

Canton Woods Newsletter

July 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

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:

Can you believe that it is July, unbelievable!! Changes are happening at Canton Woods. One of which is the newsletter. It may look different for August, which is ok!! However, if you are agreeable, please change your mode of delivery to e-mail. Our e-mail delivery list has been updated and stream lined and we would like to add you to the list. It's easy to do, just call us with you e-mail address or write it down and give it to our receptionist and moving forward we will send the newsletter to your e-mail. Any questions, just find me and we can talk, but don't worry we are not at this time stopping the mailing of

newsletters. Thanks for your understanding and support!! Happy Independence Day to all!

Joanie

MOW: Hi Everyone,

July is a month for Picnics, Fireworks, and a lot of hot days! Please stay cool and check on your seniors and homebound! We are accepting your extra garden veggies or fruits anytime!! We, also, need some substitute drivers for delivering, if you can help once a month, please call us at 315-638-2171. Happy 4th of July

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

Neighborhood Advisor/Outreach

Rene McMonagle

Worker June 2024

Happy July! With the 4th coming up things will be exciting.



The Farmer's Market Coupons are starting to be distributed and I will be visiting several different sites to distribute them. The Senior Center will be closed on the 4th so please make sure to get out and enjoy some fireworks. I will be available Monday through Friday from 8:30am through 2:30pm to be

of assistance. Please feel free to reach out to me at 315-638-4536 or come and see me at the Center.

Special events for July:

Mobile Mammography Van is at Canton Woods July 2nd. See flyer in this newsletter for details.

Lafayette Community Band
Tuesday, July 9th at 7pm.

Great Music by Jerry Cali
Wednesday, July 10th at 11:00.
Please sign up in advance for Lunch that day!!

Scams and Frauds presentation
Friday, July 12th at 11:00am.

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!!
The B'ville Express will be closed on Thursday, July 4, 2024 in observance of Independence Day. My hours have changed. I will now be available Monday- Thursday from 9:30am – 2:00pm. You can still call the center for the B'ville Express outside of these hours to place a ride request.

We are desperately in need of volunteer drivers. If you are interested in volunteering, please call Gina @ 315-638-4536.

I hope you are enjoying your summer!

Gina Carroll

Transportation Coordinator

Frauds & Scams

Kenda Carfagno, FSCP Financial Wellness Officer, Visions Federal Credit Union Will be at Canton Woods on Friday, July 12th at 11:00am with a presentation and information on Frauds & Scams that can affect seniors and other. She will talk about common tactics fraudsters use, common scams, and how to protect yourself. Please call the center 315-638-4536 to let us know you plan to attend.

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!

Sign language classes will resume in the fall as well.

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: Barbara Verback

Sympathy Cards were sent to: the families of Bobbie Cooper and George Pogact.

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.

July Birthdays:

7/4 Janice Jenner

7/16 Paula Machut, Elise Massett

7/18 Dick Wrona

7/26 Avis Neupert

7/31 Phil Seitzer
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 Rene, 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, July 12th
by 3:30pm.**

**The pick-up date is Wednesday, July
24th 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 **FULL**.

Notes from Canton Woods Activity Committee: Happy July!

So here we are in July already!
Things are going great here at the
center. We will be closed on July 4th.
Lafayette Band on the 9th at 7:00pm.
Then on the 10th, we have music
with Jerry Cali. Finishing the week
on Friday there is a presentation on
Frauds and Scams. See ya all soon!!

Kathy Hogan

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

Tournaments for May

9 Ball Tournaments

5/3

1st Place: Frank O'Donnell

2nd Place: Dave Au

5/10

1st Place: Nunzio Lipari

2nd Place: Don Varn

5/17

1st Place: Frank O'Donnell

2nd Place: Nunzio Lipari

5/24

1st Place: Dave G.

2nd Place: Dave Au

5/31

1st Place: Frank O'Donnell

2nd Place Paul Dreher-Wiburg

Wii Bowling

5/6

1st Place: Bob Hahn & Doug Clark

2nd Place: Sue Stapleton & Loren

Preston

5/13

1st Place: Bob Hahn & Doug Clark

2nd Place: Loren Preston & Ken

Stewart

5/20

1st Place: Doug Clark & Patty

DiFabion

2nd Place: Louise Barone & Peggy

Ford

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

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.

UNO – Skip-Bo 4th 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, July 16th.

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 July 2nd & Tuesday July 16th 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

CRAFT SHOW SUCCESS!

Those of you who attended the craft show at Canton Woods Senior Center made our day. This was just our second year having a mini craft fair and what a success!

The stuffed cat door stops were the big hit this year. Quilts were also for sale at a great price.

If you ordered a custom cat, I will get those done within the next month while recovering from my knee replacement. Thank you for being so patient. They were a bigger hit than I anticipated. Also, the sun catchers caught people's eyes. These and the cats will be available at the bigger craft sale in November.

We are constantly striving to bring in new items.

Stay Tuned: Once I recover from my knee surgery, there will be three classes I would like to teach:

1. Mosaic trays
2. Chicken wire sun catchers
3. Eco-dyed scarves

Samples and more information will be forth coming.

Debbie Grimshaw won the patriotic quilt and Harley Colvin won the crocheted Afghan.

THANKS *Edwina*

2024 Library News

New books:

Summers at the Saint (M. K. Andrews)

Calamity of Souls (D. Balducci)

Think Twice (H. Coben)

The Many Lives of Mama Love (L. L. Hardin)

24th Hour (J. Patterson/M. Paetro)

Toxic Prey (J. Sandford)

Truth About the Devlins (L. Scottoline)

CW Librarian, Lorraine

Ask the Physical Therapist:

Ask the Physical Therapist...

What is Osteoporosis and Why is PT important?

Osteoporosis is a condition that causes your bones to become brittle and weak, which in turn makes your body prone to fracturing.

Osteoporosis can affect everyone! Men and women of any age can be diagnosed.

Caucasian and Asian women over 50 are most susceptible.

Symptoms: Back and neck pain, stooped posture and loss of height - to name a few.

Treatment: You can help prevent bone loss and rebuild your bone mass in several ways. The three most common are exercise, diet or medication.

Why does exercise help? Exercise releases growth hormones that stimulate osteoblast (cells of the bone) to grow.

A PT will help you create a safe exercise routine. Did you know your spine is more loaded with pressure when you are sitting versus when you are standing? Do you have osteoporosis? Do you feel you sit too much throughout the day? A PT is a movement specialist that can create the right exercise routine for you to avoid unnecessary spinal loading, all while optimizing your strength, mobility, balance and bone health.

**If you are having any questions about your exercise routine and if it's safe for your osteoporosis, consult a Physical Therapist.

Onondaga Physical Therapy
(across from the B'ville Diner)

19 E Genesee St

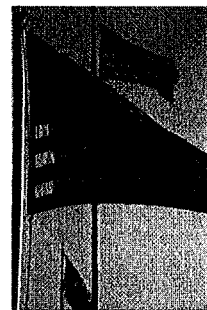
Call Or Text: 315-635-5000 |

www.onondagapt.com

Learn more about Our Locations, What We Treat, Make an appointment online, Healthy Living Tips & More

Please continue to bring in your \$.05 returnable bottles and cans. More information about a drop off site will be coming. Thank you so much!

"The fact is, with every friendship you make and every bond of trust you establish, you are shaping the image of America projected to the rest of the world." – Michelle Obama¹.



**PLEASE STOP AT THE FRONT
DESK FOR JULY'S PEACE
MENU CALENDAR**

Canton Woods

July 2024

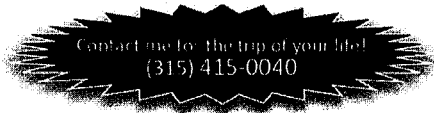
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	
	1 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling	2 8 Tai Chi 9:30 Yarn Crew 10 Falls Class 12 Dup Bridge 1 Poker 1 Art Group Mobile Mammography Van	3 9:15 Senior Ball Drumming Exercise 10:30 Adult Coloring 12 PEACE Lunch 12:00 Party Bridge 1 BINGO 1 Poker	4 Happy Independence Day The Center is Closed	5 9:15 Senior Ball Drumming Exercise 10:30 Mexican Train 12 PEACE Lunch 1 BINGO 1 Pool Group	6
7	8 8:30-12 Open Rec 10-12 Bunco 12 PEACE Lunch 1 Wii Bowling 1-2:30 Mah Jong for everyone	9 8 Tai Chi 9:30 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 7 Lafayette Community Band	10 9:15 Senior Ball Drumming Exercise 10:30 Adult Coloring 11 Music with Jerry Cali 12 PEACE Lunch 12:00 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program 1 Poker	11 8 Tai Chi 10 Falls Class 10 Scrabble 1 Pitch	12 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 11 Frauds & Scams Presentation 12 PEACE lunch 1 BINGO 1 Pool T'ment 1 Writer's Group	13
14	15 8:30-12 Open Rec 12 PEACE Lunch 10-12 Bunco 1 Wii Bowling 1-2:30 Mah Jong for Everyone	16 8 Tai Chi 9 Yarn Crew 9:30 BP Screening 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker 2 Art Group	17 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 1-3 Sharing Memories Writing Program 1 Poker	18 8 Tai Chi 10 Falls Class 10 Scrabble 1 Pitch	19 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 2 PEACE Lunch 1 BINGO 1 Pool T'ment	20
21	22 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling 1-2:30 Mah Jong for Everyone	23 8 Tai Chi 9 Yarn Crew 10 Falls Class 11:10 Chair Yoga 12 Dup Bridge 1 Poker	24 9:15 Senior Ball Drumming Exercise 10:30 Adult Coloring 12 PEACE Lunch 12 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program 1 Poker	25 8 Tai Chi 10 Falls Class 10 Scrabble 1 Pitch	26 9:15 Senior Ball Drumming Exercise Class 10:30 Mexican Train 12 PEACE Lunch 1 BINGO 1 Pool T'ment 1 Writer's Group	27
28	29 8:30-12 Open Rec 10-12 UNO-Skip-Bo 12 PEACE Lunch 1 Wii Bowling	30 8 Tai Chi 9 Yarn Crew 10 Falls Class 12 Dup Bridge 1 Poker	31 9:15 Senior Ball Drumming Exercise 9:30 AAA Defensive Driving 10:30 Adult Coloring 12 PEACE Lunch 12:00 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program 1 Poker			

Travel Reflections

Hello everyone, I hope you are enjoying our summer. We have room on the Alex Bay trip and we need more people for this trip to go. Again, PLEASE include your phone number on all checks for trips.

I have a Mystery trip planned for September. If you are interested, please sign up ASAP so I will know if the trip is a go. A little hint, water is involved!

Until next month, take care and God bless. *Love, Jacki*



Day Trips

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.

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 19th 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.

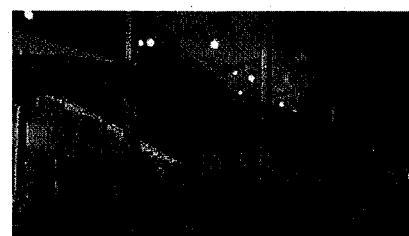


MYSTERY TRIP | September 12th, 2024 - Thursday

It's time for our annual MYSTERY TRIP celebrating my 31st anniversary of Belle Tours LLC and Canton Woods Travel. This trip will include something to do with water and that is the only hint. Join us as we will enjoy a fun Fall Day Out. Food choices: 1. Beef on a Weck 2. Southwest Bean Burger 3. Crispy Chicken Sandwich.

COST: \$175 per person payable to "Belle Tours, LLC". Bus Pick-Ups: 9:30am (Larkin St.), 10:00am (Canton Woods). Please arrive 10 minutes prior to departure. Please include food choice and phone number on your check. Arrive home around 6pm.

BETHLEHEM & LANCASTER, PA | NOVEMBER 18TH - 20TH, 2024



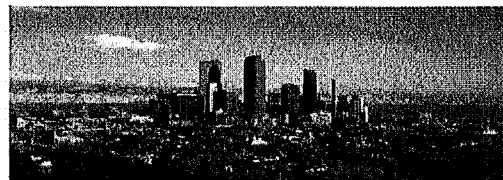
Come join us to celebrate the magic of Christmas in Bethlehem, PA. This trip includes: deluxe Hale transportation; 2 nights' hotel accommodations in beautiful Bethlehem, PA. 2 full breakfasts; 2 dinners; visit to Christkindlmarkt; Trees of historic Bethlehem Tour; Admission to Sight & Sound Theatre to 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 30th, 2024. Payable to Belle Tours, LLC. Sign up any time at the center or send to Jacki @ 132 Plymouth Drive Syracuse, NY 13206

THE COLORADO ROCKIES | SEPTEMBER 20TH - 28TH, 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 22nd, 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)

¹⁰
Rates will increase after March 20th, 2025.

BOSTON TOUR

SEPTEMBER 3RD - 6TH, 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)
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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

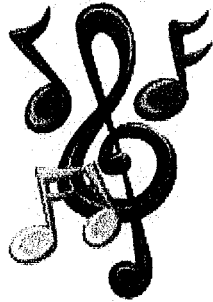
SOUTHERN CHARM

OCTOBER 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)
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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



shutterstock - 350251484

Lafayette Community Band

Tuesday, July 9th

7:00pm at CW

**Monetary donations to support the band
accepted at the concert.**



Musical favorites by

Jerry Cali

Wednesday, 10th

At 11:00am.

In the Gazebo area weather permitting.

Treats by Wegmans!

Produce Boxes

Produce Boxes Delivered to Canton Woods

\$20 for a half bushel box of fresh and local produce from Emmi's Farms

Please call to order 315-638-4536

Order Dates

Mondays

July 8

July 22

August 6

August 19

September 2

September 16

September 30

Delivery Dates:

Thursdays

July 11

July 25

August 8

August 22

September 5

September 19

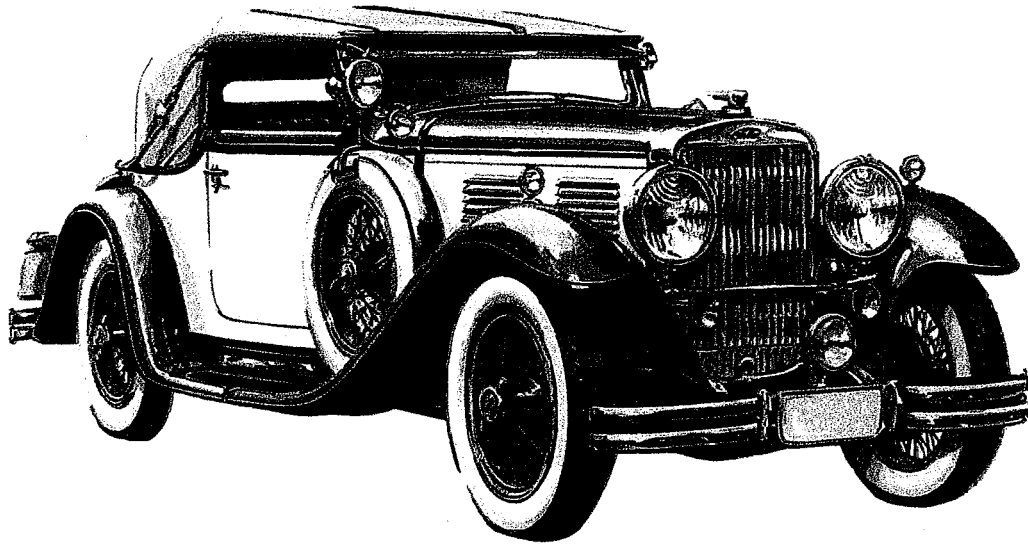
October 3

Cash and Carry only



ongovhealth
Onondaga County
Health Department
ongovnet.health facebook.com/ongovhealth





Canton Woods 14th Annual Car Show

August 12th, 2024 5:00pm-7:30pm

Canton Woods 76 Canton St.
Baldwinsville, N.Y. 13027 638-4536

The evening will include: Beautiful Cars & Trucks,
Food to Purchase from Canal Side Café & Bistro
Prizes, Raffles, *Musical Entertainment from*
B'ville's own George Leija & Fun!

Entry forms available at Canton Woods & on the Village of Baldwinsville
website-- Entry fee \$10. for each car entered.

Car Show winners to be announced at 7:00pm

Categories for Car Show: Oldest entry, Fans Favorite, Senior
Activity Committee's Choice

Rain Date: Monday August 19, 2023

Please come and enjoy the family event at Canton Woods!

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

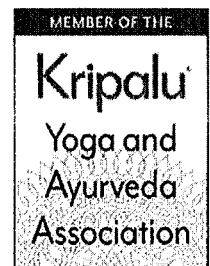
- Aug 6

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

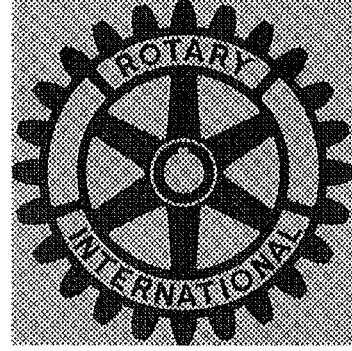
Cost: OPTIONAL & CONFIDENTIAL

This is a drop-in class - any questions, feel free to call Yvonne or the front desk (315-638-4536)

- ॐ **A gentle, fun practice that encourages mindfulness and compassionate self-awareness.**
- ॐ **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.**
- ॐ **New to Yoga? Come give it a try. Absolutely no experience necessary. Everyone welcome!**



**Summer
Fun**



**Annual Baldwinsville Rotary Senior Citizen
Summer Picnic**

Join Us At Canton Woods

Wednesday September 4, 2024

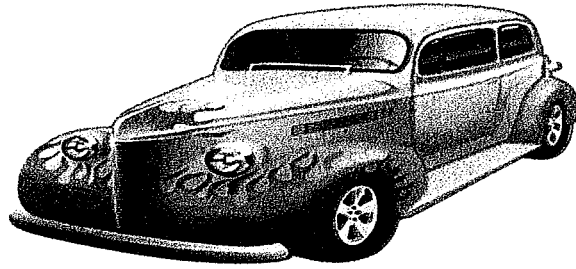
4:00-5:30pm

***FREE for all senior citizens living in the greater
Baldwinsville area***

60 years of age and over

Call and register with Canton Woods at 315-638-4536 by
Friday, August 28th

Door prizes & entertainment too!!



Canton Woods 14th Annual Car Show

August 12th 5:00-7:30pm

At Canton Woods

76 Canton St. Baldwinsville, N.Y. 13027

315-638-4536

Entry Form:

Name:

Address:

Phone:

Cell:

E-mail:

Vehicle Make:

Vehicle Model:

Vehicle Year:

Entry Fee: __\$10.00 per entry

The evening will include Food For Sale, Entertainment,
Prizes and Raffles!

Car Show winners announced at approximately 7:00pm

Categories for Car Show: Oldest Entry, Fans Favorite, &
Senior Activity Committee's Choice.

Rain Date: Monday August 19, 2023

No Alcoholic Beverages on Canton Woods Property.

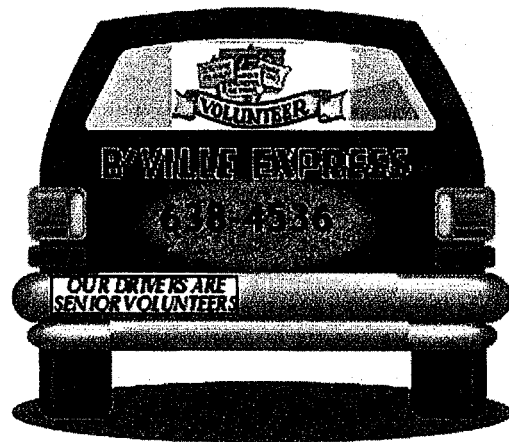
Please come and enjoy this family event at Canton Woods!

PLEASE HELP!!

The *B'ville Express* Senior Transportation program
DESPERATELY NEEDS drivers!

We provide transportation to the seniors of Baldwinsville, helping them access essential services. At times, some of our seniors go without groceries and healthcare because they lack transportation. If you would like to help your senior neighbors and friends-

PLEASE VOLUNTEER TODAY!



Volunteer as much or as little as you can. This is a rewarding volunteer opportunity that will help ensure our program will still be available as we enter our Golden Years!

To volunteer, please call Gina @ 315-638-4536.

Operated out of Canton Woods Senior Center, 76 Canton St, Baldwinsville NY

The B'ville Express is funded through Onondaga Cty. Dept. of Adult and Long-Term Care Svc.

Summer Entertainment Series 2024

FREE Concerts

Canton Woods Senior Center

76 Canton St.

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

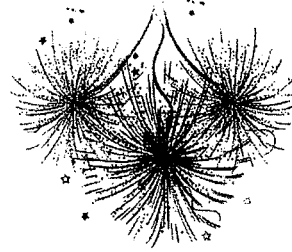
July 10 11:00am Jerry Cali

August 14 11:00am Jillisa

September 11 11:00am John Vona

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

**Thank you to our generous sponsors!
Barnes Memorial, Belle Tours,
Falardeau Funeral Home, and the Canton
Woods Board!**



CANTON WOODS - Helping seniors to remain active members of the community.

Senior citizens are a valuable community resource. Canton Woods multipurpose senior center meets the challenges facing older Americans by offering stimulating social activities, education and recreation programs, nutrition, health and other activities.

CANTON WOODS MISSION STATEMENT

CANTON WOODS SENIOR CENTER

76 CANTON STREET
BALDWINSVILLE, NY 13027
TELEPHONE # 315-638-4536
WWW.BALDWINSVILLE.ORG

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



(OPEN MONDAY - FRIDAY 8:00AM - 4:00PM)

JULY 2024 NEWSLETTER