Canton Woods Newsletter

January 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 threeway 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: I hope you all had a wonderful Holiday Season! Heartfelt thanks to all who remembered Canton Woods in their year-end charitable giving. We appreciate your gifts, which support our mission and allow us to offer special programs throughout the year.

I would also like to thank the Canton Woods Board Senior Activity Committee for all the work they do for the Center, and the many hours they contribute.

Canton Woods had a very busy and rewarding 2023. Now 2024 has

arrived with a promise of new experiences. Happy New Year to everyone!

The New Year offers a perfect time to try something new and make healthier choices. Canton Woods offers several fitness programs. Find the one that is right for you and start moving. If you have never visited the Center, now is the time to stop in and spend some time at a dynamic center, you are sure to find programs that you will enjoy.

January means it is time to renew your newsletter subscription. If you live outside the Towns of Lysander and Van Buren it is also time to pay your non-resident user fee (\$25.00). Please be sure to use your swipe card when you visit Canton Woods. See you at the Center!

Happy New Year! 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.

2024 Newsletter Renewal Time

We are now taking renewals for the 2024 newsletter. If you live in the Towns of Lysander or Van Buren, your cost is \$5.00 for mail delivery. All others who wish to have the newsletter delivered to your home the cost is \$6.00 for mail delivery. Please fill out the form and mail it with your payment to the Center or stop by and drop it off. Make Checks payable to Canton Woods Senior Center. Please pay promptly to avoid interruption in your newsletter service. NOTE: Please make a note on your calendar when you pay for your newsletter, to remind yourself that the 2024 subscription is paid. This reminder

will continue to be in the newsletter through January.

ALSO: if you live outside of the Towns of Lysander or Van Buren, your \$25.00 annual user fee is due by January 1, 2024. The fee does NOT include the newsletter subscription. Non-residents also need to pay \$6.00 for your newsletter subscription. To have your newsletter e-mailed to you please submit your e-mail address to Ruth Troy. We encourage you to consider this option as it will cut down on costs for Canton Woods.

Name:	
Address:	
Phone:	
Residency	
Γown of Lysander	
Γown of Van Buren	
Village of Baldwinsville Yes or No	

This is the last month this Renewal

Assistant Director: Happy New Year!!!

will be in the newsletter.

I have had a few inquiries lately, so I'm asking if there are any chess players out there, or any interest in playing cribbage. *Mah Jong lessons will be held at Canton Woods in February!* If you are interested in learning, please sign up at the font desk. Space is limited, so be sure to sign up early. Scrabble is looking for more players and Hand & Foot started then just

stopped. I guess there are several ways to play and maybe we can compromise on one way. Let's have a great 2024!!

Toanie

Holiday Craft Sale winners: Crochet blanket: Chris Blom Quilt: Pat Buckley

Sentimental Serenade returns to Canton Woods on Wednesday January 10 at 11:00am.
Start your year right with Singing Through the New Year!
See you at the Show!

MOW:

Happy New Year to all our friends! We hope you all have had a great holiday and you all had family time! Our holiday was busy as we made sure our clients had a great meal and a present to open! Remember we always accept your memorial gift in memory of your loved one, and we are always here! We have some spring fundraisers coming up please watch for details.... We would like to say THANK YOU for all our donations to our program it all is a tax deduction as we are a nonprofit. We like to say Thank You to all our volunteers everyday, and a special Thank-you to Canton Woods and the seniors. Sincerely,

Donna & Jessica 315-638-2171

Neighborhood Advisor/Outreach Worker

I hope everyone had a fabulous holiday. I would like to remind those of you who have not yet applied for HEAP that it is not too late. If you think you may qualify, please call for an appointment and I will assist you with the application. We have a limited supply of home COVID test kits here at the center. If you would like one just stop in and ask for one.

Adult Long Term Care Services is sponsoring at home COVID -19 shots to qualifying homebound seniors through Nascentia Health. Interested individuals should call 315-477-9352. Terms and eligibility will be discussed when you call.

National Grid Senior Advocate

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

B'VILLE EXPRESS

Happy New Year!! I hope you all had a Happy Holiday!! The B'ville Express as well as the center, will be closed on January 15, 2024 in observance of Martin Luther King Jr. Day.

Drivers for the B'ville Express are all senior volunteers from the

Baldwinsville community. Using their own car and their own gas, they volunteer their time to transport our senior friends that lack transportation to essential appointments.

If you would like to help our drivers continue to transport our senior friends and neighbors, we welcome your donation to help offset the cost of gas to our volunteer drivers. All donations received are used to purchase gas gift cards which are given directly to our drivers. Please donate to the B'ville Express by making checks payable to:

C.W. B'ville Express and mail to: B'VILLE EXPRESS CWSC

76 Canton Street Baldwinsville, NY 13027 Gina Carroll

Transportation Coordinator

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 preorder 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 in March 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 315638-2957 or let the Staff or Office
Volunteers know too!!
Get Well / Thinking of You cards
were sent to: Jean Orr, Ginnie
Pickard, Joe-Anne Taylor, Joan
Lillquist

Sympathy Cards were sent to:

Families of Terry Pelose and Chuck Pickard and to Linda Williamson for the 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

January Birthdays:

newsletter.

1/1 Nunzio Lipari
1/3 Mary Ann Deming
1/6 Trish Spaulding
1/7 Richard Clarke
1/13 Sylvia White
1/17 Nancy Sullivan, Barbara
DeSanto
1/18 Nancy VanMaarseveen
1/28 Jean Howard, Millie Flett
1/30 Jackie Armelino

<u>jferstler@baldwinsville.org</u> (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 January Package List or find it on the Village of Baldwinsville Website. Cost: \$20.50
The order deadline is *Friday*, January 12th, by 3:30pm.
The pick- up date is Wednesday, January 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. Wednesday February 7th at 3:00pm. 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 January 16, April 16, and July 16.

Notes from Canton Woods Activity Committee: Happy 2024 to us all!

On January 10th, Sentimental Serenade is performing for us at 11:00am in the morning. PEACE lunch to follow. Lunch being Glazed Ham, Sweet potato with cinnamon pecan crunch, Spinach and Pineapple. Sign up at the front desk for lunch. On January 31st. Childhood Memories Growing up during WW2 and the 1950's presented by Roger Dahlin. Please join us. Lunch that day will be Sweet and sour shredded pork over sesame rice, oriental blended vegetables, and peaches. Sign up for lunch at the front desk. Stay warm and healthy.

Kathy Hogam

Tournaments for November 9 Ball Tournaments

11/3

1st Place: Nunzio Lipari 2nd Place: Bill Bohemier

Shuffleboard

11/17

3 way tie: Nunzio Lipari & Bill Bohemier Marshall DuBuc & Della Falter Pete Allen & Joan Ferstler 11/10 Veteran's Day 11/24 Thanksgiving Holiday

Wii Bowling

11/6

1st Place: Doug Clark & Loren

Preston

2nd Place: Patti DiFabion & Pat

Lewis

11/13

1st Place: Louise Barrone & Bob

Hahn

2nd Place: Bill Mills & Loren

Preston

11/27

1st Place: Patti DiFabion & Loren

Preston

2nd Place: Doug Clark & Mike

Slaunwhite

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

Announcing Mahjong Lessons!

Learn to play Mahjong, from an experienced instructor. If you have been hoping to learn to play Mahjong, this is your opportunity. The program consists of 4 sessions of one and a half hour each session. The

class will be held on Mondays from 1:00pm - 2:30pm. The dates are February 5, February 12, February 26, and March 4th. *Sign up at the Front desk, space is limited.*

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, January 23 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, January 2nd & Tuesday, January 16th 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,

I have so many thoughts running through my mind. I hope I can organize and share them with some clarity.

Before the craft show donations poured in, and it was overwhelming... beautiful magnets of parrots, turkeys, Native Americans and geese, were made out of plastic canvas. They were just so colorful and beautiful. So many kids love to give them as gifts and they are affordable for them. Mittens also came in and knitters answered our plea for them. Beautiful floral arrangements received well deserved

ooohs and ahhhs. Cross stitch jar lids on top of candy filled jars made us drool. I know I am missing some, but please know the YARN CREW appreciates every donation. The first day of the craft fair new items were introduced. Crocheted. bunny rabbits, little Easter basket stuffers, which can contain jellybeans or Hershey kisses to put a smile on a child's face. Little Christmas trees were created, so they could be given to shut ins. Crazy, colorful tube socks were also a new item this year. For those who make, fabric backed decorative plates with cookies on them make a wonderful neighborly gift.

One of the big changes this year was the date. We decided to move the show to the weekend before Thanksgiving. There was a distinctive change in what people purchased. We were amazed. For the past three years we have had hair scrunchies available. They met with little interest except this year. This year we sold more than the past two years combined. Table runners also were a huge seller and we had plenty. Thank goodness. Other surprises were things that have sold well in the past, but this time weren't all that popular. Afghans, hats, mittens, and scarves just weren't all that popular after I panicked about the lack of mittens. I think some of it has to do with the lack of really cold weather before the sale. Some of that nice November, sunny weather made us

complacent about the cold. Some wintery night someone is going to regret not buying a nice cuddly Afghan. That's OK, there is always next year.

For those of you who came and purchased something and even those who came, but didn't find anything to your liking, we thank you. We had the absolute best year, ever we are pleased to be able to contribute our share in helping Canton Woods provide for the seniors. We will continue to use this timeframe...the weekend before Thanksgiving. Hours may change a little bit.

For those of you who make things to contribute to our cause, I'd like to help out a little bit by giving the following guidelines:

- 1. Dishcloths, washcloths, and hot pads. Please make them with cotton yarn. If you need some, we have it.
- 2. While most of our items are made with acrylic yarn to provide ease of laundering, we do have wool, and some people prefer to work with wool. I would ask that you please indicate that the item is made with wool so that people purchasing an item don't throw it into the washing machine and dryer. Wool sure can shrink when washed and dried. Some wool is washable, so buyers need to know that too.

- 3. Crafters please don't buy yarn or fabric. Check with us. We get lots of donations. Acrylic, beautiful real wool, washable wool and sock yarn have all been donated. We have embroidery floss and hoops.
- 4. We are going to need some people who can sew. (saying sewers just doesn't sound right.) We have fabric for placemats, aprons, cosmetic bags, potholders. We also have zippers. And buttons...oh boy do we have buttons.

Again, we thank you from the bottom of our hearts. WE love doing this. Hectic... but oh so very rewarding.

This year after the sale additional

donations were made to The
Baldwinsville First United
Methodist Church Children's
Bazar. (a variety of items)
Sleep in Heavenly Peace
(Pillowcases, a variety of sizes of Afghans.)

Christmas Bureau (mittens, hats and scarf sets, cowles, receiving blankets, scarves) Syracuse Home (walker bags). The YARN CREW at Canton Woods is committed to supporting our community.

We are always looking for crafters who knit, sew, crochet. Contact Canton Woods Senior Center.
You can even work from home and be what we call a remote

member. You will miss my wonderful jokes and stories, but that might be a good thing. New member registration and existing member re-registration will be in this newsletter.

THANKS Edwina

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.

January 2024 Library News

Secret: Jack Reacher Series (L. Child)

Dirty Thirty (J. Evanovich)

Cursed at Dawn (H. Graham)

Secrets in the Dark (H. Graham)

Whispers at Dusk (H. Graham)

Exchange: After the Firm (J. Grisham)

12 Months to Live (J. Patterson, L. Lupica)

Judgement Prey (J. Sandford)

Second Act (D. Steel)

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

We Need You

If you can knit, sew, crochet, or do any type of needlework. Canton Woods Senior center invites you to join the Yarn Crew. You can be a remote member and work from home or decide to come every week.

A membership drive is this January. Remote members are more comfortable staying at home, or find getting to the center difficult. They create their magic and occasionally bring it into the center. In-house members meet every Tuesday 9-12 for creating and socialization.

Lap robes, walker bags will be sent to St. Joe's. Other items will be used in the Craft Sales.

If you are interested please fill out the registration page in the newsletter from Canton Woods. **Even current members must re-register**.

If you do not get a newsletter call the center and they can supply you with a registration form.

Name				
Address				
Phone				
Email (if you have one)				
Circle your talents:				
Knitter				
Crocheter				
Embroidery				
Cross stitch	>			
Sewer	,			
Painter				
All around crafter				
You can do whatever you want but I am just c	urious to know	how talente	d everyon	ıe is

Canton Woods

January 2024

	Monday	Tuesday	Wednesday	<u>Thursday</u>	Friday	
	1 Happy New Year The Center is Closed	8 Tai Chi 2 9:30 Yarn Crew 10 Falls Class 12 Dup Bridge 2 Art Group	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	8 Tai Chi 4 10 Falls Class 10 Scrabble 1 Pitch	9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE lunch 1 BINGO 1 Pool T'ment	<u>6</u>
7	8 8:30-12 Open Rec 10-12 BUNCO 12 PEACE Lunch 1 Wii Bowling	8 Tai Chi 9:15 CW Exercise 9:30 Yarn Crew 10 Falls Class 12 Dup Bridge 2 Art Studio	9:15 Senior Ball Drumming Exercise 10:30 Adult Coloring 11 Sentimental Serenade Musical 12 PEACE Lunch 12:00 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	8 Tai Chi 11 10 Falls Class 10 Scrabble 1 Pitch	9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE lunch 1 Bingo 1 Pool T'ment	3
1 4	15 Martin Luther King Day The Center is Closed	8 Tai Chi 9:15 CW Exercise 9:30 Yarn Crew 10 Falls Class 12 Dup Bridge 2 Art Group	9:15 Senior Ball Drumming Exercise 10:30 Adult Coloring 12 PEACE Lunch 12:30-2 National Grid Representative 12:00 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	8 Tai Chi 10 Falls Class 10 Scrabble 1 Pitch	9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 BINGO 1 Pool T'ment	0
2 1	8:30-12 Open Rec 10-12 BUNCO 12 PEACE Lunch 1 Wii Bowling	8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 9: Blood Pressure Screening 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Studio	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	8 Tai Chi 10 Falls Class 10 Scrabble 1 Pitch	9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 BINGO 1 Pool T'ment	7
2 8	8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling	8 Tai Chi 30 9 Yarn Crew 9:15 CW Exercise 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 2 Art Studio	9:15 Senior Ball Drumming Exercise 10:30 Adult Coloring 10:30 Childhood Memories with Roger Dahlin 12 PEACE Lunch 12:00 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program	,	Calendar subject to change	

DAY TRIPPING W/ CANTON WOODS TRAVEL and BELLE TOURS LLC



Hello everyone, Happy New Year! I hope you all enjoyed the Holiday season. Winter is here but we have Spring to look forward to. We had two great trips in December. Our trip to New York City was wonderful. There is nothing more beautiful than Christmas in New York City. The city was fully decorated and the Rockettes were beyond awesome! I brought my 8 year old Granddaughter, Avery, and she and her mom went Ice Skating at Rock Center. It was truly magical. Our last Day Trip of the year was to the Turning Stone to see a Buddy Holly tribute and Christmas show. The entertainer was spot on with his singing and mannerisms of the late, great Buddy Holly.

I am working on the Day Trips for 2024 and they will begin in May. There is room on Washington and we need people for this trip to go. I will be having a slide presentation for a new trip, August 19-26, 2024 "Discover California Dreamin': Monterey, Yosemite & Napa". Kevin Ferguson from Collette Vacations will be at the Center on January 16th @ 2pm to tell us about this awesome trip. Please join us.

I will be leaving for Florida the 3rd week of January and will be gone several weeks.

Take care and God Bless.

Love, Jackí



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. A deposit of \$150 is needed to sign up. Balance due February 5, 2024. 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. A slide presentation on this trip will be held at Canton Woods on Tuesday, January 16th, 2024 @ 2pm.

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

OVERNIGHT TRIPS W/ CANTON WOODS TRAVEL and BELLE TOURS LLC

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. Cancelation insurance is available for an additional 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. 2nd deposit of \$1,500 due February 15, 2024. 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!

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

\$4,799 /per person

(Based on single occupancy)

Cancelation 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

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.

MAGICAL CHRISTMAS MARKETS | NOVEMBER 30TH - DECEMBER 7TH , 2024 - 8 DAYS/6 NIGHTS

Join us as we uncover the unique charms of Austria and Germany and the incredible Christmas Markets. This trip includes: Transfers from Canton Woods to and from the Airport; air to and from Syracuse; 3 Dinners, 1 lunch, 6 breakfasts; 6 nights hotel accommodations; tours of Innsbruck, Salzburg, Oberammergau, Munich and the Christmas Mkts. All taxes and fees/Surcharges, Hotel transfers.

COST:

\$3,199 /per person (Based on double occupancy)

\$3,599 /per person (\$200 non-refundable) (Based on single occupancy)

Cancelation insurance is available for an additional cost of \$449 per person. Sign up any time at the center or send to Jacki @ 132 Plymouth Drive Syracuse, NY13206

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

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

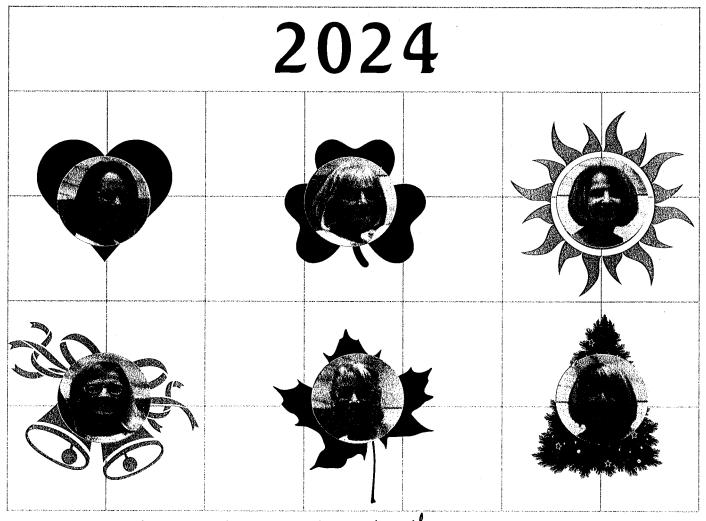
Cost: OPTIONAL & CONFIDENTIAL

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!

Kripalu Yoga and Ayurveda Association singing Through the New Year

Sentimental Serenade



DATE: Wednesday, Jan. 10th Ime: 11 AM

PLACE: Canton Woods Senior Center

See you at the show!

Growing up During WW2 and 1950's



Canton Woods Wednesday, January 31 10:30 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.

HANDE TO HONSAVES IN USE

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

will be in your area soon! Our mobile mammography van

Canton Woods Senior Center

76 Canton Street **Baldwinsville Tuesday, February 6**th

9 AM to 3 PM





WOMEN 40 YEARS AND OLDER ARE ELIGIBLE TO USE THE VAN IF:

- They have not had a mammogram in the past year
- They show no signs or symptoms of breast cancer

Appointments are preferred. Register now!

BY PHONE: 315-464-2588 ONLINE: www.upstate.edu/noexcuses

We welcome insured and uninsured women.



Mobile Mammography

lumud

January '24

\$3.50	Menu is Subject to Change	Bread, and Margarine
Suggested Contribution:	Menus meet 1/3 of RDA	All Meals include: Coffee, Tea, Milk
		Fresh Baked Crusty Italian Bread
	Diced reaches	Diced Pears
	Oriental Blended Vegetables	Four Way Mixed Vegetable
	Served over Sesame Rice	Served over Spaghetti
	Sweet and Sour Shredded Pork	Italian Style Meatballs and Marinara
	31	29
		callatoupe
· icon comige	Diced Marigo	Steamed Broccoll Florets
Fresh Orange	Oven Rodsted Brusser Sprouts	Garlic Red Skin Smashed Potatoes
with 1,000 Islands Dressing	Seasoned Potato Cubes	Meatloaf w/ Mushroom Gravy
Shaved Corned Beef Sandwich on Rye Bread	Sloppy Joe on a Kaiser Roll	Home Made Old Fashioned
26	24	22
Fresh Meion		
4 Way Mixed Vegetables	Peach Cobbler	
Home-style Potato Salad	Viniagrette	
Sliced Tornatoes and Lettuce	Field Greens Salad with	Martin Luther King Day
Served on a Whole Wheat Bun Topped with	Bow Tie Pasta	Agency Closed
Breaded Chicken Breast Filet	Pesto Chicken	
19	17	15
Honey Corn Bread Mumin	Pineapple	Diced Mango
Fruit Cocktail	Spinach	Buttery Peas and Pearl Onions
Komaine and Mandarin Orange Salad	Sweet Potatoes with Cinnamon Pecan Crunch	Apple and Celery Stuffing
Beef Chili Con Carne	Glazed Ham	Roasted Chicken with Garlic Herb Gravy
12	10	8
	Crusty Italian Bread	
Fresh Baked Rye Dinner Roll	Lemon Italian Ice	
Mixed Berries with Whipped Topping	Fresh Spinach Salad	
Buttery Sliced Carrots	Whole Grain Penne Rigate Pasta	New Year's Holiday
Baked Potato with Sour Cream and Chives	Served Over	Agency Closed
Smothered Seared Pork	Boneless Chicken Cacciatore	
5	3	1
FRIDAY	WEDNESDAY	MONDAY
OFFICE FOR AGING & YOUTH	SENIOR NUTRITION	P.E.A.C.E., INC FSD
	Jaliual y CT	

19

Suest Fee \$7.00