

# Canton Woods Newsletter

September 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.*

**Director's Note** *Canton Woods returned to normal operations.* The center is open from 8:00am – 4:00pm, Monday -Friday. We are offering a full schedule of programs and activities! We want to continue to bring folks together at the senior center safely. We need your cooperation to do this.

### 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.**

**Based on the CDC recommendations for Onondaga County**

**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.

**Canton Woods Car Show** returned in a big way! Forty gorgeous cars and their proud owners pulled onto the center grounds and provided a fantastic show. Thank you to the car owners and our community for their support. Blue skies and sunshine, live music, and great food!

**The Fan Favorite** was a 1955 Ford Thunderbird owned by Lou Korzeniewski

**CW Senior Activity Committee Choice** was a 1968 Chevrolet Impala owned by John De Dominico  
**Oldest Vehicle Entered in the Show** was a 1923 Ford Model T owned by Mike Schoeboerlein.  
*Congratulations to the award winners!*

***Walk for the Woods 2021!*** Be a part of this annual event in person *or* virtually! **The in-person *Walk* is Saturday September 18th at 9:00am (rain or shine) starting at Canton Woods. The virtual walk is from September 1- September 30! Walk Any day! Any time! Any place! *Walk for the Woods 2021!* Help support your senior center!** Registration forms in this newsletter & on the Village of Baldwinsville website [www.baldwinsville.org](http://www.baldwinsville.org) or by calling the center (315) 638-4536 **Sponsored by Michel Tax Services and Overhead Door!** See you at *Walk for the Woods 2021!*

***One of the winning tickets for the Baldwinsville Rotary Duck Pluck was sold at Canton Woods!***

*Ruth*

Time to start thinking about your annual flu shot.

**Flu Shot Clinic at Canton Woods, sponsored by Rite Aid.** Friday, September 17<sup>th</sup> at 9:00am. 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. We are planning this to be an inside clinic.

**Assistant Director:** Thank you to all our game players for wearing masks while at the center. Wearing a mask is just another safety tool to keep us all safe. Speaking of our games, I want to remind everyone that it is important to remember that not all the players are able to play the games as fast as others can. On the other hand, it is important to keep the games rolling. No one likes to wait for an extended time for the next table to be ready to play. I know it is a balancing act, however all the players will be happier if the games can move along without long rest periods. Thanks for your cooperation! Now is the time to start playing a game you used to play, so if you used to play pitch, or pinochle, maybe Wii bowling or Party Bridge, please sign up now. All our games are for players who need very little assistance to manipulate the game, i.e., independently moving to each table, shuffling, dealing etc. Please come and have fun, if you need a refresher, we can work that out too! Stay safe and have fun.

*Joanie*

**SPEAKER: Friday September 10<sup>th</sup> at 11:30am.** Onondaga County Health Dept. Community Health Counselor will speak on **Food is Fun, Let's make it healthy too! You will have budget friendly food opportunity too!** They are offering a box of fresh 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, September 14<sup>th</sup>. Delivery to the center on Friday, September 17<sup>th</sup> 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!!!!**

## 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.

9:00am Golf the Card Game.

10:00am Scrabble

## Neighborhood Advisor / Outreach

**Worker** I hope everyone is staying cool and drinking enough water during this hot summer we are having this year.

I, also, hope everyone who wanted Farmers Market Coupons was able to get them. We were able to distribute 78 coupon books this year.

HEAP closed on 8/31 and will reopen sometime after the energy summit which will be in either October or November. I will keep you posted as I learn more.

Medicare open enrollment will be starting soon. If you are considering a change, it is a good time to start investigating your options. If you need help with that decision let me know and I will refer you to someone who can assist you.

If you still need your Covid vaccine and need a ride, the county has assistance available, just call and I can arrange that for you.

On a final note, I sometimes hear about furniture that is available just for picking it up. If you are in need let me know and I will keep my ears open for you. I currently, know of a recliner that is looking for a new home, so if you are interested give me a call. It will go to the first person who is able to pick it up.

Take care and stay safe, *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.

The *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 IN ORDER TO USE THE PROGRAM.**

Prior to using the program, a home visit must be made so I can verify your vaccination 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 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:**

Hello Everyone,  
Happy Grandparents Day!  
First, we would like to Thank everyone who came and supported our pulled pork Grab n Go. It sold out within 2 hours. This fundraiser will help support our 50<sup>th</sup> Anniversary Gala. We hope all our Canton Woods friends can come. September 25<sup>th</sup> at 5:00om starts our event. 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!!

**A sympathy card was sent to the family of Anne Sticco, and to Jane Matyjewicz and Kathy Hogan for the loss 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

### **PEACE LUNCH *Exciting news!***

**The congregate senior lunch program has resumed indoor dining in all Onondaga county senior centers. 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.**

### **September 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.

9/7 Jean Barlow

9/9 Fred Elkins

9/12 Masue Bernholz

9/16 Liz Mastracco

9/17 Kathy Hogan

9/23 Shirley Johnston

9/28 Mary Delawyer

9/29 Beverly Derosier



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  
September Package List.

Cost: \$20.50

The order deadline is September 13<sup>th</sup> by  
10:30am

The pick-up date is Wednesday,  
September 22<sup>nd</sup>.

11:30am-12:30pm

### Smartphone, iPad, Tablet or

Laptop Computer Assistance offered by  
Nadine Kerr, B'ville Family & Consumer  
Science Teacher.

Nadine will be back in October!

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 20  
minute appointment. 315-638-4536.

### BINGO!!!

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

### Tournaments in July

#### 8 Ball 7/2

1<sup>st</sup> place: Frank Lushia & Kathy  
Heintz

2<sup>nd</sup> place: Dave Au & Nick Peluso

#### Bean Bag 7/9

1<sup>st</sup> place: Kathy Hogan & Dave Au

2<sup>nd</sup> place: Jan Wojnovich & Frank  
Lushia

#### 9 Ball 7/16

1<sup>st</sup> place: Dave Au

2<sup>nd</sup> place: Frank Lushia

#### Wii Bowling

7/19

1<sup>st</sup> place: Kathy Heintz & Nunzio  
Lipari

2<sup>nd</sup> place; Kathy Hogan & Doug  
Clark

7/30

1<sup>st</sup> place: Kathy Spagnola & Jan  
Wojnovich

2<sup>nd</sup> place: Bill Hinman & Dave  
Ayotte

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

**Pinochle Games:**

Monday September 20<sup>th</sup> at 1:00pm.  
Call to sign up.

**Wii Bowling T'ments:** Monday, September 13<sup>th</sup>, & Monday, September 27<sup>th</sup> at 1:00pm. Call to sign up.

**Duplicate Bridge** (Tuesday) & Party Bridge (Wednesday)  
Both starting at 12:15.

**Blood Pressure Screening:**  
On Tuesdays at 10:00am. Check Calendar for Dates!

**Art Group**

Art group will meet in person on Tuesday, September 14<sup>th</sup> and Tuesday, September 28<sup>th</sup> 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. DVD featuring the instructor will be used during the summer. Julie is returning on September 14<sup>th</sup>!

**Kripalu "Chair Optional" Yoga**  
lead by Yvonne Martin Certified

**Kripalu Yoga Teacher:**

Classes held Thursday mornings.  
September 16<sup>th</sup>, 23<sup>rd</sup>, October 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>. Start time 11:00am. 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** is returning **September 1st, 15<sup>th</sup>** & 29<sup>th</sup> at 9:30. Charges payable to the instructor.

**CW Exercise Class**

Aerobics work out designed for seniors will resume September 14th! Charges payable to the instructor.

**Chair Massage** to resume in later this Fall on Tuesdays.

**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 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.

**Mah Jong is Wednesdays 9:00-11:30. If you know how to play please join the group!! We are looking for Mah Jong players!**

## September 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!!

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)

## 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.

## Something new!

If you like to be adventurous and try new things this program is for you! Edwina Hay, presently the facilitator of the Book Club and the Yarn Crew Volunteer Group, is willing to teach crafts to those interested.

Some crafts will be just one night, and you can take home what you made, for example Wreath Making. Other classes will be multiple nights, for example when caning chairs is taught. Hopefully each month or so a different craft will be taught. Samples of finished crafts will be on display near the front desk, along with a list of supplies you will need to get. Every attempt will be made to keep the prices of materials under

\$10.00. The length of the classes will vary, after regular Canton Woods hours. Flyers explaining each craft will be available at CW's front desk. First project is a Clothespin Fall Wreath. First class is Tuesday, September 14<sup>th</sup> from 4:00-5:30. Call the center to sign up. Please be prompt and plan to have fun!

*Edwina.*

## Book Club News

The Personal Librarian by Marie Benedict and Victoria Christopher Murray.

Belle de Costa Greene is hired by J.P.Morgan to curate a collection of rare manuscripts, books, and artwork for his newly built Pierpont Morgan Library. Belle becomes a fixture in New York City society and one of the most powerful people in the art and book world for her impeccable taste and shrewd negotiating for critical works as she helps create a world-class collection.

Belle denied her true identity in order to protect herself and her family from racial persecution speaks not only to her time but also to ours.

We all were very intrigued with the story; the historical knowledge was amazing. We discussed how the authors did a fantastic job. The authors' notes at the end of the book were very interesting.

Out next meeting is September 21st at 2pm. We will be discussing The Elephant Whisper by Lawrence Anthony.

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

**PAC -B TV** is seeking a person to film events in Baldwinsville. The events air on the local cable access channels. No experience or equipment necessary. Contact Cindy Clarke.

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

### Bottle & Can Drive

#### McBrides 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

*"Many of life's failures are people who did not realize how close they were to success when they gave up." Thomas A. Edison*

*"Be patient with yourself. Self-growth is tender; it's holy ground. There's no greater investment." Stephen Covey*

*"But you have to do what you dream of doing even while you're afraid." Arianna Huffington.*

### Microwave Chocolate Lava Cake

Ingredients for 1 serving

¼ cup flour, 1 tsp baking powder, 2 Tbs sugar, 2 Tbs cocoa powder, 1/8 tsp salt, 2 Tbs oil, 2 Tbs milk, 1 chocolate truffle, 1 scoop ice cream, optional

In a bowl, add flour, 1 tsp baking powder, 2 tbs sugar, 2 tbs cocoa powder, and 1/8 tsp salt. Mix well.

Then, add 2tbsp oil and 2 tbsp milk and mix to paste. Transfer this mix to a microwave-friendly bowl and add a chocolate truffle to the middle. Cover truffle with mix,

Heat in the microwave for about 70 seconds and then top it off with ice cream! Enjoy!!



### Learn More About Healthy Eating As We Age:

- Live longer and stronger
- Sharpen your mind
- Feel better
- Create a healthy eating plan
- Eat on a budget
- Produce delivery program

Friday,  
September 10  
11:30 am

★ Free raffle prize giveaway!





# CANTON WOODS September 2021

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			9-11:30 Mah Jong 1 9:30 Zumba Gold 10:30 Adult Coloring 1 Bingo 12:15 Party Bridge 1-3 Sharing Memories Writing Program	8 Tai Chi 2 10 Falls Class Video 1 Pitch	8:30-12 Open Rec 3 1 Bingo 1 8 Ball T'ment	4
5	Labor Day The Center is Closed	8 Tai Chi 7 9:30 Canasta & Rummikub 10 BP Screening 10 Falls Class Video 10 Yarn Crew 12 Dup Bridge	9-11:30 Mah Jong 8 10:30 Adult Coloring 1 Bingo 12:15 Party Bridge T'ment 1-3 Sharing Memories Writing Program	8 Tai Chi 9 10 Falls Class Video 1 Pitch	8:30-12 Open Rec 10 11:30 SPEAKER County Health Nutrition Dept. 1 Bingo 1 Bean Bag Toss T'ment	11
12	8:30-12 Open Rec 13 9 Golf Card Game 10 Scrabble 1 Wii Bowling 1 Scrabble	8 Tai Chi 14 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 10 Yarn Crew 12 Dup Bridge T'ment 2 Art Group 4 Clothespin Fall Wreath Craft Class	9-11:30 Mah Jong 15 9:30 Zumba Gold 10:30 Adult Coloring 1 Bingo 12:15 Party Bridge 1-3 Sharing Memories Writing Program	8 Tai Chi 16 9:15 CW Exercise 10 Falls Class 11 Chair Yoga 1 Pitch	8:30-12 Open Rec 17 9 Flu Shot Clinic sponsored by Rite Aid 1 Bingo 1 9 Ball T'ment	18 W A L K
19	8:30-12 Open Rec 20 9 Golf Card Game 10 Scrabble 1 Pinochle 1 Scrabble	8 Tai Chi 21 9:15 CW Exercise 9:30 Canasta & Rummikub 10 BP Screening 10 Falls Class Video 10 Yarn Crew 12 Dup Bridge 2 Book Club	9-11:30 Mah Jong 22 10:30 Adult Coloring 1 Bingo 12:15 Party Bridge 1-3 Sharing Memories Writing Program	8 Tai Chi 23 9:15 NO CW Exercise 10 Falls Class Video 11 Chair Yoga 1 Pitch	8:30-12 Open Rec 24 1 Bingo 1 Bean Bag T'ment	25
26	8:30-12 Open Rec 27 9 Golf Card Game 10 Scrabble 1 Wii Bowling 1 Scrabble	8 Tai Chi 28 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 10 Yarn Crew 12 Dup Bridge 2 Art Group	9-11:30 Mah Jong 29 9:30 Zumba Gold 10:30 Adult Coloring 1 Bingo 12:15 Party Bridge 1-3 Sharing Memories Writing Program	8 Tai Chi 30 9:15 CW Exercise 10 Falls Class 11 No Chair Yoga 1 Pitch		

# Travel Reflections

Hi everyone! Fall is in the air and that means Canton Woods Travel is back on the road again! We still have room on the Raquette lake trip, Cape Cod, and Lancaster. It has been a long 18 months, and everyone is excited to return to travel. I know I am!!

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**



## **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: 7:30am @ Larkin St, 8:00am @ Canton Woods. Please arrive 10 minutes before departure. Arrive home around 6:30pm.

## **"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; unch, 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.

## **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". All Money Due Now. All checks payable to Belle Tours, LLC. There is a \$100 nonrefundable cancelation 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)

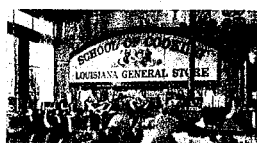
**\$685 /per person**

(Based on single occupancy)

**ALL MONEY DUE NOW. 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 roaring 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!**

**CALL JACKI FOR DETAILS ON BOTH TRIPS**

**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**

Canton Woods

September '21

315 638 4536

PEACE, INC. - FSD

MONDAY

SENIOR NUTRITION  
WEDNESDAY

FRIDAY

OFFICE FOR AGING & YOUTH

		Meatball Sub on a Whole Wheat Sub Roll Italian Green Beans Pineapple Tidbits	
6	Labor Day Agency Closed		
		Sliced Turkey and Spinach on Whole Wheat Kaiser Served with Roasted Red Pepper Spread California Blend Vegetables Tapioca Pudding	10 Tuna Salad with Chopped Egg Served on Kaiser with Shredded Lettuce Cream of Cheddar Potato Soup Fresh Watermelon
13	Sweet Italian Sausage Sandwich with Peppers and Onions Italian Blended Vegetables Mandarin Oranges	15 Beef and Bean Taco Salad with Lettuce, Tomatoes, Black Olives, Topped with Sour Cream and Tortilla Chips Lemon Meringue Pie	17 Shaved Corned Beef Sandwich on Rye Bread with 1,000 Islands Dressing Marinated Beets Fresh Fruit
20	Breaded Chicken Breast Filet Served on a Whole Wheat Bun Topped with Sliced Tomatoes and Lettuce Home-style Potato Salad 4 Way Mixed Vegetables Fresh Melon	22 Hann Served on Whole Wheat Kaiser Topped with Spinach, and Pineapple Mayo Greek Vegetable and Pasta Salad Fresh Orange	24 Grilled Chicken and Field Green Salad Classic Minestrone Soup Rainbow Sherbet
27	Barbeque Seared Pork Macaroni Salad Capri Blend Vegetables Diced Peaches	29 Home Made Old Fashioned Meatloaf w/ Mushroom Gravy Garlic Red Skin Smashed Potatoes Steamed Broccoli Florets Fruit Cocktail Cup	

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

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

Suggested Contribution:  
\$3.50



# ***Walk for the Woods 2021!***

**Canton Woods Senior Center**

Celebrating National Senior Center Month

***Walk for the Woods 2021!***

***In Person Walk***

***Saturday September 18 at 9:00am***

***Virtual Walk***

***September 1- September 30!***

All proceeds benefit Canton Woods Senior Center

Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Registration fee \$10.00 \_\_\_\_\_ Additional Donations \$ \_\_\_\_\_

T-Shirt size \_\_\_ small \_\_\_ medium \_\_\_ large \_\_\_ X-large \_\_\_ XX large \_\_\_ XXX large

***All registered walkers will receive a FREE T-shirt when the walk concludes.***

I am not able to walk but would like to order a Walk T-Shirt!

Small, Medium, Large, and X-Large \$12.00    XX Large and XXX-Large \$14.00

Please forward all registration fees, donations, and T-shirt orders to:

Canton Woods 76 Canton St., Baldwinsville 13027

Make checks payable to: ***Canton Woods Senior Center***

***Thank you for supporting our Center!***