/13

1st place: Kathy Hogan & Jan Wojnovich

2nd place: Kathy Heintz & Dave Au

8/27

1st place: Frank Lushia & Dave Au

2nd place: Kathy Heintz & Jan Wojnovich

Wii Bowling

8/9

1st place: Kathy Hogan & Patty Di Fabion

2nd place; Dave Hardy & Diane Ayotte

8/23

1st Patty DiFabion & Joan Ferstler

2nd Kathy Hogan & Bill Hinman

Pitch is now every Thursday at 1:00pm!
Call to sign up, double check the calendar.

Wii Bowling T'ments: Monday October 4th, & Monday October 18th at 1:00pm. We welcome more Wii Bowlers. Call to sign up.

Duplicate Bridge Tuesday at 12:00pm

Party Bridge Wednesday at 12:15pm

Blood Pressure Screening:

On Tuesday October 26th from 9:45am – 11:00 am.

Art Group

Art group will meet in person on Tuesday October 5 and Tuesday October 19 at 2pm. The art group continue to will meet in the pavilion weather permitting, otherwise inside the center.

Falls Prevention Class

Classes are on Tuesdays and Thursdays at 10:00 a.m. **FREE!** The instructor is a licensed physical therapist.

Kripalu "Chair Optional" Yoga lead by Yvonne Martin Certified

Kripalu Yoga Teacher:

Classes held Thursday mornings. October 7th, 14th, 21st 28th November 4 and November 18th. Start time 11:15 am. Fees payable to instructor.

Tai Chi Classes

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

Zumba October 6th & October 27 at 9:30am. Charges payable to the instructor.

CW Exercise Class

Aerobics work out designed for seniors on Tuesday and Thursday at 9:15am. Charges payable to the instructor.

Chair Massage to resume later this Fall on Tuesdays.

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!

Canton Creations! Something new!

If you like to be adventurous and try new things, this program is for you! The first class was in September, and we made a clothes pin wreath. We had just two people come for the class, and they had great fun! The finished wreaths were very pretty. One person said she was going to make another one with her daughter, YAY.

While I would like to set a standard time for the group it depends on my schedule, and Ruth's schedule as the class takes place after regular center hours. We will be flexible. Our next craft will be soap making and an extra little lesson on how the soaps can be presented in decorative ways. We will be making decorative boxes to go with our finished product. These make nice little gifts for teachers, nurses and anyone who deserves a little something special. The class is free. A supply list is available at the center. Sign up at the front desk and enjoy a creative class **Tuesday October 19th from 4:00- 5:30pm.**

Crafty Corner

YARN CREW meets on Tuesdays at 10:00am.

If you would like to be a remote member of the YARN CREW, please contact the center. We will supply you with yarn and supplies, you can use your own pattern, or we can give you one.

Edwina.

Book Club News

The Elephant Whisperer a memoir by Lawrence Anthony with Graham Spence is a true story about his life on a South African Game preserve. He says he is not an elephant whisperer but that the elephants talked to him. This book was an easy read and a tearjerker in a couple of spots. The expense to run such a facility made us wonder how he and his wife could afford to live there, but we learned that there are many organizations and individuals that contribute to the operation of such a preserve.

Thula Thula is a game preserve consisting of 20,000 acres and a tourist lodge in South Africa where wild animals roam free. Anthony is given the opportunity to shelter a herd of unruly elephants who face death if he doesn't take them. Herds are ruled by female and young males are ostracized from the herd and expected to make their own way. Elephants communicate with stomach rumblings that can be heard by other elephants miles away. Elephants are amazingly smart and become very attached to people given the chance. Anthony had the ability to read the signals from the head female and eventually the herd trusts him. One elephant very proudly brings her

newborn baby to show him. When the personality of one of the male elephants changes it must be euthanized and come to find out he had an infected tusk. Humor injected into the story. After 18 years of living with this girlfriend he shows no desire to be married, yet he comes home from a business trip, a wedding, (his), is ready for its main participant. Monkeys invade an outside picnic table laden with food and elephants stroll to the tourist lodge and ruin a party. Anthony has written two other books, Babylon 's Ark about saving animals in the Baghdad Zoo and the Last Rhinos. His wife has also written a book An Elephant in My Kitchen. **Out next meeting is October 19 at 2pm.** We will be discussing There's a Hole in My Bucket: A Journey of Two Brothers by Royd Tolkien. Join us!

October 2021 Library News

For your reading pleasure, I wanted you to know what our current Collection Policies are for the library. These policies are based on the limited size of our library space. Please contact me at the Center if you have any questions.

Happy Reading!! *Lovaine*

Collection Policies for Canton Woods:

We collect hardcover, fiction books.

We collect single copies of books (no duplicates)

We collect books with a copyright date of 2010 forward (this date moves forward when we weed the collection about every 2 years)

We collect hard cover biographies, Westerns, and large print books.

We collect audio books (CD's)

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, Senior Activity Committee has 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 Words of Wisdom

Canton Woods Senior Center Holdiday Wreath Sale

We hope to have the final details for the wreath sale by October 15th. Please call the center for more information. (The wreath's will be delivered with in the Baldwinville area.)

Baldwinsville Calendar Fundraiser for Canton Woods Senior Center

The 2022 Calendar will be the 3rd year for this Fundraiser! Linda Clarke is working hard on this project again this year.

Neighbors have submitted photos for consideration and the final calendar is being put together now. The hope is to get printing and delivery at the same prices we have in the past, so we can keep the price reasonable.

Preorders: You can preorder calendars by letting the Center know how many you'd like. And you can always get more as long as they are available. Our target is to have them in our hands for sale no later than November 1st.

We're looking for businesses who'd be willing to sell some at their location or just let people pick them up there.

For one place to see updates on our progress, go to the Facebook Page:
BALDWINSVILLE CALENDAR SALES
and LIKE that Page and click Follow.

Medicare Open Enrollment October 15th- December 7th, 2021

The Onondaga County Office for Aging invites you to view the following webinar (via Zoom)

Medicare Guide 2022: How to Navigate the Big Choices

Do you have the right plan for your needs? Our experts will guide you through the process.

Every Fall, seniors are faced with the daunting task of researching, comparing, and selecting a Medicare plan for the coming year. On **October 21st**, we'll help simplify the complex through a special Medicare Open Enrollment webinar moderated by journalist Susan Kennedy.

This one-hour event will feature leading Medicare experts, including the **Office for Aging's Aging Specialist, Taylor Kuzel**, discussing:

- **What's New in 2022's Open Enrollment Plan**
- **The Basics of Open Enrollment**
- **Do you Have the Right Plan for Your Needs?**

Experts will be answering your questions during a live Q&A.

Register today for this free event!
**[https://events.syracuse.com/events/view/
medicare-guide-webinar-2022](https://events.syracuse.com/events/view/medicare-guide-webinar-2022)**
or visit
<http://ongov.net/aging/medhelp.html>

Canton Woods

October 2021

		Monday	Tuesday	Wednesday	Thursday	Friday	
						1	2
3	4	8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling 1 Scrabble 2:45 Tech Support	8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Yarn Crew 10 Falls Class 12 Dup Bridge 2 Art	9-11:30 Mah Jong 9:30 Zumba Gold 10:30 Adult Coloring 12 PEACE Lunch 12:30 Party Bridge T'ment 1 BINGO 1-3 Sharing Memories Writing Program	8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 11:15 Chair Yoga 1 Pitch	8:30-12 Open Rec 12 PEACE Lunch 1 Bean Bag Toss 1 BINGO	9
	11	Canton Woods Closed	8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Yarn Crew 10 Falls Class 12:00 Dup Bridge T'ment Legal Services	9-11:30 Mah Jong 9:30 NO ZUMBA GOLD 10:30 Adult Coloring 12 PEACE Lunch 12:30 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 10-3 Mamography Van 11:15 Chair Yoga 1 Pitch	8:30-12 Open Rec 12 PEACE Lunch 1 9 Ball 1 BINGO	16
17	18	8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling 1 Scrabble	8 Tai Chi 9:30 Canasta & Rummikub 9:15 CW Exercise 10 Yarn Crew 10 Falls Class DVD 12 Dup Bridge 2 Art 2 Book Club 4 Canton Creations	9-11:30 Mah Jong 9:30 NO ZUMBA GOLD 10:30 Adult Coloring 12 PEACE Lunch 12:30 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 11:15 Chair Yoga 1 Pitch	8:30-12 Open Rec 9-12 Flu Shot Clinic 12 PEACE Lunch 1 Bean Bag Toss 1 BINGO	23
24 -- 31	25	8:30-12 Open Rec 12 PEACE Lunch 1 Scrabble	8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 9:45am BPScreening 10 Falls Class 10 Yarn Crew 12 Dup Bridge	9-11:30 Mah Jong 9:30 Zumba Gold 10:30 Adult Coloring 12 PEACE Lunch 12:30 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	8 Tai Chi 9:15 CW Exerise 9:30 Canasta & Rummikub 10 Falls Class 11:15 Chair Yoga 1 Pitch	8:30-12 Open Rec 10:30-12 Halloween Celebration 12 PEACE Lunch 1 8 Ball 1 BINGO	30

DAY TRIPPING w/ CANTON WOODS TRAVEL and BELLE TOURS LLC

Travel Reflections

Hi everyone! It's October and there is still room on the **Lancaster trip** and the **Day Out to Cabaret B** for an awesome show and luncheon. Our trips to Raquette lake and Cape Cod were held after this newsletter was due. I'll tell you about it in the next issue.

I hope everyone has stayed safe and healthy.

Until next month, take care and God Bless.

*Please include your phone #
on all checks as well as food
choice if applicable*

Love,
Jacki



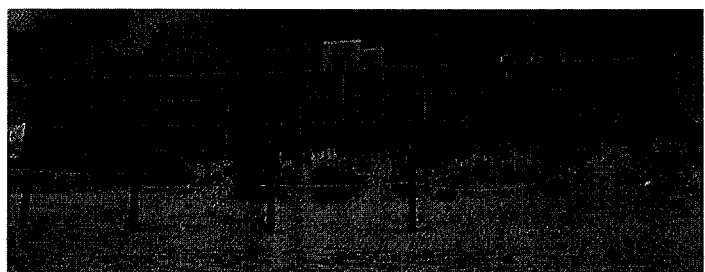
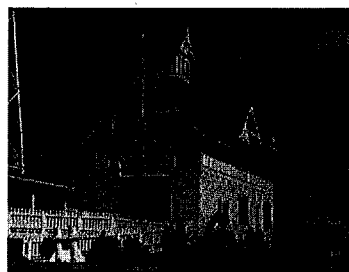
Contact me for the trip
of your life!
(315) 415-0040

"ALL YOU NEED IS LOVE" - October 21, 2021 - THURSDAY

Join us for a musical afternoon at The Cabaret at Studio B in Albion, NY. Prior to the show, we will visit Tillmans Historic Village Inn for a delicious luncheon. This Day Out includes: Deluxe Hale Transportation; lunch, show tickets, all taxes and gratuities. Fully escorted by Jacki Abbott. Lunch choices include: 1. Beef on a Kimmelwick, 2. Hot Turkey or, 3. Broiled Haddock Almondine.

COST: \$129 per person payable to "Belle Tours LLC". Bus Pick-Ups: 9:00am @ Larkin Street, 9:30am @ Canton Woods. Please arrive 10 minutes before departure. Arrive home around 6:00pm after a quick stop.

OCEAN CITY, MARYLAND – May 23rd - 26th 2022



Our spring trip is taking us to Ocean City Maryland for 4 days/3 nights. This tour includes: 3 nights at the Quality Inn Oceanfront; Deluxe Hale Transportation; 3 breakfasts; 3 dinners; escorted tour of Assateague National Seashore; Visit to historic Berlin with time for lunch and shopping; Boat ride around Ocean City; Visit to Ocean City lifesaving museum; and welcome reception. All taxes, baggage handling, and gratuities included. Escorted by Jacki Abbott.

COST: \$985 per person (DOUBLE) - \$1,250 (SINGLE) payable to "Belle Tours LLC". A deposit of \$100 (non refundable) due to sign up. Second deposit of \$300 due January 15, 2022. Final balance due March 15, 2022. All checks payable to Belle Tours, LLC.

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

OVERNIGHT TRIPS w/ CANTON WOODS TRAVEL and BELLE TOURS LLC

LANCASTER

October 12th - 14th, 2021 3 Days/ 2 Nights



Lancaster is back in business with an exciting new show at the Sight and Sound Theatre. "Queen Esther" is a captivating tale of beauty and bravery. Experience one of the most riveting Bible stories of the Old Testament as it comes to life with magnificent sets, special effects and live animals in this brand-new, original stage production. This tour includes: Deluxe Hale Transportation; 2 nights @ The Eden Resort; Tickets to Esther; Chalk Talk; Amish Farmlands with a stop at a quilt and craft shop; A country surprise; Shady Maple Smorgasbord; Hometown Kitchen dinner where we will eat in Buggy's; and 2 breakfasts.

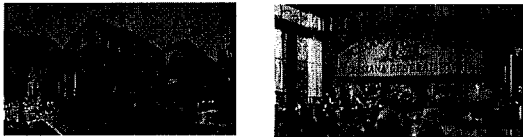
COST:

- \$575 /per person**
(Based on double occupancy)
- \$540 /per person**
(Based on triple occupancy)
- \$685 /per person**
(Based on single occupancy)

ALL MONEY DUE NOW. All payable to Belle Tours LLC.

SPOTLIGHT on NEW ORLEANS

March 20th - 24th, 2022 5 Days/ 4 Nights



Join us as we are finally able to travel to the Jazz Capital of the World! "The Big Easy", New Orleans. This five day trip includes: Hometown pickup at Canton Woods Senior Center to and from the airport; Round trip air to and from Syracuse; Air taxes, fees, and surcharges; Hotel transfers; 4 nights at Royal Sonesta Hotel; 4 breakfasts; 2 dinners; Panoramic city tour; Cooking demonstration with dinner at the New Orleans School of Cooking; Walking tour of the French Quarter or explore the exhibitions and galleries at the Historic New Orleans Collection followed by a visit to the Bevolo Gaslight Museum and Workshop; A Louisiana Swamp Cruise; Dinner at The Court of Two Sisters and a roaring jazz revue at a local club in the French Quarter.

Book by October 20th, 2021 and SAVE \$150 per person!

COST (Before 10/20/21):

- \$2,199 /per person**
(Based on double occupancy)
- \$2,599 /per person**
(Based on single occupancy)

Cancellation Insurance is available for an additional \$199 per person

A deposit of \$600 is needed to sign up. All payable to "Belle Tours, LLC". Final balance is due January 19, 2021. Sign up any time at the center or call Jacki @ (315) 415-0040 or mail to Jacki Abbott - 132 Plymouth Drive, Syracuse, NY 13206

DISCOVER SOUTHERN ITALY & SICILY

April 2nd - 16th, 2022



Italy is up and ready for visitors! This 15 day trip includes: Roundtrip airfare to and from pick up at Canton Woods; Air taxes, fees, and surcharges; Hotel transfers; 1 breakfast, 1 lunch, and 8 dinners; 13 nights hotel accommodations; visits to Palermo, choice of tour of Monreale Agrigento, Valley of the Temples; Mt. Etna Volcano, Giardini Naxos, Taormina, Matera, Pompeii, Sorrento, Amalfi Coast, Montecassino, and 2 nights in Rome. **Complete detailed itinerary is available upon request.**

****BOOK by October 3rd, 2021 and SAVE \$350 per person!****

COST:

- \$5,098 /per person**
(Based on double occupancy)
- \$5,998 /per person**
(Based on single occupancy)

****These prices increase by \$350 if sign up is after 10/3/21. Cancellation Insurance is available for an additional \$399 per person**

All payable to Belle Tours LLC.

COMING SOON!

CALL JACKI FOR DETAILS ON BOTH TRIPS

**CLASSICAL DANUBE
w/ PASSION PLAY**

June 28th - July 8th, 2022

AMEDEUS RIVER CRUISE on the MS. AMADEUS STAR.

**SOUTH AMERICAN
ADVENTURE**

**Brazil - Argentina - Chile
October 11th, 2022**

Canton Woods 315 638 - 4536

October '21

SENIOR NUTRITION		OFFICE FOR AGING & YOUTH	
MONDAY	WEDNESDAY	FRIDAY	
		1	Sirloin Beef Stew with Hearty Mixed Vegetables Chuckwagon Corn Over Biscuit Tapioca Pudding
4	6	8	
Roasted Chicken with Garlic Herb Gravy Apple and Celery Stuffing Buttery Peas and Pearl Onions Apricot Halves	Oriental Beef and Vegetables over Sesame Brown Rice Macadamia Nut Cookie	Syracuse's Famous Chicken Riggie's Greens and Beans Juicy Diced Peaches	
11	13	15	
Indigenous Peoples' Day	Chicken Ala King over Biscuit Steamed Asparagus Strawberry Ice Cream	Glazed Home-Style Meatloaf O'Brien Scalloped Potatoes Capri Blend Vegetables Mandarin Oranges	
18	20	22	
All American Cheese Burger Seasoned Potato Wedges Blended Vegetable Slaw Johnny's Apple Cobbler	Vegetable Lasagna Rolls Chef Salad Cantaloupe Crusty Italian Bread	Chicken Breast Strips served in a Cheesy Alfredo Sauce Served over Bowtie Pasta Steamed Broccoli Jell-O with Whipped Topping	
25	27	29	
South Western Style Grilled Chicken Chuckwagon Corn Oven Roasted Red Skin Potatoes Mandarin Oranges	Italian Style Meatballs and Marinara Served over Spaghetti Italian Green Beans Diced Pineapple Crusty Italian Bread	Beef Bourguignon Served over Buttered Egg Noodles Lemon Garlic Green Beans Fresh Strawberries with Whipped Topping Fresh Baked Whole Wheat Dinner Roll	

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

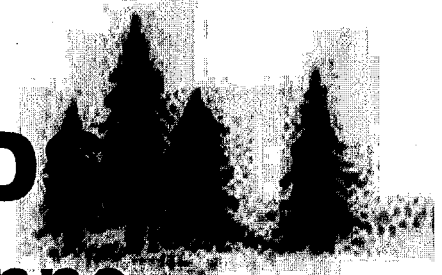
Menus meet 1/3 of RDA
Menu is Subject to Change

Suggested Contribution:
\$3.50

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CANTON WOODS

Chair Yoga with Yvonne



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

FALL 2021

THURSDAYS - Sept 16 - Nov 18
45 minute classes: 11:15am -12:00pm

Series fee - DONATION (Whatever you can afford)
Register with Canton Woods front desk (315-638-4536)

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

(Class size is limited - early registration recommended.)

