

Canton Woods Newsletter

May 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.

Baldwinsville Memorial Day Parade

The Baldwinsville Memorial Day Parade will be held on Tuesday, May 30, 2023, at 6:00 pm.

Director's Note:

***May is Older Americans Month!
Aging Unbound!***

May is Older Americans Month. The 2023 theme is ***Aging Unbound***, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join us in promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included.

Canton Woods Senior Center has been serving the older adults in the Baldwinsville community for over 40 years. In 1978 Baldwinsville's community leaders understood the importance of supporting and promoting healthy aging. Their vision created Canton Woods Senior Center!

Canton Woods mission includes helping seniors to remain active members of the community. Your senior center offers a full range of programs and activities designed to encourage and support you to remain independent and fully engaged.

Be sure to read your entire newsletter. There are a lot of exciting events and programs coming up, Canton Woods garden, Health and Wellness Event, Summer Entertainment Series, Spring is *here, time to get out and have some fun!*

***Happy Mother's Day!
Happy Memorial Day!
Ruth***

The upcoming summer months will have quite a few opportunities to enjoy music here at Canton Woods, along with other special events. Some of our programming will be suspended for the summer but so much will still be happening. I have heard from several people that they keep the newsletter/calendar close by so they can plan to attend everything they want to do. Sounds like a great idea to me!!! Happy Mom's Day!!! & Memorial Day!! Two very special days in May!

Joanie

Winners of Wear Purple for Easter were Kathy Hogan, Mireille Peluso, Jan Wojnovich, Ruth Michels, Sharon Richards, Don Ives, Diane Ayotte.

Hand and Foot Anyone?

Hand and Foot is a spinoff of an old time favorite card game *canasta*. Anyone interested in forming a weekly group to play Hand and Foot is asked to call the center. 315-638-4536. First scheduled game Friday, May 19th at 1:00pm.

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!

Garden News

Spring has arrived. This is when we start to think about the Canton Woods garden. Last summer we reopened our traditional vegetable garden on the grounds at the center. In addition to the traditional vegetable garden, there is some discussion about adding an area for raised garden beds. All gardens require time and tending.

If you would be interested in helping with either a traditional garden or with a raised garden bed, please call the center (315) 638 4536. This information will help us make a good plan for the season.

MOW:

Happy Mother's Day!

Don't forget our May 6th event. Hats-n-Horses Tickets \$10 for admission and a southern lunch. Please look out for all our upcoming fundraisers this summer.

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

Neighborhood Advisor/Outreach Worker

Preparations are underway for our annual Health and Wellness Event! It looks like it will be a good one, with lots of local vendors and goodies to be given away. I hope you all will be able to come and check it out! It will be held on May 17th from 1 to 3 pm right here at the center so mark your calendars and make your plans to attend! Don't forget Mother's Day is May 14th. Honor your mom even if she has passed away. One nice way to Honor a deceased mom is to plant a tree or perennial in memory of her.

Nancy Sullivan Neighborhood Advisor

National Grid Senior Advocate

Mary Beth Basha, will be at Canton Woods **Wednesday, May 17th** from 12:30-2:00pm to answer any questions or issues you may have. Just stop in to see her.

May 2023 B'ville Express **Newsletter**

I hope you all had a good Easter and are enjoying the sunshine!
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. Any one-day procedure that requires you to have somebody drive you, call Gina at the B'ville Express at least 3 days prior to your procedure and transportation to and from will be arranged at no cost to you. The only requirement for this is to be 60 years or older. Assistance getting in and out of the vehicle can be provided to you with this program if you need. Canton Woods Senior Center will be closed Monday, May 29 in observance of Memorial Day, therefore the B'ville Express program will also be closed this day.

Any transportation questions or needs, always call the B'ville Express -we may be able to help!

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, May 24th, 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.

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: Louise Barone, Frank Lushia, Chuck Pickard, & Caroline LaTray.

Sympathy Cards were sent to the families of Peter Rinaldi & Erna Pulver.

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

George Gay's name was recently added to the memorial plaque.

Thank you!

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.

May Birthdays

5/4 Sally Starr, Caroline LaTray

5/6 Nancy Delasin

5/12 Eloise Rocco

5/15 Dale Waldron

5/24 Charlotte Erbland



JESSICAKES

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.

Food Bank of CNY

The Food Bank of CNY can help you receive Food Stamps/ SNAP.

Please call (315) 437-1899 ext. 224 to set up an appointment or contact Nancy, CW's Outreach Worker (315) 638-4536.

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

Call the center to request the May Package List.

Cost: \$20.50

The order deadline is Friday, May 12th by 3:30pm.

The pick-up date is Wednesday, May 24th 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.

Friday, May 19th at 3:00pm. 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, May 16th.**

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:

May 2023

Hi everyone, we had a very busy April – we had music by Jerry Cali, treats and lunch. The two Tops \$25.00 gift certificates CWSAC raffled off were won by Estelle Checraallah & Ed Barlow.

Mother's Day is Sunday, May 14th. On Wednesday, May 10th, please join us for a Mother's Day treat at 10:30am. Then, we have our good friend George Leija entertaining for CW at 11:00am. Also, there will be drawings for a gift certificate to a local restaurant and a 50/50 raffle going on right up to that afternoon. Hope to see you all there!!

Kathy Hogan

Tournaments in March 24

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

9 Ball

3/3

1st place: Kathy Heintz

2nd place: Nunzio Lipari

9 Ball

3/10

1st place: Larry Rager (Visitor)

2nd place: Micky Bisha

9 Ball

3/17

1st place: Kathy Heintz

2nd place: Nick Peluso

9 Ball

3/24

1st Place: Della Falter
2nd Place: Nunzio Lipari

3/31

9 Ball

1st Place: Frank O'Donnell
2nd Place: Jerry Dingman

Wii Bowling

3/6

1st place: Bill Mills & Avis Neupert
2nd place: Cathy McLaggan &
Louise Barron

3/13

1st place: Kathy Hogan & Ed
Barlow
2nd place: Bob Hahn & Kathy
Heintz

3/20

1st place: Jan Wojo & Peggy Ford
2nd place: Ed Barlow & Avis
Neupert

3/27

1st Place: Kathy Spagnola & Doug
Clark
2nd Place: Kathy McLaggan & Bill
Mills

Bunco at Canton Woods!

Friday, May 26th

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.**

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, May 23rd.

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. Charges
payable to the instructor. Get moving to
upbeat music for a fun work out.**

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, May 2nd & Tuesday, May 16th 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

These people are the best! I saw my group for the first time in three months and I was delighted to see them! I brought them some treats from Florida and then saw the beautiful work they are doing. We even have some new members, and I am thrilled welcoming them. The storeroom is chock full of wonderful donations and so organized. **We are presently working on getting a date for the one-day craft sale for the summer.** *Edwina*

Canton Creations

Wow, it doesn't take long for me to get behind! In April the craft group is doing Temuri balls....

WHAT IS THE CRAFT FOR MAY....?

I have an idea...we will be making a leather bracelet with buttons. To appreciate it, you need to see it. A display will be put up on the foyer of the senior center. Leather bracelets are all the rage now.

BUTTONS....

There are several ways to get the buttons you need.

The ones on the sample are clay buttons...I would love to have you make them but we don't have a kiln to fire them. If you know where to buy some

clay buttons, go for it. BUTTONS SHOULD HAVE FOUR HOLES!

Go to JOANNES And purchase 6-8 buttons.
BUTTONS SHOULD HAVE FOUR HOLES

OR..

Make your own buttons with polymerclay. We had a previous class last year on making buttons. You can make some at home, if you remember, or there would be time to make the buttons and the bracelet in the time frame we have for class. WE WILL MAKE THEM WITH FOUR HOLES.

I will provide the leather.

Time of class. MAY 23. 1:30-400.

Materials to bring : a variety of buttons already purchased or packages of polymer clay in the colors you want to make your buttons. (Michaels has it) I will bring some also, but can't guarantee I will have what you want.

Cost: \$2.00 for the leather

Edwina

Book Club News

Book Club???

I need your input. Are You interested? What time works for you? The pandemic kind of made the book club fade out and it hasn't revived properly. Should I just recommend a book and see what happens? Leave your suggestions at the front desk or with Joan. I enjoy discussing a book I have read with someone, and I bet there are others out there too. *Edwina*

May 2023 Library News

Audio Books

Personal (L. Child)

The Last Refuge (B. Coes)

Vanished (J. Finder)

Vengeance (N. Gingrich)

Hannibal Rising (T. Harris)

Sword of God (C. Kuzneski)

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@pacbvtv.org or call 202-841-3166.

Senior Humor

Elderly Man Thinks Fast

An elderly farmer in Florida had a large pond down by his fruit orchard. One evening he decided to go down to the pond and took a five-gallon bucket to pick some fruit.

As he neared the pond, he heard female voices shouting and laughing with glee. As he came closer he saw a bunch of young women skinny-dipping in the pond. He made the women

aware of his presence and they all went to the deep end. One of the women shouted to him, 'We're not coming out until you leave!'

The old man thought for a second and said, 'I didn't come down here to watch you ladies swim or to make you get out of the pond naked.'

Holding the bucket up he said, 'I'm here to feed the alligator!'

Moral: Old men can still think fast.

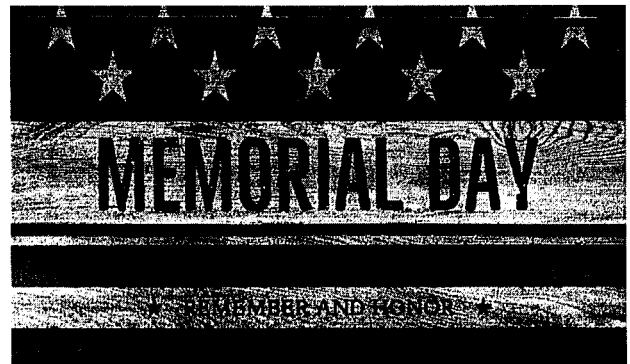


The Baldwinsville Lions are hosting a FREE BIKE GIVEAWAY on Saturday, May 6, at the Lions Community House in Baldwinsville Community Park from 10:00am until 2:00pm or until all bikes are given away.

These bicycles were provided by the CNY Family Bike Giveaway organization and include a variety of sizes ranging from all tricycles to full size adult bikes.

There will be free Popcorn and drink mix available, and staff from the Bikery plan to attend to help answer questions our guests may have.

We are hoping for good weather, and this event will occur rain or shine. There will be signs to help you find the Lions Community House, and members of the Club to help you select a bike.



Canton Woods

MAY 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	
	8:30-12 Open Rec 1 12 PEACE Lunch 1 Wii Bowling 1:30 Line Dancing	8 Tai Chi 2 9 Yarn Crew 9:15 CW Exercise 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Group	10 Mah Jong 3 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	8 Tai Chi 4 9:15 CW Exercise 10 Falls Class 10 Scrabble 1 Pitch	8:30-12 Open Rec 5 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 BINGO 1 Pool T'ment	6
7	8:30-12 Open Rec 8 12 PEACE Lunch 1 Wii Bowling 1:30 Line Dancing	8 Tai Chi 9 9 Yarn Crew 9:15 CW Exercise 10 Falls Class 12 Dup Bridge 2 Art Studio	10 Mah Jong 10 10:30 Adult Coloring 10:30 Mother's Day Treat Give Away 11 Music by B'ville's George Leija 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	8 Tai Chi 11 9:15 CW Exercise 10 Falls Class 10 Scrabble 1 Pitch	8:30-12 Open Rec 12 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 BINGO 1 Pool T'ment	13
14 M o n d a y	8:30-12 Open Rec 15 12 PEACE Lunch 1 Wii Bowling 1:30 Line Dancing	8 Tai Chi 16 9 Yarn Crew 10 Falls Class 12 Dup Bridge 2 Art Group	10 Mah Jong 17 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 12:30-2 National Grid Representative 1 No BINGO 1-3 2023 Health & Wellness Event 1-3 Sharing Memories Writing Program	8 Tai Chi 18 10 Falls Class 10 Scrabble 1 Pitch	8:30-12 Open Rec 19 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 Pool T'ment 1 BINGO 3 Tech Support 1 Hand & Foot	20
21	8:30-12 Open Rec 22 12 PEACE Lunch 1 Wii Bowling 1:30 Line Dancing	8 Tai Chi 23 9 Yarn Crew 9:30 BP Screening 10 Falls Class 12 Dup Bridge 2 Art Studio 1:30-4 Canton Creations	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	8 Tai Chi 25 10 Falls Class 10 Scrabble 1 Pitch	8:30-12 Open Rec 26 9:15 Senior Ball Drumming Exercise Class 10:15-12 BUNCO 11 Mexican Train 10:30 PEACE Brunch 1 Pool T'ment 1 BINGO 1 Pinochle	27
28	Happy Memorial Day The Center is Closed	8 Tai Chi 30 9 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Studio	10 Mah Jong 31 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program			

Travel Reflections

Hello everyone, I hope you all enjoyed a blessed Easter. It is so nice to be able to embrace warm weather again and enjoy the new buds of Spring. I am happy to announce that "Oh What a Night" is full with a waiting list! That promises to be a fun trip.

I am doing well in my recovery. I could not drive for over 6 weeks but am happy to be up and around again.

There is still time to sign up for the Mackinac trip. This trip is full of exciting destinations and is unlike any other Mackinac trip we have taken. My 30th anniversary Mystery trip is completed. Check out the details. I am looking forward to seeing you all on trips this summer.

Until then, take care and God Bless.

Love,
Jacki

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

OH WHAT A NIGHT! WEDNESDAY, MAY 31, 2023

THIS TRIP IS FULL. WE ARE TAKING A WAITING LIST. PICK UP AT LARKIN ST (8AM), AND CANTON WOODS (8:30AM). PLEASE BE THERE 10 MINUTES EARLY!

CANANDAIGUA LADY & SONNENBERG GARDENS JUNE 29, 2023 – THURSDAY

Join us for a summer day out for a leisurely narrated boat ride around the northern end of Canandaigua Lake. The day will include lunch on the boat. Selections are 1. Chicken Caesar Wrap 2. Roast Beef Wrap or 3. Veggie Wrap. (PLEASE INCLUDE SELECTIONS ON YOUR CHECK ALONG WITH PHONE NUMBER). Following our two hour ride, we will travel to picturesque Sonnenberg Gardens. This 50 acre estate consists of more than a dozen elegant theme gardens with fountains, streams, ponds, statues and greenhouses. Trip includes: deluxe Hale Transportation; boat ride w/ lunch; admission to Sonnenberg Gardens, all gratuities including drivers tip.

COST: \$135 per person payable to "Belle Tours LLC"

BUS PICK – UPS: depart Larkin St @ 9:30 am; Depart Canton Woods @ 10:00 am. Please arrive 10 minutes before departure. Arrive home about 5 pm. Sign up deadline is June 1. If I do not have 30 people by then I will have to cancel.

NEW TRIP!

30TH ANNIVERSARY MYSTERY TRIP THURSDAY, SEPTEMBER 7, 2023

Mystery Trip?

Can you believe it's my 30th anniversary at Canton Woods Senior Center? I have planned a fun Mystery trip for you to help me celebrate. No clues, except there will not be a boat ride.

COST: \$125 per person payable to "Belle Tours LLC"

BUS PICK-UPS: depart Larkin St @ 7:30 am; Depart Canton Woods @ 7:50 am. Please arrive 10 minutes before departure. Arrive home about 6 pm.

PLEASE INCLUDE YOUR PHONE NUMBER ON YOUR CHECK.

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

GEMS ALONG THE MOHAWK – HERKIMER DIAMOND MINE JULY 20, 2023 – THURSDAY

This Day Out takes us to Herkimer where we will board the Lil Diamond for a 90 minute tour on the historic Erie Canal which includes a trip through Lock 18. Following the boat ride we will enjoy a delicious dinner at the nearby Waterfront Grill. Lunch includes Turkey, mashed potato and stuffing. We will have time to shop at the Specialty Center with 70 NY legacies under one roof. After lunch we will drive to the Herkimer Diamond Mine where we will have the opportunity to "pan for gold". Trip includes: deluxe Hale transportation; boat ride; luncheon; admission to the Diamond Mine and all gratuities including driver.

COST: \$133 per person payable to "Belle Tours LLC"

BUS PICK-UPS: Larkin St @ 9:30 am; Canton Woods @ 10:00 am. Please arrive 10 minutes before departure Arrive home about 5 pm This trip will be cancelled by June 20 if I do not have enough people.

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)

A deposit of \$600 (\$100 Non-refundable) is needed to sign up. Final payment due April 5th, 2023. All payable to "Belle Tours LLC".

CAPE COD & NANTUCKET
Canton Woods Senior Center/Belle Tours LLC - SEPTEMBER 11th - 15th 2023

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: 4 nights accommodations at the Blue Water Resort located on South Yarmouth beach; Deluxe Hale Transportation; Guided tour of Provincetown along scenic Route 6 A; 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 \$600 is needed to sign up. (\$100 non-refundable) . Final payment due July 10, 2023. All payable to "Belle Tours LLC" Sign up any time at the Center or send to Jacki @ 132 Plymouth Drive Syracuse, NY13206. Contact Jacki with an questions @ 315-415-0040

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.

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

Hats & Horses

Kentucky Derby-themed Tea
to benefit

Baldwinsville Meals on Wheels

Saturday, May 6 12:30-5:00 pm

76 Canton Street

Entertainment by Harmony Katz

Light Fare including Derby Specialties

Basket Raffles & 50/50

Derby Hat Contest

Derby "Horse" Races w/ Non-Cash Prizes

Tickets:\$10 Advanced Sale (until 4/22)

\$12 After 4/22 and at the door

For tickets or more information:

call (315) 638-2171 or (315) 416-1000

Facebook @ Baldwinsville Meals on Wheels

baldwinsvillemealsonwheels@yahoo.com

***18 years and over. No alcoholic beverages.**

CWSAC Mother's Day Treat Give Away at 10:30am.



Please come to Canton Woods
Wednesday, May 10th at
11:00am to enjoy the music of
Baldwinsville's own
George Leija!

In Honor of Older Americans Month

2023 Health and Wellness Event

“Aging Abounds”

Wednesday May 17, 2023

1:00 pm - 3:00 pm

Presented By

Canton Woods Senior Center

CANTON WOOD

Chair Yoga with Yvonne



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

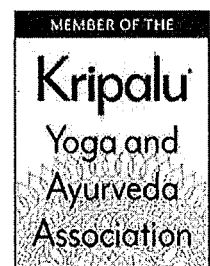
SPRING-SUMMER 2023

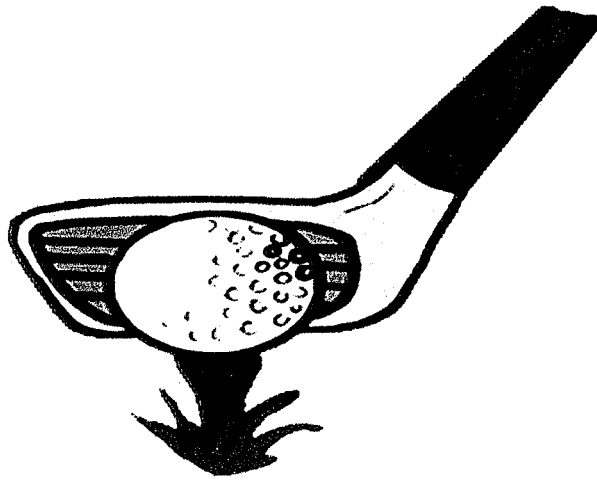
TUESDAYS: May 30 - Aug 8 (no class July 4)
45 minute classes: 11:10am-11:55am

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!





CANTON WOODS SENIOR CENTER 2nd ANNUAL GOLF TOURNAMENT
JUNE 19, 2023 AT BATTLE ISLAND GOLF COURSE

We are excited to announce that the Canton Woods Senior Center will be holding it's second annual golf tournament. Our inaugural even last year was met with great success.

Money raised by this fundraiser helps ensure the continuation of all the services that the Center provides to the seniors in the Towns of Lysander, VanBuren ands the Village of Baldwinsville.

We are reaching out to our community and friends of the Center in the hope that we can secure sponsorships for this great event. Listed below are some ideas on how you can help:

Named Sponsor of the Event- \$300.00

Hole Sponsor- \$50.00

Monetary Contribution

All proceeds from this tournament will go directly to the Center and will help to fund activities, musical events, health seminars, capital improvements and much more.

If you have any questions, please contact one of our tournament directors:

Evelyn Nelson-315-396-1923 or Kathy Hogan 315-466-1965

Thank you in advance for your consideration in helping us to have another great tournament in support of Canton Woods Senior Center.



TO BENEFIT CANTON WOODS SENIOR CENTER

June 19 @9:00 am--Shotgun

Captain and Crew

Battle Island Golf Course

\$70.00 PER PERSON INCLUDES:

-Hotdog & chips at the turn

- 18 Holes and Cart with BBQ dinner to follow

MORE FUN ACTIVITIES THROUGHOUT THE DAY:

****50/50 RAFFLE**

****LONGEST DRIVE**

****CLOSEST TO THE PIN**

PLAYER #1 _____ Email/ph#: _____

PLAYER #2 _____ Email/ph#: _____

PLAYER #3 _____ Email/ph#: _____

PLAYER #4 _____ Email/ph#: _____

TOTAL: \$ _____ Amount Paid: \$ _____

HOLE SPONSOR NAME: _____ \$50.00 DONATION

ADDRESS: _____ PHONE: _____

MONETARY DONATION: _____

Make checks payable to Canton Woods Senior Center, 76 Canton st B'ville 13027

May '23

PEACE, INC. - FSD		SENIOR NUTRITION		OFFICE FOR AGING & YOUTH	
MONDAY		WEDNESDAY		FRIDAY	
1	South Western Style Grilled Chicken Chuckwagon Corn Oven Roasted Red Skin Potatoes Fruit Cocktail Fresh Baked Dinner Roll	3	Home Made Old Fashioned Meatloaf w/ Mushroom Gravy Garlic Red Skin Smashed Potatoes Steamed Broccoli Florets Cantaloupe	5	Smothered Seared Pork Baked Potato with Sour Cream and Chives Buttery Sliced Carrots Mixed Berries with Whipped Topping Fresh Baked Rye Dinner Roll
8	Beef Chili Con Carne Romaine and Mandarin Orange Salad Fruit Cocktail Honey Corn Bread Muffin	10	Sirloin Beef Stroganoff Served over Parslled Egg Noodles California Blended Vegetables Fresh Banana	12	Beef Pot Roast with Gravy Smashed Red Skin Potatoes California Blend Vegetables Pineapple Tidbits Fresh Baked Whole Wheat Roll
15	Chicken Breast Strips served in a Cheesy Alfredo Sauce Served over Bowtie Pasta Steamed Broccoli Jell-O with Whipped Topping Dinner Roll	17	Salt City Fried Chicken Seasoned Red Skin Potato Wedges Creamy Broccoli Salad Tropical Fruit	19	Turkey Deluxe Sandwich on Rye With Lettuce, Tomato and Bacon Mayo Chunky Basil Tomato Soup Fresh Strawberries with Whipped Topping
22	Sliced Roast Beef and Cheddar on a Whole Wheat Kaiser Tomato Cucumber Salad with Tortellini Apple	24	Meat Sauce Marhara Over Bowtie Pasta Romaine Salad with Mandarin Oranges served with Poppyseed Dressing Fresh Baked Lemon Cookie	Brunch 10:30am Broccoli Quiche Mixed Berry Yogurt Parfait Blueberry Muffin Orange Juice	
29	Memorial Day Closed	31	Breaded Haddock Served on a Whole Wheat Bun Confetti Coleslaw Potatoes O'Brien Fresh Apple		

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

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

Suggested Contribute
\$3.50

\$7.00

guest fee