

Canton Woods Newsletter

August 2022

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.

The Village of Baldwinsville Mask Policy:
The wearing of masks in village owned buildings (including Canton Woods Senior Center) is at the OPTION of the individual entering the building.

Un-Vaccinated persons or persons who decline to show proof of vaccination:
must socially distance, they may not participate in activities where social distance cannot be maintained.

Rotary Summer Senior Picnic 2022!

The Rotary Summer Senior Picnic is Wednesday August 24 at Canton Woods.

Reservations are required for this event. Look for details on the flyer in this newsletter

Summer Temperatures

The air conditioning is on at the senior center. If you are usually chilly in air conditioning, please remember to bring a sweater.

Baldwinsville Farmers Market is open!

The Baldwinsville Farmers Market takes place from 3 to 7 pm on Tuesday at Baldwin Canal Square (behind the B'ville Diner). Weather permitting. Be sure to stop by and enjoy.

Director's Note:

There is a lot of concern about the current cost of groceries. Canton Woods offers several programs to help stretch your food buying dollars and support healthy eating.

1. PEACE Senior Nutrition Lunch Program at the center Monday, Wednesday, and Friday
2. Food Sense Program at Canton Woods from the Food Bank of CNY
3. Produce Box Program (Emmi Farms and the Healthy Schools and Communities Program)

Read more about each of these opportunities in the newsletter or call the senior center for details.

Summer is a busy time at Canton Woods. We are looking forward to many of our annual fund-raising events and have added something especially for the golfers in our community. Look for all the exciting details in this newsletter.

Canton Woods Car Show is August 8 (rain date of August 15)

Canton Woods Golf Tournament
September 12

Walk for the Woods September 17, rain, or shine.

Be sure to read your entire newsletter. There are a lot of exciting events and programs coming up. Stay cool and, remember to hydrate!

Happy Summer!

Ruth

Mah Jong, Mah Jong,

Assistant Director: Over the past few months, I have had several people ask about playing **Mah Jong**. It is on the calendar for Wednesday morning and for a while we had a few players. Recently, participation has really decreased, however if everyone who has asked about playing showed up on Wednesday mornings there would be enough people to PLAY!! I even have an instructor to teach or refresh. I can change the morning if that

will help with participation. Please call the center 315-638-4536 and let's start a list of players and please come in to PLAY!!!!

Thanks

Joanie

MOW:

Hello Everyone,

I would like to tell you we have a new cook. Her name is Jessica Metz. She is my daughter-in-law.

She's doing a great job.

Once again, we will accept any fruit or vegetables you have extra.

Look for some fall fundraisers from us, one will be a turkey dinner and our annual fundraiser letter in November. Also, we are at The Fireside restaurant for their charity of the night for Cirque de Vin wine club, October 7th. Come join us, it's fun.

Thank you,

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

Neighborhood Advisor / Outreach

Hopefully our Farmers Market Coupons have been delivered by now and you are enjoying the produce. I am sorry for the delay. It is my understanding that there was a printing error and the coupons had to be reprinted which threw our timetable off.

Another way to get affordable produce is to purchase our Produce Boxes which come from Emmi's Farms. They are \$16.00 a box and must be paid for when you place your order. The box contains a half bushel of various produce that changes as the season progresses. *You can use your Farmers Market Coupons for the purchase of these boxes!*

Now that you have been eating healthy with all this produce, I suggest you gather some friends, start a campfire and enjoy celebrating National S'mores Day on the August 1st!

Those of you who have no vision coverage through insurance or Medicaid may now be eligible for free eye care through Amaus Vision Services if you are interested give me a call.

Take care. *Nancy Sullivan*

B'VILLE EXPRESS

Colonoscopy? Eye injections? Nerve

Block? If you are having any type of procedure done and need transportation, the B'ville Express can help!! We have access to a **FREE SENIOR TRANSPORTATION** program for procedures.

YES!! FREE!!

If you are having a procedure and need transportation, please call Gina at the B'ville Express for information. 315-638-4536.

The B'ville Express has an URGENT NEED for volunteer drivers. Many of our senior friends in Baldwinsville lack transportation and are unable to access services that they desperately need. The B'ville Express helps our senior friends with transportation to doctors' appointments, the bank, pharmacy and local grocery shopping & Canton Woods. If you are looking to volunteer, this is your opportunity! Please consider volunteering your time to help your senior neighbors today.

To volunteer and for more information please call Gina @315-638-4536.

Everyone have a fun and safe summer!

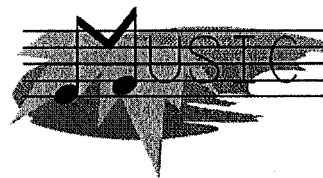
Gina Carroll

*Transportation Coordinator/
B'ville Express*

Gardening Time!

Canton Woods Garden

Canton Woods garden growing great! Thank you to Bert Mead who is leading the center's garden. The garden project needs some helping hands to make it a success. We need a few volunteers to help water the garden from time to time and to help pick the produce when it is ready. Get some fresh air and enjoy the reward of watching the garden grow. Let the front desk know you are interested. Thank you to Onondaga County Healthy Schools and Communities for supporting the garden.



Summer Concert Series 2022

It's time to enjoy outdoor concerts at Canton Woods! This is a great way to spend the afternoon. Bring your lawn chair. All concerts are outside on the center grounds weather permitting, (indoors in the event of rain).

Music Favorites from

Larry Serafini & Son

Friday, August 12th at 2:30pm!

See flyer in this newsletter!

Thank you to our generous concert sponsors!

**Barnes Memorial, Belle Tours,
Falardeau Funeral Home, Red Mill
Manor, and the Canton Woods
Board!**

50/50 Raffle winner was Kathy Hogan!!

Congratulations

**Sponsored by the CW Senior Activity
Committee**

**Genevieve Nelson won the Christmas in
July Craft Show Quilt!!**

**AAA DEFENSIVE DRIVER COURSE
AT CW!! The next class is
Wednesday August 31st 9:00am-
3:30pm. Cost is \$29.00 per person.
Next class September 28th, 2022.
*Make checks payable to AAA***

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 a lunch or pre-order lunch at the center (\$3.50 for those 60+ nutrition program registration required). Participants should bring their unexpired driver's license and a pen. Class size is limited, early registration is recommended. Phone registration will NOT be accepted. Next class is Wednesday, August 31st. **Payment must be made when you sign up.** Questions? Call the center at (315) 638-4536.

Open Rec on Monday & Friday

Mornings is the perfect time to practice pool, play a game of checkers or cards with a friend or a friendly game of pitch or poker.

National Grid Consumer

Advocate will be available by calling our Neighborhood Advisor, Nancy Sullivan. If you have questions about your National Grid account, we can seek out help for you.

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 or thinking of you cards sent to: Trish Spaulding

A sympathy card was sent to Sue Harrington due to the passing of a family member.

Memorial Giving

Canton Woods is giving you the opportunity to donate to the Center through Memorial Giving.

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

PEACE LUNCH

The congregate senior lunch program has resumed indoor dining. Canton Woods now has the **PEACE Lunch** hot meal served in the dining room for *fully vaccinated individuals*. *You will be asked to show proof of vaccination. Please plan to arrive between 11:30 and 11:45am. Meal served at 12:00pm.*

The Take- Away meal is also available for those who are unvaccinated or who prefer not to dine inside. Please plan to drive up between 11:15 and 11:45am.

You must make a reservation for both lunch programs.

Lunch is available Monday Wednesday and Friday.

We are updating our birthday list so please call or e-mail your birthday month and day.
jferstler@baldwinsville.org
(315) 638-4536.

August Birthdays

8/3 Margaret Detran

8/14 Betty Ball

8/24 Della Falter

August 21st is National Senior Citizen Day!!!!



JESSICAKES

On your birthday, (or very very close), stop by Jessicakes

3 Marble St. Baldwinsville
for a FREE birthday cupcake!
Jessicakes 315-484-8228

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.

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 August Package List.

Cost: \$20.50

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

The pick- up date is Wednesday, August 24th from 11:30am-12:30pm

Produce Box Program from Creating Healthy Schools and Communities

You can purchase a half bushel box of fresh produce from Emmi's Farms for just \$16.00. You must pre order and pre-pay (Cash or Farmers Market Coupons). The order deadlines for August are August 8 for pick up date of August 11 and August 22 for pick up date of August 25.

Free Legal Services

Legal services are available at Canton Woods on several Tuesdays in the calendar year. **The next available appointments will be on Tuesday, August 16th.** Call the center to make an appointment (315) 638-4536. (11:30-3:00pm) 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.

Smartphone, iPad, Tablet or Laptop Computer Assistance offered by Nadine Kerr, B'ville Family & Consumer Science Teacher. Nadine is taking the summer off! She will return in September.

Notes from Canton Woods Activity Committee:

August 2022

Hi everyone, I have a couple of things to talk about—

We have a few pool cues that people have left. If you think we have one of yours, you can pick it up any time. Monday-Friday 8:00am-4:00pm. If they aren't picked up we will try and find good homes for them.

We had a special drawing for a donated candy filled gnome, Mary DeLawyer, was our winner.

We are still working on our Golf Outing—if you can, please come and join us. There is a flyer in this newsletter.

We have 3 new 65" T.V. for our Wii bowling; so come and join us. Have a good August!!!

Kathy Hogan

Thank you to Jack Schmidel for making the wooden wall mounts for the Wii TV's.

Look for Canton Woods 1st Golf Tournament flyer in this newsletter!

Tournaments in June

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

8 Ball

6/3

1st place: Kathy Heintz & Frank O'Donnoll

2nd place: Dave Au & Jack Schmidel

6/17

1st Place: Kathy Hogan & Larry Rager (guest)

2nd Place: Dave Au & Don Varn

9 Ball

6/10

1st place: Nunzio Lipari

2nd place: Kathy Heintz

6/24

1st place: Nunzio Lipari

2nd place: Nick Peluso

Wii Bowling

6/13

1st place: Kathy Hogan & Gloria Saccone

2nd place: Kathy Heintz & Jan Wojo

6/27

1st place: Kathy Hogan & Barb DiSanto

2nd place: Cindy Fehringer & Tom Spagnola

IMPORTANT REMINDER!

Please arrive 10- 15 minutes before your game is scheduled to start. This is a courtesy to all the other players and helps things go more smoothly. Thank you

Bunco at Canton Woods!

Friday, August 26th

10:15am-12:00pm. This is a fun fast moving dice game. Give it a try. **We need at least 12 players to make the game really fun. Please call the center to sign up!**

BINGO!!! Come join the fun!

BINGO! Wednesdays and Fridays at 1pm.

Pitch is now 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.

Needed: Wii Bowlers!! Come check the alleys out!!

Duplicate Bridge Tuesday at 12:00pm

Party Bridge Wednesday at 12:15pm

Mah Jong Wednesday mornings at 9:00am!

Blood Pressure Screening:

On Tuesday, August 16th
from 9:45am – 11:00 am.

Stay fit & Well at Canton Woods!

Try one of these fun fitness classes!

Line Dancing is easy, fun, and great exercise for your body and your brain!

Thursdays from 1:30-2:30pm

Instructor: Eileen Corlett

Instructional fees paid to the instructor.

Classes suspended until Fall 2022.

CW Exercise Class

Aerobics work out designed for seniors on Tuesday and Thursday at 9:15am. Charges payable to the instructor. Suspended for the summer. Back again in September

Senior Cardio Ball Drumming



Facilitated by Arlette, Fridays at 9:30am.

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!** The instructor is on break for the summer. See Julie instructing on DVD at the regular class time.

Kripalu "Chair Optional" Yoga
lead by Yvonne Martin Certified

Kripalu Yoga Teacher:

Classes held Tuesday mornings at 11:15am

August dates: 2nd & 9th. 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 instructor. Please check the calendar for dates.

Art Group

Art group will meet in person on Tuesday, August 2nd & Tuesday, August 16th at 2pm.

Card Making

Welcome back - Cardmaking Workshop!

Will be back in September!

Come join Cheryl for an all-inclusive workshop to make three beautiful cards for any occasion! All experience levels are welcome. Bring your creativity for a fun time.

Limited to 10 people.

\$4 supply fee due to instructor

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!

Crafty Corner

Canton Creations

Craft group news... Breaking Glass

What a fun time we had making mosaics glass frames. Those who signed up worked in the pavilion smashing glass, getting sticky fingers from glue, using rolls of paper towels and making **beautiful** creations. I thoroughly enjoyed teaching this class... not only did my students learn a new craft which would make beautiful Christmas gifts. I learned some good tips for future classes. The enthusiasm generated by the group will ensure that this class will be offered again. Good job everyone! Edwina

Yarn Crew

We had a very successful Christmas in July craft sale. Thank you to everyone who shopped and to all the craft group members who assisted with the sale!!!

Edwina Hay

Book Club News

This week we delved into the world of "banned books".

All Boys Aren't Blue by George M.

Johnson was certainly an eye-opening book about a young African-American journey through his life as a black gay man.

He realized as a very early age of eight that he was different and there was a side of him the enjoyed doing things that were expected of girls. For example, he found great pleasure double Dutch jump roping. He had to force himself to do more expected male activities such as football, in which he excelled and played throughout high school. The author felt he had to go through life with two strikes against him – his race and his sexuality.

The reader felt perhaps a bit uncomfortable when the author discusses his first sexual experience which was traumatic for him. It was almost like a tutorial for George and his cousin was the teacher, taking advantage of his inexperience student who really was unable to give consent, while the cousin exploited his innocence and sexuality.

The description of the event was really quite graphic but not crude.

The author tried hard throughout the book to be direct and honest.

We felt this particular event in the story did teeter on perhaps as pornographic to some but the readers found that the description presented in a matter of fact, non-sensational manner as acceptable. He explained to him health class sex education was non-inclusive- not taking into consideration African American or the gay community.

He spoke of the importance of family and his love for his grandmother. In the audible version the book is narrated by the author himself and states in the prologue he wrote about this so that young people who are in the same shoes can feel comfort in the knowledge they are not alone.

Next meeting is August 16th at 2:00pm in the library Or outside at Canton Woods. **The next book is The Change by Kristen Miller.**

Summertime is always a tough time because everyone is off and about,

but please feel free to join us. We love different new points which makes for a lively discussion.

August 2022 Library News

Library update: A survey of our Library books was completed in the last few weeks. Although, we have a good selection for you, our readers, several relatively new books are missing. These books were published between 2016 and 2022. Please understand, if you want to read a book, which we want you to do, PLEASE CHECK THEM OUT at the front desk with your CWSC sign-in (swipe) card. The missing books are listed below. If you have them, please return them to the Library Box outside the library, no questions asked. Please return them so others can have an opportunity to read them. Thanks so much for your help with this!!

It's Better This Way, 2021 (D. Macomber)

Obsidian Chamber, 2019 (D. Preston & L. Child)

Eternal, 2021 (L. Scottoline)

Beautiful, (D. Steel)

The Butler, (D. Steel)

The Cast, 2018 (D. Steel)

Legacy (Large Print), 2016 (D. Steel)

Moral Compass, 2020 (D. Steel)

Nine Lives, 2021 (D. Steel)

Silent Night, 2019 (D. Steel)

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.

2022 FREE Summer Concert Series Paper Mill Island

Sponsored By:

Town of Van Buren Parks & Recreation
Town of Lysander Parks & Recreation
Village of Baldwinsville
Baldwinsville Public Library

August 2nd The Cobble Rockers

- All concerts begin at 6:30pm.
- Bring a lawn chair or blanket to the outdoor events!
- Rain decisions will be made the afternoon of each concert. The rain location for the Summer Concert Series has yet to be determined.
- There will be food, snacks, and beverages for sale at the concerts on Paper Mill Island.
- **Alcoholic beverages are not permitted on Paper Mill Island for the Tuesday evening concert series. These concerts are not affiliated with the Friday and Saturday night concerts on Paper Mill Island.**

Seeking Volunteers to Video Government and Civic Events
PAC-B TV, Baldwinsville's Public Access Television Station, Needs Your Help

PAC-B TV is unique as the only community access channel in Central New York. Our mission is to tell the stories of Baldwinsville, Lysander, and Van Buren by broadcasting local government meetings and civic events. We also provide residents with a platform to produce and air shows for the benefit of the community. Videography volunteers are the backbone of our organization, allowing us to fulfill our mission. PAC-B provides all the equipment, training, and support necessary to be successful. Volunteers can work as little as one evening a month. There is no easier and better way to be active in the Baldwinsville community than working with PAC-B TV. To learn more, contact Skip Lockwood, Executive Director, at skip@pacbtv.org or call 202-841-3166. For more information on PAC-B and our broadcast schedule, visit our website at www.pacbtv.org.



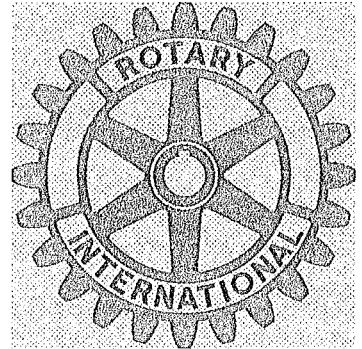
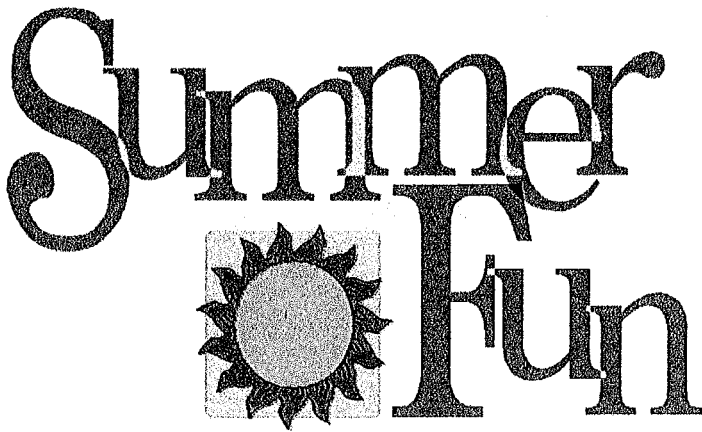
Canton Woods

AUGUST 2022

| | Monday | Tuesday | Wednesday | Thursday | Friday | |
|-----------|--|--|---|---|---|-----------|
| | 1 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling | 2 8 Tia Chi 9 Yarn Crew 9:30 Canasta & Rummikub 10 Falls Class DVD 11:15 Chair Yoga 12 Dup Bridge 2 Art Group | 3 9 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program | 4 8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class DVD 1 Pitch | 5 8:30-12 Open Rec 9:30 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 9 Ball T'ment 1 BINGO | 6 |
| 7 | 8 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling 5-7:30 12th Annual Car Show | 9 8 Tai Chi 9 Yarn Crew 9:30 Canasta & Rummikub 10 Falls Class DVD 11:15 Chair Yoga 12 Dup Bridge | 10 9 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program | 11 8 Tai Chi 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class DVD 1 Pitch | 12 8:30-12 Open Rec 9:30 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 8 Ball T'ment 1 BINGO 2:30 All Time Favoirite Music with Larry Serafini & Son | 13 |
| 14 | 15 8:30-12 Open Rec 12 PEACE Lunch 1Wii Bowling Car Show Rain Date | 16 8 Tai Chi 9 Yarn Crew 9:30 Canasta & Rummikub 9:45 Blood Pressure Screening 10 Falls Class DVD 12 Dup Bridge 2 Book Club 2 Art Group | 17 9 Mah Jong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program | 18 8 Tai Chi 9:30 Canasta & Rummikub 10 Falls Class DVD 1 Pitch | 19 8:30-12 Open Rec 9:30 Senior Ball Drumming Exercise Class 12 PEACE Lunch 1 9 Ball T'ment 1 BINGO | 20 |
| 21 | 22 8:30-12 Open Rec 12 PEACE Lunch 12:30 Wii Bowling | 23 8 Tai Chi 9 Yarn Crew 9:30 Canasta & Rummikub 10 No Falls Class DVD 12 Dup Bridge Primary Voting | 24 9 MahJong 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program 4-5:30 Rotary Senior Citizen Summer Picnic | 25 8 Tai Chi 9:30 Canasta & Rummikub 10 Falls Class DVD 1 Pitch | 26 8:30-12 Open Rec 9:30Senior Ball Drumming Exercise Class 10:15-12 Bunco 12 PEACE Lunch 1 8 Ball T'ment 1 BINGO | 27 |
| 28 | 29 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling | 30 8 Tai Chi 9 Yarn Crew 9:30 Canasta & Rummikub 10 Falls Class DVD 12 Dup Bridge | 31 9 Mah Jong 9-3:30 AAA Defensive Driving Class 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program | | Calendar subject to change | |

August 2022 Canton Woods

| MONDAY | | WEDNESDAY | FRIDAY |
|--|--|--|--|
| 1 | | 3 | 5 |
| Tropical Fruit Glazed Ham Yukon Gold Potatoes with Sliced Onions Oregon Blend Vegetables Fresh Cantaloupe Fresh Baked Whole Wheat Roll | | Turkey Deluxe Sandwich on Rye with lettuce, Tomato and Bacon Mayo Chunky Basil Tomato Soup Fresh Strawberries with Whipped Topping | Low Sodium Hoffman Hot Dog Baked Potato Salad Green Beans Watermelon |
| 8 | | 10 | 12 |
| Garden Vegetable Lasagna Fresh Spinach Salad with Raspberry Vinaigrette Fresh Sliced Honeydew Melon Fresh Baked Whole Wheat Roll | | Golden Battered Cod Filet Baked Potato with Sour Cream and Chives 4 Way Mixed Vegetables Vanilla Ice Cream | Beef Pot Roast with Gravy Smashed Red Skin Potatoes California Blend Vegetables Pineapple Tidbits Fresh Baked Whole Wheat Roll |
| 15 | | 17 | 19 |
| Barbeque Grilled Chicken Breast Baked Beans Capri Blend Vegetable Diced Pears | | Barbequed Beef on a Costanzo's Roll Creamy Cucumber Ditalini Salad Fresh Cantaloupe | Bacon and Tomato Chicken Salad On Croissant Strawberry Feta Spinach Salad Served with Balsamic Vinaigrette Juicy Diced Peaches |
| 22 | | 24 | 26 |
| Beef Goulash Italian Style Green Beans Fresh Baked Chocolate Chip Cookie | | Polynesian Pork with Seasoned Brown Rice Peas with Sautéed Mushrooms Fresh Baked Peanut Butter Cookie | Crab Salad on Croissant Continental Potatoes Broccoli Florets Ambrosia Salad |
| 29 | | 31 | |
| Barbeque Pulled Pork Sandwich on Whole Wheat Kaiser Macaroni Salad Confetti Coleslaw Mandarin Orange Jell-O with Whipped Topping | | Freshly Prepared Stuffed Pepper Romaine and Tomato Salad Chocolate Ice Cream | |



Rotary Senior Citizen Summer Picnic

At Canton Woods

Wednesday August 24, 2022

4:00-5:30pm

FREE Picnic for Baldwinsville area seniors

60 years of age and over

Call Canton Wood Senior Center

For reservations

(315) 638-4536

***Reservations deadline: Friday, August 19th by
4:00pm.***

Summer Entertainment Series 2022

FREE Concerts

Canton Woods Senior Center

76 Canton St.

| | | |
|---------------------|----------------|---------------------------------|
| August 12 | 2:30pm | Larry Sarafini & Son |
| September 14 | 1:00pm | Sentimental Serenade |
| September 19 | 2:30pm | George Leija |
| October 31 | 11:00am | John Vona |

Thank you to our generous sponsors!

**Barnes Memorial, Belle Tours, Falardeau
Funeral Home, Red Mill Manor, and the
Canton Woods Board!**

Travel Reflections

Hi everyone! I hope you all are enjoying this magnificent summer. We sure have had some beautiful weather. Our Maine trip is almost full as I only have 2 spots left. If you are interested, please sign up now.

Our trip to Seneca Niagara Casino was fun. The folks enjoyed the Tribute to Barry Manilow and Bette Midler and we had a few winners as well!

Friendly reminder - Please remember to put your phone number on your check.

We still need people for the Skaneateles trip as well as Saratoga. I hope you enjoy this last month of summer.

Until next month, take care and God Bless.

Love, *Jacki*

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

Day Trips!

SKANEATELES DAY OUT – August 4th 2022

Skaneateles is beautiful in the summer. Join us for a sightseeing day out on the Judge Ben Wiles as we tour this gem of a lake. Prior to the boat ride we will enjoy a sumptuous luncheon at the Sherwood Inn. Selections include: 1. Chicken Francaise or 2. Scrod Christopher. PLEASE INCLUDE YOUR SELECTION AND PHONE NUMBER ON YOUR CHECK. There will be free time to wander the shops.

COST: \$120 per person payable to "BELLE TOURS LLC". BUS PICK-UPS: Larkin St @ 10:15 AM, Canton Woods @ 10:45 AM - Return home about 4:15 PM. SIGN UP AT THE CENTER OR SEND TO JACKI AT 132 PLYMOUTH DRIVE SYRACUSE, NY 13206.

SARATOGA RACE TRACK – August 18th 2022 Thursday

Watch and wager on the horses on Thursday, August 18, 2022. Our Day Out will take us to Saratoga for a day at the races. We have reserved Grandstand seating (under a covered area). The day is free for you to enjoy.

COST: \$95 per person payable to "Belle Tours LLC". BUS PICK-UPS: 7:30 am @ Larkin St; 8:00 am @ Canton Woods Senior Center
Depart for home after the last race. We will make a short stop on the way up and again on the way home. Sign up any time at the center or send to Jacki @ 132 Plymouth Drive, Syracuse, NY 13206.

HOLLY JOLLY CHRISTMAS – December 8, 2022 Thursday

Music is a wonderful way to celebrate the magic of Christmas. Join us for a day out to Rochester to the Shadow Lake Golf and racquet Club where we enjoy the talented Sam De Leo. Sa will delight us with some of our favorite Christmas tunes. Before the show we will enjoy a luncheon at the club. Selections include: 1) Prime Rib; 2) Chicken French, or 3) Baked Haddock.

COST: \$113 per person payable to "BELLE TOURS LLC". BUS PICK-UPS: Larkin St @ 10:30 AM, Canton Woods @ 11:00 AM - Return home about 4:45 PM. SIGN UP AT THE CENTER OR SEND TO JACKI AT 132 PLYMOUTH DRIVE SYRACUSE, NY 13206. **PLEASE ARRIVE 10 MINUTES BEFORE DEPARTURE.**

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

MAINE SOUTH COAST TOUR

September 12th - 16th, 2022

5 Days/ 4 Nights



JUST 2 SPOTS LEFT!

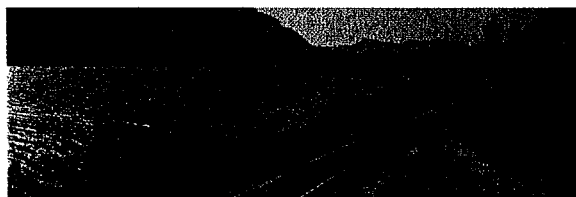
Call Jacki for more info!

PACIFIC NORTHWEST & CALIFORNIA

w/ OPTIONAL 1-NIGHT SEATTLE PRE TOUR EXTENSION!

8 Days/ 7 Nights

September 18 - 25, 2022



This tour begins with an overnight stay in Seattle, dubbed the "Emerald City" for its lush green surroundings. Highlights of the tour include: Seattle, Mount St. Helens visitor center, Portland, Columbia River Gorge Hood River, Yaquina Head lighthouse, Newport, Bandon State Natural Area, Rogue River cruise, Redwood National Park, Avenue of the Giants, and San Francisco. Trip includes: Hometown pickup from Canton Woods Senior Center to and from the airport; Roundtrip air to and from Hancock airport; All taxes and fees/surcharges and hotel transfers.

COST:

\$3,349 /per person

(Based on double occupancy)

\$4,149 /per person

(Based on Single occupancy)

\$3,319 /per person

(Based on triple occupancy)

DISCOVER SOUTHERN ITALY & SICILY

w/ A TWO NIGHT ROME POST TOUR EXTENSION!

October 7 - 21, 2022

Italy is up and ready for visitors! This 15 day trip includes: Roundtrip airfare to and from Syracuse with an airport pickup at Canton Woods; Air taxes and fees/surcharges; Hotel transfers; 1 breakfast, 1 lunch, 8 dinners; 13 nights hotel accommodations; visits to Palermo, choice on tour of Monreale Agrigento, Valley of the Temples; Mt. Etna Volcano, Giardini Naxos, Taormina, Matera, Pompeii, Sorrento, Amalfi Coast, Monte Cassino, and two nights in Rome. Complete detailed itinerary is available upon request.

COST:

\$5,079 /per person

(Based on double occupancy)

\$6,109 /per person

(Based on Single occupancy)

LANCASTER "DAVID"

November 8 - 10, 2022

The Sight and Sound Theatre has a brand new show for our enjoyment. "DAVID", Master poet. Fearless Warrior. Anointed King. After unprecedented victories lead to devastating failures, this passionate warrior will face the biggest battle of all: the one within himself. This trip will include: Deluxe Hale transportation; two nights at the Eden Resort; tickets to the American Music Theatre for their "Home for the Holidays" Christmas Show; Tickets for David; Buffet luncheon and show at the Dutch Apple Theatre where we will enjoy "Saturday Night Fever"; Dinner at Greenfield Restaurant; dinner at Hometown Kitchen; 2 breakfasts; visit to Kitchen Kettle Village and Bird in Hand Farmers Market; all gratuities. Fully escorted by Jacki Abbott.

COST:

\$690 /per person

(Based on double occupancy)

\$795 /per person

(Based on Single occupancy)

\$655 /per person

(Based on triple occupancy)

A deposit of \$100 (Non-refundable) due to sign up. Balance due September 20, 2022. Checks payable to "BELLE TOURS LLC". Sign up at the center or call Jacki @ 315-415-0040 or mail to 132 Plymouth Drive Syracuse, NY 13206.

AMADEUS RIVER CRUISE

TULIP SERENADE

8 Days/ 7 Nights

April 15 - 22, 2023

SEE JACKI FOR DETAILS!

ALASKA LAND, RAIL & CRUISE

w/ PRINCESS CRUISES ON THE MAJESTIC PRINCESS

11 Days/ 10 Nights

May 31 - June 10, 2023

SEE JACKI FOR DETAILS!

****Series extended to AUGUST****

CANTON WOODS

Chair Yoga with Yvonne



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

SUMMER 2022

TUESDAYS: July 12, 26; August 2, 9

45 minute classes: 11:15am-12pm

Cost: OPTIONAL & CONFIDENTIAL

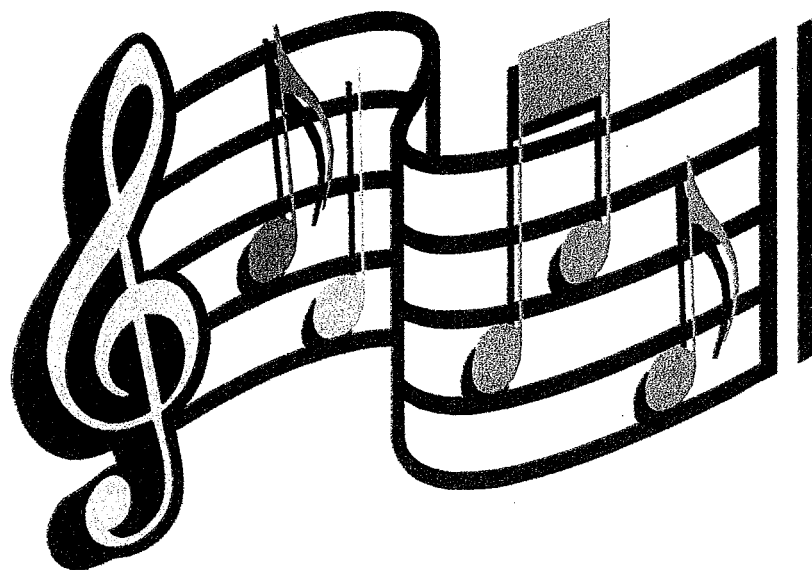
Register with Canton Woods front desk (315-638-4536)

- ॐ A gentle, fun practice that encourages compassionate self-acceptance and mindfulness.
- 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!

MAINTAINING THE

Kripalu

Yoga and
Ayurveda
Association



Summer 2022 Entertainment Series!

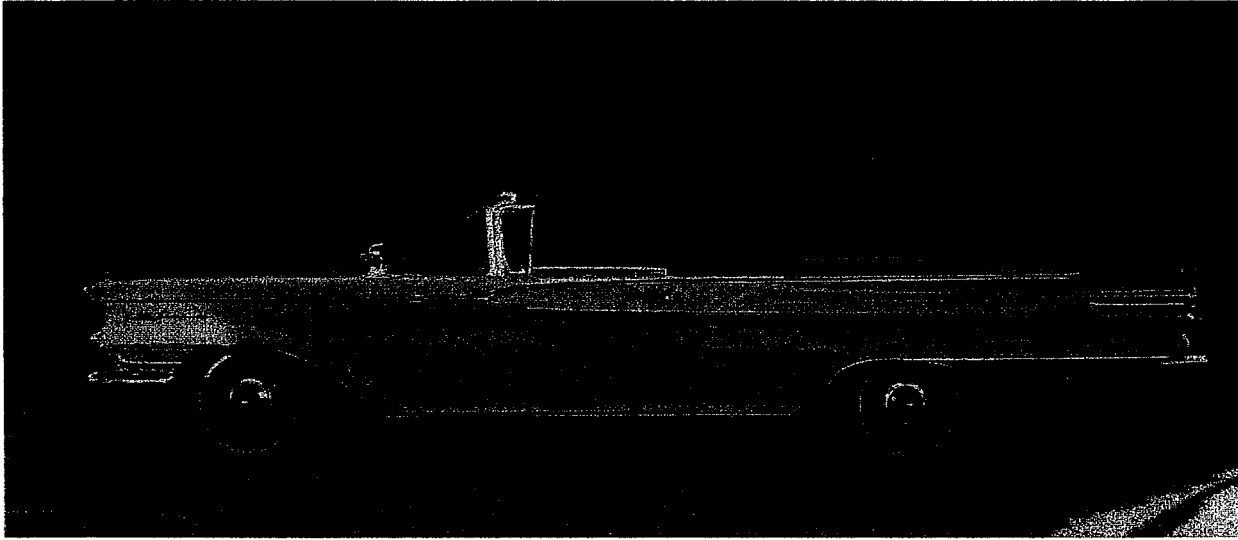
Sponsors! Barnes Memorial, Belle Tours LLC, and Falardeau Funeral Home, Red Mill Manor, The Canton Woods Board

August concert! Friday, August 12th.

All Time Favorite Music!!!

Larry Serafini & Son

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



Canton Woods 12th Annual Car Show

August 8th 5:00pm-7:30pm

Canton Woods 76 Canton St.

Baldwinsville, N.Y. 13027 638-4536

The evening will include: Beautiful Cars & Trucks,
Tasty Summer Food to purchase
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 15, 2022

Please come and enjoy the family event at Canton Woods!

GOLF TOURNAMENT

TO BENEFIT CANTON WOODS SENIOR CENTER

September 12 @ 10:00 am

Captain and Crew

Hickory Hills Golf Course-RT 31

\$50.00 PER PERSON INCLUDES:

- 18 Holes and Cart and Hot Dog at the turn

-Picnic lunch following includes: Hotdog, Hamburger, Sausage, Corn on the Cob (if available) or Chefs choice of Vegetables, Pasta Salad, Cookies, Brownies, Iced Tea, Lemonade and Water

MORE FUN ACTIVITIES THROUGHOUT THE DAY:

****50/50 RAFFLE**

****LONGEST DRIVE**

****CLOSEST TO THE PIN**

****SURPRISE GAMES THROUGHOUT THE DAY!!**

PLAYER #1 _____

PLAYER #2 _____

PLAYER #3 _____

PLAYER #4 _____

TOTAL: _____

HOLE SPONSOR NAME: _____ \$50.00 COST

SPONSORS NAME: _____

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



Walk for the Woods

2022!

Canton Woods Senior Center

Celebrating National Senior Center Month

Walk for the Woods 2022!

In Person Walk

Saturday September 17th at 9:00am!

Rain or Shine

All proceeds benefit Canton Woods Senior Center

Registration Form

Name: _____

Address: _____

Phone: _____ Email: _____

Registration fee \$10.00 _____ Additional Donations \$ _____

T-Shirt size ___ small ___ medium ___ large ___ X-large ___ XX large ___ XXX large

All registered walkers will receive a FREE T-shirt when the walk concludes.

I am not able to walk but would like to order a Walk T-Shirt!

Small, Medium, Large, and X-Large \$12.00 XX Large and XXX-Large \$14.00

Please forward all registration fees, additional donations, and T-shirt orders to:

Canton Woods Senior Center 76 Canton St., Baldwinsville 13027

Make checks payable to: ***Canton Woods Senior Center***

Thank you for supporting our Center!