

Canton Woods Newsletter

March 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: March brings the promise of spring along with several festive special events to Canton Woods. Be sure to read the entire newsletter so you don't miss out on the fun!

Make your reservation for **FREE** tickets to the matinee performance of *Metilda the Musical* at Baker High School on **Sunday March 10**. This is a very generous gift from the Baldwinsville Teacher's Association. Transportation is available. Call the center 315 638 4536 to sign up.

Roger Dahlin will bring a continuation of ***Growing Up During the WW2 and 1950's*** to Canton Woods on **March 18 at 10:00am**. Come for the presentation and continue the

conversation over lunch. Make a reservation and enjoy the PEACE senior nutrition program.

Music will fill the center on 2 dates this month.

On **March 13th**. Join us for an early **St. Patrick's Day celebration featuring the music and merriment of Merlyn of Merry Mischief at 11:00am**. Following the performance enjoy a lunch of roasted chicken with garlic herb gravy apple and celery stuffing (reservations are required for lunch. \$3.50 donation to the PEACE senior nutrition program).

Wear your green on March 13, and get into the spirit of St. Patty's Day. Your name will be entered into a drawing for a little treat!

On **March 29 at 11:00am**, **Dave Lekki** returns to Canton Woods for an hour of musical entertainment. More details are in this newsletter.

Don't forget to change your clocks on Sunday March 10th. Spring Forward!

Happy St. Patrick's Day!

Happy Easter!

Happy Spring!

Ruth

Weather Related Closings:

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

**Assistant Director:
Happy March!!**

March is a long month, but it has St. Patrick's Day and Easter in it. Please look at the calendar for special events and a few new game opportunities. Please wear green on March 13th to have your name put into a drawing for a prize. C. W. Baker High School teachers' association is treating our seniors to free tickets to the matinee performance of Matilda. Please sign-up ASAP, there is a limited number of tickets. Look for a flyer in this newsletter.

Happy Easter!

Joanie

Wear red for Heart Health winners: Bill Sellin, Chris Veeder, Arnold Emerson, Sylvia Bianchi

Wear Red or Pink for Valentine's Day winners are: Kathy Momper & Sunya Wood. Each received a \$25.00 gift certificate for Tassone's Wine Garden compliments of CWSAC.

Diane Quinn-Miller won the Aldi's gift certificate donated by Jerry Dingman

**Matilda the Musical
At Baker Highschool**

Sunday, March 10th

1:00pm matinee

Free tickets available

See flyer in this newsletter!

**Growing up During WWII and
1950's With Roger Dahlin
at Canton Woods**

Monday, March 18th at 10:00am

Concert

Friday, March 29th

11:00 Music by *Dave Lekki*

Followed by Mac & Cheese Luncheon!!! Brought to you by CWSAC.

Look at the flyer in this newsletter for more details.

Fall Prevention Program @ Canton Woods

Sponsored by CARE Center for Aging
Resources and Enrichment from
LeMoyné!

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

Fridays from 1:00-2:00pm. See flyer in
April's newsletter.

MOW:

Hello Everyone,

We hope everyone stays warm! We have
some drivers taking a month or two off, so
we are in need of a sub driver, once a
week! We also need a Friday kitchen
volunteer 8:00-10:00am every Friday.
Please call me if you can help. Coming in
May our first Bingo day, gift baskets as
prizes, look for upcoming details, lunch will
be included too! Tentative date May 18th.
Happy St. Patrick's Day! Make sure you
wear green! Thank you!

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

Neighborhood Advisor/Outreach Worker Nancy Sullivan

Even though we have had a relatively mild
winter I know we are all looking forward to
spring. Thankfully, we are almost there.
However, if we do get an unexpected storm
within the next few weeks please remember
to bundle up and be careful on the ice.
Also, it is a good idea to leave your winter
supplies in your car for a while yet. If you
run out of salt for your walkways and have
a cat the old- style kitty litter can be used as
a substitute.

I expect HEAP to close for application
acceptance soon so if you still have not
applied and want to do so you should apply
very soon. Those of you who have received
your HEAP, may get extra help. Contact
PEACE (315 638 -1051) to learn how to

apply for the Care and Share program. The
Care and Share program provides extra
help with your National Grid.

March is women's history month and
reading month so read a book on women's
history and enjoy.

National Grid Senior Advocate

Mary Beth Basha, will be at Canton Woods
Wednesday **March 20th** from 12:30-
2:00pm to answer any questions or issues
you may have. Just stop in to see her.

B'VILLE EXPRESS

Welcome Spring!!

Thank you to everyone that has donated to
our program. All donations received are
routed back to our volunteer drivers
through Gas Gift Cards.

The B'ville Express is always in need of
volunteer drivers. If you are interested in
helping our senior friends in the
community, please call Gina @315-638-
4536.

If you need transportation to any type of
procedure, I have access to a free senior
ride program funded by Onondaga County
Office for the Aging. You do not need to
be registered with the B'ville Express to
take advantage of this service. The only
requirement is that you are 60 years or
older and live in Onondaga County. Call
the B'ville Express in advance of your
procedure to schedule your transportation
request.

Enjoy the Sunshine!!

Gina Carroll

Transportation Coordinator

B'ville Express

A Defensive Driving course is a six-hour course sponsored by AAA and approved by NYS Department of Motor Vehicles. Participants must be 55 years of age or older. You may bring lunch or pre-order lunch at the center (\$3.50 for those 60+ nutrition program registration required). Participants should bring their unexpired driver's license and a pen. Class size is limited, early registration is recommended. **Next class is March 27, 2024.** If you have any questions, call the center at (315) 638-4536.

Sunshine Lady

Janet Wojnovich is the **Sunshine Lady** for Canton Woods. Janet would like to hear from you if you know of someone who is not feeling well, had a hospital stay, or has had a family member pass away. Please call **Janet at 315-638-2957 or let the Staff or Office Volunteers know too!!**

Get Well / Thinking of You cards were sent to: Nancy Esterley, Carol Plucinik, & Marshall DuBuc
Sympathy Cards were sent to: the families of Richard Staffard, Arthur E. Sochia, Nancy Esterley, Nancy Abbott, and the Turner family due to a passing of a family member.

Memorial Giving

Canton Woods is giving you the opportunity to donate to the Center through Memorial Giving. Any gifts totaling \$200.00 in one person's name will enable Canton Woods to add their name to the memorial plaque in the foyer.

Enclosed is my gift of \$ _____

In Memory of _____

Your name _____

Your address _____

Make checks payable to Canton Woods Senior Center, Inc.

Send to:

Canton Woods Senior Center
76 Canton St. Baldwinsville, NY
13027

Ice Cream

Thank you for all the Byrne Dairy receipts! Please keep them coming. Sometimes you have to ask for one! Note: we cannot use gas receipts.

PEACE LUNCH

Canton Woods 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

March Birthdays:

3/1 Mike Prockup
3/10 Susette West
3/17 Helen Stafford
3/18 Freida Waldron
3/19 Lorraine McCarthy
3/21 Romayne Welch, Milt Kramer
3/27 Linda Barnes,
jferstler@baldwinsville.org
(315) 638-4536.



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

Food Bank of CNY

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

**Food Sense program helps stretch
your food buying dollars and is open to
everyone and available each month.**

**Call the center to request the
March Package List or find it on the
Village of Baldwinsville Website.**

Cost: \$20.50

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

**The pick-up date is Wednesday,
March 27th from 12:00pm-1:00pm.**

**Smartphone, iPad, Tablet or Laptop
(Apple Products only) Computer**

**Assistance offered by Nadine Kerr,
B'ville Family & Consumer Science
Teacher.** Monday, *March 4th* at 2:45pm.
Call the center 315-638-4536 to make an
appointment.

Free Legal Services

Legal services are available at
Canton Woods on several Tuesdays
in the calendar year. Call the center
to make an appointment (315) 638-
4536. (11:30-3:30pm) Please tell the
receptionist if you are a returning
client. You must be a resident of
Onondaga County and at least 60
years old to participate in this
program. Appointment dates in 2024
are April 16, and July 16.

Notes from Canton Woods Activity Committee:

Welcome to March

So, February was a little slow. We
did have a Valentine's Party on the
14th. John Vona came and
performed for us. The Hearth
provided treats for us.

Our drawing for two \$25.00 gift
certificates from Tassone's were
won by Sunya Wood and Kathy
Momper.

We need to remind people that are
playing our games, they need to be
here 15 minutes before the start of
the games, also, if you are signed up
for a game please call if you can't
make it. Thanks *Kathy Hogam*

Pool Tournaments every Friday at 1:00pm. Sign up ahead of time to get your name on the list. Note: Friday March 8th Pool will start at 12:30.

Tournaments for January

9 Ball Tournaments

1/5

1st Place: Joan Ferstler

2nd Place: Nunzio Lipari

1/12

1st Place: Frank O'Donnell

2nd Place: Bill Sellin

1/19

1st Place: Marshall DuBuc

2nd Place: Frank O'Donnell

1/26

1st Place: Micky Bisha

2nd Place: Frank O'Donnell

Wii Bowling

1/8

1st Place: Loren Preston & Sylvia Preston

2nd Place: Cathy Spagnola & Patti DiFabion

1/22

1st Place: Loren Preston & Jerry Dingman

2nd Place: Kurt Lyon & Tom Spagnola

1/29

1st Place: Loren Preston & Rose Lyon

2nd Place: Kathy Hogan & Bill Mills

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, March 19th
from 9:30am – 11:00 am.

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

*CW Aerobics Exercise Class! Join
Cathy for this cardio workout to
your favorite music.*

Aerobics work out designed for
seniors every Tuesday at 9:15am.

Senior Cardio Ball Drumming

Facilitated by Arlette.

Ball drumming class will be offered
at 9:15am Wednesday and Friday!

Equipment is provided.

This is a low impact exercise class
using music, large exercise ball and
drumsticks to move to the beat!!

Falls Prevention Class

Classes are on Tuesdays and Thursdays at
10:00 a.m. **FREE!** This class is taught
by retired physical therapist Julie Hall.
Work on your core and balance. You will
feel the benefit in your daily activities.

Kripalu “Chair Optional” Yoga

lead by Yvonne Martin Certified

Kripalu Yoga Teacher:

Classes held Tuesday mornings at 11:10am
Donation to the instructor. Look at the flyer
inside this newsletter for future dates.

Tai Chi Classes (Yang short form)

Classes are held Tuesdays and Thursdays at
8:00 a.m. Charges are payable to the

instructor. Please check the calendar for
dates.

Art Group

Art group will meet in person on Tuesday
March 5th & Tuesday March 19th 2024 at
2pm. Art Studio on the other Tuesdays of
the month at 2:00pm.

**How about getting together for
Adult Coloring!?**

Adult coloring can reduce stress and
anxiety, increase mindfulness, and it's fun.
Try it! Wednesdays at 10:30am.

**Sharing Memories Writing
Program!**

Every Wednesday at 1:00pm.

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

Yarn Crew

Dear Readers,

While I have been basking in the
Florida warmth the Yarn Crew has
been diligently creating items for our
craft sale. I've not been basking in
the sun because Florida is cooler than
usual. It's so funny though to see
people running around in down
jackets when it's 71 degrees. We
northerners are heartier stock. I have
sent oranges to the ladies to show
them how much I appreciate their
hard work while I am gone and that I
have not forgotten them. I hope they
enjoyed them. The hardest thing is to
watch SU games down here. Thank
goodness for my iPad and the app
that allows me to watch the ACC.
That Kentucky game put a few more
years and gray hairs on me. Thank

you all of you who have filled out registration forms for membership. When I get back in April, I will compose a new list of in-house and remote members. If I have email addresses, I will contact remote members to be sure if you wish to remain a member since some of you don't get the newsletter. Believe it or not we are in need of yarn. Another appreciated donation would be glass beads such as are used in jewelry making. We can even take apart costume jewelry as long as it is glass. We need glass for a project I have in mind. I am learning all sorts of things here in Florida! Don't go all out with the spring cleaning yet, we are in flux with our storage area and once I know the scoop we will be full steam ahead with donations requests. Put this on your calendar, Craft show June 7, 2024. Time and additional dates to be determined.

THANKS *Edwina*

March 2024 Library News

The Edge (D. Baldacci)

Alex Cross Must Die (J. Patterson)

Crosshairs (J. Patterson/J. Born)

Holmes., Marple & Poe (J. Patterson/B Sitts)

Random in Death (J. D. Robb)

Inheritance: The Lost Bride Trilogy Bk 1 (N. Roberts)

Ball at Versailles (D. Steel)

Upside Down (D. Steel)

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

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

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

CW Librarian, Lorraine

Bottle & Can Drive McBride's Bottle Return

Your nickels will add up to help your Center.

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

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

Let the clerk know you are donating your returns to Canton Woods Senior Center.

They will credit the amounts to Canton Woods Senior Center account.

Thank you for participating in these fundraising events.

Ask the Physical Therapist...

Why Is Posture Important?

How You Can Correct Yours in 4 Quick Steps

How's your posture right now? Are your shoulders rounded forward? Is your head forward with your eyes looking down? For most of us, we spend a good amount of our day looking down at our smartphone or computer screen, game boards, books, working on projects or sewing, etc.

DID YOU KNOW? Constantly looking down is likely a cause of your neck and shoulder pain? Poor posture can even lead to an increased risk of falling.

How Can a Physical Therapist Help?

When a patient comes to me with neck or shoulder pain, I examine their posture. Poor posture over time can lead to muscular imbalances. For example: Forward head posture with rounded shoulders yields tight chest and neck muscles along with weak or lengthened shoulder blade muscles. Loss of the natural curvature of the neck can occur as well. This can lead to increased risk of damaging the discs and ligaments of your spine.

Use these tips:

1. Know where the top of your head is. It should be facing up.
2. Pull your shoulders back!
3. Take a break from looking down at your device or book.
4. REMEMBER...Good posture is when your ears are in line with your shoulders.

***If you are having any trouble completing these exercises or your neck pain persists, consult a Physical Therapist.*

Onondaga Physical Therapy
(across from the B'ville Diner)
15 E Genesee St

Call Or Text: 315-635-5000 | www.onondagapt.com

Learn more about Our Locations, What We Treat, Make an appointment online, Healthy Living

Senior Humor

Easter is the only time it's okay to
put all of your eggs in the one
basket!!

**HAPPY
ST. PATRICK'S
DAY**



Canton Woods

March 2024

Monday		Tuesday		Wednesday		Thursday		Friday		
	Calendar subject to change.								1	2
								9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE lunch 1 BINGO 1 Pool T'ment		
3	4 8:30-12 Open Rec Cribbage/ Chess 12 PEACE Lunch 1 Wii Bowling 1-2:30 MahJong Lessons 2:45 Tech Support	5 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	6 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	7 8 Tai Chi 10 Falls Class 10 Scrabble 1 Pitch	8 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE lunch 12:30 Bingo 12:30 Pool T'ment 2-3:30 Terry Pelose's Celebration of Life	9				
1	11 8:30-12 Open Rec Cribbage/Chess 12 PEACE Lunch 10-12 Bunco 1 Wii Bowling	12 8 Tai Chi 9:15 CW Exercise 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Studio	13 9:15 Senior Ball Drumming Exercise 10:30 Adult Coloring 11 Irish Music and Humor with Merry Mischief 12 PEACE Lunch 12:00 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program 1 Poker Wear Green Day	14 8 Tai Chi 10 Falls Class 10 Scrabble 1 Pitch	15 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 BINGO 1 Pool T'ment	1	6			
1	18 8:30-12 Open Rec Cribbage/ Chess 10 Growing up During WWII and 1950's w/ Roger Dahlin 10-12 Bunco 12 PEACE Lunch 1 Wii Bowling	19 8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 9:30 BP Screening 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Group	20 9:15 Senior Ball Drumming Exercise 10:30 Adult Coloring 12 PEACE Lunch 12:00 Party Bridge 12:30-2 National Grid Representative 1 BINGO/ 1 Poker 1-3 Sharing Memories Writing Program	21 8 Tai Chi 10 Falls Class 10 Scrabble 1 Pitch	22 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 BINGO 1 Pool T'ment	2	3			
2	25 8:30-12 Open Rec Cribbage/ Chess 12 PEACE Lunch 1 Wii Bowling	26 8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art studio	27 9-3:30 AAA Defensive Driving 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	28 8 Tia Chi 10 Falls Class 10 Scrabble 1 Pitch	29 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 11:00 Concert w/ Dave Lekki 12 Mac N Cheese Lunch No PEACE Lunch 1 BINGO 1 Pool T'ment Good Friday	3	0			

Travel Reflections

Hello everyone, I hope you are all doing well. I am still in Florida but will return on or about March 20th. I am looking forward to our next trip and seeing all my wonderful travelers. Don't forget to sign up!

I wish you all a very Blessed and Happy Easter!

Until next month, take care and God Bless.

Love, *Jacki*

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

CORNING GLASS MUSEUM | April 23, 2024 - Tuesday

Our first Day Trip of the year takes us to Corning, NY where we will tour the museum and see the glassmaking process with live, narrated demonstrations in the state of the art Amphitheater Hot Shop. Explore 3,500 years of glass history and an entire floor dedicated to science and innovations in glass. There will be free time to walk the quaint town and we will make a stop at a winery (on your own) on the way home. There will be a voucher to use for lunch in the Cafe and/or gift shop.

COST: \$140 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 6pm.

TRIBUTE TO THE TEMPTATIONS | May 21, 2024 - Tuesday

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

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

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

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

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

A WASHINGTON D.C. ADVENTURE

4 DAYS/3 NIGHTS - April 8th - 11th 2024

The Cherry Blossoms will be out when we visit our nations' capital. Join us on this 4 day/3 night tour of Washington D.C. This trip includes: Deluxe motor coach transportation; 3 nights hotel accommodations; 3 breakfasts; 1 fantastic Potomac Lunch cruise; 3 sumptuous Dinners at fine local restaurants; Guided Tour of Washington D.C including a guided illumination Tour of the Washington monuments at night time; visit to Arlington Cemetery with a tram ride; self guided tour of all Washington monuments; visit to the Smithsonian National History Museum; all taxes, meal gratuities & baggage handling; drivers gratuity; Fully escorted by Jacki Abbott.

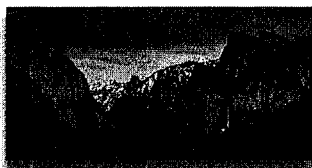
COST:
\$985 /per person
 (Based on **double** occupancy)

COST:
\$1,230 /per person
 (Based on **single** occupancy)

All payable to "BELLE TOURS LLC" \$150 non refundable. Full Payment Due Now! Sign up any time at the Center or send to Jacki @ 132 Plymouth Drive, Syracuse, NY 13206

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

August 19th - 26th 2024



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

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

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

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

Cancellation Insurance available for an additional \$349 per person

BRANSON | SEPTEMBER 14TH - 24TH, 2024 - 11 DAYS/10 NIGHTS

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

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

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

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

\$500 (\$250 non-refundable) due now to sign up. Remaining balance due July 14, 2024. Sign up any time at the center or send to Jacki @ 132 Plymouth Drive Syracuse, NY13206

SOUTHERN CHARM | OCTOBER 7TH - 13TH, 2024 - 7 DAYS/6 NIGHTS

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

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

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

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

ADRIATIC & IONIAN PORTRAIT w/ OCEANIA CRUISES on the OCEANIA RIVIERA
OCTOBER 24TH - NOVEMBER 4TH, 2024

This 12 day/ 11 night cruise takes us to: Venice, Italy; Koper, Slovenia; Dubrovnik, Croatia; Corfu, Greece; Katakolon, Greece; Cruising the Ionian Sea; Vallette, Malta; Messina, Sicily; Sorrento/Capri, Italy and Rome, (Civitavecchia), Italy. Tour includes: Round trip airfare from Syracuse, One night Pre-cruise, cruise, port charges, government fees, taxes and transfers to and from ship.

COST:
\$5,771 /per person
(BALCONY CABIN)
Category B2

COST:
\$5,821 /per person
(BALCONY CABIN)
Category B1

COST:
\$6,071 /per person
(CONCIERGE BALCONY CABIN)
Category A2

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

***ALL DOUBLE OCCUPANCY**

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

6 Shore excursions or FREE Alcoholic beverage package (beer, wine, champagne w lunch and dinner). A deposit of \$850 per cabin is needed to sign up or \$1,700 per person single occupancy is required to secure reservations and assign cabins. Final payment is due by June 25, 2024. Deposits may be charged to Grand American Tours or checks sent to Belle Tours LLC. A full detailed itinerary is available at Canton Woods Senior center or call Jacki @ 315-415-0040 THOSE WHO BOOK EARLY GET THE BEST PRICES, THE BEST CABIN LOCATIONS, AND THEIR PREFERRED DINING TIMES.

CANTON WOOD

Chair Yoga with Yvonne

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

WINTER-SPRING 2024

TUESDAYS - Jan 23, 30

- Feb 6, 13, 20, 27

- Mar 5, 12, 19, 26

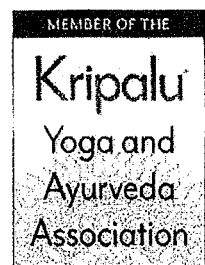
- Apr 2, 9, 16, 23

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

Cost: OPTIONAL & CONFIDENTIAL

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

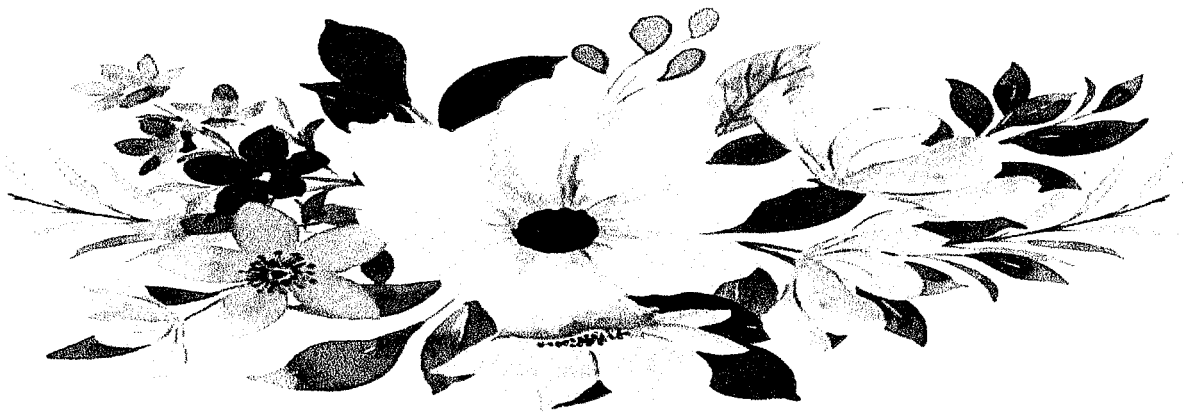
- ☯ A gentle, fun practice that encourages mindfulness and compassionate self-awareness.
- ☯ Need to move more? Looking for relief from daily aches and pains? Yoga may be the answer. Yvonne will guide you through breathing exercises to de-stress; slow stretches to improve range of motion; postures to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



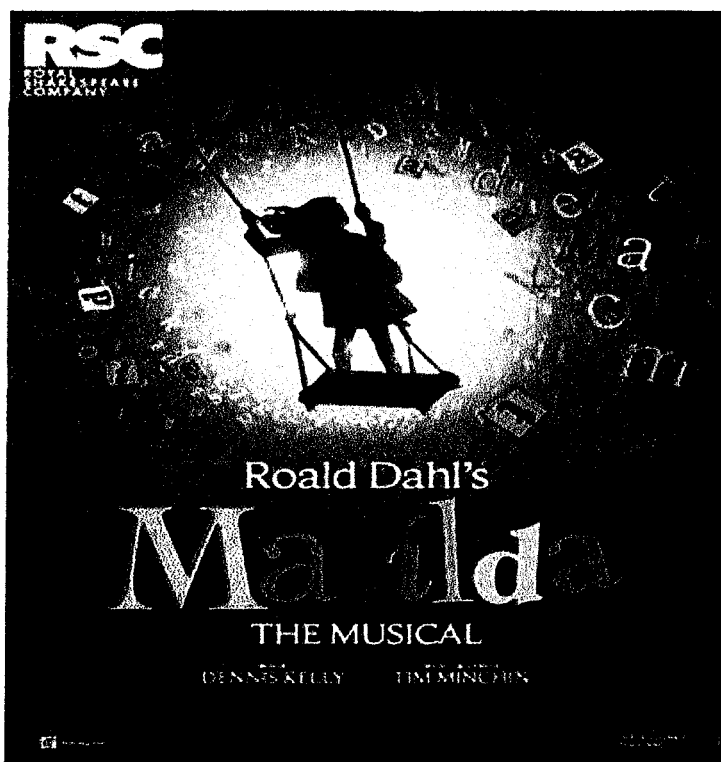
**The Family of Theresa (Terry) Pelose
invites friends to a
*Celebration of Life honoring
Terry***

**Gather with family and friends at
Canton Woods Senior Center**

**Friday March 8th
2:00pm – 3:30pm**



**Please RSVP with the Canton Woods receptionist by
March 4th if you plan to attend.**



Musical at CW Baker High School

Sunday, March 10th

1:00pm

Tickets FREE compliments of Baldwinsville Teacher's
Association & Transportation to High School

Sign-up with CW Receptionist

First come- first served.

Limited number of tickets



Join CW to Celebrate St. Patrick's Day

Wednesday, March 13th at 11:00am

For Merlyn of Merry Mischief

Please stay for lunch after the concert.

Make a reservation at least 1 day in advance.

\$3.50 donation (exact change please)

Wear Green on March 13th and your name will be entered
a drawing for a prize.

Growing up During WW2 and 1950's

Part 2-1950's & WW2 Review

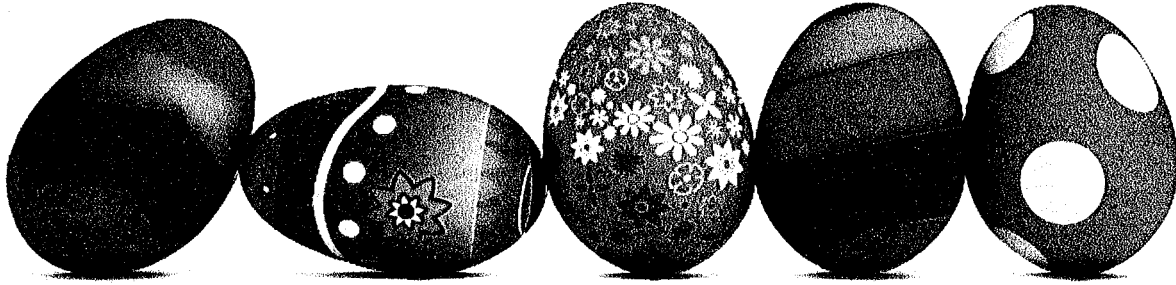


Canton Woods

Monday, March 18- 10:00 AM

Join Roger Dahlin on a Sentimental Journey

Via a collection of old photographs,
bygone images plus dialogue, recall happy
times and challenges that now exist only in
your memory.



Friday March 29th

11:00 Music by *Dave Lekki*

Followed by a Mac & Cheese Luncheon
(Tossed Salad, Bread & Butter, Dessert)

*Compliments of Canton Woods Senior
Activity Committee*

Please sign-up for the Luncheon by

Friday March 22nd by 3:00pm.

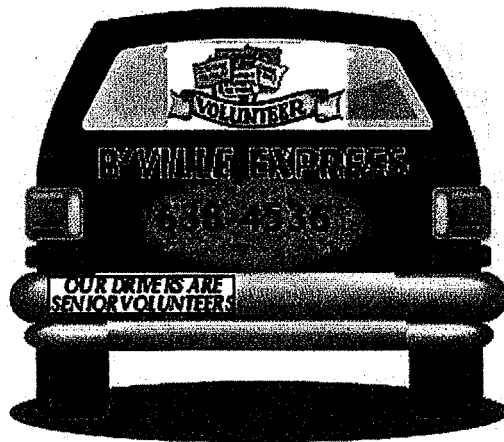
With the CW receptionist.

PLEASE HELP!!

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

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

PLEASE VOLUNTEER TODAY!



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

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

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

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

PEACE, INC. - FSD		March 2024		OFFICE FOR AGING & YOUTH	
MONDAY		WEDNESDAY		FRIDAY	
				1	
				Tuscan Tortellini	
				Romaine and Mandarin Orange Salad	
				Fresh Honeydew	
				Soft Italian Bread	
4		6		8	
Swedish Style Meatballs over Parslied Egg Noodles California Blend Vegetables Fresh Orange		Home Made Old Fashioned Meatloaf w/ Mushroom Gravy Garlic Red Skin Smashed Potatoes Steamed Broccoli Florets Cantaloupe		Vegetable Lasagna Rolls Chef Salad Cantaloupe Crusty Italian Bread	
11		13		15	
Glazed Ham Sweet Potatoes with Cinnamon Pecan Crunch Spinach Pineapple		Roasted Chicken with Garlic Herb Gravy Apple and Celery Stuffing Buttery Peas and Pearl Onions Mandarin Oranges		Golden Battered Cod Filet Red Skinned Potato Wedges 4Way Mixed Vegetables Chocolate Ice Cream	
18		20		22	
Boneless Chicken Cacciatore Served Over Whole Grain Penne Rigate Pasta Fresh Spinach Salad Lemon Kailian Ice Soft Italian Bread		Slow Cooked Pork and Gravy Home Style Mashed Potatoes Four Way Mixed Vegetables Applesauce		Crab Salad on Croissant Continental Potatoes Broccoli Florets Ambrosia Salad	
25		27		29	
Sliced Turkey on Whole Wheat Kaiser Lettuce and Tomato Hearty Minestrone Soup Diced Pineapple		Sliced Ham and Provolone on a Whole Wheat Kaiser Served with a Honey Mustard Topping Greens and Beans Soup Rainbow Sherbet		Good Friday Department Closed	
All Meals Include: Coffee, Tea, Milk Bread, and Margarine		Menus meet 1/3 of RDA Menu is Subject to Change		Suggested Contribution: \$3.50	