

# Canton Woods Newsletter

June 2024

## Canton Woods Staff

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](http://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

Rene' McMonagle

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.*

## Assistant Director:

Happy Dad's Day!!

June is a great month! The beginning of summer. We have the summer Craft fair coming up, musical entertainment and the Golf Tournament this month. I'm adding UNO and/or Skip-Bo to a Monday morning. If you like Bunco maybe you would like to get together to play one of these card games?!! Please read your newsletter so you don't miss a thing! Ruth, Best wishes for lots of fun in the future!!

*Joanie*

## MOW:

Happy Father's Day to all our special Dads, Grandpas, Uncles! We hope you have a wonderful day!

Thank You to everyone that came and had fun at our Bingo fundraiser. It all helps support our program.

We would like to wish Ruth a Happy Retirement! I am sure we will see her around. We will miss her!!

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

## Neighborhood Advisor/Outreach Worker June 2024

Greetings to all!! I just wanted to take a moment to introduce myself to everyone. My name is Rene' McMonagle and I have taken over the role of Neighborhood Advisor/ Outreach Worker. I have resided here in Baldwinsville for the past 17 years with my family- my husband Gary, my sons Jarred and Cameron and my mother Frances. My family is also extended with all our pets- 3 dogs and 3 cats. I am looking forward to spending my time helping, however, I can be assistance, so feel free to stop by to see me at the Senior Center or call me at (315) 638-4536.

## National Grid Senior Advocate

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

## **B'VILLE EXPRESS**

HELLO EVERYONE!!

I am back at work after recovering from a broken wrist. I **THANK YOU** all for your patience when the program had to shut down until May 1<sup>st</sup>. There just wasn't enough staff available to keep the *B'ville Express* up and running during my absence.



**I am back and the program is in full swing!!**

The *B'ville Express* as well as Canton Woods Senior Center is closed on June 19, 2024, in observance of Juneteenth. If you have a need for a ride this day, you will have to call the OSCAR program if you are registered @315-442-3434.

Wishing everyone a wonderful Summer!

***Gina Carroll***

Transportation Coordinator

### **New Writer's Group:**

Do you journal, write stories, create poems that rhyme (or don't)? Would you like to? Join our Writers Group which meets here at CW every other Friday to share, learn and experience. Just stop in at **1:00pm** to join the group.

**Good News:** CW Book Club is resuming in the fall of 2024 facilitated by Mark McDaniel. Mark is asking you to think about the books you always wanted to read

and haven't yet! So please call over the summer months, (315-638-4536) and give us your want to read ideas. Mark hopes to see you in September to start this memorable book club! Also, on Mondays May is the "Learning Sign Language Class" at 1:00. If you ever wished to learn sign language, this is your opportunity to learn. New people are welcome. Maximum 10 participants. Please join Mark for these classes!! Call 315-638-4536 to sign up.

**BE PREPARED TO HAVE FUN!!**

**A Defensive Driving course** is a six-hour course sponsored by AAA and approved by NYS Department of Motor Vehicles. Participants must be 55 years of age or older. You may bring lunch or pre-order lunch at the center (\$3.50 for those 60+ nutrition program registration required). Participants should bring their unexpired driver's license and a pen. Class size is limited, early registration is recommended. **Next class is July 31, 2024.** Fee is \$34.00 checks or money orders made out to AAA. If you have any questions, call the center at (315) 638-4536.

### **Sunshine Lady**

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

were sent to: Shirley Dubuc & Kathy McLaggan.

Sympathy Cards were sent to: the Families of: Kathy Momper & Marshall Dubuc. Also, to David Thomas for the loss of his mother and to Barbara Heimers for the loss of her mother.

**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

Recently added names to the Memorial Plaque are Kathy Momper, June G. Davis, and Peter A. Saarie. Thank you to all those who donated.

**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.

**June Birthdays:**

- 6/5 Theresa Fenton
  - 6/6 Al Jenner
  - 6/8 Dave Herlan
  - 6/10 Tom Spagnola, Mike Williamson
  - 6/18 Bruce Barnes, Carol Fairbank
  - 6/26 Nick Peluso
  - 6/29 Shirley Jaquith
- [jferstler@baldwinsville.org](mailto:jferstler@baldwinsville.org)  
(315) 638-4536.



**JESSICAKES**

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 June Package List or find it on the Village of Baldwinsville Website.**

**Cost: \$20.50**

**The order deadline is Friday, June 7<sup>th</sup> by 3:30pm.**

**The pick-up date is FRIDAY, June 21<sup>st</sup> (this month only) 12:00pm-1:00pm.**

**Smartphone, iPad, Tablet or Laptop (Apple Products only) Computer Assistance offered by Nadine Kerr, B'ville Family & Consumer Science Teacher.** Appointments will resume in September. 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 July 16 & September 17<sup>th</sup>.

### **Notes from Canton Woods Activity Committee:**

Hi everyone: It's June and I'm sure we are all ready for it. This month,

on the 12<sup>th</sup> of June we are having music by Larry Sarefini and Drew. Come and join us, lunch that day will be Gianelli Sweet Sausage Sandwich w/ Peppers and onions; come join us for lunch too! We will have a giveaway for Father's Day. We will be closed on June 19<sup>th</sup>...there is always room for all our games... Come and play with us.

*Kathy Hogan*

**Pool Tournaments** every Friday at 1:00pm. Sign up ahead of time to get your name on the list.

### **Landscape Improvements**

Thanks to **Jagger Rademacher of Troop 114**. Jagger chose to improve the center's front entrance landscaping for his Eagle Scout project. It looks great!

### **Tournaments for April**

#### **9 Ball Tournaments**

4/5

1<sup>st</sup> Place: Nick Peluso

2<sup>nd</sup> Place: Frank O'Donnell

4/12

1<sup>st</sup> Place: Marshall Dubuc

2<sup>nd</sup> Place: Frank O'Donnell

4/19

1<sup>st</sup> Place: Dave Au

2<sup>nd</sup> Place: Frank O' Donnell

4/26

1<sup>st</sup> Place: Paul Dreher-Wiburg

2<sup>nd</sup> Place: Nick Peluso

### **Wii Bowling**

4/1

1<sup>st</sup> Place: Mae Slaunwhite & Loren Preston

2<sup>nd</sup> Place: Jerry Dingman & Howard Bunt

4/15

1<sup>st</sup> Place: Patty DiFabion & Louise Barone

2<sup>nd</sup> Place: Bob Hahn & Howard Bunt

4/22

1<sup>st</sup> Place: Kurt Lyon & Cliff Reynolds

2<sup>nd</sup> Place: Jerry Dingman & Loren Preston

4/29

1<sup>st</sup> Place: Loren Preston & Rose Lyon

2<sup>nd</sup> Place: Mike Slaunwhite & Gloria Saccone

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

### **Bunco at Canton Woods!**

**Bunco** has moved to *Monday* mornings, the 2<sup>nd</sup> and 3<sup>rd</sup> Mondays at

10am-12:00pm. This is a fun fast moving dice game. Give it a try. Check the calendar for exact dates.

UNO – Skip-Bo 4<sup>th</sup> Monday of the month at 10:00am.

**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, June 18<sup>th</sup>.  
from 9:30am – 11:00 am.

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

**Senior Cardio Ball Drumming**

Facilitated by Arlette.  
Ball drumming class is 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 are on 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  
June 4<sup>th</sup> & Tuesday June 25<sup>th</sup>, 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**

**Please come to our Craft Sale,  
Friday, June 7<sup>th</sup> from 10:00am-  
3:00pm. See flyer in this  
newsletter.**

**THANKS** *Edwina*

### **2024 Library News**

#### **New books:**

Summer at the Saint: A Novel (M.  
K. Andrews)

A Calamity of Souls (D. Baldacci)

The 24<sup>th</sup> Hour: Is This the End? (J.  
Patterson)

Toxic Prey (J. Sandford)

The Truth About then Devlins (L.  
Scottoline)

*CW Librarian, Lorraine*

### **Bottle & Can Drive**

#### **McBride's Bottle Return**

Your nickels will add up to help your  
Center.

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

In addition to the collection program at the  
center, you and your family members may  
return bottles and cans to McBride's Bottle

and Can Return, 80 Smokey Hollow Rd. Let the clerk know you are donating your returns to Canton Woods Senior Center. They will credit the amounts to Canton Woods Senior Center account. Thank you for participating in these fundraising events.

### ***Ask the Physical Therapist:***

#### **Why Is Ankle Flexibility Important?**

Maintaining an appropriate ankle range of motion is necessary to perform normal walking, stair climbing and gardening - to name a few.

Arguably, the most important movement is dorsiflexion - bending your foot/ankle up.

Full movement of dorsiflexion allows you to:

- Clear your feet and toes from the ground when walking to avoid tripping over your own feet.
- Deep squat to pick objects from the floor or garden on lower surfaces.
- Avoid tripping on stairs by bending your foot up enough to clear the step.

When there is a lack of dorsiflexion, other joints of the lower leg must “pick up the slack” of this movement. This can lead to injury and falls.

#### **Start doing these tips today:**

- Perform ankle bends and circles.
- Wear appropriate-fitting shoes.

#### **How can a Physical Therapist help?**

A PT assesses the movement of your ankle joint with various tests and measurements. We are movement specialists and assess

your entire leg for any further movement restrictions that may be causing pain or mobility limitations.

*\*\*If you are having any trouble completing these exercises or they cause pain, consult a Physical Therapist.*

#### **Onondaga Physical Therapy**

(across from the B'ville Diner)

19 E Genesee St

Call Or Text: 315-635-5000 |

[www.onondagapt.com](http://www.onondagapt.com)

Learn more about Our Locations, What We Treat, Make an Appointment Online, Healthy Living Tips & More:

#### **Father's Day Quote:**

“A good father is one of the most unsung, unpraised, unnoticed, and yet one of the most valuable assets in our society.” Billy Graham



# Canton Woods

June 2024

		Monday	Tuesday	Wednesday	Thursday	Friday	
		<b>Calendar subject to change.</b>					<b>1</b>
<b>2</b>	<b>3</b>	8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling 1-2:30 Mah Jong for everyone 1 Sign Language Tutorial	<b>4</b> 8 Tai Chi 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Group	<b>5</b> 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	<b>6</b> 8 Tai Chi 10 Falls Class 10 Scrabble 1 Pitch	<b>7</b> 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE lunch 1 BINGO 1 Pool T'ment 1 Writer's Group  <b>10-3 CW Craft Sale</b>	<b>8</b>
<b>9</b>	<b>10</b>	8:30-12 Open Rec 12 PEACE Lunch 10-12 Bunco 1 Wii Bowling 1-2:30 Mah Jong for Everyone 1 Book Club 1 Sign Language Tutorial	<b>11</b> 8 Tai Chi 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Studio	<b>12</b> 9:15 Senior Ball Drumming Exercise 10:30 Adult Coloring <b>11 Music by Larry Sarafini and Drew</b> 12 PEACE Lunch 12:00 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program 1 Poker	<b>13</b> 8 Tai Chi 10 Falls Class 10 Scrabble 1 Pitch	<b>14</b> 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 2 PEACE Lunch 1 BINGO 1 Pool T'ment  FLAG DAY	<b>15</b>
<b>16</b> <b>D</b> <b>a</b> <b>d</b> <b>,</b> <b>s</b> <b>D</b> <b>a</b> <b>y</b>	<b>17</b>	8:30-12 Open Rec 10-12 Bunco 12 PEACE Lunch 1 Wii Bowling 1-2:30 Mah Jong for Everyone	<b>18</b> 8 Tai Chi 9 Yarn Crew 9:30 BP Screening 10 Falls Class 12 Dup Bridge 1 Poker 2 Art Studio 2 Jackie Travel Presentation	<b>19</b>  <b>Juneteenth</b>  The Center is Closed	<b>20</b> 8 Tai Chi 10 Falls Class 10 Scrabble 1 Pitch	<b>21</b> 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 BINGO 1 Pool T'ment 1 Writer's Group	<b>22</b>
<b>23</b>  <b>30</b>	<b>24</b>	8:30-12 Open Rec 10-12 UNO-Skip-Bo 12 PEACE Lunch 1 Wii Bowling CW Golf Tournament	<b>25</b> 8 Tai Chi 9 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Group  Primary Day	<b>26</b> 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	<b>27</b> 8 Tia Chi 10 Falls Class 10 Scrabble 1 Pitch	<b>28</b> 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 BINGO 1 Pool T'ment	<b>29</b>



## Travel Reflections

Hello everyone, Summer is here and along with the good weather are some fun Day Trips. There is still room on the Tribute to Whitney Houston on June 25. It should be a fun day out with some great music. There is room on the Alex Bay trip and we have a new one for August. I have been forced to cancel Day Trips due to not enough people signing up on time. What is happening is folks are waiting until it is too late and then signing up. PLEASE...if you think you may be interested in a trip. Sign up right away. I will not cash your check until I am positive the trip will go. This allows me to know how many people sign up and I can make a better decision on whether or not to cancel. Most vendors need to know a decision a minimum of 30 days prior to a trip.

Our Director Ruth Troy retired after 15 years of service to Canton Woods. She has been a pleasure to work with and we will all miss her. I wish her the best of luck as she begins this next exciting chapter of her life. I hope to see her on some of my trips. Nancy Sullivan who has worked with the seniors has also retired. I wish her the best of luck too.

Happy Father's Day to all the dads and grandpas.  
Until next month, take care and God Bless.

Love, *Jacki*

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

**\*EXCITING NEW TRIP!! Dubai and Southern Africa. Join us for a travel slide presentation on Tuesday, June 18 at 2 pm at Canton Woods Senior Center. Kevin Ferguson from Collette Vacations will tell us about this once in a lifetime trip. Please join us!**

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### **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.

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### **ALEX BAY and BOLDT CASTLE DAY OUT | July 18, 2024 - Thursday**

Join us for a summer Day Out to picturesque Alex Bay. This Day Out includes: deluxe Hale transportation; a boat ride board Uncle Sams' scenic cruises; lunch and admission to Boldt castle on Heart Island; all taxes and gratuities including bus driver. Boldt castle has had many restorations and is beautiful to see. We will have some free time to explore the town of Alex Bay too!

**COST: \$145** per person payable to "Belle Tours, LLC". Bus Pick-Ups: 9:00am (Larkin St.), 9:30am (Canton Woods). Please arrive 15 minutes prior to departure. Arrive home around 6pm.



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### **CANANDAIGUA LADY DAY OUT | August 15, 2024 - Thursday**

Join us for a summer Day Out to lovely Canandaigua for a boat ride and luncheon aboard the Canandaigua Lady. This is a 19<sup>th</sup> century steamboat replica and authentic double-decker paddle wheeler on Canandaigua Lake. Lunch will be provided on board. Selections include: 1) Chicken Caesar wrap, 2) Roast Beef wrap, 3) Assorted veggie wrap, or 4) Turkey wrap. We will make a stop at Sauders Market on our way home.

**COST: \$150** per person payable to "Belle Tours, LLC". Bus Pick-Ups: 9:45am (Larkin St.), 10:15am (Canton Woods). Please arrive 15 minutes prior to departure. Arrive home around 5pm. 9

**BOSTON TOUR | SEPTEMBER 3<sup>RD</sup> - 6<sup>TH</sup>, 2024 - 4 DAYS/3 NIGHTS**

We have a great 4 day trip to Bean town. This fall trip includes: deluxe Hale transportation; 3 nights hotel accommodations; 3 breakfasts; 3 dinners; narrated "Freedom Trail" tour; Visit to Faneuil Hall & Quincy Mkt; admission to the Boston Tea Party Museum; a Boston Harbor cruise; visit to JFK Library and a tour of the U.S.S. Constitution; all taxes and gratuities including driver.

COST:  
**\$1,075 /per person**  
(Based on **double** occupancy)

COST:  
**\$1,295 /per person**  
(Based on **single** occupancy)

A deposit of \$300 is due at sign up. Balance due August 1, 2024. Sign up any time at the center or send to Jacki @ 132 Plymouth Drive Syracuse, NY13206

**SOUTHERN CHARM | OCTOBER 7<sup>TH</sup> - 13<sup>TH</sup>, 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 24<sup>TH</sup> - NOVEMBER 4<sup>TH</sup>, 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:  
**\$5,821 /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

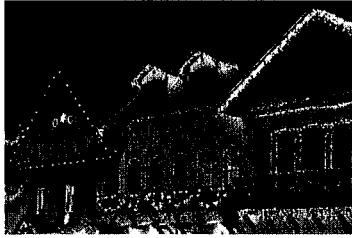
**\*ALL DOUBLE OCCUPANCY**

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.

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BETHLEHEM & LANCASTER, PA | NOVEMBER 18<sup>TH</sup> - 20<sup>TH</sup>, 2024



Come join us to celebrate the magic of Christmas in Bethlehem, PA. This trip includes: deluxe Hale transportation; 2 nights' hotel accommodations in beautiful Bethlehem, PA. 2 full breakfasts; 2 dinners; visit to Christkindlmarkt; Trees of historic Bethlehem Tour; Admission to Sight & Sound Theatre to see DANIEL; Admission to the American Music Theatre to see "Joy to the World"; visit to Kitchen Kettle Village; visit to Wind Creek Bethlehem, Pennsylvania's best Casino Resort with \$35 free play included; all taxes and gratuities.

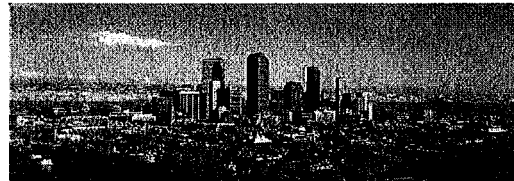
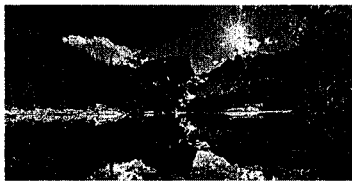


COST:  
**\$875 /per person**  
(Based on **double** occupancy)

COST:  
**\$1,010 /per person**  
(Based on **single** occupancy)

A deposit of \$250 is due at sign up (\$100 non-refundable) Balance due September 30<sup>th</sup>, 2024. Payable to Belle Tours, LLC. Sign up any time at the center or send to Jacki @ 132 Plymouth Drive Syracuse, NY13206

THE COLORADO ROCKIES | SEPTEMBER 20<sup>TH</sup> - 28<sup>TH</sup>, 2025



Adventure awaits as you explore the towering peaks and rolling meadows of Colorado and Utah. This trip includes: Denver, Rocky Mountain National Park, Colorado National Monument, Grand Junction, Black Canyon of the Gunnison National Park, Museum of the Mountain West, Durango & Silverton Narrow Gauge Railroad, Mesa Verda National Park, Pikes Peak Cog Railway, Garden of the Gods, and much more! This trip includes: Home town pick up to and from Canton Woods; Air to and from Syracuse; All taxes and fees, 8 night hotel accommodations; 7 breakfasts; 1 lunch; 4 dinners. Cancellation Insurance is available for an additional \$429 per person. A deposit of \$698 per person is needed to sign up. Final payment is due by June 22<sup>nd</sup>, 2025. A full detailed itinerary is available at the Center.

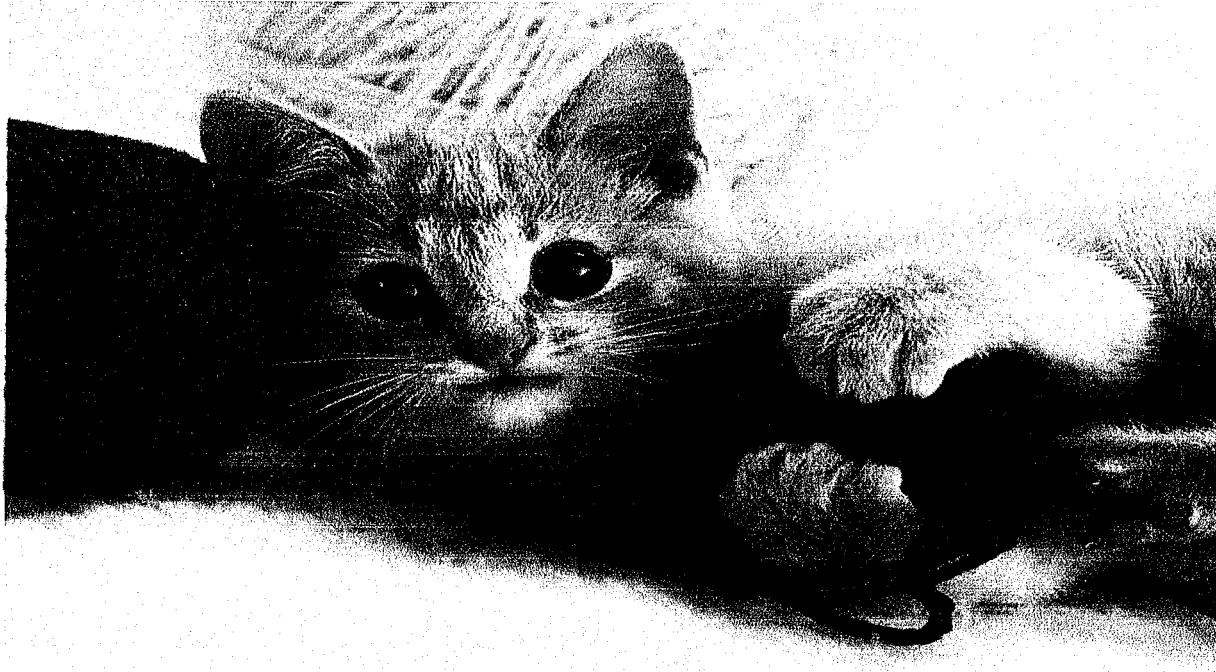


COST:  
**\$3,999 /per person**  
(Based on **double** occupancy)

COST:  
**\$4,999 /per person**  
(Based on **single** occupancy)

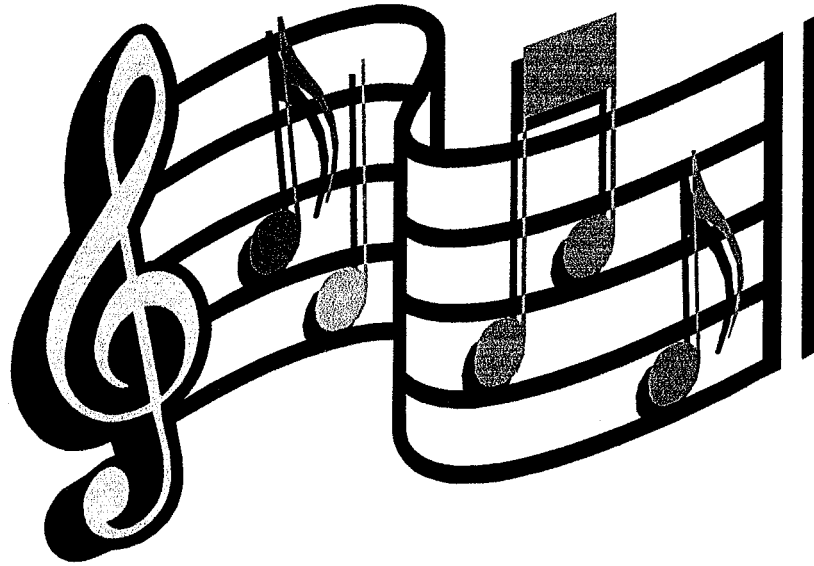
Rates will increase after March 20<sup>th</sup>, 2025.

# CW Summer Craft Sale



Friday, June 7<sup>th</sup> from 10:00am-3:00pm

Please mark your calendar to attend, you  
won't want to miss it!!



**Summer 2024 Entertainment Series!**  
**Sponsors! Barnes Memorial, Belle Tours,**  
**B'ville Diner, Falardeau Funeral Home, and**  
**the Canton Woods Board!**

**Concert! Wednesday. June 12<sup>th</sup> at 11:00am.**  
**All Time Favorite Music!!!**

***Larry Serafini & Son***

**Bring your chairs, sunscreen, and sun hats and enjoy! Outdoor concert !!**  
**(inside if inclement weather)**

**If you want to stay for Lunch at 12:00, please sign up at least 1 day in advance. Thanks 315-439-4513.**

# BREAST CANCER: SCREENING SAVES LIVES

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

## Our mobile mammography van will be in your area!

ON

Tuesday, July 2, 2024

9 am to 3 pm

AT

**Canton Woods  
Senior Center**  
76 Canton Street  
**Baldwinsville**



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

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



### Sign up for a mammogram:

Appointments are recommended. Register now!

**BY PHONE: 315-464-2588**

**ONLINE: [www.upstate.edu/noexcuses](http://www.upstate.edu/noexcuses)**

You do not have to be an Upstate patient to get a mammogram.  
Your results will be sent to the health care provider of your choice.

**We welcome insured and uninsured women.**

**UPSTATE**  
UNIVERSITY HOSPITAL  
*Mobile Mammography*

***Summer Entertainment Series 2024***

***FREE Concerts***

***Canton Woods Senior Center***

***76 Canton St.***

**June 12      11:00am      Larry Sarafini & Drew**

**July 9          7:00pm      La Fayette Community  
Band**

**July 10      11:00am      Jerry Cali**

**August 14    11:00am      Jillisa**

**September 18 7:00pm      Baldwinsville  
Community Band**

**Thank you to our generous sponsors!**

**Barnes Memorial, Belle Tours, B'ville Diner,  
Falardeau Funeral Home, and the Canton  
Woods Board!**

# 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*

## SPRING-SUMMER 2024

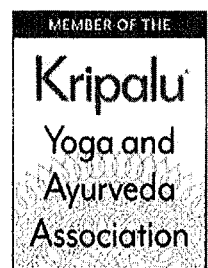
**TUESDAYS - May 7, 21  
- June 4, 11, 25  
- July 16, 23  
- Aug 6**

**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!





# June 2024

PEACE, Inc. FSD		Senior Nutrition	
<b>Monday</b>			
3		5	7
Roasted Lemon Pepper Chicken		Meat Lasagna w/ Marinara Sauce	Cheesy Chicken Alfredo Sauce
Seasoned Potato Wedges		Citrus & Field Green Salad	Served over Bowtie Pasta
Greek Orzo Salad		w/ Poppy Seed Dressing	Steamed Broccoli
Mixed Fresh Berries		Cantaloupe	Jell-O with Whipped Topping
Snowflake Roll w/ Margarine PC		Crusty Italian Bread w/ Margarine PC	Italian Bread
10		12	14
Julienne Salad		Gianelli Sweet Italian Sausage Sandwich	Home Made Old Fashioned
Topped w/ Ham, Turkey, Swiss Cheese		w/ Peppers & Onions	Meatloaf w/ Mushroom Gravy
Tomatoes, Cucumbers,		Maccaroni Salad	Garlic Red Skin Smashed Potatoes
Hard Boiled Egg and Olives		Italian Blended Vegetables	Roasted Asparagus
Dinner Roll w/ Margarine PC		Mandarin Oranges	Cantaloupe
Fresh Pear			Whole Wheat Bread w/ Margarine PC
17		19	21
Bacon & Tomato Chicken Salad		Closed	Salt City Fried Chicken
on Croissant			Baked Potato Salad
Strawberry Feta Spinach Salad		Juneteenth	Country Blend Vegetables
w/ Balsamic Vinaigrette			Mandarin Oranges
Juicy Diced Peaches			Dinner Roll
24		26	28
All-American Cheese Burger		Tropical Fruit Glazed Ham	Classic Philly Cheese Steak
w/ Lettuce, Tomato		Yukon Gold Potatoes w/ Onions	Sandwich w/ Peppers & Onions
Seasoned Potatoes Wedges		California Blend Vegetables	Whipped Sweet Potatoes
Blended Vegetables Slaw		Fresh Fruit Salad	Roasted Cauliflower
Whole Wheat Bun		Whole Wheat Bread	Fresh Baked Peanut Butter Cookie
Applesauce			
<b>All meals include: Coffee, Tea, Milk, Bread, and Margarine</b>			
			Suggested contribution: \$3.50
			Guest meal: \$7.00