

# Canton Woods Newsletter

## November 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:** Thanksgiving is just around the corner, and we are preparing to celebrate with family and friends. It is a perfect time to take a moment and thank the generous people of Baldwinsville. Canton Woods is grateful to the municipalities, local businesses, service organizations and residents for their support of Canton Woods Senior Center and our mission. Thank you!

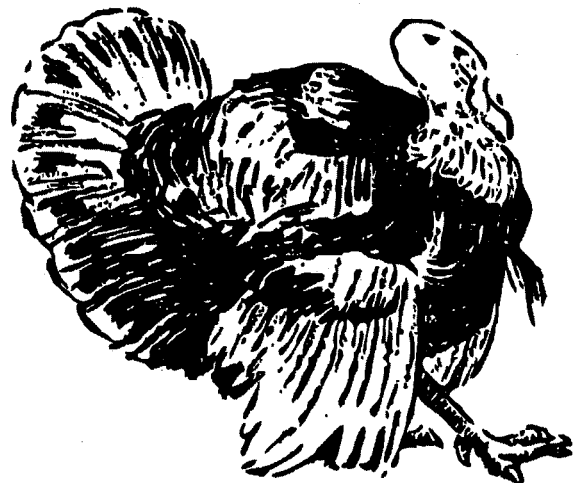
Canton Woods is especially busy in November and December. Be sure to read the entire newsletter so you do not miss out on the fun and holiday festivities. There are several music programs, come for the concerts and make a reservation and stay for lunch.

### **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. If you have Medicare questions, we can connect you with reliable resources through the Office for Aging. Just call the center.

***Happy Thanksgiving  
Ruth***



### *Weather Related Closings:*

1. **Canton Woods** is closed when the Village of Baldwinsville is closed (use your best judgement regarding your safety).
2. There is **NO PEACE lunch** when Syracuse City Schools are closed.
3. **Meals on Wheels** is closed if the Baldwinsville and/or Liverpool schools are closed.
4. **B'ville Express** will not pick up riders if the Baldwinsville Schools are closed. It is the rider's responsibility to cancel any appointments for that day.

### **The Monarch Butterfly in CNY Wednesday November 13 at 10:00am**

David Wohlers will present a detailed description of the Monarch Life stages through pictures and videos. The eggs and young caterpillars are collected, and the butterflies produced are released outdoors to produce a subsequent generation.

Come and enjoy this fascinating presentation.

***Know Diabetes by Heart***  
**at Canton Woods Senior Center**  
Tuesday, November 21, 2023,  
11:15am-12:15pm presented by the  
**American Heart Association of**  
Central New York and Northeastern  
PA.

***Know Diabetes By Heart*** is a workshop that focuses on the cardiovascular consequences of Type 2 Diabetes. During the workshop we use a curriculum to share information and resources. Call the Center to make a reservation. Please plan to attend and learn more about Diabetes.

### **2024 Newsletter Renewal Time**

We are now taking renewals for the 2024 newsletter. If you live in the Towns of Lysander or Van Buren, your cost is \$5.00 for mail delivery. All others who wish to have the newsletter delivered to your home the cost is \$6.00 for mail delivery. Please fill out the form and mail it with your payment to the Center or stop by and drop it off. Make Checks payable to Canton Woods Senior Center. Please pay promptly to avoid interruption in your newsletter service. NOTE: Please make a note on your calendar when you pay for your newsletter, to remind yourself that the 2024 subscription is paid. This reminder will continue to be in the newsletter through January.

ALSO: if you live outside of the Towns of Lysander or Van Buren, your \$25.00 annual user fee is due by January 1, 2024. The fee does NOT include the newsletter subscription. Non-residents also need to pay \$6.00 for your newsletter subscription.

To have your newsletter e-mailed to you please submit your e-mail address to Ruth Troy. We encourage you to consider this option as it will cut down on costs for Canton Woods.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Residency

Town of Lysander \_\_\_\_\_

Town of Van Buren \_\_\_\_\_

Village of Baldwinsville Yes or No

**Assistant Director:  
Happy Thanksgiving!!**

November is here, Christmas is right around the corner. Soon we will be celebrating the New Year!! Our calendar is full of special activities and days off for holidays, so please read it carefully so you don't miss out on anything. Don't forget Election Day!! I hope you enjoy your Thanksgiving holiday! *Joanie*

*FYI: CW Holiday Craft Sale*

*Friday, November 17<sup>th</sup> &  
Saturday November 18<sup>th</sup>  
from 10:00am-3:00pm  
Come to the craft sale on  
Friday and stay for lunch.  
(Harvest Meal!!)*

*Call the center by  
Thursday to sign up for  
lunch.*



**Lafayette Community Band  
Seasonal Music  
Tuesday, November 28<sup>th</sup>  
7:00pm at CW**



**A concert of 50 and 60's songs  
with  
Jilisa Vellake  
11:00am  
November 29th at CW  
Please plan to attend the  
concert and stay for lunch.**



**Canton Woods Annual Tree  
Lighting Celebration!**

**Join the festivities.**

**2:30pm Friday afternoon,  
December 1<sup>st</sup>.**

**Holiday concert and  
refreshments!**

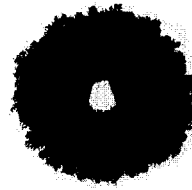
**(Please note Bingo starts at  
12:30pm on December 1)**



**Baldwinsville Community  
Band Christmas Concert  
Wednesday, December 6<sup>th</sup>  
7:00pm at CW**

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**Pheonix Schools  
Chorus  
Will be at CW on Wednesday,  
December 20<sup>th</sup> at 11:15am  
Enjoy the holiday concert,  
make a reservation, and stay  
for lunch!**



***Canton Woods Senior  
Center***

***HOLIDAY WREATH SALE!***

**Orders will be taken through  
November 18. More details on the  
flyer in this newsletter. *ALL net  
proceeds go to support  
Canton Woods!***

**MOW:**

Happy Thanksgiving to all our friends!  
We would like to give Thanks to everyone  
for all the great veggies donated throughout  
the summer. We would like to, also, give  
Thanks to everyone that donates to us, your  
donation helps feed our needy seniors in  
our community. Our turkey dinner is Nov.  
4<sup>th</sup>. It is a drive thru event starting at  
1:00pm sharp until we sell out. It is \$15.00  
includes: turkey, sweet potatoes, green  
beans, cranberry sauce, stuffing, roll &  
butter,  
dessert. We will have gluten free options.  
Please come and support us! Syracuse  
books on sale \$25.00. They make a great  
present! Our annual fundraiser letter will  
be out in November, this helps us to fulfill  
our mission to our community. If anyone  
needs a holiday meal, please let us know.  
Happy Holidays!

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

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

I have attended HEAP training and am now able to start assisting those of you who want to apply for HEAP and have not received an application in the mail. Please call for an appointment and remember to bring your identification, a recent National grid bill, Social Security Benefits letter, proof of any other income such as pensions, interest or investment income and monthly housing expense (rent or mortgage payment). If you have a mailed application and would like my help filling it out just call for an appointment and bring the application and the above information proofs.

**The Rescue Mission is doing their holiday home delivered meals again this year.** If you are interested in having a meal delivered on Christmas day, please call to get on the **list before December 4<sup>th</sup>**. You must be at home to accept the meal. Sadly, we did not hear about the Thanksgiving deadline until after our October newsletter had been mailed. I hope we did not miss too many of you. We tried to spread the word.

*Nancy Sullivan Neighborhood Advisor*

### **National Grid Senior Advocate**

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

### **B'VILLE EXPRESS**

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

Friday November 10, 2023

11/20/2023 – 11/27/2023

If you have any ride requests for the above dates, please call the OSCAR program @315-442-3434.

As a reminder, when the Baldwinsville School District is closed due to inclement weather, the B'ville Express will not be operating. If there is a delay due to weather conditions, we will only be open in the afternoon.

As always, if our volunteer drivers feel the road conditions are not safe for them to transport our seniors, they do reserve the right to cancel that ride. *Gina*

HAPPY THANKSGIVING!

**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.

### **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: Cindy McCaffrey, Chuck & Ginny Pickard, Dick & Helen Staffard, Barb DeSanto, Kathy Hogan, Cindy Brugnetti, Debb Cobb, Dan Fletcher.

**Sympathy Cards** were sent to: Jacki Abbott for the passing 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

### **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.

### **November Birthdays:**

11/3 Kathy Momper

11/11 Tom Machut

11/15 Bob Deming

11/19 Ed Barlow, Jancie  
Arlukiewicz

11/21 Ron Lillquist

11/22 Pat Martin

11/28 John Virginia

11/29 Barbara Verbeck

11/30 Carla Wiemers

[jferstler@baldwinsville.org](mailto: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  
November Package List or find it on  
the Village of Baldwinsville Website.**

**Cost: \$20.50**

**The order deadline is Friday, November  
3<sup>rd</sup>, by 3:30pm.**

**The pick-up date is Wednesday,  
November 15<sup>th</sup> 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, November 6<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. Next appointments are in  
2024.

## **Notes from Canton Woods Activity Committee:**

### **November 2023:**

Hi All: Happy November...Last  
month we had a good time with John  
Vona and all our 3-day Halloween  
celebrations. We put shuffleboard  
back on the schedule. Come join us..  
Have a great Thanksgiving.

*Kathy Hogam*

## **Tournaments for September 9 Ball Tournaments**

9/1

1<sup>st</sup> Place: Dave Au

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

9/8

1<sup>st</sup> Place: Marshall DuBuc

2<sup>nd</sup> Place: Micky Bisha

9/16

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

2<sup>nd</sup> Place: Micky Bisha

9/22

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

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

9/29

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

2<sup>nd</sup> Place: Micky Bisha

### **Wii Bowling**

9/ 11

1<sup>st</sup> Place: Kathy Hogan & Doug Clark

2<sup>nd</sup> Place: Sue Stapleton & Doug Clark

9/18

1<sup>st</sup> Place: Kathy Hogan & Peggy Ford

2<sup>nd</sup> Place: Patti DiFabion & Doug Clark

9/25

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

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

9/28

1<sup>st</sup> Place: Peggy Ford & Doug Clark

2<sup>nd</sup> Place: Gloria Saccone & 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!  
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 November 28,  
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.

Ball drumming class will be offered at 9:15am Wednesday and Friday!  
Equipment is provided.



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 11:10am 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, November 7<sup>th</sup> & Tuesday, November 21<sup>st</sup> 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**

#### **Our storeroom Overfloweth!!!**

Donations are pouring in to provide supplies for the Yarn Crew, however, unless the towns and village want to provide an addition (hahaha) to the building, we need to take a little break from accepting your generous fabric and yarn donations. See you in the spring.

#### **New mission for Fabric donations.**

Yarn Crew has a new mission. From generous fabric donations and half-finished quilt items, members of the yarn crew are going to create twin bedspreads and/or quilts for the organization "Sleep in Heavenly Peace." This group makes beds for those in need.

#### **St. Joe's Donation Report**

A delivery of items was taken to St. Joesph's Hospital.

The Yarn Crew created 29 lap robes, 106 eye glass holders, 100 baby hats and 28 special "pumpkin hats" for newborns. Also, Yarn Crew donated yarn to the organization 100-4-100, which makes hats for school children locally.

The members of Yarn Crew wanted everyone to have a BOOful Halloween so they made 162 little gift bags of Halloween treats for those who use meals on wheels. Sweet treats and practical snacks were provided in the bags. Don't worry diabetics received bags appropriate for their nutritional needs. A special thank you to Marcella Dockham for making the bags and finishing them up after they were stuffed.

#### **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!

(This is earlier than in previous years. It gives everyone extra time to get those Christmas and Thanksgiving items!! See you soon!)

### CANTON CREATIONS

Learn to make SCANDANAVIAN STARS from fabric.

November 28<sup>th</sup> at 2:00pm.

These will be on display in the foyer of Canton Woods Senior Center.

All materials will be provided.

To facilitate the process, please bring an iron.

Kits will be provided with an assortment of colors.

THANKS *Edwina*

### November 2023 Library News

#### Audio Books:

1<sup>st</sup> Case (J. Patterson)

4<sup>th</sup> of July (J. Patterson)

Chase (J. Patterson)

Cross Country (J. Patterson)

The First Lady (J. Patterson)

Mary Mary (J. Patterson)

*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.

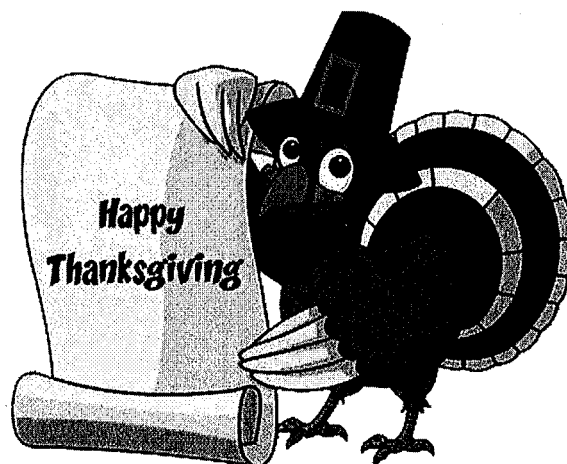
In addition to the collection program at the center, you and your family members may return bottles and cans to McBride's Bottle and Can Return, 80 Smokey Hollow Rd.

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 Quote

**"When I started counting my blessings, my whole life turned around." Willie Nelson.**



# Canton Woods

## November 2023

<u>Monday</u>		<u>Tuesday</u>		<u>Wednesday</u>		<u>Thursday</u>		<u>Friday</u>	
				<b>1</b> 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	<b>2</b> 8 Tai Chi 10 Falls Class 10 Scrabble 1 Pitch	<b>3</b> 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE lunch 1 BINGO 1 Pool T'ment	<b>4</b>		
<b>5</b>	<b>6</b> 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling 3 Tech Support	<b>7</b> 8 Tai Chi 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Group  <b>Election Day</b>	<b>8</b> 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	<b>9</b> 8 Tai Chi 9:15 CW Exercise 10 Falls Class 10 Scrabble 1 Pitch 2 Jacki's Trip Presentation	<b>10</b> <b>Veteran's Day</b> <b>The Center is</b> <b>Closed</b>	<b>11</b>			
<b>12</b>	<b>13</b> 8:30-12 Open Rec <b>10 Monarch Butterflies</b> <b>Informational Presentation</b> 10-12 BUNCO 12 PEACE Lunch 1 Wii Bowling	<b>14</b> 8 Tai Chi 9:15 CW Exercise 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Studio	<b>15</b> 9:15 Senior Ball Drumming Exercise 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 12:30-2 National Grid Representative 1 BINGO 1-3 Sharing Memories Writing Program	<b>16</b> 8 Tai Chi 10 Falls Class 10 Scrabble 1 Pitch	<b>17</b> 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch <b>Harvest Dinner</b> 1 Shuffleboard T'ment 1 BINGO <b>10-3 CW Craft Show</b>	<b>18</b>			
<b>19</b>	<b>20</b> 8:30-12 Open Rec 10-12 BUNCO 12 PEACE Lunch 1 Wii Bowling	<b>21</b> 8 Tai Chi 9 Yarn Crew 9:30 BP Screening 10 Falls Class 11:10 NO Chair Yoga <b>11:15 Know Diabetes by Heart</b> 12 Dup Bridge 2 Art Group	<b>22</b> 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	<b>23</b> <b>Happy Thanksgiving</b> <b>The Center is Closed</b>	<b>24</b> <b>Happy Thanksgiving</b> <b>The Center is Closed</b>	<b>25</b>			
<b>26</b>	<b>27</b> 8:30-12 Open Rec <b>11 85+ Birthday Party</b> 12 PEACE Lunch 1 Wii Bowling	<b>28</b> 8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 9:30 BP Screening 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Studio <b>2 Canton Creations</b> <b>7 Lafayette Community Band</b> <b>Holiday Concert</b>	<b>29</b> 9:15 Senior Ball Drumming Exercise 10:30 Adult Coloring <b>11 Music from the 50's &amp; 60's with Jilisa</b> 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program		Calendar subject to change.				

## *Travel Reflections*

Hello everyone, we had an awesome trip to Raquette Lake. The foliage was amazing. No matter how many times I go to the Adirondack Mountains in the fall, I am always in awe of the natural beauty that is in our home state.

We have more room on the New York City/Rockette Trip and we need more people for Buddy Holly at the Turning Stone on December 7th. On Thursday, November 9th, at 2pm, we are conducting a slide presentation at the Center. Kevin Ferguson from Collette Vacations will be there to tell us of two great trips for 2024; Southern Charm and Magical Christmas Mkts. We did the Christmas Mkts several years ago and it remains one of my most favorite trips to date.

Until then, have a happy and blessed Thanksgiving.

take care and God Bless.

Love, *Jacki*

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

### **THE BUDDY HOLLY CHRISTMAS SHOW | DECEMEBER 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 New Jersey; 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

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

**BRANSON | SEPTEMBER 14<sup>TH</sup> - 24<sup>TH</sup>, 2024 - 11 DAYS/10 NIGHTS**

Branson, MO should be on every ones Bucket list! This 11 day trip is full of fun, music and new adventures! Join us for this multi state trip. This trip includes deluxe Hale transportation; 10 night hotel accommodations; 10 dinners, 10 breakfasts; 1 lunch; visits to The Ark Encounter; Creation Museum; the Gateway Arch; 5 shows while in Branson, Oak Ridge Boys, Doug Gabriel, Dinner and Cruise on the Showboat Branson Belle, The Haygoods, Clay Cooper's Country Express, Cave Tour & Ozark History Museum/Lost Canyon Cave at Top of the Rock; The Grand ole Opry show in Nashville; guided tour of Nashville; Dinner Theatre in Nashville; Dinner and entertainment in Natural Bridge, Virginia and much more! All taxes and gratuities including drivers tip. Cancellation insurance is available for an additional cost.

COST:

**\$3,250 /per person**(Based on **double** occupancy)

COST:

**\$3,030 /per person**(Based on **triple** occupancy)

COST:

**\$3,840 /per person**(Based on **single** occupancy)

\$500 (\$250 non-refundable) due now to sign up. 2<sup>nd</sup> deposit of \$1,500 due February 15, 2024. Remaining balance due July 14, 2024. Sign up any time at the center or send to Jacki @ 132 Plymouth Drive Syracuse, NY13206

**SOUTHERN CHARM | OCTOBER 7<sup>TH</sup> - 13<sup>TH</sup>, 2024 - 7 DAYS/6 NIGHTS**

Experience warm Southern hospitality in America's southeast. Come to know its rich history and deep traditions on this tour highlighted by stays in Charleston, Savannah and Jekyll Island. Tour includes: transportation from Canton Woods Senior Center to and from the airport; Air from Syracuse, all taxes and fees/ surcharges, Hotel transfers; 6 breakfasts, 3 Dinners; Tours to historic Charleston, Choice of Walking Tour or Fort Sumter cruise in Charleston, Boone Hall Plantation & Gardens; Choice of Savannah Trolley City Tour or Walking Tour, St. Simons Island; Jekyll Island, Sea Turtle Hospital and much more!

COST:

**\$3,799 /per person** (\$200 non-refundable)(Based on **double** occupancy)

COST:

**\$4,799 /per person**(Based on **single** occupancy)

Cancellation insurance is available for an additional cost of \$349 per person. Sign up any time at the center or send to Jacki @ 132 Plymouth Drive Syracuse, NY13206

**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.

**MAGICAL CHRISTMAS MARKETS | NOVEMBER 30<sup>TH</sup> - DECEMBER 7<sup>TH</sup>, 2024 - 8 DAYS/6 NIGHTS**

Join us as we uncover the unique charms of Austria and Germany and the incredible Christmas Markets. This trip includes: Transfers from Canton Woods to and from the Airport; air to and from Syracuse; 3 Dinners, 1 lunch, 6 breakfasts; 6 nights hotel accommodations; tours of Innsbruck, Salzburg, Oberammergau, Munich and the Christmas Mkts. All taxes and fees/Surcharges, Hotel transfers.

COST:

**\$3,199 /per person** (Based on **double** occupancy)

COST:

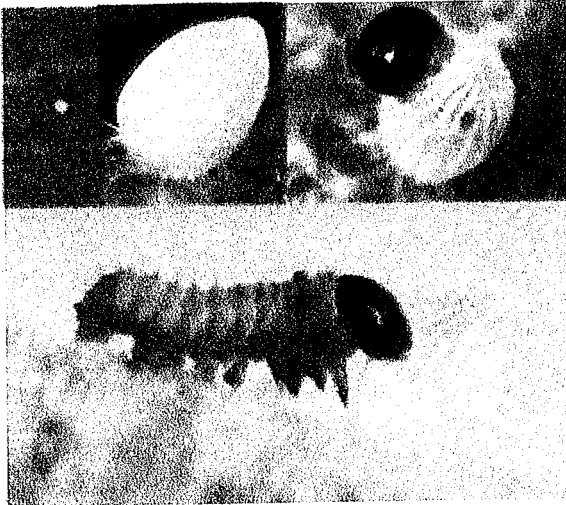
**\$3,599 /per person** (\$200 non-refundable)  
(Based on **single** occupancy)

Cancellation insurance is available for an additional cost of \$449 per person. Sign up any time at the center or send to Jacki @ 132 Plymouth Drive Syracuse, NY13206

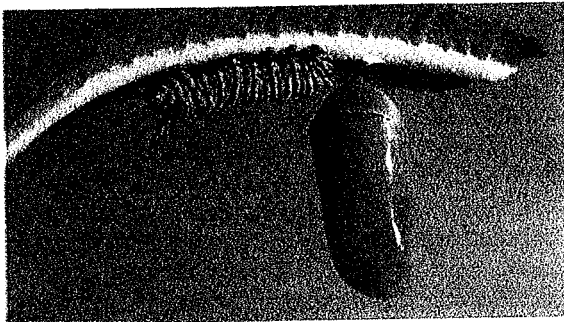
**SIGN UP ANYTIME AT THE CENTER or SEND TO JACKI ABBOTT – 132 PLYMOUTH DRIVE – SYRACUSE, NY 13206**

# **The Monarch Butterfly in CNY**

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



**Egg to Caterpillar**



**Caterpillar to Chrysalis**

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



**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.

*Canton Woods Senior Center*  
**HOLIDAY WREATH SALE**



**Choose a RED or BURGUNDY bow**

**20-22" for \$30.00**

**30-32" for \$35.00**

**FREE ONE WEEK DELIVERY**

*Within the Baldwinsville Area!*

**Orders Taken until November 18**

**CALL AND ORDER**

**Evie Nelson: (315) 396 – 1923**

*ALL net proceeds go to support Canton Woods*

Happy  
Holidays

**CANTON WOODS  
CRAFTERS**

**ANNUAL CRAFT SALE**

**FRIDAY, NOV. 17TH &**

**SATURDAY, NOV. 18TH**

**FROM 10:00AM-3:00PM**

**AT CANTON WOODS SENIOR  
CENTER**

**76 CANTON ST**

**BALDWINVILLE, N.Y.**





## ***Canton Woods***

### ***85+ Birthday Celebration Lunch***

***Monday, November 27th***

***from 11:00am-12:00pm***

Let's celebrate everyone who has reached the milestone of their 85+ Birthday and beyond. PEACE lunch is CW's treat for that day! Please sign-up by Wednesday, November 15<sup>th</sup>, 2023 before 3:00pm.

Menu: chicken-ala-king over a biscuit, steamed asparagus, pineapple, & Pie.



Wednesday November 29<sup>th</sup> at  
11:00am

Musical Entertainment with  
**Jilisa Vellake &**

Songs from the 50's & 60's

Stay for Lunch!!

Sign up for PEACE Lunch by  
Monday, November 27<sup>th</sup>.



***CW's Annual Tree  
Lighting Ceremony!***

Friday, December 1st at  
2:30pm.

Sing-a-Long with  
John Vona

Please join us for the holiday  
music, refreshments, &  
Tree Lighting!!

# November '23

P.E.A.C.E., INC. - FSD		SENIOR NUTRITION		OFFICE FOR AGING & YOUTH	
MONDAY		WEDNESDAY		FRIDAY	
		1 Sliced Roast Beef and Cheddar on a Whole Wheat Kaiser Tomato Cucumber Salad with Tortellini Apple		3 Beef Goulash Italian Style Green Beans Fresh Baked Chocolate Chip Cookie	
6 Pesto Chicken Bow Tie Pasta Field Greens Salad with Vinaigrette Peach Cobbler		8 Glazed Ham Sweet Potatoes with Cinnamon Pecan Crunch Spinach Pineapple Tidbits		10 Veteran's Day Observed Agency Closed	
13 Meatball Sub on a Whole Wheat Sub Roll Roasted Broccoli Florets Diced Mango		15 Beef Chili Con Carne Romaine and Mandarin Orange Salad Mixed Berries Honey Corn Bread Muffin		17 Oven Roasted Turkey with Gravy Stuffing Home Style Mashed Potatoes Glazed Baby Carrots Pumpkin Pie Dinner Roll	
20 Classic Philly Style Cheese Steak Sandwich with Peppers and Onions Sweet Potato Fries Steamed Brussel Sprouts Fresh Baked Peanut Butter Cookie		22 Broccoli Quiche Mixed Berry Yogurt Parfait Blueberry Muffin Orange Juice		24 Agency Closed	
27 Chicken Ala King over Biscuit Steamed Asparagus Pineapple		29 Boneless Chicken Cacciatore Served Over Whole Grain Penne Rigate Pasta Fresh Spinach Salad Lemon Italian Ice Crusty Italian Bread			

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

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

Suggested Contribution: \$3.50  
Guest Fee \$7

# PLEASE HELP!!

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

We provide transportation to the seniors of Baldwinsville, helping them access essential services. At times, some of our seniors go without groceries and healthcare because they lack transportation. If you would like to help your senior neighbors and friends-

**PLEASE VOLUNTEER TODAY!**



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

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

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

The B'ville Express is funded through Onondaga Cty. Dept. of Adult and Long-Term Care Svc.