

# Canton Woods Newsletter

## July 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.***

The Village of Baldwinsville's mask policy: 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.

### **Save the Date!**

### **Rotary Summer Senior Picnic!**

**Rotary Summer Senior Picnic.**

**Wednesday August 24 at Canton Woods.**

**More details in the August Newsletter.**

### **Summer Temperatures**

The air conditioning is on at the senior center. If you are usually chilly in air conditioning, please remember to bring a sweater.

### **Baldwinsville Farmers Market is open for the season!**

The Baldwinsville Farmers Market takes place from 3 to 7 pm Tuesdays at Baldwin Canal Square (behind the B'ville Diner). Weather permitting. You can expect five to seven produce vendors and 25 to 30 artisans and crafters. Be sure to stop by and enjoy.

**Director's Note:**

Summer is a busy season at Canton Woods. We are looking forward to many of our annual fund-raising events and have added something especially for the golfers in our community. Look for all the details in this newsletter.

**Canton Woods Car Show** is August 8  
(rain date of August 15)

**Canton Woods Golf Tournament**  
September 12

**Walk for the Woods** September 17, rain,  
or shine.

Be sure to read your entire newsletter.  
There are a lot of exciting events and  
programs coming up.

***Happy Independence Day!***  
***Ruth***

**Assistant Director:** We are now  
into the heat of summer. Canton Woods is  
air conditioned!!! Numerous folks have  
stopped by to check out what we have to  
offer, it would be great for all those folks to  
return to participate in an activity. For  
those who are already attending, thank  
you!! Please check out the entire  
newsletter, for our regular activities and  
special events. You won't want to miss a  
thing. Happy Summer! Enjoy the 4<sup>th</sup> of  
July!

*Joanie*

**Canton Woods 12<sup>th</sup> Annual Car  
Show Monday August 8<sup>th</sup>, 2022.  
Flyer in this newsletter.**

**MOW:**

Hello Everyone,

We would like to Thank everyone who  
came to our drive-thru dinner, it was a great  
time and we had so many awesome  
volunteers. We hope to do more dinners in  
the next few months. We are asking for  
any dish towels you might have extra, not  
dish clothes, towels we appreciate it!!

Need a meal please call us!

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

Please be safe!

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

**Neighborhood Advisor / Outreach**

Summer is officially here so don't forget to stay  
hydrated and wear your sunscreen.

For those of you anxiously waiting for the  
Farmers Market Coupons, we will be taking  
names for the waiting list by the time you  
receive this. You may call to give us your name  
and phone number so you can be notified of  
the distribution date and time, since they are  
given out on a first come first served basis.  
We do not have a date yet, but I anticipate it  
will be toward the middle of the month.

July has a number of observances but two are  
blueberry muffin day and cheer up the lonely  
day which both fall on the eleventh, so buy a  
couple muffins and visit a lonely friend!

Summer heat has arrived, those of you who  
are in need of an air conditioner can see me to  
make out an application.

Take care. *Nancy Sullivan*

### **B'VILLE EXPRESS**

#### **Colonoscopy? Eye injections? Nerve**

**Block?** If you are having any type of procedure done and need transportation, the B'ville Express can help!! We have access to a **FREE SENIOR TRANSPORTATION** program for procedures.

### **YES!! FREE!!**

If you are having a procedure and need transportation, please call Gina at the B'ville Express for information. 315-638-4536.

The B'ville Express has an URGENT NEED for volunteer drivers. Many of our senior friends in Baldwinsville lack transportation and are unable to access services that they desperately need. The B'ville Express helps our senior friends with transportation to doctors appointments, the bank, pharmacy and local grocery shopping & Canton Woods. If you are looking to volunteer, this is your opportunity! Please consider volunteering your time to help your senior neighbors today.

To volunteer and for more information please call Gina @315-638-4536.

Everyone have a fun and safe summer!

*Gina Carroll*  
*Transportation Coordinator/*  
*B'ville Express*

### ***Gardening Time!***

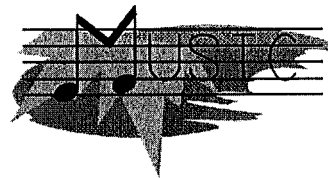
#### **Canton Woods Garden**

Canton Woods garden growing great! Bert Mead is leading 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. Thank you to Onondaga County Healthy Schools and Communities for supporting the garden.

### ***Reflections Management and Care along with Engage Therapy and Wellness Presentation!!***

**Thursday, July 14<sup>th</sup>, 2022, at 2pm!**

Both organizations are coming together to discuss living your best life at home. They will discuss Care Management, Health Monitoring Systems, the benefits of physical, occupational, and speech therapies as well as provide FREE balance screenings.



### **Summer Concert Series 2022**

It's time to enjoy outdoor concerts at Canton Woods! 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).

***Music You Remember by  
Jerry Cali***

Monday, July 18<sup>th</sup> at 2:30pm!  
See flyer in this newsletter!

**Thank you to our generous concert  
sponsors!**

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

**Father's Day Raffle winners were**

**Bill Sellin,**

**Ed Barlow, Dave Au, & Bob Hahn!**

**Congratulation and enjoy the \$25.00 gift  
card to Tassone's.**

**Mary Ann Deming won the Scratch Off  
Raffle!!**

**Sponsored by the CW Senior Activity  
Committee**

**AAA DEFENSIVE DRIVER COURSE  
AT CW!! The next class is  
Wednesday August 31st 9:00am-  
3:30pm. 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:** Esther Rosenfeld, & Evie Nelson.

**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.

### **July Birthdays**

7/3 Janice Jenner  
7/16 Paula Machut  
7/18 Dick Wrona  
7/22 Bob Sheehan  
7/26 Avis Neupert



On your birthday, (or very very close), stop by Jessicakes  
3 Marble St. Baldwinsville  
for a FREE birthday cupcake!  
Jessicakes 315-484-8228

### **Ice Cream**

Thank you for all the Byrne Dairy receipts! Please keep them coming. Sometimes you have to ask for one! Note: we cannot use gas receipts.

### **Food Bank of CNY**

The Food Bank of CNY can help you receive Food Stamps/ SNAP.  
Please call (315) 437-1899 ext. 224 to set up an appointment or contact Nancy, CW's Outreach Worker (315) 638-4536.

**Food Sense program** helps stretch your food buying dollars and is open to everyone and available each month.

Call the center to request the July Package List.

Cost: \$20.50

The order deadline is Friday, July 15<sup>th</sup> by 3:30pm.

The pick-up date is Wednesday, July 27<sup>th</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 Tuesday, July 12, 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.** Nadine is taking the summer off! She will return in September.

**Notes from Canton Woods Activity Committee:**

**July 2022**

Once again, I'm happy to say everything is going good.

Wii Bowling is going to change a little bit. We are putting up 65-inch TVs to bowl on. The village of Baldwinsville is going to mount them for us soon.

We held the Father's Day raffle, and 4 happy father's left with gift cards to Tassone's.

*Kathy Hogan*

**Look for Canton Woods 1<sup>st</sup> Golf Tournament flyer in this newsletter!**

**Tournaments in May**

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

**8 Ball 5/6**

1<sup>st</sup> place: Paul Dreher-Wiberg & Dave Hardy

2<sup>nd</sup> place: Della Falter & Joan Ferstler

**5/20**

1<sup>st</sup> Place: Dave Au & Nick Peluso

2<sup>nd</sup> Place: Kathy Heintz & Dave Hardy

**9 Ball**

**5/13**

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

2<sup>nd</sup> place: Bill Sellin

**5/27**

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

2<sup>nd</sup> place: Jack Schmidel

**Wii Bowling**

**5/2**

1<sup>st</sup> place: Ed Barlow & Tom Spagnola

2<sup>nd</sup> place: Bob Hahn & Jan Wojo

**5/9**

1<sup>st</sup> place: Barb DiSanto & Kathy Hogan

2<sup>nd</sup> place: Gloria Saccone & Ed Barlow

**5/23**

1<sup>st</sup> place: Kathy Hogan & Ed Barlow

2<sup>nd</sup> place: Tom Spagnola & Dave Hardy

**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 at Canton Woods!**

**Friday, July 22nd 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, July 12th  
from 9:45am – 11:00 am.

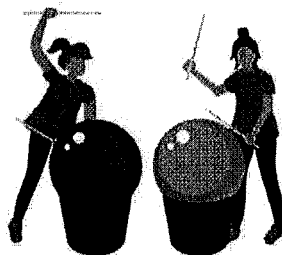
**Stay fit & Well at Canton Woods!**  
**Try one of these fun fitness classes!**

**Line Dancing** is easy, fun, and great  
exercise for your body and your brain!  
Thursdays from 1:30-2:30pm  
Instructor: Eileen Corlett  
Instructional fees paid to the instructor.  
**Classes suspended until Fall 2022.**

### **CW Exercise Class**

Aerobics work out designed for seniors on  
Tuesday and Thursday at 9:15am. Charges  
payable to the instructor. Suspended for the  
summer. Back again in September

### **Senior Cardio Ball Drumming**



Facilitated by Arlette, Fridays at  
9:30am.

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 on  
break for the summer. See Julie  
instructing on DVD at the regular class  
time.

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

Classes held Tuesday mornings at 11:15am  
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, July 5<sup>th</sup> & Tuesday, July 19<sup>th</sup> at 2pm.

## **Card Making**

### **Welcome back - Cardmaking Workshop!**

*Monday, July 11<sup>th</sup>, 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.

**\* Sign up by July 7th. Limited to 10 people.**

**\$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**

### **Creating a Mosaic Glass Frame**

This class will be completed over a two-day period...

Class date: July 11, 1:00pm and July 12, 1:00pm

Class size: 10 people ... wear old clothes and bring apron to cover your clothes.

Cost: I will supply the glass and grout. Students need to bring the supplies listed below...

## **Supplies**

A roll of paper towels and glass cleaner

E 6000 glue (available at Jo-Anne's, Michaels, Hobby Lobby. It might even be available in drug stores).

A picture frame with glass...go to the thrift store... and a roll of paper towels (I have some I can bring). All other material will be supplied. You might want to bring hand lotion.

## **TEMARI**

Temari—Japanese Thread Balls were originally toy balls made for children from unraveled threads of discarded silk kimonos.

Last year Canton Woods received a significant donation of cross-stitch items. Included in the donation were beautiful "thread balls" with books explaining the technique and materials for making these intricate needlework balls.

If you are a lover of things Japanese and have a lot of patience you can create these traditional treasures. I would be happy to share the books and materials. Please contact Canton Woods if you are interested.

## **Yarn Crew**

The yarn crew would like to Thank all those who have donated yarn to the center. WOW! We now are full steam ahead with our projects. I like challenges and trying to find patterns to use with crochet thread is

fun to research since not many people use doilies.

*Edwina Hay*

### **Christmas in July...**

Yes, you heard it right. Christmas in July is coming to Canton Woods. The Yarn Crew of Canton Woods makes things all year long and some of them get overlooked because all we have is on sale per year at Christmas time, plus the sale is so close to the holiday, most people have the Christmas things already out...SO....

On July 25<sup>th</sup>, 2022 from 11:00am-3:00pm the little elves of Canton Woods are going to give you an opportunity to purchase selected items from our stash... Christmas items, Christmas gifts and various other non-holiday crafts that also are sold in December. This gives us a chance to see what the community likes so we can get back to the workshop and continue to create. Is it all going to be Christmas stuff? No way! We are going to have aprons, table runners, yard art, and jewelry and other things that will make your heart go flutter because it's just the way we are.

Mark this on your calendars:  
CANTON WOODS CHRISTMAS  
IN JULY CRAFT SALE  
MONDAY, JULY 25 FROM  
11:00AM TO 3:00PM RAIN OR  
SHINE...

THERE'S NO EXCUSE. THE  
ROADS WILL BE PLOWED AND  
NO SNOW IN THE FORECAST.  
YOU WON'T HAVE TO WEAR  
YOUR LONG  
JOHNS...ALTHOUGH  
UNERWARE OF SOME SORT  
WILL BE APPRECIATED  
HOPE TO SEE YOU THERE....

### **Book Club News**

The meeting will be after this newsletter deadline so here is the book review:

All Boys Aren't Blue, will be in the next month's newsletter. I have finished the book and absolutely loved it. I found it enlightening because the author touched on aspects of being black and gay that I had never realized. Once the group has a meeting to discuss the aspects of the book a more detailed review will follow. I expect a very thoughtful, and lively discussion.

Next meeting is July 19<sup>th</sup> at 2:00pm in the library Or outside at Canton Woods. **The next book is Out of The Darkness by Ashley Hope Perez.**

Please join us...new comers always welcome

## July 2022 Library News

Check out our new books!

Match (H. Coben)  
Recovery Agent (J. Evanovich)  
Paris Apartment (L. Foley)  
Run, Rose, Run (Patterson/Parton)  
Maid (N. Prose)  
High Stakes (D. Steel)  
What Happened to the Bennets (L. Scottoline)  
Safe House (S. Woods)

### **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.



### **2022 FREE Summer Concert Series Paper Mill Island**

#### **Sponsored By:**

Town of Van Buren Parks & Recreation  
Town of Lysander Parks & Recreation  
Village of Baldwinsville  
Baldwinsville Public Library

July 19th The Flyin' Column  
August 2nd The Cobble Rockers

- All concerts begin at 6:30pm.
- Bring a lawn chair or blanket to the outdoor events!
- Rain decisions will be made the afternoon of each concert. The rain location for the Summer Concert Series has yet to be determined.
- There will be food, snacks, and beverages for sale at the concerts on Paper Mill Island.
- **Alcoholic beverages are not permitted on Paper Mill Island for the Tuesday evening concert series. These concerts are not affiliated with the Friday and Saturday night concerts on Paper Mill Island.**

# Canton Woods

## JULY 2022

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	
					<b>1</b> 8:30-12 Open Rec 9:30 Senior Ball Drumming Exercise Class 10:30 PEACE Brunch 1 8 Ball T'ment 1 BINGO	<b>2</b>
<b>3</b>	<b>4</b> <b>Independence Day</b>  <b>The Center is Closed</b>	<b>5</b> 8 Tai Chi 9 Yarn Crew 9:30 Canasta & Rummikub 10 Falls Class DVD 12 Dup Bridge 2 Art Group	<b>6</b> 9 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	<b>7</b> 8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class DVD 1 Pitch	<b>8</b> 8:30-12 Open Rec 9:30 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 9 Ball T'ment 1 BINGO	<b>9</b>
<b>10</b>	<b>11</b> 8:30-12 Open Rec 12 PEACE Lunch 1Wii Bowling 1 Mozaic Glass Class	<b>12</b> 8 Tai Chi 9 Yarn Crew 9:30 Canasta & Rummikub 9:45 Blood Pressure Screening 10 Falls Class DVD 11:15 Chair Yoga 12 Dup Bridge 1 Mozaic Glass Class	<b>13</b> 9 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	<b>14</b> 8 Tai Chi 9:30 Canasta & Rummikub 10 Falls Class DVD 1 Pitch <b>2 Reflections Management and Care along with Engage Therapy and Wellness</b>	<b>15</b> 8:30-12 Open Rec 9:30 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 8 Ball T'ment 1 BINGO	<b>16</b>
<b>17</b>	<b>18</b> 8:30-12 Open Rec 12 PEACE Lunch 12:30 Wii Bowling <b>2:30 Music by Jerry Cali</b>	<b>19</b> 8 Tai Chi 9 Yarn Crew 9:30 Canasta & Rummikub 10 Falls Class DVD 12 Dup Bridge 2 Book Club 2 Art Group TRIP	<b>20</b> 9 MahJong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	<b>21</b> 8 Tai Chi 9:30 Canasta & Rummikub 10 Falls Class DVD 1 Pitch	<b>22</b> 8:30-12 Open Rec 9:30Senior Ball Drumming Exercise Class <b>10:15-12 Bunco</b> 12 PEACE Lunch 1 9 Ball T'ment 1 BINGO	<b>23</b>
<b>24</b>	<b>25</b> 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling <b>10-3 Christmas in July Mini Craft Fair</b> <b>31</b> 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling	<b>26</b> 8 Tai Chi 9 Yarn Crew 9:30 Canasta & Rummikub 10 Falls Class DVD 11:15 Chair Yoga 12 Dup Bridge	<b>27</b> 9 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	<b>28</b> 8 Tai Chi 9:30 Canasta & Rummikub 10 Falls Class DVD 1 Pitch	<b>29</b> 8:30-12 Open Rec 9:30 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 8 Ball T'ment 1 BINGO	<b>30</b>

Happy  
Holidays

**CANTON WOODS  
CRAFTERS**

**CHRISTMAS IN JULY!**

**MINI CRAFT FAIR**

**JULY 25, 2022**

**FROM 11:00AM-3:00PM**

**AT CANTON WOODS SENIOR  
CENTER**

**76 CANTON ST**

**BALDWINVILLE, N.Y.**

*Travel Reflections*

Hi everyone! Summer is in full swing and so are our trips! Seneca Niagara was a go and so is Cooperstown. We need people for the Skaneateles trip and the trip to Saratoga Race track.

Please include your phone number on all checks. Food choices as well, if applicable. It's very hard for me to look up phone numbers when a check comes without a number. Thanks so much!

Until next month, take care and God Bless.

Love, *Jacki*

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

*Day Trips!*

**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.**

**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.

**SARATOGA RACE TRACK – August 18<sup>th</sup> 2022 Thursday**

Watch and wager on the horses on Thursday, August 18, 2022. Our Day Out will take us to Saratoga for a day at the races. We have reserved Grandstand seating (under a covered area). The day is free for you to enjoy.

**COST: \$95 per person** payable to "Belle Tours LLC". BUS PICK-UPS: 7:30 am @ Larkin St; 8:00 am @ Canton Woods Senior Center

Depart for home after the last race. We will make a short stop on the way up and again on the way home.

Sign up any time at the center or send to Jacki @ 132 Plymouth Drive, Syracuse, NY 13206.

**\*PLEASE ARRIVE 10 MINUTES BEFORE PICK-UP. PLEASE INCLUDE YOUR PHONE NUMBER ON ALL CHECKS.**

NEW TRIP!

**HOLLY JOLLY CHRISTMAS – December 8, 2022 Thursday**

Music is a wonderful way to celebrate the magic of Christmas. Join us for a day out to Rochester to the Shadow Lake Golf and Racquet Club where we enjoy the talented Sam De Leo. Sa will delight us with some of our favorite Christmas tunes. Before the show we will enjoy a luncheon at the club. Selections include: 1) Prime Rib; 2) Chicken French, or 3) Baked Haddock.

**COST: \$113 per person** payable to "BELLE TOURS LLC". BUS PICK-UPS: Larkin St @ 10:30 AM, Canton Woods @ 11:00 AM - Return home about 4:45 PM. SIGN UP AT THE CENTER OR SEND TO JACKI AT 132 PLYMOUTH DRIVE SYRACUSE, NY 13206. **PLEASE ARRIVE 10 MINUTES BEFORE DEPARTURE.**

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

## 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)

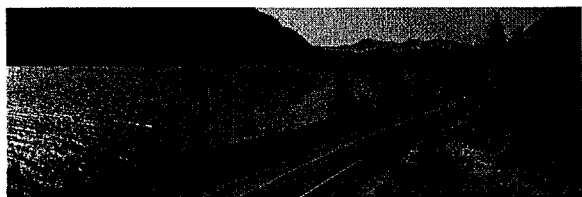
A deposit of \$800 (\$100 non-refundable) is needed to sign up. Final balance is due July 10, 2022.

## PACIFIC NORTHWEST & CALIFORNIA

w/ OPTIONAL 1-NIGHT SEATTLE PRE TOUR EXTENTION!

8 Days/ 7 Nights

September 18 - 25, 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:

**\$3,349 /per person**

(Based on double occupancy)

**\$4,149 /per person**

(Based on Single occupancy)

**\$3,319 /per person**

(Based on triple occupancy)

## DISCOVER SOUTHERN ITALY & SICILY

w/ A TWO NIGHT ROME POST TOUR EXTENSION!

October 7 - 21, 2022

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:

**\$5,079 /per person**

(Based on double occupancy)

**\$6,109 /per person**

(Based on Single occupancy)

## 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!

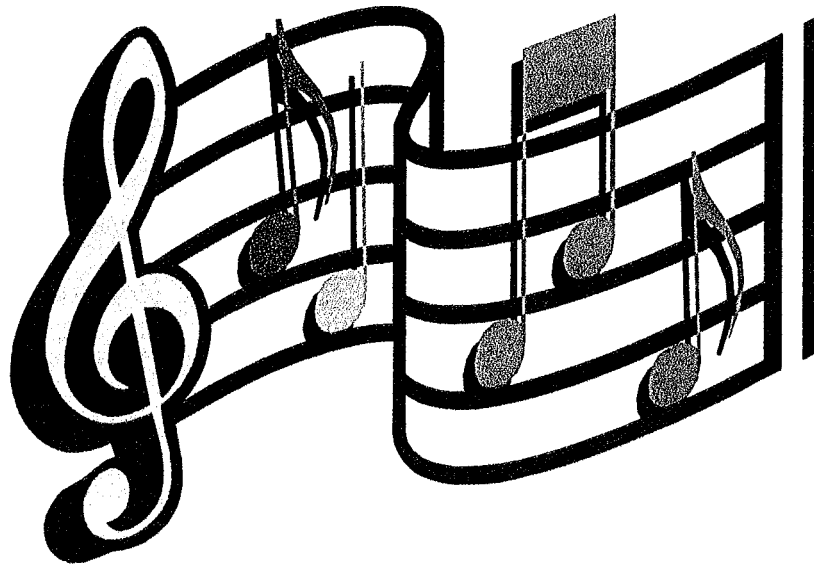
## ALASKA LAND, RAIL & CRUISE

w/ PRINCESS CRUISES ON THE MAJESTIC PRINCESS

11 Days/ 10 Nights

May 31 - June 10, 2023

SEE JACKI FOR DETAILS!



## **Summer 2022 Entertainment Series!**

**Sponsors! Barnes Memorial, Belle Tours LLC, and  
Falardeau Funeral Home, Red Mill Manor, The  
Canton Woods Board**

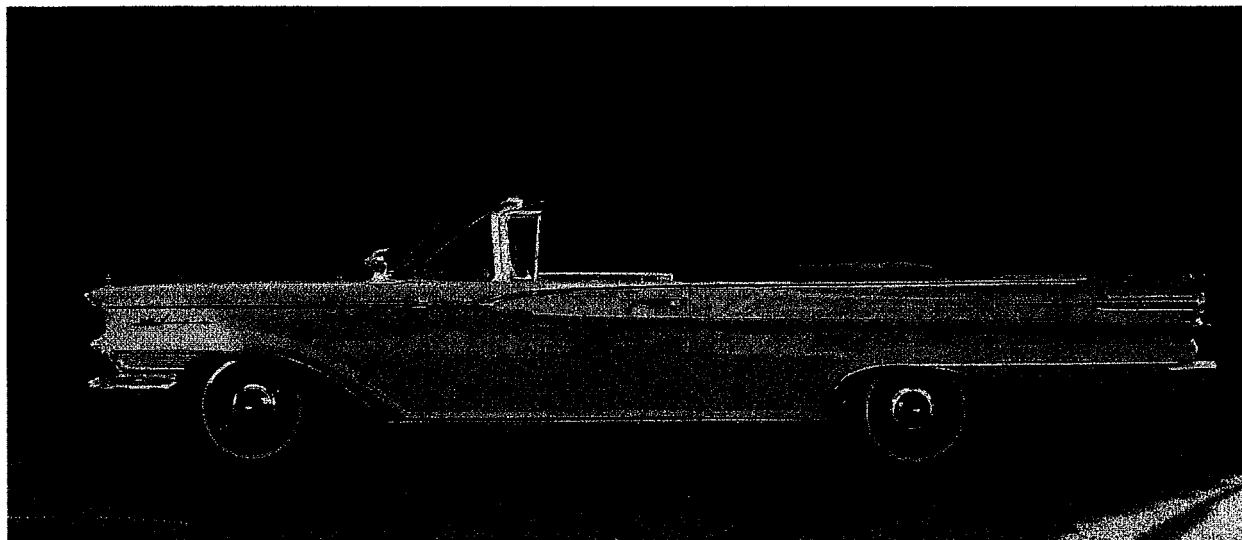
**July concert! Monday, July 18<sup>th</sup> at 2:30pm**

**Variety on Songs You Know from**

**Frank Sinatra to Johnny Cash to Current Tunes**

***Jerry Cali!!***

**Bring your chairs, sunscreen, and sun hats and enjoy! Outdoor concert !!  
(inside if inclement weather)**



## **Canton Woods 12th Annual Car Show**

**August 8th      5:00pm-7:30pm**

Canton Woods 76 Canton St.

Baldwinsville, N.Y. 13027      638-4536

The evening will include: Beautiful Cars & Trucks,  
*Tasty Summer Food to purchase*  
Prizes, Raffles, *Musical Entertainment from*  
*B'ville's own George Leija & Fun!*

Entry forms available at Canton Woods & on the Village of Baldwinsville website-- Entry fee \$10. for each car entered.

Car Show winners to be announced at 7:00pm

Categories for Car Show: Oldest entry, Fans Favorite, Senior Activity Committee's Choice

Rain Date: Monday August 15, 2022

Please come and enjoy the family event at Canton Woods!

# ***Summer Entertainment Series 2022***

## ***FREE Concerts***

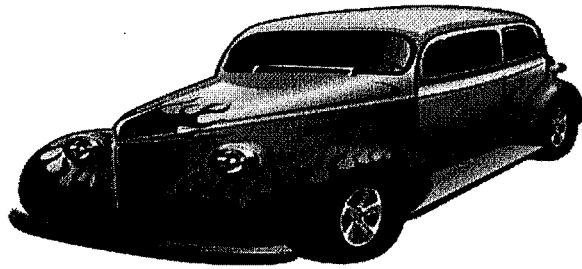
***Canton Woods Senior Center***

***76 Canton St.***

<b>July 18</b>	<b>2:30pm</b>	<b>Jerry Cali</b>
<b>August 12</b>	<b>2:30pm</b>	<b>Larry Sarafini &amp; Son</b>
<b>September 14</b>	<b>1:00pm</b>	<b>Sentimental Serenade</b>
<b>September 19</b>	<b>2:30pm</b>	<b>George Leija</b>
<b>October 31</b>	<b>11:00am</b>	<b>John Vona</b>

**Thank you to our generous sponsors!**

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



## Canton Woods 12<sup>th</sup> Annual Car Show

August 8th 5:00-7:30pm

At Canton Woods

76 Canton St. Baldwinsville, N.Y. 13027

315-638-4536

Entry Form:

Name:

Address:

Phone:

Cell:

E-mail:

Vehicle Make:

Vehicle Model:

Vehicle Year:

Vehicle Name:

Entry Fee: \_\_\$10.00 per entry

The evening will include Food For Sale, Entertainment,  
Prizes and Raffles!

Car Show winners announced at approximately 7:00pm  
Categories for Car Show: Oldest Entry, Fans Favorite, &  
Senior Activity Committee's Choice.

**Rain Date: Monday August 15, 2022**

No Alcoholic Beverages on Canton Woods Property.

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

# GOLF TOURNAMENT

## TO BENEFIT CANTON WOODS SENIOR CENTER

September 12 @ 10:00 am

Captain and Crew

Hickory Hills Golf Course-RT 31

**\$50.00 PER PERSON INCLUDES:**

- 18 Holes and Cart and Hot Dog at the turn

-Picnic lunch following includes: Hotdog, Hamburger, Sausage, Corn on the Cob (if available) or Chefs choice of Vegetables, Pasta Salad, Cookies, Brownies, Iced Tea, Lemonade and Water

### **MORE FUN ACTIVITIES THROUGHOUT THE DAY:**

**\*\*50/50 RAFFLE**

**\*\*LONGEST DRIVE**

**\*\*CLOSEST TO THE PIN**

**\*\*SURPRISE GAMES THROUGHOUT THE DAY!!**

---

PLAYER #1 \_\_\_\_\_

PLAYER #2 \_\_\_\_\_

PLAYER #3 \_\_\_\_\_

PLAYER #4 \_\_\_\_\_

TOTAL: \_\_\_\_\_

HOLE SPONSOR NAME: \_\_\_\_\_ \$50.00 COST

SPONSORS NAME: \_\_\_\_\_

**Make checks payable to Canton Woods Senior Center, 76 Canton st B'ville 13027**

# July '22

PEACE, INC. - FSD	
MONDAY	
4	Agency Closed Independence Day
11	Glazed Home-Style Meatloaf O'Brien Scalloped Potatoes Francis Blend Vegetables Mandarin Oranges
18	Meat Sauce Marinara Over Bowtie Pasta Romaine Salad with Mandarin Oranges served with Poppy Seed Dressing Fresh Baked Lemon Cookie
26	Mushroom Swiss Burger Seasoned Potato Cubes Coleslaw with Raisins Fresh Apple

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

SENIOR NUTRITION	
WEDNESDAY	
6	Tuna Salad with Chopped Egg Served on Kaiser with Shredded Lettuce Cream of Cheddar Potato Soup Fresh Watermelon
13	Sliced Roast Beef with Lettuce and Red Onion on a Whole Wheat Kaiser Tomato Cucumber Salad with Tortellini Vanilla Pudding
20	Ham Served on Whole Wheat Kaiser Topped with Spinach, and Pineapple Mayo Greek Vegetable and Pasta Salad Fresh Orange
27	Shaved Corned Beef Sandwich on Rye Bread with 1,000 Islands Dressing Marinated Beets Fresh Fruit

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

OFFICE FOR AGING & YOUTH	
FRIDAY	
	Brunch 10:30am
	Broccoli Quiche Fruit Salad Vanilla Yogurt Orange Juice Whole Wheat Dinner Roll
8	Sliced Turkey and Spinach on Whole Wheat Kaiser Served with Roasted Red Pepper Spread Potato Medley California Blend Vegetables Tapioca Pudding
15	Open Hot Roast Beef and Gravy Sandwich Oven Roasted Brussels Sprouts Fruit cocktail
22	Grilled Marinated Chicken Breast Sandwich on a Whole Wheat Kaiser Shredded Lettuce, Tomatoes and Ranch Dressing Spring Vegetable Soup Fruit and Yogurt Parfait
29	Haddock Sandwich Whole Wheat Bun Vegetable Pasta Salad Fruited Jell-O with Whipped Topping

Suggested Contribution:

\$3.50

Guest Meal:

\$7.00



# ***Walk for the Woods 2022!***

## **Canton Woods Senior Center**

Celebrating National Senior Center Month

### ***Walk for the Woods 2022!***

#### ***In Person Walk***

***Saturday September 17th at 9:00am!***

***Rain or Shine***

All proceeds benefit Canton Woods Senior Center

#### **Registration Form**

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

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

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

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

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

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

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

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

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

Canton Woods Senior Center 76 Canton St., Baldwinsville 13027

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

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