

Canton Woods Newsletter

May 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

May is Older Americans Month.

Every May, the Administration for Community Living leads the nation's observance of **Older Americans Month (OAM)**. The 2024 theme is *Powered by Connection*, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Senior Centers like Canton Woods are the perfect places to make and foster social connections. If you have not made your way to Canton Woods yet, plan to come this month and start enjoying all the center has to offer. You will be glad you did.

May is a busy month with many changes happening. Nancy Sullivan, our Neighborhood Advisor is retiring. We are incredibly happy for Nancy and look forward to seeing her here at the center having fun. Please take a moment to wish Nancy all the best.

I am also ready to begin the next chapter. I will be retiring at the end of May. I have been with you here at Canton Woods for 15 years! I am excited and looking forward to my future as a retired person! I have so many wonderful role models who have shown me how to make the most out of retirement.

Heartfelt thanks to everyone who works so hard to make Canton Woods an amazing senior center. I appreciate all the support I have received through the years.

Fondly,
Ruth



**Assistant Director:
Happy Mom's Day!**

Please remember those who have passed on Memorial Day! Baldwinsville and other villages have great parades for the holiday, please attend one!!! Canton Woods has a schedule of upcoming musical events this year. Please mark your calendar, so you don't miss anything. Please wish Ruth a happy retirement, and personally "thank you" for making Canton Woods a wonderful venue for seniors of Baldwinsville and surrounding areas!!! Enjoy May it is the gateway to Summer!!!

Joanie

PS: Thanks to Nancy Sullivan for a great job these past few years, now it's really time to enjoy Canton Woods!

**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!! Happy Mother's Day to all our wonderful Moms, Grandmothers, Aunts!!

We hope all of you have a wonderful loving day. Meals on Wheels now have a wish list, please call and if you would like to donate something we can give you our link!

Don't forget our Bingo Day, May 19th from 2:00-5:00pm, all are welcome. Great prizes! We will have pre-registration forms in our office.

Have a great Mom's Day!

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

**Neighborhood Advisor/Outreach
Worker May 2024**

May is Older Americans Month! This year's theme is **Powered by Connection**. This is very appropriate since we all learned over the pandemic how difficult it is to deal with isolation.

We usually have our Health and Wellness Fair in May to celebrate, but this year we are changing it up a bit and having it in September to celebrate National Senior Center month.

I also need to let everyone know that I am leaving my position here as Neighborhood Advisor. I have really enjoyed working here and getting to know everyone, but it is time for me to move on and do other things. I want to thank all of you for being so kind and accepting as well as patient with me. You will likely still see me around; however, I will be playing instead of working!

Nancy Sullivan

May is Older American's Month!
This year's theme is *Powered by Connection!*

National Grid Senior Advocate

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

B'VILLE EXPRESS

B'ville Express ride requests may resume starting with requests for Wednesday May 1. Thank you for your patience.

Gina Carroll

Transportation Coordinator
B'ville Express

Good News: CW Book Club is starting up again facilitated by Mark McDaniel.

First class is Monday, May 13th at 1:00pm. The discussion will be 5 weeks of short stories. Maximum 10 people so sign-up early! You won't want to miss out on this discussion. Also, starting on Monday, May 13th is a "Learning Sign Language Class" at 1:45. If you ever wished to learn sign language, this is your opportunity to learn. Maximum 10 participants. Please join Mark for these classes!! Call 315-638-4536 to sign up.

BE PREPARED TO HAVE FUN!!

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.** Fee is \$34.00 checks or money orders made out to AAA. 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: Jerome Johnson, Nunzio Lipari, Sue Schweitzer, David Sant, Dan Wiemers, Chuck Spinosa, Jane Matyjeiwicz, Barb Harvie.

Sympathy Cards were sent to: the Families of William Van Duser, & Mary Schneider. Also, to Kathy Momper, and Chief Michael Lefancheck 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

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.

May Birthdays:

5/4 Sally Starr, Caroline LaTray

5/6 Nancy Delasin

5/12 Eloise Rocco

5/15 Dale Waldron

5/24 Charlotte Erbland

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

Cost: \$20.50

The order deadline is Friday, May 10th by 3:30pm.

The pick-up date is Wednesday, May 22nd 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. Tuesday, May 7th 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 date in 2024 is July 16.

Notes from Canton Woods Activity Committee:

Happy May to all:

Come join us to celebrate Mother's Day on May 10th, for a small gift from your Senior Activity Committee for all the Moms.

On May 17th, Geoff Clough, will perform for us, usually a sing-a-

long, Wegmans will offer a little treat and lunch to follow, please sign up for the lunch ahead of time.

We will be closed on May 27th for Memorial Day.

As always Pitch is going great, we have room for more, if you know how to play and want to play on a Thursday afternoon, call the senior center and sign-up, and pool is on Friday afternoons at 1:00pm.

Hoping to see you all there!

Kathy Hogan

Midge Yeager-Glod won the gift basket for Easter.

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

Tournaments for March

9 Ball Tournaments

3/1

1st Place: Don Varn

2nd Place: Dave Au

3/8

1st Place: Della Falter

2nd Place: Marshall DuBuc

3/15

1st Place: Micky Bisha

2nd Place: Nunzio Lipari

3/22

1st Place: Dave Au

2nd Place: Nick Peluso

3/29

1st Place: Micky Bisha

2nd Place: Nick Peluso

Wii Bowling

3/4

1st Place: Howard Bunt & Patti

DiFabion

2nd Place: Bob Hahn & Jen Bunt

3/11

1st Place: Sue Stapleton & Patti

DiFabion

2nd Place: Avis Neupert & Jen Bunt

3/18

1st Place: Bob Hahn & Louise

Barrone

2nd Place: Bill Mills & Loren

Preston

3/25

1st Place: Ed Barlow & Louise

Barrone

2nd Place: Kathy Hogan & Patti

DiFabion and Gloria Saccone &

Mae Slaunwhite

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, May 21st.

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 her last class at Canton

Woods on Tuesday May 7!

Thanks to Cathy for her many years providing a fun aerobic workout for seniors!

Senior Cardio Ball Drumming

Facilitated by Arlette.

Ball drumming class is 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 are on 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

May 7th & Tuesday May 21st, 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

While in Florida, I am always on the prowl looking for ideas for our Craft Shows.

Come to the Craft mini Show to celebrate the Summer.
Red, White and You Spring Fling Craft Sale. June 7, 2024 from 10:00am-3:00pm.

THANKS *Edwina*

2024 Library News

Three-Inch Teeth (C.J. Box)
Still See You Everywhere (L. Gardner)
Women: A Novel (K. Hannah)
Heaven & Earth Grocery Store (J. McBride)
#1 Lawyer (J. Patterson/ N. Allen)
Crosshairs (J. Patterson/ J. Born)
Never Too Late (D. Steele)
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... Shoulder Impingement

Did You Know?

Your "shoulder" is a very complex joint that is composed of not one, but three joints.

The primary joint is the Glenohumeral joint (where the shaft of the arm meets the socket). Other joints include the Scapulothoracic Joint (shoulder blade and mid-back) and the Acromioclavicular Joint (collar bone meets the shoulder blade). These three joints work together to make your arm move. Pain can occur if these three joints do not work together. The Rotator Cuff is made up of four muscles and they work together to control the stability of the shoulder during movement, especially overhead, and rotation motions. Injury to the Rotator Cuff (RTC) can result from repetitive movements or a fall.

Impingement Syndrome is a common injury to the rotator cuff. The Rotator cuff muscles are surrounded by the bones of the shoulder. When they become injured, swelling can occur. This will create a pinch

from the bones, resulting in pain with movement.

Symptoms of a Rotator Cuff injury can include (but not limited to): shoulder pain, especially in the front, pain with raising your arm above 90 degrees, reaching, radiating pain to the upper arm and pain with sleeping.

A Physical Therapist can complete a series of hands-on special tests to verify a rotator cuff injury. True confirmation of the severity of the injury comes through imaging studies. Treatment of the rotator cuff is completed by a trained PT to focus on restoring mobility and strength while reducing pain.

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

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

19 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

Cinco de Mayo

Sunday May 5, 2024

A diner says to the waiter, "Will my quesadilla be long?" the waiter replies, "No. it'll be round!"



Canton Woods

May 2024

		Monday	Tuesday	Wednesday	Thursday	Friday	
	Calendar subject to change.			1 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	2 8 Tai Chi 9:15 CW Exercise 11:30 Fairwell for Now Party for Nancy Sullivan 10 Falls Class 10 Scrabble 1 Pitch	3 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE lunch 1 BINGO 1 Pool T'ment 1 CARE Falls Class	4
5	6 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling 1-2:30 MahJong For Everyone	7 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 2:45 Tech Support	8 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	9 8 Tai Chi 10 Falls Class 10 Scrabble 1 Pitch	10 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 11 Mom's Day Treats for Mom's 12 PEACE lunch 1 BINGO 1 Pool T'ment 1 CARE Falls Class	11	
12 Mom's Day	13 8:30-12 Open Rec 12 PEACE Lunch 10-12 Bunco 1 Wii Bowling 1-2:30 Mah Jong for Everyone 1 Book Club 1:45 Sign Language Tutorial	14 8 Tai Chi 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Studio	15 9:15 Senior Ball Drumming Exercise 10:30 Adult Coloring 12 PEACE Lunch 12:00 Party Bridge 12:30-2 National Grid Representaive 1 BINGO 1-3 Sharing Memories Writing Program 1 Poker	16 8 Tai Chi 10 Falls Class 10 Scrabble 1 Pitch	17 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 11 Piano Tunes/ Sing-a-long with Geoff Clough 12 PEACE Lunch 1 BINGO 1 Pool T'ment 1 CARE Falls Class	18	
19	20 8:30-12 Open Rec 10-12 Bunco 12 PEACE Lunch 1 Wii Bowling 1-2:30 Mah Jong for Everyone 1 Book Club 1:45 Sign Language Tutorial	21 8 Tai Chi 9 Yarn Crew 9:30 BP Screening 10 Falls Class 12 Dup Bridge 1 Poker 2 Art Group	22 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	23 8 Tai Chi 10 Falls Class 10 Scrabble 1 Pitch	24 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 BINGO 1 Pool T'ment 1 CARE Falls Class	25	
26	27 Memorial Day The Center is Closed	28 8 Tai Chi 9 Yarn Crew 10 Falls Class 12 Dup Bridge 1 Poker 2 Art studio	29 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	30 8 Tia Chi 10 Falls Class 10 Scrabble 1 Pitch	31 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 BINGO 1 Pool T'ment	30	

Travel Reflections

Hello everyone, Travel is back and we had a great trip to Washington D.C. We had a boat ride on the Potomac River, went to Arlington Cemetery and saw all the monuments.

I am working on the Day trips for the remainder of the year. PLEASE if you see something that interests you, sign up soon. Folks are waiting until the last minute to sign up and by that time I am forced to cancel as I do not have enough people for the trip to go. I do not cash any check until I know a trip is a go. I have to cancel at least four weeks prior to a trip otherwise, I lose my deposits. Also, please make sure to put your phone number on your check. Thank you so much. Happy Mother's Day to all the moms and grandmas.

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.

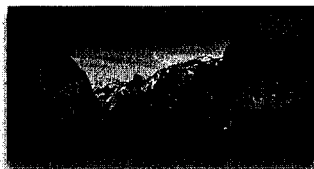


ALEX BAY and BOLDT CASTLE DAY OUT **July 18, 2024 - Thursday**

Join us for a summer Day Out to picturesque Alex Bay. This Day Out includes: deluxe Hale transportation; a boat ride board Uncle Sams' scenic cruises; lunch and admission to Boldt castle on Heart Island; all taxes and gratuities including bus driver. Boldt castle has had many restorations and is beautiful to see. We will have some free time to explore the town of Alex Bay too!

COST: \$145 per person payable to "Belle Tours, LLC". Bus Pick-Ups: 9:00am (Larkin St.), 9:30am (Canton Woods). Please arrive 15 minutes prior to departure. Arrive home around 6pm.

**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

BOSTON TOUR | SEPTEMBER 3RD - 6TH, 2024 - 4 DAYS/3 NIGHTS

We have a great 4 day trip to Bean town. This fall trip includes: deluxe Hale transportation; 3 nights hotel accommodations; 3 breakfasts; 3 dinners; narrated "Freedom Trail" tour; Visit to Faneuil Hall & Quincy Mkt; admission to the Boston Tea Party Museum; a Boston Harbor cruise; visit to JFK Library and a tour of the U.S.S. Constitution; all taxes and gratuities including driver.



COST:
\$1,075 /per person
(Based on **double** occupancy)

COST:
\$1,295 /per person
(Based on **single** occupancy)

A deposit of \$300 is due at sign up. Balance due August 1, 2024. Sign up any time at the center or send to Jacki @ 132 Plymouth Drive Syracuse, NY13206

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

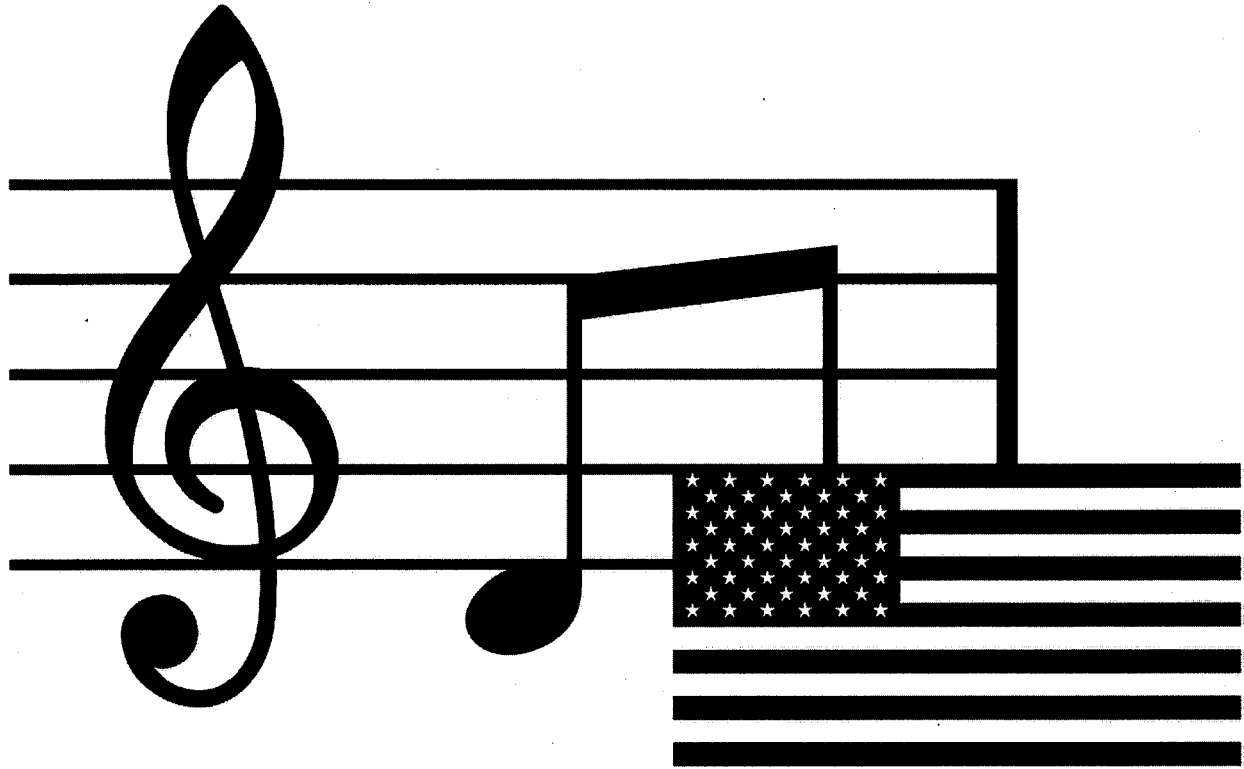
COST:
\$6,121 /per person
(CONCIERGE BALCONY CABIN)
Category A1

***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.**

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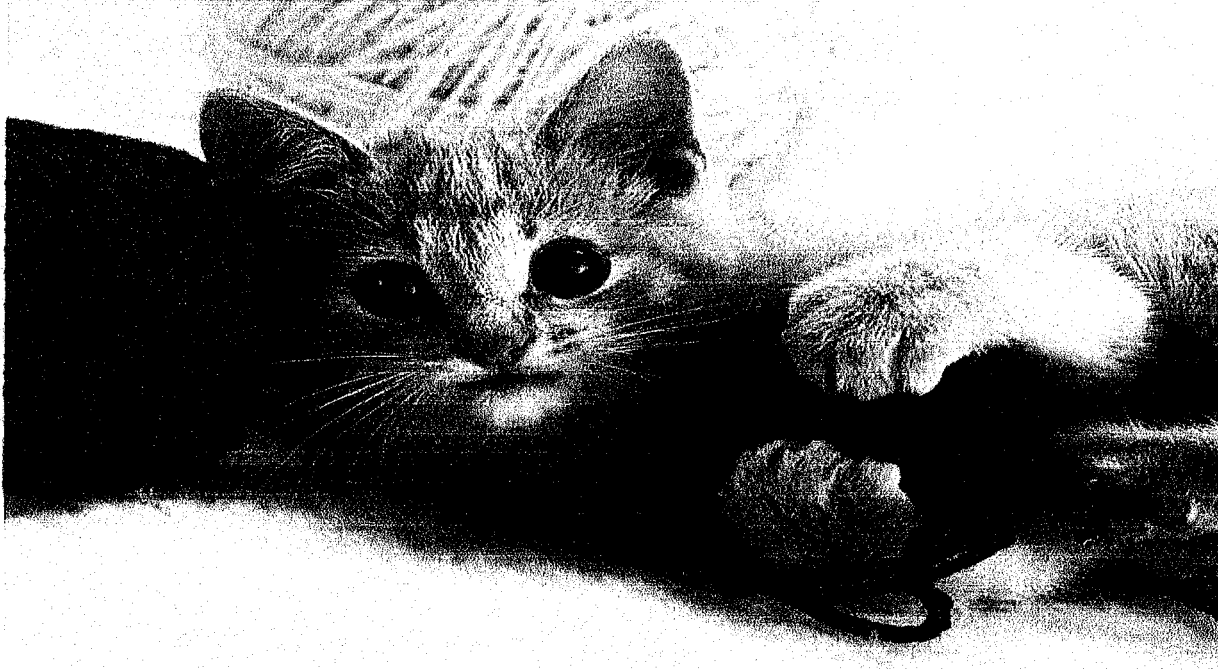


Please Join us on Friday, May 17th at 11:00 for a sing-along with **Geoff Clough**.

He promised to put a few patriotic tunes in the concert for all to enjoy.

Stay with us for Lunch after, make sure you sign-up ahead of time and bring correct change (\$3.50) if you choose to donate to PEACE.

CW Summer Craft Sale



Friday, June 7th from 10:00am-3:00pm

Please mark your calendar to attend, you
won't want to miss it!!

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*

SPRING-SUMMER 2024

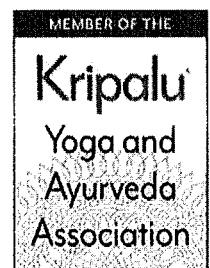
**TUESDAYS - May 7, 21
- June 4, 11, 25
- July 16, 23
- Aug 6**

45 minute classes: 11:10am-11:55am

Cost: OPTIONAL & CONFIDENTIAL

This is a drop-in class - any questions, feel free to call Yvonne or the front desk (315-638-4536)

- ॐ A gentle, fun practice that encourages mindfulness and compassionate self-awareness.
- ॐ Need to move more? Looking for relief from daily aches and pains? Yoga may be the answer. Yvonne will guide you through breathing exercises to de-stress; slow stretches to improve range of motion; postures to help make your body strong and balanced; and meditation techniques to relax the mind and sharpen mental focus.
- ॐ New to Yoga? Come give it a try. Absolutely no experience necessary. Everyone welcome!



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.

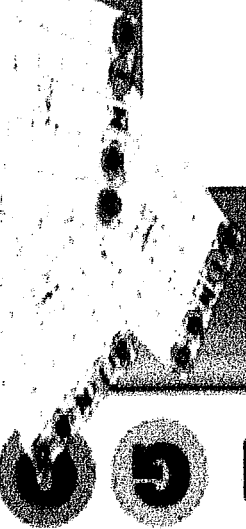
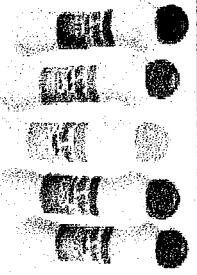
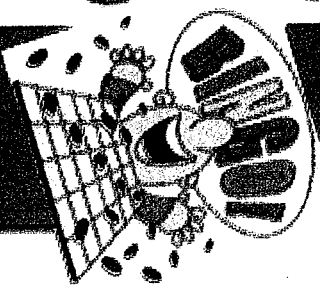
Pre-register and pay to reserve seating with your party and receive a

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 baldwinsvillemalsonwheels@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

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



Baldwinsville



Parade 2024

Thursday, May 30th 6PM

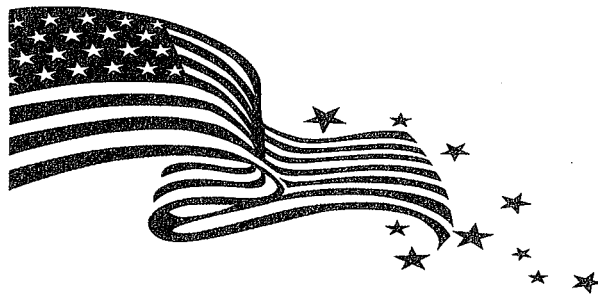


Veteran's Monument Services: 5:45PM-Front of the U.S. Post Office

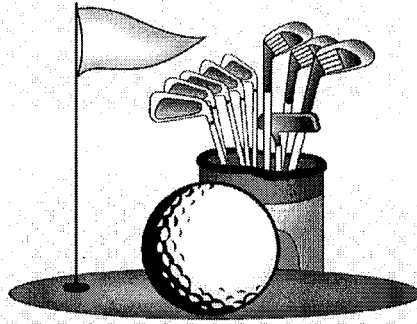
Parade Begins: 6PM

Wreath Ceremony at Seneca River: Along Parade Route

Riverview Cemetery Service: Following Parade



Questions? Contact: memorialparade530@gmail.com



TO BENEFIT CANTON WOODS SENIOR CENTER

June 26, 2024 SHOTGUN 9AM

Captain and Crew

Battle Island Golf Course

\$80.00 PER PERSON INCLUDES:

Hotdog & chips at the turn

18 holes of golf with cart and BBQ luncheon to follow

MORE FUN ACTIVITIES THROUGHOUT THE DAY:

50/50 RAFFLE

LONGEST DRIVE

CLOSEST TO THE PIN

SKINS

PLAYER # 1 _____ **EMAIL/PH#** _____

PLAYER # 2 _____ **EMAIL/PH#** _____

PLAYER #3 _____ **EMAIL/PH#** _____

PLAYER #4 _____ **EMAIL/PH#** _____

TOTAL \$ _____ **AMOUNT PAID:** _____

HOLE SPONSOR

NAME: _____ **\$50.00 Donation**

ADDRESS: _____ **PHONE:** _____

MONETARY DONATION

Make checks payable to Canton Woods senior center, 76 Canton St, B'ville NY 13027

Summer Entertainment Series 2024

FREE Concerts

Canton Woods Senior Center

76 Canton St.

May 17 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, B'ville Diner,
Falardeau Funeral Home, and the Canton
Woods Board!**

May 2024

PEACE, Inc. FSD

Senior Nutrition

Monday	Wednesday	Friday
Canton Woods	1	3
	Syracuse Famous Chicken Riggie's Tossed Salad Juicy Diced Peaches Fresh Baked Dinner Roll	Beef Chili Con Carne Romaine & Mandarin Orange Salad Fruit Cocktail Honey Corn Bread Muffin
6	8	10
Beef & Bean Taco Salad w/ Tortilla Chips, Salsa Fresh Tomatoes, Lettuce, Cheese & Sour Cream Ice Cream Cups	Beef Goulash Greens & Beans 4-Way Vegetable Blend Fresh Baked Chocolate Chip Cookie Italian Bread	Cranberry Walnut Chicken Salad Served on a Croissant Chunky Tomato Florentine Soup Fruit Cocktail
13	15	17
Sirloin Beef Stroganoff Served over Parslied Egg Noodles California Blend Vegetables Applesauce	Barbeque Pulled Pork Sandwich on Whole Wheat Kaiser Baked Beans Coleslaw Mandarin Oranges Jell-O w/ Whipped Topping	Oven Baked Ziti w/ Gianelli Italian Sausage Green Beans Crusty Italian Bread Banana
20	22	24 BRUNCH 10:30am
Glazed Ham Sweet Potatoes w/ Cinnamon Pecan Crunch Spinach Diced Pineapple	Tuna Salad w/ Chopped Egg Salad on Kaiser with Shredded Lettuce Cream of Cheddar Potato Soup Fresh Watermelon	Broccoli & Cheese Quiche Mixed Berry Yogurt Parfait Blueberry Muffin Orange Juice
27	29	31
Memorial Day Closed	Herb Roasted Chicken Mashed Sweet Potatoes Creamed Spinach Fresh Melon	Bacon & Tomato Chicken Salad on Croissant Strawberry Feta Spinach Salad Served w/ Balsamic Vinaigrette Juicy Diced Peaches

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

Menu meet 1/3 of FDA
Menu is subject to change

Suggested contribution: \$3.50

Guest meal: \$7.00