

Canton Woods Newsletter

May 2022

Older Americans Month

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.

The Village of Baldwinsville's mask policy: There is no longer a requirement that each person shall wear a mask. The wearing of masks in village owned buildings (including Canton Woods Senior Center) is at the OPTION of the individual entering the building.

Un-Vaccinated persons or persons who decline to show proof of vaccination: must socially distance, they may not participate in activities where social distance cannot be maintained.

Director's Note:

May is Older Americans Month!

The theme for 2022 is

Age My Way!

May is Older Americans Month. The 2022 theme is *Age My Way!* with the focus on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible.

According to the National Council on Aging, research shows that older adults **who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvement in their physical, social, spiritual, emotional, mental, and economic wellbeing.**

Canton Woods Senior Center has been serving the older adults in the Baldwinsville community for nearly 44 years. In 1978 Baldwinsville's community leaders understood the importance of supporting and promoting healthy aging. Their vision created Canton Woods Senior Center!

Canton Woods mission includes helping seniors to remain active members of the community. Your senior center offers a full range of programs and activities designed to encourage and support you to remaining independent and fully engaged. **Age Your Way!**

Canton Woods operates under a three-way municipal agreement which includes the Village of Baldwinsville and the Towns of Lysander and Van Buren. The original founders built the center on cooperation and the commitment of each of these local governments to the senior residents in their municipalities. The success and future of Canton Woods requires each of these municipalities to continue to financially support the center and to continue to honor its commitment to the senior residents of Greater Baldwinsville.

Use your voice to speak up in support of Canton Woods. Let your Mayor, Town Supervisors and their boards know how much you value Canton Woods and benefit from the programs and services at the center.

Make a phone call, send a note or an email, attend a board meeting. Take a moment to remind your local leaders how much your senior center contributes to and improves your daily life!

Be sure to read your entire newsletter. There are a lot of exciting events and programs coming up, Canton Woods garden, Health and Wellness Event, Summer Entertainment Series, and first Annual Golf Tournament! ***Spring is here, time to get out and have some fun!***

Happy Mother's Day!
Happy Memorial Day!
Ruth

Assistant Director:

A big thank you to all our volunteers!!!

And PEACE Inc. for a great meal.

Summer is on its way, we have concerts planned along with special events, so please check the newsletter calendars for dates and times. Several activities that Canton Woods has had in the past that may be able to come back are Cribbage, Scrabble, Chair Massage, Bean Bag Toss Tournament, we have even tried Dominoes a time or two. Please let me know if anyone is interested any of these programs. Chair Massage helped a lot of folks when we had it. Cribbage was an old favorite. Enjoy the warm weather!!

Joanie

Happy Mom's Day

MOW:

Hello Everyone!

We hope everyone had a great Easter. In May, on the 14th, we will be having our own volunteer recognition dinner for our volunteers. They are excited since our 50th anniversary party was cancelled last year. We usually have a great attendance.

We are looking into some future fundraising ideas, we will let everyone know. We will be attending the Health and Wellness event here at the center on May 18th, please stop by our table and say hello, and take a chance on our gift basket. We would like to say Thank You to Edwina Hay and the ladies of the CW craft group for the cute homemade bunnies for our clients. Happy Mother's Day!

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

Neighborhood Advisor / Outreach Worker

There is much to celebrate this month! Mother's Day is on the 8th. Armed Forces Day is the 21st and the day we celebrate Memorial Day actually falls on the official date, May 30th. Just for good measure let's remember May 16th is Do Something Good for Your Neighbor Day. Also, our **annual Health and Wellness Event is scheduled for Wednesday May 18th**. Please be sure to attend. There promises to be a lot of useful information available and a few free goodies as well!

With the increases in Covid numbers it is important for everyone to remember to get their booster shots. They are available at most of the local pharmacies. If you need help arranging for one, I am available to assist you. Also, it would be a good idea to wear your masks when you are out and about.

If Mother Nature ever decides to check the calendar and realize winter is over, it should be getting warmer. Those of you have a health condition that is affected by the heat and don't have an air conditioner may want to ask for a note from your doctor so you can apply for one when the cooling assistance program opens.

Take care. *Nancy Sullivan*

B'VILLE EXPRESS

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 vital services without the help of our dedicated volunteer drivers.

PLEASE HELP YOUR SENIOR NEIGHBORS AND VOLUNTEER TODAY!!

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

Gina Carroll

Transportation Coordinator

Baldwinsville

Memorial Day Parade

Monday May 30th at 10:00am

Come together with your community for the 2022 Memorial Day Parade!

Sponsored by: Vernice Suttle Post 113 American Legion

Albert Glen Richardson Post 153 Veterans of Foreign Wars

Springtime! Gardening Time!

Canton Woods Garden

Canton Woods garden is ready to grow!

Bert Mead is working on a plan for the center's garden. The garden project needs some helping hands to make it a success.

We need a few volunteers to help water the garden from time to time and to help pick the produce when it is ready. Get some fresh air and enjoy the reward of watching the garden grow. Let the front desk know you are interested.

Butterflies and Wildflowers!

Tuesday May 31 at 3:00pm.

Another chance to learn about and enjoy nature. Roger Dahlin will explain why butterflies depend upon Native wildflowers to survive, strategies to bring them to your yard and tips to grow these attractive perennials.

Summer Concert Series 2022! Get ready for some music!

It's time to enjoy outdoor concerts at Canton Woods! On **Monday May 16th at 2:30pm.** Local musician, **George Leija performs all your favorites.** This is a great way to spend the afternoon. Bring your lawn chair. All concerts are outside on the center grounds weather permitting, (indoors in the event of rain).

Thank you to our generous concert sponsors!

Barnes Memorial, Belle Tours, Falardeau Funeral Home, Red Mill Manor, and the Canton Woods Board!

The winner of the Easter Raffle was Linda Froats! Congratulation and enjoy the \$25.00 gift card to Tassone's.

MARY POPPINS!

Just a reminder, if you made a reservation, The Baldwinsville Teachers' Association is providing free tickets to the Baker High School Musical, **Mary Poppins.** This is a matinee at **1:00pm on Saturday May 7th.** Call the center to see when your reserved ticket will be available and confirm whether you plan to take the bus from Canton Woods to the high school or plan to drive your own vehicle.

AAA DEFENSIVE DRIVER COURSE AT CANTON

WOODS!! Reminder for those of you who signed up, the class is **Wednesday May 25, 9:00am-3:30pm.** (This class is Full)

Next Class is Wednesday, June 22nd. Spaces are available. Cost is \$29.00 per person. *Make checks payable to AAA*

AAA Defensive Driving course is a six-hour course sponsored by AAA and approved by NYS Department of Motor Vehicles. Participants must be 55 years of age or older. You may bring a lunch or pre-order lunch at the center (\$3.50 for those 60+ nutrition program registration required). Participants should bring their unexpired driver's license and a pen. Class size is limited, early registration is recommended. Phone registration will NOT be accepted. **Payment must be made when you sign up.** Questions? Call the center at (315) 638-4536.

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 or thinking of you cards sent to: Lou Bulawa.

Sympathy Cards were sent to the families of Lawrence Crast, Jerry Schrank, and Nancy Sheehan.

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.

We are updating our birthday list so please call or e-mail your birthday month and day.

jferstler@baldwinsville.org
(315) 638-4536.

May Birthdays

May 5 Sally Starr
May 6 Nancy Delasin
May 12 Eloise Rocco
May 24 Charlotte Erbland



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
May Package List.**

Cost: \$20.50

**The order deadline is Friday, May 13th
by 3:30pm.**

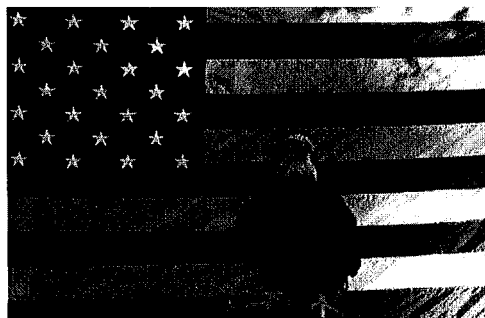
**The pick-up date is Wednesday, May
25th from 11:30am-12:30pm**

Free Legal Services

Legal services are available at
Canton Woods on several Tuesdays
in the calendar year. **The next
available appointments will be on
May 10th, 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
Monday May 9th, from 2:45pm -
3:55pm.* Please call-in advance to
schedule an appointment 315-638-
4536.**



**Notes from Canton Woods
Activity Committee:**

Happy May!

Yippee we made it!!!

The giveaway

For **Mother's Day** there will be a drawing for Tassone's Wine Garden. We will do four drawings, on Friday, May 6th please come in on May 6th and put your name in and we will draw at 1:00pm before bingo--See ya then.

Kathy Hogan

Tournaments in March

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

8 Ball 3/4

1st place: Frank O'Donnell & Paul
Dreher-Wiberg

2nd place: Nunzio Lipari & Dave
Hardy

9 Ball 3/18

1st place: Bob DeMont

2nd place: Paul Dreher-Wiberg

Bean Bag

Wii Bowling

3/7

1st place: Bob Hahn & Larry Wood

2nd place: Cathy Spagnola & Barb
DiSanto

3/14

1st place: Kathy Hogan & Cindy
Fehringer

2nd place: Gloria Saccone & Bill
Mills

3/21

1st place: Kathy Hogan & Ed

Barlow

2nd place: Rita Ford & Larry Wood
3/28

1st place: Kathy Hogan & Bob
Hahn

2nd place: Larry Wood & Jan Wojo

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 May 27th**

10:15am-12:00pm. This is a 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

Monday, 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, May 17th.
from 9:45am – 11:00 am.

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

Line Dancing!!!

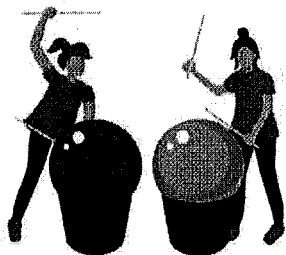
Line Dancing is easy, fun, and great exercise for your body and your brain! This class is geared toward the novice line dancer. No experience is necessary! So, get your dancing shoes on and join the fun!

Thursdays from 1:30-2:30pm
Instructor: Eileen Corlett
(over 30 years of teaching dance to children and adults)
Instructional fees paid to the instructor.

CW Exercise Class

Aerobics work out designed for seniors on Tuesday and Thursday at 9:15am. Charges payable to the instructor. Suspended after May 12th for the summer.

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 is provided.

This is 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 May 10th. Donation to the instructor. Look at the flyer inside this newsletter for future dates.

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.

Art Group

Art group will meet in person on Tuesday May 3rd the instructor will not be present, bring your projects, this class will be a studio session, next class with instructor is Tuesday May 17th at 2pm.

Card Making

Welcome back - Cardmaking Workshop!

Monday, May 23rd 1:00-3:00pm.

Come join Cheryl for an all-inclusive workshop to make three beautiful cards for any occasion! All experience levels are welcome. Bring your creativity for a fun time.

\$4 supply fee due to instructor

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 Canton Creations

Ok this group keeps me hopping because it reminds me of my teaching career.. lesson plans a month ahead of time. So, since I have been on vacation and don't have a plan, I am going to cop out and just make it a continuation of our chair caning group which is meeting May 10. ANYONE WHO HAS BEEN PROCRASTINATING ON JOINING THE CHAIR CANING GROUP THIS MAY 17TH IS THE LAST DAY TO BRING A CHAIR AND LEARN TO CANE. Your chair should be free of cane, be refinished if necessary and you should bring cane to the class... need help getting cane? Call the center and they will put you in touch with me..

New Crafting coming in JUNE... get ready for the Fourth of July.

We use yarn year-round. If you have yarn to donate, we will take it. We will also take fabric,

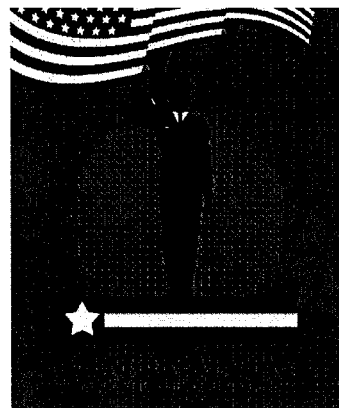
Yarn Crew

This group is wonderful. At this point we have just kindhearted women! The group would welcome any grumpy old men...haha... Since we are meeting after the isolation from the pandemic, we have gained several new members. I am so grateful to have sewers, knitters, and crocheters in the group. These ladies make lap quilts for St. Joseph's hospital and Menorah Park nursing home.

We also are preparing for our craft show. Last year's show was such a welcome event since we had to cancel for a year. New items are being created for this year. WE sold aprons and this coming year we will be selling a new twist on the aprons "Grandma/Grandpa and me" aprons..one for the grandparents..one for the grandchild. We sold table runners, wreaths, along with our staples of dishcloths, scrubbies, hats, mittens, and afghans. New items are lanyards, bowl cozies, and potholders, more wreaths. Mark your calendars for the first weekend in December.

I will be back April 26th to see all the goodies the ladies have whipped up in my absence.

Edwina Hay



Chair Caning Instruction

Raising Cane

Our first chair caning meeting took place and there is still time to get into the game...

Bring your chair with holes and your cane that you ordered...contact the Senior Center to get the info if you need it.

The class looks like it is going to be really fun... great people with lots of knowledge ... some have decades of experience and others... just starting out...

Next meeting is May 10th at 1:00pm. We will learn the next step, work between 1-2 hours depending on when you get tired and then you will finish the skill at home.

Book Club News

I am hoping to see a resurgence in Book Club soon once the weather gets warmer. New members are certainly welcome at any time. (In the past, Book Club has met outside. If it is good weather, the group can meet outside again. Since Covid hasn't left us, maybe a few members would be more comfortable meeting outside)

This month we are supposed to read The Razors Edge, by Somerset Maugham. This was supposedly Alex Trevek's favorite novel. I'm sure we had a lively discussion!! (let me be honest...this author. From an English Major in college is NOT a favorite of mine).

May 2022 Library News

Check out our new books!

New arrivals by authors Stuart Woods, James Patterson with Dolly Parton, Janet Evanovich, J. D. Robb

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, and Senior Activity Committee have 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.



Canton Woods

MAY 2022

OLDER AMERICAN'S MONTH

Monday		Tuesday		Wednesday		Thursday		Friday	
1	2	3	4	5	6	7	M	U	S
	8:30-12 Open Rec 10 HiCAP Representative 12 PEACE Lunch	8 Tai Chi 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 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	8 Tai Chi 10:30 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch 1:30-2:30 Line Dancing	8:30-12 Open Rec 9:30 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 8 Ball 1BINGO	I			
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M	8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling 2:45-3:55 Tech Support	8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Yarn Crew 10 Falls Class 11:15 Chair Yoga 12 Dup Bridge 1 Chair Caning Class	9 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch 1:30-2:30 Line Dancing TRIP	8:30-12 Open Rec 9:30 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 9 Ball 1 BINGO	4			
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5	8:30-12 Open Rec 12 PEACE Lunch 1Wii Bowling 2:30 Music by George Leija	8 Tai Chi 9:30 Canasta & Rummikub 9:45 Blood Pressure Screening 10 Yarn Crew 10 Falls Class 12 Dup Bridge 2 Book Club 2 Art Group 4-5:30 Canton Creations Chair Caning	9 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Wellness Event 1-3 Sharing Memories Writing Program	8 Tai Chi 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch 1:30-2:30 Line Dancing	8:30-12 Open Rec 9:30 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 8 Ball 1 BINGO	1			
2	23	24	25	26	27	2			
2	8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling 1-3 Card Making Class	8 Tai Chi 9:30 Canasta & Rummikub 10 Yarn Crew 10 Falls Class 11:15 Chair Yoga 12 Dup Bridge	9 MahJong 9-3:30 Defensive Driving Class 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	8 Tai Chi 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch 1:30-2:30 Line Dancing	8:30-12 Open Rec 9:30Senior Ball Drumming Exercise Class 10:15-12 Bunco 12 PEACE Lunch 1 9 Ball 1 BINGO	8			
2	30	31							
9	Memorial Day The Center is Closed	8 Tai Chi 9:30 Canasta & Rummikub 10 Yarn Crew 10 Falls Class 11:15 Chair Yoga 12 Dup Bridge 3 Wild Flowers with Roger Dahlin			Calendar Subject to Change				

Travel Reflections

Hi everyone! Spring is in the air! We have room on the Lilac Festival and the June and July Day Out trips. There have been many requests for a Del Lago trip. The casino still will not accept groups. I call every month to check on the status. I will continue to reach out to them.

Maine is filling up fast, so if you are interested, please sign up soon. I had to cancel the Ocean City trip as only 12 people signed up. All money was refunded.

I wish all the moms and grandmas a very Happy Mother's Day.

Until next month, take care and God Bless.

Love, *Jacki*



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

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

Day Trips!

LILAC FESTIVAL – May 12th 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

TURNING STONE (Bingo or Casino) – June 16th 2022 THURSDAY

It's time to return to the Turning Stone! Join us for a day out that includes deluxe Onondaga Coach transportation, \$15 to be used in the Casino or Bingo, \$5 food bonus and gratuity for the driver. . BUS PICK-UPS: Canton Woods @ 8:15 AM, Larkin St @ 8:45 AM - We will depart for home at 4pm or when Bingo lets out if it's later.

COST: \$38 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 28th 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.**

A DAY OUT IN COOPERSTOWN – July 19th 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.**

SKANEATELES DAY OUT – August 4th 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

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)

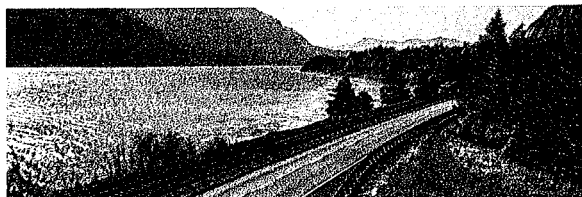
A deposit of \$800 (\$100 non-refundable) is needed to sign up. Final balance is due July 10, 2022.

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 8TH & 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 8TH. 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

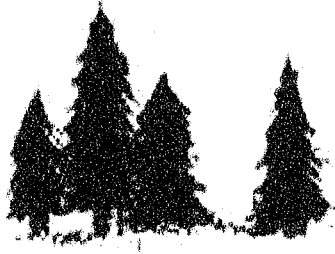
SEE JACKI FOR DETAILS!



Please come to Canton Woods
Monday, May 16th at 2:30 to
enjoy the music of
Baldwinsville's own
George Leija!

Canton Woods

2022 Health & Wellness Fair



Wednesday May 18, 2022

1:00pm- 3:00pm

Join Canton Woods Senior Center in celebrating Older Americans Month. Take part in our exciting annual **Health & Wellness Fair** on May 18th.

This is a chance to explore services and programs available to seniors in our community.

There will be exhibitors with helpful information, flyers, and **FREE** promotional items.

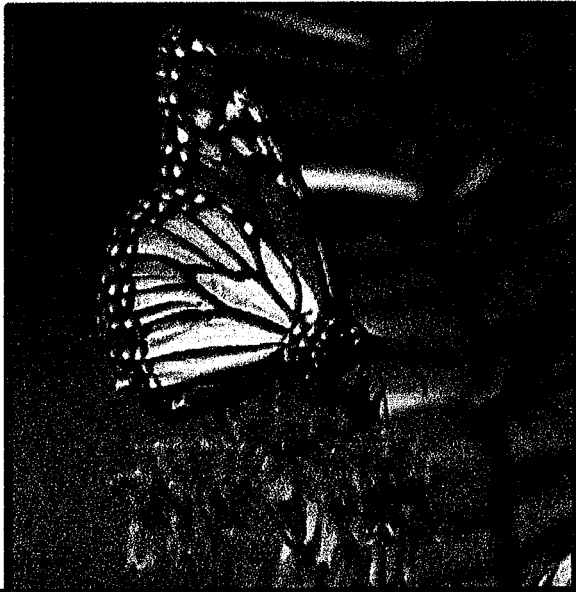
Come join the fun!

Attracting Butterflies with Native Wildflowers

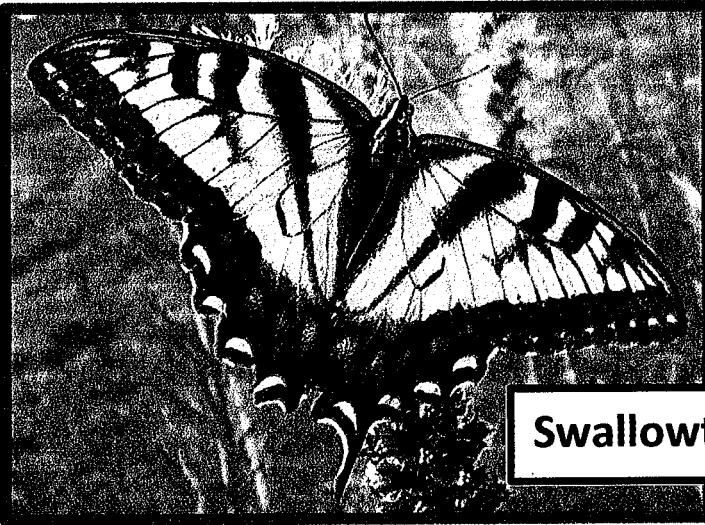
Tuesday, May 31st

3:00 pm at

Canton Woods



Monarch on Butterfly Weed

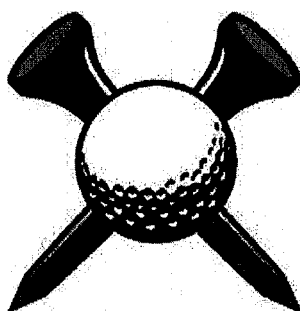


Swallowtails on Liatris and Wild Bergamot



Orange Sulphur Butterflies

Roger Dahlin will explain why Butterflies depend upon Native Wildflowers to survive, strategies to bring them to your yard and tips to grow these attractive perennials.



SAVE THE DATE!

**Canton Woods First Annual
Golf Tournament!**

Monday

September 12 ,2022

Hickory Hill Golf Course

Call Canton Woods

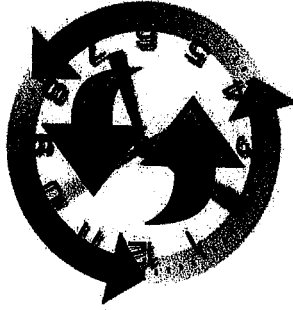
(315) 638 - 4536

For more information!

Onondaga County Office for Aging
Is Hosting an Institute for Caregivers
ZOOM Class for Current & Future
Family Caregivers.
LIVE Video Presentation
Open to the Public

Aging Backwards

- Strength
- Flexibility
- Exercise
- Activity



Wednesday, May 4, 2022 from 5:30-6:45 pm

Presenter: Pat VanBeveren, PT
Executive Director, Empower Parkinson, Inc.

REGISTER HERE NOW!

You Can Also Register at:

<http://www.ongov.net/aging/caregiver.html>

Contact Kimberly Connell (315) 435-2362 Ext. 4693



J. Ryan McMahon, II
County Executive

**Institute for
Caregivers**

JoAnne Spoto Decker
Commissioner
Executive Director,
Office for Aging

Onondaga County Office for Aging
Is Hosting an Institute for Caregivers
ZOOM Class for Current & Future
Family Caregivers.
LIVE Video Presentation
Open to the Public

**Positive[®]
Approach**
www.teepasnow.com

The Positive Approach to Care

This Interactive Class Explores:

- Dementia/Alzheimer's Care
- Showcases Teepa Snow's
Care Partnering Techniques

Thursday, May 5, 2022 from 5:30-7:30 pm

Presenters: Sheila Ohstrom & Bernadette Trip
Certified Teepa Snow Trainers

REGISTER HERE NOW!

You Can Also Register at:

<http://www.ongov.net/aging/caregiver.html>

Contact Kimberly Connell (315) 435-2362 Ext. 4693



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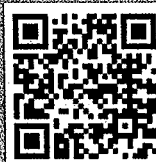
**What do YOU think
about the health of
our community?**

**Let
your voice
be
heard!**



**Take a brief survey!
Go to ongov.net/health**

**You just may win a
\$50 gift card!**



ongovhealth
Onondaga County
Health Department

May '22

PEACE, INC. - FSD	
MONDAY	
2	
Glazed Home-Style Meatloaf O'Brien Scalloped Potatoes Francals Blend Vegetables Mandarin Oranges	
9	
Barbeque Pulled Pork Sandwich on Whole Wheat Kaiser Macaroni Salad Green Beans Mandarin Orange Jell-O with Whipped Topping	
16	
Sliced Turkey and Spinach on Whole Wheat Kaiser Served with Roasted Red Pepper Spread Potato Medley California Blend Vegetables Tapioca Pudding	
23	
Open Hot Roast Beef and Gravy Sandwich Oven Roasted Brussel Sprouts Fruit cocktail	
30	
Memorial Day Closed	

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

SENIOR NUTRITION	
WEDNESDAY	
4	
Sliced Roast Beef with Lettuce and Red Onion on a Whole Wheat Kaiser Tomato Cucumber Salad with Tortellini Vanilla Pudding	
11	
Meat Sauce Marinara Over Bowtie Pasta Romaine Salad with Mandarin Oranges served with Poppyseed Dressing Fresh Baked Lemon Cookie	
18	
Salt City Fried Chicken Seasoned Red Skin Potato Wedges Creamy Broccoli Salad Tropical Fruit	
25	
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	

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

guest \$7.00

OFFICE FOR AGING & YC	
FRIDAY	
6	
Bacon and Tomato Chicken Salad On Croissant Strawberry Feta Spinach Salad Served with Balsamic Vinaigrette Juicy Diced Peaches	
13	
Beef Pot Roast with Gravy Smashed Red Skin Potatoes Capri Blend Vegetables Coconut Cream Pie Fresh Baked Wheat Roll	
20	
Crab Salad on Croissant Continental Potatoes Broccoli Florets Ambrosia Salad	
Brunch 10:30am	
Broccoli Quiche Mixed Berry Yogurt Parfait Blueberry Muffin Orange Juice	

Suggested Contribution:
\$3.50 - senior