

### **Art**

The Canton Woods Art Group is hosting a virtual art show! Look for the show on PAC- B TV. We hope it will air in June. Thank you Mike Conway and Canton Woods Art Group for this creative way to share your wonderful work!

### **Travel**

Hello Everyone, I hope you are all doing well. I miss you all and cannot wait to get back on the road again! All of our trips are on hold until we are cleared to travel. The Rhode Island trip is rescheduled from June 2-5 to October 5-8, 2020. There is still room to sign up. Take care and stay safe. God Bless, Love Jacki

### **Technology**

If you are trying to use technology to stay connected and have questions, Family and Consumer Science teacher, Nadine Kerr, will try to help you remotely. Just contact the center by phone or email and provide your contact information with a brief description of your question. Nadine will contact you.

### **Email**

If you would like to provide your email address as an additional means to receive information, please send an email to [rtroy@baldwinsville.org](mailto:rtroy@baldwinsville.org), include your name and phone number. Your email address will be included in a group.

### **Health**

Upstate Medical University and Onondaga County Office of Aging offering **FREE** Six week workshop. Living Healthy with a Chronic Condition program helps you gain control over your health and improve your quality of life. This is a six session peer led health education program for people or care givers with any type of ongoing health condition, ( arthritis, diabetes, heart conditions, Cancer, COPD) Zoom on line six week work shop( July 30-Sept 3,2020) , Contact (315) 447-3434 or email Livinghealthy @upstate.edu to register or for more information. Let them know you read it in Canton Woods letter.

### **Walking Group**

Let's go the distance while social distancing! Let's walk 100 miles or 100 hours together while we are apart. Beginning on June 1, keep a log or journal of your walks either by time or distance. Note any interesting experiences or observations on your walk; let us know when you reach the 100 mile or hour goal!