

Canton Woods Newsletter

April 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.



Director's Note: Spring has arrived! Time to leave winter behind and make a fresh start! Check out the many fitness programs offered at the center and start moving. We offer everything from Cardio Ball Drumming to Chair Yoga. Find the one that's right for you. You will feel better and have more energy to enjoy all your other activities.

Music continues at Canton Woods! On April 5th come by at 10:30am for an Easter Hello (wear your purple), enjoy music by Jerry Cali at 11:00am, make a reservation and stay for lunch! Thanks to our generous Entertainment Series 2023 Sponsors we can bring plenty of music to the center this year!

In April we take a moment to show our appreciation for the many volunteers who donate their time and talent to make Canton Woods the amazing place that it is. If you volunteer for the center, please make a reservation, and join us for the Volunteer Recognition Luncheon on April 24. The flyer with more information is in this newsletter.

Happy Easter

Ruth

Baldwinsville School District Budget

The Baldwinsville School District will bring a power point presentation with school budget and capital project information, followed by a question & answer period to Canton Woods on **Wednesday April 12 at 9:00am**. This presentation is open to the public.

Advanced Care Planning Workshop

Wednesday, April 19th at 2:00pm
See flyer in this newsletter, please plan to attend this important informational workshop.

Bringing Butterflies to Baldwinsville with Native Plants Thursday April 20th at 11:15am

Join Roger Dahlin to learn why planting Native Flowers, shrubs and trees will bring butterflies and songbirds to your landscape. Via colored slides, explore butterfly characteristics, habitats, and defense.

Assistant Director:

Hopefully spring is here!! We are starting April with a few Easter festivities. Wear Purple on Wednesday, April 5. If you do your name will go in a drawing for a prize. More special events that day so please check out Kathy Hogan's article and the calendar. Ruth and I have been approached about scheduling Pinochle again. It is on the calendar for Friday, April 28th at 1:00pm. I understand this may conflict with another activity you like, so it is very important to attend this time slot so we can figure out if it works or if another

day and time is better. However, afternoons are pretty booked.

VOLUNTEER RECOGNITION is Monday, April 24th at 11:30 am. Look for the flyer in this newsletter. Enjoy the warm sunshine! Happy Easter!

Joanie

Winners of Wear Green for St.

Patrick's Day are Lu Bulava, Kim Setla, Cynthia Brugnetti, Terry Pelose, Jerry Dingman, Nunzio Lipari, Bill Sellin, & John Dudley.

Hand and Foot Anyone?

Hand and Foot is a spinoff of an old time favorite card game *canasta*. Anyone interested in forming a weekly group to play Hand and Foot is asked to call the center. 315-638-4536.

Line dancing!

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!

Garden News

Spring has arrived. 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:

Hi Everyone,

Our fundraiser is coming on May 6th – Kentucky Derby at 12:30pm. Harmony Katz will perform at 2:00pm. Presale tickets are \$10.00; at the door tickets are \$12.00. Please come and enjoy some southern food with some great southern desserts. Gift baskets, door prizes, 50/50 raffle, derby hat contest, and a horse race with non-cash prizes. No one under 18 will be allowed. Bring your friend, family, or Grandparents to enjoy the fun! All proceeds go to Meals on Wheels to help feed our hungry. Call 315-638-2171 for any information. More fundraisers coming this summer. Happy Easter!

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

Neighborhood Advisor/Outreach Worker

Happy Spring! I hope everyone has plans for a lovely Easter celebration and that the weather cooperates.

This is Stress Awareness Month so we should all be trying to reduce our stress levels. Stress is a tricky thing because you can be stressed and not even be aware of it. Since this is the case, we should all try to find time each day to do something we enjoy that helps us relax.

Here are a few suggestions related to things that are celebrated this month. It happens to be National Garden Month as well and for those of you who enjoy gardening it is a perfect time to get out there.

Pet owners can celebrate their furry friends on National Pet Day which falls on the eleventh and the tenth is Hug Your Dog Day. Pets are great at helping us destress. April is also National Wildlife Month so getting outside in nature to observe

animals in their natural habitat is a wonderful way to destress. Beaver Lake Nature Center is a perfect place to go for a walk on the fourth which is National Walking Day.

Last but not least, for you married ladies, the sixteenth is Husband Appreciation Day so do something special for your guy, it will do you both good!

Nancy Sullivan Neighborhood Advisor

National Grid Senior Advocate

Mary Beth Basha, will be at Canton Woods **Wednesday, April 19th** 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

Hello Sunshine! Spring has Sprung and the B'ville Express is here to transport the seniors of Baldwinsville. Our program provides

FREE TRANSPORTATION to seniors residing in the Towns of Lysander and Van Buren, funded through the Onondaga County Office for the Aging. *If you are 60 or older, reside in one of these towns and can get in and out of a vehicle without assistance, **YOU ARE ELIGIBLE!***

Regardless of income or if you own a vehicle and still drive-**YOU ARE ELIGIBLE.** Registration is required by calling Gina at the center, 315-638-4536, and requesting an application. Our senior volunteer drivers can take you to the doctors,

pharmacy, bank, and small local grocery trips. Drivers are available to drive you between the hours of 8:00 and 3:30. For the safety of our senior riders and volunteer drivers, transportation must be completed when Canton Woods Senior Center is open. Drivers cannot pick up our seniors prior to 8:00 am and must drop them back home no later than 3:30.

Colonoscopy? Eye injections?

Procedure? I have access to a **FREE TRANSPORTATION** program also funded through Onondaga County Office for the Aging. You do not have to be a registered B'ville Express rider. Any one day procedure that requires you to have somebody drive you -call Gina @ the B'ville Express at least 3 days prior to your procedure and transportation to and from will be arranged for you at no cost to you. The only requirement for this is to be 60 years or older. Assistance getting in and out of the vehicle can be provided to you if you need for this program.

Any transportation questions or needs, always call the B'ville Express- we may be able to help!

Happy Easter!

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, April 26th, 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 / Thinking of You cards were sent to: Larry Wood, Tom Spagnola, Dave Au, Jacki Abbott, Richard Pasternak

Sympathy Cards were sent to the families of Bob Sheehan, Pat Bovee, & Charles Scrimale and to Gloria Saccone due to the passing of a family member.

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.

April Birthdays

4/1 Robert Paxton
4/4 Richard Stafford
4/12 Wanda Kilgallen
4/25 Sue Stapleton
4/27 Linda Clarke



JESSICAKES

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

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. Call the center to sign up

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, April 14th by 3:30pm.

The pick-up date is Wednesday, April 26th 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.

Tuesday, April 11th 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 April 11th.**

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.

Notes from Canton Woods Activity Committee:

Hello All: March was busy for us. St. Patty's day we had a gathering for music, prizes and lunch with a St. Patty's cookie and Lottery ticket and candy for all—the 50/50 was won by Ronna Geddes. A bottle of wine won by Maryann Phillips.

April 5th is another busy day for us: 10:30 Happy Easter CWSAG give away, followed by musical entertainment by Jerry Cali at 11:00am!

Wii bowling is going great, still room for more people.

We are considering cooking hot dogs again. It would be on a Tuesday or Thursday, twice a month. We are looking for help to pull "hot dog lunch" off. Anyone interested in helping, Please call me at the center at 315-638-4536.

Also, if anyone is interested in Bean Bag Toss or Darts, please call the center.

Thanks

Kathy Hogan

Tournaments in January

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

9 Ball

2/10

1st place: Frank O'Donnell

2nd place: Nunzio Lipari

9 Ball

2/17

1st place: Frank O'Donnell

2nd place: Dave Au

9 Ball

2/24

1st place: Bill Sellin

2nd place: Nunzio Lipari

Wii Bowling

2/6

1st place: Kathy Hogan & Barb DiSanto

2nd place: Cathy Spagnola & Sue Stapleton

2/13

1st place: Sue Stapleton & Jan Wojo

2nd place: Bob Hahn & Kathy Heintz

2/27

1st place: Kathy McLaggan & Louise Barrone

2nd place: Kathy Hogan & Bob Hahn

Bunco at Canton Woods!

Friday, April 28th

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!

Scrabble: Thursdays at 10:00am.

Blood Pressure Screening:

On Tuesday, April 11th

from 9:30am – 11:00 am.

Stay fit & Well at Canton Woods!

Try one of these fun fitness classes!

CW Aerobics Exercise Class! 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!!**

Ask us about Piano Lessons here at CW.

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,
April 4th & Tuesday, April 18th
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

I may be here in Florida, but I haven't
forgotten all my CW friends back in
Baldwinsville. There is a wonderful
beach market nearby that usually has
lots of goodies to purchase. I was
hoping to go to the Beach Market
because it me great ideas for the
Christmas Craft sale and for the Craft
classes, but this year it is not here. So
I am taking some initiative myself and
have signed up for an epoxy class. I
plan on taking what I have learned
back with me.

I taught two mosaic classes here at
Banyan Bay here on Longboat
Key. The first one was so successful; a
second one was scheduled with more
students. We made little side tables
that could sit next to a lounge chair. I
wish I could publish the pictures. This
class could be offered to the Canton
Woods Crafts classes ...Stay tuned.

When I came down, I brought many
projects with me. Someone donated
some quilt blocks, and they were so
beautifully done I would have been
very sad to dispose of them. Since I
knew the donor, I decided, with her
permission, to finish it so her family
would have something of hers to keep.
My goal is to have it all done so when I
get back, she can take it.

My understanding is that donations
have not stopped.... thank you to the

community! Due to a plea on Facebook we are adding another donation place...we will be creating lap robes for Hospice of CNY. I managed to get a great fleece deal here in Florida and will be carting it up north.... Yarn Crew has already donated some lap robes and yarn to Hospice of CNY.

While here in Florida I have had a great time. I have gone to the circus and an Orioles/Phillies preseason game. After leaving the game, a tree in the parking lot managed to jump in front of me. Not a good thing. I am going to need a whole new left front quarter panel ..ugh...that will be repaired when I get home since the car is able to be driven. Driving down here is a test in courage. So much traffic and people honk horns all over the place,

I could not write this article without saying thank you to Marcella Dockman and Rita Ford for holding down the fort while I have been gone. Also, I know the ladies in the group are really working hard. These are the true heroes...people who do kind things for those less fortunate. People who are willing to give to others. I am fortunate to know these people. Feel free to join us.

Edwina

As our leader Edwina Hay is enjoying herself in the Sunshine State, the yarn group has continued meeting Tuesdays knitting and crocheting items for our craft sales and donations. We are thankful for the donations of supplies we continue to receive. You can join us for knitting, crocheting, a bit of instruction and some socializing Tuesday, 9:00-12:00am. Live, Laugh, Love Marcella

Canton Creations

Do you know what a Temari Ball is? This is a Japanese craft that is a process transforming a plain Styrofoam ball into a decorative ornament with a variety of threads.

We will have a class in making these balls Tuesday, April 25th, 2023, 3:00-4:30pm. Please call the center to register prior to the class. Please bring a 300-yard spool of dark color threads. All other supplies will be furnished. A sample Temari ball will be on display at the office.

Book Club News

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

April 2023 Library News

Someone Else's Shoes (J. Moyes)

House of Wolves (J. Patterson/M. Lupica)

Walk the Blue Line (J. Patterson/ M. Eversmann)

Encore in Death (J. D. Robb)

Without a Trace (D. Steel)

Worthy Opponents (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!

Senior Humor

The Frog

A 72-year-old guy loves to fish.

He was sitting in his boat the other day when he heard a voice say, "Pick me up."

He looked around and couldn't see anyone.

He thought he was dreaming when he heard the voice say again, "Pick me up."

He looked in the water and there, floating on the top, was a frog.

The man said, "Are you talking to me?"

The frog said, "Yes, I'm talking to you. Pick me up, then kiss me, and I'll turn into the most beautiful woman you have ever seen. I'll make sure that all your friends are envious and jealous because I will be your bride!"

The man looked at the frog for a short time, reached over, picked it up carefully, and placed it in his front pocket.

The frog said "What, are you nuts? Didn't you hear what I said? I said kiss me and I will be your beautiful bride."

He opened his pocket, looked at the frog and said, "Nah, at my age I'd rather have a talking frog."

With age comes wisdom.

Canton Woods

APRIL 2023

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	
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2	3 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling 1:30 Line Dancing	4 8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Group	5 10 Mah Jong 10:30 Adult Coloring 10:30 Happy Easter CWSAC Give Away 11 Musical Entertainment by Jerry Cali 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program WEAR Purple Day	6 8 Tai Chi 9:15 CW Exercise 10 Falls Class 10 Scrabble 1 Pitch	7 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	8
9 E A S T E R	10 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling 1:30 Line Dancing	11 8 Tai Chi 9 Yarn Crew 9:15 NO CW Exercise 9:30 BP Screening 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Studio 3 Tech Support	12 9 B'ville School Budget Discussion 10 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	13 8 Tai Chi 9:15 NO CW Exercise 10 Falls Class 10 Scrabble 1 Pitch	14 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	1 5
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2 3 3 0	24 8:30-12 Open Rec 11:30 Volunteer Recognition Day 12 PEACE Lunch 1 Wii Bowling 1:30 Line Dancing	25 8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Studio 3-4:30 Canton Creations	26 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	27 8 Tai Chi 9:15 CW Exercise 10 Falls Class 10 Scrabble 1 Pitch	28 8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class 10:15 -12 BUNCO 10:30 Mexican Train 12 PEACE Lunch 1 8 Ball T'ment 1 BINGO 1 Pinochle	2 9

Entertainment Series 2023
FREE Concerts
Canton Woods Senior Center
76 Canton St.

April 5	11:00am	Jerry Cali
May 12	11:00am	George Leija
July 19	11:00am	Larry Sarafini & Son
October 25	11:00am	John Vona

**(check your newsletter and the municipal websites
for additional dates)**

Thank you to our generous sponsors!

**Barnes Memorial, Belle Tours,
Falardeau Funeral Home, and
Canton Woods Board!**

Travel Reflections

Hello everyone, Spring has sprung and it's almost time for travel to begin again. Great news! We have enough people for the May 31st Day Trip. "Oh What a Night" is a go! We can take people up until May 15 and there is still room. We need all the addresses and birthdates for anyone going on this trip. Resorts World will have our cards ready for us upon arrival. This way we all do not have to stand in line to get them. If you have already signed up, please call me or the center with your info. You all did an awesome job in signing up early so I did not have to cancel. Let's keep this momentum going for future trips. Special thanks to our Kathy Hogan for recruiting people to sign up for this trip.

I have been working on the Day Trips for the rest of the year. This year marks the 30th anniversary of Belle Tours LLC. I am planning a fun Mystery Trip to celebrate this milestone in my Travel career. I should have details by the May newsletter.

On February 28 I had a total ankle replacement. I am doing well and would like to thank the Sunshine lady, Janet Wojo and my friends at Canton Woods for the beautiful get well card. I am still unable to drive but I hope to do so in a few weeks.

Until next month, have a blessed Easter and Passover.

Love,
Jacki

Take care and God Bless.

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

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

NEW TRIP!

CANANDAIGUA LADY & SONNENBERG GARDENS JUNE 29, 2023 - THURSDAY

Join us for a summer day out for a leisurely narrated boat ride around the northern end of Canandaigua Lake. The day will include lunch on the boat. Selections are 1. Chicken Caesar Wrap 2. Roast Beef Wrap or 3. Veggie Wrap. (PLEASE INCLUDE SELECTIONS ON YOUR CHECK ALONG WITH PHONE NUMBER). Following our two hour ride, we will travel to picturesque Sonnenberg Gardens. This 50 acre estate consists of more than a dozen elegant theme gardens with fountains, streams, ponds, statues and greenhouses. Trip includes: deluxe Hale Transportation; boat ride w/ lunch; admission to Sonnenberg Gardens, all gratuities including drivers tip.

COST: \$135 per person payable to "Belle Tours LLC"

BUS PICK - UPS: depart Larkin St @ 9:30 am; Depart Canton Woods @ 10:00 am. Please arrive 10 minutes before departure. Arrive home about 5 pm. Sign up deadline is June 1. If I do not have 30 people by then I will have to cancel.

GEMS ALONG THE MOHAWK - HERKIMER DIAMOND MINE JULY 20, 2023 - THURSDAY

This Day Out takes us to Herkimer where we will board the Lil Diamond for a 90 minute tour on the historic Erie Canal which includes a trip through Lock 18. Following the boat ride we will enjoy a delicious dinner at the nearby Waterfront Grill. Lunch includes Turkey, mashed potato and stuffing. We will have time to shop at the Specialty Center with 70 NY legacies under one roof. After lunch we will drive to the Herkimer Diamond Mine where we will have the opportunity to "pan for gold". Trip includes: deluxe Hale transportation; boat ride; luncheon; admission to the Diamond Mine and all gratuities including driver.

COST: \$133 per person payable to "Belle Tours LLC"

NEW TRIP!

BUS PICK-UPS: Larkin St @ 9:30 am; Canton Woods @ 10:00 am. Please arrive 10 minutes before departure Arrive home about 5 pm This trip will be cancelled by June 20 if I do not have enough people.

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's 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**

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

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.

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

Happy Easter CWSAC Give Away



Wednesday, April 5th at 10:30am

11:00am Musical Entertainment by

Jerry Cali

PEACE Lunch to Follow

Please sign up for lunch by Tues., April 4th

Wear Purple and get your name in a
drawing for a Prize!

Community Living Advocates

FREE

**Advance Care Planning Workshop celebrating
National Healthcare Decisions Day!**

At

Canton Woods Senior Center

Wednesday April 19th

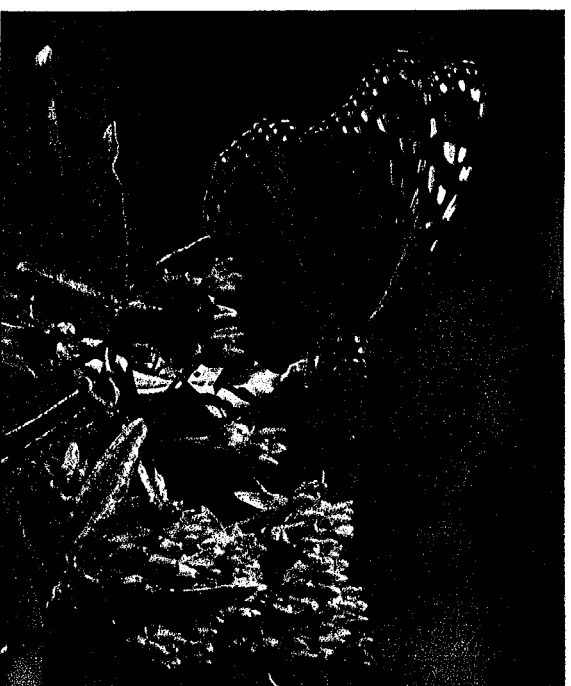
at 2pm

We all know we need to start getting ready for the future and this workshop will help get the ball rolling. Spend some time with Nancy Aureli, RN. as she shares her passion for health care proxies, do not resuscitate orders (DNR), and more.

Nancy is a caring registered nurse who has helped countless families start the conversation and get the paperwork underway. She can help you too with this interesting and necessary topic. Don't miss it! Paperwork will be provided for attendees. call the center to let us know you plan to attend. Bring your questions...
Public Welcome

Bringing Butterflies to Baldwinsville with Native Plants

**Canton
Woods
Thursday
April, 20
11:15 AM**



Canton Woods Volunteer Recognition

Monday April 24th

11:30pm

In Honor of National Volunteer Recognition Month
Canton Woods would like to acknowledge our Volunteers with
a Recognition Luncheon.

If you volunteer in any way at **Canton Woods**, the **PEACE** Lunch
Program or the **B'ville Express** transportation program please
sign up with the receptionists at the front desk for the
luncheon.

You will be our guests for the meal. Please come and enjoy the
afternoon with other volunteers here at Canton Woods.

Please sign up by 12 noon on April 19th

Menu: Tropical Fruit Glazed Ham, Yukon Gold Potatoes,
Veggies, Wheat Roll & Fruits of the Forest Pie!



Note: Everyone attending must have a completed PEACE Registration form.

In Honor of Older Americans Month

2023 Health and Wellness Event

“Aging Abounds”

Wednesday May 17, 2023

1:00 pm -3:00 pm

Presented By

Canton Woods Senior Center

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

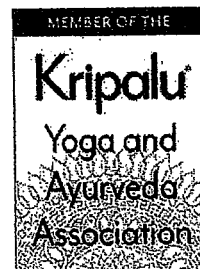
WINTER-SPRING 2023

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!**



April 2023

PEACE, INC. - FSD		OFFICE FOR AGING & YOUTH	
MONDAY 3		FRIDAY 7	
Breaded Chicken Breast Filet Served on a Whole Wheat Bun Topped with Sliced Tomatoes and Lettuce Home-style Potato Salad 4 Way Mixed Vegetables Fresh Melon		Good Friday Closed	
Gnanelli Sweet Italian Sausage Sandwich with Peppers and Onions Italian Blended Vegetables Mandarin Oranges		Barbeque Pulled Pork Sandwich on Whole Wheat Kaiser Macaroni Salad Confetti Coleslaw Mandarin Orange Jell-O with Whipped Topping	
Grilled Chicken and Field Green Salad Classic Minestrone Soup Rainbow Sherbet		Meatball Sub on a Whole Wheat Sub Roll Roasted Broccoli Florets Diced Mango	
Tropical Fruit Glazed Ham Yukon Gold Potatoes with Sliced Onions Oregon Blend Vegetables Fresh Cantaloupe Fresh Baked Whole Wheat Roll		Oven Roasted Lemon Pepper Chicken Zesty Mashed Sweet Potatoes Parmesan Brussel Sprouts Spice Cake with Walnut Cream Cheese Frosting	
All Meals include: Coffee, Tea, Milk Bread, and Margarine		Suggested Contribution: \$3.50 \$7.00 <i>guest fee</i>	

Canton Woods Food Sense April 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.

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

Chicken Tenderloins, 1.5lb. (avg)

Ground Beef, 1 lb.

Diced Pork, 1lb.

Fish Sticks, 1lb.

Eggs, Medium Dozen

Mexican Cheese, 8oz.

Brown Rice, 1lb.

Black Beans, 15 oz.

Frozen Corn, 1lb.

Diced Tomato, 14.5 oz.

2 Fresh Produce

April Specials:

____ 1. **Chicken Wings, 5lbs for \$7.50:** The chicken wings are fully cooked and have a hint of honey flavor.

____ 2. **Lobster Bites, 15oz. for \$5.00:** The lobster bites can be fried, baked in the oven, or cooked in the air-fryer.

____ 3. **St. Louis Style Ribs, 1 piece for \$8.50:** The pork ribs are a St. Louis Style spare rib.

____ 4. **Italian Meatballs, 5lbs for \$15.00:** The Italian meatballs are fully cooked are in a five pound bag.

____ 5. **Mozzarella Sticks 3lbs for \$13.00:** The mozzarella sticks are par-cooked and ready for the oven.

____ 6. **Produce Box, 14lbs for \$13.00:** The produce box includes: onions (2 lbs.), apples (3lbs.), carrots (1lbs.), potato (5lbs.), celery (1 sleeve), oranges (4 each), and zucchini (2 each).

Specials Total \$ _____

Order Grand Total \$ _____

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

Order Deadline date: **Friday, April 14th, 2023** Pick up date: **Wednesday, April 26th, 2023. (from 11:30am- 12:30pm)**

Thank you for your patience.