

# Canton Woods Newsletter

March 2022

## 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)

**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.*



Everyone's Irish  
On March 17th.

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## 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 **due to weather issues.**
3. **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.
4. **Meals on Wheels** is closed if the Baldwinsville and/ or Liverpool schools are closed.

## *The Canton Woods Senior*

*Committee will be offering St.*

*Patrick's Day Treats on St.*

*Patrick's Day, March 17th from 11:00am-12:00pm here at the center to our senior friends. Please stop by to receive a wee, free bit of Irish fun! While supplies last.*

*Also, wear your green on St.*

*Patrick's Day and your name will be put into a drawing for a prize.*

### **Director's Note:**

The Village of Baldwinsville has amended its mask wearing policy. The wearing of masks in village owned buildings is at the OPTION of the individual entering the building. There will no longer be a requirement that each person shall wear a mask.

***We are also updating our vaccination information. Please bring your Covid vaccination record (or a copy) including the most recent vaccine/booster information.***

Be sure to get your booster so we may continue to bring you together safely. If you are having difficulty making an appointment for your booster, see Nancy Sullivan, our Neighborhood Advisor.

### **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.

**IF YOU ARE NOT FEELING WELL, STAY HOME.** Thank you for your cooperation.

The center has home Covid -19 tests kits for Canton Woods seniors. If you would like a test kit, inquire at the front desk.

### **Living Healthy with a Chronic**

**Condition** Zoom online **FREE** six-week workshop. Wednesdays 10:00am-12:30pm, beginning March 16.

This program helps you gain control over your health and improve your quality of life. This program is for people or caregivers with any type of ongoing health condition. The program complements the health care that the person may already be receiving. The purpose of the workshop

series is to enhance one's skills and ability to manage his or her health and maintain an active fulfilling lifestyle.

Registration is required. Email [Livinghealthy@Upstate.edu](mailto:Livinghealthy@Upstate.edu) to request the online registration link.

**Legal Service** appointments are available at the center March 8th. Read more about it in this newsletter

Reminder Daylight savings begins on March 13<sup>th</sup>. Move clocks ahead one hour!



*Ruth*

### **Assistant Director:**

Happy March everyone! **MahJong???** We need more MahJong players for Wednesday mornings. Beginners to experienced players, please come and play. On March's calendar, you will see **Bunco** on Friday, March 25<sup>th</sup> from 10:00am-12:00pm. Please Join us for Bunco!!! Also, **Line Dancing** has returned on Thursday afternoons, and Friday mornings is **Senior Ball Drumming Exercise**. Arlette leads an energetic work out all while sitting in your chair. This program is on the internet. Look it up, then join us!! We have enough equipment for 12 participants. Happy St. Patrick's Day to all.

*Joanie*



### **Time for some Music**

Piano Concert (Irish Tunes included) by John Vona

Friday, March 18<sup>th</sup> at 2:30pm

***Please come and enjoy the 1<sup>st</sup> musical concert of the 2022 season!***

**Congratulations to Cathy Spagnola, Arlette Folckemer, and Tom Spagnola. Winners of the National Wear Red Day!**

**Thank you to all who participated. Congratulations to Betty Ball! She won the Valentine's Day Tassone's gift certificate.**

### **MOW:**

Hello Everyone!

We would like to give Thanks to all our volunteers that have delivered through all kinds of weather the past few months. We could not do it without all of you!

St. Patrick's day is upon us soon, and we will be serving corned beef and cabbage to our clients. We are here if anyone needs Meals on Wheels. Please call us! We always accept your extra canned foods for our snow days, please no expired food, and drop them off at our office.

Happy St. Patrick's Day!

Donna & Jeff **315-638-2171**

### **Neighborhood Advisor / Outreach Worker**

The worst of winter should be behind us now. We can start looking forward to warmer weather and shedding our coats, scarves, boots, hats, and gloves!

**Did you know that there are programs available for low-income individuals that can help pay for your Medicare?** If your income is less than \$ 1,549 per month you may qualify to stop having that \$170.10 premium deducted from your Social Security.

Like most other programs, proof of income is required along with immigration status, residency, and current health insurance premiums.

Give me a call and I will help you with the forms.

Take care. *Nancy Sullivan*

## **B'VILLE EXPRESS**

**\*\*\* THE B'VILLE EXPRESS DOES NOT OPERATE WHEN THE CENTER IS CLOSED OR THE BALDWINSVILLE SCHOOLS ARE CLOSED DUE TO WEATHER CONDITIONS.\*\*\***

If the *B'ville Express* is closed, it is the riders' responsibility to reschedule any appointments.

**(Please note, at this time, masks are required for both driver and rider.)**

The *B'ville Express* has an **URGENT NEED** for volunteer drivers. The *B'ville Express* provides free transportation through our volunteer drivers to our senior friends in the Baldwinsville area.

Many of our seniors in Baldwinsville lack transportation and are unable to access these vital services without the help of our dedicated volunteer drives.

**PLEASE HELP OUR SENIOR NEIGHBORS AND VOLUNTEER TODAY!!**

To volunteer, please call Gina @ 315-638-4536.

Thank you to all of our volunteer drivers for always going above and

beyond to help service our seniors. Your kindness and dedication to our senior friends is greatly appreciated.

*Gina Carroll*

*Transportation Coordinator*

**MARY POPPINS** comes to

Baker High School!

The Baldwinsville Teachers' Association is providing free tickets to the Baker High School Musical.

**The show is Mary Poppins.** This is a matinee at 1:00pm on Saturday May 7<sup>th</sup>. Call the center to reserve a ticket and let us know if you would like to take the bus from Canton Woods to the high school.

**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.

### **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 let the Staff or Office Volunteers know too!!

**Get Well / Thinking of you cards** were sent to Charlotte Erbland. **Sympathy Cards** were sent to the families of Nancy Lasher, June Davis, and Gwen VanDerVeer.

### **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. Please plan to arrive between 11:30 and 11:45am. Meal served at 12:00pm.*

The Take-Away meal is also available for those who are unvaccinated or who prefer not to dine inside. Please plan to drive up between 11:15 and 11:45am.

You must make a reservation for both lunch programs.

**Lunch is available Monday Wednesday and Friday.**

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.

### **March Birthdays**

3/10 Susette West  
3/17 Helen Stafford  
3/19 Lorraine McCarthy  
3/27 Linda Barnes, Loretta Scrimali



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  
March Package List.**

**Cost: \$20.50**

**The order deadline is Friday March 11th  
by 3:30pm.**

**The pick-up date is Wednesday,  
March 23<sup>rd</sup> from 11:30am-12:30pm**

### **Free Legal Services**

Legal services are available at  
Canton Woods on several Tuesdays  
in the calendar year. **The next  
available appointments will be on  
March 8, 2022.** Call the center to  
make an appointment (315) 638-

4536. (12:00-3:30pm) You must be  
a resident of Onondaga County and  
at least 60 years old to participate in  
this program.

### **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* on  
*March 14<sup>th</sup> from 2:45pm - 3:55pm.*  
Please call-in advance to schedule  
an appointment 315-638-4536.**

### **Notes from Canton Woods Activity Committee:**

Hello Everyone,

Our games are going great—but we  
could use more Wii bowlers and  
Pool players. If you are interested,  
please contact the center. Also, if  
you would like to play and don't  
know how, we are here to show you.

*Kathy Hogan*

### **Tournaments in January**

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

#### **8 Ball**

#### **9 Ball 1/21**

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

2<sup>nd</sup> place: Kathy Heintz

#### **Bean Bag**

#### **Wii Bowling**

#### **1/3**

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

2<sup>nd</sup> place: Larry Wood & Barb DeSanto

#### **1/24**

1<sup>st</sup> place Kathy Hogan & Jan Wojo

2<sup>nd</sup> place: Dave Hardy & Larry Wood

#### **1/31**

1<sup>st</sup> place: Joan Ferstler & Larry Wood

2<sup>nd</sup> place: Kathy Heintz & Bill Mills

### **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**

### **Bunco is back at Canton**

#### **Woods! Friday, March 25<sup>th</sup>,**

10:00am-12:00pm. This is fun fast moving dice game. Give it a try. **We need at least 12 players to make the game really fun. Please call the center to sign up!**

#### **BINGO!!! Come join the fun!**

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

**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.

**Needed: Wii Bowlers!! Come check the alleys out!!**

**Duplicate Bridge** Tuesday at 12:00pm

**Party Bridge** Wednesday at 12:15pm

**Mah Jong** Wednesday mornings at 9:00am!

#### **Blood Pressure Screening:**

On Tuesday, March 15<sup>th</sup>.  
from 9:45am – 11:00 am.

**Stay fit & Well at Canton Woods!**  
**Try one of these fun fitness classes!**

***Line Dancing has returned!!***

Line Dancing is easy, fun, and great exercise for your body and your brain! This class is geared toward the novice line dancer. No experience is necessary! Basic line dance steps will be thoroughly explained and taught. Beginner line dances will be done to a wide genre of music (country, oldies, pop, Latin etc.) So get your dancing shoes on and join the fun!

Thursdays starting March 10<sup>th</sup>, 2022,  
from 1:30-2:30pm

Instructor: Eileen Corlett

(over 30 years of teaching dance to children and adults)

Instructional fees paid to the instructor.

**March 10<sup>th</sup> class is FREE!**

**CW Exercise Class**

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

**New-New-New-New**  
**Senior Cardio Ball Drumming**



Facilitated by Arlette, Fridays at 9:30am.

**Call the Center to claim your spot!**  
**315-638-4536.**

Limit 12 participants. Equipment will be provided.

A low impact exercise class using music, large exercise ball and drumsticks to move to the beat!!

**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 Tuesday mornings at 11:15am through March 15<sup>th</sup>. 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.

The **Canton Woods Walking Trail** is likely to be covered with snow for a little longer. Plan to check it out in the spring!

**Art Group**

Art group will meet in person on Tuesday March 1<sup>st</sup>, and Tuesday, March 15<sup>th</sup> 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!



## **Crafty Corner**

**Yarn Crew** meets on Tuesdays at 10:00am.

**HOP TO IT!**

The YARN CREW, while busy making items for donations, broke out of its mold this month.

Using ribbons, googly eyes, a cute little nose and a fluffy tail, plain washcloths were transformed into little bunnies that will soon be hopping in to join the Meals on Wheels recipients. The best thing about these bunnies...well, the fact they don't multiply like real bunnies, is that once the bunnies have stayed their welcome, they can easily be changed into a useful washcloth again. If you get Meals on Wheels... let's hope carrots aren't on the menu the day of bunny delivery otherwise that spot might be empty on your plate.

*Edwina Hay*

*Canton Creations! Something New!*  
March Craft Information

### **Sock Critters**

Class size limited to 8, sign up at the front desk.

Supplies: Bag(s) of RICE... about 1 cup per critter.

A PAIR OF SOCKS that fit the information below... Each sock will make a critter. So, one pair of socks equals 2 critters. You may make as many as you want in any combination.

To make snowman and  
rabbit... White  
Penguin... Black

Bunny... Pastel colors, green, blue, white, whatever color you want...

All of the following supplies are right there because of the generous donations from the community.

However, if you want to use something specific ... bring it and let your imagination fly...

Buttons or google eyes,  
Embellishments, Flannel,  
Stuffing, Glue gun, rubber bands,  
Pink and White felt

March 15<sup>th</sup>, 4:00-5:30

*Edwina Hay*

### **Chair Caning Instruction**

As promised, I will be teaching classes on chair caning later this spring into summer. Before officially announcing when the classes will be, those who are interested may want to know some details first.

1. You will need to have a chair that has holes in it that go around the inside perimeter of the seat.

2. If the chair itself needs to be refinished that should be done first.

3. Classes will be approximately two hours long and plan on doing some work at home.

4. There will be more than one class. Plan on at least three classes to get you through everything. No problem to add classes...I will get you through this.

5. I would like to have a pre-class meeting and have you bring in your chairs so I can help you measure the holes to determine what size cane to purchase. I am also going to suggest that people purchase kits that will include the cane plus most

other tools you will need. The kits cost about \$40.00. I will be giving you information about where to order at this meeting. From what I understand it no costs about \$2.00 per hole to get a chair caned. So, at \$40.00 you are saving yourself a bundle.

6. We will be following all rules at Canton Woods.

7. The pre-class meeting and classes will be during regular Canton Woods hours... if this is a big problem, I may have to make some adjustments.

8. Caning chairs is just weaving and relatively easy (at least for me), however, it is very rough on the hands and back... nothing a little hand lotion (or a lot of hand lotion) and Tylenol can't help.

**PRE-CLASS MEETING FOR ANYONE WANTING TO LEARN HOW TO CANE CHAIRS WILL BE TUESDAY, MARCH 8<sup>TH</sup> AT 1:00PM AT CANTON WOODS.**

### **Book Club News**

The Exiles, If you read the Canton Woods Newsletter and decided to read **The Exiles** because it was Alex Trebek's favorite book, you may have wondered, "What on earth did he see in the book?" Well, the answer is ...nothing.. I was wrong. Let me go on record and say that Alex Trebek's favorite book is Razor's Edge. We will be putting that book on the list to read eventually.

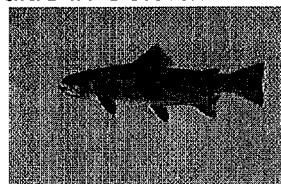
The Exiles by Christina Baker Kline is more than just an account of the main characters' plight, but a look back at social classes and the laws surrounding them. The novel's plot introduces at first Evangeline and Mathinna, and the treatment of them by the white aristocratic society. Women in the 19<sup>th</sup> century were treated basically as Heir Providers.

Women had no power in that time, and the author reminds us over and over through the characters speech and behavior.

The author also shows us the injustice of aristocratic power. Those with money believed that prisons needed to be harsh. The true purpose being to have the prisoners die...and quickly, less expensive. The aboriginal tribes of Australia must be eradicated. They aren't educated. We will tell them we will give them free land elsewhere (and then cheat them.)

While the ending is just...it is nowhere perfect.. some characters who you come to love, meet up with tragedy.

Our next book is a novel about a trout fishing guide in Colorado.



Our next book is The Guide by Peter Heller.

**Our next meeting is March 15th at 2:00pm Canton Woods library... bring a friend...**

## **March 2022 Library News**

Check out our new books

Everything We Didn't Say (N. Baart)

The Personal Librarian (M. Benedict)

A Willing Murder (J. Deveraux)

A History of Wild Places (S. Ernshaw)

Reckless Girls (R. Hawkins)

Saving Grace (P.F. Hutchins)

A Little Hope (E. Joella)

The Lincoln Highway (A. Towles)

The Invisible Life of Addie La Rue (V.E. Schwab)



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## **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.



## Travel Reflections

Hi everyone! I hope you are staying warm and healthy. I'm in Florida for 3 weeks, returning in mid March. There are some fun trips scheduled for this year. Check out the Lancaster trip with three great shows. "David" will be a brand new show at the Sight and Sound Theatre. You can sign up anytime at the center or mail to me. I am looking forward to being with you all again soon. There is still room on the Ocean City trip. I need more people for this trip to go.

Until next month, have a happy and healthy New Year, take love 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

## Day Trips!

### **LILAC FESTIVAL - May 12<sup>th</sup> 2022**

Our spring trip will take us to Rochester, NY for their annual Lilac festival. There will be many vendors and a multitude of places to have lunch and shop. Trip includes: deluxe Hale transportation and drivers gratuity. BUS PICK-UPS: Larkin St @ 8:30 AM, Canton Woods @ 9:00 AM - Return Home at 4PM.

**COST: \$68 per person** payable to "BELLE TOURS LLC". Please arrive at least 10 minutes before designated pick up time and park along the side or in back. SIGN UP ANY TIME AT THE CENTER OR SEND TO JACKI ABBOTT @ 132 PLYMOUTH DR, SYRACUSE, NY 13206 - CALL JACKI @ 315-415-0040

### **TRIBUTE TO BETTE MIDLER & BARRY MANILOW - June 28<sup>th</sup> 2022 SENECA NIAGARA CASINO**

Join us for a Tribute to Bette Midler and Barry Manilow at the Seneca Niagara Casino. This day out includes: deluxe Hale Transportation; Tickets to the show; \$20 Free slot play; \$10 food credit and drivers gratuity.

**COST: \$125 per person** payable to "BELLE TOURS LLC". BUS PICK-UPS: Larkin St @ 7 AM, Canton Woods @ 7:30 AM - Return home about 6:30 PM. SIGN UP AT THE CENTER OR SEND TO JACKI AT 132 PLYMOUTH DRIVE SYRACUSE, NY 13206. **PLEASE ARRIVE 10 MINUTES BEFORE DEPARTURE.**

**NEW TRIP**

### **A DAY OUT IN COOPERSTOWN - July 19<sup>th</sup> 2022**

Our day will begin with a boat ride on The Glimmerglass Queen boat as we tour picturesque Lake Otsego. Following the boat ride we will enjoy a delicious lunch at The Lake Front Restaurant. Selections include: 1. Classic Chicken Caesar Salad 2. French Dip 3. Fresh Beer Battered Haddock 4. Grilled Chicken Breast Sandwich 5. Sun Dried Tomato Pesto Fettuccini Alfredo or 6. Angus Beef Cheese Burger. PLEASE INCLUDE YOUR SELECTION ON YOUR CHECK.

**COST: \$125 per person** payable to "BELLE TOURS LLC". BUS PICK-UPS: Larkin St @ 8 AM, Canton Woods @ 8:30 AM - Return home about 5:30 PM. SIGN UP AT THE CENTER OR SEND TO JACKI AT 132 PLYMOUTH DRIVE SYRACUSE, NY 13206. **PLEASE ARRIVE 10 MINUTES BEFORE DEPARTURE.**

**NEW TRIP**

### **SKANEATELES DAY OUT - August 4<sup>th</sup> 2022**

Skaneateles is beautiful in the summer. Join us for a sightseeing day out on the Judge Ben Wiles as we tour this gem of a lake. Prior to the boat ride we will enjoy a sumptuous luncheon at the Sherwood Inn. Selections include: 1. Chicken Francaise or 2. Scrod Christopher. PLEASE INCLUDE YOUR SELECTION AND PHONE NUMBER ON YOUR CHECK. There will be free time to wander the shops.

**COST: \$120 per person** payable to "BELLE TOURS LLC". BUS PICK-UPS: Larkin St @ 10:15 AM, Canton Woods @ 10:45 AM - Return home about 4:15 PM. SIGN UP AT THE CENTER OR SEND TO JACKI AT 132 PLYMOUTH DRIVE SYRACUSE, NY 13206.

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

## OCEAN CITY, MARYLAND

May 23<sup>rd</sup> - 26<sup>th</sup> 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 \$400 (\$100 non-refundable) due to sign up. Final balance due March 15, 2022. All checks payable to Belle Tours, LLC.

## MAINE SOUTH COAST TOUR

September 12<sup>th</sup> - 16<sup>th</sup>, 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.

## DISCOVER SOUTHERN ITALY & SICILY

w/ A TWO NIGHT ROME POST TOUR EXTENSION!

October 7 - 21, 2022

\*BOOK BY APRIL 8<sup>th</sup> & SAVE \$200 PER PERSON!

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

**COST:**  
**\$4,879 /per person**  
(Based on double occupancy)  
**\$5,909 /per person**  
(Based on Single occupancy)

\*BOOK BY APRIL 8, 2022 FOR THE ABOVE RATES. RATES INCREASE BY \$200 PER PERSON IF BOOKED AFTER APRIL 8<sup>th</sup>.  
Cancellation insurance is available for an additional \$399 per person.

## LANCASTER "DAVID"

November 8 - 10, 2022

The Sight and Sound Theatre has a brand new show for our enjoyment. "DAVID", Master poet. Fearless Warrior. Anointed King. After unprecedented victories lead to devastating failures, this passionate warrior will face the biggest battle of all: the one within himself. This trip will include: Deluxe Hale transportation; two nights at the Eden Resort; tickets to the American Music Theatre for their "Home for the Holidays" Christmas Show; Tickets for David; Buffet luncheon and show at the Dutch Apple Theatre where we will enjoy "Saturday Night Fever"; Dinner at Greenfield Restaurant; dinner at Hometown Kitchen; 2 breakfasts; visit to Kitchen Kettle Village and Bird in Hand Farmers Market; all gratuities. Fully escorted by Jacki Abbott.

**COST:**  
**\$690 /per person**  
(Based on double occupancy)  
**\$795 /per person**  
(Based on Single occupancy)  
**\$655 /per person**  
(Based on triple occupancy)

A deposit of \$100 (Non-refundable) due to sign up. Balance due September 20, 2022. Checks payable to "BELLE TOURS LLC". Sign up at the center or call Jacki @ 315-415-0040 or mail to 132 Plymouth Drive Syracuse, NY 13206.

## AMADEUS RIVER CRUISE

TULIP SERENADE

8 Days/ 7 Nights

April 15 - 22, 2023

SEE JACKI FOR DETAILS!

## ALASKA LAND, RAIL & CRUISE

w/ PRINCESS CRUISES ON THE MAJESTIC PRINCESS

11 Days/ 10 Nights

May 31 - June 10, 2023

SEE JACKI FOR DETAILS!



American  
Stroke  
Association  
A Division of the  
American Heart Association

# Aphasia

communicating through the barriers

## What is aphasia?

Aphasia is a language disorder that impairs the ability to communicate. It's most often caused by stroke-related injuries to areas of the brain that control speech and language.



## I have aphasia



**Take your time**  
It may take a while to get the words out.



**Let people know what works best for you**  
Do you want a question asked in multiple ways? Let them know.



**Use assistive devices**  
Bring photos, diagrams, pen and paper or other helpful tools.



**Frustration is OK**  
Don't blame yourself if you get stuck or stumble over your words. Be patient with yourself as you learn what works.

### What to do if you get stuck:

1. Admit you're struggling.
2. Recap what you've discussed so far.
3. Decide whether to carry on or come back to the subject later.

## I need to communicate with someone who has aphasia



**Keep it simple**  
Speak in short, simple sentences.



**Be patient**  
Allow plenty of time for a response. Talk with the person who has aphasia, not for him or her.



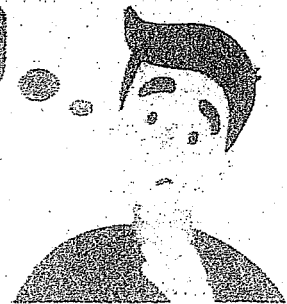
**Remove distractions**  
Turn off radios and TVs.



**Be creative**  
Try writing, gesturing, drawing pictures or using devices such as smartphones and tablets.



**Confirm**  
Repeat back what you think the person said or meant.



### Facts about people with aphasia:

1. They communicate differently but are as smart as they were before they developed aphasia.
2. Their hearing is usually fine, so speaking loudly does not help.
3. Their condition just means you'll have to communicate differently with them.



National  
Aphasia  
Association

Learn more at [stroke.org/Aphasia](http://stroke.org/Aphasia)

## Words associated with Aphasia

Respect, Acceptance, Patience, Understanding

## Aphasia

Aphasia is a disorder that results from damage to portions of the brain responsible for language. It does not affect the overall intelligence of the person, just their ability to find the right word and be able to speak it. This is a chart with tips to help you communicate with people who have aphasia.



This Photo by Unknown Author is licensed under CC BY-NC-ND

Music by,

*John Vona*

At Canton Woods

76 Canton St.

Friday, March 18<sup>th</sup> at 2:30!

***Come enjoy sing a long tunes along with  
some Irish favorites!!***

# Canton Woods

March 2022

Monday		Tuesday		Wednesday		Thursday		Friday	
		8 Tai Chi <b>1</b> 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Yarn Crew 10 Falls Class 11:15 Chair Yoga 12 Dup Bridge 2 Art Group		9 Mah Jong <b>2</b> 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Programs		8 Tai Chi <b>3</b> 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch		8:30-12 Open Rec <b>4</b> 9:30 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 8 Ball T'ment 1BINGO	<b>5</b>
<b>6</b>	<b>7</b> 8:30-12 Open Rec 10 HiiCAP Representative 12 PEACE Lunch 1 Wii Bowling	8 Tai Chi <b>8</b> 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Yarn Crew 10 Falls Class 11:15 Chair Yoga 12 Dup Bridge		9 Mah Jong <b>9</b> 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program		8 Tai Chi <b>10</b> 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch <b>1:30-2:30 Line Dancing</b>		8:30-12 Open Rec <b>11</b> 9:30 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 Shuffleboard T'ment 1 BINGO	<b>1</b> <b>2</b>
<b>1</b> <b>3</b>	<b>14</b> 8:30-12 Open Rec 12 PEACE Lunch 1Wii Bowling 2:45 Tech Support	8 Tai Chi <b>15</b> 9:15 CW Exercise 9:30 Canasta & Rummikub 9:45 BP Screening 10 Yarn Crew 10 Falls Class 11:15 Chair Yoga 12 Dup Bridge 2 Book Club 2 Art Group 4 Canton Creations		9 Mah Jong <b>16</b> 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program		8 Tai Chi <b>17</b> 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class <b>11-12 St. Patrick's Day Give Away Wear Green!!!</b> 1 Pitch 1:30-2:30 Line Dancing  <b>St. Patrick's Day</b>		8:30-12 Open Rec <b>18</b> 9:30 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 9 Ball T'ment 12:30 BINGO <b>2:30 Music by John Vona</b>	<b>1</b> <b>9</b>
<b>2</b> <b>0</b>	<b>21</b> 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling	8 Tai Chi <b>22</b> 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Yarn Crew 10 Falls Class 12 Dup Bridge		9 MahJong <b>23</b> 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program		8 Tai Chi <b>24</b> 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch 1:30-2:30 Line Dancing		8:30-12 Open Rec <b>25</b> 9:30Senior Ball Drumming Exercise Class <b>10-12 Bunco</b> 12 PEACE Lunch 1 Bean Bag Toss T'ment 1 BINGO	<b>2</b> <b>6</b>
<b>2</b> <b>7</b>	<b>28</b> 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling	8 Tai Chi <b>29</b> 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Yarn Crew 10 Falls Class 12 Dup Bridge		9 MahJong <b>30</b> 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Programs		8 Tai Chi <b>31</b> 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch 1:30-2:30 Line Dancing		Activities are subject to change.	



# March 2022

PEACE, INC. - FSD
MONDAY

7
Swedish Style Meatballs over Parsiled Egg Noodles California Blend Vegetables Fresh Orange

14
Cranberry Walnut Chicken Salad Served on a Croissant Chunky Tomato Florentine Soup Fruit Cocktail

21
Beef Pot Roast with Gravy Smashed Red Skin Potatoes Capri Blend Vegetables Pineapple Tidbits Fresh Baked Whole Wheat Roll

28
Roasted Chicken with Garlic Herb Gravy Apple and Celery Stuffing Buttery Peas and Pearl Onions Apricot Halves

Bread, and Margarine

SENIOR NUTRITION
WEDNESDAY
Ash Wednesday
Crab Salad on Croissant Continental Potatoes Broccoli Florets Ambrosia Salad

9
Sliced Ham and Provolone on a Whole Wheat Kaiser Served with a Honey Mustard Topping Greens and Beans Soup Rainbow Sherbet

16
South Western Style Grilled Chicken Chuckwagon Corn Oven Roasted Red Skin Potatoes Mandarin Oranges

23
Slow Cooked Pork and Gravy Home Style Mashed Potatoes Four Way Mixed Vegetables Applesauce

30
Chicken Cordon Bleu Casserole Winter Blend Vegetable Fresh Grapes

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

OFFICE FOR AGING & YOUTH
FRIDAY

4
Tuna Salad Served on Whole Wheat Kaiser with Sliced Tomato Vegetable Soup Tropical Fruit

11
Breaded Haddock Served on a Whole Wheat Bun Confetti Coleslaw Potatoes O'Brien Fresh Apple

18
Vegetable Lasagna Rolls Chef Salad Cantaloupe Crusty Italian Bread

25
Golden Battered Cod Filet Red Skin Potato Wedge 4 Way Mixed Vegetables Chocolate Ice Cream

Suggested Contribution:  
\$3.50