

Canton Woods Newsletter

April 2022

Volunteer Recognition Month!

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:

The Village of Baldwinsville's current mask policy: the wearing of masks in village owned buildings (including Canton Woods Senior Center) is at the OPTION of the individual entering the building. There is no longer a requirement that each person shall wear a mask.

Un-Vaccinated persons or persons who decline to show proof of vaccination:

must socially distance, they may not participate in activities where social distance cannot be maintained.

IF YOU ARE NOT FEELING WELL, STAY HOME. Thank you for your cooperation.

The center has home **Covid -19 tests kits** for Canton Woods seniors. If you would like a test kit, inquire at the front desk.

Volunteer Recognition April is National Volunteer Recognition Month. Canton Woods will honor our Volunteers at a special luncheon on April 25th. You must sign up to attend, (see the flyer in this newsletter). *Thank you to the many volunteers who work so hard on behalf of Canton Woods all year long!*

Card Making is back on the calendar. The first meeting will be held on April 11 at 1pm.

Spring is here! It's time to think about getting back outside and enjoying the garden! Be a part of Canton Woods Garden coming back to life! Burt Mead will meet with any seniors interested in helping with the centers' garden. Join Burt for a meeting to plan for the 2022 planting season. The Meeting is scheduled for April 20 at 10:30am. *Happy Easter! Happy Spring!*
Ruth

Assistant Director:

April showers bring May flowers, right??? I hope we don't get too many showers; the spring flowers are already peeking through and we will take all the sunshine we can get!!! I'm encouraging our seniors to spread some sunshine so to speak and talk to other seniors about participating in activities here at Canton Woods. Spending time here doing something you like to do could make spring 2022 so much better!

Hope to see you! *Joanie*
Happy Easter everyone!

MOW:

Hello Everyone!
We hope our spring is here! We would like to give Thanks to everyone that participated in our food drive, it was very appreciated. Once again, we are a non-profit and we receive no government funding. If you need anything we are here to provide you service. Thank you, Happy Easter,
Donna & Jeff *315-638-2171*

Neighborhood Advisor / Outreach Worker

Hi everyone, Brighter and warmer days are coming, and I can't wait! I have recently received word that HEAP will end at the close of business on Friday April 29th. Applications must be accepted if they are postmarked by 5pm that day. A second emergency HEAP benefit is now active and runs through April 29th as well. To qualify a household must have gotten and used up their regular and first emergency HEAP. Also, the Regular Arrears Supplement is still in effect and no closing date for that program has been disclosed yet.

Take care. *Nancy Sullivan*

B'VILLE EXPRESS

The *B'ville Express* has an **URGENT NEED** for volunteer drivers. The *B'ville Express* provides free transportation through our volunteer drivers to our senior friends in the Baldwinsville area. Many of our seniors in Baldwinsville lack transportation and are unable to access vital services without the help of our dedicated volunteer drivers.

PLEASE HELP YOUR SENIOR NEIGHBORS AND VOLUNTEER TODAY!!

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

(Please note, at this time, masks are required for both driver and rider.)

In honor of **National Volunteer Recognition Month**, I would like to acknowledge all of our volunteer drivers. Thank you for always going above and beyond to help our senior friends of Baldwinsville. Your kindness and dedication to them is greatly appreciated!

Wishing you all a **HAPPY EASTER!**

Gina Carroll. Transportation Coordinator

**Volunteer Opportunity in the County
RSVP is looking for volunteers**

Did you know that volunteers live longer and enjoy a higher quality of life?

Come join **AmeriCorps Seniors Retired Senior Volunteer Program (RSVP)**. RSVP has agreements with over 60 community organizations to place retired volunteers. Some examples are the Zoo, Beaver Lake Nature Center, The Food Bank of CNY, Pre-school programs, community food pantries, area hospitals and the VA Medical Center. The only eligibility requirement for volunteers is that they are 55 and over.

Although COVID-19 forced many organizations to suspend volunteer activities, most are now open, and several have expressed that help is greatly needed.

If you are interested or have questions? Contact Pat Campany at 315-424-1810 Ext. 2 or pcampany@ccoc.us
Or Sharon Skantz at 315-424-1810 Ext. 3 or sskantz@ccoc.us.



**Senior Services
Senior Companions
Volunteers Needed!**

Would You Enjoy:
Engaging an older adult in conversation?
Helping them prepare light meals?
Running errands or taking a walk together?

To learn more contact, InterFaith Works Senior Companion Program at (315) 449-3552 ext. 224 or 110

MARY POPPINS comes to
Baker High School!

The Baldwinsville Teachers' Association is providing free tickets to the Baker High School Musical. **The show is Mary Poppins.** This is a matinee at 1:00pm on Saturday May 7th. Call the center to reserve a ticket and let us know if you would like to take the bus from Canton Woods to the high school. Limited supply of tickets available.

**AAA DEFENSIVE DRIVER
COURSE AT CANTON WOODS!!
Wednesday May 25, 9:00am-
3:30pm.**

Cost is \$29.00 per person. **Make checks payable to AAA**

AAA Defensive Driving course is a six-hour course sponsored by AAA and approved by NYS Department of Motor Vehicles. Upon completion of this course, you may receive a reduction on the collision and liability portion of your automobile insurance premium.

Participants must be 55 years of age or older. You may bring a 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. Phone registration will NOT be accepted. **Payment must be made when you sign up.** Questions? Call the center at (315) 638-4536.

Congratulations to Sharon Quilter!!
She won the wear green on St. Patrick's Day Tassone's gift card! Thank you to all that participated.

Open Rec on Monday & Friday

Mornings is the perfect time to practice pool, play a game of checkers or cards with a friend or a friendly game of pitch or poker.

PUZZLED???

Looking for something to do on rainy spring days? We have lots and lots of puzzles for you to take home! They are located just inside the front entrance. Come take as many or as few as you would like to keep.

National Grid Consumer

Advocate will be available by calling our Neighborhood Advisor, Nancy Sullivan. If you have questions about your National Grid account, we can seek out help for you.

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!!

Memorial Giving

Canton Woods is giving you the opportunity to donate to the Center through Memorial Giving.

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

PEACE LUNCH

The congregate senior lunch program has resumed indoor dining. Canton Woods now has the PEACE Lunch hot meal served in the dining room for *fully vaccinated individuals. You will be asked to show proof of vaccination. 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 are unvaccinated or 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 Monday Wednesday and Friday.

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

jferstler@baldwinsville.org
(315) 638-4536.

April Birthdays

4/1 Robert Paxton
4/4 Richard Stafford
4/25 Sue Stapleton
4/27 Linda Clarke



On your birthday, (or very very close), stop
by Jessicakes
3 Marble St. Baldwinsville
for a FREE birthday cupcake!
Jessicakes 315-484-8228

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.

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
April Package List.**

Cost: \$20.50

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

**The pick- up date is Wednesday, April
27th from 11:30am-12:30pm**

Free Legal Services

Legal services are available at
Canton Woods on several Tuesdays
in the calendar year. **The next
available appointments will be on
May 10th, 2022.** Call the center to
make an appointment (315) 638-
4536. (12:00-3:30pm) You must be
a resident of Onondaga County and
at least 60 years old to participate in
this program.

**Smartphone, iPad, Tablet or
Laptop Computer Assistance
offered by Nadine Kerr, B'ville
Family & Consumer Science
Teacher.** If you need help figuring
out how to use the calendar, email or
going online; she is very familiar
with Apple devices as well. Bring
your devices and any questions (it is
a good idea to write them down).
Unfortunately, Nadine cannot help
with a Trac Phone.

**Nadine is at *Canton Woods on
Monday May 9th, from 2:45pm -
3:55pm.* Please call-in advance to
schedule an appointment 315-638-
4536.**

**Canton Woods is having a
vegetable garden in 2022!!** Any
seniors interested in assisting Burt
Mead with this years' garden, please
attend a startup meeting Wednesday,
April 20th at 10:30am.

**Notes from Canton Woods
Activity Committee:**

Welcome to April...time for us to be warming up, hopefully. Time for people to be coming out and playing all sorts of games with us here at the center...Monday's are always Wii Bowling, it's a lot of fun. If you would like to play and don't know how, we would be glad to show you...Tues and Wednesday are always Texas Hold'em, & Bridge. Thursday is our pitch tournament, and Friday is 8 ball and 9 ball...we fill in the other 2 Fridays with other fun stuff...Bingo is at 1:00 on Wed and Friday. Come and join us for all the fun...Call the center to sign up...Enjoy the warmer weather...Kathy Hogan

Kathy Hogan

Tournaments in February

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

8 Ball 2/11

1st place: Kathy Heintz & Dave Hardy

2nd place: Kathy Hogan & Dave Au

9 Ball 2/18

1st place: Nick Peluso

2nd place: Nunzio Lipari

Bean Bag

Wii Bowling

2/7

1st place: Larry Wood & Joan Ferstler

2nd place: Kathy Hogan & Jan Wojo

2/14

1st place: Kathy Hogan & Kathy Heintz

2nd place: Ed Barlow & Carol Plucinik

2/27

1st place: Kathy Spagnola & Larry Wood

2nd place: Kathy Hogan & Barb DiSanto

IMPORTANT REMINDER!

Please arrive 10- 15 minutes before your game is scheduled to start. This is a courtesy to all the other players and helps things go more smoothly. Thank you

Bunco is back at Canton

Woods! Friday April 22,

10:00am-12:00pm. This is a fun fast moving dice game. Give it a try. **We need at least 12 players to make the game really fun. Please call the center to sign up!**

BINGO!!! Come join the fun!

BINGO! Wednesdays and Fridays at 1pm.

Pitch is now 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.

Needed: Wii Bowlers!! Come check the alleys out!!

Duplicate Bridge Tuesday at 12:00pm

Party Bridge Wednesday at 12:15pm

Mah Jong Wednesday mornings at 9:00am!

Blood Pressure Screening:

On Tuesday, April 19th
from 9:45am – 11:00 am.

Stay fit & Well at Canton Woods!
Try one of these fun fitness classes!

Line Dancing!!!

Line Dancing is easy, fun, and great exercise for your body and your brain! This class is geared toward the novice line dancer. No experience is necessary! Basic line dance steps will be thoroughly explained and taught. Beginner line dances are done to a wide genre of music (country, oldies, pop, Latin etc.) So, get your dancing shoes on and join the fun!

Thursdays from 1:30-2:30pm

Instructor: Eileen Corlett

(over 30 years of teaching dance to children and adults)

Instructional fees paid to the instructor.

CW Exercise Class

Aerobics work out designed for seniors on Tuesday and Thursday at 9:15am. Charges payable to the instructor.

Senior Cardio Ball Drumming



Facilitated by Arlette, Fridays at 9:30am.

Call the Center to claim your spot!
315-638-4536.

Limit 12 participants. 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!** The instructor is a licensed physical therapist.

(Julie is back with us at the center on April 7th!!)

Kripalu “Chair Optional” Yoga lead by Yvonne Martin Certified Kripalu Yoga Teacher:

Classes held Tuesday mornings at 11:15am starting April 5th. Donation to the instructor.

Tai Chi Classes (Yang short form)

Classes are held Tuesdays and Thursdays at 8:00 a.m. Charges are payable to instructor. Please check the calendar for dates.

Art Group

Art group will meet in person on Tuesday April 5, and Tuesday April 19th at 2pm.

Card Making

Welcome back - Cardmaking Workshop!

Monday, April 11th 1:00-3:00pm

Come join Cheryl for an all-inclusive workshop to make three beautiful cards for any occasion! All experience levels are welcome. Bring your creativity for a fun time.

\$4 supply fee due to instructor

(Call the center to sign up by Friday April 8th)

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!

Crafty Corner

Yarn Crew

Yarn Crew meets every Tuesday morning. Our crafters get together to work on projects, share ideas and visit. If you like to craft, please stop by to check us out!

Edwina Hay

Canton Creations! Something New!

Craft Information April Craft POLYMER CLAY

Learn the basics of polymer clay... Once you know how to blend colors and do the basics you can create buttons, pins, jewelry and use your imagination....

I can supply the clay but if you want specific colors, you can purchase clay at Michaels. You should get three colors that you like and/ or go together. That will cost about \$5.00. It comes in little rectangular blocks...But I will happily share what I have for FREE.

***I AM CHANGING THE DATE SO I
CAN BE THERE.... APRIL 26 at
4:00-5:30pm***

Class size 10 people. Please sign up at Canton Woods main desk.

Hope to see you there...Edwina

Chair Caning Instruction

Raising Cane

Our first chair caning meeting took place and there is still time to get into the game...

Bring your chair with holes and your cane that you ordered...contact the Senior Center to get the info if you need it.

The class looks like it is going to be really fun... great people with lots of knowledge ... some have decades of experience and others... just starting out...

Next meeting is May 10th at 1:00pm. We will learn the next step, work between 1-2 hours depending on when you get tired and then you will finish the skill at home.

Book Club News

A COVID 19 era thriller will sound like either the best or worst thing to read right now, depending on your disposition. But if you're of a darker more contemplative frame of mind, there's something cathartic about Peter Heller's latest novel, "The Guide," an ever so subtly dystopian wilderness noir that speculates on the horrors of a post-pandemic society. Twenty-something Jack arrives at Colorado's fancy, five-star Kingfisher Lodge midseason, hired to help its posh clientele. He has a nose for deceit and he quickly senses something fishy (pardon the pun) going on at the lodge. Jack has been hired to replace a guide who didn't work out, but it's not entirely clear why his predecessor left.

Jack finds an unlikely partner in uncovering the lodge's mysteries- and an unlikely romantic match- in his fishing ward, Alison K, a famous but surprisingly earthy singer who knows her way around a fishing pole and who also can't leave well enough

alone. As the inconsistencies and warning signals pile up, the kindred spirits team up to figure out what's going on.

The enticing mystery keeps the pages turning, but not too quickly. "The Guide" is too beautifully written to speed through it, the descriptions of nature lush and vivid. Rarely has fishing felt so poetic, tying a lure so much like an art. But suddenly the spell of Colorado's unspoiled wilderness is broken by the presence of a contactless thermometer or quarantine center.

The next book is Alex Trebek's favorite book, **Razor's Edge** by W. Somerset Maugham. The next meeting is a Date Change to **Tuesday, April 26th at 2:00pm**. This is so Edwina doesn't abandon everyone. She will be back from traveling! Welcome our newest book club participant Rose Warakowski!

April 2022 Library News

Check out our new books

One Step Too Far (L. Gardner)

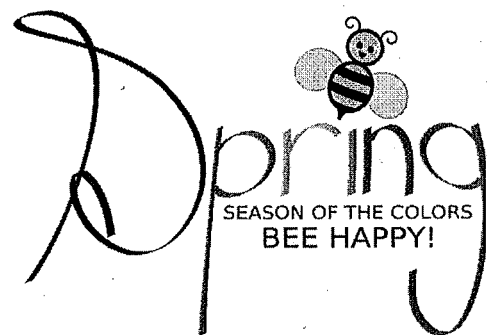
The Horsewoman (J. Patterson/M. Lupica)

Wish You Were Here (J. Picoult)

Abandoned in Death (J.D. Robb)

Invisible (D. Steel)

Happy Reading!



Bottle & Can Drive McBride's Bottle Return

Your nickels will add up to help your Center.

There are now two ways to contribute! The Canton Woods Board, and Senior Activity Committee have an ongoing bottle and can collection program. Any bottles or cans placed in the bottle and can collection boxes at the center are returned for the deposit. The funds benefit you through your Senior Activity Committee.

In addition to the collection program at the center, you and your family members may return bottles and cans to McBride's Bottle and Can Return, 80 Smokey Hollow Rd. Let the clerk know you are donating your returns to Canton Woods Senior Center. They will credit the amounts to Canton Woods Senior Center account.

Thank you for participating in these fundraising events.

Canton Woods Volunteer Recognition

Monday April 25th

12:00pm

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 the meal. Please come and enjoy the
afternoon with other volunteers here at Canton Woods.

Please sign up by 12 noon on April 18th

Menu: Corned Beef Sandwich, Marinated Beets,
Fruit of the Forest Pie



Note: Everyone attending must have a completed PEACE Registration form.

Travel Reflections

Hi everyone! Spring is here and with it, time to think about travel! Our Sicily/Italy trip is a go and if you book before April 8th, you can save \$200. This is a fabulous trip and different from any Italy trips we have done before. We still need more people for the Ocean City trip. If I do not have enough, I have to cancel by the 20th of April. Anyone that has sent in deposits will be refunded in full. Maine is a go and we can take more people.

I am working on a Saratoga trip for August 18th. Also, a Wine Tour on July 12th. Details should be in the May newsletter. Anyone interested in the Tulip Serenade River Cruise to Amsterdam, Belgium and Rotterdam, the Ship, Amadeus Star, is half full. It is a small ship that only holds 170 people. It's a year away but if you want to go, you need to sign up soon. A deposit of \$500 per person is required to sign up. Balance is not due until December 15, 2022. The trip departs April 14, 2023. This is an amazing ship that I had the opportunity to go on last October. I promise, you will not be disappointed. There is a lot included in the cost of the trip.

I wish you all a very Happy and Blessed Easter and Passover.

Love,
Jacki



Until next month, take care and God Bless.

Please include your phone # on all checks as well as food choice if applicable

Day Trips!

LILAC FESTIVAL - May 12th 2022

Our spring trip will take us to Rochester, NY for their annual Lilac festival. There will be many vendors and a multitude of places to have lunch and shop. Trip includes: deluxe Hale transportation and drivers gratuity. BUS PICK-UPS: Larkin St @ 8:30 AM, Canton Woods @ 9:00 AM - Return Home at 4PM.

COST: \$68 per person payable to "BELLE TOURS LLC". Please arrive at least 10 minutes before designated pick up time and park along the side or in back. SIGN UP ANY TIME AT THE CENTER OR SEND TO JACKI ABBOTT @ 132 PLYMOUTH DR, SYRACUSE, NY 13206 - CALL JACKI @ 315-415-0040

NEW TRIP

TURNING STONE (Bingo or Casino) - June 16th 2022 THURSDAY

It's time to return to the Turning Stone! Join us for a day out that includes deluxe Onondaga Coach transportation, \$15 to be used in the Casino or Bingo, \$5 food bonus and gratuity for the driver. . BUS PICK-UPS: Canton Woods @ 8:15 AM, Larkin St @ 8:45 AM - We will depart for home at 4pm or when Bingo lets out if it's later.

COST: \$38 per person payable to "BELLE TOURS LLC". Please arrive at least 10 minutes before designated pick up time and park along the side or in back. SIGN UP ANY TIME AT THE CENTER OR SEND TO JACKI ABBOTT @ 132 PLYMOUTH DR, SYRACUSE, NY 13206 - CALL JACKI @ 315-415-0040

TRIBUTE TO BETTE MIDLER & BARRY MANILOW - June 28th 2022 SENECA NIAGARA CASINO

Join us for a Tribute to Bette Midler and Barry Manilow at the Seneca Niagara Casino. This day out includes: deluxe Hale Transportation; Tickets to the show; \$20 Free slot play; \$10 food credit and drivers gratuity.

COST: \$125 per person payable to "BELLE TOURS LLC". BUS PICK-UPS: Larkin St @ 7 AM, Canton Woods @ 7:30 AM - Return home about 6:30 PM. SIGN UP AT THE CENTER OR SEND TO JACKI AT 132 PLYMOUTH DRIVE SYRACUSE, NY 13206. **PLEASE ARRIVE 10 MINUTES BEFORE DEPARTURE.**

A DAY OUT IN COOPERSTOWN - July 19th 2022

Our day will begin with a boat ride on The Glimmerglass Queen boat as we tour picturesque Lake Otsego. Following the boat ride we will enjoy a delicious lunch at The Lake Front Restaurant. Selections include: 1. Classic Chicken Caesar Salad 2. French Dip 3. Fresh Beer Battered Haddock 4. Grilled Chicken Breast Sandwich 5. Sun Dried Tomato Pesto Fettuccini Alfredo or 6. Angus Beef Cheese Burger. PLEASE INCLUDE YOUR SELECTION ON YOUR CHECK.

COST: \$125 per person payable to "BELLE TOURS LLC". BUS PICK-UPS: Larkin St @ 8 AM, Canton Woods @ 8:30 AM - Return home about 5:30 PM. SIGN UP AT THE CENTER OR SEND TO JACKI AT 132 PLYMOUTH DRIVE SYRACUSE, NY 13206. **PLEASE ARRIVE 10 MINUTES BEFORE DEPARTURE.**

SKANEATELES DAY OUT - August 4th 2022

Skaneateles is beautiful in the summer. Join us for a sightseeing day out on the Judge Ben Wiles as we tour this gem of a lake. Prior to the boat ride we will enjoy a sumptuous luncheon at the Sherwood Inn. Selections include: 1. Chicken Francaise or 2. Scrod Christopher. PLEASE INCLUDE YOUR SELECTION AND PHONE NUMBER ON YOUR CHECK. There will be free time to wander the shops.

COST: \$120 per person payable to "BELLE TOURS LLC". BUS PICK-UPS: Larkin St @ 10:15 AM, Canton Woods @ 10:45 AM - Return home about 4:15 PM. SIGN UP AT THE CENTER OR SEND TO JACKI AT 132 PLYMOUTH DRIVE SYRACUSE, NY 13206.

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

OCEAN CITY, MARYLAND
May 23rd - 26th 2022

Our spring trip is taking us to Ocean City Maryland for 4 days/3 nights. This tour includes: 3 nights at the Quality Inn Oceanfront; Deluxe Hale Transportation; 3 breakfasts; 3 dinners; escorted tour of Assateague National Seashore; Visit to historic Berlin with time for lunch and shopping; Boat ride around Ocean City; Visit to Ocean City lifesaving museum; and welcome reception. All taxes, baggage handling, and gratuities included. Escorted by Jacki Abbott.

COST: \$985 per person (DOUBLE) - \$1,250 (SINGLE) payable to "Belle Tours LLC". A deposit of \$400 (\$100 non-refundable) due to sign up. Final balance due Now. All checks payable to Belle Tours, LLC.

MAINE SOUTH COAST TOUR
September 12th - 16th, 2022 5 Days/ 4 Nights

Welcome to Vacationland! Join us for a five day tour of beautiful Maine. This fall trip takes us to Ogunquit, Maine, where we will spend 4 nights at the Anchorage by the Sea resort. This resort is located on the water and has access to the Marginal Way. The tour includes: Deluxe Hale transportation; 4 nights hotel accommodations; 4 breakfasts at the hotel; 4 dinners including (1) lobster dinner; Boothbay Harbor cruise; Admission to Maine Maritime Museum; Guided tours of Kennebunkport & Portland, including a photo stop at Portland Head lighthouse; Nubble Lighthouse cruise; Performance (TBA) at the Ogunquit Playhouse; Photo stop at Nubble Lighthouse; Free time in Ogunquit, Portland, Boothbay harbor, & Kennebunkport; All taxes and gratuities; Baggage service and fully escorted by Jacki Abbott.

COST:
\$1,785 /per person
 (Based on double occupancy)
\$1,695 /per person
 (Based on triple occupancy)
\$2,475 /per person
 (Based on single occupancy)

A deposit of \$800 (\$100 non-refundable) is needed to sign up. Final balance is due July 10, 2022.

PACIFIC NORTHWEST & CALIFORNIA
w/ OPTIONAL 1-NIGHT SEATTLE PRE TOUR EXTENTION!
8 Days/ 7 Nights
September 26 - October 3, 2022

This tour begins with an overnight stay in Seattle, dubbed the "Emerald City" for its lush green surroundings. Highlights of the tour include: Seattle, Mount St. Helens visitor center, Portland, Columbia River Gorge Hood River, Yaquina Head lighthouse, Newport, Bandon State Natural Area, Rogue River cruise, Redwood National Park, Avenue of the Giants, and San Francisco. Trip includes: Hometown pickup from Canton Woods Senior Center to and from the airport; Roundtrip air to and from Hancock airport; All taxes and fees/surcharges and hotel transfers.

COST:
\$3,199 /per person
 (Based on double occupancy)
\$3,999 /per person
 (Based on Single occupancy)
\$3,169 /per person
 (Based on triple occupancy)

*BOOK BY MARCH 26, 2022 FOR THE ABOVE RATES. RATES INCREASE BY \$150 PER PERSON IF BOOKED AFTER 3/26/22.

DISCOVER SOUTHERN ITALY & SICILY
w/ A TWO NIGHT ROME POST TOUR EXTENSION!
October 7 - 21, 2022

***BOOK BY APRIL 8TH & SAVE \$200 PER PERSON!**

Italy is up and ready for visitors! This 15 day trip includes: Roundtrip airfare to and from Syracuse with an airport pickup at Canton Woods; Air taxes and fees/surcharges; Hotel transfers; 1 breakfast, 1 lunch, 8 dinners; 13 nights hotel accommodations; visits to Palermo, choice on tour of Monreale Agrigento, Valley of the Temples; Mt. Etna Volcano, Giardini Naxos, Taormina, Matera, Pompeii, Sorrento, Amalfi Coast, Monte Cassino, and two nights in Rome. Complete detailed itinerary is available upon request.

COST:
\$4,879 /per person
 (Based on double occupancy)
\$5,909 /per person
 (Based on Single occupancy)

*BOOK BY APRIL 8, 2022 FOR THE ABOVE RATES. RATES INCREASE BY \$200 PER PERSON IF BOOKED AFTER APRIL 8th. Cancellation insurance is available for an additional \$399 per person.

LANCASTER "DAVID"
November 8 - 10, 2022

The Sight and Sound Theatre has a brand new show for our enjoyment. "DAVID", Master poet. Fearless Warrior. Anointed King. After unprecedented victories lead to devastating failures, this passionate warrior will face the biggest battle of all: the one within himself. This trip will include: Deluxe Hale transportation; two nights at the Eden Resort; tickets to the American Music Theatre for their "Home for the Holidays" Christmas Show; Tickets for David; Buffet luncheon and show at the Dutch Apple Theatre where we will enjoy "Saturday Night Fever"; Dinner at Greenfield Restaurant; dinner at Hometown Kitchen; 2 breakfasts; visit to Kitchen Kettle Village and Bird in Hand Farmers Market; all gratuities. Fully escorted by Jacki Abbott.

COST:
\$690 /per person
 (Based on double occupancy)
\$795 /per person
 (Based on Single occupancy)
\$655 /per person
 (Based on triple occupancy)

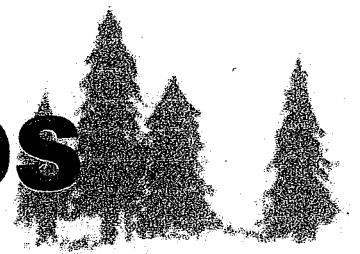
A deposit of \$100 (Non-refundable) due to sign up. Balance due September 20, 2022. Checks payable to "BELLE TOURS LLC". Sign up at the center or call Jacki @ 315-415-0040 or mail to 132 Plymouth Drive Syracuse, NY 13206.

AMADEUS RIVER CRUISE
TULIP SERENADE
8 Days/ 7 Nights
April 15 - 22, 2023
 SEE JACKI FOR DETAILS!

ALASKA LAND, RAIL & CRUISE
w/ PRINCESS CRUISES ON THE MAJESTIC PRINCESS
11 Days/ 10 Nights
May 31 - June 10, 2023
 SEE JACKI FOR DETAILS!

CANTON WOODS

Chair Yoga with Yvonne



YLM Yoga ॐ

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

SPRING 2022

TUESDAYS: Apr 5 - May 10
45 minute classes: 11:15am-12pm

Cost: OPTIONAL & CONFIDENTIAL

Register with Canton Woods front desk (315-638-4536)

- ॐ A gentle, fun practice that encourages compassionate self-acceptance and mindfulness.
- 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!

Kripalu
Yoga and
Ayurveda
Association

2022 Health & Wellness Fair

SAVE THE DATE!!

Wednesday May 18 2022

1:00 pm – 3:00 pm

Please join Canton Woods Senior Center in celebrating Older Americans Month and take part in our exciting annual Health & Wellness Fair on May 18.

This is a chance to explore services and programs available to seniors in our community.

There will be many exhibitors available providing information, flyers and even some **FREE** promotional items for our seniors attending.

Come join the fun!



Onondaga County Office for Aging
 Is Hosting an Institute for Caregivers
Zoom Class For Current & Future
Family Caregivers
LIVE Video Presentation
 Open to the Public

Experiencing Anticipatory Grief as a Caregiver

Anticipatory grief refers to a feeling of grief occurring before an impending loss. Typically, the impending loss is the death of a someone close due to illness.

This class will discuss:

- The reasons for anticipatory grief.
- What are some of the emotions/feelings experienced?
- How to care for self.
- How to ask for, and accept, help from others.

Thursday, April 7, 2022 from 5:30-6:15 pm EST

Presenter: Walter Stein

Counselor, Educator, Support Group Facilitator
Hope for the Bereaved

REGISTER HERE NOW!

You Can Also Register at:

<http://www.ongov.net/aging/caregiver.html>

Contact Kimberly Connell (315) 435-2362 Ext. 4693



Onondaga County
 Office for Aging
 Caregiver Services



JoAnne Spoto Decker
 Commissioner
 Executive Director,
 Office for Aging



Onondaga County Office for Aging
 Is Hosting an Institute for Caregivers
Zoom Class Series
 For Current & Future Family Caregivers
LIVE Video Presentations
 Open to the Public*

Living With Alzheimer's Series for Caregivers

Register for One, Two or ALL THREE Series

- 1. Early Stage - What does this diagnosis mean? What plans need to be made? What resources are available to help?**
 - Part 1 April 13, 5:30 - 6:45 pm [DETAILS/REGISTER](#)
 - Part 2 April 20, 5:30 - 6:45 pm [DETAILS/REGISTER](#)
 - Part 3 April 27, 5:30 - 6:45 pm [DETAILS/REGISTER](#)
- 2. Middle Stage - Helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.**
 - Part 1 May 11, 5:30 - 6:45 pm [DETAILS/REGISTER](#)
 - Part 2 May 18, 5:30 - 6:45 pm [DETAILS/REGISTER](#)
 - Part 3 May 25, 5:30 - 6:45 pm [DETAILS/REGISTER](#)
- 3. Late Stage - Resources, monitoring care & providing meaningful connections for the person with late-stage Alzheimer's.**
 - Part 1 June 15, 5:30 - 6:45pm [DETAILS/REGISTER](#)
 - Part 2 June 22, 5:30 - 6:45 pm [DETAILS/REGISTER](#)

These classes will be presented by the Alzheimer's Association, Central NY Chapter Staff. *The Alzheimer's Association® is the leading voluntary health organization in Alzheimer's care, support and research.*

You Can Also Register at: <http://www.ongov.net/aging/caregiver.html>

Contact: Kimberly Connell - (315) 435-2362 Ext. 4693, kconnell@cnysservices.org



Onondaga County
 Office for Aging
 Caregiver Services



JoAnne Spoto Decker
 Commissioner
 Executive Director,
 Office for Aging

WE WANT YOU!!!!



FOR THE



	A	C	E
1		APRIL 2022	
2	PEACE, INC. - FSD	SENIOR NUTRITION	OFFICE FOR AGING & YOUTH
3	MONDAY	WEDNESDAY	FRIDAY
4	Canton Woods Senior Center		1
5			Oven Baked Ziti
6			Italian Blend Vegetables
7			Fruit Cocktail
8			Dinner Roll
9			
10	4	6	8
11	Tropical Fruit Glazed Ham	Jullienne Salad	Tuscan Tortellini
12	Yukon Gold Potatoes with Sliced Onions	Topped with Ham, Turkey, Swiss Cheese, Tomatoes, Cucumbers, Hard Boiled Egg and Olives	Romaine and Mandarin Orange Salad
13	Oregon Blend Vegetables		Fresh Cantaloupe
14	Fresh Cantaloupe	Crusty Italian Bread	Soft Italian Bread
15	Fresh Baked Whole Wheat Roll	Chocolate Cream Pie	
16	11	13	15
17	Glanelli Sweet Italian Sausage	Barbeque Grilled Chicken Breast	
18	Sandwich with Peppers and Onions	Baked Beans	Good Friday
19	Italian Blended Vegetables	Capri Blend Vegetable	Closed
20	Mandarin Oranges	Tropical Fruit Salad	
21			
22	18	20	22
23	Grilled Chicken and Field Green Salad	Garden Vegetable Lasagna	Meatball Sub
24	Classic Minestrone Soup	Fresh Spinach Salad	on a Whole Wheat Sub Roll
25	Rainbow Sherbet	with Raspberry Vinaigrette	Italian Green Beans
26		Fresh Sliced Honeydew Melon	Pineapple Tidbits
27		Fresh Baked Whole Wheat Roll	
28	25	27	29
29	Shaved Corned Beef Sandwich on Rye Bread	Gold Sauce Glazed Chicken Quarter	Beef and Bean Taco Salad
30	with 1,000 Islands Dressing	Creamer Potatoes	with Lettuce, Tomatoes, Black Olives,
31	Marinated Beets	Summer Squash and Red Bell Peppers	Topped with Sour Cream and Tortilla Chips
32	Fresh Fruit	Strawberry Ice Cream	Lemon Meringue Pie
33			
34	All Meals Include: Coffee, Tea, Milk	Menus meet 1/3 of RDA	
35	Bread, and Margarine	Menu is Subject to Change	Suggested Contribution: \$3.50