

Canton Woods Newsletter

February 2024

Canton Woods Staff

Ruth Troy: Director

Joan Ferstler: Assistant Director

Phone (315) 638-4536

Open: 8:00am-4:00pm

Visit Canton Woods on the Village of

Baldwinsville Website

www.baldwinsville.org

Canton Woods operates under a three-way municipal agreement between the towns of Lysander and Van Buren, and the Village of Baldwinsville.

Neighborhood Advisor

Nancy Sullivan

B'ville Express

Gina Carroll

The Neighborhood Advisor Program and B'ville Express are funded by the Onondaga County Department of Adult and Long-Term Care Services.

Director's Note: February is National Heart Month

Take steps to take care of your heart.
To help prevent heart disease,

- Eat healthy
- Get active
- Stay at a healthy weight
- Quit smoking and stay away from secondhand smoke
- Control your cholesterol and blood pressure
- Drink alcohol only in moderation
- Manage stress

Physical activity is good for your heart health. Canton Woods has several fitness programs designed for older adults. ***Find the one that works for you and start moving!***

National Wear Red Day is Friday

February 2nd! Wear Red and support

Women's Heart health! (Your name will be put into a drawing for a prize!)



Join us for the a special Valentine's Day's concert on February 14 ! Read more in your newsletter

Happy Valentine's Day!

Ruth

February 2nd is wear **Red** for heart health. Please wear red to the center on Friday, February 2nd and your name will be put in a drawing for a prize.

Valentine's Day February 14, wear **Red or Pink** and your name will be put in a drawing for a prize.

Valentine's Day Concert,
February 14th at 11:00am
please join us for the music of
John Vona. *Come to sing along*
with your favorites and Love
songs added in for the holiday.
Enjoy treats from our friends at
the Hearth at Greenpoint. Plan
to stay for PEACE lunch. Make
sure you make a reservation for
lunch at least 1 day in advance.

Weather Related Closings:

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

Assistant Director:

As I am writing this, I am listening to the happy cheers from Wii Bowling. A group of happy bowlers enjoying themselves on a Monday afternoon. That could be you!!! Either bowling or playing pool on Friday, or one of our card games throughout the week. Or even Scrabble, Mexican Train, or writing group. Our calendar has many different activities you might enjoy. If you are a chess player, let me know we could set a time to play chess, or cribbage, or poker which is held on Tuesdays and Wednesdays at 1:00pm. Hope to see you at Canton Woods soon.

Joanie

Congratulations Holiday word games participants!

Sharon Burton, Nancy Delasin, Millie Flett, Nunzio Lipari, Liz Mastracco, and Midge Yeagler-Glod. Great job!

Neighborhood Advisor/Outreach Worker

I hope everyone is staying warm and cozy this winter! Just as a reminder there is still time to apply for HEAP if you haven't already done so. Also, don't forget to make bad weather preparations for your home and car.

The Office of Adult and Long-Term Care Services sent me word that Amazon has a prescription service that packages your medications in Packets labeled with the date and time they are to be taken. There is no extra charge for this, you just pay for the medications. If this is something you might be interested in, and your pharmacy doesn't provide this service You may want to check it out. Just search for Pill Pack on Amazon.

When you are planning what to wear for Valentines Day pull out an extra red outfit to wear on February second which is wear red day for women's heart health.

National Grid Senior Advocate

Mary Beth Basha, will be at Canton Woods Wednesday **February 21st** from 12:30-2:00pm to answer any questions or issues you may have. Just stop in to see her.

B'VILLE EXPRESS

The B'ville Express will be closed on February 19, 2024, in observance of President's Day. In 2023, B'ville Express had 16 volunteer drivers providing transportation for over 180 seniors in Baldwinsville. Our drivers not only volunteer their time, but they also use their own vehicles and gas. Our drivers volunteered 1739 hours of their time in 2023 providing 1061 rides.

GREAT JOB! THANK YOU FOR ALL YOU DO FOR OUR SENIOR FRIENDS. YOU ARE GREATLY APPRECIATED!
Happy Valentine's Day!

Gina Carroll

Transportation Coordinator
B'ville Express

MOW:

Hello Everyone,

We hope everyone is staying warm! If you need any help with meals, please call us, we are here for you. All meals are made on site and are made to your dietary needs. Please look for details for our upcoming fundraisers in the spring, pork dinner, chicken& biscuits and more!
Thank you once again to all our supporters of our program!!!

Happy Valentines Day!!

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

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. **Next class is March 27, 2024.** The fee is \$29.00, you must register and pay in advance. If you have any questions, call the center at (315) 638-4536.

Sunshine Lady

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

Sincere thanks to Ann Wilburn who creates beautiful cards for Janet to send out on behalf of Canton Woods.

Get Well / Thinking of You cards were sent to: **Marshall Dubuc** and **Carol Plucinik**

Sympathy Cards were sent to the families of: **Nancy Abbott, Nancy Esterley, Art Sochia, Sr., and Richard Stafford.**

Memorial Giving

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

Enclosed is my gift of \$ _____

In Memory of _____

Your name _____

Your address _____

Make checks payable to Canton Woods Senior Center, Inc.

Send to:

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

Ice Cream

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

PEACE LUNCH

Canton Woods invites you to enjoy the **PEACE Lunch** hot meal served in our dining room. Share a healthy and nutritious meal with others. *Please plan to arrive between 11:30 and 11:45am. Meal served at 12:00pm.*

You must make a lunch reservation at least one day in advance.

Lunch is available on Monday, Wednesday, and Friday. The monthly menu is in this newsletter.

February Birthdays:

2/3 Ruth Fitzmorris
2/6 Linda Russell
2/11 Annette Celestian
2/15 Dave Au
2/17 JoAnn Mathieson, Margaret
Durant
2/20 Debbie Au
jferstler@baldwinsville.org
(315) 638-4536.



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

Food Bank of CNY

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

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

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

Cost: \$20.50

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

**The pick- up date is Wednesday,
February 21st from 12:00pm-1:00pm.**

**Smartphone, iPad, Tablet or Laptop
(Apple Products only) Computer
Assistance offered by Nadine Kerr,
B'ville Family & Consumer Science
Teacher.** 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 April 16, and July 16.

**Notes from Canton Woods
Activity Committee:**

One winter month gone, and one month closer to spring.

We could use some poker players on Tuesdays and Wednesdays. Play starts at 1:00pm, be here by 12:45pm.

On January 2nd, we had a "pop-up" holiday party! Meat, fruit & cheese trays, and root beer floats.

January 10th Sentimental Serenade entertained us. Wegmans provided treats, another fun time.

February 14th will be our Valentine's Day party, with John Vona, treats from Greenpoint at the Hearth and prizes.

Wear Red or Pink on Valentines Day when you come to the center and your name will be put in a drawing for a prize. Thanks for your participation!

Kathy Hogan

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

**Tournaments for
December
8 Ball Tournaments**

12/ 22

1st Place: Micky Bisha & Nick

Peluso

2nd Place: Nunzio Lipari & Jack
Schmidel

9 Ball Tournaments

12/8

1st Place: Nick Peluso

2nd Place: Nunzio Lipari

12/15

1st Place: Dave Au

2nd Place: Micky Bisha

12/29

1st Place: Nunzio Lipari

2nd Place: Micky Bisha

Wii Bowling

12/4

1st Place: Kathy Hogan & Bob
Hahn

2nd Place: Cathy Spagnola & Gloria
Saccone

12/11

1st Place: Loren Preston & Louise
Barrone

2nd Place: Kathy Hogan & Patti
DiFabion

12/18

1st Place: Loren Preston & Doug
Clark

2nd Place: Cathy Spagnola & Sylvia
Preston

Mahjong Lessons starting this month!

If you signed up, please remember to attend the classes!!! The first session is on **Monday February 5 at 1:00pm.**

Bunco at Canton Woods!

Bunco is *Monday* mornings, the 2nd and 3rd Mondays each month, 10am-12:00pm. This is a fun fast moving dice game. Give it a try. ***Check the calendar for exact dates. Holidays may alter this schedule.***

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, February 20th
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 is offered at 9:15am Wednesday and Friday!

This class is **FREE**.

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:

Class is 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)

Class is 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,
February 6th & Tuesday, February 20th
2024 at 2pm. Art Studio on the other
Tuesdays of the month at 2:00pm.

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

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

**Sharing Memories Writing
Program!**

Every Wednesday at 1:00pm.
Facilitated by Tina Trainham. Please come
with writing material and your memories!

Yarn Crew

Dear Readers,

While Edwina’s away the ladies
could play ... but not my ladies.
They are working away to get ready
for our next *Summer Sale!* If you
think I am basking here in the Florida
sun you would be wrong. Clouds and
rain are the order of the day here on
Longboat Key.

Register now... *Calling All Crafters!*
If you like to knit, crochet, embroider
sew or use lot of glue... JOIN US
You can be here in person every
Tuesday 9am – 12pm OR be a
Remote Member. **Please Fill out the
Registration Form in this
Newsletter for 2024.** Even if you are
already signed up in 2023.
A new roster is Created Every Year!
THANKS *Edwina*

**February 2024 Library News
Happy New Year Readers!**

**As a reminder, the Collection and
Borrowing Policies of Canton
Woods Senior Center Library
follow:**

**We collect single copies (no
duplicates) hardcover, fiction
books with the copyright date of
2012 and forward (this date
moves forward when we weed the
collection about every 2 years).
We collect small and large print
books, biographies, westerns, and
audio books (CD’s)
Books are loaned out with your
Canton Woods card for one
month. Patrons of the library
maybe charged the cost of a book
if it is damaged or not returned
after several months and
discussions with the librarian.**

**Here are a few recommended
reads in honor of Black History
Month**

Nightcrawling by Leila Mottley

Come and Get It by Kiley Reid

Black Cake by Charmaine

Wilkerson

A House for Alice by Diana

Evans

CW Librarian, Lorraine

Bottle & Can Drive

McBride's Bottle Return

Your nickels will add up to help your Center.

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

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

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

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

Thank you for participating in these fundraising events.

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 curious to know how talented everyone is.

Canton Woods

February 2024

		Monday	Tuesday	Wednesday	Thursday	Friday			
					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 Groundhog Day Wear RED for Heart Health Day.	1	2	3
4	5	8:30-12 Open Rec 10-12 Bunco 12 PEACE Lunch 1 Wii Bowling 1-2:30 MahJong Lessons	8 Tai Chi 9:15 CW Exercise 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Group Mammography Van	9:15 Senior Ball Drumming Exercise 10:30 Adult Coloring 12 PEACE Lunch 12:00 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program 1 Poker 2:45 Tech Support	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	8	9	10
11	12	8:30-12 Open Rec 10-12 Bunco 1 Wii Bowling 1-2:30 MahJong Lessons	8 Tai Chi 9:15 CW Exercise 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Studio	9:15 Senior Ball Drumming Exercise 10:30 Adult Coloring 11 Love Songs with John Vona 12 PEACE Lunch 12:00 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program 1 Poker Valentine's Day Ash Wednesday Wear Pink or Red Day	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	15	16	17
18	19	President's Day The Center is Closed	8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 9:30 Blood Pressure Screening 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Group	9:15 Senior Ball Drumming Exercise 10:30 Adult Coloring 12 PEACE Lunch 12:00 Party Bridge 12:30-2 National Grid Representative 1 BINGO/ 1 Poker 1-3 Sharing Memories Writing Program	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	22	23	24
25	26	8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling 1-2:30 Mah Jong Lessons	8 Tai Chi 9 Yarn Crew 9:15 CW Exercise 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Studio	9:15 Senior Ball Drumming Exercise 10:30 Adult Coloring 12 PEACE Lunch 12:00 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program 1 Poker	8 Tia Chi 10 Falls Class 10 Scrabble 1 Pitch	Calendar subject to change	29		

Travel Reflections

Hello everyone, we are into February now and winter is getting closer to Spring. Spring brings warmer weather and more travel. I hope you have all stayed healthy. I am in Florida for most of February and March and look forward to seeing you all in April. We still need people for the Washington trip. I will have to cancel by March 1 if I do not have enough people. Also, for Branson, I have to cancel that by May so if you are interested, please sign up ASAP. This is a wonderful trip.

Until next month, take care and God Bless.

Love, *Jacki*

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

NEW TRIP! CORNING GLASS MUSEUM | April 23, 2024 - Tuesday

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

COST: \$140 per person payable to "Belle Tours, LLC". Bus Pick-Ups: 7:15am (Larkin St.), 7:45am (Canton Woods). Please arrive 10 minutes prior to departure. Arrive home around 6pm.

NEW TRIP! TRIBUTE TO THE TEMPTATIONS | May 21, 2024 - Tuesday

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

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

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

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

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

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

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.

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

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

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

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

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

\$500 (\$250 non-refundable) due now to sign up. 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, NY 13206

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

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

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

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

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

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

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

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

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

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

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

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

***ALL DOUBLE OCCUPANCY**

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

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

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)

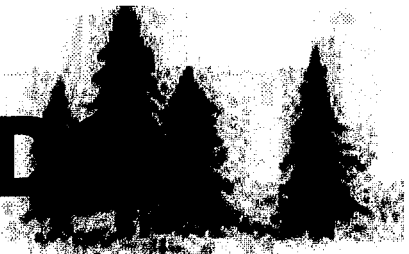
COST:
\$3,599 /per person (\$200 non-refundable)
(Based on **single** occupancy)

Cancellation 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

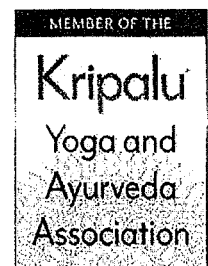


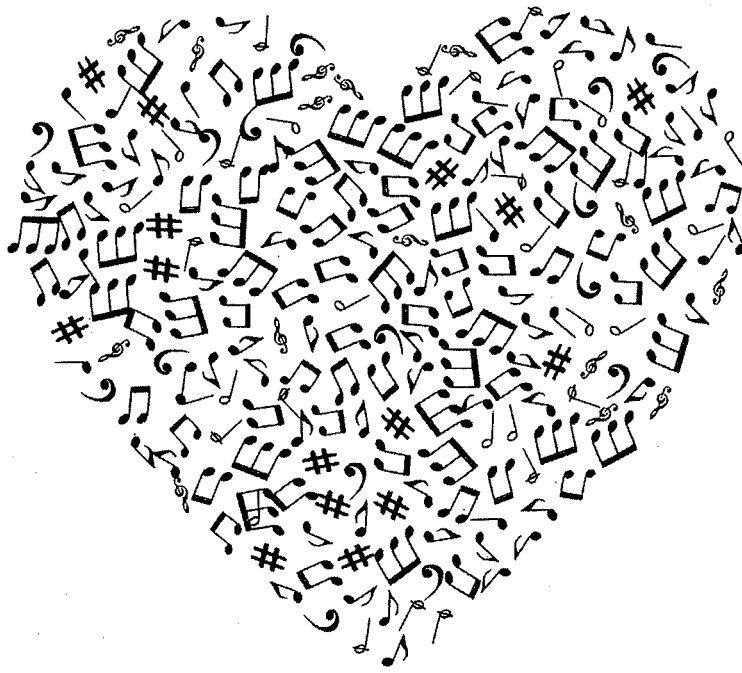
45 minute classes: 11:10am-11:55am

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!





Music by,

John Vona

At Canton Woods

76 Canton St.

Wednesday, February 14th at 11:00!

Come enjoy sing a long tunes!!

February '24

P.E.A.C.E., INC. - FSD	SENIOR NUTRITION	OFFICE FOR AGING & YOUTH
MONDAY	WEDNESDAY	FRIDAY
5	7	9
Chicken Cordon Bleu Casserole Winter Blend Vegetable Banana	Julienne Salad Topped with Ham, Turkey, Swiss Cheese, Tomatoes, Cucumbers, Hard Boiled Egg and Olives Crusty Italian Bread Fresh Pear	Salt City Fried Chicken Black Beans and Rice Country Blend Vegetables Mandarin Oranges
12	14	16
Tropical Fruit Glazed Ham Yukon Gold Potatoes with Sliced Onions Oregon Blend Vegetables Fresh Cantaloupe Fresh Baked Whole Wheat Roll	Vegetable Lasagna Rolls Chef Salad Cantaloupe Crusty Italian Bread	Breaded Haddock Served on a Whole Wheat Bun Confetti Coleslaw Potatoes O'Brien Fresh Apple
19	21	23
President's Day Agency Closed	Gianelli Sweet Italian Sausage Served with Shells and Marinara Sauce Italian Blended Vegetables Diced Pears Italian Bread	Tuna Salad with Chopped Egg Served on Kaiser with Shredded Lettuce Cream of Cheddar Potato Soup Fresh Watermelon
26	28	
Syracuse's Famous Chicken Riggie's Greens and Beans Juicy Diced Peaches Soft Italian Bread	Turkey, Deluxe Sandwich on Rye With Lettuce, Tomato and Bacon Mayo Chunky Basil Tomato Soup Fresh Strawberries with Whipped Topping	

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

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

Suggested Contribution:
 \$3.50