

# Canton Woods Newsletter

## July 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](http://www.baldwinsville.org)

### 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.*

### July 2021 Director's Note

***Canton Woods returns to normal operations on July 1, 2021!*** The center doors will be open from 8:00am – 4:00pm, Monday -Friday. We are offering a full schedule of programs and activities!

#### **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.**

- **Fully Vaccinated people:** are not required to wear a mask or social distance. Fully vaccinated people may participate in all programs and activities.

- **Un-Vaccinated persons or persons who decline to show proof of vaccination:** must continue to wear a mask and social distance, they may not participate in activities where social distance cannot be maintained.
- The center will not serve/sell any beverages or serve any food other than the Grab and Go lunch or individually wrapped treats.
- Individuals may bring food / beverage for their personal consumption.

Please continue to be patient as we come back together in the center. *We have missed you and are looking forward to seeing all of you again very soon!*

*Happy July 4<sup>th</sup>!*

*Ruth*

**Canton Woods operates under a three-way municipal agreement between the towns of Lysander and Van Buren, and the Village of Baldwinsville.**

### **Assistant Director:**

Thank you to New Yorkers, especially our seniors, for getting vaccinated. And, welcome back to Canton Woods. We still need to be cautious, but thankfully we are on the road to a COVID worry free NY. Our calendar is filling up, many of our favorite activities are returning so make sure you check it out. Please let me know if you have an idea for an activity, anything new works better when you have several people who want to participate in the new activity. Stay safe and healthy. Have a GREAT 4<sup>th</sup>!

*Joanie*

**Open Rec on 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.

### **Neighborhood Advisor / Outreach**

**Worker** I am so happy to be seeing so many of you, but I am saddened by the fact that I am no, longer going to be calling to check on everyone. However, if any of you are alone or would like someone to chat with, I would be happy to continue reaching out to you. Just give us a call at 315-638-4536 and let us know that you want to be included on the revised calling list.

We are now taking names for the Farmers Market Coupon Program. If you want to be notified when the distribution of books will start, please call. This program continues to be on a first come first served basis as we have no idea how many books, we will get to us to give out. I also want to remind everyone who has a medical condition affected by heat that room air conditioners are available through the Home Energy Assistance Program. You will be required to submit a note from your physician and short application form, that I can provide for you. *Nancy Sullivan*

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.

**B'ville Express** It is great to be back at that center! I know you have all been waiting for news about when **B'ville Express** will resume. We hope to begin to provide transportation again by the end of July! I need to reach out and connect with drivers and riders. At this time, all drivers and riders must be vaccinated and show proof of vaccination to participate in this program. Masks must continue to be worn while confined to the vehicle. I will share more information when we talk. Looking forward speaking with you and hope to see you soon.

**Gina B'ville Express, Transportation Coordinator**

### **MOW:**

Hello Everyone,  
August 14th we will be having a pulled pork dinner drive thru with salt potatoes, chef salad, and dessert for \$10.00. Please call ahead! 315-638-2171. This dinner is a fundraiser to help with our cost for our 50th Anniversary Celebration in Sept.  
Thank-You.  
Donna & Jeff

### **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!!**

**Get Well and/or Thinking of You Wishes** were sent to **Ronna Geddes, Nancy Amrose, Frank Testa, & Nick Sgouris.**  
**Sympathy Card sent to Sally Starr, due to the passing of a family member.**

### **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

Thank you to everyone who donated in memory of **Jim Wyman**. His name will be added to the Memorial Plaque.

## Summer Entertainment

**Series 2021! Thank you to our 2021 Sponsors!**

**Barnes Memorials, Belle Tours LLC, and Falardeau Funeral Home.**

**They make the music possible!**

### **July concert! *Jerry Cali!!***

**Thursday, July 15<sup>th</sup> at 2:00pm (rain date of July 22<sup>nd</sup>)**

**Variety of Songs You Know from Frank Sinatra to Johnny Cash to Current Tunes**

**Bring your chairs, sunscreen, and sun hats and enjoy! (Masks if unvaccinated)**

### **Canton Woods 11<sup>th</sup> Annual Car Show!!!**

**August 23<sup>rd</sup>, 2021, 5:00-7:30pm**

**At Canton Woods grounds!!**

**Rain date: Monday, August 30, 2021**

**Contact the Center for more details.**

### **PEACE LUNCH**

**Grab and Go Peace Lunch Monday Wednesday and Friday. Reservation required.**

### **July Birthdays:**

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

[jferstler@baldwinsville.org/](mailto:jferstler@baldwinsville.org/)  
(315) 638-4536.

7/16 Paula Machut

7/26 Avis Neupert



Starting in July 2021!

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 July Package List.

**Cost: \$20.50**

**The order deadline is July 19th by 10:30am**

**The pick-up date is Wednesday, July 28th 11:30am-12:30pm**

**Smartphone, iPad, Tablet or Laptop Computer Assistance offered by Nadine Kerr, B'ville Family & Consumer Science Teacher. Monday July 12<sup>th</sup> from 1:00pm to 2:30.**

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) and Nadine will try to help you! Unfortunately, Nadine cannot help with a Trac Phone due to poor quality and not being user friendly.

Please call in advance to schedule a 20minute appointment. 315-638-4536.

### **BINGO!!!**

**BINGO! Wednesdays and Fridays at 1pm.**

**Pitch** is now every Thursday at 1:00pm!  
Call to sign up.

### **Pinochle Games:**

Mondays, July 12<sup>th</sup> & July 26<sup>th</sup> at 1:00pm.  
Call to sign up.

**Wii Bowling T'ments:** Monday, July 19<sup>th</sup>,  
& Friday, July 30<sup>th</sup> at 1:00pm. Call to sign up.

### **Blood Pressure Screening:**

On Fridays at 9:30am. Check Calendar for Dates!

### **Art Group**

Art group will meet in person on Tuesday July 6th and Tuesday July 20th at 2pm. The art group 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. The class will meet throughout the month of July, (DVD featuring the instructor will be used as needed).

**Kripalu "Chair Optional" Yoga lead by Yvonne Martin Certified Kripalu Yoga Teacher: July classes are July 8th & July 22<sup>nd</sup>.**

Classes held Thursday mornings at 11:30am.

### **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** is returning, check calendar for dates!

### **CW Exercise Class**

Aerobics work out designed for seniors will resume in September!

**Chair Massage** to resume in September on Tuesdays. Please mark your calendar and plan to make an appointment.

### **Sharing Memories Writing Program!**

Every Wednesday at 1:00pm.  
Facilitated by Tina Trainham. Please come with writing material and your memories!

### **How about getting together for Adult Coloring!?**

Wednesdays at 10:30am.

### **Free Legal Services**

Legal services are available at Canton Woods on several Tuesdays in the calendar year. The next available appointments will be August 3<sup>rd</sup>. 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.

### **July 2021 Library News**

"Check out" our new arrivals in the Canton Woods Library! Many thanks to whomever donated these CD audio books during COVID. These donations have doubled the numbers of this collection available to our users. Thank you so much for your generosity!! If you are interested in borrowing any of these, stop in at Canton Woods to check them out.

**The Counterfeit Agent (A John Wells Novel) by Alex Berenson, The Faithful Spy: A Novel by Alex Berenson, The Columbus Affair by Steve Berry, Origin: A Novel by Dan Brown, Wild Storm: A Derrick Storm Thriller by Richard Castle, Persuader (Jack Reacher series) by Lee Child, Dark Zone (Deep Black Series) by Stephen Coonts, State of Fear by Michael Crichton, The Starling Project by**

**Jeffery Deaver, Night Fall by Nelson DeMille, The Heist: A Novel by Janet Evanovich, The Pursuit: A Fox and O'Hare Novel by Janet Evanovich, The Scam: A Fox and O'Hare Novel by Janet Evanovich, Extreme Measures by Vince Flynn, Sword of God (Payne & Jones) by Chris Kuzneski, Damage by John Lescroart, Second Horseman (Fade) by Kyle Mills, Chase: A Bookshot: A Michael Bennet Story by James Patterson, Roses are Red (Alex Cross) by James Patterson, Sandstorm (Sigma Force) by James Rollins, The World Inside by Robert Silverberg, The Apostle (8) (The Scot Harvath Series) by Brad Thor, Full Black (Scot Harvath) by Brad Thor.**

### **Crafty Corner**

THE POWER OF THE NEEDLES...

A pandemic certainly did not stop the YARN CREW. (formerly known as the Craft Group) of Canton Woods from knitting and crocheting items to be given to local hospitals. Even people not formally in the group have been doing some work and sending it in. It is unbelievable the amount of work all these people do and how much it is appreciated. Beautiful lap robes will soon be distributed to Saint Joseph's hospital in Syracuse as well as the Veteran's Hospital.

Our first meeting saw many people returning and we welcomed new member, Liz Mastracco, who crochets and has already shared her skills with other members of the group.

We would like you to consider joining our group. All it requires is a knowledge of knitting or crocheting, and you don't have to be fancy. We meet every Tuesday at 10:00am. We have one or two remote members. Those are people who cannot necessarily make the meetings but are happy to send in lap robes to be distributed. If you would like to join us, please stop by on a Tuesday morning. We are also looking for people who can sew.... We have a machine! If you can't come in person, please consider being a remote member.

We have been busy making potholders, aprons, and bags for walkers, as requested.

The YARN CREW has been busy with their hooks and needles. Twenty-six baby blankets and lap robes were delivered to St. Joe's Hospital along with a couple dozen baby caps. We are next gearing up for red, white, and blue items for the Veterans.

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.

STAY TUNED FOR INFORMATION CONCERNING OUR FUND-RAISING CRAFT SALE .... CHANGES ARE IN THE AIR....

*Edwina.*

### **Book Club News**

Canton Woods Book Club welcomed Sarah Baker to speak to the group.

We read a book called The Four Winds by Kristin Hannah and there were references to communism and socialism. Those words are often confusing in their use and meaning so Sarah, as a former American History teacher at Baker High School, came in to clarify the meanings of those terms as they were used during that period in history. Her talk was very interesting and so informative. The group even took her suggestion for next month's book... My Dear Hamilton: A Novel of Eliza Schuyler Hamilton by Stephanie Day and Laura Kamoie.

The Four Winds was a newer version of The Grapes of Wrath... the plight of those who suffered through the Depression and the Dust Bowl. *Edwina*

My Dear Hamilton, is very much a love story filled with betrayal, sacrifice, loyalty, and forgiveness. Eliz Schuyler was a devoted wife and mother, but she was also characterized in this book as a woman possessing admirable inner strength. This indeed describes the main character of this story who had her own life before, during and after here marriage to Alexander Hamilton.

Alexander Hamilton was one of America's founding fathers, a close friend of George Washington and not so much friend of Thomas Jefferson. He was instrumental in the creation of our nation. His birth was of a dubious nature. Born in the Caribbean and a bastard child, he was unsure his advances and eventual proposal to Eliza Schuyler would be welcome, but they were.

Eliza was definitely a woman who faced hardships head on. She helped doctors with soldiers wounded in battles during the revolution. She was able to communicate with the Oneida Indians battling the British. The mother of eight children, her son Phillip was killed in a duel. On the advice of his father, he wasted his shot by deliberately aiming away from his opponent. This episode was a foreshadowing of his father's death by Aaron Burr.

Alexander Hamilton, a brilliant man, was also a bit of a scoundrel. He had an affair which led to an estrangement. Because he did legal work for free, he put the family in financial bind which forced his father-in-law to subsidize the family and forced Eliza to become creative in ways to feed her ever increasing brood. Personally, I enjoyed reading this book because of the many historical references to New York State. The story takes place in Albany. References are made about the Onondaga, Oneida and Mohawk Indians. It took two days up the Hudson River to travel from New York City, their home for a while, to Albany. Eliza's Dutch family names are now counties in New York State... Schuyler and Rensselaer. Her father became Governor of New York and Eliza, because she could speak the language had a good relationship with members of the Six Nations.

Because, My Dear Hamilton is a novel, the author diligently explained in the epilogue areas in which she took liberties.

The group thoroughly enjoyed the novel despite the fact several of us did not have time to finish.

WE ARE BACK ON TRACK FOLKS! Next meeting July 20<sup>th</sup> at 2pm in the Canton Woods Library. We will be discussing the book While Justice Sleeps by Stacy Abrams.

HOPE YOU ALL WILL JOIN US AND NEW MEMBERS ARE ALWAYS WELCOME!

## Bottle & Can Fund Drive

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*

"Be yourself. Everyone else is already taken."

Oscar Wilde

"As we look ahead into the next century, leaders will be those who empower others." Bill Gates

"In the midst of movement and chaos, keep stillness inside of you" Deepak Chopra

## Easy Strawberry Lemonade Freezer Pie

1 container frozen 23.5oz sweetened sliced strawberries.

1 package 3.4oz instant lemon pudding

1 carton frozen whipped topping

1 graham cracker crust

In a large bowl combine strawberries with juice and pudding mix. Let stand until slightly thickened, about 5 minutes. Fold in whipped topping, spread in pie crust.

Freeze for at least 8 hours or overnight before serving. Serve with additional whipped topping and strawberries. Let stand 5-10 minutes.

# CANTON WOODS July 2021

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				8 Tai Chi <b>1</b> 10 Falls Class Video 1 Pitch	<b>2</b> 1 Bingo 1 8 Ball T'ment	<b>3</b>
<b>H A P P Y 4 th</b>	<b>5</b> <b>Center is Closed For the 4<sup>th</sup> of July Holiday</b>	<b>6</b> 8 Tai Chi 9:30 Canasta & Rummikub 10 Falls Class 10 Yarn Crew 12:15 Dup Bridge 2 Art Group	<b>7</b> 9-11:30 Mah Jong 10:30 Adult Coloring 1 Bingo 1 Party Bridge 1-3 Sharing Memories Writing Program	<b>8</b> 8 Tai Chi 10 Falls Class Video 11:30-12:15 Chair Yoga 1 Pitch	<b>9</b> 1 Bingo 1 Bean Bag Toss T'ment	<b>10</b>
<b>11</b>	8:30-12 Open <b>12</b> Rec 10 HiiCAP Representative 1 Pinochle 1 Scrabble 1 iPhone, Computer, Instruction	<b>13</b> 8 Tai Chi 9:30 Canasta & Rummikub 10 Falls Class 10 Yarn Crew 12:15 Dup Bridge T'ment	<b>14</b> 9-11:30 Mah Jong 10:30 Adult Coloring 1 Bingo 1 Party Bridge T'ment 1-3 Sharing Memories Writing Program	<b>15</b> 8 Tai Chi 10 Falls Class Video <b>11:30 Pitch</b> <b>2 Music by Jerry Cali</b>	<b>16</b> 9:30 BP Screening 1 Bingo 1 9 Ball T'ment	<b>17</b>
<b>18</b>	8:30-12 Open <b>19</b> Rec 1 Wii Bowling T'ment 1 Scrabble	<b>20</b> 8 Tai Chi 9:30 Canasta & Rummikub 10 Falls Class 10 Yarn Crew 12:15 Dup Bridge 2 Art Group 2 Book Club	<b>21</b> 9-11:30 Mah Jong 10:30 Adult Coloring 1 Bingo 1 Party Bridge 1-3 Sharing Memories Writing Program	<b>22</b> 8 Tai Chi 10 Falls Class Video 11:30-12:15 Chair Yoga 1 Pitch 2 Rain Date Music by Jerry Cali	<b>23</b> 9:30 BP Screening 1 Bingo 1 Dart's T'ment	<b>24</b>
<b>25</b>	8:30-12 Open <b>26</b> Rec 1 Pinochle 1 Scrabble	<b>27</b> 8 Tai Chi 9:30 Canasta & Rummikub 10 Falls Class 10 Yarn Crew 12:15 Dup Bridge	<b>28</b> 9-11:30 Mah Jong 10:30 Adult Coloring 1 Bingo 1 Party Bridge 1-3 Sharing Memories Writing Program	<b>29</b> 8 Tai Chi 10 Falls Class Video 1 Pitch	<b>30</b> 1 Bingo 1 Wii Bowling T'ment	<b>31</b>

# Travel Reflections

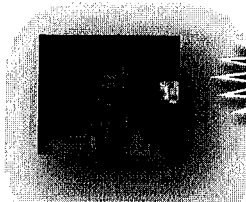
Hi everyone! We are back! We had our first overnight trip since before the pandemic to Newport, Rhode Island. Our four day trip was jam packed with sightseeing and a ferry boat ride to Block Island. It was wonderful to be back on the road and the folks were thrilled to be out and traveling once again.

The trip to Cape Cod scheduled for September 20-24, 2021 is getting filled up and so is the three day trip to Lancaster on October 12-14, 2021. If you are interested, please sign up soon. I have booked our first day trip for September 16, 2021 to Raquette Lake.

Until next month, take care and God Bless.

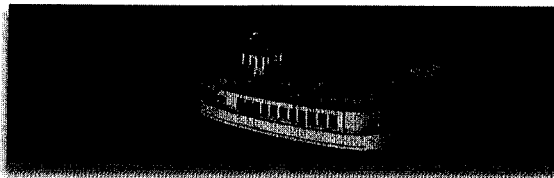
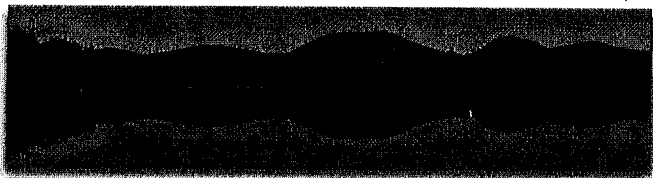
\*Please include your phone # on all checks as well as food choice if applicable\*

Love,  
**Jacki**



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

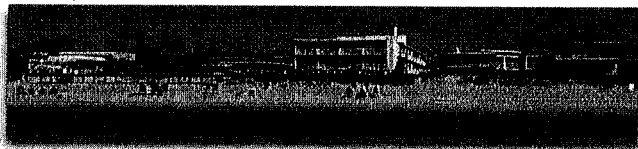
## RAQUETTE LAKE - September 16, 2021 - THURSDAY



It's time for our first day trip since March of 2020! Autumn would not be complete without a visit to the Adirondack Mountains. This trip takes us to Raquette Lake aboard the WW Durant where we will enjoy a delicious luncheon and a boat ride. We will have some free time in Old Forge before we depart from home. This trip includes: Deluxe Hale Transportation; luncheon and cruise; all taxes and gratuities. Fully escorted by Jacki Abbott.

**COST: \$120 per person** payable to "Belle Tours LLC". Bus Pick-Ups: 8:00am @ Canton Woods. Please arrive 10 minutes before departure. Arrive home around 6:30pm.

## CAPE COD - Whales, Seals, and Pilgrim History – September 20<sup>th</sup> - 24<sup>th</sup> 2021



Our fall trip for 2021 takes us to beautiful Cape Cod for five glorious days. This trip includes: Deluxe Hale Transportation; 4 nights at the Red Jacket Blue Water beach resort in S. Yarmouth; Welcome reception upon arrival; Guided tours of Hyannis, Provincetown, Martha's Vineyard, Chatham, and Plymouth; Ferry passage to Martha's Vineyard; A whale Watch or Dune Tour while in Provincetown; Admission on a Seal Watch excursion; Admission to the Atwood House Museum, and the Pilgrim Hall Museum; 4 breakfasts at the hotel; 2 dinners; 1 lobster dinner (other options available); 1 dinner with entertainment; All taxes, gratuities, and room taxes. Escorted by Jacki Abbott.

**COST: \$1,125 per person (DOUBLE) - \$1,045 (TRIPLE) - \$1,395 (SINGLE)** payable to "Belle Tours LLC". A deposit of \$500 is due to sign up. Balance is due July 30<sup>th</sup>, 2021. All checks payable to Belle Tours, LLC. There is a \$100 nonrefundable cancellation fee.

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



**LANCASTER**

October 12<sup>th</sup> - 14<sup>th</sup>, 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)

A deposit of \$75 (non-refundable) is needed to sign up. Final balance is due August 5<sup>th</sup>, 2021. All payable to Belle Tours LLC.

**SPOTLIGHT on NEW ORLEANS**

March 20<sup>th</sup> - 24<sup>th</sup>, 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 caring jazz revue at a local club in the French Quarter.

Book by October 20<sup>th</sup>, 2021 and SAVE \$150 per person!

COST (Before 10/20/21):

**\$2,199 /per person**

(Based on double occupancy)

**\$2,599 /per person**

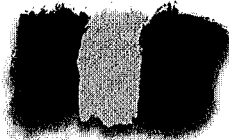
(Based on single occupancy)

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 2<sup>nd</sup> - 16<sup>th</sup>, 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 3<sup>rd</sup>, 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!**

**CLASSICAL DANUBE  
w/ PASSION PLAY**

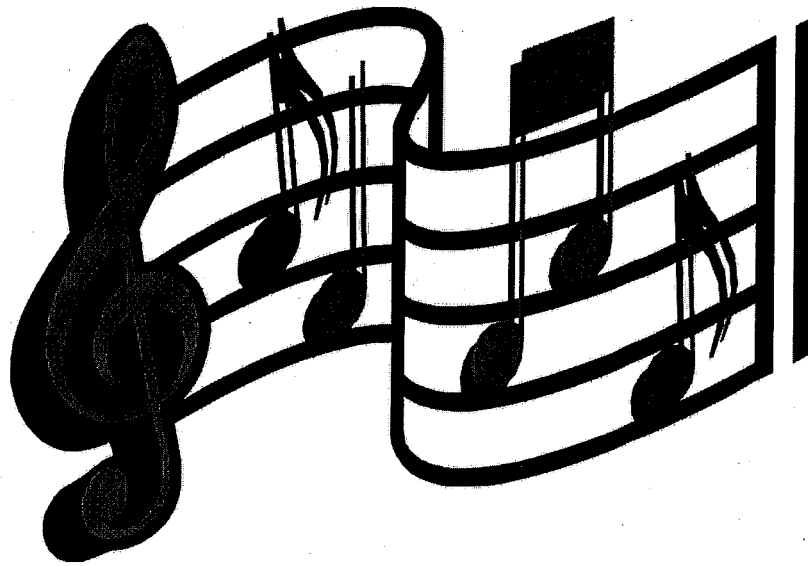
June 28<sup>th</sup> - July 8<sup>th</sup>, 2022

AMEDEUS RIVER CRUISE on the MS. AMADEUS STAR.

**SOUTH AMERICAN  
ADVENTURE**

Brazil - Argentina - Chile

October 11<sup>th</sup>, 2022



## **Summer 2021 Entertainment Series!**

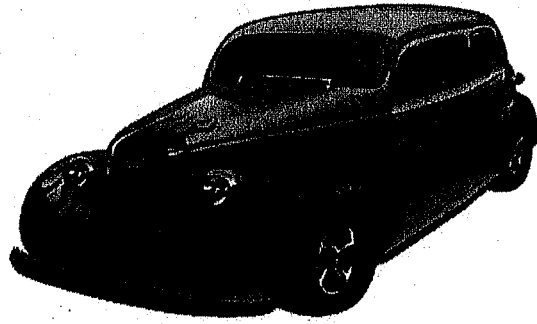
**Sponsors! Barnes Memorial, Belle Tours LLC, and Falardeau Funeral Home**

**July concert! Thursday, July 15<sup>th</sup> at 2:00pm  
(rain date of July 22<sup>nd</sup>)**

**Variety on Songs You Know from  
Frank Sinatra to Johnny Cash to Current Tunes**

# ***Jerry Cali!!***

**Bring your chairs, sunscreen, and sun hats and enjoy!  
(Masks if unvaccinated)**



## **Canton Woods 11th Annual Car Show**

**August 23rd 5:00pm-7:30pm**

Canton Woods 76 Canton St.

Baldwinsville, N.Y. 13027 638-4536

**The evening will include: Beautiful Cars & Trucks,  
Food for Sale, Prizes, Raffles, Music & Fun!**

**Entry forms available at Canton Woods -- 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 30, 2021**

**Please come and enjoy the family event at Canton Woods!**

# 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  
facebook: Yvonne Dicaire Martin

## SUMMER 2021

### TWO-WEEK series

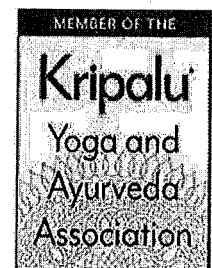
### THURSDAYS - July 8 and 22

### 45 minute classes: 11:30am -12:15pm

### Series fee - NO CHARGE

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.)





# St. Mark's Lutheran Church

Sack  
LUNCH  
Sunday



Drive Thru Pick Up **ONLY!!**

Lunches are **FREE** to all...

Everyone Welcome!!

We are located on Rte. 370 just outside  
the village @ 2840 Cold Springs Rd

# St. Mark's Loads & Loaves of Love Laundry Program

Wednesday, July 14<sup>th</sup> From 5:30 - 7:30P

Sunday, July 18<sup>th</sup> From 12 - 2P

at Colonial Laundromat, Genesee St, B'ville

*A Laundry Voucher is required*

Vouchers include quarters for 1 Regular Wash,  
30 min Dry, Detergent Sheet & Dryer Sheet

Pick up a voucher at...

Baldwinsville Food Pantry: 315-635-6442

B'ville Cares: 315-256-2377

Peace, Inc: 315-638-1051

Sponsored by:

St. Mark's Lutheran Church

2840 Cold Springs Rd

Baldwinsville, NY

315-638-0406

[www.stmarksbville.com](http://www.stmarksbville.com)

Worship Sundays @ 9:30a

In Person & On Facebook

