

Canton Woods Newsletter

February 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:

"Music and Message" is the popular weekly series from Hendricks Chapel that features musical performances and spoken reflection from diverse religious and spiritual perspectives. These gatherings seek to nurture the soul and ignite the spirit. **Everyone is welcome.**

February is Black History Month, Enjoy a free concert!

February 26, 2023, at 4:00pm – 5:00pm

At Syracuse University's, Hendricks Chapel

**Call for more information
315.443.2901**

Student organists and choral ensembles celebrate Black History month with a concert of uplifting music in a variety of styles including Carl Haywood's stirring organ toccata on "We Shall Overcome."

February is National Heart

Month Take steps to take care of your heart. To help prevent heart disease,

- Eat healthy
- Get active
- Stay at a healthy weight
- Quit smoking and stay away from secondhand smoke
- Control your cholesterol and blood pressure
- Drink alcohol only in moderation
- Manage stress



Canton Woods has several fitness programs designed for older adults. Find the one that works for you and start moving.

National Wear Red Day is Friday February 3rd! Wear Red and support Women's Heart health! (Your name will be put into a drawing for a prize!)

Join us for the special programs for Valentine's Day ! Read more in your newsletter

Happy Valentine's Day!

Ruth

Assistant Director:

February is the month for Patriotism and Romance. President's Day and Valentine's Day. The center is closed on Monday, February 20th for President's Day. However, we are celebrating Valentine's Day for two days, check out the information below and February's calendar. Please join us for all the fun!!

Joanie

Valentine's Day

Monday, February 13th please join us starting at 10:00am for a Valentine's Hello and Treat from Canton Woods Activity Committee and get your name into a drawing for a \$50.00 gift certificate from Tassone's. Stay for a concert of Love Songs and other favorites from Baldwinsville's own George Leija. Finish off the morning by staying for lunch, Pot Roast Lunch. Gift card drawing will be held at 12:30pm.

Tuesday, February 14th Valentine's Day, please wear Red or Pink to have your name put into a drawing for a little sweet treat. At 3:00pm please join us for some ice cream and we will draw for the treats and CW Activity Committee's 50/50 drawing.

Line dancing is Back!

Mondays, 1:30-2:30pm. Cost \$3.00 per class payable to the instructor. **First class on Monday February 27.** Please join us for new dance moves, exercise, and most importantly **FUN!**

LITTLE WOMEN THE MUSICAL comes to Baker High School! The Baldwinsville Teachers 'Association is providing **FREE** tickets to the Baker High School Musical. The show is **Little Women**. This is a matinee at 1:00pm Sunday, March 12th. Call the center to reserve a ticket and let us know if you would like to take the bus from Canton Woods to the high school. There is a limited number of tickets available.

February 21st from 12:30-1:30pm

Tina Saxby Independent Medicare Broker will be at Canton Woods to assist you with any Medicare issues or questions you might have.

MUSIC IN MARCH!

Save the Dates:

Wednesday, March 15th at 11:00am

Bare Bones Trombone Quartette

Concert sponsored by the Baldwinsville Public Library!

Friday, March 17th St. Patrick's Day at 11:00am

Merlyn of Merry Mischief Musical Entertainment Irish Tunes and More.

Both dates please stay for Lunch!!!

MOW:

Hello Everyone!

We are preparing for our winter weather as it approaches. Many drivers are leaving for the south.

MAY 6TH

HATS & HORSES

KENTUCKY DERBY LADIES TEA

1:00-5:00PM

76 CANTON ST.

CHANCES TO WIN FOR THE BEST

DERBY HAT, 50/50 DRAWINGS,

PRIZES FOR BETS ON HORSES.

DERBY THEMED FOOD AND

DESSERT WILL BE SERVED. MANY

RAFFLES!! ENTERTAINMENT BY

HARMONY KATZ.

ALL PROCEEDS GO TO Meals on

Wheels. Tickets on sale March 1st at MOW

office. Tickets are \$10.00 each. Wear your

hat and party dress if you like!

Happy Valentine's Day!

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

Neighborhood Advisor/Outreach

Worker I hope everyone is doing well. I am still able to take HEAP applications, but time is running out so please call soon for an appointment if you want to apply. We are expecting March 31st to be the application closing date.

Winter is a good time to reorganize and dispose of things we no longer need. I recently found out Staples has a free "Tech Take Back" program. This program takes back most electronics but I don't see televisions on the list so it would probably be best to call and verify that they take the items you want to drop off. The good thing is if you have a cell phone and

can add the Staples app, you can get cash rewards. They also have a shredding program. You feed your documents into a locked bin, and they are sent to the shredding company. The cost is \$0.99 per pound. Again, if you download their app the first 5 pounds are free.

For those of you thinking about income taxes, we have heard that the Baldwinsville Library will be having some appointments with an AARP preparer. Just call for an appointment early as there may be limited appointments available. PEACE also has a program for people who earn under \$57,000. You can call 315-634-3756 to learn more or schedule an appointment.

National Grid Senior Advocate

Mary Beth Basha, will be at Canton Woods **Wednesday, February 15th** from 12:30-2:00pm to answer any questions or issues you may have. Just stop in to see her.

February 2023 B'ville Express Newsletter

Winter has been mild but is still here presenting treacherous road conditions causing closings and delays. The B'ville Express will be closed if the Baldwinsville School District is closed due to inclement weather, When there is a 1- or 2 hour delay in the school district, all morning rides will be cancelled and the B'ville Express program

will not be open until noon on this day. If schools remain 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 B'ville Express program will be closed February 20, 2023, in observance of Presidents Day.

I would like to thank our volunteer drivers for their self-less dedication transporting the seniors of Baldwinsville. Many seniors lack transportation and are not able to get to the doctors or grocery store. Because the volunteer drivers of the B'ville Express donate their time, their vehicle and their own gas, our senior friends do not have to go without groceries or medical care. **B'ville Express would like to welcome our new volunteer drivers:**

Charlie Ebner
David Herlan
Mary Ellen Pasternak
Richard Pasternak
Dan Pease
Beth Walsh
Peter Hansen

With only 17 volunteer drivers, 883 rides were provided in 2022, volunteering close to 2700 hours of their own time to the

seniors of Baldwinsville!
AWESOME JOB!!

Currently we have 132 seniors receiving transportation from 17 volunteer drivers of the B'ville Express Program-with even more new registrations coming in every week. Our program is in desperate need of volunteer drivers to help ensure the B'ville Express program will be able continue to serve our senior friends and neighbors of Baldwinsville.

**If you have an interest in helping your fellow senior community members, please contact the Transportation Coordinator Gina @315-638-4536 to volunteer. If you want to help our seniors but cannot volunteer, the B'ville Express welcomes your donation to help offset the cost of gas to our volunteer drivers. All donations received are used to purchase gas gift cards and given directly to our drivers.

Mail checks payable and mail to:
B'ville Express, CWSC
76 Canton Street
Baldwinsville, NY 13027.

Happy Valentine's Day!!

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, March 22nd, 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.

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: Dave Hardy, Frank Lushia, Bob Sheehan, Avis Neupert, Kathy Momper, Mary DeLawyer, Susette West

Sympathy Cards were sent to the families of Thelma Dausman, Harry Zylka, and Mary Dow.

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.

February Birthdays

2/11 Annette Celestian
2/14 Sarah Lee
2/15 Dave Au
2/17 JoAnn Mathieson, Margaret Durant
2/20 Debbie Au



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 February Package List.

Cost: \$20.50

The order deadline is Friday, February 10th by 3:30pm.

The pick-up date is Wednesday, February 22nd from 11:30am-12:30p

Smartphone, iPad, Tablet or Laptop Computer Assistance offered by Nadine Kerr, B'ville Family & Consumer Science Teacher. Thursday, February 16th at 2:00pm. 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, February 7th.**

Call the center to make an appointment (315) 638-4536. (11:30-3:30pm) 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.

Mexican Train Dominoes

Join the fun on Friday, February 10th at 10:30am. Learn to play Mexican Train Dominoes. This is a fun game that is very easy to learn. Call the center to sign up.

Piano lessons!

The current session of piano lessons is full. For those of you who are in this first session, just a reminder, the class meets Mondays at 10:00am. Geoff Clough is the teacher.

Notes from Canton Woods Activity Committee:

Hi All: Welcome to February our shortest month. We are having a two-day celebration for Valentine's Day. Monday and Tuesday; Check the Valentine Note in this newsletter. Lots of room for Pitch. Come join us—have a good February!

Kathy Hogan

Tournaments in December

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

9 Ball

12/2

1st place: Nunzio Lipari

2nd place: Don Varn

9 Ball

12/16

1st place: Nunzio Lipari

2nd place: Nick Peluso

9 Ball

12/30

1st place: Bill Sellin

2nd place: Frank O'Donnell

8 Ball

12/9

1st place: Kathy Hogan & Bill

Sellin

2nd place: Frank O'Donnell & Don

Varn

Wii Bowling

12/5

1st place: Sue Stapleton & Gloria

Saccone

2nd place: Mike Slaunwhite & Barb DiSanto

12/12

1st place: Cathy Spagnola & Kathy Hogan

2nd place: Kathy McGlaggan & Gloria Saccone

12/19

1st place: Mae Slaunwhite & Louise Barrone

2nd place: Mike Slaunwhite & Peggy Ford

Bunco at Canton Woods!

Friday, February 24th

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.

Lots and Lots of fun come check it out!

Duplicate Bridge Tuesday at 12:00pm

Party Bridge Wednesday at 12:15pm

If you are a Bridge player, please think about joining our games!!!!

Mah Jong Monday mornings at 10:00am!

Blood Pressure Screening:

On Tuesday, February 14th.

Valentine's Day get your Blood Pressure Checked out on Heart Day!
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!!! And new exercisers too!! Cathy gives you a fun and challenging workout!!**

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 February 7th, & Tuesday February 21st 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

Yarn crew has been working away in my absence...

Since the mitten supply was in short supply the ladies are working as a group learning to crochet mittens. I was hoping to get some inspiration from the Beach Market that is at the beach weekly, but due to all sorts of issues the Beach Market is not at Coquina Beach this year. Some would say that it has been cold here, but I have no complaints. I was walking on the beach in shirtsleeves and met a woman wearing a down coat and wool hat pulled way down on her head. We northerners are of hearth stock!

Thank you to Marcella and Rita for holding down the *Edwina Hay*

Book Club News

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

February 2023 Library News

Small Print:

Choice (N. Roberts)

The Whittiers (D. Steel)

Distant Thunder (S. Woods)

Audio Books:

The Sixth Man (D. Baldacci)

Tiger's Claw (D. Brown)

The English Girl (D. Silva)

The English Spy (D. Silva)

The Bone Labyrinth (J. Rollins)

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

FEBRUARY 2023

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	
			1 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	2 8 Tai Chi 9:15 CW Exercise 10 Falls Class 1 Pitch	3 8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 8 Ball T'ment 1 BINGO Heart Health Day Wear Red	4
5	6 8:30-12 Open Rec 10 Mah Jong 12 PEACE Lunch 1 Wii Bowling	7 8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 9:30 Blood Pressure Screening 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Group	8 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	9 8 Tai Chi 9:15 CW Exercise 10 Falls Class 10 Cribbage 1 Pitch	10 8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 BINGO 1 9 Ball T'ment	1 1
1 2	13 8:30-12 Open Rec 10 Mah Jong 10 Valentine's Hello 11 Love Songs with George Leiga 12 PEACE Lunch 1 Wii Bowling	14 8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 9:30 BP Screening 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Studio 3 Valentine's Ice Cream Social	15 9-3:30 AAA Driving Course 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	16 8 Tai Chi 9:15 CW Exercise 10 Falls Class 1 Pitch 2 Tech Support	17 8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 8 Ball T'ment 1 BINGO	1 8
1 9	20 President's Day The Center is Closed	21 8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 12:30-1:30 Medicare Broker 2 Art Group	22 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	23 8 Tai Chi 9:15 NO CW Exercise 10 Falls Class 1 Pitch	24 8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class 10:15-12 BUNCO 12 PEACE Lunch 1 9 Ball T'ment 1 BINGO	2 5
2 6	27 8:30-12 Open Rec 10 Mah Jong 12 PEACE Lunch 1 Wii Bowling 1:30 Line Dancing	28 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, I hope everyone is staying warm and cozy in this cold weather. I will be in Florida until February 11th. I am looking forward to the spring and getting back on the road again with my folks from canton Woods Senior Center. There is still room on the Atlantic City trip and we need 6 more people for Mackinac Island. If you are interested in either trip, please sign up now so we do not have to cancel these two fun trips!

The Ireland trip is a go for July 22nd - 31st, 2023. I have 5 people so far and would love to have a few more join us. Spotlight on San Antonio, November 5th - 9th, 2023, is also this year and there is room on that trip too. Call or message me for additional information.

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

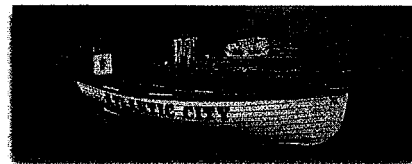
TROPICAL COSTA RICA | FEBRUARY 22- MARCH 1, 2024

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 \$600 is needed to sign up. 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: YLMyoga, LLC
e-mail: martins@twcny.rr.com
cell:315-484-9183*

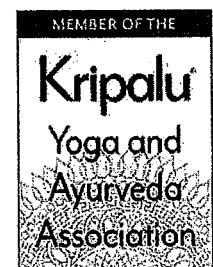
WINTER-SPRING 2023

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!



February '23

P.E.A.C.E., INC. - FSD		SENIOR NUTRITION		OFFICE FOR AGING & YOUTH	
MONDAY		WEDNESDAY		FRIDAY	
			1		3
			All American Cheese Burger Seasoned Potato Wedges Blended Vegetable Slaw Johnny's Apple Cobbler		Gianelli Sweet Italian Sausage Served with Shells and Marinara Sauce Italian Blended Vegetables Fresh Pear Italian Bread
6	Chicken Cordon Bleu Casserole Winter Blend Vegetable Banana	8	Shaved Corried Beef and Swiss Cheese on Rye Bread with 1,000 Island's Dressing Steamed Cabbage, Carrots and Potatoes Diced Pears	10	Oven Roasted Turkey Sage Gravy Home Style Mashed Potatoes Glazed Baby Carrots Juicy Diced Peaches Fresh Baked Whole Wheat Roll
13	Beef Pot Roast with Gravy Smashed Red Skin Potatoes California Blend Vegetables Pineapple Tidbits Fresh Baked Whole Wheat Roll	15	South Western Style Grilled Chicken Chuckwagon Corn Oven Roasted Red Skin Potatoes Fruit Cocktail Fresh Baked Dinner Roll	17	Chicken Breast Strips served in a Cheesy Alfredo Sauce Served over Bowtie Pasta Steamed Broccoli Jell-O with Whipped Topping Fresh Baked Dinner Roll
20	President's Day Agency Closed	22	Vegetable Lasagna Rolls Chef Salad Cantaloupe Crusty Italian Bread	24	Golden Battered Cod Filet Red Skin Potato Wedge 4 Way Mixed Vegetables Chocolate Ice Cream
27	Syracuse's Famous Chicken Riggie's Greens and Beans Juicy Diced Peaches Soft Italian Bread				

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

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

Suggested Contribution:
\$3.50

Printed For 9705

Canton Woods Food Sense February 2023 Order Form

Name _____ Phone Number _____

Food Sense is open to Everyone! To order Food Sense

1. Mail / drop off a check / money order PAYABLE to: *CW Food Sense to Canton Woods Senior Center, 76 Canton St. Baldwinsville New York 13027*

2. You may pay with EBT, cash, or check call the center (315) 638-4536 for more information. *Be sure to mail early, well in advance of the deadline.*

February Package Number of Packages ____ x \$20.50 = Pkg. Total \$ _____

- 1lb Marinated Pork Pieces
- 1lb Ground Beef
- 13oz Loop Kielbasa
- 1lb Fish Sticks
- 1.8lb avg Boneless Chicken Breast
- 13oz Cheese Pierogi
- 8oz Mild Cheddar Cheese
- 1lb Frozen Diced Potatoes
- 15oz Applesauce
- 1lb White Rice
- 2 Fresh Produce

February Specials:

_____ 1. **St. Louis Style Ribs (1pc) 4.5 (avg) for \$7.50:** The pork ribs are a St. Louis style rib, that is not fully cooked, and average 4.5 lbs per order.

_____ 2. **Stuffed Chicken, 2lbs for \$8.50:** The chicken breasts are stuffed with apples and cranberries.

_____ 3. **French Fries, 5lbs for \$6.50:** The French Fries are ready to cook and can be used in the oven or fryer.

_____ 4. **Shrimp Scampi, 24oz. for \$6.00:** The Shrimp Scampi is a complete meal with shrimp, linguini pasta, and vegetables in a creamy garlic sauce.

_____ 5. **Lasagna Roll-Ups, 42oz for \$6.50:** The cheese lasagna roll-ups are stuffed with ricotta and Romano cheese and are over two and a half pounds.

_____ 6. **Meatloaf, 2lbs for \$10.25:** The meatloaf is a traditional meatloaf made with 100% ground beef.

Specials Total \$ _____

Order Grand Total \$ _____

IMPORTANT DATES: PLEASE NOTE OUR ORDER DEADLINE WILL NOW BE FRIDAY

Order Deadline date: **Friday, February 10th, 2023** Pick update: **Wednesday,**

February 22nd, 2023. (from 11:30am- 12:30pm)

Thank you for your patience.