

# Canton Woods Newsletter

February 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](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

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.*



## *Weather Related Closings*

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

*The Canton Woods Senior Committee will be offering Valentine Treats on Valentine's Day, Monday, February 14<sup>th</sup> from 11:00am-12:00pm here at the center to our senior friends. Please stop by to receive a free bit of Cupid's fun, while supplies last!!!*

**Director's Note:**

*The Village of Baldwinsville requires face masks be worn by everyone inside Canton Woods Senior Center.*

***We are updating our vaccination information. Please bring your Covid vaccination record (or a copy) including the most recent vaccine/booster information.***

If you have not yet received your booster, make a plan for getting a Covid booster. The center strives to provide a safe place for you to gather with your friends. We need your cooperation. Be sure to get your booster so we may continue to bring you together safely. If you are having difficulty making an appointment for your booster, see Nancey Sullivan, our Neighborhood Advisor. When you have received your booster, please bring your proof to the center.

**Un-Vaccinated persons or persons who decline to show proof of vaccination:**

must also socially distance, they may not participate in activities where social distance cannot be maintained.

IF YOU ARE NOT FEELING WELL, STAY HOME. Thank you for your cooperation.

**Want free at-home COVID-19**

**tests?** To place an order, all you need is your name and residential address. **No ID, credit card, or health insurance information is required.** You may also share your email address to get updates on your order. The link to the government site is <https://www.covidtests.gov/>

For those who have difficulty accessing the internet or need additional support placing an order, you can call 1-800-232-0233 (TTY 1-888-720-7489).

Every home in the U.S. is eligible to order 4 free at-home COVID-19 tests. The tests are **completely free**. Orders will usually ship in 7-12 days. Order your tests now so you have them when you need them. The tests available for order:

- Are rapid antigen at-home tests, not PCR
- Can be taken anywhere
- Give results within 30 minutes (no lab drop-off required)
- Work whether or not you have COVID-19 symptoms
- Work whether or not you are up to date on your COVID-19 vaccines
- Are also referred to self-tests or over the counter (OTC) tests

***February is National Heart***

***Month*** Take steps to take care of your heart. To help prevent heart disease, the ODPHP recommends

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



**National Wear Red Day is Friday February 4<sup>th</sup>!** Wear Red and support Women's Heart health! ( Your name will be put into a drawing for a prize! )

***Happy Valentine's Day!***

***Ruth***

**Assistant Director:** Hope everyone is staying warm this winter. Bunco is back at Canton Woods; please come and play this fun game. I have been approached by a local dance instructor who would be interested in have a **line dancing class**. Line dancing is a lot of fun, good exercise, and would be a nice addition to our calendar. If you are interested, please let me know. 315-638-4536. Also, when we reopened from our last Covid closure, I scrapped the previous birthday lists, asking everyone to please update and let us know when your **birthday** is so we can put your name in the newsletter. Happy Valentine's Day!

*Joanie*

**Congratulations to Beth Brunelli!  
She won the Canton Woods  
Walkers promotion sponsored by  
Onondaga County Creating  
Healthy Schools and Communities.  
Thank you to all who participated.**

**MOW:**

Hello Everyone!

Welcome to our winter season. If you cannot get out and need a meal or two, please call us. We could use sub winter drivers if anyone has time. We have gift certificates that would make a great gift for a special family member for Valentine's Day. Happy Valentine's Day to all.

Donna & Jeff **315-638-2171**

**Neighborhood Advisor / Outreach Worker**

Well, winter has arrived, just as we knew it would. I hope everyone is staying safe and warm.

There is still time to apply for HEAP and I would encourage everyone with limited income to do so. All you need to supply is proof of income, a current fuel bill, housing expense and identification.

For those of you in need of help getting groceries, the county has a shopping service called *Timesavers!* This service sends someone to pick up your list and a form of payment and the shopper will go do your shopping and deliver your groceries back to you. If you are interested or need more information, feel free to call me.

Take care. *Nancy Sullivan*

**B'VILLE EXPRESS**

**\*\*\* THE B'VILLE EXPRESS DOES NOT OPERATE WHEN THE CENTER IS CLOSED OR THE BALDWINVILLE SCHOOLS ARE CLOSED DUE TO WEATHER CONDITIONS.\*\*\***

If the *B'ville Express* is closed, it is the rider's responsibility to reschedule any appointments.

The *B'ville Express* has an URGENT NEED for volunteer drivers. The *B'ville Express* provides free transportation through our volunteer

drivers to our seniors in the Baldwinsville area. Our volunteer drivers transport our seniors to medical appointments, the pharmacy, short grocery trips and to Canton Woods Senior Center.

Many of our seniors in Baldwinsville lack transportation and are unable to access these vital services without the help of our dedicated volunteer drives.

**PLEASE HELP OUR SENIOR NEIGHBORS AND VOLUNTEER TODAY!!**

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

Thank you to all of our volunteer drivers for your dedication and kindness to our senior friends.

*Gina Carroll. Transportation Coordinator*

**MARY POPPINS** comes to Baker High School! The Baldwinsville Teachers' Association is providing free tickets to the Baker High School Musical. **The show is Mary Poppins.** This is a matinee at 1:00pm on Saturday February, 12<sup>th</sup>. Call the center to reserve a ticket and let us know if

you would like to take the bus from Canton Woods to the high school.

**Puzzle Give Away!!!**

**Thursday, February 10<sup>th</sup>** from 1:30-3:30pm. If you would like a puzzle or a few puzzles please stop by. We welcome exchanges as well.

**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 please let the **Staff or Office Volunteers know too!!** **Get Well / Thinking of you cards were sent to Helen Schmid, Tina Trainham, Frank Lushia, & Diane Boylan.**

## 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.

## February Birthdays:

As you know we are updating our birthday list so please call or e-mail your birthday month and day.

[jferstler@baldwinsville.org](mailto:jferstler@baldwinsville.org)

(315) 638-4536.

## February Birthdays

2/11 Annette Celestian

2/14 Sarah Lee

2/17 JoAnn Mathieson, Margaret Durant



## 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 February Package List.**

**Cost: \$20.50**

**The order deadline is Friday February 11<sup>th</sup> by 3:30pm.**

**The pick-up date is Wednesday, February 23<sup>rd</sup>.**

**11:30am-12:30pm**

**Smartphone, iPad, Tablet or Laptop Computer Assistance offered by Nadine Kerr, B'ville Family & Consumer Science Teacher.** If you need help figuring out how to use the calendar, email or going online she is very familiar with Apple devices as well. Bring your devices and any questions (it is a good idea to write them down). Unfortunately, Nadine cannot help with a Trac Phone.

**Nadine is at Canton Woods on February 7<sup>th</sup> from 2:45pm - 3:55pm. Please call-in advance to schedule an appointment 315-638-4536.**

### **Free Legal Services**

Legal services are available at Canton Woods on several Tuesdays in the calendar year. The next available appointments will be in 2022. Call the center to make an appointment (315) 638-4536. You must be a resident of Onondaga County and at least 60 years old to participate in this program.

### **Tournaments in December**

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

#### **8 Ball 12/3**

1<sup>st</sup> place: Frank O'Donnell & Dave Au

2<sup>nd</sup> place: Nunzio Lipari & Kathy Hogan

#### **9 Ball 12/17**

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

2<sup>nd</sup> place: Don Varn

#### **Bean Bag**

**12/10**

1<sup>st</sup> place: Kathy Heintz & Don Varn

2<sup>nd</sup> place: Ed Barlow & Dave Au

#### **Wii Bowling**

**12/6**

1<sup>st</sup> place: Patti DiFabion & Diane Ayotte

2<sup>nd</sup> place: Kathy Hogan & Jan Wojo

**12/13**

1<sup>st</sup> place: Gloria Saccone & Barb DeSanto

2<sup>nd</sup> place: Patti DiFabion & Kathy Hogan

**12/20**

1<sup>st</sup> place: Kathy Heintz & Barb DeSanto

2<sup>nd</sup> place: Tom Spagnola & Joan Ferstler

**12/27**

1<sup>st</sup> Place: Barb DeSanto & Joan Ferstler

2<sup>nd</sup> Place: Larry Wood & Patti DiFabion

**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 is back at Canton Woods!** Friday, February 25<sup>th</sup>, 10:00am-12:00pm This is 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 Mondays, 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

**Blood Pressure Screening:**  
On Tuesday, February 15<sup>th</sup>,  
from 9:45am – 11:00 am.

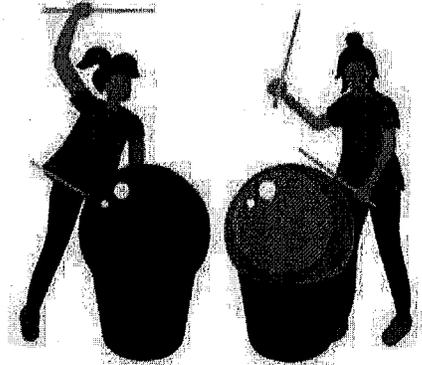
**Stay fit & Well at Canton Woods!**  
**Start the new year out on the right foot!**

**Try one of these fun fitness classes!**

**CW Exercise Class**

Aerobics work out designed for seniors on Tuesday and Thursday at 9:15am. Charges payable to the instructor.

**New-New-New-New Senior Cardio Ball Drumming Class!**



Facilitated by Arlette  
**Call the Center for February dates.**  
**315-638-4536.**

Limit 10 participants. Equipment will be provided.

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 a licensed physical therapist.

**Kripalu "Chair Optional" Yoga**  
lead by Yvonne Martin Certified  
Kripalu Yoga Teacher:

Classes held Tuesday mornings at 11:15am through March 15<sup>th</sup>. Donation to the instructor.

### **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.

**Zumba** will return in 2022!  
Charges payable to the instructor.

The **Canton Woods Walking Trail** is likely to be covered with snow for the next few months, plan to check it out in the spring!

### **Virtual Wellness Program Tai Chi for Arthritis & Falls Prevention**

#### **Virtual online program: 16 Sessions**

Tai Chi is the ancient practice that combines slow moving with deep breathing.

Benefits of Tai Chi for Arthritis:  
Increase strength, balance and posture, Prevent falls, Improve mind, body and spirit  
Reduce stress and increase relaxation

**Start Date: Monday, February 14, 2022,  
until April 7, 2022**

**Dates of week and time: Mondays &  
Thursdays at 10:30 a.m.- 11:30 a.m.**

**Registration required: call (315) 464-  
8668**

Participants meet for twice a week for eight weeks for a one-hour session. This program targets people living with arthritis. Medical studies have shown that Tai Chi relieves pain and improves the quality of life for people living with

arthritis, though participants do not need to have arthritis to participate. Voluntary contributions to the Office for Aging are accepted and used to expand services. No one will be denied services if unable or unwilling to contribute. A contribution in any amount is welcomed. Please make checks payable to OASIS. Thank you.

### **Art Group**

Art group will meet in person on Tuesday, February 8<sup>th</sup> and Tuesday, February 22<sup>nd</sup> at 2pm.

### **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**

**Yarn Crew** meets on Tuesdays at 10:00am.

I'm very excited with our remote participation crafters. We have already received awesome craft items. Our Tuesday morning group are happily working on all kinds of projects. Thanks to all. *Edwina Hay*

*Canton Creations! Something New!*  
February Craft Information

## **Crafty Corner**

In March, we will be all be looking for that pot of gold at the end of the rainbow. Little leprechauns will be traveling all over the place playing little tricks on us.

Our February craft will be a St. Patrick's Day themed project. We will be making candle sticks that look like leprechaun hats. Along with them will be a pot of gold that can be filled with candy, flowers, or anything else you want. I can show you how to make felt shamrocks to put inside the pot. We do have some felt. See the display in Canton Woods' foyer to get a good idea of what we will be making.

In December, the group was able to make Christmas decorations using alcohol ink, two types of acrylic paint, and plastic tree ornaments. I showed the participants three different techniques, and everyone said they had fun creating their own designs and colors.

The January Craft has not been completed by the time this article was submitted. We are scheduled to create some Valentine's Day treats by making chocolate candy and chocolate covered pretzels. A report on that particular craft will be written up for the next newsletter.

### **SUPPLIES for February Canton Creations Three terra-cotta pots**

For the candlesticks I selected a pot 4 inches across

For the pot of gold my pot was 7 inches across

You may pick any size you want. It's entirely up to you, I just liked these sizes.

**Paint will be provided.**

**You will need 10-inch tapered candles.**

**You will also need decorations you want for your pot of gold. I am just going to use some glitter and paint. But you may want some additional items.**

**If you have a Dremel it would be advantageous to bring it. We have to drill out the drain hole for the smaller pots to make room for the candles. I used my Dremel to do that. If you have a Dremel at home or have a way to make the drain whole bigger it would be great to do that before you get a class. Be sure to use your candle as a guide. I have my Dremel, I will bring it to class, and you are certainly welcome to use it.**

**Class will be February 15, 4:00-5:30pm but if you can come at 3:30 that would be great...** we have to wait for paint to dry so maybe bring a hair dryer. Class size limited to 5.

**I am so excited about this craft. It was fun to do...** *Edwina Kay*

## **Book Club News**

This past month we read a book that is certainly very relevant to our time. While we are finding places here in the United States for the desperate Syrian refugees, the book club read a book that helped us understand the sadness, the heartbreak, the danger, and agony of those who had to escape from war. This book was certainly a most worthwhile read. What made it especially compelling was the fact that the author had spent so much time in Syrian refugee camps in Greece trying to help those who were escaping. Coming from refugee parents herself she had a special understanding and empathy for the refugees escaping Syria. While working in those refugee camps she felt so overwhelmed by what she saw and experienced she felt she must write. She decided to write fiction instead of fact because she felt that most people relate better to people in novels instead of nonfiction books. She quoted, "Statistics

are human with tears dried." While her characters are fiction, the experiences that they encountered were taken right out of the pages of the authors own life experiences. To be sure she had many of the experiences correct she used her own Arabic tutor to help her with research. For example, she learned the people of this area speak very metaphorically. Instead of saying "Good Morning", one may be greeted with the phrase "I wish you a day of light." The plot centers around a married couple, Nuri and Afra, who are trying to escape to England. This is especially trying because Africa is blind and has become blind because she saw the death of her own son, without even realizing it, the book focuses on the effects of PTSD which are suffered both binary and Africa. Kathryn is blind only for psychological reasons there is no physical reason for her to be blind. Nuri, on the other hand, meet up with a young boy while he is escaping. This boy takes the place of his own son. Later we discover that Mohammed is nearly he figures his imagination. While Nuri really seems to be solicitous to every need of his blind wife there was one aspect of the relationship that puzzled the readers. Nuri would not touch his wife intimately. We discussed the reasons for this and hypothesized that perhaps by touching his wife he would truly show his emotions and it would be far too sensitive for him to admit his love for her and recognize the loss of his son. He is afraid to feel deeply again. Perhaps he is afraid to experience happiness again at an intimate Everyone was in attendance truly enjoyed the book and thought it was a very moving, pertinent read.

Our next book was Alex Trebek's favorite book, **The Exiles**, by Christina Baker Kline. This novel takes place in Victorian England. **Our next meeting is February 15th at 2:00pm Canton Woods library... bring a friend... wear red to show how good Cupid was to you for Valentine's Day.**

**February 2022 Library News**  
Here are a few selections to celebrate Black History Month.

The Vanishing Half (SP) (B.Bennett)  
Frederick Douglas (Biog) (W. McFreeley)  
Getting to Happy (SP) (T. McMillian)  
Becoming (Biog) (M. O'Bama)  
The Nickel Boys (SP) (C. Whitehead)

### **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, Senior Activity Committee has 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.

# Canton Woods

## February 2022

<u>Monday</u>		<u>Tuesday</u>		<u>Wednesday</u>		<u>Thursday</u>		<u>Friday</u>	
		8 Tai Chi <b>1</b> 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Yarn Crew 10 Falls Class 11:15 Chair Yoga 12 Dup Bridge		9 Mah Jong <b>2</b> 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Programs		8 Tai Chi <b>3</b> 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch		8:30-12 Open Rec <b>4</b> 12 PEACE Lunch 1 8 Ball T'ment 1BINGO  <b>Wear Red Day</b>	<b>5</b>
<b>6</b>	<b>7</b> 8:30-12 Open Rec 10 HiCAP Representative 12 PEACE Lunch 1 Wii Bowling 2:45 Tech Support	8 Tai Chi <b>8</b> 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Yarn Crew 10 Falls Class 11:15 Chair Yoga 12 Dup Bridge 2 Art Group		9 Mah Jong <b>9</b> 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program		8 Tai Chi <b>10</b> 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch <b>1:30-2:30 Puzzle Give Away</b>		8:30-12 Open Rec <b>11</b> 12 PEACE Lunch 1 Bean Bag Toss 1 BINGO	<b>12</b>
<b>13</b>	<b>14</b> 8:30-12 Open Rec <b>11-12 Valentine's Give Away</b> 12 PEACE Lunch 1Wii Bowling  <b>Valentine's Day</b>	8 Tai Chi <b>15</b> 9:15 CW Exercise 9:30 Canasta & Rummikub 9:45 BP Screening 10 Yarn Crew 10 Falls Class 11:15 Chair Yoga 12 Dup Bridge 2 Book Club 4 Canton Creations		9 Mah Jong <b>16</b> 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program		8 Tai Chi <b>17</b> 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch		8:30-12 Open Rec <b>18</b> 12 PEACE Lunch 1 9 Ball T'ment 1 BINGO	<b>19</b>
<b>20</b>	<b>21</b> <b>President's Day The Center is Closed</b>	8 Tai Chi <b>22</b> 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Yarn Crew 10 Falls Class 11:15 Chair Yoga 12 Dup Bridge 2 Art Group		9 Mah Jong <b>23</b> 10:30 Adult Coloring 12 PEACE Lunch 12:15 Party Bridge 1 BINGO 1-3 Sharing Memories Writing Program		8 Tai Chi <b>24</b> 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Falls Class 1 Pitch		8:30-12 Open Rec <b>25</b> <b>10-12 Bunco</b> 12 PEACE Lunch 1 Bean Bag Toss 1 BINGO	<b>26</b>
<b>27</b>	<b>27</b> 8:30-12 Open Rec 12 PEACE Lunch 1 Wii Bowling	8 Tai Chi <b>28</b> 9:15 CW Exercise 9:30 Canasta & Rummikub 10 Yarn Crew 10 Falls Class 11:15 Chair Yoga 12 Dup Bridge							

*Travel Reflections*

Hi everyone! Winter is half over and we can begin to think of our spring, summer, and fall trips. I have been working hard to book some exciting trips for us. So far, I have The Lilac Festival in Rochester, NY on May 12<sup>th</sup>, Magic of Midler and Manilow at the Seneca Niagara Casino on June 28<sup>th</sup>. Cooperstown on July 19<sup>th</sup> for a boat ride on the Glimmerglass Queen and a luncheon at the Lake Front restaurant. A wine tour in July (TBA), Saratoga Race Track in August (TBA), Boat ride and luncheon in Skaneateles (TBA), Mystery trip in September, A three day trip to Lancaster for their new show "David" in November, Holly Jolly Christmas in Rochester, NY on December 8<sup>th</sup> (show and luncheon). Complete details will be available in the March newsletter.

I hope to see you all on some of these trips. It's been way too long. Stay warm.

Until next month, have a happy and healthy New Year, take love and God Bless.



\*Please include your phone # on all checks as well as food choice if applicable\*

Love,  
**Jacki**



*Day Trips!*



**LILAC FESTIVAL – May 12<sup>th</sup> 2022**

Our spring trip will take us to Rochester, NY for their annual Lilac festival. There will be many vendors and a multitude of places to have lunch and shop. Trip includes: deluxe Hale transportation and drivers gratuity. BUS PICK-UPS: Larkin St @ 8:30 AM, Canton Woods @ 9:00 AM - Return Home at 4PM.

**COST: \$68 per person** payable to "BELLE TOURS LLC". Please arrive at least 10 minutes before designated pick up time and park along the side or in back. SIGN UP ANY TIME AT THE CENTER OR SEND TO JACKI ABBOTT @ 132 PLYMOUTH DR, SYRACUSE, NY 13206 - CALL JACKI @ 315-415-0040



**TRIBUTE TO BETTE MIDLER & BARRY MANILOW – June 28<sup>th</sup> 2022  
SENECA NIAGARA CASINO**

Join us for a Tribute to Bette Midler and Barry Manilow at the Seneca Niagara Casino. This day out includes: deluxe Hale Transportation; Tickets to the show; \$20 Free slot play; \$10 food credit and drivers gratuity.

**COST: \$125 per person** payable to "BELLE TOURS LLC". BUS PICK-UPS: Larkin St @ 7 AM, Canton Woods @ 7:30 AM - Return home about 6:30 PM. SIGN UP AT THE CENTER OR SEND TO JACKI AT 132 PLYMOUTH DRIVE SYRACUSE, NY 13206. **PLEASE ARRIVE 10 MINUTES BEFORE DEPARTURE.**

*Overnight Trips!*

**OCEAN CITY, MARYLAND – May 23<sup>rd</sup> - 26<sup>th</sup> 2022**

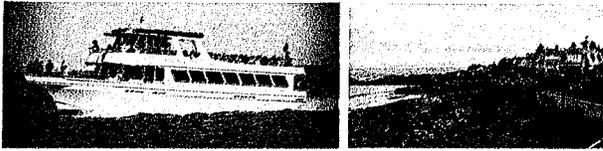
Our spring trip is taking us to Ocean City Maryland for 4 days/3 nights. This tour includes: 3 nights at the Quality Inn Oceanfront; Deluxe Hale Transportation; 3 breakfasts; 3 dinners; escorted tour of Assateague National Seashore; Visit to historic Berlin with time for lunch and shopping; Boat ride around Ocean City; Visit to Ocean City lifesaving museum; and welcome reception. All taxes, baggage handling, and gratuities ncluded. Escorted by Jacki Abbott.

**COST: \$985 per person (DOUBLE) - \$1,250 (SINGLE)** payable to "Belle Tours LLC". A deposit of \$400 (\$100 non-refundable) due to sign up. Final balance due March 15, 2022. All checks payable to Belle Tours, LLC.

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

## MAINE SOUTH COAST TOUR

September 12<sup>th</sup> - 16<sup>th</sup>, 2022 5 Days/ 4 Nights



Welcome to Vacationland! Join us for a five day tour of beautiful Maine. This fall trip takes us to Ogunquit, Maine, where we will spend 4 nights at the Anchorage by the Sea resort. This resort is located on the water and has access to the Marginal Way. The tour includes: Deluxe Hale transportation; 4 nights hotel accommodations; 4 breakfasts at the hotel; 4 dinners including (1) lobster dinner; Boothbay Harbor cruise; Admission to Maine Maritime Museum; Guided tours of Kennebunkport & Portland, including a photo stop at Portland Head lighthouse; Nubble Lighthouse cruise; Performance (TBA) at the Ogunquit Playhouse; Photo stop at Nubble Lighthouse; Free time in Ogunquit, Portland, Boothbay Harbor, & Kennebunkport; All taxes and gratuities; Baggage service and fully escorted by Jacki Abbott.

COST:

**\$1,785 /per person**

(Based on double occupancy)

**\$1,695 /per person**

(Based on triple occupancy)

**\$2,475 /per person**

(Based on single occupancy)

A deposit of \$300 (\$100 non-refundable) is needed to sign up. Second deposit of \$500 due March 10, 2022. Final balance is due July 10, 2022.

## DISCOVER SOUTHERN ITALY & SICILY

w/ A TWO NIGHT ROME POST TOUR EXTENSION!

October 7 - 21, 2022

\*BOOK BY APRIL 8<sup>TH</sup> & SAVE \$200 PER PERSON!



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:

**\$4,879 /per person**

(Based on double occupancy)

**\$5,909 /per person**

(Based on Single occupancy)

\*BOOK BY APRIL 8, 2022 FOR THE ABOVE RATES. RATES INCREASE BY \$200 PER PERSON IF BOOKED AFTER APRIL 8<sup>th</sup>.

Cancellation insurance is available for an additional \$399 per person.

## PACIFIC NORTHWEST & CALIFORNIA

w/ OPTIONAL 1-NIGHT SEATTLE PRE TOUR EXTENTION!

8 Days/ 7 Nights

September 26 - October 3, 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:

**\$3,199 /per person**

(Based on double occupancy)

**\$3,999 /per person**

(Based on Single occupancy)

**\$3,169 /per person**

(Based on triple occupancy)

\*BOOK BY MARCH 26, 2022 FOR THE ABOVE RATES. RATES INCREASE BY \$150 PER PERSON IF BOOKED AFTER 3/26/22.

## AMADEUS RIVER CRUISE

TULIP SERENADE

8 Days/ 7 Nights

April 15 - 22, 2023



Experience Holland in a beautiful way, by cruising along its extensive waterways, which flow through the country like an intricate net, past almost endless tulip fields and many small, picturesque places where you have the opportunity for an abundance of unforgettable excursions. In addition to Amsterdam, the "Venice of the North", other highlights include Rotterdam, Ghent, Antwerp and Brussels, the capital of the European Union. Call Jacki @ 315-415-0040 for a complete detailed itinerary. This is a once in a life time trip!

## ALASKA LAND, RAIL & CRUISE

w/ PRINCESS CRUISES ON THE MAJESTIC PRINCESS

11 Days/ 10 Nights

May 31 - June 10, 2023

This trip begins in Fairbanks, Alaska where we will have a four-day land tour followed by a 7-night cruise. Visits to Denali National Park, Mt. McKinley, a Direct-to-the-Wilderness Rail service that will take us to the Princess Cruise ship in Anchorage. Stops will include: Hubbard Glacier, Glacier Bay National Park, Skagway, Juneau, Ketchikan, and we will disembark in Vancouver, Canada. Trip includes: Roundtrip air to and from Syracuse, hotels, cruise, port charges, government fees, taxes, and transfers to and from the ship.

COST:

**\$4,932 /per person (INSIDE CABIN ID)**

(Based on double occupancy)

**\$5,712 /per person (BALCONY CABIN BD)**

(Based on double occupancy)

**\$5,752 /per person (BALCONY CABIN)**

(Based on double occupancy)

FINAL BALANCE DUE JANUARY 19, 2023

# **CANTON WOOD**

## **Chair Yoga with Yvonne**

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

## **WINTER 2022**

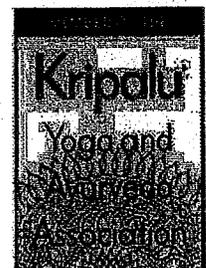
**TUESDAYS: Jan 18-Mar 15**

**45 minute classes: 11:15am-12pm**

**Cost: CONFIDENTIAL DONATION**  
(Optional)

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

- ❧ Discover Kripalu Yoga, a gentle, mindful, fun practice that emphasizes compassionate self-acceptance and mind-body 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!



# February '22

P.E.A.C.E., INC. - FSD	SENIOR NUTRITION	OFFICE FOR AGING & YOUTH
<b>MONDAY</b>	<b>WEDNESDAY</b>	<b>FRIDAY</b>
	2	4
	Shaved Cornd Beef and Swiss Cheese on Rye Bread with 1,000 Island's Dressing Steamed Cabbage, Carrots and Potatoes Diced Pears	Oven Roasted Turkey Sage Gravy Home Style Washed Potatoes Glazed Baby Carrots Juicy Diced Peaches Fresh Baked Whole Wheat Roll
	9	11
Golden Battered Cod Filet Red Skin Potato Wedge 4 Way Mixed Vegetables Chocolate Ice Cream	All American Cheese Burger Seasoned Potato Wedges Blended Vegetable Slaw Johnny's Apple Cobbler	Beef Chili Con Carne Romanie and Mandarin Orange Salad Fruit Cocktail Honey Corn Bread Muffin
	16	18
Glazed Home-Style Meatloaf O'Brien Scalloped Potatoes Francals Blend Vegetables Mandarin Oranges Fresh Baked Rye Roll	Vegetable Lasagna Rolls Chef Salad Cantaloupe Crusty Italian Bread	Pesto Chicken Bow Tie Pasta Field Greens Salad with Viniagrette Peach Cobbler
	21	23
President's Day Agency Closed	Beef Bourguignon Served over Buttered Egg Noodles Lemon Garlic Green Beans Fresh Strawberries with Whipped Topping Fresh Baked Whole Wheat Dinner Roll	House Made Stuffed Bell Pepper Steamed Cauliflower Butterscotch Pudding Cup Garlic Texas Toast
	28	
Syracuse's Famous Chicken Riggle's Greens and Beans Juicy Diced Peaches Soft Italian Bread		
All Meals Include: Coffee, Tea, Milk Bread, and Margarine		Suggested Contribution: \$3.50
Menus meet 1/3 of RDA Menu is Subject to Change		