

Canton Woods Newsletter

March 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.

**HAPPY
ST. PATRICK'S
DAY**

Director's Note: March brings the promise of spring along with several festive special events to Canton Woods. Don't miss out on the fun!

Make your reservation for **FREE** tickets to the matinee performance of *Little Woman* at Baker High School on **Sunday March 12**. This is a very generous gift from the Baldwinsville Teacher's Association. Transportation is available. Call the center 315 638 4536 to sign up.

To help us welcome spring, Roger Dahlin will bring a special presentation on ***Bringing Blue Birds to Baldwinsville*** on **March 13 at 10:00am**. Continue the conversation over lunch. Make a reservation and enjoy a glazed ham dinner from the PEACE senior nutrition program. Music will fill the center on **March 15** thanks to our friends at the Baldwinsville Public Library. **Bare Bones Trombone** quartet will perform a lively concert. The quartet plays everything from Bach to Basie!

Join us again on **St. Patrick's Day, March 17th** for music and merriment. Following the performance enjoy a traditional corn beef and cabbage dinner (reservations are required for lunch. \$3.50 donation to the PEACE senior nutrition program).

Wear your green on St. Patrick's Day March 17th and get into the spirit of the day. Your name will be entered into a drawing for a little treat!

Happy St. Patrick's Day!

Ruth

Go Green!

Need a green shirt for St. Patrick's Day? Wear your green while supporting your senior center. Green Canton Woods T-Shirts for sale just \$5.00! while they last!

Assistant Director:

Looking for Scrabble players, I put Scrabble in on Thursday, March 23rd. Please come and play, If we get participants, we can schedule more times. Mah Jong has changed days in hopes of getting a few players. It is very unfortunate when someone comes in to play and no players show up. Hopefully, this new day will make a difference. Still hoping to get a **Cribbage** game going!! I have been asked about a **Pinochle** spot on the calendar. Lets try Friday, March 24th at 1:00. Hopefully good weather will be here and we can get a group together. Check out the newsletter for special events!! You won't want to miss a thing. Happy St. Patrick's Day!!

Joanie

Line dancing is Back!

Mondays, 1:30-2:30pm. Cost \$3.00 per class payable to the instructor. 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.

MUSIC IN MARCH!

Save the Dates:

Wednesday, March 15th at
11:00am

**Bare Bones Trombone
Quartette
Concert at Canton Woods
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.

Plan to stay for lunch!!! Please
call 315-638-4536 (at least one
day ahead) to make a reservation
for the lunch following the music
programs.

Roger Dahlin presents: *Bringing
Bluebirds Back to Baldwinsville.*
Monday, March 13th at 10:00am.
See flyer in this newsletter. Plan to
stay for lunch, sign up ahead of time,
Friday or leave a message on the
machine.

Garden News

Spring is just around the corner. This is
when we start to think about the Canton
Woods garden. Last summer we reopened
our traditional vegetable garden on the
grounds at the center. In addition to the
traditional vegetable garden, there is some
discussion about adding an area for raised
garden beds. All gardens require time and
tending. If you would be interested in

helping with either a traditional garden or
with a raised garden bed, please call the
center (315) 638 4536. This information
will help us make a good plan for the
season.

MOW:

Hello Everyone!

MAY 6TH

HATS & HORSES

KENTUCKY DERBY 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 St. Patrick's Day!

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

Neighborhood Advisor/Outreach Worker

Spring is on the way but not here yet
so if you haven't gotten your HEAP
application in, please see me soon I
expect they will stop taking applications
by the end of the month. Those of you
who have used your HEAP allotment
and still need help can contact me to
see what other programs are available
to assist you.

If you are in need of mechanical,
safety, or energy related home repairs
you should check out the Shape Up
Program. Homeowners who are 62 or
disabled, live in Onondaga County,

have homeowner's insurance, are current on their property taxes and fall within income guidelines can get help. Give me a call and I will help you apply.

Just as a reminder Enhanced Star applications are due by March 15th. Enhanced Star is a savings for seniors on their school tax if they earn less than \$ 92,000 for the 22-23 school year and 93,200 for the 23-24 school year.

Daylight Saving starts on March 12th so don't forget to change your clocks on Saturday night. This will get us ready for the first day of spring which falls on the 20th. March 20th is also International Happiness Day. I don't think this is a coincidence!

Nancy Sullivan Neighborhood Advisor

National Grid Senior Advocate

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

March 2023 B'ville Express **Newsletter** **Welcome Spring!!**

Thank you to everyone that has donated to our program. All donations that we receive are routed back to our volunteer drivers.

The B'ville Express is always looking for volunteer drivers. If you are interested in helping the seniors in your community, please contact Gina @ 315-638-4536.

If you need transportation to any type of procedure, I have access to a senior ride program funded by Onondaga County Office for the Aging. You do not need to

be a registered rider with the B'ville Express to take advantage of this program. All you need to do is call the B'ville Express in advance of your procedure and schedule your free ride. Enjoy the Spring weather!

Gina Carroll

Transportation Coordinator
B'ville Express

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, 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!!

Sympathy Cards were sent to the family of Kristen Salisbury.

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.

March Birthdays

3/10 Susette West
3/17 Helen Stafford
3/18 Freida Waldron
3/19 Lorraine McCarthy
3/27 Linda Barnes, Loretta 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
March Package List.

Cost: \$20.50

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

The pick-up date is Wednesday,
March 22nd from 11:30am-12:30pm.

**Smartphone, iPad, Tablet or
Laptop (Apple Products only)
Computer Assistance offered by
Nadine Kerr, B'ville Family &
Consumer Science Teacher.
Wednesday, March 15th at 3:00pm.**

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 March 14th.**

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 every Friday at 10:30am.
Learn to play Mexican Train Dominoes.
This is a fun game that is very easy to
learn. (no dominoes on March 17th)
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:

Hello all: Well, here we go into
March—Winter is almost over.

February went great—Monday the
13th we enjoyed music, a giveaway,
lunch and raffle for gift card from
Tassone's. The winner was Sue
Harrington.

February 14th we had an ice cream
social, and a 50/ 50 raffle. Liz
Mastracco won the 50/50!

Come on in to check out the big
doings on St. Patty's Day, St.
Patrick's Day "Top of the Morning"
on Friday, March 17th at 10:30. Stay
for the music, then have a traditional
corned beef meal from PEACE Inc.
Call in for a lunch reservation prior
to Friday. Check your newsletter.
See you in April.

Kathy Hogan

Tournaments in January

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

9 Ball

1/9

1st place: Nunzio Lipari

2nd place: Kathy Hogan

9 Ball

1/13

1st place: Micky Bisha

2nd place: Nick Peluso

9 Ball

1/20

1st place: Frank O'Donnell

2nd place: Nunzio Lipari

9 Ball

1/27

1st place: Micky Bisha

2nd place: Nick Peluso

Wii Bowling

1/9

1st place: Kathy Hogan & Cathy
Spagnola

2nd place: Peggy Ford & Gloria
Saccone

1/23

1st place: Ed Barlow & Gloria
Saccone

2nd place: Bob Hahn & Kathy
McLaggan

1/30

1st place: Gloria Saccone & Louise
Barrone

2nd place: Kathy Hogan & Kathy
McLaggan

Bunco at Canton Woods!

Friday, March 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 Wednesday mornings at
10:00am!

Blood Pressure Screening:

On Tuesday, March 21.

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!!! Please 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, March 7th & Tuesday, March 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

While the cat is away... the mice will play. Since I am in Florida, I have some wonderful people back at Canton Woods on the Yarn Crew. They are making mittens and items for our next craft sale. In June, stay tuned. Hopefully oranges I sent were gobbled up and everyone got a dose of vitamin C.

I have finished the table runner and three pairs of mittens. It's hard to knit mittens when it is sunny and 77 degrees out there! Hang in there folks. Spring is coming.
Edwina Hay

Book Club News

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

March 2023 Library News

Please come stop by and browse our library. We have many authors, new releases, and audio books and large print. All you need is your CW swipe card to sign out a book. Hope to see you soon.

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!

Senior Humor

Old Folks are worth a fortune- with silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet and gas in their stomachs.

I have become a lot more social with the passing of years; some might even call me a frivolous old gal. I'm seeing five gentlemen every day.

As soon as I wake, Will Power helps me get out of bed. Then I go see John.

Then Charley Horse comes along, and when he is here, he takes a lot of my time and attention.

When he leaves, Arthur Ritis shows up and stays the rest of the day. (He doesn't like to stay in one place very long, so he takes me from joint to joint.)

After such a busy day, I'm really tired and glad to go to bed—with Ben Gay.

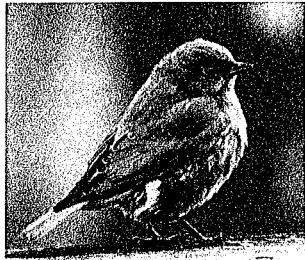
What a life!

P.S. The preacher came to call the other day. He said that at my age, I should be thinking about the hereafter. I told him, I do—all the time. No matter where I am—in the parlor, upstairs in the kitchen or down in the basement—I ask myself "Now what am I here after?"

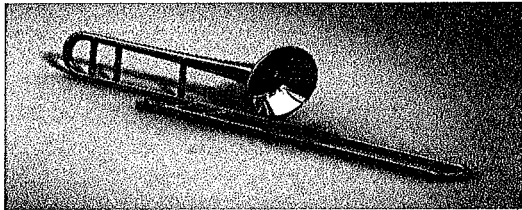


Dates to remember:

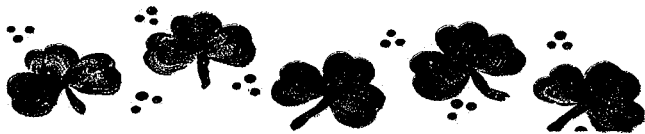
Monday, March 13th 10:00am Roger Dahlin Presents Bringing Bluebirds to Baldwinsville



Wednesday, March 15th 11:00am Bare Bones Trombone Quartette



Friday, March 17th 10:30am. St. Patrick's Day "Top of the Morning" 11:00am Merrymischief Bonnie Music



Wednesday, April 5th starting at 10:30 Easter Hello festivities to follow. Wear Purple Day!



Canton Woods

MARCH 2023

Monday		Tuesday		Wednesday		Thursday		Friday	
				1 10 Mah Jong 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 10:30 Mexican Train 12 PEACE Lunch 1 8 Ball T'ment 1 BINGO	4		
5	6 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling 1:30 Line Dancing	7 8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Group	8 10 Mah Jong 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 M u s i c a l	13 8:30-12 Open Rec 10 Roger Dahlin Presents: Bringing Bluebirds to Baldwinsville 12 PEACE Lunch 1 Wii Bowling 1:30 Line Dancing	14 8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Studio	15 10 Mah Jong 10:30 Adult Coloring 11 Bare Bones Trombone Quartette 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	17 8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class 10:30 St. Patrick's Day "Top of the Morning" 11 Merrymischief Bonny Music 12 PEACE Lunch 1 8 Ball T'ment 1 BINGO Happy St. Patricks Day	1 8			
1 9	20 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling 1:30 Line Dancing	21 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 Group	22 9-3:30 AAA Defensive Driving 10 Mah Jong 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 10 Scrabble 1 Pitch	24 8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class 10:15-12 BUNCO 10:30 Mexican Train 12 PEACE Lunch 1 9 Ball T'ment 1 BINGO 1 Pinochle	2 5			
2 6	27 8:30-12 Open Rec 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 No Chair Yoga 12 Dup Bridge 2 Art Studio	29 10 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	30 8 Tai Chi 9:15 CW Exercise 10 Falls Class 1 Pitch	31 8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 8 Ball T'ment 1 BINGO				

Travel Reflections

Hello everyone, I am back from 25 days in Florida. The weather was beautiful and I went on a 6-day Caribbean cruise. I had a great time but it's good to be home.

If you are interested in any of the day trips, please sign up as soon as possible so I will not have to cancel. I will include a deadline date on all trips. I do not cash checks until I am sure the trip is a go.

Happy St. Patrick's Day.

Until next month, take care and God Bless.

Love,
Jacki

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

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

NEW TRIP!

OH WHAT A NIGHT! WEDNESDAY, MAY 31, 2023

Oh What A Night! Join us for this musical tribute to Frankie Valli and The Four Seasons. This Day Trip will take us to the new Resorts World Casino in Monticello, NY. The day includes: deluxe Hale Transportation, \$25 Slot Play, Buffet Lunch, the show and drivers gratuity. The deadline to sign up for this trip is 3/31, 2023. I have to cancel by that date or I lose my deposit. PLEASE if you want to go, sign up as soon as possible.

COST: \$135 per person payable to "BELLE TOURS LLC"

Sign up any time at the center or send to Jacki @ 132 Plymouth Drive Syracuse, NY 13206
Call Jacki @ 315-415-0040 with any questions

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 (\$100 Non-refundable) 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

Bringing Bluebirds to Baldwinsville

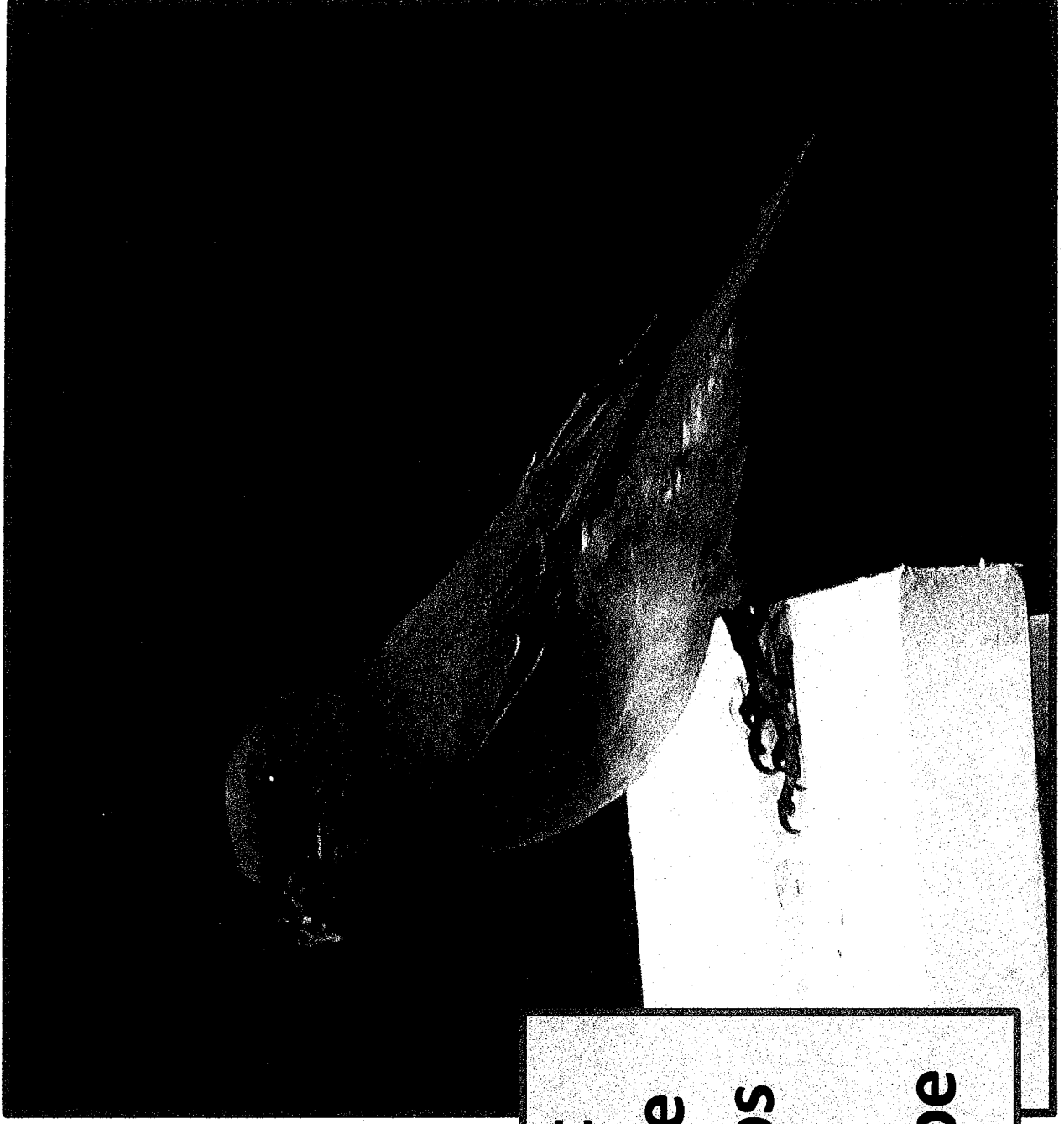
Monday

March 13

10:00 AM

by Roger Dahlin

**Learn about
this exquisite
bird and steps
to bring it to
your landscape**



Welcome!
to

Country Club

101 Village Blvd S
Baldwinsville, NY 13027

Country Club Apartments are located in a quiet neighborhood.

IMMEDIATE AVAILABILITY!

Property Overview

- ♦ One-bedroom apartments
- ♦ Individual entrances
- ♦ 473 sq. ft.
- ♦ 1 Bath
- ♦ Pets allowed, with restrictions
- ♦ Tenants must be 62 years of age or older, or legally handicapped or disabled
- ♦ Wheelchair accessible
- ♦ Spacious parking
- ♦ Full-time maintenance & 24-hour emergency service

Rent

- ♦ \$0 - \$719 per month
- ♦ Income restrictions apply
- ♦ Security deposit is equal to one month's rent

Amenities

- ♦ Laundry facility on site
- ♦ Community room
- ♦ Resident association
- ♦ Cable ready
- ♦ High-speed internet access
- ♦ On Centro and Call-A-Bus line

Phone: (315) 303-2691
TTY: 711 or (800) 662-1220 Fax:
(315) 303-2691
Countryclubapts@landsman.com

Welcome!
to

Conifer Village

700 Conifer Drive
Baldwinsville, NY 13027

Conifer Village Apartments are located in a quiet neighborhood. The surrounding wooded areas make this complex a charming place to live.

Property Overview

- ♦ One-bedroom apartments
- ♦ Individual entrances
- ♦ 585-600 sq. ft.
- ♦ 1 Bath
- ♦ Pets allowed, with restrictions
- ♦ Tenants must be 62 years of age or older, or legally handicapped or disabled
- ♦ Wheelchair accessible
- ♦ Spacious parking
- ♦ Full-time maintenance & 24-hour emergency service

Rent

- ♦ \$0 - \$766 per month
- ♦ Income restrictions apply
- ♦ Security deposit is equal to one month's rent

Amenities

- ♦ Laundry facilities
- ♦ Community room
- ♦ Resident association
- ♦ Cable ready
- ♦ High-speed internet access
- ♦ On Centro and Call-A-Bus line

Phone: (315) 635-7515
TTY: 711 or (800) 662-1220
Fax: (315) 635-7775
ConiferVillage@landsman.com

CANTON WOOD

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

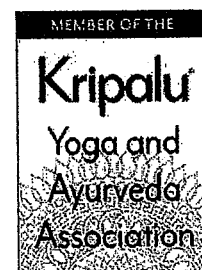
WINTER-SPRING 2023

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!**



Hats & Horses

Kentucky Derby-themed Tea

to benefit

Baldwinsville Meals on Wheels

Saturday, May 6 12:30-5:00 pm

76 Canton Street

Entertainment by Harmony Katz

Light Fare including Derby Specialties

Basket Raffles & 50/50

Derby Hat Contest

Derby "Horse" Races w/ Non-Cash Prizes

Tickets:\$10 Advanced Sale (until 4/22)

\$12 After 4/22 and at the door

For tickets or more information:

call (315) 638-2171 or (315) 416-1000

Facebook @ Baldwinsville Meals on Wheels

baldwinsvillemealsonwheels@yahoo.com

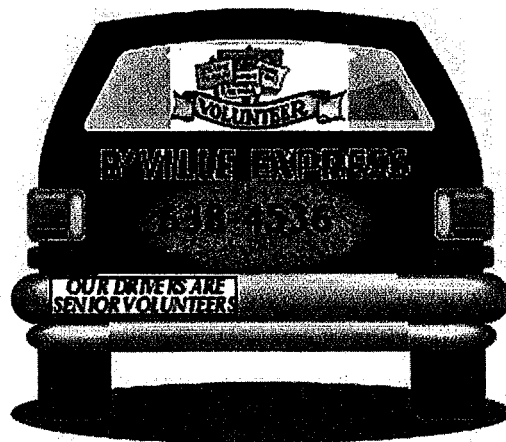
***18 years and over. No alcoholic beverages.**

PLEASE HELP!!

The *B'ville Express* Senior Transportation program
DESPERATELY NEEDS drivers!

We provide transportation to the seniors of Baldwinsville, helping them access essential services. Many of our seniors cannot get to crucial appointments because they lack transportation. If you would like to help your senior neighbors and friends

PLEASE VOLUNTEER TODAY!



Each trip averages 3 hours. Volunteer as much or as little as you can. This is a rewarding volunteer opportunity that will help ensure our program will still be available as we enter our Golden Years!

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

Operated out of Canton Woods Senior Center, 76 Canton St, Baldwinsville NY

March 2023

PEACE, INC. - FSD	SENIOR NUTRITION
MONDAY	WEDNESDAY
	1
	Sloppy Joe on a Kaiser Roll New Potatoes Oven Roasted Brussel Sprouts Juicy Diced Peaches
6	8
Swedish Style Meatballs over Parslled Egg Noodles California Blend Vegetables Fresh Orange	Sliced Ham and Provolone on a Whole Wheat Kaiser Served with a Honey Mustard Topping Greens and Beans Soup Rainbow Sherbet
13	15
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
20	22
Boneless Chicken Cacciatore Served Over Whole Grain Penne Rigate Pasta Fresh Spinach Salad Lemon Italian Ice Soft Italian Bread	Slow Cooked Pork and Gravy Home Style Mashed Potatoes Four Way Mixed Vegetables Applesauce
27	29
Sliced Turkey on Whole Wheat Kaiser Lettuce and Tomato Hearty Minestrone Soup Diced Pineapple	Home Made Old Fashioned Meatloaf w/ Mushroom Gravy Garlic Red Skin Smashed Potatoes Steamed Broccoli Florets Cantaloupe

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

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

OFFICE FOR AGING & YOUTH

FRIDAY
3
Crab Salad on Croissant Continental Potatoes Broccoli Florets Ambrosia Salad
10
Breaded Haddock Served on a Whole Wheat Bun Confetti Coleslaw Potatoes O'Brien Fresh Apple
St. Patrick's Day
Traditional Corned Beef Steamed Cabbage, Carrots and Potatoes "Me Daza" Mint Frosted Brownies
24
Tuscan Tortellini Romaine and Mandarin Orange Salad Fresh Cantaloupe Soft Italian Bread
31
Tuna Salad Served on Whole Wheat Kaiser with Sliced Tomato French Onion Soup Fresh Orange

Suggested Contribution:

\$3.50

Guest Meal

\$7.00

Canton Woods Food Sense March 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.

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

Pork Tenderloin, 1.7lb. (avg.)

Chicken Drumsticks, 3.25lbs. (avg.)

Tilapia Fillets, 1lb.

Ground Turkey 1lb.

Apple Chicken Sausage 1lb.

Stuffed Rigatoni, 12oz

Frozen Carrots 1lb.

Mixed Veggies, 15oz.

Elbow Macaroni, 1lb.

Mandarin Oranges, 11oz.

2 Fresh Produce

March Specials:

_____ **1. Spiral Ham, 9lbs. (avg.) for \$13.50:** The spiral hams average between 8 and 10 pounds per special.

_____ **2. Crab Rangoons, 11oz. for \$ 5.00:** The crab rangoons can be cooked in the oven or air fryer.

_____ **3. Chicken Alfredo, 24oz for \$6.00:** The chicken alfredo is a complete meal with penne pasta, vegetables & grilled chicken, with creamy alfredo sauce.

_____ **4. Stuffed Pork Chops, 2lbs for \$8.50:** The pork chops are stuffed with apples and cranberries.

_____ **5. American Cheese, 5lbs for \$14.00:** The sliced American cheese is not individually wrapped.

_____ **6. Chicken Wings, 5lbs for \$9.00:** The chicken wings are ready for the air fryer or oven and are in re-sealable bag.

Specials Total \$ _____

Order Grand Total \$ _____

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

Order Deadline date: Friday, March 10th, 2023 Pick up date: Wednesday, March

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

Thank you for your patience.