

Canton Woods Newsletter

September 2022

National Senior Center Month!

Strengthening Community Connections

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 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.

Director's Note: Canton Woods Car Show 2022, an event to be remembered! Forty gorgeous cars and their proud owners pulled onto the center grounds and provided a fantastic show. Then the skies opened up and we had more of a boat show! Thank you to the car owners and our neighbors who weathered the storm with us. We appreciate the tremendous support of our community!

The Fan Favorite: 1937 Chevy Pickup Truck, Owner John Hudson
CW Senior Activity Committee Choice: 1937 Olds 2door sedan
Owner James Hahn
Oldest Vehicle Entered in the Show 1923 Ford T-Bucket, Owner Ken Monica.

Congratulations to the award winners!

Thank you to The Rotary Club of Baldwinsville for a wonderful Summer Senior Picnic!

September is National Senior Center Month!

The 2022 theme is Strengthening Community Connections. Canton Woods is fortunate to be part of a community which fosters strong connections. The center is the point of entry for seniors to access so many valuable community resources. Visit today and learn more about Canton Woods and the Baldwinsville Community!

September is time for Canton Woods Golf Tournament September 12 at Hickory Hill Golf Course. Look for the registration in this newsletter. Spend a day on the course to benefit your senior center.

Walk for the Woods 2022! Be a part of this annual event The Walk is Saturday September 17th at 9:00am (rain or shine) starting at Canton Woods. ***Walk for the Woods 2022!*** Help support your senior center! Registration forms in this newsletter & on the Village of Baldwinsville website www.baldwinsville.org or by calling the center (315) 638-4536. ***Walk for the Woods 2022*** is sponsored by

Michel Tax Services, McHarrie Life and Overhead Door!
See you at ***Walk for the Woods 2022!***

September is also time to start thinking about your annual flu shot! **Flu Shot Clinics at Canton Woods, sponsored by Rite Aid.** Monday September 19 and Friday, October 14th 9:00am-12:00pm. Please bring your insurance information. This will be an inside clinic. Covid booster and shingles immunization will also be available. Take time to take care of your health.

Many of our fitness programs return in September. This is a great time to add some exercise to your day. Look at the many options and decide which is best for you!

Welcome Fall!

Ruth

Assistant Director:

Happy Fall everyone! My favorite time of year!! Please get out and enjoy the cooler weather, the beautiful fall colors, just the beauty of nature!! Mah Jong has been moved to Monday mornings at 10:00am. Please come and play, I understand you need a new "card" for this year. Thanks for all your input. Happy Labor Day and enjoy Grandparent's Day!

Joanie

MOW:

Hello Everyone,
Our fall is almost here, summer flew by!
We are still accepting vegetable donations.
If anyone needs us for any reason at, please call us.

Stop by and say Hi, to Jessica our new cook.

Happy Labor Day!

And Happy Grandparents Day!

Donna & Jessica **315-638-2171**

Neighborhood Advisor / Outreach

Summer is winding down. The children are back in school, the fair is over, and it is time to get out our warmer clothes as we look forward to the beautiful changing colors of fall along with apples, pumpkins and cider.

I will be attending the First United Methodist Church "Fall Fete" on September 24th from 10:00 to 2:00. I hope to see some of you there.

Another fall treat is the abundance of fresh produce available. We have fresh vegetables from our Canton Woods garden available at the center for a donation and our produce boxes of a half bushel of whatever is in season for a cost of \$16 payable at the time you place your order. This program runs through October.

You are also probably anticipating the increase in your utility bills. I do not anticipate the HEAP program applications to begin until mid-November but will keep you posted as I learn more details.

Mark your calendars!! Canton Woods again plans to offer you the opportunity to update your immunizations at clinics held here on Monday September 19th from 9-12 and Friday October 14th from 9-12. We will be offering Flu, Covid and Shingles shots.

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.

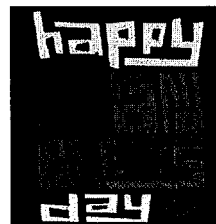
The B'ville Express has an URGENT NEED for volunteer drivers. Many of our senior friends in Baldwinsville lack transportation and are unable to access services that they desperately need. The B'ville Express helps our senior friends with transportation to doctors' appointments, the bank, pharmacy and 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.

Gina Carroll

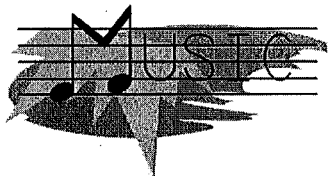
Transportation Coordinator/

B'ville Express



Canton Woods Garden

Thank you to Bert Mead for taking the lead on the center's garden. Great job! Thank you to the few volunteers who helped water the garden from time to time and helped pick the produce when it is ready. Folks truly enjoy the fresh produce. Canton Woods Garden is supported by Onondaga County Healthy Schools and Communities.



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 Favorites from
Sentimental Serenade returns to
Canton Woods! They will bring a
program of***

Patriotic Tunes to our Gazebo
Wednesday September 14 at 1:00pm
And

***George Leija
Baldwinsville's Favorite***
Monday September 19th at 2:30pm
See flyer in this newsletter!

Come see **John Vona** on
Halloween!! (indoor concert)
Sign-up for lunch and enjoy the
show!!

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

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

**We have a list of all the winners from the
Car Show at the Center! Stop by to
check it out!**

**AAA DEFENSIVE DRIVER COURSE
AT CW!! The next class is
Wednesday September 28th
9:00am- 3:30pm. Cost is \$29.00 per
person.
Next class October 19th, 2022.
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. Next class is Wednesday, September 28. **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: **Chuck Gay, Debbie Gay, Ernie Hamm, Ginnie Pickard, Dorothy Sonnenberg.**

Sympathy cards were sent to the families of **Peg Dahlin, and Charlie Schubert**

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.

September Birthdays

- 1 Terry Pelose
- 5 Claudia Mathis
- 7 Jean Barlow
- 9 Fred Elkins, Lee Evans
- 12 Masue Bernholtz
- 16 Liz Mastracco, Edwin Baker
- 17 Kathy Hogan
- 20 Mary Hendel
- 23 Shirley Johnston
- 28 Mary DeLawyer
- 29 Bev Derosier



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

Ice Cream

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

Food Bank of CNY

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

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

**Call the center to request the
September Package List.**

Cost: \$20.50

**The order deadline is Friday, September
9th by 3:30pm.**

**The pick- up date is Wednesday,
September 21st from 11:30am-12:30pm**

Produce Box Program from Creating Healthy Schools and Communities

You can purchase a half bushel box of
fresh produce from Emmi's Farms for
just \$16.00. You must pre order and pre-
pay (Cash or Farmers Market Coupons).
**The order deadlines for the rest of the
season are September 2, September 19,**

and October 3.

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, September 13th** Call
the center to make an appointment
(315) 638-4536. (11:30-3:00pm)
Please tell the receptionist if you are
a returning client. 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.** Tech support is back!
Wednesday, September 7th at
2:00pm. Call the center 315-638-
4536 to make a reservation.

Notes from Canton Woods Activity Committee: September 2022

August went too fast—and we are now
into September. Come join us for George
Leija on Monday, September 19th and
Sentimental Serenade on September 14th.
Good news!!! We now have 16 Wii
Bowlers—and there is room for more!
Canton Woods are having our Golf
Tourney on September 12th! Pitch is really
taking off we now have anywhere from 8-
9 tables a week—and we can do more---.
Please consider joining these groups or
any of our other fun games and activities.
See ya in October. *Kathy Hogan*

Tournaments in June

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

8 Ball

7/1

1st place: Dave Au & Nick Peluso

2nd place: Della Falter & Paul
Dreher-Weiberg

7/15

1st Place: Frank O'Donnell & Jack
Schmidel

2nd Place: Nick Peluso & Joan
Ferstler

7/29

1st Place: Nunzio Lipari & Dave
Hardy

2nd Place: Dave Au & Joan Ferstler

9 Ball

7/8

1st place: Nick Peluso

2nd place: Dave Hardy

7/23

1st place: Dave Au

2nd place: Nick Peluso

Wii Bowling

7/11

1st place: Kathy Hogan & Dave
Hardy

2nd place: Gloria Saccone & Barb
DiSanto

7/18

1st place: Kathy Heintz & Tom
Spagnola

2nd place: Barb DiSanto & Cathy
Spagnola

7/25

1st place: Kathy Hogan & Dave
Hardy

2nd place: Kathy McLaggan & 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 at Canton Woods!

Friday, September 23rd

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 (This is a new day & time) Monday mornings at 10:00am!

Blood Pressure Screening:

On Tuesday, September 13th,
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. Look at calendar
for dates, Cathy is back September, 13th.

Senior Cardio Ball Drumming



Facilitated by Arlette, Fridays at
9:30am.

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!** Julie is returning on
September 6th!

Kripalu "Chair Optional" Yoga

lead by Yvonne Martin Certified

Kripalu Yoga Teacher:

Classes held Tuesday mornings at 11:10am.

The first class of this session is Tuesday
September 20th.

Donation to the instructor. Look at the
flyer inside this newsletter for future more
dates and details.

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
September 6th and Tuesday September 20th
at 2pm.

Card Making

Cardmaking Workshop!

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. Check calendar or call the center for
dates.

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! Check calendar for time change for September.

Crafty Corner

Yarn Crew

NEW PROGRAM STARTING IN SEPTEMBER OPEN NEEDLEWORKERS

As most of you who read this newsletter know, I am the facilitator of the Yarn Crew. This group knits, crochets and sews items for Charity. I am in charge of delivery, organizing the donations we get from the community and trying to get them in an orderly fashion in the storeroom (and it ain't easy folks!) finding patterns, filing the patterns we have, teaching a few different things, and getting the craft fairs underway. The thing I don't like is that I would love to be able to sit down with my members and actually knit, crochet or use the sewing machine. At this point I cannot do that, and I would dearly love to be able to sit and work on projects either of my own or for charity. So, I am taking the initiative, after asking Ruth, to create a new group.

Beginning in September a time and place has been reserved for anyone who would like to do what I am

calling OPEN NEEDLEWORKERS.

Anyone who is a senior can bring their own knitting, crochet work, sewing, needlepoint, embroidery...WHATEVER...and sit for the whole time or part time and work on your own projects. There is no teacher or leader... although we can certainly help each other. Come and go as you please ... this is primarily a social group... an excuse for you to get out of the house...I need to have a designated time to work on projects and I bet I am not the only one.

Beginning September 19th, OPEN NEEDLEWORKERS WILL MEET ON every Monday from 1:00-4:00pm ...come anytime during those three hours and enjoy meeting new people and working on your own projects.

Edwina Hay

Canton Creations

On Tuesday, September 20th, Canton Creations craft will be *Kumihimo*, Japanese braiding. More information on the display at the center. Please call to reserve your spot. 315-638-4536.

Book Club News

The members who read The Change loved it. It was action packed with three very different women who converge to solve a mystery. The characters were individually unique, and something was always happening to keep the reader entertained. And the ending was a shocker!!!

Next meeting is September 20th at 2:00pm in the library Or outside at Canton Woods. **The next book is The Spanish Daughter by Lorena Hughes.**

September 2022 Library News Check out these books!

6:20 Man (D. Balducci)

Sparring Partners (J. Grisholm)

Hotel Nantucket (E. Hildabrand)

Best is Yet to Come (D.

MacComber)

Escape (J. Patterson)

James Patterson (J. Patterson)

Shattered (J. Patterson)

Suspects (D. Steel)

Bottle & Can Drive

McBride's Bottle Return

Your nickels will add up to help your Center.

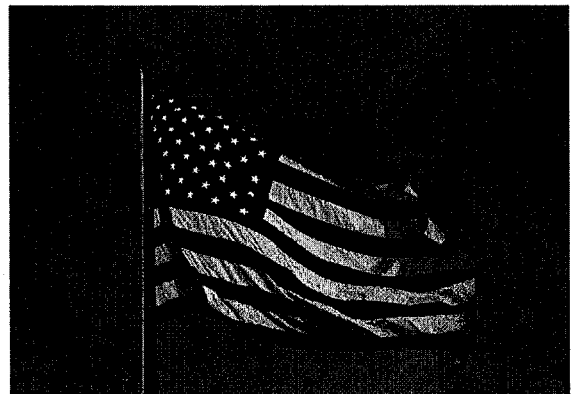
There are now two ways to contribute! The Canton Woods Board, and Senior Activity Committee have an ongoing bottle and can collection program. Any bottles or cans placed in the bottle and can collection boxes at the center are returned for the deposit. The funds benefit you through your Senior Activity 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.



Solving a mystery

Do you like to look at things and try to figure out why they work...or don't work. Can you analyze situations? If you can, then I need your input. Book Club meets on Tuesdays at 2 pm in the library at Canton Woods.

Since the pandemic our numbers have dwindled, but I don't know why. It would be very helpful to have former members and maybe future members give me some clues as to how we can make it a more active group. Books have been selected all different ways,,,suggestions, consensus, advertisements, public library lists and recently we decided to ready some books that have been suggested for censorship because we wanted to see what all the hoopla is about.

If the time is not good, especially during the summer, I can change it. I am open to suggestions and gentle (I am very delicate...ha) criticism. If you have any suggestions would you please be willing to fill out the little form below and let me in how to solve THE MYSTERY OF THE DWINDLING BOOKWORMS...(sounds like a NANCY DREW).

Name.....

We meet at 2pm the third Tuesday of the month....if that time is not good and you would like to join us what times would work?

Are you willing to read books out of your comfort zone?

Do you have a favorite book? What was the title?

What authors do you like?

Do you prefer fiction or non-fiction?

Canton Woods

September 2022

Monday		Tuesday		Wednesday		Thursday		Friday	
						8 Tai Chi 9:30 Canasta & Rummikub 10 Falls Class DVD 1 Pitch	1	8:30-12 Open Rec 9:30 Senior Ball Drumming Exercise Class 12 NO PEACE Lunch 1 9 Ball T'ment 1 BINGO	2 3
4	5 Labor day The Center is Closed	8 Tai Chi 9 Yarn Crew 9:30 Canasta & Rummikub 10 Falls Class 12 Dup Bridge 2 Art Group	6	10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program 2 Tech Support	7	8 Tai Chi 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch	8	8:30-12 Open Rec 9:30 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 8 Ball T'ment 1 BINGO	9 10
1 1	12 12 PEACE Lunch 1st Annual Golf Tournament	8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 9:30 Canasta & Rummikub 9:45 BP Screening 10 Falls Class DVD 12 Dup Bridge	13	10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 Sentimental Serenade Patriotic Tunes 2-3 Sharing Memories Writing Program	14	8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class DVD 1 Pitch	15	8:30-12 Open Rec 9:30 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 9 Ball T'ment 1 BINGO	16 17 W a l k
1 8	8:30-12 Open Rec 9-12 Vaccine Shot Clinic 10 Mah Jong 12 PEACE Lunch 12:30 Wii Bowling 2:30 Music by B'ville's George Leija 1-4 Open Needleworkers	8 Tai Chi 9:15 CW Exercise 9 Yarn Crew 9:30 Canasta & Rummikub 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Book Club 2 Art Group 4-5:30 Canton Creations	20	10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	21	8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch	22	8:30-12 Open Rec 9:30 Senior Ball Drumming Exercise Class 10:15-12 Bunco 12 PEACE Lunch 1 8 Ball T'ment 1 BINGO	23 24
2 5	8:30-12 Open Rec 10 Mah Jong 12 PEACE Lunch 1 Wii Bowling 1-4 Open Needleworkers	8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge	27	9-3:30 AAA Defensive Driving Class 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	28	8 Tia Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch	29	8:30-12 Open Rec 9:30 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 9 Ball T'ment 1 BINGO Calendar Subject to Change	30



Music Events

Summer Entertainment Series 2022

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

Wednesday, September 14th at 1:00pm

Sentimental Serenade Patriotic Tunes

Monday, September 19th at 2:30

Baldwinsville's George Leija



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: _____

Make checks payable to Canton Woods Senior Center

76 Canton St. Baldwinsville NY 13027

Thank you!

Travel Reflections

Hi everyone! We had a wonderful time in Cooperstown. It was a beautiful, sunny day for a boat ride. We had to cancel the Skaneateles and Saratoga trips for August. Please sign up for trips early. I will not cash your checks until I know the trip is a go. If I know I have names and money ahead of time, I will not have to cancel. The only Day Trip scheduled for the rest of the year is Holly Jolly Christmas on December 8th. We still need more people for Lancaster. I will have to cancel by late September if I do not get 12 more people.

We have a busy fall for travel. September 12th - 16th we go to Maine and September 18th - 25th we are off to the Pacific Northwest. Lastly, it's off to Sicily/Rome on October 7th - 21st. I hope to have some new trips posted in the next newsletter.

Until next month, take care and God Bless.

Love, *Jacki*

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

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.**

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.

EXCITING NEW TRIPS FOR 2023!

MACKINAW ISLAND (JUNE) | CAPE COD (SEPTEMBER) | BRANSON, MO (OCTOBER)

DETAILS WILL BE IN THE OCTOBER NEWSLETTER! ☺

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



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!

CANTON WOODS

Chair Yoga with Yvonne



Instructor: Yvonne Martin, RYT 500
Certified Kripalu Yoga Teacher
Owner: YLMYoga, LLC
e-mail: martins@twcnny.rr.com
cell: 315-484-9183

FALL 2022

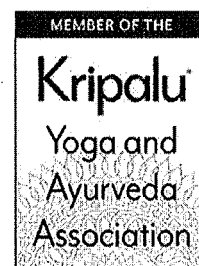
TUESDAYS: September 20 - November 15

45 minute classes: 11:10am-11:55am

Cost: OPTIONAL & CONFIDENTIAL

This is a drop-in class - any questions, call the front desk (315-638-4536)

- ॐ A gentle, fun practice that encourages mindfulness and compassionate self-awareness.
- ॐ Need to move more? Looking for relief from daily aches and pains? Yoga may be the answer. Yvonne will guide you through breathing exercises to de-stress; slow stretches to improve range of motion; postures to help make your body strong and balanced; and meditation techniques to relax the mind and sharpen mental focus.
- ॐ New to Yoga? Come give it a try.
Absolutely no experience necessary.
Everyone welcome!



September '22

FACE, INC. - FSD

MONDAY

SENIOR NUTRITION
WEDNESDAY

OFFICE FOR AGING & YOUTH
FRIDAY

Labor Day
Agency Closed

5

7

9

Sliced Turkey and Spinach on Whole Wheat Kaiser
Served with Roasted Red Pepper Spread

Potato Medley
California Blend Vegetables
Tapioca Pudding

Tuna Salad with Chopped Egg Served
on Kaiser with Shredded Lettuce
Cream of Cheddar Potato Soup
Fresh Watermelon

Agency Closed

12

14

16

Gold Sauce Glazed Chicken Quarter
Hinderwade's Creamer Potatoes
Summer Squash and Red Bell Peppers
Strawberry Ice Cream

Chicken and Cheese Sandwich
with Peppers and Onions
Seasoned Potato Wedges
Steamed Brussel Sprouts
Tropical Fruit Salad

Shaved Corned Beef Sandwich on Rye Bread
with 1,000 Islands Dressing
Marinated Beets
Fresh Fruit

19

21

23

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

Ham Served on Whole Wheat Kaiser
Topped with Spinach, and Pineapple Mayo
Greek Vegetable and Pasta Salad
Fresh Orange

Garden Vegetable Lasagna
Fresh Spinach Salad
with Raspberry Vinaigrette
Chocolate Chip Cookie
Fresh Baked Whole Wheat Roll

26

28

30

Gianelli Sweet Italian Sausage
Sandwich with Peppers and Onions
Italian Blended Vegetables
Mandarin Oranges

Sliced Roast Beef with Lettuce and Red Onion
on a Whole Wheat Kaiser
Tomato Cucumber Salad with Tortellini
Vanilla Pudding

Salt City Fried Chicken
Seasoned Red Skin Potato Wedges
Creamy Broccoli Salad
Tropical Fruit

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

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

Suggested Contribution:
\$3.50

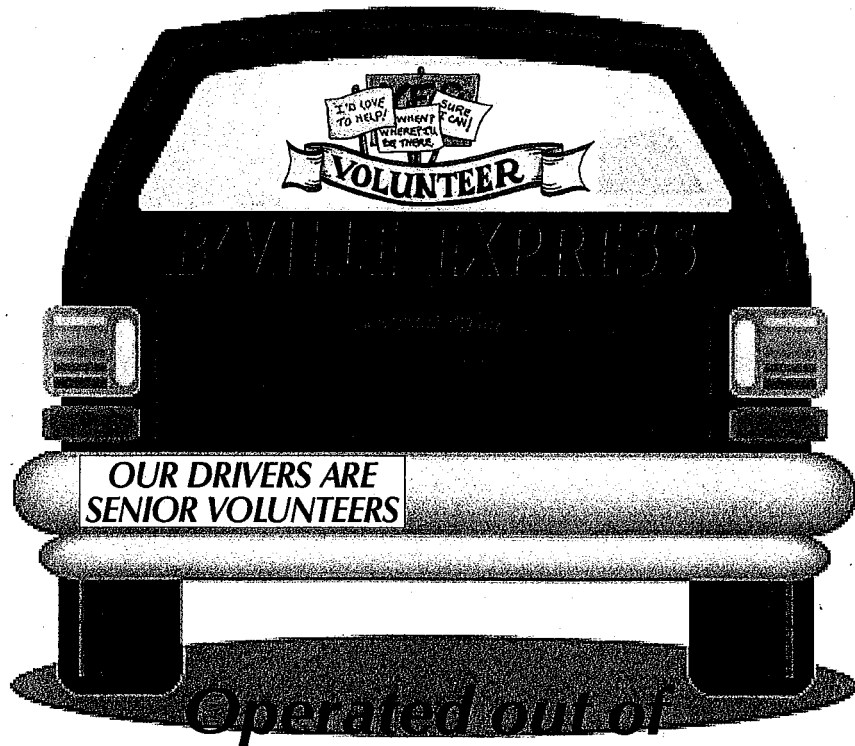
Guest Meals
\$7.00

WANTED

VOLUNTEER DRIVERS for

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AGE 60+ FOR ESSENTIAL SERVICES**



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**Canton Woods Senior Center
76 Canton Street
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(315) 638-4536