

Canton Woods Newsletter

December 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 are all looking forward to the holiday season and time with family and friends. I am glad this holiday season is a little brighter than last year and I hope your hearts are a little lighter as well. Many of our holiday traditions and activities have returned! Please take time to enjoy your favorite part of season whether it is the joyful music, the fellowship, the festive lights and decorations, or the cookies and special treats!

Canton Woods is lighting our Christmas Tree on Friday December 3 at 3pm! Come

by and join us for a little holiday refreshment and followed by the tree lighting.

Thank you to everyone who supported Canton Woods this season. So many of our neighbors purchased Baldwinsville Calendars and evergreen wreaths as part of their holiday preparations. Special thanks to Linda Clarke and Evelyn Nelson who each put in many hours on behalf of Canton Woods. We appreciate the generous support and wish you all a very happy holiday season.

It is time to think about your Covid booster. The center strives to provide a safe place for you to gather with your friends. We need your cooperation. Be sure to get your booster so we may continue to bring you together safely.

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.

The Village of Baldwinsville is requiring face masks be worn by everyone inside 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.



Have a Happy and Healthy Holiday Season! *Ruth*

Assistant Director:

Season's Greetings everyone!

I wish you a very happy holiday season!

The year 2022 is almost here, we are saying goodbye to a very changing 2021, let's hope the new year has more stability and better health for all of us. Our calendar has a few times where we could fit in a new activity. I have heard about an exercise program using a big ball and drumsticks!! It looks like a lot of fun and you get a workout! What about BUNKO?? CW has tried BUNKO in the past with mixed success. What would be very helpful, is if a senior would step up to help lead a new activity. If you are interested, please let us know. Happy 2022 everyone!

Joanie

Neighborhood Advisor / Outreach Worker

Important dates: Medicare Open

Enrollment period from October 15 -December 7, 2021!

HEAP (Home Energy Assistance Program) registration is ongoing so if you have not signed up yet, please make an appointment and I will be happy to help you fill out the application. The HEAP program may

help you pay for: electricity, gas, oil, coal, propane, wood, or kerosene. Even if your heat and utilities are included in your rent, HEAP may be able to help you.

There is still time, for those of you who would like a meal delivered by the Rescue Mission on Christmas day, to sign up. Just give me a call at 315-638-4536 and ask to be added to the list. ***The deadline is December 6th.*** Medicare open enrollment ends on December 7th for those of you who are considering a change in your coverage.

If you need assistance to arrange an appointment for a COVID Booster please contact me, I am happy to help. I also want to wish each one of you a very happy holiday season however that celebration may be for you.

Nancy Sullivan

B'VILLE EXPRESS

DO YOU NEED

TRANSPORTATION? WE CAN HELP!

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 fully vaccinated in order 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 yet 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. Please remember to call 7 days prior to

your need for a ride. All drivers and riders 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 specifically ask for the **OSCAR** program when you call.

Winter quickly approaching along with hazardous driving conditions. The ***B'ville Express*** does not provide rides if the Baldwinsville Schools are closed due to inclement weather. If schools are not closed, yet the weather is questionable, the volunteer driver will use their discretion in taking you to your appointment. If your ride with ***B'ville Express*** is cancelled, it is your responsibility to cancel any appointments for that day. When you have rescheduled your appointment, please remember to schedule your ride with us.

ARE YOU LOOKING TO VOLUNTEER YOUR TIME?

The ***B'ville Express*** has an urgent need for volunteer drivers to transport seniors in our community to their appointments, helping them to remain independent. Without transportation, many of our senior neighbors are unable to access essential services. Volunteer drivers will register with the ***B'ville Express*** by calling Gina @315-638-4536.

PLEASE HELP YOUR SENIOR NEIGHBORS AND VOLUNTEER TODAY!!

Happy holidays to you all!

*Gina Carroll. Transportation
Coordinator*

What's new at Canton Woods?

An Outdoor walking trail!

Check out the new outdoor walking trail on the grounds of Canton Woods!

Walking is a healthy and safe way to get your steps in each day!

Canton Woods Walkers start moving! Let's Walk on Canton Woods new walking trail and feel healthy too! It only takes a few minutes each day.

Get into the fun. Every day that you walk in the month of December place an "X" on the calendar (use your own calendar or ask for one at the front desk). Try to walk 3 days a week or more! Then hand in your Calendar at the Center by January 7, 2022.

***Your name will be entered into
raffle for a \$50.00 gift card to
Aldi's Grocery Store!***

Halloween Drawing Winners

1st Place: Suzette West

TOPS \$15.00 gift certificate

2nd Place: Leonard Myers

TOPS \$10.00 gift certificate

3rd Place: Jean Howard

TOPS \$5.00 gift Certificate

Congratulations!

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.

2022 Newsletter Renewal Time

We are now taking renewals for the 2022 newsletter. If you live in the Towns of Lysander or Van Buren, your cost is \$4.00 for mail delivery. All others who wish to have the newsletter delivered to your home the cost is \$5.00. Please fill out the form and mail it with your payment to the Center or stop by and drop it off. Make Checks payable to Canton Woods Senior Center. Please pay promptly to avoid interruption in your newsletter service. NOTE: Please make a note on your calendar when you pay for your newsletter, to remind yourself that the 2022 subscription is paid. This reminder will be in the January newsletter.

ALSO: if you live outside of the Towns of Lysander or Van Buren, your \$25.00 annual user fee is due by January 1, 2022. The fee does NOT include the newsletter subscription. Non-residents also

need to pay \$5.00 for your newsletter subscription.

To have your newsletter e-mailed to you please submit your e-mail address to Ruth Troy.

Name _____

Address _____

Phone _____

Residency

Town of Lysander _____

Town of Van Buren _____

Village of Baldwinsville Yes or No

MOW:

Happy Holidays to all!

This year has been very hard for us.

We had to cancel some fundraisers, and mostly postpone our 50th yr. in business celebration. But we continue to grow every week and continue with our mission to feed our seniors! This would not happen without the continued support of all of you! Our fundraiser letter is out, it is tax deductible, and we are a nonprofit with no government funding.

Thank-You from the bottom of our hearts, for your continued support, and if anyone needs a meal, please call us 315-638-2171.

Merry Christmas & Happy New Year!

Donna & Jeff

Open Rec on Monday & Friday

Mornings is the perfect time to practice pool, play a game of checkers or cards with a friend or a friendly game of pitch or poker.

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.

Sunnshine 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 / Thinking of you cards were sent to Joyce Cico

Sympathy cards were sent the family of Warren Solomon and Joyce Cico.

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 is also available 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.

December 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.

December Birthdays

12/8 Janet Wojnovich

12/9 Dan Wiemers

12/11 Jeanne Brainard

12/20 Bea Sharp

12/24 Joan Lillquist

12/26 Betty Sykes

12/31 Roberta Cooper



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
December Package List.**

Cost: \$20.50

**The order deadline is Friday December
3rd by 3:30pm.**

**The pick- up date is Wednesday,
December 15.**

11:30am-12:30pm

**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*
Thursday December 6th from
2:45pm - 3:55pm. 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 in 2022. 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.



CW's Annual Tree Lighting Ceremony!

Friday, December 3rd at 3:00pm.

**Please join us for the holiday
festivities!**

**(Check out the Canton Woods Craft
Sale on December 3 and stay to
enjoy the tree lighting!)**



CW's Holidays Celebration
Please join us for a little Holiday
Cheer!!
Wednesday, December 29th at
3:00pm!

BINGO!!! Come join the fun!
BINGO! Wednesdays and Fridays
at 1pm.

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

8 Ball 10/1

1st place: Nick Peluso & Dave Au
2nd place: Larry R (guest) & Jack
Schmidel

8 Ball 10/30

1st Place: Kathy Heintz & Nick
Peluso
2nd Place: Kathy Hogan & Dave
Hardy

9 Ball 10/15

1st place: Frank Lushia
2nd place: Kathy Heintz

Bean Bag
10/22

1st place: Jan Wojo & Patti
DiFabian
2nd place: Frank Lushia & Dave Au

Wii Bowling
10/4

1st place: Larry Wood & Patti
DiFabian
2nd place: Dave Hardy & Tom
Spagnola

10/18

1st Kathy Hogan & Patti DiFabian
2nd Nuzio Lipari & Bill Hinman

IMPORTANT REMINDER!

**Please arrive 10- 15 minutes
before your game is scheduled to
start. This is a courtesy to all the
other players and helps things go
more smoothly. Thank you**

Pinochle Players!

Please call 315-638-4536 and sign
up to play Pinochle!!
Monday December 13th and
Monday December 27th at 10:00am.

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

Wii Bowling T'ments: Every
Mondays, 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, December 14,
from 9:45am – 11:00 am.

**Stay fit & Well at Canton Woods !
Try the new Walking Trail or one
of these other fun classes!****CW Exercise Class**

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

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.
December 2nd and December 9th. Start
time 11:15 am. Donation to the instructor.

Tai Chi Classes (Yang short form)

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

Zumba will return in 2022!

Charges payable to the instructor.

Art Group

Art group will meet in person on Tuesday
December 7 and Tuesday December 21 at
2pm.

**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!
DECEMBER CRAFT INFORMATION
*Holiday Ornaments!!!***

**Check out the display & direction sheet
at Canton Woods
Sign up—the class is free—December
21st, 4:00-5:30pm.**

Crafty Corner

**Mark your calendars now.
DECEMBER 3 and 4, 2021. Canton
Woods Annual Craft Sale!
10:00am-3:00pm. At Canton
Woods Senior Center
IT'S BACK!!**

Last year of course COVID closed
down the craft holiday sale, but that
just gave the little elves more time to
make more things.

This year the craft fair will have lots
and lots of goodies at great prices so
get your list ready and come to visit
us on DECEMBER 3 & 4, from
9:00am-3:00pm, at CANTON
WOODS SENIOR CENTER.

WE LISTENED TO YOU! We have
some new items and are hoping you
will stop in and see what the
dedicated members of the Yarn Crew
made for the sale.

Proceeds from this sale go to
promote programs at the center so it
benefits all the seniors who

participate at Canton Woods. Come visit us and bring a friend.

YARN CREW meets on Tuesdays at 10:00am.

I had gone to Virginia to visit a former student and when I came back, I found the supply room filled with the most beautiful supplies for counted cross stitch. Gorgeous threads, floss, Perl cotton, embellishments, books, and projects. I want to thank the family who donated these beautiful items. (Thank you Sarah...I remember you!) I already know of a couple of people who will be thrilled to see such quality items are available. If you would like to see if there is anything there for you, contact the center or come in on a Tuesday so you can look. The only request we have is that whatever you make with the supplies cannot be done for a profit. Can we check on that?... realistically no, but we rely on the human kindness of those who donate to us and we rely on your human kindness and honesty to follow this request. *Edwina.*

Book Club News

There's a Hole in My Bucket....

Not only was there a hole in Royd's life because of the death of his brother, there was a hole in the Book Club since Margaret was the only member in attendance for the second month in a row....

That's ok, one member did come to me during the day and expressed her displeasure of the book.... maybe everyone else felt that way. Some found the book tedious and I agreed with her when she said the author is not a good writer....Margaret agreed. We found it rather naïve of the author to make promises to his dying brother, not knowing what tasks would lie ahead. The tasks Royd was given by his brother was his brother's

attempt to shape Royd's life into his likeness or perhaps find more humility in life.

Our next book is entitled. The Girl with the Louding Voice by Abi Dare'

Out next meeting is December 21st at 2:00pm Canton Woods library.

Join us! I know it is Christmas week but let's give it a shot...Santa might visit....

December 2021 Library News New arrivals!!!

Santa Suit (M.K. Andrews)
Better off Dead (L.Child/ A. Child)
State of Terror (H.Clinton/ L. Penny)
Game On (J. Evanovich)
Judge's List (J. Grisham)
Silverview (J. LeCarre)
Dear Santa (D. Macomber)
Jailhouse Lawyer (J. Patterson)
Forgotten in Death (J.D. Robb)
The Wish (N. Sparks)
The Butler (D. Steel)

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.

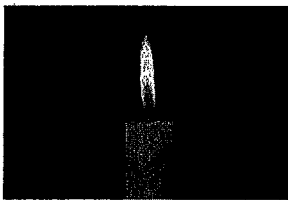
In addition to the collection program at the center, you and your family members may return bottles and cans to McBride's Bottle and Can Return, 80 Smokey Hollow Rd. Let the clerk know you are donating your returns to Canton Woods Senior Center. They will credit the amounts to Canton Woods Senior Center account. Thank you for participating in these fundraising events.

Christmas Quotes

"The Christmas tree is a symbol of love not money. There's a kind of glory to them when they're all lit up that exceeds anything all the money in the world could buy." Andy Rooney

"Peace on earth will come to stay, when we live Christmas every day!" Helen Steiner Rice.

Longest Night: A Service of Remembrance and Hope



Sunday, December 5, 2021, at 2:00pm

The Baldwinsville First United Methodist Church, 17 West Genesee St.

When we are grieving the loss of a loved one, it can be a difficult time around the holidays in particular. This is a time to gather, remember, and peace.

This service is extended to all people in the Baldwinsville Community.

Volunteer Opportunities

Our neighbors at Syracuse Home at McHarrie Life are looking for volunteers to help with their morning and afternoon activities (manicures, baking, cards & games, men's club, tai chi, crafts and more). If you are interested in helping, please contact Jessica Lynch the Volunteer Coordinator at 315 638-2521. Thank you.



Travel Reflections

Hi everyone! I finally got the Maine trip together. The price is higher than usual, as the bus prices have increased a lot or next year.

I had the opportunity to go on a Amadeus Riverboat cruise in October. We took the cruise down the Danube River and it was beyond awesome. I've done several European cruises and the Riverboat is the way to go. They are small ships that hold less than 200 people and stop in the heart of the cities. I am in the process of booking one for April of 2023. I canceled the one I originally booked for 2022 and I hope to have the details available soon.

There will be a slide presentation at the center on Wednesday, January 12, 2022 @ 3pm. Kevin Ferguson from Collette Vacations will showcase the Pacific Northwest trip scheduled for September 26th - October 3rd, 2022.

I wish you all a very Merry and Blessed Christmas, Happy Hanukkah, and Happy, Healthy New Year! Until next month, take care and God Bless.

Love,
Jacki



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

Day Trips!

HOLIDAY OUTING IN SKANEATELES – December 7, 2021 (Tuesday)

Our day trip will take us to the picturesque village of Skaneateles. Our day will begin with a delicious luncheon at the Sherwood Inn. Selections are: 1) Baked Quiche, 2) Yankee Pot Roast, or 3) Scrod Christopher. There will be free time to explore the quaint village shops. A stop at the Erie Canal Museum to view the Christmas Gingerbread houses will complete our day. There will be fun "surprises" too!

COST: \$90 per person payable to "Belle Tours LLC". Bus Pick Ups: Larkin St. @ 10:15am, and Canton Woods @ 10:45am. Return home about 4pm.

Overnight Trips!

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

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 Bevelo Gaslight Museum and Workshop; A Louisiana Swamp Cruise; Dinner at The Court of Two Sisters and a singing 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

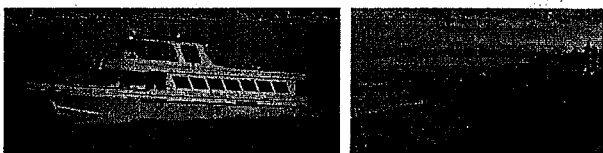
(Based on single occupancy)

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, 2022. Sign up any time at the center or call Jacki @ (315) 415-0040 or mail to Jacki Abbott - 132 Plymouth Drive, Syracuse, NY 13206

MAINE SOUTH COAST TOUR

September 12th - 16th, 2022 5 Days/ 4 Nights



Welcome to Vacationland! Join us for a five day tour of beautiful Maine. This fall trip takes us to Ogunquit, Maine, where we will spend 4 nights at the Anchorage by the Sea resort. This resort is located on the water and has access to the Marginal Way. The tour includes: Deluxe Hale transportation; 4 nights hotel accommodations; 4 breakfasts at the hotel; 4 dinners including (1) lobster dinner; Boothbay Harbor cruise; Admission to Maine Maritime Museum; Guided tours of Kennebunkport & Portland, including a photo stop at Portland Head lighthouse; Nubble Lighthouse cruise; Performance (TBA) at the Ogunquit Playhouse; Photo stop at Nubble Lighthouse; Free time in Ogunquit, Portland, Boothbay Harbor, & Kennebunkport; All taxes and gratuities; baggage service and fully escorted by Jacki Abbott.

COST:

\$1,785 /per person

(Based on double occupancy)

\$1,695 /per person

(Based on triple occupancy)

\$2,475 /per person

(Based on single occupancy)

A deposit of \$300 (\$100 non-refundable) is needed to sign up. Second deposit of \$500 due March 10, 2022. Final balance is due July 10, 2022.

PACIFIC NORTHWEST & CALIFORNIA

w/ OPTIONAL 1-NIGHT SEATTLE PRE TOUR EXTENTION!

8 Days/ 7 Nights

September 26 - October 3, 2022



This tour begins with an overnight stay in Seattle, dubbed the "Emerald City" for its lush green surroundings. Highlights of the tour include: Seattle, Mount St. Helens visitor center, Portland, Columbia River Gorge Hood River, Yaquina Head lighthouse, Newport, Bandon State Natural Area, Rogue River cruise, Redwood National Park, Avenue of the Giants, and San Francisco. Trip includes: Hometown pickup from Canton Woods Senior Center to and from the airport; Roundtrip air to and from Hancock airport; All taxes and fees/surcharges and hotel transfers.

COST:

\$3,199 /per person

(Based on double occupancy)

\$3,999 /per person

(Based on Single occupancy)

\$3,169 /per person

(Based on triple occupancy)

***BOOK BY MARCH 26, 2022 FOR THE ABOVE RATES. RATES INCREASE BY \$150 PER PERSON IF BOOKED AFTER 3/26/22.**

A complete detailed itinerary is available at the Center.

ALASKA LAND, RAIL & CRUISE

w/ PRINCESS CRUISES ON THE MAJESTIC PRINCESS

11 Days/ 10 Nights

May 31 - June 10, 2022

This trip begins in Fairbanks, Alaska where we will have a four-day land tour followed by a 7-night cruise. Visits to Denali National Park, Mt. McKinley, a Direct-to-the-Wilderness Rail service that will take us to the Princess Cruise ship in Anchorage. Stops will include: Hubbard Glacier, Glacier Bay National Park, Skagway, Juneau, Ketchikan, and we will disembark in Vancouver, Canada. Trip includes: Roundtrip air to and from Syracuse, hotels, cruise, port charges, government fees, taxes, and transfers to and from the ship.

COST:

\$4,932 /per person (INSIDE CABIN ID)

(Based on double occupancy)

\$5,712 /per person (BALCONY CABIN BD)

(Based on double occupancy)

\$5,752 /per person (BALCONY CABIN)

(Based on double occupancy)

FINAL BALANCE DUE JANUARY 19, 2023

Canton Woods

December 2021

<u>Monday</u>		<u>Tuesday</u>		<u>Wednesday</u>		<u>Thursday</u>		<u>Friday</u>	
				1 9-11:30 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	2 8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 11:15 Chair Yoga 1 Pitch	3 8:30-12 Open Rec 12 PEACE Lunch 1 8 Ball 1 BINGO 10-3 CRAFT SALE 3 Holiday Refreshments Tree Lighting Ceremony	4 S A L E		
5	6 8:30-12 Open Rec 10 HiCAP Representative 12 PEACE Lunch 1 Wii Bowling 1 Scrabble 2:45 Tech Support	7 8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Yarn Crew 10 Falls Class 12 Dup Bridge 2 Art Group	8 9-11:30 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	9 8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 11:15 Chair Yoga 1 Pitch	10 8:30-12 Open Rec 12 PEACE Lunch 1 Bean Bag Toss 1 BINGO	11	1		
12	13 8:30-12 Open Rec 10 Pinochle 12 PEACE Lunch 1 Wii Bowling 1 Scrabble	14 8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 9:45-11 BP Screening 10 Yarn Crew 10 Falls Class 12 Dup Bridge	15 9-11:30 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	16 8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch	17 8:30-12 Open Rec 12 PEACE Lunch 1 9 Ball 1 BINGO	18	1		
19	20 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling 1 Scrabble	21 8 Tai Chi 9:15 NO CW Exercise 9:30 Canasta & Rummikub 10 Yarn Crew 10 Falls Class 12 Dup Bridge 2 Art Group 2 Book Club	22 9-11:30 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	23 The Center is Closed Happy Holidays	24 The Center is Closed Merry Christmas	25	2		
26	27 8:30-12 Open Rec 10 Pinochle 12 PEACE Lunch 1 Wii Bowling 1 Scrabble	28 8 Tai Chi 9:15 NO CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 10 Yarn Crew 12 Dup Bridge	29 9-11:30 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program 3 Holidays Celebration	30 8 Tai Chi 9:15 NO CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch	31 The Center is Closed Happy New Year				

**Happy
Holidays**

**CANTON WOODS
CRAFTERS**

ANNUAL CRAFT SALE!

FRIDAY, DECEMBER 3RD AND

SATURDAY, DECEMBER 4TH

FROM 10:00AM-3:00PM

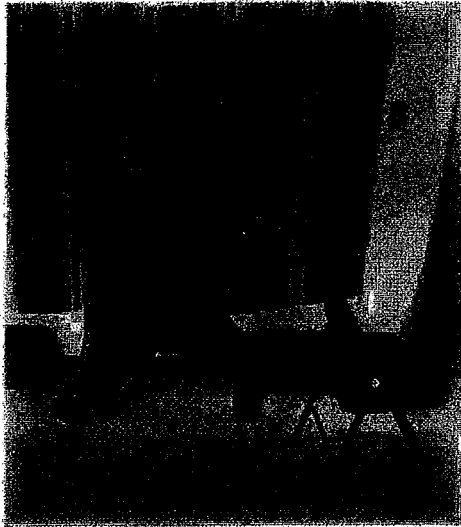
**AT CANTON WOODS SENIOR
CENTER**

76 CANTON ST

BALDWINVILLE, N.Y.

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*

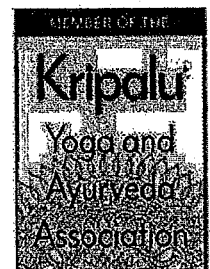
FALL 2021

****Series extended to December****

THURSDAYS - Sept 16 - Dec 9
45 minute classes: 11:15am -12:00pm
Cost: CONFIDENTIAL DONATION
(No obligation)

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.)



Become a Canton Woods Walker!

What's new at Canton Woods?

An outdoor walking trail!

Behind the Canton Woods building is a new outdoor walking trail! Get a friend, look for the trail signs, and walk together! Walking is healthy and safe way to get your steps in each day!

Health care providers recommend getting 30 minutes of exercise most days... so enjoy the view and get your steps in right here at Canton Woods!

If you would like to start a walking group, let Ruth Troy know... Thank you!

See Ruth Troy
for a free
pedometer!

December '21

P.E.A.C.E., INC. - FSD		SENIOR NUTRITION		OFFICE FOR AGING & YOUTH	
MONDAY		WEDNESDAY		FRIDAY	
		1	Glennell Sweet Italian Sausage Served with Shells and Marinara Sauce Italian Blended Vegetables Mandarin Oranges Italian Bread	3	Chicken Breast Strips served in a Cheesy Alfredo Sauce Served over Bowtie Pasta Steamed Broccoli Jell-O with Whipped Topping
6	Boneless Chicken Breast Topped in Marsala Sauce Seasoned Wild Rice Winter Blend Vegetables Chocolate Cream Pie	8	Smothered Seared Pork Baked Potato with Sour Cream and Chives Buttery Sliced Carrots Mixed Berries with Whipped Topping Fresh Baked Rye Dinner Roll	10	Beef Bourguignon Served over Buttered Egg Noodles Lemon Garlic Green Beans Diced Pears Fresh Baked Whole Wheat Dinner Roll
13	Golden Battered Cod Filet Red Skin Potato Wedge 4 Way Mixed Vegetables Vanilla Ice Cream	15	Chicken Cordon Bleu Casserole Winter Blend Vegetable Fresh Grapes	17	Glazed Home-Style Meatloaf O'Brien Scalloped Potatoes Capri Blend Vegetables Mandarin Oranges Fresh Baked Dinner Roll
20	All American Cheese Burger Seasoned Potato Cubes Blended Vegetable Slaw Applesauce	22	Beef Pot Roast with Gravy Smashed Red Skin Potatoes California Blend Vegetables Pineapple Tidbits Fresh Baked Whole Wheat Roll	24	Christmas Eve Agency Closed
27	Syracuse's Famous Chicken Riggle's Greens and Beans Juicy Diced Peaches Fresh Baked Whole Wheat Dinner Roll	29	House Made Stuffed Bell Pepper Steamed Cauliflower Butterscotch Pudding Cup Garlic Texas Toast	31	New Year's Eve Agency Closed

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

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

Suggested Contribution:
\$3.50

(Open Monday - Friday 8:00AM - 4:00PM)

December 2021 Newsletter



www.baldwinsville.org

Telephone # 315 638-4536
Baldwinsville, NY 13027
76 Canton Street

CANTON WOODS SENIOR CENTER

Non-Profit Organization
U.S. Postage
Baldwinsville, NY 13027
Permit # 10

CANTON WOODS MISSION STATEMENT

SENIOR CITIZENS are a valuable community resource. CANTON WOODS
MULTIPURPOSE SENIOR CENTER meets the challenges facing Older Americans
by offering stimulating SOCIAL ACTIVITIES, EDUCATION AND RECREATION PROGRAMS,
NUTRITION, HEALTH AND OTHER ACTIVITIES.

CANTON WOODS - Helping Seniors to remain active members of the community.

Happy
HOLIDAYS