

Canton Woods Newsletter

January 2023

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.

FREE COVID TEST KITS

Are again available on

<https://www.covid.gov/tests>

Each household is eligible for 4 tests.

Weather Related Closings

1. **Canton Woods is closed** when the Village of Baldwinsville is closed (use your best judgment regarding your safety).
2. There is **NO PEACE Lunch** when the Syracuse City Schools are closed.
3. **Meals on Wheels is closed** if the Baldwinsville and/or Liverpool schools are closed.
4. **B'ville Express** will not pick up riders if the Baldwinsville Schools are closed. It is the rider's responsibility to cancel any appointments for that day

Director's Note: I hope you all had a wonderful Holiday Season! Heartfelt thanks to all who remembered Canton Woods in their year-end charitable giving. We appreciate your gifts, which support our mission and allow us to offer special programs throughout the year.

I would also like to thank the Canton Woods Board and Senior Activity Committee for all the work they do for the Center, and the many hours they contribute. Canton Woods had a very busy and rewarding 2022. Now 2023 has arrived with a promise of new experiences. Happy New Year to everyone!

The New Year offers a perfect time to try something new and make healthier choices. Canton Woods offers several fitness programs. Find the one that is right for you and start moving. If you have never visited the Center, now is the time to stop in and spend some time at a dynamic center, you are sure to find programs that you will enjoy.

January means it is time to renew your newsletter subscription. If you live outside the Towns of Lysander and Van Buren it is also time to pay your non-resident user fee (\$25.00). Please be sure to use your swipe card when you visit Canton Woods.



I recently had the opportunity to visit the National Civil Rights Museum at the Lorraine Motel in Memphis, Tennessee.

If your travels take you to the area, I encourage you to visit the museum. It was truly a moving experience.

Happy New Year!
Ruth

2023 Newsletter Renewal Time

We are now taking renewals for the 2023 newsletter. If you live in the Towns of Lysander or Van Buren, your cost is \$4.00 for mail delivery. All others who wish to have the newsletter delivered to your home the cost is \$5.00. Please fill out the form and mail it with your payment to the Center or stop by and drop it off. Make Checks payable to Canton Woods Senior Center. Please pay promptly to avoid interruption in your newsletter service. NOTE: Please make a note on your calendar when you pay for your newsletter, to remind yourself that the 2023 subscription is paid.

ALSO: if you live outside of the Towns of Lysander or Van Buren, your \$25.00 annual user fee is due by January 1, 2023. The fee does NOT include the newsletter subscription. Non-residents also need to pay \$5.00 for your newsletter subscription. To have your newsletter e-mailed to you please submit your e-mail address to Ruth Troy.

Name _____

Address _____

Phone _____

Residency

Town of Lysander _____

Town of Van Buren _____

Village of Baldwinsville Yes or No

Assistant Director:

January is here!!! A new year full of fun and excitement is just around the corner. If you haven't renewed your subscription to the newsletter, please do so. Only those who have paid for 2023 will get their newsletter in February. Thank you to everyone who has renewed so far. It would be nice if Cribbage took off in 2023. We had one person interested in December, we need at least 2 participants, more would be great. Any interest in Dominoes, UNO, Scrabble, or Skip-Bo out there???? Please let me know.

Joanie

Line dancing starting in January!

Monday, January 23rd 1:30-2:30pm.
Cost \$3.00 per class payable to the instructor. Please join us for new dance moves, exercise, and most important FUN!

MOW:

HAPPY NEW YEAR TO EVERYONE,
We hope you all had a great holiday and new year. We hope this year brings better health for all! We have new menus with some great food. Stop by and see what Jessica is cooking.

Please continue to look for details about our may mother's day tea.

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

January 2023 Neighborhood Advisor/Outreach Worker Newsletter Report

I hope everyone had a wonderful holiday!! I am still doing HEAP applications and have information for other programs available if your HEAP award is not

enough to get through the winter. There is also a National Grid Senior advocate we can contact if necessary.

January is National Hobby Month. Winter is a good time to start a new hobby or get back into one you haven't done in a while. There are many health benefits to a hobby. If it is a hobby that involve exercise like running, yoga, or gardening you are more active. If it is an activity that is done in a group such as travel or volunteering it provides you with socialization, which after Covid quarantine we all know is important for our happiness and mental health.

I also want to mention that winter weather can be unpredictable, so when venturing out make sure you are dressed warmly and have nonslip footwear on. If you are driving be sure you have your car prepared as well. Keep some nonperishable snacks, a bottle or two of water, an extra blanket, no less than half a tank of gas and plenty of washer fluid in case you have an unexpected issue. Oh, and if you have a cell phone keep it charged.

Take care. *Nancy Sullivan*

National Grid Senior Advocate,

Mary Beth Basha, will be at Canton Woods Wednesday, January 18th from 12:30-2:00pm to answer any questions or issues you may have. Just stop in to see her.

B'ville Express Newsletter

Happy New Year! I hope you all had a Happy Holiday and are starting the new year off with a **BANG!** While celebrating the beginning of a new year, *Old Man Winter* snuck in reminding us the treacherous weather and dangerous driving conditions have just begun. Concern for the

safety of our seniors is paramount, therefore the B'ville Express is closed when the Baldwinsville School District closes due to weather conditions. When there is a 1 or 2 hour delay in the B'ville School District, all morning rides will be cancelled and the B'ville Express will not open until noon on this day. If school remains open during inclement weather, our volunteer drivers reserve the right to cancel any scheduled rides if they are concerned with safely transporting our seniors. The center and the B'ville Express will be closed January 16, 2023 in observance of Martin Luther King Jr. day.

Thank you to ALL of the B'ville Express volunteer drivers for taking the time to ensure our senior neighbors have transportation to essential services.

The B'ville Express Volunteer Drivers provided 883 rides in 2023 to the seniors of Baldwinsville, volunteering almost 2,700 hours of their own time!

Our volunteer drivers not only donate their time, they also use their own vehicles and gas.

We welcome your donation to help offset the cost of gas to our volunteer drivers. All donations received are used to purchase gas gift cards which are given to our drivers.

If you would like to help our drivers continue to transport our senior friends, please donate to the CW B'ville Express.

B'VILLE EXPRESS

Make checks to
CW B'ville Express
Mail to:
CWSC, B'ville Express
76 Canton St.
Baldwinsville, NY 13027

Wishing you all a Merry Christmas and Happy Holidays!

Gina Carroll
Transportation Coordinator/
B'ville Express

AAA Defensive Driving course (returning in 2023) 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, February 15, 2023. **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.

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: Larry Wood

Sympathy Cards were sent to:

The family of Lucille Czajkowski and to Joe Saraceni for the loss of his father.

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

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.

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 continuing to add to our birthday list so please call or e-mail your birthday month and day.
jferstler@baldwinsville.org
(315) 638-4536.

January Birthdays

1/1 Nunzio Lipari
1/3 Mary Ann Deming
1/6 Trish Spaulding
1/7 Richard Clarke
1/17 Nancy Sullivan, Barbara DeSanto
1/18 Nancy Van Maarseveen
1/28 Jean Howard, Millie Flett
1/30 Jackie Armelino
1/31 Charles Scrimali



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

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
January Package List.**

Cost: \$20.50

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

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

**Smartphone, iPad, Tablet or
Laptop Computer Assistance
offered by Nadine Kerr, B'ville
Family & Consumer Science
Teacher.** Call the center 315-638-
4536 to make a reservation.

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, January 17.**

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.

Never too late for piano lessons!

If you have always dreamed of learning to
play the piano or it been a while since
you've played, this is for you.

Geoff Clough is a teacher who has taught at
other senior centers will schedule a free
informational meeting in January.

Please call the center to let us know you are
interested.

December Winners:

Tree Lighting Party raffle winners: Mae
Slaunwhite, Don Varn, & Janet Wojnovich

**Notes from Canton Woods
Activity Committee:**

Hi All: Happy New Year

I hope you all had a great Christmas. Our Christmas tree lighting was on December 2nd, music, cookies, ice cream and punch. Great way to start the holidays!!!

Our activities are picking up again; come join us for a fun time.

Kathy Hogan

Tournaments in November

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

9 Ball

1/18

1st place: Micky Bisha

2nd place: Dave Au

8 Ball T'ment

11/4

1st place: Nick Peluso & Frank O'Donnell

2nd place: Micky Bisha & Della Falter

Wii Bowling

11/7

1st place: Kathy Hogan & Gloria Saccone

2nd place: Sue Stapleton & Louise Barrone

11/14

1st place: Cathy Spagnola & Barb DiSanto

2nd place: Bob Hahn & Gloria Saccone

11/21

1st place: Kathy Hogan & Cathy Spagnola

2nd place: Tom Spagnola & Ed Barlow

11/28

1st place: Gloria Saccone & Bill Mills

2nd place: Kathy Heintz & Deborah McGavin

Bunco at Canton Woods!

Friday, January 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. Plan to come in and enjoy a few laughs while playing this lively game.**

BINGO!!! Come join the fun!

BINGO! Wednesdays and Fridays at 1pm.

Pitch is 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 our big screen tv's!!!

Duplicate Bridge Tuesday at 12:00pm

Party Bridge Wednesday at 12:15pm

Mah Jong Monday mornings at 10:00am!

Blood Pressure Screening:

On Tuesday, January 10th.
from 9:30am – 11:00 am.

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

CW Aerobics Exercise Class is back! Join Cathy for this cardio workout to your favorite music

Aerobics work out designed for seniors on Tuesday and Thursday at 9:15am. Charges payable to the instructor. Get moving to upbeat music for a fun work out. **Calling all Past Exercise participants, We need you Back!!! Pease Return to the Class!!!**

Senior Cardio Ball Drumming



Facilitated by Arlette,
Fridays at 9:15am.

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!** This class is taught by retired physical therapist Julie Hall. Work on your core, and balance. You will feel the benefit in your daily activities.

Kripalu “Chair Optional” Yoga lead by Yvonne Martin Certified Kripalu Yoga Teacher:

Classes held Tuesday mornings at 11:15am

See attached flyer. 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 January 3, & Tuesday January 17th 2023 at 2pm. Art Studio on the other Tuesdays of the month at 2:00pm.

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!

Yarn Crew

YOU DID IT! The people of the Baldwinsville Community and beyond made our YARN CREW Craft Show the best ever. Your support ensures the programs offered by Canton Woods Senior Center will continue. There are not enough words to express our appreciation. Amazing!

Now we are planning for next year... and for possibly another summer sale like we did this year. We are already planning new items and visiting new ideas for the future.

We can keep the price low because of YOUR donations... so what can we use?

Yarn ... for all those hats, slippers, scarves, and mittens.

Nylon netting... so we can make scrubbies for the pots and pans

Tulle... for making body scrubbies

Fabric Yardage ... for aprons, potholders, bowl cozies, hot pads

New kitchen towels... to make those crocheted topped towels to hang on the stove

And sew on VELCRO

That's just off the top of my head...

Again, we are so happy and appreciative.

At this point Edwina is taking a little break in Florida and hopes to come back with a whole bunch of ideas for the craft group. We are doing some adjusting to the day and time we meet to easier facilitate the early darkness and the time we can have to complete a project...stay tuned. I love this group and will absolutely pick up in April.

Edwina Hay

We Need You

If you can knit, sew, crochet, or do any type of needlework, Canton Woods Senior Center invites you to join the Yarn Crew. You can be a remote member or decide to come every week. A membership drive is this January. Remote members are more comfortable staying at home or find getting to the center difficult. They create their magic and occasionally bring it into the center. In-house members meet every Tuesday 9:00am-12:00pm. for creating and socialization.

Lap robes, walker bags will be sent to St. Joes or Menorah Park. Other items will be used in the Craft Sales.

If you are interested please fill out the registration page in the newsletter from Canton Woods. Even current members must pre-register. If you do not get a newsletter, call the center and they can supply you with a registration form.

LET'S START OUT THE NEW YEAR RIGHT.

MANY OF YOU REGULARLY CREATE ITEMS AT HOME FOR THE CRAFT SHOW AND THE DONATION ITEMS THAT GO TO VARIOUS HOSPITALS AND NURSING HOMES

If you make items and would like to be considered a REMOTE PARTICIPANT IN YARN CREW. I would appreciate it if you would fill in the information below. I will be sharing this information to improve communication among all of us. We would also love it if you wanted to attend our meetings where we just sit and work on projects.

Please complete the information below (even if you think I already have it) and sent it to the center.

Canton Woods Senior Center
76 Canton St.
Baldwinsville, N.Y. 13027

Name

Address

Contact information: Phone

E-mail address

Skill: (circle ones you want to do)

Knitting Crocheting Sewing by hand

Machine Sewing Quilting Embroidery

Cross stitch Other ????

Thank you, Edwina Hay

Book Club News

Book Club is taking a break. There will be changes in April. I will be away this winter. *Edwina*

January 2023 Library News

New books

Going Rogue (J. Evanovich)

If She Makes (M. Koryta)

Triplet Cross (J. Patterson)

City of Endless Nights (Preston & Child)

High Notes (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.

PAC-B TV is Seeking Volunteers to Video Government and Civic Events

PAC-B TV, Baldwinsville's Public Access Television Station, Needs Your Help

To learn more, contact Skip Lockwood, Executive Director, at skip@pacbtv.org or call 202-841-3166.

Wanted

Your old sewing machines!

Your old sewing machine can get a new life! The Refugee Sewing Program teaches lifelong skills to new Americans. They need machines to continue using those skills. If you have a sewing machine taking up space, call 315-559-3991 for a Canton Woods participant to pick up, and give it new life. Thank you!



Canton Woods

JANUARY 2023

		<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	
1 H A P P Y 2 0 2 3	2	Happy New Year The center is closed	3	4	5	6	7
			8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 10 Falls Class 12 Dup Bridge 2 Art Group	10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	8 Tai Chi 9:15 NO CW Exercise 10 Falls Class 1 Pitch	8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 8 Ball 1 BINGO	
8	9	8:30-12 Open Rec 10 Mah Jong 12 PEACE Lunch 1 Wii Bowling	10	11	12	13	14
			8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 9:30 Blood Pressure Screening 10 Falls Class 12 Dup Bridge 2 Art Studio	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 10 Falls Class 10 Cribbage 1 Pitch	8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 BINGO 1 9 Ball	
15	16	Martin Luther King Jr. Day The center is closed	17	18	19	20	21
			8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Group	10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 12:30-2 National Grid Representative 1 BINGO 1-3 Sharing Memories Writing Program	8 Tai Chi 9:15 NO CW Exercise 10 Falls Class 1 Pitch	8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 8 Ball T'ment 1 BINGO	
22	23	8:30-12 Open Rec 10 Mah Jong 12 PEACE Lunch 1 Wii Bowling 1:30 Line Dancing	24	25	26	27	28
			8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Studio	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 10 Falls Class 1 Pitch	8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class 10:15-12 BUNCO 12 PEACE Lunch 1 9 Ball 1 BINGO	
29	30	8:30-12 Open Rec 10 Mah Jong 12 PEACE Lunch 1 Wii Bowling 1:30 Line Dancing	31				
			8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Studio				

Travel Reflections

Hello everyone, Happy New Year! I hope you all had a blessed Holiday. Winter is here and we can look forward to some great weather for future travel plans. Mackinac Island is filling up. It is a destination that everyone should see once in their lives. We also have a trip to Atlantic City, May 8-10 staying at the Resorts Hotel and Casino.

I will be implementing a new policy regarding Day Trips. People are signing up late. The bus and other venues have to be paid at least 4 weeks prior to the trip. I cancel the trip, then everyone wants to sign up. If you are interested, please sign up right away. I do not cash your checks until I know the trip is a go. If I have your checks, then I know if there are enough people for the trip to go. I will be including a date on each write-up, that will have to be met for the trip to go. I should have Day Trips done by the February newsletter.

Until next month, take care and God Bless.

Love,
Jacki



Upcoming Overnight Trips!

SHADES OF IRELAND | JULY 22-31, 2023

ROME & THE AMALFI COAST | SEPTEMBER 20-29, 2023

BEST OF ITALY – ROME, FLORENCE & VENICE | OCTOBER 8-19, 2023

SPOTLIGHT ON SAN ANTONIO | NOVEMBER 5-9, 2023

2023

2024

TROPICAL COSTA RICA | FEBRUARY 22- MARCH 1, 2024

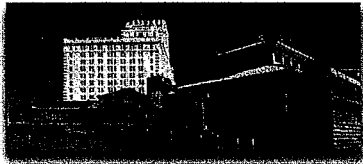
BOUNTIFUL BRAZIL CRUISE ON THE OCEANIA | MARCH 5-15, 2024

EXPLORE SWITZERLAND, AUSTRIA & BAVARIA | APRIL 17- 26, 2024

ALL FLYERS AVAILABLE AT THE CENTER OR CALL JACKI @ 315-415-0040



ATLANTIC CITY MAY 8th - 10th, 2023



Spring is in the air and the Jersey Shore will be beautiful! Join us for a three-day trip to the Resorts Casino and Hotel for 2 nights/3 days. This trip includes: deluxe Hale transportation; 2 nights at the Resorts Hotel; drivers gratuity; baggage handling; \$20 coin bonus and (2) \$20 meal vouchers.

COST:
\$390 /per person
(Based on **double** occupancy)

COST:
\$510 /per person
(Based on **single** occupancy)

A deposit of \$150 is due to sign up. Balance due April 1st, 2023. All checks payable to "Belle Tours LLC". I will have to cancel by April 1st if I do not have 25 people. If you are interested, please sign up as soon as possible.

For further information, call Jacki @ (315) 415-0040. Payment can be made at Canton Woods Senior Center or sent to Jacki Abbott at 132 Plymouth Drive, Syracuse, NY 13206.

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

MACKINAC ISLAND & MICHIGAN TOUR

Canton Woods Senior Center/Belle Tours LLC - JUNE 5th - 10th, 2023

Join us on this 6 day/5 night tour to beautiful Mackinac Island. Our tour begins with a stop to Castle Noel in Medina, Ohio. This is America's largest indoor year-round Christmas Movieland prop and costume collection. Then it's on to Thunder Bay Resort in Northern Michigan. The next day we will arrive in Mackinac Island for two nights.

This trip includes: Deluxe Hale Transportation; 5 nights hotel accommodations; (2 nights on the Island); 4 dinners; 3 breakfasts; 1 lunch at the Grand Hotel on Mackinac Island; a horse drawn tour of Mackinac Island; A visit to the Rouge Plant in Dearborn, MI; Visit to Castle Farms in Charlevoix, MI; All taxes and gratuities.

COST:
\$1,845 /per person
(Based on **double** occupancy)

COST:
\$2,265 /per person
(Based on **single** occupancy)

COST:
\$1,755 /per person
(Based on **triple** occupancy)

A deposit of \$300 is needed to sign up. 2nd deposit of \$300 is due January 5, 2023. Final payment due April 5th, 2023. All payable to "Belle Tours LLC".

CAPE COD & NANTUCKET

SEPTEMBER 11th - 15th, 2023

Join us as we travel to the sandy shores of Cape Cod. Extending some 70 miles into the sea, the Cape is home to both nature beauty and quaint villages.

This trip includes: Deluxe Hale transportation; 4 nights at the Blue Water Resort located on South Yarmouth Beach; Guided tour of Provincetown along scenic Route 6A; Visit to the Cape Cod National Seashore Visitor's Center; Admission on a Whale Watch Excursion OR a Dune Tour; Guided Escort to the Island of Nantucket; Round trip Ferry passage to Nantucket; Guided tour of Chatham; Admission on a Seal Watch excursion; Admission on a cranberry bog tour at A.D Makepeace; 4 breakfasts; 1 boxed lunch; 3 dinners (one with entertainment); 1 Lobster Dinner (other choices available); all meal taxes and gratuities.

COST:
\$1,585 /per person
(Based on **double** occupancy)

COST:
\$2,015 /per person
(Based on **single** occupancy)

COST:
\$1,445 /per person
(Based on **triple** occupancy)

A deposit of \$300 is needed to sign up. (\$100 non refundable). Second deposit of \$300 is due July 10th, 2023. All payable to "Belle Tours LLC".

ADRIATIC & IONIAN PORTRAIT w/ OCEANIA CRUISES on the OCEANIA RIVIERA

OCTOBER 24TH - NOVEMBER 4TH, 2024

This 12 day/ 11 night cruise takes us to: Venice, Italy; Koper, Slovenia; Dubrovnik, Croatia; Corfu, Greece; Katakolon, Greece; Cruising the Ionian Sea; Vallette, Malta; Messina, Sicily; Sorrento/Capri, Italy and Rome, (Civitavecchia), Italy. Tour includes: Round trip airfare from Syracuse, One night Pre-cruise, cruise, port charges, government fees, taxes and transfers to and from ship.

COST:
\$5,771 /per person
(BALCONY CABIN)
Category B2

COST:
\$5,821 /per person
(BALCONY CABIN)
Category B1

COST:
\$6,071 /per person
(CONCIERGE BALCONY CABIN)
Category A2

COST:
\$6,121 /per person
(CONCIERGE BALCONY CABIN)
Category A1

***ALL DOUBLE OCCUPANCY**

6 Shore excursions or FREE Alcoholic beverage package (beer, wine, champagne w lunch and dinner). A deposit of \$850 per cabin is needed to sign up or \$1,700 per person single occupancy is required to secure reservations and assign cabins. Final payment is due by June 25, 2024.

Deposits may be charged to Grand American Tours or checks sent to Belle Tours LLC. A full detailed itinerary is available at Canton Woods Senior center or call Jacki @ 315-415-0040

THOSE WHO BOOK EARLY GET THE BEST PRICES, THE BEST CABIN LOCATIONS, AND THEIR

PREFERRED DINING TIMES. Prices also include free internet as well as a choice of * FREE - \$600 shipboard credit or FREE

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

CANTON WOOD

Chair Yoga with Yvonne



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

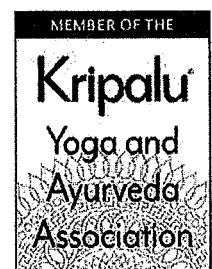
WINTER-SPRING 2023

TUESDAYS: January 17 - May 2 (no class March 28)
45 minute classes: 11:10am-11:55am

Cost: OPTIONAL & CONFIDENTIAL

This is a drop-in class - any questions, feel free to call Yvonne or 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!



January '23

P.E.A.C.E., INC. - FSD	SENIOR NUTRITION	OFFICE FOR AGING & YOUTH
MONDAY 2	WEDNESDAY 4	FRIDAY 6
Agency Closed New Year's Observed	Boneless Chicken Cacciatore Served Over Whole Grain Penne Rigate Pasta Fresh Spinach Salad Lemon Italian Ice Crusty Italian Bread	Breaded Haddock Served on a Whole Wheat Bun Confetti Coleslaw Potatoes O'Brien Fresh Apple
9	11	13
Roasted Chicken with Garlic Herb Gravy Apple and Celery Stuffing Buttery Peas and Pearl Onions Fresh Orange	Glazed Ham Sweet Potatoes with Cinnamon Pecan Crunch Spinach Pineapple	Beef Chili Con Carne Romaine and Mandarin Orange Salad Fruit Cocktail Honey Corn Bread Muffin
16	18	20
Agency Closed Martin Luther King Day	Pesto Chicken Bow Tie Pasta Field Greens Salad with Vinaigrette Peach Cobbler	Sweet and Sour Shredded Pork Served over Sesame Rice Oriental Blended Vegetables Apricots
23	25	27
Home Made Old Fashioned Meatloaf w/ Mushroom Gravy Garlic Red Skin Smashed Potatoes Steamed Broccoli Florets Cantaloupe	Sloppy Joe on a Kaiser Roll Seasoned Potato Cubes Oven Roasted Brussels Sprouts Juicy Diced Peaches	Sirloin Beef Stroganoff Served over Parslled Egg Noodles California Blended Vegetables Fresh Banana
30		
Meat Lasagna Marinara Sauce Citrus-Tossed Salad with Poppy seed Dressing Cantaloupe Crusty Italian Bread		Suggested Contribution: Senior \$3.50

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

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

Guest \$7.00