

# Canton Woods Newsletter

## October 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](http://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 was a very busy month at the center. *The Walk for the Woods* was awesome!

*Walk for the Woods 2023* was sponsored by AmeriCU, Michel Tax Services, McHarrie Life, and Overhead Door! Wegmans provided pizza and bottled water for our walk participants and our neighbors at McHarrie Towne also offered bottled water along the route.

**Thank you to our sponsors and everyone who participated. It was a perfect fall afternoon!**

**See you at *Walk for the Woods 2024!***

### Falls Prevention

Unfortunately, many of you know firsthand that a fall can be a life changing event. Canton Woods offers two wonderful Falls Prevention Programs. These programs are **FREE!!!** I encourage you to make the effort to attend one or both programs. Folks who participate in the **Falls Prevention** classes report feeling a real benefit in their daily activities.

**Be sure to update your immunizations as we approach winter. A vaccine clinic sponsored by Rite Aid is scheduled for Wednesday, October 25<sup>th</sup> 10:00am- 12:00pm at Canton Woods.** It is time to get your annual flu shot and update all your immunizations.

Bring your insurance card. This is an indoor clinic. Covid vaccine, flu shot, RSV, shingles and pneumonia immunizations will also be available. NO appointments necessary. Take time to take care of your health.

**Important Reminder**

**Medicare Open enrollment period  
October 15 - December 7, 2023!**

This is when people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

Be sure to spend some time outdoors enjoying all the brilliant colors of Fall!

***Welcome Autumn!  
Ruth***

**As the towns of Lysander and Van Buren prepare their budgets for 2024, remind your Town Supervisor and Town Boards of how important Canton Woods is to you and how much you benefit from your senior center. Let your Town supervisor know you and your family are grateful for Canton Woods!**

**It is budget time for the municipalities.**

**Contact Information  
Village of Baldwinsville**

Richard Clarke, Mayor  
Phone: 315 635 3521

**Email:** [dclarke@baldwinsville.org](mailto:dclarke@baldwinsville.org)

**Village of Baldwinsville**

16 W Genesee Street  
Baldwinsville, NY 13027

**Town of Lysander**

Robert Wicks, Town Supervisor  
**Phone:** (315)-638-4264

**Email:**

[supervisor@townoflysander.org](mailto:supervisor@townoflysander.org)

**Lysander Town Hall**

**8220 Loop Road, Baldwinsville  
NY 13027**

**Town of Van Buren**

Rick Zaccaria, Town Supervisor

**Phone:** (315) 635-3009

**Email:**

[supervisor@townofvanburen.com](mailto:supervisor@townofvanburen.com)

**Van Buren Town Hall**

7575 Van Buren Rd, Baldwinsville,  
NY 13027

**Assistant Director:**

**Happy Halloween Month!!**

October is a great month and it's quite busy. Please check out the calendar for all the special events happening. For Halloween, please take a guess on the number of candies in the container, a Halloween word game packet will be available to finish and turn in for a possible prize. On Monday, October 23<sup>rd</sup>, Wear Orange to get into the mood!!! Find the flyer in this newsletter for the CWSAC, Halloween party. Then on Tuesday, October 31<sup>st</sup> wear a Halloween T-shirt or Sweatshirt and have your name put in a drawing for a prize. Thanks in advance for all your participation.

*Joanie*

**Music!**

There are two concerts for you to enjoy at the center this month.

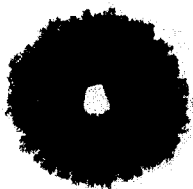
**John Vona on the piano**

Wednesday October 18 at 11:00am

**Dave Lekki with your favorite oldies**

Monday October 30 at 11:00am

Make a reservation and stay for lunch.



*Looking ahead to Canton Woods Senior Center HOLIDAY WREATH SALE! Orders will be taken starting November 1. More details in our November newsletter. **ALL net proceeds go to support Canton Woods!***

### **News from the Baldwinsville Public Library**

If you missed the County Executors talk at Canton Woods in September, you have another chance to hear him. The newly reorganized **Friends of the Baldwinsville Public Library** has returned after a three-year pandemic break. The opening program will feature special guest, **County Executor J. Ryan McMahon, who will give a non-political talk on "Micron, A Future Made in Onondaga County."** The program will be at the **Baldwinsville Public Library at 7pm on Thursday, October 19. It is free and open to the public.** Applications to join Friends of the Library are available on-line or at the library front desk

**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, October 25<sup>th</sup>**

**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.

### **Produce Boxes!!**

A half bushel box of fresh local produce from Emmi's Farms for \$16! The remaining order date is **Monday, 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:**

Hi Everyone!

Happy Fall!!

We like to give Thanks to everyone that came to our first annual chicken BBQ, we hope you enjoy it. November 4<sup>th</sup> will be a turkey dinner drive thru with all the trimmings.

We have Syracuse books on sale for \$25.00 they make a great gift. We are storming up some comfort foods for the fall, if you need meals just call us. We will be collecting canned goods for our seniors for the cold and blizzard days. Please just drop them off the Meal on Wheels! Thank you!  
Happy Halloween!

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

### **Neighborhood Advisor/Outreach Worker**

*Nancy Sullivan Neighborhood Advisor*  
Well, fall is here, and HEAP season seems to have begun! Some of you who have had HEAP in the past are receiving your 2023 applications in the mail. I am available to assist in filling them out if you need help. They are a bit different this year as the forms have been changed. New applicants will need to wait until after the Energy Summit in November as I will not have a supply of applications until then.

Now is a good time to think about preparing for winter! It is good to have a supply of water in case pipes freeze or break. Flashlights and some new batteries as well as a battery powered radio are handy in case of a power outage. Those of you with electric cook stoves may consider stocking up on a few ready to eat foods to have on hand as well. Water and a few snacks along with a warm blanket or two in your car are good to have in case you get stuck or have car trouble. Is your winter gear ready? Warm coats, hats, boots, and gloves as well as sweaters should be ready to go because you never know when the cold and snow will start. I know we still hopefully have Halloween and Thanksgiving to look forward to before we need to worry about snow, but Mother Nature often has a few tricks up her sleeve for us and it is best to be ready for surprises.

### **National Grid Senior Advocate**

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

### **B'ville Express**

Thank you to all our volunteer drivers! The time you devote to our senior friends of Baldwinsville is cherished beyond words. With the shortage of volunteer drivers, your willingness to still help our senior friends and continue being a valued part of the ***B'ville Express*** program is sincerely appreciated. You all go above and beyond trying to cover the senior ride requests. I am grateful for each and every one of you.

### **THANK YOU!**

The ***B'ville Express*** has 14 drivers currently and over 170 seniors registered that need transportation. Our drivers do their best to help me cover all the rides requested weekly. At times I have been unable to accommodate all our seniors' transportation needs, thus turning them away. The need for more volunteer drivers is crucial.

Please help your senior friends and call Gina today to become a volunteer driver @315-638-4536. You will love the rewarding experience!

**The *B'ville Express* will be closed on the following days:**

**Monday October 9<sup>th</sup>** in observance of Columbus Day/Indigenous People's Day.

**Friday November 10<sup>th</sup>** in observance of Veterans Day.

**Thursday November 23<sup>rd</sup> and Friday November 24<sup>th</sup>** for the Thanksgiving holiday.

**HAPPY HALLOWEEN!**

*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 in March 2024.** If you have any questions, call the center at (315) 638-4536.

## Senior Humor

The older you get, the more you need to keep a fire extinguisher close to the birthday cake.

## 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:** Rita Ford, Fred Elkins, Jane Matyjewicz

**Sympathy Cards were sent to:** Jacki Abbott for the loss of a family member & Diane Quinn-Miller for the loss of a family member.

## 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

***Thank You for your donations in memory of Sarah Lee. Her name will be added to the memorial plaque.***

## 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.

## October Birthdays:

10/11 Edwina Hay

10/16 Rita Seitzer

10/19 Jean Gentilcore

10/23 Monique Finan

10/24 Arlette Folckemer

10/31 Darla Wood

We are continuing to add to our birthday list so please call or e-mail your birthday month and day.

[jferstler@baldwinsville.org](mailto:jferstler@baldwinsville.org)

(315) 638-4536.



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

Cost: \$20.50

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

The pick- up date is Wednesday, October 25th 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, October 11<sup>th</sup> 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. 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:**

**October 2023:**

Hi All:

Here comes October- Lots going on this month—Our Shuffleboard has been fixed and we can now play shuffleboard. Remember all are welcome to play.

October 18<sup>th</sup>, we have **John Vona** playing piano tunes for us at 11:00am. Check your calendars for 3-day Halloween goings on.

*Kathy Hogan*

**Tournaments for**

**August**

**9 Ball Tournaments**

8/11

1<sup>st</sup> Place: Micky Bisha

2<sup>nd</sup> Place: Frank O'Donnell

8/18

1<sup>st</sup> Place: Nunzio Lipari

2<sup>nd</sup> Place: Bill Bohemier

8/25

1<sup>st</sup> Place: Nick Peluso

2<sup>nd</sup> Place: Marshall DuBuc

**8 Ball**

8/4

1<sup>st</sup> Place: Della Falter & Bill

Bohemier

2<sup>nd</sup> Place: Kathy Hogan & Nunzio

Lipari

**Wii Bowling**

8/ 7

1<sup>st</sup> Place: Kathy Hogan & Mike

Slaunwhite

2<sup>nd</sup> Place: Patti DiFabion & Gloria

Saccone

8/14

1<sup>st</sup> Place: Kathy Hogan & Bob

Hahn

2<sup>nd</sup> Place: Gloria Saccone & Peggy

Ford

8/21

1<sup>st</sup> Place: Kathy Hogan & Diane

Quinn-Miller

2<sup>nd</sup> Place: Peggy Ford & Jan Wojo

8/28

1<sup>st</sup> Place: Kathy Hogan & Avis

Neupert

2<sup>nd</sup> Place: Mae Slaunwhite & Tom

Spagnola

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

**Shuffleboard** is back on the calendar at Canton Woods! The first tournament is set for Friday October 13<sup>th</sup>. Join in the fun!

**Bunco at Canton Woods!**

**Bunco** has moved to *Monday* mornings, the 2<sup>nd</sup> and 3<sup>rd</sup> 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!!!!

**Scrabble: Thursdays at 10:00am.**

**Blood Pressure Screening:**  
On Tuesday, October 24<sup>th</sup>.  
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.

**Senior Cardio Ball Drumming**  
Facilitated by Arlette, starting in  
October we are adding Wednesdays.  
Ball drumming class will be offered  
at 9:15am Wednesday and Friday!

Equipment is provided.  
This is a low impact exercise class  
using music, large exercise ball and  
drumsticks to move to the beat!!

**Falls Prevention Education**  
**Program.** From the Center for Aging  
Resources and Enrichment. **Thursday at**  
**8:30am.** This course educates on the fall  
risk factors and modifications that can be  
made to decrease fall risk as well as ways  
to strengthen muscle groups to improve  
balance and decrease the likelihood of a  
fall. The current session runs through  
October 19.

**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 11:10am  
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,  
October 3rd & Tuesday, October 17th  
2023 at 2pm. Art Studio on the other  
Tuesdays of the month at 2:00pm.

## **How about getting together for Adult Coloring!?**

Adult coloring can reduce stress and anxiety, increase mindfulness, and it's fun. Try it! Wednesdays at 10:30am.

## **Sharing Memories Writing Program!**

Every Wednesday at 1:00pm.  
Facilitated by Tina Trainham. Please come with writing material and your memories!

## **Yarn Crew**

Boy, has the summer ever flown by, and we are in pumpkin spice and apple cider season. Members of the Yarn Crew are really hitting those crochet hooks, sewing needles. The knitting needles are working really hard to get their projects done for our annual Holiday Craft Fair. Donations have been pouring in and we are trying to get some of those unfinished donated projects completed if we have the skills.

## **PLAN AHEAD**

**New date for Holiday Craft Sale:**

**November 17<sup>th</sup> & 18<sup>th</sup>**

**10:00am-3:00pm.**

**Lots of Christmas and Thanksgiving items will be available. Stop by and support our efforts... we are improving every year.**

**You can't beat the prices!**

**(Our little Yarn Crew group is growing bigger and bigger. Welcome to our new members. You can be an on-site member or a remote contributor.)**

**THANKS** *Edwina*

## **October 2023 Library News**

The River We Remember (W.K. Kruegar)

Dead Mountain (Preston & Child)

Payback in Death (J.D. Robb)

Happiness (D. Steel)

Zero Days (R. Ware)

Breakaway (J. Weiner)

*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.

# Canton Woods

## October 2023

Monday		Tuesday		Wednesday		Thursday		Friday	
1	2 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling	3 8 Tai Chi 9:15 CW Exercise 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Group	4 9:15 Senior Ball Drumming Exercise 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	5 8 Tai Chi 8:30 Falls Education 10 Falls Class 10 Scrabble 1 Pitch	6 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE lunch 1 BINGO 1 Pool T'ment 1 Hand & Foot	7			
8	9 <b>Indigenous Peoples Day The Center is Closed</b>	10 8 Tai Chi 9:15 CW Exercise 9:30 Yarn Crew 10 Falls Class 12 Dup Bridge 2 Art Studio	11 9:15 Senior Ball Drumming Exercise 10:30 Adult Coloring <b>11 Legal Guidance for Medicaid</b> 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program 3 Tech. Support	12 8 Tai Chi 8:30 Falls Education 9:15 CW Exercise 10 Falls Class 10 Scrabble 1 Pitch	13 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 BINGO 1 Shuffleboard T'ment 1 Hand & Foot	14			
15	16 8:30-12 Open Rec 10-12 BUNCO 12 PEACE Lunch 1 Wii Bowling	17 8 Tai Chi 9:15 CW Exercise 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Group	18 9:15 Senior Ball Drumming Exercise 10:30 Adult Coloring <b>11 Piano Tunes w/ John Vona</b> 12 PEACE Lunch 12:15 Party Bridge 12:30-2 National Grid Representative 1 BINGO 1-3 Sharing Memories Writing Program	19 8 Tai Chi 8:30 Falls Education 10 Falls Class 10 Scrabble 1 Pitch	20 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 Pool T'ment 1 BINGO 1 Hand & Foot	21			
22	23 8:30-12 Open Rec 10-12 BUNCO 12 PEACE Lunch 1 Wii Bowling  <i>Wear Orange Day</i>	24 8 Tai Chi 9 Yarn Crew 9:30 BP Screening 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Studio	25 9:15 Senior Ball Drumming Exercise <b>10-12 Flu Shot Clinic</b> 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	26 8 Tai Chi 9:15 CW Exercise 10 Falls Class 10 Scrabble 1 Pitch	27 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 Pool T'ment 1 BINGO 1 Hand & Foot	28			
29	30 8:30-12 Open Rec <b>10:30 CWSAC Halloween Treats</b> <b>11 Halloween Party w/ Piano Music by Dave Lekki</b> 12 PEACE Lunch 1 Wii Bowling	31 <b>Happy Halloween</b> 8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Studio  <b>Wear a Halloween T-shirt/ Sweatshirt Day</b>			Calendar subject to change.				

## Travel Reflections

Hello everyone, Our Mystery Trip to celebrate my 30<sup>th</sup> anniversary trip was wonderful! We took a train trip on the Cooperstown Charlotte Railroad. We boarded in Milford, NY and got off in Cooperstown where our bus met us. Then we enjoyed a delicious meal at the elegant Otesaga resort. A stop at Fly Creek Cider Mill completed our day. Everyone on the trip received a \$30 Belle Tours LLC Gift Certificate. The Gift Certificate is ONLY valid in 2024, not this year. So any Day or Overnight trip in 2024 is eligible.

We have 17 people signed up for the Adriatic/Ionian Cruise for October, 2024. The cabins are almost full, so if you are interested, you should sign up as soon as possible. There is still some spaces left for Raquette Lake and Buddy Holly. We need more people for New York City.

Until then, take care and God Bless.

Love,  
*Jacki*




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### **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 | DECEMBER 7<sup>th</sup>, 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 30<sup>th</sup> - DECEMBER 1<sup>st</sup>, 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 8<sup>th</sup> - 11<sup>th</sup> 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 24<sup>TH</sup> - NOVEMBER 4<sup>TH</sup>, 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**



# October 30th at 10:30am

Please come to Canton Woods to celebrate  
Halloween!!

Music by Dave Lekki at 11:00am,  
Sing along to all your favorite old tunes!!

## Cider, Sweet Treats, Costumes!!

Come to the party and get your name entered for a drawing, wear a costume get your name entered twice!!

## And Stay for lunch!!

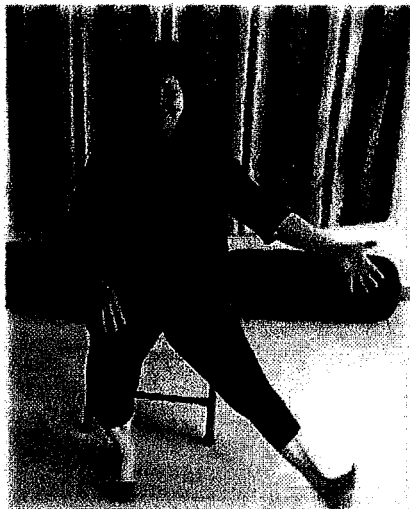
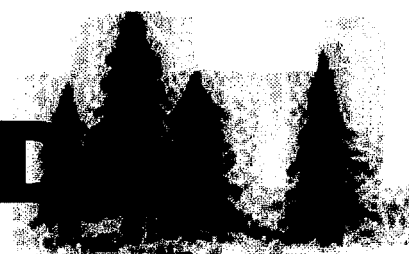
## Beef Pot Roast w/ gravy and Smashed Potatoes

**Sign up for lunch by Friday, October 27<sup>th</sup>!!**

## How could you possibly stay Home!!!

# **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**

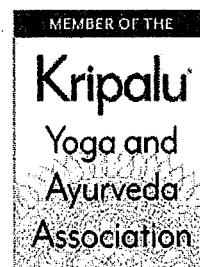
**TUESDAYS - Sept 12, 19, 26**  
**- Oct 3, 17, 24**  
**- Nov 7, 14, 28**  
**- Dec 5**

**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!**



# **The Monarch Butterfly in CNY**

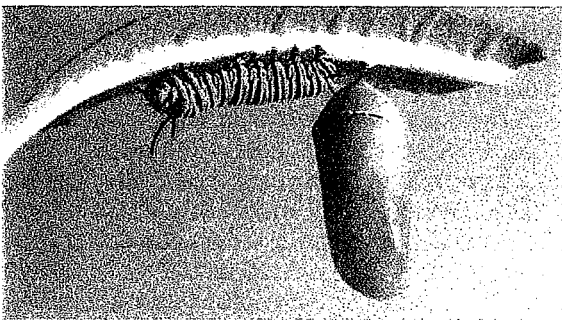
## **A Detailed Description of Life Stages**



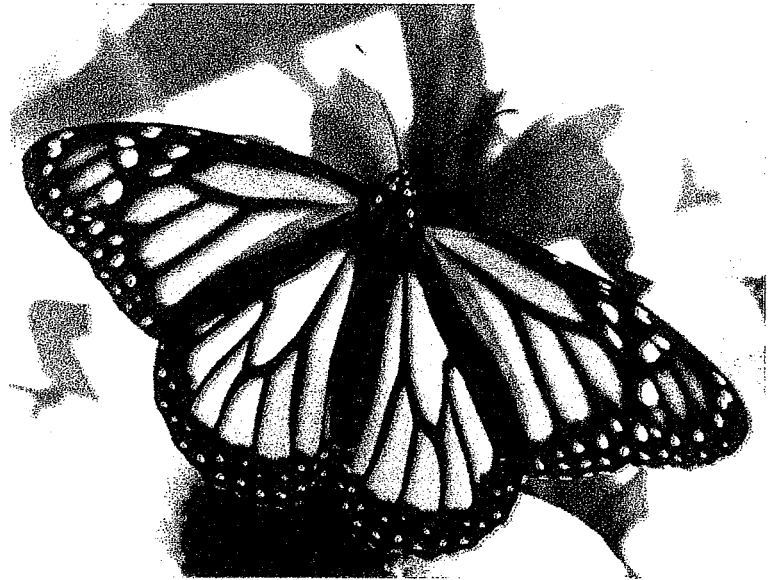
**Wednesday, November 13**  
**10:00 am at**  
**Canton Woods**



**Egg to Caterpillar**



**Caterpillar to Chrysalis**



**Adult Butterfly**

David Wohlers will present a detailed description of the Monarch lifestages through pictures and videos. Monarch eggs and young caterpillars are collected in areas to be mowed. The butterflies produced are released outdoors to produce a subsequent generation.

# "Living an Active Life with Parkinson's Disease"

11th Annual Conference

**THURSDAY, OCTOBER 5, 2023**

Embassy Suites next to Destiny - 311 Hiawatha Blvd. West, Syracuse, NY 13204

8:30 am (Exhibitor tables open) to 2:00 pm

Dr. Dragos Mihaila

"Unmet Needs in Parkinson's disease: any progress?"

Dr. Kaushal Nanavati

"Parkinson's: Complementary approaches to support an active life"

Dr. Duarte Machado

"Gut Microbiome Dysbiosis & Parkinson's Disease"

Dr. Frank Middleton

"Connecting the Dots: An Update on the Search for Early Biomarkers of Parkinson's Disease and Its Progression"

Jill Weldum, LMFT, CCPT

"The Couples Project: What Comes Next"

Supernus

NEUROCRINE  
BIOSCIENCES

QVOWA KIRIN

ACORDA

abbvie

amneal  
PHARMACEUTICALS

Abbott

Medtronic  
Pulse, Together

Boston  
Scientific  
Advancing science for life

**REGISTRATION REQUIRED FOR THIS FREE EVENT!**

[www.empowerparkinson.org](http://www.empowerparkinson.org) -

Calendar/Special Events

Registration ends Thursday, September 28th

For more information call (315) 729-7178



## Living With Dementia 2023

Living With Dementia 2023

October 24, 2023

8:00 AM to 4:00 PM

Embassy Suites across from Destiny

Senior Home Care Solutions and Dementia Training Solutions invites you to join us for the Living with Dementia Conference which will include local resources and local support in the Upstate NY area for professional and family caregivers.

- Dementia Skills for Caregiving
- Engagement Live Show and Tell
- How to Deal with Difficult Behaviors
- Local Resources
- Legal Topics
- Technology - How it Can Help
- Research, Trials, and Medical Topics
- Local Programming

UPSTATE Velocity UPSTATE  
UNIVERSITY HOSPITAL CLINICAL RESEARCH NAPI WELNESS INSTITUTE

Senior Home Care  
& Alzheimer's Solutions

315-760-3905

SAFE HARBOR  
WILLS & TRUSTS  
The Asset Protection Law Firm



CONFERENCE REGISTRATION

<https://www.syracusesenior.com/register>

AGING

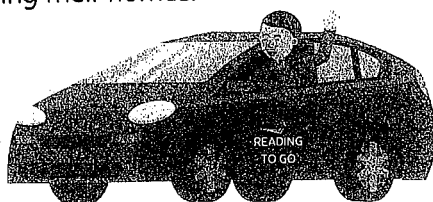
315-469-1000

Reading to Go Delivery Service

**LIBRARY BOOKS DELIVERED TO YOUR HOME**

Our Reading to Go delivery service is for residents of the Baldwinsville Central School District who have difficulty leaving their homes.

Personalized choices  
just for you!



Contact the Baldwinsville Public Library for information and an application.  
315-635-5631, [info@bville.lib.ny.us](mailto:info@bville.lib.ny.us)

BALDWINSVILLE  
PUBLIC LIBRARY

# October '23

PEACE, INC. - FSD		OFFICE FOR AGING & YOUTH	
SENIOR NUTRITION		FRIDAY	
MONDAY	2	6	
Boneless Chicken Breast Topped in Marsala Sauce Seasoned Wild Rice Winter Blend Vegetables Apple		Julienne Salad Topped with Ham, Turkey, Swiss Cheese, Tomatoes, Cucumbers, Hard Boiled Egg and Olives Crusty Italian Bread Fresh Pear	
	9	13	
Columbus day Indigenous Peoples' Day		Swedish Style Meatballs over Parslled Egg Noodles California Blend Vegetables Fresh Orange	
	16	20	
Sloppy Joe on a Kaiser Roll New Potatoes Oven Roasted Brussel Sprouts Mango		Tropical Fruit Glazed Ham Yukon Gold Potatoes with Sliced Onions Oregon Blend Vegetables Fresh Cantaloupe Fresh Baked Whole Wheat Roll	
	23	27	
South Western Style Grilled Chicken Chuckwagon Corn Oven Roasted Red Skin Potatoes Fruit Cocktail Dinner Roll		All American Cheese Burger Seasoned Potato Wedges Blended Vegetable Slaw Johnny's Apple Cobbler	
	30		
Beef Pot Roast with Gravy Smashed Red Skin Potatoes California Blend Vegetables Pineapple Tidbits Fresh Baked Whole Wheat Roll			
All Meals include: Coffee, Tea, Milk Bread, and Margarine		Suggested Contribution: \$3.50      Guest Fee \$7.00	

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