

Canton Woods Newsletter

April 2024

Canton Woods Staff

Ruth Troy: Director

Joan Ferstler: Assistant Director

Phone (315) 638-4536

Open: 8:00am-4:00pm

Visit Canton Woods on the Village of
Baldwinsville Website

www.baldwinsville.org

Canton Woods operates under a three-way municipal agreement between the towns of Lysander and Van Buren, and the Village of Baldwinsville.

Neighborhood Advisor

Nancy Sullivan

B'ville Express

Gina Carroll

The Neighborhood Advisor Program and B'ville Express are funded by the Onondaga County Department of Adult and Long-Term Care Services.

Director's Note Spring has officially arrived!

Time to leave winter behind and make a fresh start! Check out the many fitness programs offered at the center. Find the one that's right for you and start moving. You will feel better and have more energy to enjoy all your favorite warm weather activities.

Music continues at Canton Woods! On April 17th come by at 11:00am and listen to George Leija play your favorites. Make a reservation and

stay for lunch! Thanks to our generous Entertainment Series 2024 Sponsors we will be able to bring plenty of music to the center this year! A flyer listing the concerts is in this newsletter.

In April we show our appreciation for the many volunteers who donate their time and talent to make Canton Woods the amazing place that it is. If you volunteer for the center, please sign up and join us for the Volunteer Recognition on Tuesday April 30.

There is a great deal of excitement about the Eclipse on April 8! If you are interested in viewing the eclipse at an organized event there are several locations in and near Baldwinsville. The Baldwinsville Public Library, Beaver Lake Nature Center and Van Buren Park all have events. You can also join festivities at the NBT Bank Stadium, the MOST and many state parks. You will find plenty of interesting information on NASA's website, science.nasa.gov and on iloveny.com.

**Baldwinsville Central School District
Budget presentation at Canton**

Woods on Friday April 12 at 10:30am.

The public is welcome to attend.

The School District 2024- 2025 Budget
Vote us May 21, 2024, 6am – 9pm at
the District Operations Building 29 East
Oneida Street, Baldwinsville.

Assistant Director:

April is here!! April showers bring May
flowers. I can't wait to see May flowers.
Canton Woods April calendar is pretty
full. Please check it out so you don't
miss anything. We hope to start a new
Book Club in May. Be watching for
more information if you are interested in
participating in a Book Club here at
CW. Thank you!

Joanie

**Fall Prevention Program @
Canton Woods**

Sponsored by CARE Center for Aging
Resources and Enrichment from
Le Moyne!

Program runs from 4/12/24-5/24/24

Fridays from 1:00-2:00pm. See flyer in
this newsletter.

MOW:

Hello Everyone,

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

**Neighborhood Advisor/Outreach
Worker April 2024**

The birds are singing, and the
flowers are ready to bloom, that
means we will all be spending more
time outdoors. We need to be using

our sunscreen to protect against sun
damage to our skin. It is also a good
idea to wear a hat for those of us
whose hair is getting thinner. I know
it is early in the season but if we start
now, it will be second nature to us
when the summer arrives.

Along with the blooming flowers and
trees come those dreaded allergies
many of us deal with, so be sure to
have whatever medications you use
on hand. People can develop
breathing problems easily when their
allergies act up, especially if they
have asthma.

All is not gloom and doom though,
the days are longer, the temperatures
are warmer and that makes us feel
more alive and happier.

Here are 3 tips to protect yourself
from Medicare fraud and scams:

1. If you get a call, text or email
asking for your Medicare Number,
don't respond. Don't give your
Medicare card or Medicare Number
to anyone except your doctor or
people you know should have it.
2. Check your Medicare
Summary Notices (MSNs) or claims
statements carefully. If you see a
charge for a service, you didn't get or
a product you didn't order, it may be
fraud. If you suspect fraud, report it
at 1-800-MEDICARE (1-800-633-
4227).
3. Guard your Medicare card like
it's a credit card.

Good News: The HEAP & 1st emergency HEAP deadline has been extended to April 12th, 2024. There is also a second emergency HEAP benefit available currently.

Neighborhood Advisor/Outreach Worker Nancy Sullivan

National Grid Senior Advocate

Mary Beth Basha, will be at Canton Woods Wednesday **April 17** from 12:30-2:00pm to answer any questions or issues you may have. Just stop in to see her.

B'VILLE EXPRESS

Welcome Spring!!
Our dedicated B'ville Express Drivers provide a much needed and very much appreciated service to our seniors. April is Volunteer Recognition Month. We would like to thank you for your service to the seniors of Baldwinsville. Please join us for **Volunteer Recognition on April 30**. Sign up at the front desk. by April 23.
Thank you!

Gina Carroll
Transportation Coordinator
B'ville Express

A 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 July 31, 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:

Sympathy Cards were sent to:

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 invites you to enjoy the PEACE Lunch hot meal served in our dining room. Share a healthy and nutritious meal with others. *Please plan to arrive between 11:30 and 11:45am. Meal served at 12:00pm.* You must make a lunch reservation at least one day in advance.

Lunch is available on Monday, Wednesday, and Friday. The monthly menu is in this newsletter.

April Birthdays:

4/1 Robert Paxton
4/21 Wanda Kilgallen
4/25 Sue Stapleton
4/27 Linda Clarke

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

Food Bank of CNY

The Food Bank of CNY can help you receive Food Stamps/ SNAP. Please call (315) 437-1899 ext. 224 to set up an appointment or contact Nancy, CW's Outreach Worker (315) 638-4536.

Food Sense program helps stretch your food buying dollars and is open to everyone and available each month. Call the center to request the March Package List or find it on the Village of Baldwinsville Website. Cost: \$20.50 The order deadline is Friday, April 12th by 3:30pm. The pick-up date is Wednesday, April 24th from 12:00pm-1:00pm.

Smartphone, iPad, Tablet or Laptop (Apple Products only) Computer Assistance offered by Nadine Kerr, B'ville Family & Consumer Science Teacher. Monday, April 15th at 2:45pm. 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. Appointment dates in 2024 are April 16, and July 16.

Notes from Canton Woods Activity Committee:

Happy April to all:

George Leija will be here to entertain us on April 17th, goodies and a raffle.... Come and join us. Lunch to follow, sign up at the front desk. We very much appreciate the donations of bottles and cans, Please take a moment to make sure that they are clean, as the bottle redemption center refused some the last time because they were not emptied. Bowling has taken off and we now have 4 tv's to play on... but there is always room for everyone... Poker on Tuesdays and Wednesdays...Pitch on Thursday... hope to see you then *Kathy Hogan*

Carol Anguish & Cheryl Robinson won the St. Patrick's Day give away of Tops gift certificates compliments of CWSAC. Thank you to everyone who came to the music and participated in wearing green on March 13th.

Pool Tournaments every Friday at 1:00pm. Sign up ahead of time to get your name on the list.

Tournaments for February

9 Ball Tournaments

2/2

1st Place: Micki Bisha
2nd Place: Frank O'Donnell

2/9

1st Place: Dave Au

2nd Place: Micki Bisha

2/16

1st Place: Jerry Dingman
2nd Place: Kathy Hogan

2/23

1st Place: Dave Au
2nd Place: Della Falter

Wii Bowling

2/5

1st Place: Loren Preston & Kurt Lyon
2nd Place: Gloria Saccone & Sue Stapelton

2/12

1st Place: Kathy Hogan & Tom Spagnola
2nd Place: Sylvia Preston & Joan Ferstler

2/26

1st Place: Kathy Hogan & Tom Spagnola
2nd Place: Jerry Dingman & Patty DiFabion

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

Bunco at Canton Woods!

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

BINGO!!! Come join the fun!
BINGO! Wednesdays and Fridays at 1pm.

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.

***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 12:00pm

If you are a Bridge player, please think
about joining our games!!!!

Scrabble: Thursdays at 10:00am.

Blood Pressure Screening:

On Tuesday, April 23rd.
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, Tuesday and Thursday in
April 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.

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
April 9th & Tuesday April 23rd 2024 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!

Mah Jong for everyone, Mondays at 1:00. If you want to play Mah Jong please come to CW on Monday afternoons.

Yarn Crew Dear Readers,

I have working away at making quilts for the summer sale and the Winter sale while here in Florida. Thank goodness for air conditioning when it is hot and I have a blanket on my lap, an iron on behind me, and sweating because I can't get those doggone seams to match.

I will be coming back at the very end of the month and will be so excited to see what "my ladies" have whipped up while I have been gone. I will have a few things to show them myself. Cat door stoppers, crochet topped towels, Kumihimo bracelets and eco dyed scarves...all which will be available at the craft sale in June.

I want to thank all of you who have made donations and Marcella Dockham and Rita Byrne Ford for manning the storeroom and keeping it organized.

THANKS *Edwina*

April 2024 Library News

For your information, the Lost/Unreturned book policy follows:

When a book is overdue from Canton Woods library, the Librarian contacts the

patron via phone with a reminder message to return the book. Generally, the patron is granted a one-month renewal for the book. At the end of this extension, the Librarian again reminds the patron to return the book. If the book is not returned at the end of the second 30-day loan period, the patron will be charged the fair-trade cost of the book, \$25.

If a patron loses and is charged for 2 lost books, the patron's library privileges will be suspended.

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.

Ask the Physical Therapist... Diabetes and Exercise:

Regular exercise can help reduce the risk of developing diabetes. It can also reduce the risk

of developing complications of diabetes. Consult your health care provider before beginning an exercise program. A physical therapist can safely guide you through an appropriate exercise program for your level of fitness and need.

How exercise can help control glucose:

- Exercise burns calories which can help you lose and/or maintain a healthy weight
- Regular exercise helps your body respond to insulin and regulates glucose
- Exercise improves circulation, especially in arms and legs, reduce cholesterol and blood pressure. It also helps to reduce stress - which can reduce glucose levels as well. Monitoring glucose with exercise
- Try to exercise at the same time of day and for equivalent durations.
- If you plan on exercising more than an hour after eating bring a high carbohydrate snack, such as, 6 oz. of a fruit juice or half of a plain bagel. With heavier exercise you might want to eat a bit more such as half a meat sandwich and a glass of milk.
- Self-check blood glucose levels frequently: before, during, and after exercise as needed.

****Consult a Physical Therapist today for proper activity instruction**

Onondaga Physical Therapy
(across from the B'ville Diner)

15 E Genesee St

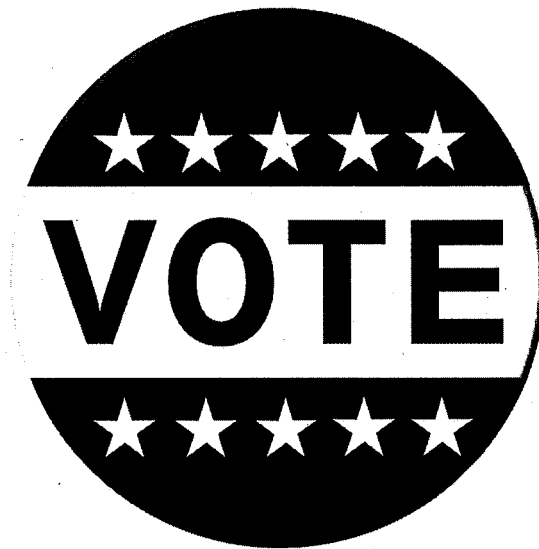
Call Or Text: 315-635-5000 |

www.onondagapt.com

Learn more about Our Locations, What We Treat, Make an appointment online, Healthy Living Tips & More:

Senior Humor

Spring is when you feel like
whistling even with a shoe full of
slush. Doug Larson

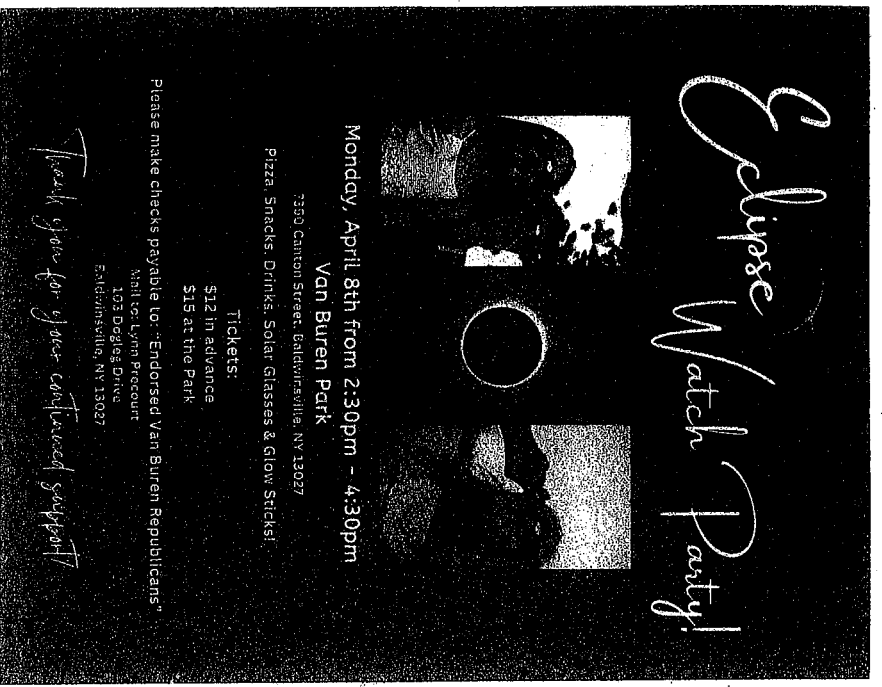


Primary Elections
Tuesday April 2nd

Canton Woods

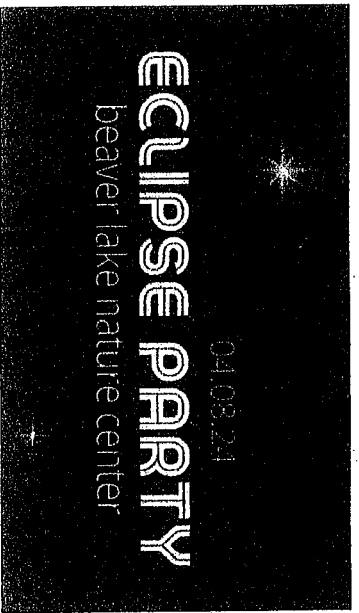
April 2024

		Monday	Tuesday	Wednesday	Thursday	Friday						
	1	8:30-12 Open Rec Cribbage/ Chess 12 PEACE Lunch 1 Wii Bowling 1 Mah Jong for everyone April Fool's Day	2	8 Tai Chi 9:15 CW Exercise 10 Falls Class 9:30 Yarn Crew 11:10 Chair Yoga 12 Dup Bridge 1 Poker Primary Elections	3	9:15 Senior Ball Drumming Exercise 10:30 Adult Coloring 12 PEACE Lunch 12:00 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program 1 Poker	4	8 Tai Chi 9:15 CW Exercise 10 Falls Class 10 Scrabble 1 Pitch	5	9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE lunch 1 BINGO 1 Pool T'ment	6	
7	8	8:30-12 Open Rec Cribbage/ Chess 10-12 Bunco 12 PEACE Lunch 1 Wii Bowling 1 Mah Jong for everyone Eclipse	9	8 Tai Chi 9:15 CW Exercise 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Group	10	9:15 Senior Ball Drumming Exercise 10:30 Adult Coloring 12 PEACE Lunch 12:00 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program 1 Poker	11	8 Tai Chi 10 Falls Class 10 Scrabble 1 Pitch	12	9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 10:30 School District Budget Discussion 12 PEACE lunch 1 BINGO 1 Pool T'ment 1-2 Free CARE Fall Prevention Program	13	
14	15	8:30-12 Open Rec Cribbage/Chess 12 PEACE Lunch 10-12 Bunco 1 Wii Bowling 1 Mah Jong for everyone 2:45 Tech Support	16	8 Tai Chi 9:15 CW Exercise 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Studio	17	9:15 Senior Ball Drumming Exercise 10:30 Adult Coloring 11 Music by B'ville's own George Leija 12 PEACE Lunch 12:00 Party Bridge 12:30-2 National Grid Representative 1 BINGO/ Poker 1-3 Sharing Memories Writing Program	18	8 Tai Chi 9:15 CW Exercise 10 Falls Class 10 Scrabble 1 Pitch	19	9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 BINGO 1 Pool T'ment 1-2 Free CARE Fall Prevention Program	20	
21	22	8:30-12 Open Rec Cribbage/ Chess 12 PEACE Lunch 1 Wii Bowling 1 Mah Jong for everyone Earth Day	23	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 Poker 2 Art Group	24	9:15 Senior Ball Drumming Exercise 10:30 Adult Coloring 12 PEACE Lunch 12:00 Party Bridge 1 BINGO/ 1 Poker 1-3 Sharing Memories Writing Program	25	8 Tai Chi 9:15 CW Exercise 10 Falls Class 10 Scrabble 1 Pitch	26	9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 BINGO 1 Pool T'ment 1-2 Free CARE Fall Prevention Program	27	
28	29	8:30-12 Open Rec Cribbage/ Chess 12 PEACE Lunch 1 Wii Bowling 1 Mah Jong for everyone	30	8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Volunteer Recognition Luncheon 1 Poker 2 Art Studio						Calendar Subject to change		



3/14/2024, 9:25

Eclipse Party: Beaver Lake Nature Center



- Dates: April 8, 2024
- Location: Beaver Lake Nature Center
- Address: 8477 E. Mud Lake Rd., Baldwinsville, NY 13027
- Time: 1:30 PM to 4:00 PM
- Price: Free with park admission (\$5/vehicle)

Be sure to Keep Your Eyes Protected

- Do not look directly at the sun during the eclipse (except during the limited time of totality when the sun is completely covered by the moon—and even then, with caution).
- Sunglasses will NOT protect your eyes.

To view a solar eclipse without harming your eyes use International Organization for Standardization (ISO) 12312-2 certified eclipse glasses from a trusted source. Further information about safe viewing, including a list of eclipse glasses suppliers, can be found on the American Astronomical Society website

Travel Reflections

Hello everyone, Spring has sprung and it's time to get back on the road! I had a great two months in Florida, but I'm glad to be home.

There is still time to join me on my Washington trip which departs on April 8th. We need people for the Day Trips too! I will be working on more Day Trips and hope to have information in the next newsletter.

Until next month, take care and God Bless. *Love, Jacki*

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

TRIBUTE TO THE TEMPTATIONS **May 21, 2024 - Tuesday**

Join us for a trip back to the 60's as we enjoy the magic of Motown with a Tribute to the Temptations at the Turning Stone Casino. This day will include: deluxe Hale transportation; show ticket, \$25 slot bonus, \$5 food voucher, driver gratuity. You must bring a valid ID with you.

COST: \$145 per person payable to "Belle Tours, LLC". Bus Pick-Ups: 8:30am (Larkin St.), 9:00am (Canton Woods). Please arrive 10 minutes prior to departure. Arrive home around 5pm.

MUSICAL TRIBUTE TO WHITNEY HOUSTON | June 25, 2024 - Tuesday **"Queen of the Night"**

Whitney Houston was one of the greatest vocalists of all time. Join us for this tribute to her music at the Seneca Niagara Casino in Niagara Falls, NY. Trip includes: deluxe Hale transportation; show ticket; \$20 slot bonus; \$10 food credit and driver gratuity. **YOU MUST BRING A VALID ID WITH YOU.**

COST: \$175 per person payable to "Belle Tours, LLC". Bus Pick-Ups: 7:15am (Larkin St.), 7:45am (Canton Woods). Please arrive 10 minutes prior to departure. Arrive home around 5pm.

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. Full Payment Due Now! Sign up any time at the Center or send to Jacki @ 132 Plymouth Drive, Syracuse, NY 13206

DISCOVER CALIFORNIA DREAMIN' (MONTEREY, YOSEMITE, & NAPA)

August 19th - 26th 2024



From the rugged coastline of the Pacific Ocean to Yosemite National park, Lake Tahoe to Napa Valley, the scenic, history and culture of Northern California is unparalleled. Join on this 8 day Collette Vacations trip. Trip includes: Round trip pick up to and from Canton Woods to the airport; Round trip air to and from Syracuse; taxes and fees/surcharges; 3 dinners; 2 lunches; 7 breakfasts. HIGHLIGHTS: Monterey, Scenic 17-mile Drive; Yosemite National park; Sacramento, Lake Tahoe Scenic Cruise; Napa Valley Vineyard Tour and Wine Tasting, San Francisco and much more!

BOOK BY FEBRUARY 19, 2024 and save \$100. Cost before 2/19

COST:
\$3,999 /per person
 (Based on **double** occupancy)

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

Cancellation Insurance available for an additional \$349 per person

BRANSON | SEPTEMBER 14TH - 24TH, 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. 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 7TH - 13TH, 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 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.

Fall Prevention Program @ Canton Woods

Program runs every Friday, 1-2pm

From 4/12/24 to 5/24/24

Free to Join

A 7 week in person program run by occupational therapists to educate older adults on fall risk factors and modifications to decrease future falls!

Program Offerings:

STRENGTHENING EXERCISES

INFORMATIONAL HANDOUTS

EVIDENCE BASED PRESENTATIONS

INDIVIDUALIZED RECOMMENDATIONS

Did you know ??

More than ¼ Americans 65+ fall each year!

Falls are the leading cause of fatal &

nonfatal injuries among the older population!

care

CENTER FOR
AGING RESOURCES
AND ENRICHMENT

LE MOYNE
Greatness meets Goodness





Please come to Canton Woods
Wednesday, April 17th at
11:00am to enjoy the music of
Baldwinsville's own
George Leija!

Treats provided compliments of Wegmans!!

BINGO for Baldwinsville Meals on Wheels!

Sunday, May 19, 2:00 - 5:00 pm

76 Canton Street, Baldwinsville, NY

BINGO fun and a chance to win great non-cash prizes!

Door Prize and 50/50 Raffle too!

All proceeds to benefit Baldwinsville Meals on Wheels

Donation (first card) \$10, Additional cards \$3

Snacks and Beverages available for purchase.

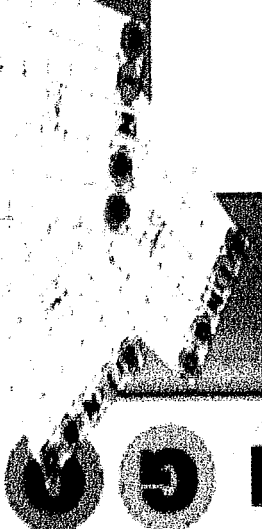
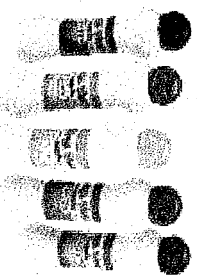
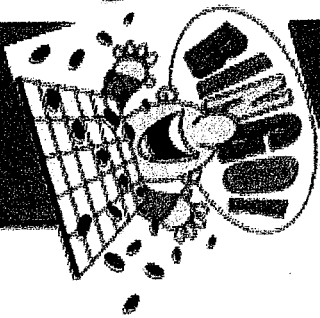
Pre-register and pay to reserve seating with your party and receive a

free drink voucher and door prize raffle ticket for each player!

Walk-ins welcome if space is still available. There will be a limit of 100 players.

Call 315-638-2171 M-F 8 am - 2 pm

Or email baldwinsvillemealsonwheels@yahoo.com for details or to receive your pre-registration forms - Credit Cards are Welcome!



B I N G O

B I N G O B I N G O B I N G O

B I N G O B I N G O

B I N G O B I N G O B I N G O B I N G O

Canton Woods Volunteer Recognition

Tuesday April 30th

1:00pm

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

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

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

Please sign up by 12 noon on April 23rd.



It is time to say Farewell, Have Fun, & Thank you to our awesome Neighborhood Advisor/ Outreach Worker

Nancy Sullivan

Please join us for a celebratory pizza lunch 11:30am on Thursday, May 2nd, to thank Nancy for all she has done for us over the past few years and to wish her good luck in her retirement.



Please RSVP by Thursday, April 25th.

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

WINTER-SPRING 2024

TUESDAYS - Jan 23, 30

- Feb 6, 13, 20, 27

- Mar 5, 12, 19, 26

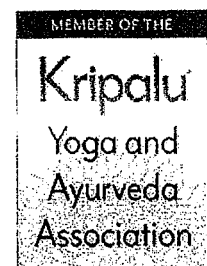
- Apr 2, 9, 16, 23

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!



April
2024

MONDAY	WEDNESDAY	FRIDAY
1 Meatball Sub on a Whole Wheat Sub Roll Roasted Broccoli Florets Diced Mango	3 Julienne Salad Topped with Ham, Turkey, Swiss Cheese, Tomatoes, Cucumbers, Hard Boiled Egg, and Olives Crusty Italian Bread Fresh Pear	5 Salt City Fried Chicken Baked Potato Salad Country Blend Vegetables Mandarin Oranges
8 Tropical Fruit Glazed Ham Yukon Gold Potatoes with Sliced Onions Oregon Blend Vegetables Fresh Cantaloupe Fresh Baked Whole Wheat Roll	10 Grilled Marinated Chicken Breast Sandwich on a Whole Wheat Kaiser Shredded Lettuce, Tomatoes and Ranch Dressing Spring Vegetable Soup Fruit and Yogurt Parfait	12 Barbeque Pulled Pork Sandwich on Whole Wheat Kaiser Macaroni Salad Confetti Coleslaw Mandarin Orange Jell-O with Whipped Topping
15 Grilled Chicken and Field Green Salad Classic Minestrone Soup Rainbow Sherbet	17 Meat Sauce Marinara Over Bowtie Pasta Romaine Salad with Mandarin Oranges served with Poppyseed Dressing Fresh Baked Lemon Cookie	19 Shaved Corned Beef Sandwich on Rye Bread with 1,000 Islands Dressing Marinated Beets Fresh Orange
22 Sliced Roast Beef and Cheddar on a Whole Wheat Kaiser Tomato Cucumber Salad with Tortellini Apple	24 Gold Sauce Glazed Chicken Quarter Creamer Potatoes Summer Squash and Red Bell Peppers Strawberry Ice Cream	26 Oven Roasted Lemon Pepper Chicken Zesty Mashed Sweet Potatoe Parmesan Brussel Sprouts Spice Cake with Walnut Crea Cheese Frosting
29 Gianelli Sweet Italian Sausage Sandwich with Peppers and Onions Italian Blended Vegetables Mandarin Oranges	menu subject to Change	

all meals
include: coffee
tea, milk,
bread, margarine

Suggested
Contribution:
\$ 3.50
Guest \$ 7.00

Summer Entertainment Series 2024

FREE Concerts

Canton Woods Senior Center

76 Canton St.

April 17 11:00am George Leija

May 22 11:00am Geoff Clough

June 12 11:00am Larry Sarafini & Drew

**July 9 7:00pm La Fayette Community
Band**

July 10 11:00am Jerry Cali

August 14 11:00am Jillisa

**September 18 7:00pm Baldwinsville
Community Band**

Thank you to our generous sponsors!

Barnes Memorial, Belle Tours,

Falardeau Funeral Home, and the Canton

Woods Board!