

Canton Woods Newsletter

December 2022

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.

The Village of Baldwinsville 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.

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.

Weather Related Closings

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

Important Reminder

Medicare Open enrollment period Ends on Dec 7, 2022!

Scams

Holiday time is unfortunately also a time for scams targeting seniors. Be alert.

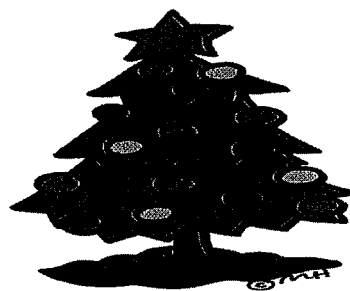
Director's Note: The holiday season has arrived! There are so many wonderful seasonal events at the center and throughout the community. Please take time to enjoy your favorite part of the season whether it is the joyful music, the fellowship, the festive lights and decorations, or the cookies and special treats!

Canton Woods Tree lighting is Friday December 2 at 3pm! Come by the center and join us for a Christmas sing a long lead by the Village Singers .There will be holiday refreshments and followed by our annual tree lighting.

Thank you to everyone who supported Canton Woods this holiday season. So many of our neighbors purchased the lovely evergreen wreaths as part of their holiday preparations. We appreciate the generous support and wish you all a very happy holiday season.

As you plan your holiday charitable giving, consider a contribution to Canton Woods Senior Center. Your tax-deductible donations help bring exciting programs and services to the Center. Every gift is appreciated!

*Have a very Happy and Healthy
Holiday Season!
Ruth*



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

Friday, December 2nd at 3:00pm.
Sing-a-Long with
The Village Singers
Please join us for the holiday
festivities!

(Check out the Canton Woods Craft
Sale on December 2nd and stay to
enjoy the tree lighting!)

2023 Newsletter Renewal Time

We are now taking renewals for the 2023 newsletter. If you live in the Towns of Lysander or Van Buren, your cost is \$4.00 for mail delivery. All others who wish to have the newsletter delivered to your home the cost is \$5.00. Please fill out the form and mail it with your payment to the Center or stop by and drop it off. Make Checks payable to Canton Woods Senior Center. Please pay promptly to avoid interruption in your newsletter service. NOTE: Please make a note on your calendar when you pay for your newsletter, to remind yourself that the 2023 subscription is paid. This reminder will continue to be in the newsletter through January.

ALSO: if you live outside of the Towns of Lysander or Van Buren, your \$25.00 annual user fee is due by January 1, 2023. The fee does NOT include the newsletter subscription. Non-residents also need to pay \$5.00 for your newsletter subscription. To have your newsletter e-mailed to you please submit your e-mail address to Ruth Troy.

Name _____
Address _____
Phone _____

Residency
Town of Lysander _____
Town of Van Buren _____
Village of Baldwinsville Yes or No

Assistant Director:
Season's Greetings to everyone! It seems 2022 went by so fast, looking forward to a better 2023!!! Remember Cribbage??? Please come on Thursday, December 8th at 10:00am. We used to play it here monthly, well let's try it again! Still looking for Mah Jong players, BUNCO players, Wii Bowlers, even more BINGO Players. I'm afraid, it's going to be a long winter so come and have some fun!! Note: **National Grid Senior Consumer Advocate/ Ethics Liasion Mary Beth Basha** will be here, Wednesday, December 7th at 11:00am, to answer any questions you have for this heating season. Happy 2023!!

Joanie

Line dancing starting in January!
See January's newsletter for details

MOW:
Happy Holidays to all our friends!
We would like to give Thanks to all our volunteers, clients, friends, Canton Woods, for contributing to us and helping us succeed with our program throughout the years!
Hopefully everyone will be with a family member at the holidays, sharing some great memories. We are preparing for our busy Christmas holiday making sure all clients have a great holiday meal. If you have an extra ham or turkey we will gladly accept them. We still are selling Syracuse books for \$25.00.
Once again may all your dreams come true this magical Holiday season!
Donna & Jessica **315-638-2171**

Neighborhood Advisor / Outreach

Happy Holidays everyone! This is an exciting time of year for many but can be sad for many as well. Please reach out for help if you are struggling. The department of Adult and Long Term Care Services Mental Health number is 315-435-3355. Also, if you know someone who is having trouble, be kind and offer to spend some time with them.
Home Energy Assistance Program (HEAP) season is in full swing. Those of you who get SNAP will not need to apply. Those of you who received applications in the mail or need one can contact me and I can assist you if you need help. We expect the season to run until March but the sooner you get your application in the better. **MaryBeth Basha, National Grid's Senior Consumer Advocate will join us here on December 7th at 11 am to share information on how to best benefit from several energy programs available. Mary Beth is an**

amazing resource. Don't miss this presentation.

Now would also be a good time to assess your emergency preparedness supplies. It is a good idea to have a supply of water, flashlight with extra batteries, canned foods that can be eaten at room temperature and a manual can opener, first aid kit, medications, as well as warm clothes /blankets Hopefully there will be no need for them but better to be safe than sorry. I wish you all a blessed Christmas and wonderful New Year!!

Take care. *Nancy Sullivan*

B'VILLE EXPRESS

I hope you all had a wonderful Thanksgiving Holiday!

Winter is here, bring with it weather-related school closings. The B'ville Express will be closed when the Baldwinsville School closes due to a snow day. If schools remain open during bad weather, our volunteer drivers reserve the right to cancel any scheduled rides if they are concerned with safety transporting our seniors.

The B'ville express will be closed December 23rd and December 26th in observation of the Christmas Holiday. If you need transportation, you will need to call the OSCAR program @ 315-442-3434, or reschedule your appointment when we are open.

All of our drivers for the B'ville Express volunteer their time, their vehicle and the cost of gas. We welcome your donation to help offset the cost of gas to our volunteer drivers. All donations received are

used to purchase gas gift cards and given directly to our drivers.

If you would like to help our drivers, please donate to the B'ville express program by making checks payable to C.W. B'ville Express.

Make checks to
B'ville Express

Mail to:

CWSC, B'ville Express
76 Canton St.

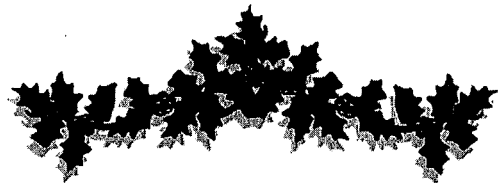
Baldwinsville, NY 13027

Wishing you all a Merry Christmas and Happy Holidays!

Gina Carroll

Transportation Coordinator/

B'ville Express



Canton Woods Annual Tree Lighting Celebration!

Join the festivities

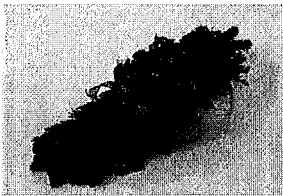
Sing-a-long with

The Village Singers!!

**3:00pm Friday afternoon,
December 2nd.**



**Baldwinsville Community Band
Christmas Concert &
Food Pantry Collection
Wednesday, December 7th
7:00pm at CW**



**Seasonal Floral Decorating
Monday, December 5th at 1:00pm
Please call the center 315-638-4536
*Floral Decorating!***

How would you like to make a seasonal floral decoration for the holidays. Monday, December 5th at 1:00pm. Please call the center to sign-up so we know how many participants to plan for.

**Upstate Mammography Van will
be at Canton Woods on
Wednesday, December 28th
Flyer is in this newsletter**

AAA Defensive Driving course (returning in 2023) 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 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. Next class is Wednesday, February 15, 2023. **Payment must be made when you sign up.** Questions? Call the center at (315) 638-4536.

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.

National Grid Senior

Consumer Advocate will be available at Canton Woods on **December 7** at 11:00am. You can also reach them 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!!**

Get well or thinking of you cards sent to: Nadine Kerr & Mary Hendel

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

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

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 continuing to add to our birthday list so please call or e-mail your birthday month and day.
jferstler@baldwinsville.org
(315) 638-4536.

December Birthdays

12/4 Diane Ayotte
12/8 Janet Wojnovich
12/9 Dan Wiemers, Adrian Van Maarseveen
12/11 Jeanne Brainard
12/20 Bea Sharp, Edna Parker
12/21 Marilyn Powell
12/22 Suzanne Ellis
12/23 Judy Doran
12/24 Joan Lillquist
12/26 Betty Sykes
12/31 Roberta Cooper



JESSICAKES

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 December Package List.

Cost: \$20.50

The order deadline is Friday, December 2nd by 3:30pm.

The pick-up date is Wednesday, December 14th from 11:30am-12:30pm

Smartphone, iPad, Tablet or Laptop Computer Assistance offered by Nadine Kerr, B'ville Family & Consumer Science Teacher. Monday December 12th, starting at 2:45pm. Call the center 315-638-4536 to make a reservation.

Free Legal Services

Legal services are available at Canton Woods on several Tuesdays in the calendar year. **The next available appointments will be on Tuesday, January 17th.**

Call the center to make an appointment (315) 638-4536. (11:30-3:00pm) 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.

Never too late for piano lessons!

If you have always dreamed of learning to play the piano or it been a while since you've played, this is for you.

Geoff Clough is a teacher who has taught at other senior centers will schedule a free informational meeting in January.

Please call the center to let us know you are interested.

Notes from Canton Woods Activity Committee:

Hi All:

Well, we had a great November- Our Halloween Party was fun. We enjoyed music from John Vona, Had cookies and apple cider. Congrats to our winners for Top Gift Certificates, Donna LaClair and Tom Machut, and our 50/50 winner Diane Ayotte!

Our 85+ Birthday Party was a success, the birthday guests were treated to lunch, a rose, and everyone got cake.

On December 2nd at 3:00pm The Village Singers will be here with a sing-a-long, we will have treats, come join us. The annual Tree Lighting to follow.

One last thing, Wii Bowling on Mondays at 1:00pm and Pitch Thursdays at 1:00pm. Call the center to sign up! *Kathy Hogan*

Tournaments in October

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

9 Ball

10/14

1st place: Bill Sellin

2nd place: Dave Au

10/21

1st place: Frank O'Donnell

2nd place: Kathy Heintz

10/28

1st place: Nunzio Lipari

2nd place: Micky Bisha

8 Ball T'ment

10/7

1st place: Nick Peluso & Dave
Hardy

2nd place: Kathy Hogan & Dave
Au

Wii Bowling

10/17

1st place: Dave Hardy & Bill Mills

2nd place: Bob Hahn & Jan Wojo

10/24

1st place: Kathy Hogan & Bob
Hahn

2nd place: Peggy Ford & Ed Barlow

10/31

1st place: Kathy Hogan & Bill Mills

2nd place: Barb DiSanto & Bob
Hahn

Bunco at Canton Woods!

Friday, December 30th

10:15am-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. Plan to come in and enjoy a few laughs while playing this lively game.**

BINGO!!! Come join the fun!

BINGO! Wednesdays and Fridays at 1pm.

Pitch is every Thursday

at 1:00pm!

Call to sign up, double check the calendar.

Wii Bowling T'ments: Every

Monday, at 1:00pm. We welcome more Wii Bowlers. Call to sign up.

Needed: Wii Bowlers!! Come check our big screen tv's!!!

Duplicate Bridge Tuesday at 12:00pm

Party Bridge Wednesday at 12:15pm

Mah Jong Monday mornings at 10:00am!

Blood Pressure Screening:

On **Tuesday, December 13th**
from 9:30am – 11:00 am.

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

CW Aerobics Exercise Class is back! Join Cathy for this cardio workout to your favorite music

Aerobics work out designed for seniors on Tuesday and Thursday at 9:15am. Charges payable to the instructor. Get moving to upbeat music for a fun work out. **Calling all Past Exercise participants, We need you Back!!! Pease Return to the Class!!!**

Senior Cardio Ball Drumming



Facilitated by Arlette,
Fridays at 9:15am.

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 and feel the benefit in your daily activities.

Kripalu "Chair Optional" Yoga lead by Yvonne Martin Certified Kripalu Yoga Teacher:

Classes held Tuesday mornings at 11:15am See attached flyer. 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 instructor. Please check the calendar for dates.

Art Group

Art group will meet in person on Tuesday, December 6th & Tuesday, December 20th at 2pm.

How about getting together for Adult Coloring!?

Adult coloring can reduce stress and anxiety, increase mindfulness, and it's fun. Try it!

Wednesdays at 10:30am.

Sharing Memories Writing Program!

Every Wednesday at 1:00pm.

Facilitated by Tina Trainham. Please come with writing material and your memories!

Yarn Crew

November was a really busy month for the YARN CREW. We worked our fingers to the bone getting some last minute things completed as well as taking inventory on what we need to get more of for next year. In the future, we need to help out with making items, but more about that later... We have new things for sale this year as well as some of the stand by items... check us out. You cannot beat our prices since all materials are donated, we do our best to keep the prices affordable.

HOLIDAY SALE

MOST ITEMS HAND MADE

CANTON WOODS SENIOR CENTER

DECEMBER 2 & 3

10:00am-3:00pm

Help us break a record in sales this year,

Edwina Hay

Crafty Corner

Wow and let me say **Wow** again. People really liked our log Santa's... We had 15 people and it was fun! Thank you to my sister and brother-in-law who did most of the cutting needed.

Canton Creations... third Monday of the Month 1-4:00pm

Please sign up at the center...

December is the last Canton Creations craft projects until the spring since the instructor is headed for warmer climates. The time change for Crafters... Monday Afternoons... 1:00pm-4:00pm if needed...this gives us more time to work and you can get out so no driving at dark.

Last minute gift idea

For December: Canton Creations

Will meet the 3rd Monday of the Month, December, 19th, at 1:00pm.

DECEMBER CRAFT IS THE REPEAT OF A CRAFT....BUT WITH A DIFFERENT THEME...

We will be making the clothespin wreath... Last year it was Autumn..this year WINTER or HOLIDAY...DO ONE OR BOTH

You will need to bring... WIRED Ribbon of your choice..... one spool should do it if it is a least 9ft. (Dollar Tree)

Wire wreath frame...any size but remember you will buy the clothespins too...(Dollar Tree)

Any silk flowers, snowflakes, lights, embellishments you should bring. (Have I mentioned Dollar Tree?)

IF YOU HAVE WIRE CUTTERS PLEASE BRING THEM..

Clip type clothespins...depending on size you will need a least 2 packages
A 12 inch wreath takes roughly 72...(of course not all pins are created equal, so keep that in mind.) Buy the same brand for all your packages
Now here is a change in the lesson from last year...

Because the clothespins need to be soaked for the paint to absorb...please, please

Throw them in a gallon sized freezer bag or two with water covering them....soak them for at least one hour before class..just drain the water out before you leave home... bring the bags with the pins in them.

INSTEAD OF ACRYLIC PAINT I SUGGEST YOU PURCHASE SPRAY PAINT. This will ensure this is a one day project. We did the project in one day before using the acrylic paints and can still use them just bring a hair dryer or heat gun with you so you won't get paint all over your hands...bring gloves. This will help the clothes pins dry faster and we can move along.



Book Club News

Book Club is taking a break. There will be changes in April. I will be away this winter. *Edwina*

December 2022 Library News

Many thanks, once again, to an anonymous donor for the following books. This donation has significantly increased our collection. ALL of these are THRILLERS!! Enjoy!!

The Guest Room C. Bahjalian

The Undertaker's Daughter S. Blaedel

The Overnight Kidnapper A. Camilleri

Devil's Bridge L. Fairstein

The Shadow District A. Indriadason

The Shadow Killer A. Indriadason

Never Have I Ever J. Jackson

Poison J. Lescroart

Blood Fear: A Paul Madriani Novel S. Martini

Macbeth J. Nesbo

The Living and the Dead of Winsford

H. Nessar

Many Rivers to Cross P. Robinson

When the Music's Over P. Robinson

Someone to Watch Over Me

Y. Sigurdardottir

Siberian Dilemma M. C. Smith

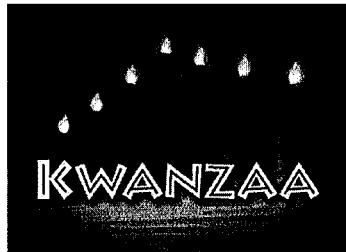
A Fine Summer's Day C. Todd

The Gate Keeper C. Todd

No Shred of Evidence C. Todd

Hunting Game H. Tursten

The Treacherous Net H. Tursten



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.

PAC-B TV is Seeking Volunteers to Video Government and Civic Events
PAC-B TV, Baldwinsville's Public Access Television Station, Needs Your Help
To learn more, contact Skip Lockwood, Executive Director, at skip@pacbtv.org or call 202-841-3166.

Wanted

Your old sewing machines!

Your old sewing machine can get a new life! The Refugee Sewing Program teaches lifelong skills to new Americans. They need machines to continue using those skills. If you have a sewing machine taking up space, call 315-559-3991 for a Canton Woods participant to pick up, and give it new life. Thank you!

Canton Woods

DECEMBER 2022

Monday		Tuesday		Wednesday		Thursday		Friday			
	Calendar subject to change					8 Tai Chi 9:15 CW Exercise 10 Falls Class 1 Pitch	1	8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 8 Ball 1 BINGO 3 Annual Tree Lighting Ceremony 3 The Village Singers Sing-a-Long	2	3	
4	8:30-12 Open Rec 10 Mah Jong 12 PEACE Lunch 1 Wii Bowling 1 Seasonal Flower Arranging	5	8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 10 Falls Class 11:10 Chair Yoga 2 Art Group	6	10:30 Adult Coloring 11 Presentation: Nat'l Grid Advocate 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program 7 B'ville Community Band & Non-Perishable Food Collection	7	8 Tai Chi 9:15 CW Exercise 10 Falls Class 10 Cribbage 1 Pitch	8	8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 BINGO 1 9 Ball	9	10
11 11	8:30-12 Open Rec 10 Mah Jong 12 PEACE Lunch 1 Wii Bowling 2:45 Tech Help	12	8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 9:30 BP Screening 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge	13	10:30 Adult Coloring 11 Pheonix Middle School Chorus 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	14	8 Tai Chi 9:15 CW Exercise 10 Falls Class 1 Pitch	15	8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 8 Ball T'ment 1 BINGO	16	17
18	8:30-12 Open Rec 10 Mah Jong 12 PEACE Lunch 1 Wii Bowling 1-4 Canton Creations	19	8 Tai Chi 9 Yarn Crew 10 Falls Class 12 Dup Bridge 2 Art Group	20	10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	21	8 Tai Chi 10 Falls Class 1 Pitch	22	Happy Holidays The Center is Closed	23	24
25	Happy Holidays The Center is Closed	26	8 Tai Chi 9 Yarn Crew 10 Falls Class 12 Dup Bridge	27	10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program 9-3 Upstate Mammography Van	28	8 Tai Chi 10 Falls Class 1 Pitch	29	8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 9 Ball T'ment 1 BINGO	30	31

**Happy
Holidays**

**CANTON WOODS
CRAFTERS**

ANNUAL CRAFT SALE

FRIDAY, DEC. 2ND &

SATURDAY, DEC. 3RD

FROM 10:00AM-3:00PM

**AT CANTON WOODS SENIOR
CENTER**

76 CANTON ST

BALDWINVILLE, N.Y.



**Baldwinsville Community
Band!**

Wednesday, December 7th

7:00pm

At Canton Woods

(Monetary donations accepted for the Band!

& Bring a nonperishable food item)

Travel Reflections

Hello everyone, I hope you all had a blessed Thanksgiving. We had a marvelous time in Sicily/Rome. The weather was warm and sunny. Collette Vacations never disappoints with their itineraries and Tour Managers. It was my first time going to Mt. Etna (my third trip to Sicily). That was a thrill. The drive through the Amalfi Coast was breathtaking. I escorted the folks through Rome and they loved the Vatican, Sistine Chapel, Colosseum and other famous sites. Our hotel was right behind Trevi Fountain so everyone got to throw their coins in to insure a return trip.

I am listing several new trips for 2023 -2024. If you need complete flyers or details, call me 315-415-0040 or stop by the center to pick up a brochure. You can sign up at any time for any of the trips.

I wish you all a Blessed and Merry Christmas, Hanukkah and Happy healthy New Year. I look forward to making some more travel memories in the coming year.

Until next month, take care and God Bless.

Love,
Jacki



Upcoming Overnight Trips!

ATLANTIC CITY | MAY 8-10, 2023

SHADES OF IRELAND | JULY 22-31, 2023

ROME & THE AMALFI COAST | SEPTEMBER 20-29, 2023

BEST OF ITALY – ROME, FLORENCE & VENICE | OCTOBER 8-19, 2023

SPOTLIGHT ON SAN ANTONIO | NOVEMBER 5-9, 2023

2023

2024

TROPICAL COSTA RICA | FEBRUARY 22- MARCH 1, 2024

BOUNTIFUL BRAZIL CRUISE ON THE OCEANIA | MARCH 5-15, 2024

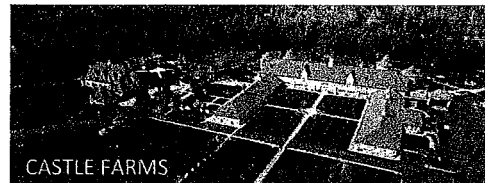
EXPLORE SWITZERLAND, AUSTRIA & BAVARIA | APRIL 17- 26, 2024

ALL FLYERS AVAILABLE AT THE CENTER OR CALL JACKI @ 315-415-0040

MACKINAC ISLAND & MICHIGAN TOUR

Canton Woods Senior Center/Belle Tours LLC

JUNE 5th - 10th, 2023



Join us on this 6 day/5 night tour to beautiful Mackinac Island. Our tour begins with a stop to Castle Noel in Medina, Ohio. This is America's largest indoor year-round Christmas Movieland prop and costume collection. Then it's on to Thunder Bay Resort in Northern Michigan. The next day we will arrive in Mackinac Island for two nights.

This trip includes: Deluxe Hale Transportation; 5 nights hotel accommodations; (2 nights on the Island); 4 dinners; 3 breakfasts; 1 lunch at the Grand Hotel on Mackinac Island; a horse drawn tour of Mackinac Island; A visit to the Rouge Plant in Dearborn, MI; Visit to Castle Farms in Charlevoix, MI; All taxes and gratuities.

COST:
\$1,845 /per person
(Based on **double** occupancy)

COST:
\$2,265 /per person
(Based on **single** occupancy)

COST:
\$1,755 /per person
(Based on **triple** occupancy)

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

CAPE COD & NANTUCKET SEPTEMBER 11th - 15th, 2023

YARMOUTH BEACH



CHATHAM



PROVINCETOWN



Join us as we travel to the sandy shores of Cape Cod. Extending some 70 miles into the sea, the Cape is home to both natural beauty and quaint villages.

This trip includes: Deluxe Hale transportation; 4 nights at the Blue Water Resort located on South Yarmouth Beach; Guided tour of Provincetown along scenic Route 6A; Visit to the Cape Cod National Seashore Visitor's Center; Admission on a Whale Watch Excursion OR a Dune Tour; Guided Escort to the Island of Nantucket; Round trip Ferry passage to Nantucket; Guided tour of Chatham; Admission on a Seal Watch excursion; Admission on a cranberry bog tour at A.D Makepeace; 4 breakfasts; 1 boxed lunch; 3 dinners (one with entertainment); 1 Lobster Dinner (other choices available); all meal taxes and gratuities.

COST:

\$1,585 /per person

(Based on **double** occupancy)

COST:

\$2,015 /per person

(Based on **single** occupancy)

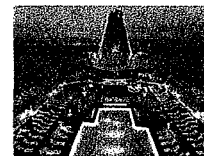
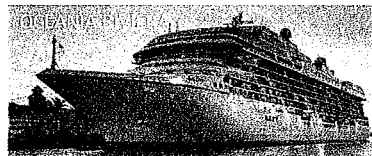
COST:

\$1,445 /per person

(Based on **triple** occupancy)

A deposit of \$300 is needed to sign up. (\$100 non refundable). Second deposit of \$300 is due July 10th, 2023. All payable to "Belle Tours LLC".

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**

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. Prices also include free internet as well as a choice of *FREE - \$600 shipboard credit or FREE

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

BREAST CANCER: SCREENING SAVES LIVES

Upstate University Hospital makes it easy to get your annual mammogram.

**Our mobile mammography van
will be in your area!**

ON

Wed., **December 28**, 2022

9 am to 3 pm

AT

***Canton Woods
Senior Center***

76 Canton Street
Baldwinsville



Sign up for a mammogram:

Pre-registration is required. Register now!

BY PHONE: 315-464-2588

ONLINE: www.upstate.edu/noexcuses

You do not have to be an Upstate patient to get a mammogram.
Your results will be sent to the health care provider of your choice.

We welcome insured and uninsured women.

UPSTATE
UNIVERSITY HOSPITAL

Mobile Mammography

CANTON WOOD

Chair Yoga with Yvonne



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

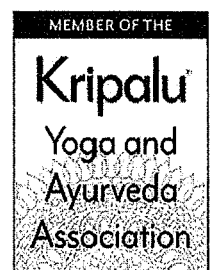
WINTER-SPRING 2023

TUESDAYS: January 17 - May 2 (no class March 28)
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!



December '22

P.E.A.C.E., INC. - FSD	SENIOR NUTRITION	
MONDAY	WEDNESDAY	FRIDAY
		OFFICE FOR AGING & YOUTH
5	7	9
Oriental Beef and Vegetables over Sesame Brown Rice Oatmeal Raisin Cookie	Beef Chili Con Carne Romaine and Mandarin Orange Salad Fruit Cocktail Honey Corn Bread Muffin	Sliced Roast Beef and Cheddar on a Whole Wheat Kaiser Tomato Cucumber Salad with Tortellini Fresh Apple
12	14	16
Golden Battered Cod Fillet Red Skin Potato Wedge 4 Way Mixed Vegetables Vanilla Ice Cream	Chicken Cordon Bleu Casserole Winter Blend Vegetable Fresh Banana	South Western Style Grilled Chicken Chuckwagon Corn Oven Roasted Red Skin Potatoes Fruit Cocktail Fresh Baked Dinner Roll
19	21	23
All American Cheese Burger Seasoned Potato Cubes Blended Vegetable Slaw Applesauce	Sirloin Beef Stew with Hearty Mixed Vegetables Chuckwagon Corn Over Bliscuit Tapioca Pudding	Agency Closed
26	28	30
Christmas Holiday Agency Closed	Sliced Turkey on Whole Wheat Kaiser Lettuce and Tomato Hearty Minestrone Soup Pineapple Tidbits	Brunch 10:30am Broccoli Quiche Mixed Berry Yogurt Parfait Blueberry Muffin Orange Juice

All Meats Include: Coffee, Tea, Milk
 Bread, and Margarine

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

Suggested Contribution:
 \$3.50