

Canton Woods Newsletter

June 2023

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: June is here, and summer begins! Be sure to enjoy the warmer weather and all the fun at Canton Woods.

Please excuse the abbreviated version of our newsletter.

The print shop was not available this month, so we needed to condense our newsletter. Please check out the Village of Baldwinsville website for more information or ask at the center if you have questions.

Happy Father's Day!

Ruth

Assistant Director: June is the beginning of the summer months. Father's Day is a special day to celebrate, followed by Juneteenth and Canton Woods 2nd Annual Golf Tournament. Wishing you all a great time at all the special events this month. PEACE menu is available at the front desk. *Joanie*

Hand and Foot Anyone?

Hand and Foot is a spinoff of an old time favorite card game, *canasta*. We play Hand and Foot every Friday at 1:00pm. Anyone interested in playing Hand and Foot is asked to call the center to sign up. 315-638-4536.

Line dancing!

Mondays, 1:30-2:30pm. Cost \$3.00 per class payable to the instructor. Please join us for new dance moves, exercise, and most importantly FUN! Check the calendar for dates.

Garden News

All gardens require time and tending. If you would be interested in helping with Canton Woods garden, please call the center (315) 638 4536.

MOW:

Happy Father's Day to all the dads! We would like to Thank everyone that came and participated in our Hats & Horses; it was a big success! Please look for some of our other new fundraisers this summer.

We will be having a drive thru Barbecue chicken this summer. Further details will come.

If you would like to be on our program, just call, Jessica makes some delicious meals. We will be celebrating Christmas in July for our clients; they will receive special gifts.

A special Thank-you to Jeff and the men from the village for always fixing something for us. Thank you

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

Neighborhood Advisor/Outreach Worker

First, I would like to thank everyone who attended our Health and Wellness Event last month. I hope you all found it helpful and enjoyable.

Those of you who are anxious to know about the Farmers Market Coupons; now that summer is nearly here. I want you to know that they won't be available until mid or late July.

Nancy Sullivan Neighborhood Advisor

National Grid Senior Advocate

Mary Beth Basha, will be at Canton Woods **Wednesday, June 14th** from 12:30-2:00pm to answer any questions or issues you may have. Just stop in to see her.

B'ville Express

We are all looking forward to June 21st-the official start of summer!!

Are you having a procedure and need transportation? I have access to a **FREE TRANSPORTATION** program funded through the Onondaga County Office for the Aging. **You do not have to be a registered B'ville Express rider.** The only requirement is that you are 60 years and older. Any one-day procedure

that requires you to have somebody drive you, call Gina at the B'ville Express at least 3-4 days prior to your procedure and transportation to and from will be arranged at no cost to you. Assistance getting in and out of the transport vehicle will be provided if you need it.

Any transportation questions or needs, always call the B'ville

Express -we may be able to help!

Happy Father's Day!

Gina Carroll

Transportation Coordinator
B'ville Express

AAA 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. Phone registration will NOT be accepted. **Next class is Wednesday, June 28th, 2023. Payment must be made when you sign up.** 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: Avis Neupert, Joan
Lillquist

Sympathy Cards were sent to the
families of Charlie Organski, Sally
Temple, Larry Loop, & Sheila Gettis, and
to Julie Hall and Mike Lefancheck for
family members who passed.

*Condolences to the friends of Frank
Lushia.*

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

**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 on 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.

June Birthdays

5/4 Sally Starr, Caroline LaTray

5/6 Nancy Delasin

5/12 Eloise Rocco

5/15 Dale Waldron

5/24 Charlotte Erbland



On your birthday, (or very very close), stop
by Jessicakes

3 Marble St. Baldwinsville
for a FREE birthday cupcake!
Jessicakes 315-484-8228

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. Call the center to sign up.

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 June Package List.

Cost: \$20.50

The order deadline is Friday, June 9th by 3:30pm.

The pick-up date is Wednesday, June 21st from 11:30am-12:30pm.

Smartphone, iPad, Tablet or Laptop (Apple Products only)
Computer Assistance offered by Nadine Kerr, B'ville Family & Consumer Science Teacher. Nadine is taking June off. Call the center 315-638-4536 for future dates.

Free Legal Services

Legal services are available at Canton Woods on several Tuesdays in the calendar year. No appointments in June.
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.

Notes from Canton Woods Activity Committee:

June 2023

Bean Bag Toss is on 2 Fridays in June, please join us!! Thanks to everyone that donates bottles and cans for us. We are still taking donations for the Golf Outing!!

Kathy Hogan

Mother's Day's Give Away winners: Gift Certificate: Janet Wonjovich
50/50 winner Nancy Delasin

Tournaments for April & May will be in July's Newsletter
Please remember to arrive 10 to 15 minutes before the beginning of each game. Thank you!

Bunco at Canton Woods! **Friday, June 23rd.**

10:15am-12:00pm. This is a fun fast moving dice game. Give it a try.

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.

Lots and Lots of fun come check it out!

Duplicate Bridge Tuesday at 12:00pm

Party Bridge Wednesday at 12:15pm

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

Mah Jong Wednesday mornings at 10:00am!

Scrabble: Thursdays at 10:00am.

Blood Pressure Screening:

On Tuesday, June 13th.

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 on Tuesday and Thursday at 9:15am. To resume in the Fall.

Ask us about Piano Lessons here at CW.

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. 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 11:15am

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 the instructor. Please check the calendar for dates.

Art Group

Art group will meet in person on Tuesday, June 6th & Tuesday, June 20th

2023 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

Wow! I am so PLEASED with the additional members who have joined us in person and remotely. THANK YOU. We are prepping for our summer sale.

The YARN CREW will be having a CHRISTMAS in JUNE CRAFT SALE... JUNE 23RD AT CANTON WOODS SENIOR CENTER. Get that Christmas shopping done early! A variety of items will be available that are not in our Christmas sale in December.

I have created a roster of all our members... if your name was left off you want it added just contact the center, I will remedy the situation. I used the registration forms that were in the newsletter to create the list. Also, if your name is on the list and you no longer want to be on it that's perfectly understandable, contact the center. On-site participants come to the center to work and socialize. Remote workers can work from home and occasionally send their work in. Both types of members are welcome and necessary.

On site Participants: Betty Ball, Jeannie Brainard, Marcella Dockman, Rita Ford, Jean Jonv. Elsie Massett, Christine Tartaro, Liz Mastracco, JoAnn Mathison, Kathy Momper, Bea Sharp, Barb Verbeck.

Remote Participants: Carole Clark, John Cooper, Beverly Derosier, Margaret Detran, Sandy Jennings, Patti Johnson, Mireille Peluso, Ruth Michels, Susan Mone, Cynthia Wells.

I hope I haven't left anyone off the list.
 IF ANYONE CAN KNIT OR CROCHET
 MITTENS IT WOULD BE MUCH
 APPRECIATED... ALL SIZES
 WELCOME... WE ARE RUNNING ON
 EMPTY. **THANKS** *Edwina*

Canton Creations

Marcella Dockman took on the task of teaching TEMARI BALLS. It is a Japanese art form which involves making beautiful decorative balls from Styroform and thread. These are really stunning. Marcella has the patience of a saint because there are lots of directions, but the results are worth it. Thank you, Marcella.

June Craft

The June craft will be meeting June 20th at 1:30pm to create Yard Art. I will bring all the supplies and a sample will be on display at the center beginning in June.

Book Club News

Book Club will meet at 2pm in Canton Woods library on June 27th. We will discuss logistics of the group and discuss The Personal Librarian by Marie Benedict and Victoria Christopher Murray.

Edwina

June 2023 Library News

New Books!!

Simply Lies (D. Baldacci)

I Will Find You (H. Coben)

Countdown (J. Patterson & B. DuBois)

Dark Angel (J. Stanford)

Loyalty (L. Scottoline)

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.

Senior Humor Remember: You don't
 stop laughing because you grow old,
 You grow old because you stop
 laughing!!!

Canton Woods

JUNE 2023

Monday		Tuesday		Wednesday		Thursday		Friday	
						8 Tai Chi 10 Falls Class 10 Scrabble 1 Pitch	1	8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 Bean Bag Toss 1 Hand & Foot 1 BINGO	2 3
4	5 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling	8 Tai Chi 9 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Group	6	10 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	7	8 Tai Chi 10 Falls Class 10 Scrabble 1 Pitch	8	8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 BINGO 1 Pool T'ment 1 Hand & Foot	9 10
11	12 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling 1:30 Line Dancing	8 Tai Chi 9 Yarn Crew 9:30 BP Screening 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Studio	13	10 Mah Jong 10:30 Adult Coloring 11 Musical Entertainment with Jilisa Vellake Songs from the 50's & 60's 12 PEACE Lunch 12:15 Party Bridge 12:30-2 National Grid Representative 1 BINGO 1-3 Sharing Memories Writing Program	14	8 Tai Chi 10 Falls Class 10 Scrabble 1 Pitch	15	8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 Pool T'ment 1 BINGO 1 Hand & Foot	16 17
18 19 20 21 22 23 24 25 26 27 28 29 30 31	19 Celebrating Juneteenth The Center is Closed	8 Tai Chi 9 Yarn Crew 11:10 Chair Yoga 10 Falls Class 12 Dup Bridge 2 Art Group 1:30-4 Canton Creations Yard Art	20	10 Mah Jong 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 10 Scrabble 1 Pitch	22	8:30-12 Open Rec 9:15 Senior Ball Drumming Exercise Class 10:15-12 BUNCO 10:15 Summer Craft Sale 11 Mexican Train 12 PEACE Lunch 1 Pool T'ment 1 BINGO 1 Hand & Foot	23 24
25	26 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling 1:30 Line Dancing	8 Tai Chi 9 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Studio 2 Book Club	27	9-3:30 AAA Defensive Driving Class 10 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	28	8 Tai Chi 10 Falls Class 10 Scrabble 1 Pitch	29	8:30-12 Open Rec 9:15 Drumming 10:30 Mexican Train 12 PEACE Lunch 1 Bean Bag Toss 1 BINGO 1 Hand & Foot 9-3 Upstate Mobile Mammography	30

Please Note:

After Canton Woods June Newsletter was printed, a change in the Onondaga County PEACE Senior Nutrition Lunch program Covid Vaccine policy was announced.

Individuals are no longer required to provide proof of vaccination to participate in the indoor congregate dining program. You do need to make a reservation for lunch one day in advance.

June '23

PEACE, INC. - FSD		SENIOR NUTRITION		OFFICE FOR AGING & YOUTH	
MONDAY		WEDNESDAY		FRIDAY	
				2	
				Boneless Chicken Cacciatore Served Over Whole Grain Penne Rigate Pasta Fresh Spinach Salad Lemon Italian Ice Crusty Italian Bread	
5		7		9	
Sweet and Sour Shredded Pork Served over Sesame Rice Oriental Blended Vegetables Apricots		Beef and Bean Taco Salad with Lettuce, Tomatoes, Black Olives, Topped with Sour Cream and Tortilla Chips Lemon Meringue Pie		Mushroom Swiss Burger Seasoned Potato Cubes Coleslaw with Raisins Fresh Apple	
12		14		16	
Sloppy Joe on a Kaiser Roll New Potatoes Oven Roasted Brussel Sprouts Mango		Grilled Chicken and Field Green Salad Classic Minestrone Soup Rainbow Sherbet		Tropical Fruit Glazed Ham Yukon Gold Potatoes with Sliced Onions Oregon Blend Vegetables Fresh Cantaloupe Fresh Baked Whole Wheat Roll	
19		21		23	
Agency Closed June 19th		Barbeque Pulled Pork Sandwich on Whole Wheat Kaiser Macaroni Salad Confetti Coleslaw Mandarin Orange Jell-O with Whipped Topping		Julienne Salad Topped with Ham, Turkey, Swiss Cheese, Tomatoes, Cucumbers, Hard Boiled Egg and Olives Crusty Italian Bread Fresh Pear	
26		28		30	
Swedish Style Meatballs over Parsiled Egg Noodles California Blend Vegetables Fresh Orange		Vegetable Lasagna Rolls Chef Salad Cantaloupe Crusty Italian Bread		Gianelli Sweet Italian Sausage Sandwich with Peppers and Onions Italian Blended Vegetables Mandarin Oranges	

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

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

Suggested Contribution:
\$3.50



Wednesday June 14th at 11:00am

Musical Entertainment with **Jilisa Vellake** &

Celebrating Father's Day with Treats &

a Gift Card Drawing

Songs from the 50's & 60's

Sign up for PEACE Lunch after Music by Mon., June 12th.



CW Craft Group

Summer Craft Sale

Friday, June 23rd from 10:15am-3:00pm

TRAVEL REFLECTIONS

Hello everyone, The travel portion of the newsletter will be different this month but will resume in its original format for July. I will list the trips and dates and the flyers will be available at the center or by calling me @ 315-415-0040. Happy Father's Day to all. Until next month, Take care and God Bless, Love, Jacki

DAY TRIPS

JUNE 29 – Canandaigua Lady & Sonnenberg Gardens

JULY 20 – Gems Along The Mohawk (this trip is filling up fast).

AUGUST 15 – Lucy & Desi Museum and National Comedy Center

SEPTEMBER 7 – Belle Tours LLC 30Th Anniversary Mystery Trip

OCTOBER 11 – Raquette Lake Boat ride and Lunch

DECEMBER 7 – Buddy Holly Christmas Show and Lunch at the Turning Stone

OVERNIGHT TOURS

SEPTEMBER 11 – 15, 2023 - Cape Cod

FEBRUARY 22- MARCH 1, 2024 – Tropical Costa Rica

APRIL 7 – 26, 2024 – Switzerland, Austria & Bavaria

APRIL 8 – 11, 2024 – Washington D.C.

OCTOBER 24- NOVEMBER 4, 2024 – Adriatic & Ionian Oceania Cruise

HAPPY FATHER'S DAY

CANTON WOODS MISSION STATEMENT
SENIOR CITIZENS are a valuable community resource. CANTON WOODS
MULTIPURPOSE SENIOR CENTER meets the challenges facing Older Americans
by offering stimulating SOCIAL ACTIVITIES, EDUCATION AND RECREATION PROGRAMS,
NUTRITION, HEALTH AND OTHER ACTIVITIES.
CANTON WOODS - Helping Seniors to remain active members of the community.

CANTON WOODS SENIOR CENTER

76 Canton Street
Baldwinsville, NY 13027
Telephone # 315 638-4536

www.Baldwinsville.org

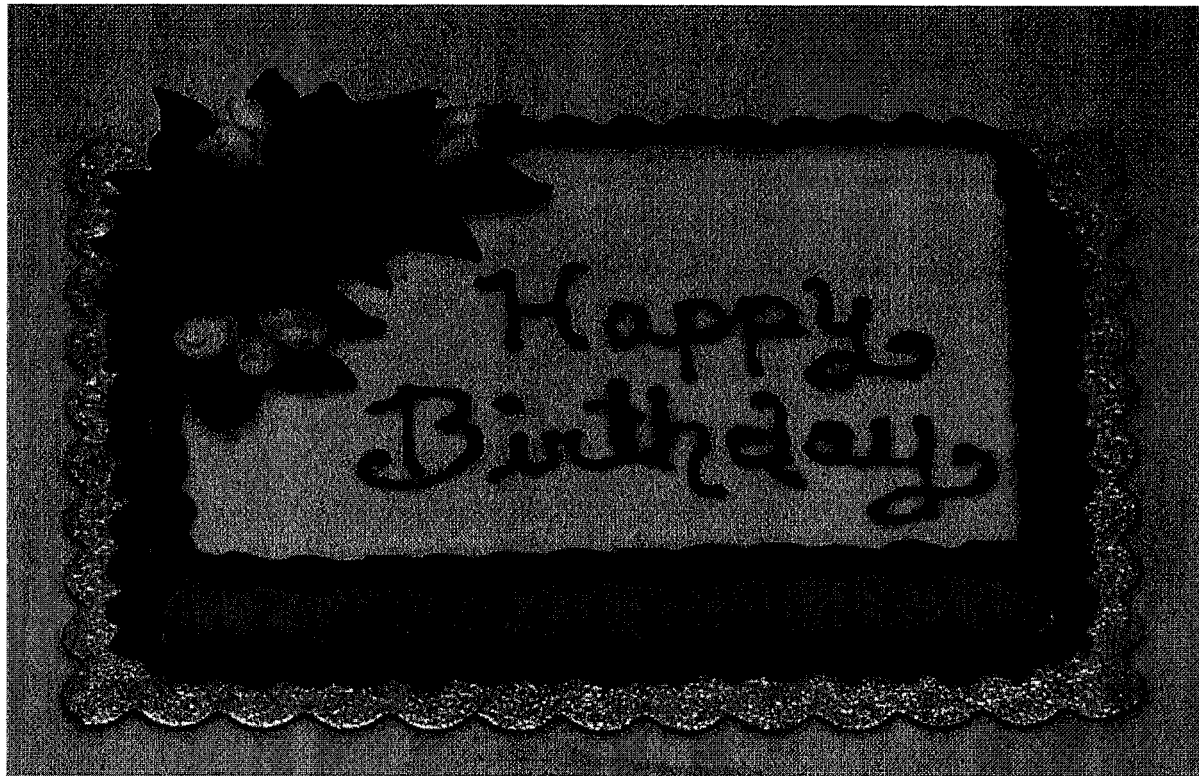
Address Service Requested

Non-Profit Organization
U.S. Postage
Baldwinsville, NY 13027
Permit # 10

JUNETEENTH

June 2023 Newsletter

(Open Monday- Friday 8:00AM – 4:00PM)



June Birthdays

6/5 Theresa Fenton

6/6 Al Jenner

6/8 Dave Herlan

6/18 Bruce Barnes, Carol Fairbank

6/26 Nick Peluso

Canton Woods Food Sense June 2023 Order Form

Name _____ Phone Number _____

Food Sense is open to Everyone! To order Food Sense

1. Mail / drop off a check / money order PAYABLE to: CW Food Sense to Canton Woods Senior Center, 76 Canton St. Baldwinsville New York 13027

2. You may pay with EBT, cash, or check call the center (315) 638-4536 for more information. Be sure to mail early, well in advance of the deadline.

June Package Number of Packages ____ x \$20.50 = Pkg. Total \$ ____

Pork Tenderloin, 1.8lb. avg.

Boneless Chicken Breas, 1.78lb. avg.

Ground Beef, 1lb.

Tilapia Fillets, 1lb.

Bologna, 1lb.

Chocolate Chip Muffin Tops, 13oz.

Mac & Cheese, 7.25oz.

Spaghetti, 1lb.

Mandarin Oranges, 11oz.

Green Beans, 14.5oz.

2 Fresh Produce

June Specials:

____ **1. St. Louis Style Ribs, 28oz. for \$10.00:** The St. Louis Style Ribs are fully cooked and in an original BBQ sauce.

____ **2. Chicken Wings, 5lbs for \$6.50:** The chicken wings are fully cooked and in a five pound bag.

____ **3. French Fries, 5lbs for \$6.25:** The French Fries are ready to cook and can be used in the oven or air-fryer.

____ **4. Beef Patties, 4lbs. for \$11.50:** The Beef Patties are 100% all-beef and there are 16 (1/4 pound) patties per special.

____ **5. Shrimp, 2lbs for \$11.25:** The Shrimp are cooked, peeled, and individually quick frozen.

____ **6. Pantry Box, 9.5lbs for \$11.00:** The pantry box is 9 items and consists of, Whole Grain Corn Flakes (7 oz.), Pancake Mix (32 oz.), Pasta Sauce (24oz), Chicken in a pouch (4.5oz.), Elbow Macaroni (1lb.), Peanut Butter (18oz.) Strawberry Spread (19oz.) Applesauce (15oz.) and Carrots (14.5oz)

Specials Total \$ _____

Order Grand Total \$ _____

IMPORTANT DATES: PLEASE NOTE OUR ORDER DEADLINE WILL NOW BE FRIDAY

Order Deadline date: *Friday, June 9th, 2023* Pick up date: *Wednesday, June 21st, 2023.*

(from 11:30am- 12:30pm) Thank you for your patience.

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

Friday, **June 30**, 2023

9 am to 3 pm

AT

**Canton Woods
Senior Center**

76 Canton Street
Baldwinsville



- WOMEN 40 YEARS AND OLDER
ARE ELIGIBLE TO USE THE VAN
IF THEY HAVE NOT HAD A MAMMOGRAM AND
IF THEY:
- they have not had a mammogram in the past year
 - they show no signs or symptoms of breast cancer



Sign up for a mammogram:

Appointments are preferred. 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

Baldwinsville Memorial Day Parade 2023



Soldier and Sailor Monument

Tuesday, May 30, 2023

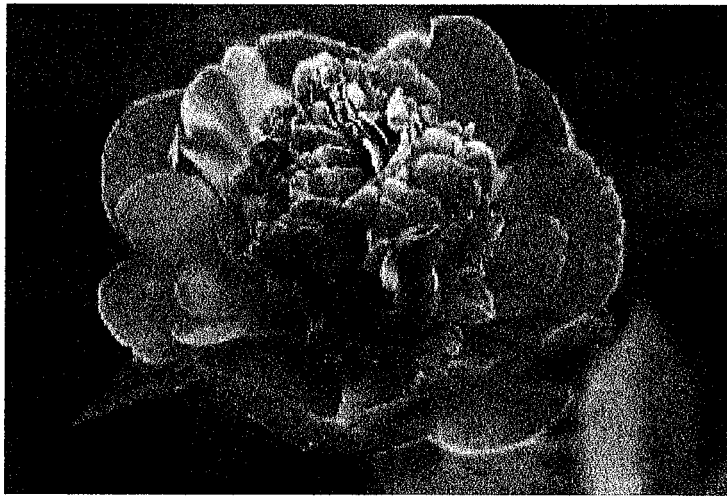
Parade starts after a brief Veteran's Monument Service at
5:45 pm (in front of U.S. Post Office)

Riverview Cemetery Ceremony at approx. 6:50 pm
St. Mary's Cemetery Ceremony Monday, May 29, 2023, at 8:00 am

**"A hero is someone who has given his or her life
to something bigger than oneself"
—Joseph Campbell**

See our Facebook page: Baldwinsville Memorial Day Parade...Questions?

Contact memorialparade530@gmail.com



Perennial Plant Sale!!

Saturday May 27, 9 AM to Noon

**River Mall, Downer St, next to Tops
Market, Baldwinsville
See our Facebook page**

**Peonies, Herbs, Grasses, Lilies, Hostas,
Crocosmia, Corydalis, Primrose,
Poppies, Helleborus & Much More.**

Women's Garden Club of Baldwinsville



Historic Peony Fest Returns!!

June 3

10am - 4pm

At the Museum's Heritage Peony Garden

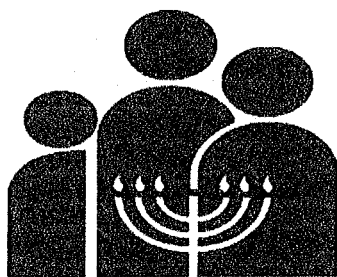
Featuring:

Artists, Artisans & Mercantile

Live Music

Plant Sales

Food & More

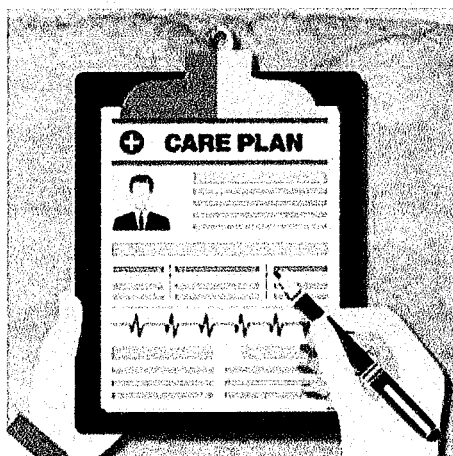


SYRACUSE JEWISH
FAMILY SERVICE
AT MENORAH PARK

**Syracuse Jewish Family Service at
Menorah Park of CNY
Community Room, 4101 E. Genesee St.,
Syracuse 13214**

**is Hosting an Institute for Caregivers Class
For Current & Future Family Caregivers -
Open to the Public**

What is a Care Management Program & How Can it Help Me?



- How a Care Manager Can Assist With
AGING IN PLACE
- Care-Planning, Assessment & Monitoring
of Individual Needs
- Assistance With Placement in Senior Housing/
Assisted Living or Skilled Nursing
- Coordination of Services for Long-Distance
Caregivers

**Thursday, June 1, 2023
from 5:30 to 7:30 pm**

**Presenters: Care Management Program Managers
Inspire Care of CNY, Reflections Management & Care Services &
Syracuse Jewish Family Services**

REGISTER HERE

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

KimberlyConnell@ongov.net



**J. Ryan McMahon, II
County Executive**

**Onondaga County
Caregiver Services**

Institute for
caregivers

**JoAnne Spoto Decker
Commissioner
Onondaga County
Department of Adult & Long
Term Care Services**



Empower Parkinson, Inc.

6th Anniversary Celebration Breakfast!

Thursday, June 8, 2023

Embassy Suites Destiny

311 Hiawatha Blvd. West, Syracuse

8:00 AM to 10:00 AM

Be our guest for this special celebration!

Meet **Jimmy Choi** - a five-time American Ninja Warrior,
Rock Steady Boxing board member, Parkinson's advocate
and motivational speaker - as we celebrate 6 years of
providing wellness services to people with
Parkinson's in CNY.



RESERVATIONS REQUIRED for this free event

Visit [Empowerparkinson.org](https://empowerparkinson.org) - Calendar/Special Events