

Canton Woods Newsletter

September 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:

September is National Senior Center Month! The theme for 2023 is Discover Yours!

If you have never visited Canton Woods or have not been in for a while, make September your month to ***Discover your Senior Center!*** Check out all the center has to offer and join in.

Onondaga County Executive, Ryan McMahon will visit Canton Woods on Wednesday September 6 at 11:00am. Mark your calendar and attend. Public Welcome.

Plan to join Walk for the Woods

2023! Thursday September 14th at 4pm (rain, or shine). The registration form is in this newsletter! This is a fund-raising and wellness event for Canton Woods.

A tremendous Thank you to our ***Walk for the Woods Sponsors***, AmeriCU, Michel Tax and Accounting, McHarrie Life and Overhead Door of Syracuse.

Special thanks to Wegmans, Great Northern for donating refreshments for all our Walk participants to enjoy. Come and join the fun.

Music continues this month on Wednesday September 13 with the Baldwinsville Community Band and on Wednesday September 20 with Merlyn Fuller playing your favorites from the 50's and 60's.

Fall means it is time to think about your annual flu shot. The flu shot will be provided by Rite Aid at Canton Woods on September 27 from 10am-noon. Be sure to bring your insurance cards.

See you at the Center!
Ruth

Thank you to the Baldwinsville Rotary for hosting the Annual Senior Citizens picnic at Canton Woods. Everyone enjoyed a very festive evening.

Assistant Director: Thank you to everyone who participated in and enjoyed the Car Show!!!!

I would like to reach out to people who like to play games that we may or may not play here. Our Scrabble players would like a few more players. Could we please start up Mah Jong again!! I also have Skip Bo, UNO, Cribbage, Checkers. Or you could bring your own games, just like what happened with Mexican Train. Which has lots of people playing and would welcome more players. There are spots in the calendar where we have time and space for more games. Please call me, let's talk about a few more games this Fall. 315-638-4536. Enjoy Labor Day!

Joanie

**Mark your calendar for
October 11 at 11:00am
This is important, helpful
information.**

Sarah King, an attorney at Legal Services of Central New York, will present on Medicare, Medicaid, and programs to **make Medicare more affordable**, including the Medicare Savings Program, the Extra Help Program, and the Elderly Pharmaceutical Insurance Program.

Flu Shot Clinic

Wednesday, September 27th

From 10:00am-12:00pm

Please bring all your insurance cards. Rite-aid pharmacist will bring flu vaccine and other vaccines as available.

Piano Lessons

From Geoff Clough the instructor: Reaching out through your newsletter to see if there is any interest in having piano lessons again. Please contact Jeff Clough at 585-721-7632 or call Canton Woods. 315-638-4536.

Hand and Foot Anyone?

Hand and Foot is a spinoff of an old time favorite card game, *canasta*. We play Hand and Foot every Friday at 1:00pm. Anyone interested in playing Hand and Foot stop in on Friday.

Canton Woods Garden

Thank you to Onondaga County Healthy Schools and Communities for supporting Canton Woods Garden. Also, a huge thanks to Bert Mead and the team that worked so hard in the garden.

Produce Boxes!!

A half bushel box of fresh local produce from Emmi's Farms for \$16! The remaining order dates are Monday Sept. 11, Sept. 25, Oct 2.

Payment is due when you order. You can use your **Farmers Market Coupons** to purchase the produce box! Any questions call the Center 315 638-4536.

MOW:

Hello Friends!

Thank you for the fresh fruit and veggies that we have been receiving! Don't forget to come and get your drive through chicken dinner on September 30th. We now have the 2024 Syracuse books for sale for \$25.00.

Happy Grandparents Day!

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

Neighborhood Advisor/Outreach Worker

I hope everyone has enjoyed the fresh produce they were able to purchase with their Farmers Market Coupons. Our \$16 produce boxes from Emmi Farms will continue to be available until mid- October if you are interested.

If you are looking to improve your health in other ways, exercise is a good option.

Walking is something most of us can do and is considered one of the best forms of easy activity. It is even better if you can walk outdoors because then you reap the mental health benefits as well. This month you can join the *Walk for the Woods* on September 14!

Important days to celebrate this month are International Literacy Day on 9/8 and International Day of Peace on 9/21 so grab a good book and curl up for a peaceful day reading.

Nancy Sullivan Neighborhood Advisor

National Grid Senior Advocate

Mary Beth Basha, will be at Canton Woods Wednesday **September 20** from 12:30-2:00pm to answer any questions or issues you may have. Just stop in to see her.

B'ville Express

September 2023

B'VILLE EXPRESS

Goodbye to the hot and humid days of summer! Welcome Fall with cooler temperatures and the beautiful foliage we have here in Baldwinsville. With Fall comes the new school year, school buses on the road and students walking. Please be aware of the increased traffic and be cautious of the children getting on and off the bus.

This increase will cause some delays on the roads so please plan your B'ville Express trips accordingly and be patient with your volunteer drivers as they dedicate themselves to always transporting our seniors safely.

Labor Day is Monday, September 4th this year. Canton Woods and the B'ville Express will be closed.

Currently the B'ville Express is operating with only 14 active volunteer drivers. Due to some of our volunteer drivers being out, I haven't been able to accommodate some of our seniors' ride requests, thus turning them away. Please be patient and understand that our drivers are all senior volunteers and do not have unlimited open availability every day. When our seniors have a ride request, I try my best to find a driver that will be available at the same time the ride is needed. There may not always be a

driver available when the senior needs transportation.

PLEASE HELP

We desperately need volunteer drivers. You can volunteer as much or as little as you can. This is a rewarding opportunity that will ensure the B'ville Express program will still be available as we enter our Golden Years.

If you would like to help your senior friends and volunteer, please call Gina @315-638-4536.

Welcome our newest volunteer drivers to the B'ville Express!

David Bingham

Pat Apicella

HAPPY LABOR DAY!

Gina Carroll,

Transportation Coordinator

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 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. **Next class is Wednesday, September 13th. Payment must be made when you sign up.** This will be the final class of 2023. If you have any questions, call the center at (315) 638-4536.

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: Elsie Massett, Jean Howard, Larry Wood, Dick Stafford, Frank O'Donnell, Jerry Dingman, Caroline La Tray.

Sympathy Cards were sent to: To the families of: Sarah Lee, Bill Hinman, and Larry Wood.

Memorial Giving

Canton Woods is giving you the opportunity to donate to the Center through Memorial Giving. Any gifts totaling \$200.00 in one person's name will enable Canton Woods to add their name to the memorial plaque in the foyer.

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

Canton Woods has the PEACE Lunch hot meal served in the dining room. *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 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 on Monday, Wednesday, and Friday.

September Birthdays:

9/1 Terry Pelose
9/5 Claudia Mathis
9/7 Jean Barlow
9/9 Fred Elkins, Lee Evans
9/12 Masue Bernholz
9/16 Liz Mastracco, Edwin Baker
9/17 Kathy Hogan
9/20 Mary Hendel
9/23 Shirley Johnston
9/28 Mary DeLawyer
9/29 Beverly Derosier
9/30 Cindy Halstead

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.



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 September Package List or find it on the Village of Baldwinsville Website.

Cost: \$20.50

The order deadline is Friday, September 15th by 3:30pm.

The pick-up date is Wednesday, September, 27th 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. Monday, September 11th at

3:00pm. Call the center 315-638-4536 to make an appointment.

Free Legal Services

Legal services are available at Canton Woods on several Tuesdays in the calendar year. Next appointment is Tuesday October 17. 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:

September 2023:

Can you believe it is September already. On August 9th, the CWSAC sponsored Music by Jerry Cali. He was wonderful, a great day outside for a great concert. At the center, Pitch and Wii Bowling are doing great, but we could always welcome more players, please join us.

On Friday, August 25th, we played Name that Tune, with Geoff Clough. What a great time we had.

Thanks everyone for coming to the Car Show and the Rotary Picnic.

Good Things coming in September! Come join us!

Kathy Hogan

Tournaments for

July

9 Ball Tournaments

7/7

1st Place: Marshall DuBuc

2nd Place: Kathy Hogan

7/21

1st Place: Nunzio Lipari

2nd Place: Della Falter

7/28

1st Place: Nunzio Lipari

2nd Place: Marshall DuBuc

8 Ball

7/14

1st Place: Marshall Dubuc & Nick

Peluso

2nd Place: Dave Au & Joan Ferstler

Wii Bowling

7/3

1st Place: Kathy Hogan & Bob

Hahn

2nd Place: Patti DiFabion & Louise

Barone

7/10

1st Place: Jan Wojo & Ed Barlow

2nd Place: Mae Slaunwhite & Sue

Stapleton

7/17

1st Place: Cathy Spagnola & Bill

Mills

2nd Place: Kathy Hogan & Mae

Slaunwhite

7/24

1st Place: Kathy Hogan & Mike

Slaunwhite

2nd Place: Bill Mills & Louise

Barone

7/31

1st Place: Mike Slaunwhite & Ed

Barlow

2nd Place: Kathy Hogan & Doug Clark

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

Bean Bag Toss

Third Friday of the month at 1:00pm. Please call the center to sign up!! Lots of fun competition.

Bunco at Canton Woods!

Bunco is moving to *Monday* mornings, the 2nd and 3rd Mondays at 10am-12:00pm. This is a fun fast moving dice game. Give it a try.

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! Mah Jong

Scrabble: Thursdays at 10:00am.

Blood Pressure Screening:

On Tuesday, September 19th.
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. Starting September 19th.

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. (Julie takes the summer off, but we have her leading the class on DVD). 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
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 the instructor. Please check the calendar for dates.

Art Group

Art group will meet in person on Tuesday, September 5th & Tuesday, September 19th 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

In my absence, the members were busy, busy, busy. They had lots of thing to show me; medallion afghans, cowls, beautiful fingerless mitts. You can see the fruits of their labor at the Craft Sale in November. That is a **new date** folks!

PLAN AHEAD

New date for Holiday Craft Sale:
November 17th & 18th 10:00am-
3:00pm.

You can't beat the prices!

THANKS *Edwina*

Canton Creations

If you ever played making mud pies as a child, then you would have loved making cement orbs. The hardest part was getting the rope to

stick on the balloons. The class was full of laughs. Another class will be offered in the spring. *Edwina*

September 2023 Library News

Out of Nowhere (S. Brown)

Must Love Flowers (D. Macomber)

Lion & Lamb (J. Patterson)

Obsessed (Micheal Bennett Series) (J. Patterson/Born)

Palazzo (D. Steel)

Zero Days (R. Ware)

CW Librarian, Lorraine

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.

Senior Humor

I've learned that life is like a roll of toilet paper. The closer it gets to the end, the faster it goes! *Andy Rooney*

Canton Woods

September 2023

<u>Monday</u>		<u>Tuesday</u>		<u>Wednesday</u>		<u>Thursday</u>		<u>Friday</u>	
								1 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 NO PEACE lunch 1 BINGO 1 Pool T'ment 1 Hand & Foot	2
3	4 Labor Day The Center is Closed	5 8 Tai Chi 9 Yarn Crew 9:30 Yarn Crew 10 Falls Class 12 Dup Bridge 2 Art Group	6 10 Mah Jong 10:30 Adult Coloring 11 County Executive Ryan McMahon 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	7 8 Tai Chi 8:30 Falls Education 10 Falls Class 10 Scrabble 1 Pitch	8 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 BINGO 1 Pool T'ment 1 Hand & Foot	9			
10	11 8:30-12 Open Rec 10-12 BUNCO 12 PEACE Lunch 1 Wii Bowling 3 Tech Support	12 8 Tai Chi 9 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Studio	13 9-3:30 AAA Defensive Driving Class 10 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program 7 Baldwinsville Community Band	14 8 Tai Chi 8:30 Falls Education 10 Falls Class 10 Scrabble 1 Pitch 4:00pm Walk for the Woods	15 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 Bean Bag T'ment 1 BINGO 1 Hand & Foot	16			
17	18 8:30-12 Open Rec 10-12 BUNCO 12 PEACE Lunch 1 Wii Bowling	19 8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 9:30 BP Screening 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1:30 Canton Creations 2 Art Group	20 10 Mah Jong 10:30 Adult Coloring 11 Music of the 60's by Merry Mischief 12 PEACE Lunch 12:15 Party Bridge 12:30-2 National Grid Representative 1 BINGO 1-3 Sharing Memories Writing Program	21 8 Tai Chi 8:30 Falls Education 9:15 CW Exercise 10 Falls Class 10 Scrabble 1 Pitch	22 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 Pool T'ment 1 BINGO 1 Hand & Foot	23			
24	25 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling	26 8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Studio	27 10 Mah Jong 10-12 Flu Shot Clinic 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	28 8 Tai Chi 8:30 Falls Education 9:15 CW Exercise 10 Falls Class 10 Scrabble 1 Pitch	29 9:15 Senior Ball Drumming 10:30 Mexican Train 12 NO PEACE Lunch 1 Pool T'ment 1 BINGO 1 Hand & Foot	30			

Onondaga County Executive

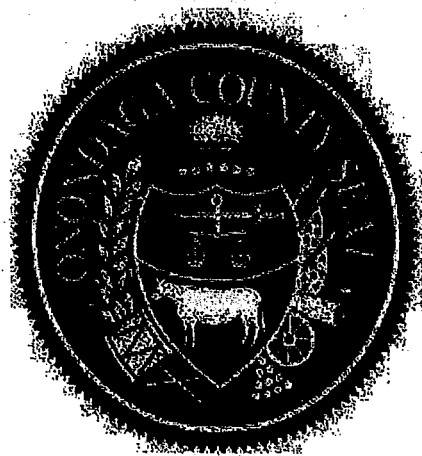
Ryan McMahon

will visit

**Canton Woods Senior Center
Wednesday**

September 6 at 11:00am

The Public is Welcome



Travel Reflections

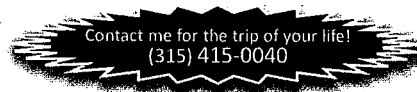
Hello everyone, Fall is in the air and there is still room on our Mystery Trip and Raquette Lake trip. There is no better time to view the leaves than a visit to the Adirondack mountains!

Our trip to Ireland was amazing. The people and the scenery were beautiful. As usual, Collette Vacations provided a stellar tour. The Adriatic Cruise is filling up and so is New York City. I think folks are anxious to be back on the road again.

I am working on a trip to Branson. The dates are September 14-23, 2024. The full details will be in the October newsletter.

Until then, take care and God Bless.

Love,
Jacki



30TH ANNIVERSARY MYSTERY TRIP **THURSDAY, SEPTEMBER 7, 2023**

Mystery Trip?

Can you believe it's my 30th anniversary at Canton Woods Senior Center? I have planned a fun Mystery trip for you to help me celebrate. No clues, except there will not be a boat ride.

COST: \$125 per person payable to "Belle Tours LLC"

BUS PICK-UPS: depart Larkin St @ 7:30 am; Depart Canton Woods @ 7:50 am. Please arrive 10 minutes before departure. Arrive home about 6 pm.

RAQUETTE LAKE DAY OUT | OCTOBER 11, 2023 – WEDNESDAY

We cannot resist "Leaf Peeping" in the picturesque Adirondack Mountains in the fall. This day trip takes us back to view the breathtaking scenery and historic Great Camps of the Adirondacks' largest natural lake. Welcome aboard the W.W. Durrant and enjoy the leisurely boat ride as well as their delicious luncheon. We will have time to visit the Old Forge Hardware store on our way home. Trip includes: Deluxe Hale transportation; Boat ride, luncheon; all taxes and gratuities including driver.

COST: \$138 per person payable to "Belle Tours LLC"

BUS PICK – UPS: depart Larkin St @ 7:30 am; Depart Canton Woods @ 8:00 am. Please arrive 10 minutes before departure. Arrive home about 6pm after a rest stop on the way home.

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

"THE BUDDY HOLLY CHRISTMAS SHOW | DECEMEBER 7th, 2023 – THURSDAY

Come celebrate the holiday season with this holiday tribute to Buddy Holly. This show is full of charisma and high energy to get you in the Christmas spirit. Hear the classic holiday songs as well as Buddy's greatest hits. This show will have you rockin' around your Christmas tree and dancing up the aisles. It is sure to be a rockin' good time! Trip includes: deluxe Hale transportation; \$25 slot bonus; \$5 food & show; all taxes and gratuities including bus driver. Escorted by Jacki

COST: \$105 per person payable to "Belle Tours LLC"

BUS PICK – UPS: depart Larkin St @ 8:30 am; Depart Canton Woods @ 9:00 am. Please arrive 10 minutes before departure.

NEW YORK AT CHRISTMAS | NOVEMBER 30th - DECEMBER 1st, 2023

Nothing is more spectacular than Christmas in New York City! Join us for this 2 day/ 1 night tour to see the famous Radio City Rockettes at Radio City Music Hall. There will be free time for shopping or to purchase show tickets if you would like. The trip includes: deluxe Hale Transportation; 1 night in a hotel in Manhattan; Dinner, breakfast; Rockette tickets; all taxes and baggage handling. Escorted by Jacki Abbott.

COST:
\$685 /per person
(Based on **double** occupancy)

COST:
\$835 /per person
(Based on **single** occupancy)

\$100 (non refundable) due now to sign up. Balance due October 1, 2023. Sign up any time at the center or send to Jacki @ 132 Plymouth Drive Syracuse, NY 13206

**A WASHINGTON D.C. ADVENTURE
4 DAYS/3 NIGHTS - April 8th - 11th 2024**

The Cherry Blossoms will be out when we visit our nations' capital. Join us on this 4 day/3 night tour of Washington D.C. This trip includes: Deluxe motor coach transportation; 3 nights hotel accommodations; 3 breakfasts; 1 fantastic Potomac Lunch cruise; 3 sumptuous Dinners at fine local restaurants; Guided Tour of Washington D.C including a guided illumination Tour of the Washington monuments at night time; visit to Arlington Cemetery with a tram ride; self guided tour of all Washington monuments; visit to the Smithsonian National History Museum; all taxes, meal gratuities & baggage handling; drivers gratuity; Fully escorted by Jacki Abbott.

COST:
\$985 /per person
(Based on **double** occupancy)

COST:
\$1,230 /per person
(Based on **single** occupancy)

All payable to "BELLE TOURS LLC" \$150 non refundable. A deposit of \$150 is needed to sign up. Balance due February 5, 2024. Sign up any time at the Center or send to Jacki @ 132 Plymouth Drive, Syracuse, NY 13206

**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

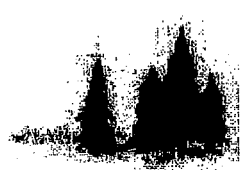
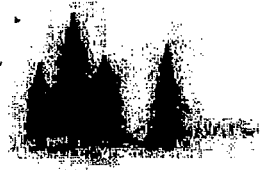
COST:
\$6,121 /per person
(CONCIERGE BALCONY CABIN)
Category A1

***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



Walk for the Woods

2023!

Canton Woods Senior Center

Celebrating National Senior Center Month

Walk for the Woods 2023!

Thursday September 14th

4:00pm

Rain or Shine

All proceeds benefit Canton Woods Senior Center

Registration Form

Name: _____

Address: _____

Phone: _____ Email: _____

Registration fee \$10.00 _____ Additional Donations \$ _____

T-Shirt size ___ small ___ medium ___ large ___ X-large ___ XX large ___ XXX large

All registered walkers will receive a FREE T-shirt when the walk concludes.

I am not able to walk but would like to order a Walk T-Shirt!

Small, Medium, Large, and X-Large \$12.00 XX Large and XXX-Large \$14.00

Please forward all registration fees, additional donations, and T-shirt orders to:

Canton Woods Senior Center 76 Canton St., Baldwinsville 13027

Make checks payable to: *Canton Woods Senior Center*

Thank you for supporting our Center!



CENTER FOR
AGING RESOURCES
AND ENRICHMENT

Fall Prevention Program

This 6-week course has been created to educate individuals on fall risk factors and the modifications that can be made to decrease fall risk as well as ways to strengthen muscle groups and improve balance to decrease the likelihood of a fall occurring.

Canton Woods

Classes will take place on Thursdays from
9/7/23-10/19/23

FREE FREE

Contact us for more information!

Office: 315-445-6059

Paul Musso, MS, OTR/L mussopj@lemoyne.edu

Meghan Winje, MS, OTR/L winjeme@lemoyne.edu



CENTER FOR
AGING RESOURCES
AND ENRICHMENT

HOME FALL/ SAFETY EVALUATIONS

Cost: **FREE!**

Length of consultation: 1 hr

Includes: assessment of *all* living areas and environment around home. Assessment of any other specific client concerns related to safety and fall risks.



*Upon completion of the assessment, our team of **Occupational Therapists** will provide a detailed report of their findings and discuss recommendations for modifications, adaptations, and safety measures.*

Contact us for more information! Office: 315-445-6059

Paul Musso, MS, OTR/L mussopj@lemoyne.edu

Meghan Winje, MS, OTR/L winjeme@lemoyne.edu

Cayla Wright, MS, OTR/L wrightcn@lemoyne.edu

CANTON WOOD

Chair Yoga with Yvonne

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



FALL 2023

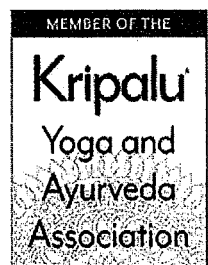
TUESDAYS - Sept 12, 19, 26
- Oct 3, 17, 24
- Nov 7, 14, 28
- Dec 5

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)

- ☯ **A gentle, fun practice that encourages mindfulness and compassionate self-awareness.**
- ☯ **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.**
- ☯ **New to Yoga? Come give it a try. Absolutely no experience necessary. Everyone welcome!**



Free

October 11, 2023

9am - 1pm

**CNY Regional Market, E - Shed
2100 Park Street, Syracuse**

Presented by:



Presentations:

- What kind of insurance do I need?
- Medicare 101 - What is part A, B, C & D
- Top 5 questions about Medicare and Medicaid
- How not to get scammed.

17

Do you have questions about Medicare or another kind of insurance? Do you have the right coverage for your needs? If you have questions this event is for you.

Join us and learn from insurance companies, brokers, and non-profits.

We'll have speakers on a range of insurance topics, from the different offerings by Medicare and how not to get scammed.

Stage Sponsor:



September '23

PEACE, INC. - FSD		OFFICE FOR AGING & YOUTH	
MONDAY		SENIOR NUTRITION	
		WEDNESDAY	
		FRIDAY	
		1	
4		8	
Labor Day Agency Closed		Bacon and Tomato Chicken Salad On Croissant Strawberry Feta Spinach Salad Served with Balsamic Vinaigrette Juicy Diced Peaches	
11		15	
Barbeque Grilled Chicken Breast Baked Beans Capri Blend Vegetable Mandarin Oranges		Home Made Old Fashioned Meatloaf w/ Mushroom Gravy Garlic Red Skin Smashed Potatoes Steamed Broccoli Florets Cantaloupe	
18		22	
Oven Baked Ziti with Glanelli Italian Sausage Crisp Chef's Salad with Low Sodium Italian Dressing Diced Pears		Oven Roasted Lemon Pepper Chicken Zesty Mashed Sweet Potatoes Parmesan Brussel Sprouts Spice Cake with Walnut Cream Cheese Frosting	
25		29	
Beef Chili Con Carne Romaine and Mandarin Orange Salad Fruit Cocktail Honey Corn Bread Muffin		Glazed Ham Sweet Potatoes with Cinnamon Pecan Crunch Spinach Pineapple	

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

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

Suggested Contribution: \$3.50
Guest Meals \$7.00

PEACE, Inc. All Staff Day
Closed

Learn How To Square Dance

2 FREE

Beginner's Square Dance Lessons

No Experience Necessary
Casual Dress

When: Friday, September 22, 2023 and
Friday, September 29, 2023

7:00 pm to 9:00 pm

Where: Fulton Municipal Building
141 S. 1st Street,
Fulton, NY 13069

These first two classes are free and thereafter \$8.00 per person. Please come and see if this works for you. No obligation.

Age 10 and up, singles or couples
(under 16 must be accompanied by a parent or guardian)

If you have any questions please contact
Ray Schumacher: 315-857-8663
Fulton Shirts 'N Skirts Square Dance Club

All proceeds to Baldwinville Meals on Wheels



*Baldwinville
Meals on Wheels*

September 30th 12pm-gone

\$14.00

1/2 chicken
baked beans
mac n cheese
corn muffins
plus brownie



**Join us for a
fundraising
bbq drive**

76 Canton Street

Baldwinville, NY

315-638-2171